

# American Home

August 50¢

**An Editor  
Decorates  
The Home I  
Always Wanted"**

**New Feature:  
Ask Us About  
Four Antiques**

**Sample the  
"Joy of Cooking"  
the Cookbook  
Everybody Loves**

**60 New Patterns &  
Colors to Brighten  
Your Kitchen**

**How \$15,000 Built  
a 7-Room  
Cape Cod/Ranch**

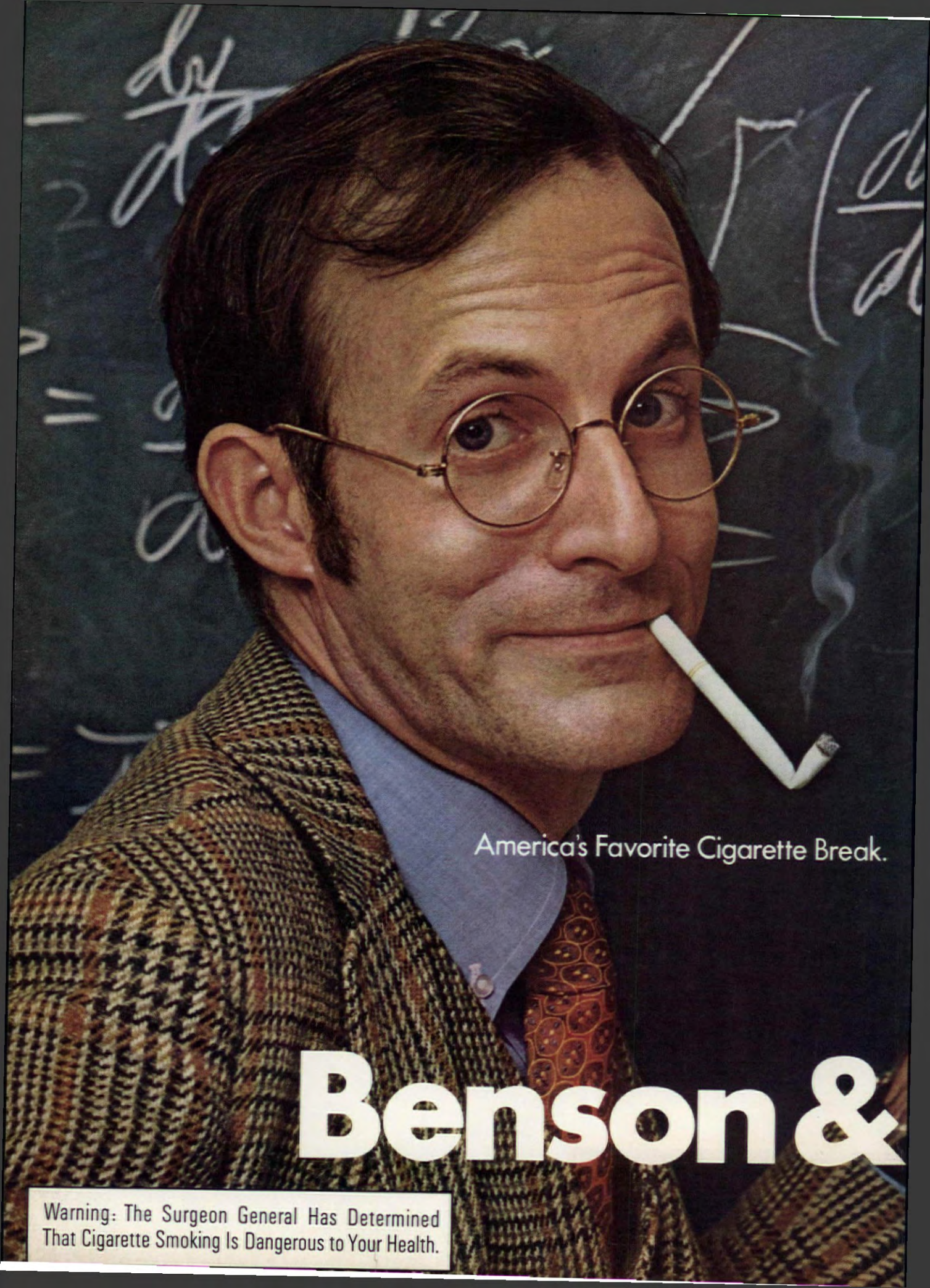


**0 Surprise  
Delights from Easy  
Pie-Crust Mix**

**abulous Folk  
mbroidery for  
our Linens**

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A man with dark hair and round glasses is shown from the chest up. He is wearing a blue collared shirt, a patterned tie, and a brown tweed jacket. He has a white cigarette in his mouth, and a wisp of smoke is rising from it. The background is a dark chalkboard filled with white mathematical equations, including  $\frac{dy}{dx}$ ,  $\frac{d}{dx}$ , and  $\frac{d}{dt}$ .

America's Favorite Cigarette Break.

# Benson &

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



$$2 \left( \frac{dy}{dt} \right)^2 \quad \frac{3}{2}$$

$$\frac{dR}{dt} = \frac{dR}{dt}$$



# Hedges 100's.

18 mg. "tar," 1.2 mg. nicotine,  
av. per cigarette, FTC Report, Mar. '74.



Menthol or Regular





# Bargain of the month



**Dark Chaser  
Lantern**

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Battery  
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**3.44**



Don't be caught in the dark without a good, dependable lantern. Nicholl Brothers' Dark Chaser is as good as you can buy and bargain-priced now at your True Value Hardware Store. Built rugged to take camping, hunting, outdoors anywhere. Ready for emergencies at home and in the car. This is the all-weather lantern, so waterproof it floats. Impact-resistant, impervious to rust and chemical corrosion. Powerful beam penetrates a quarter mile and more; or bathes a wide area in steady light; has a hi-visibility flasher, too.

Get this "Bargain of the Month" now while supplies last at your participating True Value Hardware Store.



There are over 4500 True Value Hardware Stores in 50 states. For one near you look under "Hardware" in the classified phone directory.



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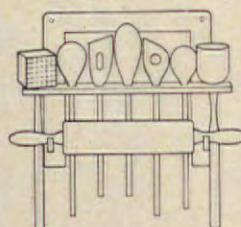
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Cover photograph by Ben Swedowsky

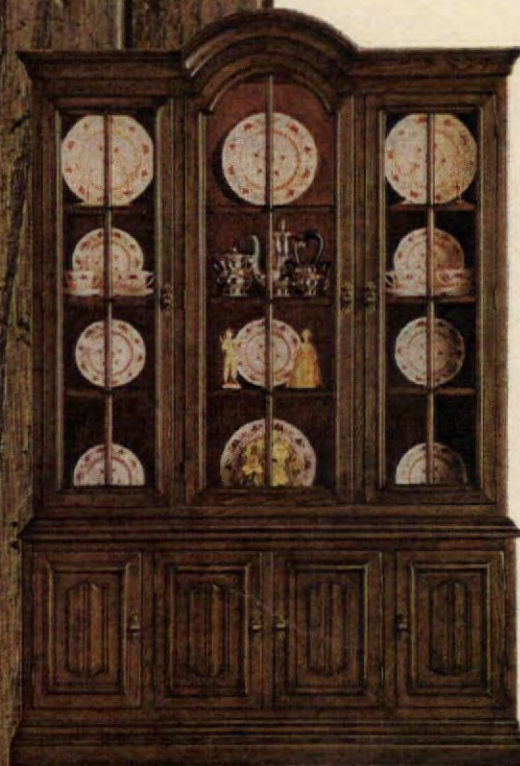


# This superb Drexel<sup>®</sup> cabinet is worth about \$850. And it's only the beginning of what you can win in the **\$35,000 WOODCRAFTER<sup>™</sup> Sweepstakes!**

**GRAND PRIZE:** \$15,000 worth of Drexel furniture. Choose from a wide variety of styles... beautiful collections for the bedroom, dining room, living room...all crafted from the finest solid woods, veneers and fabrics. Win enough to refurnish your home!

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**OFFICIAL RULES:** 1. To enter, complete the entry form or, on a 3" x 5" piece of paper, write your name, address and zip code. Mail each entry separately to: "Colgate WOODCRAFTER" Sweepstakes, P.O. Box 99, Baltimore, Md. 21203. 2. Each entry must include the code number from the bottom of a WOODCRAFTER can, or a 3" x 5" piece of paper on which you have hand-printed the word "WOODCRAFTER," in plain block letters. To be eligible, entries must be postmarked no later than Sept. 20, 1974 and received by Sept. 30, 1974. 3. All winners will be determined in a random drawing from all entries received, by Century Group Inc., an independent judging organization whose decisions are final. Taxes, if any, are the sole responsibility of the winners. All prizes will be awarded. Only one prize to a family. No substitution of prizes permitted. Winners will make their furniture selections from supplied Drexel catalogues. Furniture prices will be based on Drexel's suggested retail price list. 4. Sweepstakes open to all residents of the United States, except employees and their families of Colgate-Palmolive Co., its advertising agencies and Century Group Inc. Void in the states of Idaho, Georgia and Missouri, and wherever else prohibited by law. The odds of winning will be determined by the number of entries received in total sweepstakes. 5. For a winners list, send a separate stamped, self-addressed envelope to: "Colgate WOODCRAFTER" Sweepstakes, P.O. Box 109, Baltimore, Md. 21203. **No purchase necessary.**

WOODCRAFTER gives you hand-rubbed beauty in a spray. Its unique formula is made with imported Carnauba and Montan waxes for paste wax shine and protection.



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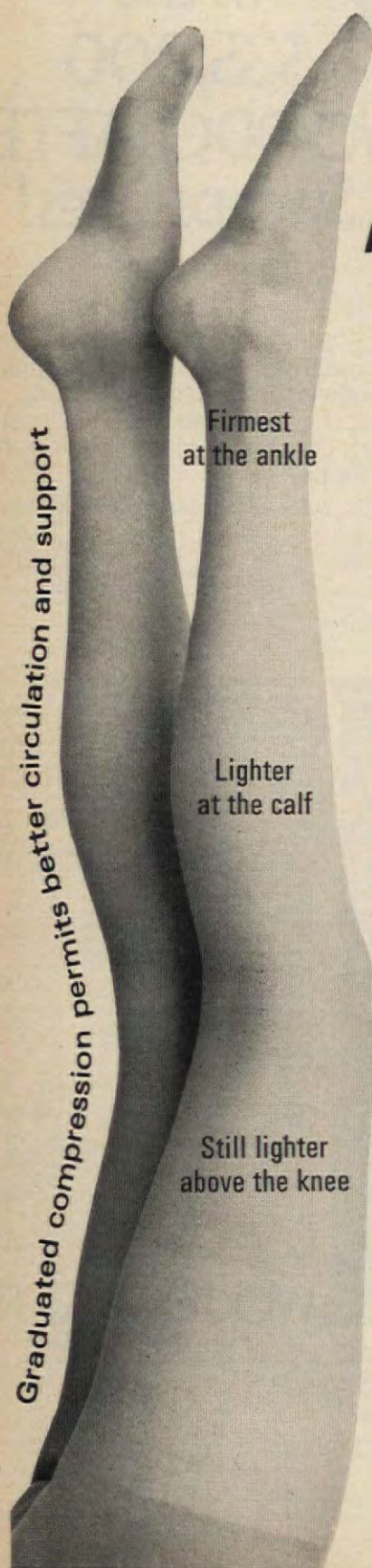
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# Now...true elastic panty hose help ease the pain of varicose veins



Graduated compression permits better circulation and support

Firmest  
at the ankle

Lighter  
at the calf

Still lighter  
above the knee

**Proper  
compression therapy  
makes legs feel better  
and look better**

When the discomfort of varicose veins calls for compression therapy, you need more than support panty hose. You need Bauer & Black® true Elastic Panty Hose. You get up to twice the compression of support panty hose.

More important, it's *graduated compression*—firmest at the ankles where most leg troubles start, lighter at the calf, and still lighter above the knee. This permits better circulation which in turn helps reduce the accumulation of stagnant blood which can lead to swelling and unsightly discoloration.

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See them at leading drug stores.

FREE: For your illustrated copy of "Therapy for Varicose Veins," write: Bauer & Black, Dept. AH-84, Box 5007, Chicago, Illinois 60606.

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AUGUST, 1974, VOL. 77, NO. 8

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American Home Publishing Co., Inc.

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## CHRISTMAS REMEMBRANCE ASSORTMENT

18 selections featuring striking borders and silver glitter. 7 delicate, misty-toned designs.

## WINTER MAGIC CHRISTMAS ASST.

18 nostalgic creations with an artistic dusting of snowy glitter. 6 festive designs!



It costs you nothing to try

**\$100.00 IS YOURS**

for selling only 100 boxes of our new Winter Magic Assortment. You make \$1.00 for selling 1 box, \$10.00 for 10 boxes, etc. These are exclusive card assortments—not sold in any store! You can make even more money showing our full-color catalog of marvelous gift and household items. A few dollars or hundreds of dollars—it's yours. Just call on neighbors, friends, and relatives in your spare time.

Cut out entire Postage-Paid Reply Coupon Below—mail it today—and we will send you immediately, leading Greeting Card Box Assortments on approval—plus FREE album of personalized Christmas Cards. No experience necessary.

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24 embossed wreaths frame 6 different subjects: partridge, village, church, bells, sledding, old mill.

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Large, eye-catching sheets boasting holiday colors and designs!



Last year some folks made only \$25 to \$50 while others made \$150—\$250—\$500 and more selling our entire line. Many church groups, organizations, schools, lodges, etc. do this year after year. Everybody buys greeting cards.

IT COSTS YOU NOTHING TO TRY

**FREE**

FULL-COLOR CATALOG OF 500 CARD AND GIFT ITEMS

## BIG VALUE! NOEL CHARMERS CHRISTMAS ASSORTMENT

18 warm greetings with Old World charm. 5 distinct scenes.



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32-piece selection plus color-coordinated envelopes. Large and small cards, and personal notes.



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# How to strike back at appliance repair abuse

Has this ever happened to you? It's a torrid summer Sunday. The family is huddled in the one really cool room in the house when suddenly, in a grinding decrescendo, the air conditioner sputters and stops, and there seems no way to get it cooling again. Quick, the Yellow Pages! You look under "Air Conditioners—Service" and find the section listing dealers "authorized" to tend your ailing appliance. You dial one after another in the hope of restoring your Sunday calm. Predictably, no one responds.

But one man has an answering service, and late that night, long after all your old electric fans have been exhumed from the basement, he returns your call. He'll be around to see you tomorrow between 3:30 and 7:00. Fine, you tell him. Your warranty's expired, so you must pay a \$15 service charge—and parts are extra. No problem, you tell him. At this point, with perspiration misting your brow and the family moaning in your ear, you'll agree to anything.

The next evening, in the midst of dinner, your serviceman materializes. He's running late, he says. He's tired and the only reason he came at all is that you sounded so desperate. Everybody cheers; the family awards you an Oscar. Twenty minutes later, after much tool-rattling and sweat, your cooler is humming again, and dinner-table spirits soar. You part with \$27.85, thanking the man profusely. Whew, you're certainly glad that's over!

But it isn't. Two days later—it might be two weeks or a month—your cooler conks out again. This time you dispense with the phone book. You know your man. You call; he comes. There's more tinkering, more new parts, more money spent.

By the third visit, the serviceman is almost one of the family. You hand

him a lemonade while you write out his check. But by summer's end you're suspicious. That man and your air conditioner have cost you plenty. Maybe if he'd taken more time . . . or if you'd asked questions . . . or watched him more closely. Did you throw good money after bad? Is your air conditioner past its prime, or are you just the biggest sucker on the block?

## Fraud and incompetence cost American consumers 15 cents out of every appliance-repair dollar.

It needn't be a cooler breakdown. Sometimes it's the TV, the dishwasher, clothes dryer or garbage disposer. And each time, you're at the mercy of a man who may be "authorized" to make repairs—sometimes only because he knows where to get the parts—but not intent solely on doing what he's authorized to do.

How many TV innards get replaced unnecessarily? How many costly appliance overhauls are made when a 50-cent part might be the best remedy? How do you know if you're being dealt with honestly, and what can you do if you're not?

Precious little. So something radical *must* be done to assure that your repair dollars are being well spent—and that when incompetency or fraud is suspected, your complaints, if justified, can quickly turn into legal action. Among the recommendations and proposals now being aired by legislators in many states and consumer-action groups around the country, the only one that makes sense to us is *mandatory state licensing of appliance, TV and radio repair services*. And to be fully effective, such licensing should be uniform, unvarying from state to state.

Doctors, lawyers, accountants, barbers, plumbers and electricians are among those who must be licensed—in some areas, auto repairmen, too. Why not the men who service home appliances and electronic gear?

## Mandatory licensing is one solution to a problem most people consider just about insoluble.

To receive a license, a service dealer would have to demonstrate competency (through his training and experience), submit to an inspection of his facilities, post bond (against possible litigation), pay an annual fee and adhere to standards set by an advisory board that, in all likelihood, would represent consumer interests as well as the appliance and electronic re-

pair industry. Licenses, conspicuously displayed, would not be transferable.

In a licensing situation a repairman would be required to provide a written estimate of the cost of labor and parts, if the customer requested it—and not exceed that estimate without the customer's permission. When the job is finished, a repairman would have to issue an itemized invoice describing all work performed and parts installed, and return replaced parts to the customer. He would be subject to stiff fines and the suspension or revocation of his license, if found guilty of negligence or fraud. With such strictures, a customer would deal with confidence and a large measure of certainty, whenever it was necessary to make repairs.

A number of states—including California and Florida, which have very similar laws—now require electronic service dealers to be registered. And since 1973, California's 10-year-old Electronic Repair Law has also embraced the appliance repair industry.

## In California, due to rigid regulations, consumers save \$12.5 million a year.

California was actually the pioneer in registering service dealers in the home electronics field. Not as strict as mandatory licensing, registration makes no attempt to ascertain the competency of repairmen. But it goes a long way toward curbing such abuses as false and misleading advertising, and the making of false promises to attract customers. According to Donald W. Peacock, chief of the California Bureau of Repair Services, "The law enforcement activities of the bureau and the deterrent factor created by its existence, by conservative estimate, save consumers an estimated \$12.5 million annually." And that's just in California!

The idea of mandatory licensing in this field is not new. It has not caught on widely yet because its opponents argue vigorously and persuasively against it. They believe, for one thing, that it would create yet another bureaucracy and place the repair industry under political control. Further, they argue, licensing might put a crimp in competition, becoming a discriminatory barrier to keep competent people out of work.

Mrs. Virginia H. Knauer, director of the federal Office of Consumer Affairs, assures *American Home* that "licensing may be the best answer to the problem of inadequate or unnecessary repairs. But much careful thought will have to go into it before it is implemented." We share the feelings expressed by Mrs. Knauer and—despite her reservations—support the proposal.

—The Editors



# "Chow Chow Chow" Lessons. 7¢ Off.

Does your cat watch TV? If he does, chances are he's seen those cats who do that kicky "Chow Chow Chow" dance.

Maybe your cat would like to learn. Now that Purina® Cat Chow® cat food is 7¢ off, you should give him a chance.

One of our six yummy flavor varieties is bound to turn him on. It might be an oldie but goodie, like Original, Tuna or Liver flavor. Or maybe one of our newer hits will make him kick up his heels. Like Mackerel and Salmon. Or Chicken and Kidney. Perhaps Sardine and Shrimp?

At this economical price, it couldn't hurt to take a whirl.

Who knows. Maybe the cat's got talent.



For your pet's health...  
See your veterinarian annually.

Save 7¢ on  
Purina® Cat Chow®

STORE COUPON



STORE COUPON

"MR. GROCER/MR. DEALER: Ralston Purina Company will pay you the face value of this coupon plus 3¢ for handling, if you have received it in accordance with all the terms of this offer and if upon request you submit evidence thereof satisfactory to Ralston Purina Company. Invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption must be shown on request. Any sales tax must be paid by customer. This coupon may not be assigned or transferred. Offer void where prohibited, taxed or otherwise restricted. Cash redemption value 1/20 of 1¢. To redeem this coupon mail it to: Ralston Purina Company, P. O. Box 1107, Checkerboard Square, St. Louis, Mo. 63188. Limit one coupon per purchase of Purina Cat Chow. Any other use constitutes fraud."

7¢

AH 8,74

81 81

7¢



**D**ecorating American style is the big news for fall. At a recent preview of the Home Furnishings Market, we were delighted to see that at last the trend is back to basics. Inspired by the upcoming bicentennial celebration, designers have turned to our own rich heritage to produce outstanding American furniture for American homes. You'll soon be seeing fine examples—reflecting the spirit of '76—in stores across the country.

#### WHAT YOU'LL FIND

The look is more country than formal, with mellow woods of chestnut, pine and oak left natural to emphasize the handcrafted feeling, or subtly painted to suggest charming Pennsylvania Dutch designs.

## Decorating Newsletter

### Welcome, early American!

Fabrics borrow from the past, so look for jacquard-type upholsteries, quilt-design and delicate stencil-like cottons, documentary-print homespun linens, patchwork-like denims.

Colors update history, as traditional

tones are brightened for 20th-century rooms: Golds become sunshine yellows, greens echo the color of limes, blues are less gray and reds show themselves in their most intense hues.

**Authenticity combines with modern convenience** in furniture that is versatile, functional, scaled down. Wall units combining open and closed storage accommodate TV and stereo; dining tables double as desks; serving carts roll about for easy entertaining.

#### 20 DOS AND DON'TS

**Do** avoid the "everything-matched" look; it leaves little room for your own special imagination.

**Don't** use too much wood in a room.

**Do** keep your contemporary all-upholstered sofa to add softness to your new wood pieces.

**Do** slipcover a sofa or chair in one of the new patchwork-like fabrics.

**Do** mix one painted or stenciled piece with darker wood furniture.

**Don't** furnish a room entirely with painted furniture.

**Do** use a traditional sideboard or hutch to mix with your chrome and glass dining room.

**Do** set your patterned Scandinavian china on the new Pennsylvania Dutch dining table.

**Don't** mix formal styles such as Sheraton or Hepplewhite with the new country look.

**Do** get rid of flocked wallpaper or fussy chandeliers.

**Don't** banish your modern prints and paintings; they blend well with the look of yesterday.

**Don't** try to repeat the same look throughout the house.

**Do** rely on a flowing color scheme that runs all through the rooms to tie together furnishings of differing styles.

**Do** try adventurous colors like azalea pink and sunshine yellow to surround your darker wood pieces.

**Do** update a dining room by painting walls red, combining ladder-back chairs and a pale yellow hutch with a white Parsons table.

**Don't** clutter a room with early American accessories and wall groupings.

**Do** fill pewter bowls with arrangements of dried flowers.

**Don't** be afraid to stencil or paint a floor and top it with a solid-color rya area rug.

**Do** hang an old quilt on the wall as a spectacular picture.

**Do** consider new traditional storage units for family or children's rooms. —Helene Brown



## Furniture for lovers

Our "Crown Colony" tables score big with lovers of the light, airy look that makes a room more spacious. Simulated bamboo, cane accented, is happily married to beveled glass tops. It's a look you'll know you can't afford until you know Lane's incredibly low

price. Each table is available in wood or antique white or yellow finishes.

The sofa is by Pearson, a division of Lane. For color folders of Lane furniture, send 25¢ to The Lane Co., Inc., Dept. M08, Altavista, Va. 24517. In Canada, Knechtel Furniture, Ltd.

**Lane®**  
The Love Chest People

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



# Frigidaire announces the first refrigerator with four-on-the-door.

ICE CUBES

LIGHT

BEVERAGE

WATER

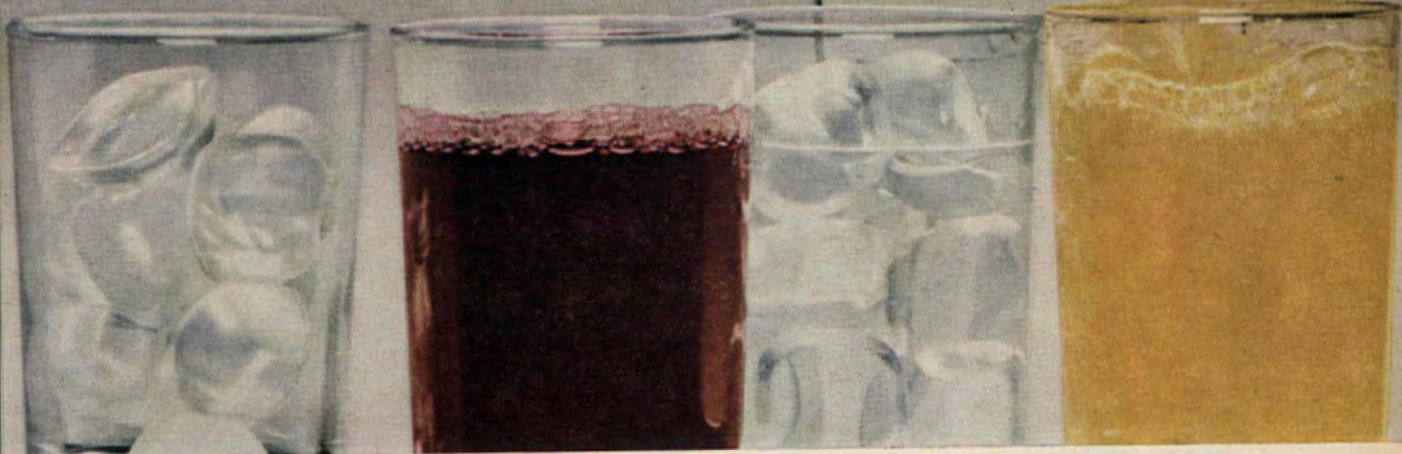
BEVERAGE

RICH

MILD

RICH

MILD



We call it the Refreshment Center Refrigerator. It's the only refrigerator that gives you two juices or other beverages, ice and ice water, before you even open the door. Just put your glass under the tap, press the button, and it pours.

Your kids won't have to struggle with heavy containers anymore, so there won't be so many spills and accidents.

You won't have to open and close the door every time you want some ice. Or worry about mixing juice before the morning rush. And when you have a party, everything is at your fingertips.

This refrigerator features the convenience of 20 cubic feet in storage space. It's 100% Frost Proof. And like every Frigidaire refrigerator, it's backed by the engineering skills of General Motors, so it's built to take years of tough treatment.

And it's as elegant as it is dependable. Outside, a sliding smoked-onyx-colored panel conceals the dispensers when they're not in use. Inside, the compartment covers have the same beautiful look and the shelves are easy-to-clean one-piece glass, trimmed with the look of teakwood.

Ask your Frigidaire dealer to show you the Refreshment Center Refrigerator. Maybe he'll even let you test drive it yourself.



**Frigidaire. Home Environment Division of General Motors.**









# Beautiful bathroom floors you can throw in a washer.

## Sears Cloud Supreme Bath Carpets.



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

And what a joy to keep clean! Cloud Supreme Carpeting is

100% DuPont® nylon that's machine-washable and machine-dryable.\*

Costs under \$30 for an average five foot by six foot bath floor. And you can install it yourself. All you need is an ordinary pair of scissors.

Choose from a whole wardrobe of color-coordinated accessories. Towels.

Shower curtains. Bath rugs. Lid and tank covers. At most larger Sears, Roebuck and Co. stores and by catalog.

**Sears**



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





# Spend a milder moment with Raleigh.

And discover really satisfying tobacco taste.



Focus on fun with these 7 power, 35mm Bushnell binoculars. Field: 345' at 1000 yards. Yours with carrying case for free B&W coupons, the valuable extra on every pack of Raleigh.

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Introducing  
**Raleigh Extra Milds**  
Mild natural flavor  
Lowered tar

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

Extra Milds, 13 mg. "tar," 0.9 mg. nicotine; Filter Kings, 16 mg. "tar," 1.1 mg. nicotine; Longs, 17 mg. "tar," 1.1 mg. nicotine, av. per cigarette, FTC Report Mar. '74



# The wonderful world of mail order

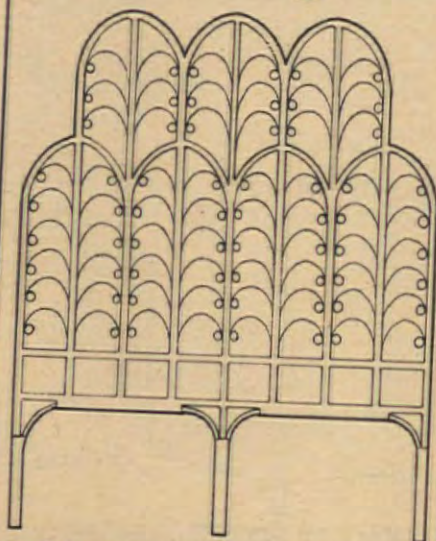
Know-How/August

By Eileen Denver Mimoso

**H**ere, for your lazy-day browsing pleasure, is a catalog of fascinating finds and bargains for the home. From unusual mail-order firms countrywide, we have furnishings, toys, gifts, kits, gear for the kitchen and the yard. Each can be ordered, from the address given, by check or money order; send cash if you want just a catalog. If the firm is in your state, include state sales tax, if any. And if you're nervous about a collect shipping charge, drop the firm a postcard for an approximation. On all items, especially the handmade ones, allow some time for delivery. Prices are as up-to-the-minute as we can get.

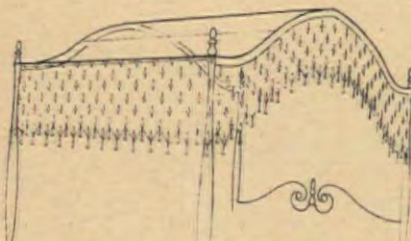
Our inspiration for this shop-by-mail catalog came from reading *The Whole World Catalog* by Delphine C. Lyons (Quadrangle, \$5, paper), a fascinating run-through of mail-order catalogs all around the world.

## Fantastic furnishings



**Wicker headboard.** Give your bedroom the airy touch of light, pretty wicker. The distinctive and different "Cathedral" headboard is available in natural or in colors to match your decor. A generous 48 inches high, it attaches easily to any bed. Price for a single-bed size (39-inch headboard) is \$24.25; for a double (54-inch head-

board), \$34; and for a king (78-inch headboard), \$46.50. All charges are express collect. Order #4263 (specify color, size) from Wicker Witchery, 809 Bethlehem Pike, Erdenheim, Pa. 19118. Send \$1 for catalog.

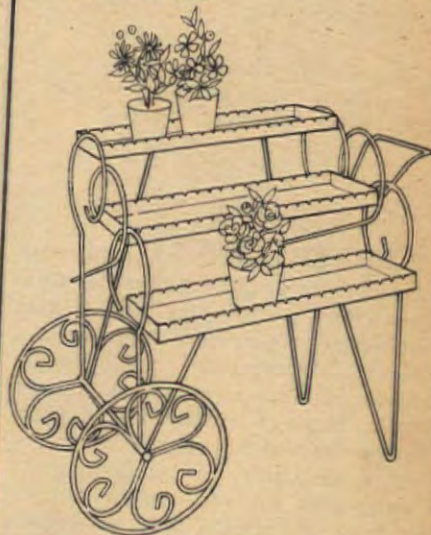


**Four-poster canopy.** If you don't own a four-poster bed, it would be almost worth buying one to show off this exquisite, authentic, hand-tied fishnet canopy. Called "The Margaret Winston Canopy," this masterpiece stretches its white or cream-colored netting and tasseled touches over any four-poster—arched (as in the drawing), rounded or simply foursquare. Measure your four-poster, and a canopy will be made to order for you. Allow about a year; it will be worth waiting for. The price is \$72.50 for the twin or standard double size, \$95 for queen and \$130 for king. Shipping charges are parcel post collect. Order, specifying color, from Laura Copenhagen Industries, Box 149, Rosemont, Marion, Va. 24354. Their little catalog of other lovely handmade canopies, quilts, coverlets and furniture is 50¢.

**Handsewn quilts.** Made by skilled needlewomen in Moore County, Tenn., these magnificent quilts are well-made and reasonably priced. For quality, beauty and durability, you would have trouble matching these fine quilts for twice the price anywhere else. Among the designs is the "Nine Diamond Patchwork" quilt (#A0042), which uses your choice of three colors in either printed or solid patches (you choose; double size is \$125, king is \$200). The "Pieced-Fancy Patchwork" quilt (#A0043) uses all colors of the rainbow (double is \$125), and the "Dogwood-Pattern" quilt (#A0040) has appliques of pink flowers and green leaves on a white background (dou-

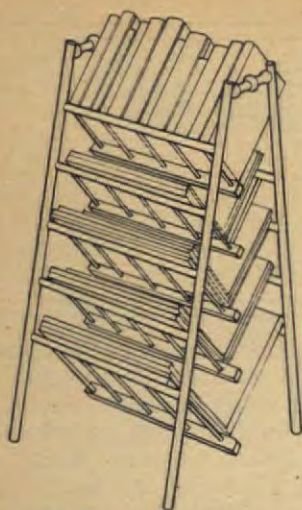
ble, \$225). Include \$1.75 postage on each order; allow 6 to 8 months for delivery. Order by number from Lynchburg Hardware & General Store, P.O. Box 239, Lynchburg, Tenn. 37352. Their wonderful, browse-able catalog, full of country crafts and homey talk, is free with your order, 25¢ otherwise.

**Canvas screen.** Here's your perfect room divider or accent. Striking and colorful, this 3-panel screen stretches tall rectangles of canvas between black hardwood frames. Canvas comes in khaki, white, green, lime, bronze green, brown, pumpkin, orange, blue, plum, yellow, black or red. It measures 52 inches wide, 66 inches high; price is \$37.95. Order (specifying canvas color or your choice of color combination) from Jensen-Lewis Co., 156 7th Ave., New York, N.Y. 10011. Shipping charges are express collect. Brochure is free.

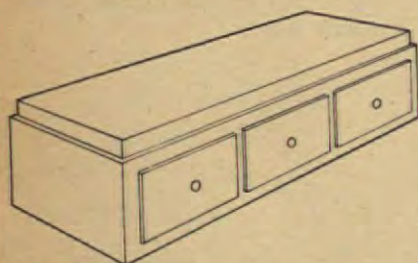


**Plant/flower cart.** It looks so pretty and Parisian, but this graceful cart is practical, too. Measuring 30 inches long, 26 inches high and 15 inches deep, it can showcase your garden greenery. The cart is sturdy, white-enamelled metal; shelves are white plastic. Cart rolls on lacy-looking wheels. Price is \$16.50 postpaid, for cart and shelves. Order #318 (cart) and #062 (shelves) from The House Plant Corner, P.O. Box 9, Oxford, Md. 21654. Their 25¢ catalog features everything for the in-house gardener's growing world.





**Magazine rack.** Now here's the roomiest rack in years! Made of solid pine with delicate birch turnings, it packs in books and magazines neatly and find-ably, goes beautifully in a traditional living room or den. It's 28 inches high, costs \$21.50 postpaid. Specify antique (dark) or honey-tone finish. (Kit is available, too, \$14.95 postpaid.) Order #14480 from Yield House, Dept. A 48, North Conway, N.H. 03860. Send 25¢ for huge catalog of early American furniture (in kit form and preassembled) and decorative accessories.



**"Captain's Bed."** For your children's room or guest room, the "Captain's Bed" is a good bet. With pillows or bolsters, it's a couch by day and, of course, a comfortable bed by night. Three drawers offer roomy storage space. Made of unfinished birch hardwood, the bed is meant to be stained or painted. It is 75 inches long, 18 inches high. Price is \$149 for 30-inch-wide size (#30CB), \$189 for 39-inch size (#39CB). Four-inch-thick polyfoam mattresses to fit, with durable covers, are \$45 (#30Matt) and \$57 (#39Matt). All shipping charges are collect. Order by number from Furniture-in-the-raw, Dept. AH, 8 Rewe St., Brooklyn, N.Y. 11211. Their catalog featuring a wide variety of well-designed unfinished pieces is \$1.

**Walnut stool.** Here is a rustic-looking gem: Made by a man in the Kentucky hills, the little stool is 14 inches square, about 10 inches high. It has a hickory bark seat woven so tight that it squeaks. Strong and sturdy,

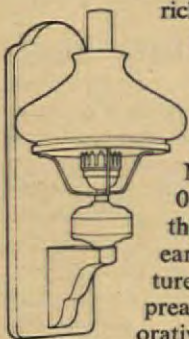
it's \$20 plus \$2 postage. Order from American Folk Art Co., 3200 W. Cary St., Richmond, Va. 23221. Send 50¢ for their charming catalog of other country-crafted items.

**Rattan chest.** Keep all of your treasures in this commodious rectangular chest. Made of heavy golden rattan with brass fittings, it is also marvelous as seating, or as a coffee table. Two sizes: Large is 20 by 21 by 36 inches long (#R33, \$74.95); medium is 16 by 17 by 32 inches long (#R32, \$59.95). Express charges are collect. Order by number from Fran's Basket House, Rte. 10, Succasunna, N.J. 07876. Add 25¢ for catalog of other rattan and wicker items.



**Candle table.** This beauty is one of the most popular of all Shaker designs. Its graceful lines make it compatible with any style of furniture. Made of solid cherry, the candle table is 25 inches high, 20 inches in diameter. Price is \$58 postpaid. Table comes disassembled but can be put together in 5 minutes. Order from Old Bennington Woodcrafters, Dept. AH, 37 West Rd., Bennington, Vt. 05201. Their catalog of early American items is free with purchase, 25¢ otherwise.

**Wall lamp.** This handsome lamp pairs a pewter base with a smoky glass shade, both mounted on a rich, distressed antique pine backing. It's 21 inches tall, \$52.50 postpaid. Order #52068 from Yield House, Dept. A 48, North Conway, N.H. 03860. Send 25¢ for their huge catalog of early American furniture (in kit form and preassembled) and decorative accessories.



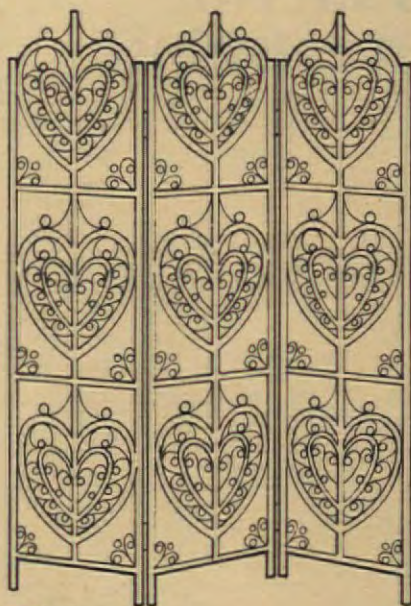
**Wood tote.** Haul your fireplace logs in style. This sturdy, handsome log carrier is made of rough-and-ready cowhide in a mellow tan color, saddle-stitched for durability. Handles are cowhide, too. It buffs up to a good

glossy shine with constant use. Size is 17 by 36 inches, price \$11.95 postpaid. Order #65607 from Yield House, Dept. A 48, North Conway, N.H. 03860. Send 25¢ for huge catalog of early American furniture (in kit form and preassembled) and accessories.

**Butcher-block table.** Now the perfect kitchen or dining table: J & D Brauner makes it handsome and round out of fine maple that's been sanded to a smooth, mellow finish. Sturdy butcher block improves with age, too, every nick and scratch making it handsomer. Put the round top on a beautiful, heavy turned wood base (#1800) that has a thick center post and 4 splayed legs, or on a simple, black "restaurant" base (#9000) that has a center pole and a platelike bottom. (Other bases are also available.)

Diameter	Base #1800	Base #9000
24"	—	\$ 69.90
30"	\$135.00	85.50
36"	156.50	118.50
42"	200.00	152.00
48"	234.50	209.50
54"	335.00	295.00
60"	375.00	—

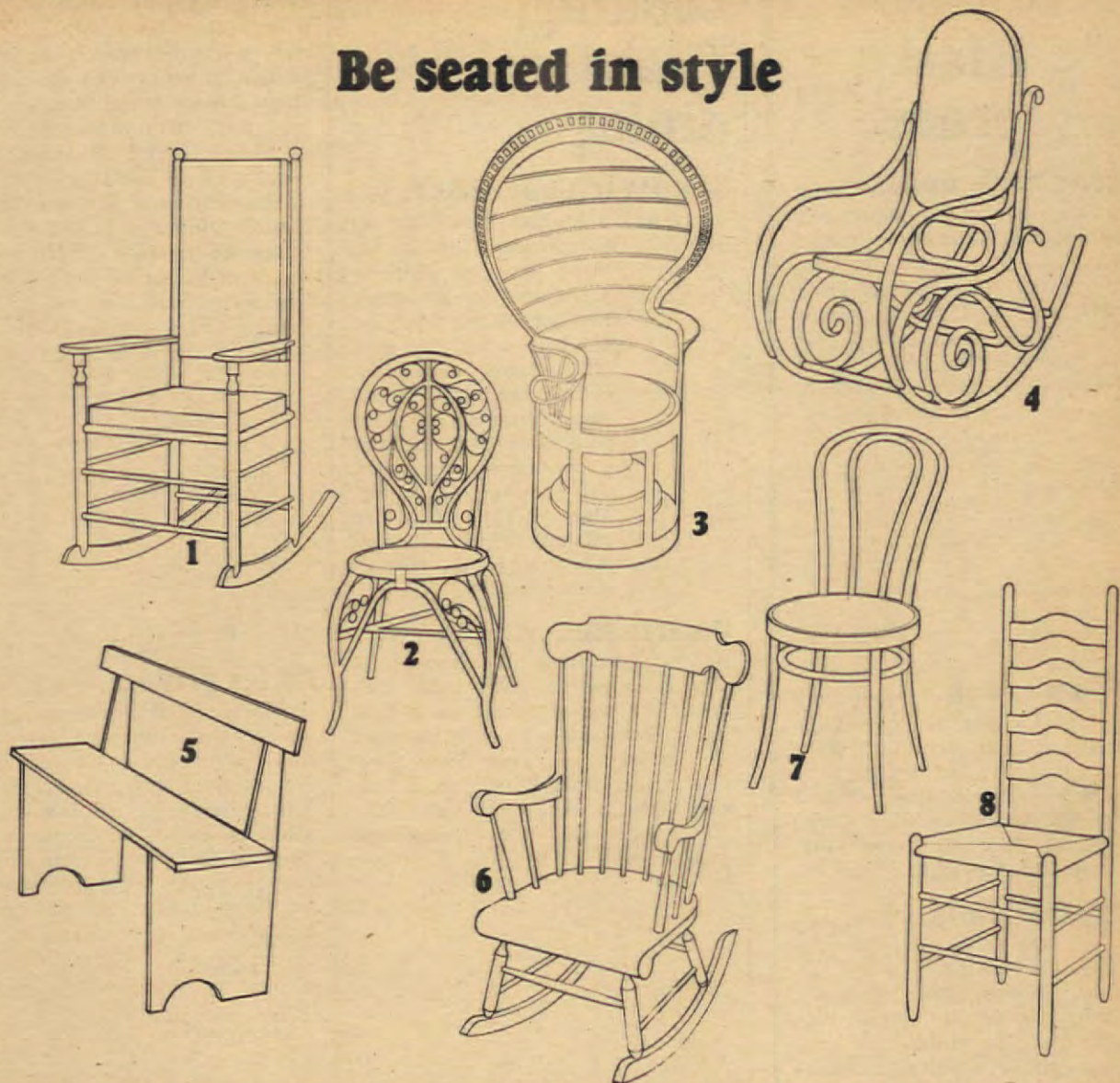
Order from The Butcher Block, J & D Brauner, 298 Bowery, New York, N.Y. 10012. Shipping charges are collect. For a fascinating catalog featuring butcher-block items for every room in the house, send \$1.



**Wicker screen.** This charming screen adds a lacy accent to almost any room. Six feet high, with 18-inch-wide panels, it comes in natural or in colors to suit your decor. Price is \$79.50 for 3-panel screen, \$89.50 for 4-panel; shipping charges are express collect. Order #4346/3 or #4346/4 (specify color) from Wicker Witchery, 809 Bethlehem Pike, Erdenheim, Pa. 19118. Wicker catalog is \$1.



## Be seated in style



### 1 Presidential rocker.

Made of oak, this handsome 44-inch-high rocker has a handwoven cane seat and back. In natural finish, it's \$53.95; in walnut, \$58.95. Cushion set comes in red, gold or green corduroy, beige floral or colonial print, for \$17.95. Order from Jensen-Lewis Co., 156 7th Ave., N.Y., N.Y. 10011. Express charges collect. Brochure is free.

### 2 Wicker chair.

This graceful side chair comes natural or painted to match your decor. Strong and sturdy, it's 39 inches high, \$33. Express charges are collect. Order #4673 (specify color) from Wicker Witchery, 809 Bethlehem Pike, Erdenheim, Pa. 19118. Wicker catalog is \$1.

### 3 Empress chair.

Great for the patio or playroom, this natural rattan chair has black or natural trim. It's 58 inches high, \$119.50. Express charges are collect. Order #1001

(specify trim) from Fran's Basket House, Rte. 10, Succasunna, N.J. 07876. Send 25¢ for wicker catalog.

### 4 Bentwood rocker.

This fine rocker, made of unfinished fruitwood, has a cane seat and back, is 41 inches high, \$89.99 plus \$8 crating. Shipping charges are collect. Order from Furniture-in-the-raw, Dept. AH, 8 Rewe St., Brooklyn, N.Y. 11211. Catalog of unfinished furniture is \$1.

### 5 Shaker bench.

Handsome hardwood bench is 30 inches high, 60 inches long and has a mellow, hand-rubbed finish, \$85 (express charges collect). Or make it from a kit for \$50 plus \$5 postage. Order #SW10 (specify finished or kit) from Shaker Workshops, Dept. 710 AH, Concord, Mass. 01742. Send 50¢ for their handsome catalog of other Shaker items.

### 6 Boston rocker.

This solid maple classic comes in unfinished

wood. It's 41 inches high, \$39; child's size is 23 inches high, \$19. Add \$8 each crating. Shipping charges collect. Order from Furniture-in-the-raw, 8 Rewe St., Brooklyn, N.Y. 11211. Catalog of unfinished furniture is \$1.

### 7 Thonet bentwood chair.

Made of fruitwood, this graceful chair comes unfinished. Seat is plywood. It's 35 inches high, \$35 plus \$8 crating. Shipping charges are collect. Order from Furniture-in-the-raw, Dept. AH, 8 Rewe St., Brooklyn, N.Y. 11211. Catalog of unfinished furniture is \$1.

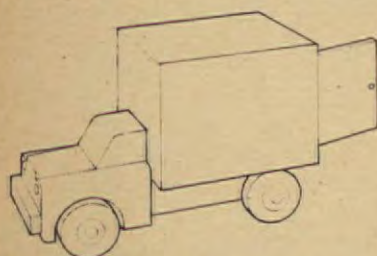
### 8 Ladderback chair.

This country-fresh chair is solid oak with a sturdy cord seat. It is 45 inches high and the wood is unfinished. Price is \$45 plus \$8 crating charge. Shipping charges are collect. Order # Rex 10 from Furniture-in-the-raw, 8 Rewe St., Brooklyn, N.Y. 11211. Catalog of unfinished furniture is \$1.



## Kids' corner

**Corn-shuck dolls.** Charming lady dolls reflect frontier days when families made toys out of materials at hand. Each is 6 inches tall, \$3 plus 50¢ postage. Order #A0014 from Lynchburg Hardware & General Store, P. O. Box 239, Lynchburg, Tenn. 37352. Their delightful catalog is free with your order, 25¢ otherwise.



**Sit-on truck.** Solidly built maple truck has rubber wheels, open/close rear door. It's 17½ inches long, 9½ inches high; price is \$19.90 postpaid. Order #B242 from Childcraft Education Corp., 150 East 58th St., New York, N.Y. 10022. Catalogue is free.

**Old-time dolls.** Here are toys to remind you of yesterday. There's the traditional floppy 20-inch-tall monkey made of heavy, tweedy, red-tipped socks. He's \$6.50 plus 75¢ postage. Or soft, country-girl dolls with embroidered faces, cotton-print clothes: 16 inches tall, they're \$13 plus 85¢ postage. Order (specifying black or brown yarn hair) from American Folk Art Co., 3200 W. Cary St., Richmond, Va. 23221. Charming catalog of crafts is 50¢.



**Rocking horse.** This new version is made of solid, walnut-stained hardwood. It is 26 inches tall, \$37.60 postpaid. Order #J490 from Childcraft Education Corp., 150 East 58th St., New York, N.Y. 10022. Send for free catalog.

## Cooking, cleaning, dining

**Sandwich spreader.** You won't find a handier item for your kitchen. The spreader's broad, flat blade lets you whip up sandwiches for the whole family in double time. The handle is wood. One edge of the blade is sharp for cutting meat, cheese and bread. Price is \$3.25 postpaid. Order #24935 from Cross Imports, Dept. AH, 210 Hanover St., Boston, Mass. 02113. Their fine catalog, which features everything for the gourmet kitchen, is 25¢.



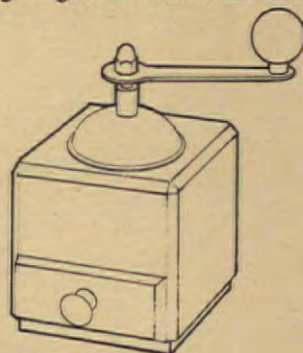
**Omelet pan.** This one's a beauty, made of shining black iron with a long brass handle. Very nicely balanced, it's one of Bazaar de la Cuisine's most popular items. It measures 9½ inches across, costs \$9.95 postpaid. Order from Bazaar de la Cuisine, 1003 2nd Ave., New York, N.Y. 10022. Their catalog of international gourmet ware is free.



**Espresso pot.** The imported brushed aluminum "Mocha Express" has a marvelous shape, makes 6 demitasse cups of after-dinner coffee. It's 8 inches tall, costs \$9.95 plus \$1.25 postage. Order #37K (specify 6-cup) from Lekvar-By-The-Barrel, 1577 1st Ave., New York, N.Y. 10028. Their fascinating free catalog of foods and gourmet cookware is a must.

**Onion soup pots.** Small, covered earthenware pots in dark brown are for serving onion soup in the true French manner. Flameproof pots have beige bottoms, hold 12 ounces. Set of four is \$9.95 postpaid. Order #76-300 from Bazaar de la Cuisine, 1003 2nd Ave., New York, N.Y. 10022. Their international cookware catalog is free.

**Hanging pot rack.** A black wrought-iron pot rack saves space, adds a country-French air to your kitchen. It hangs from the ceiling by chains; black metal hang-on hooks hold pots, utensils. Rectangular rack (#54-01), 30 by 15 inches, is \$27; dome rack (#54-118), 19¾ inches in diameter, with just one chain, is \$16.95. Hooks are 35¢ each. All prices are postpaid. Order by number from Bazaar de la Cuisine, 1003 2nd Ave., New York, N.Y. 10022. Catalog of gourmet cookware is free.



**Coffee grinder.** This is the most charming, old-fashioned grinder we've seen. And it works with style. Simply turn the crank and you get anything from a very coarse to a very fine grind. Grinder has a walnut finish and stands 8 inches tall. Cost is \$9.95 postpaid. Order #791 from Cross Imports, Dept. AH, 210 Hanover St., Boston, Mass. 02113. Their fine gourmet-kitchen ware/recipe catalog is 25¢.



**Pewter reproductions.** Add the warm glow of pewter to your dining table with these beautiful pieces: the Trask goblet, the Danforth tankard, the Revere pitcher. Cohasset Colonials makes them from the finest materials and gives them the treasured, soft finish. The 5-inch-high goblet is \$13.50; the 5-inch tankard is \$17 and the 6-inch pitcher (1 quart) is \$26. All prices are postpaid; other sizes and designs are available. Order #613 (goblet), #636 (tankard, specify 5-inch) and #501 (pitcher, spec-



ify 6-inch) from Cohasset Colonials, Cohasset, Mass. 02025. Their handsome catalog is 50¢.

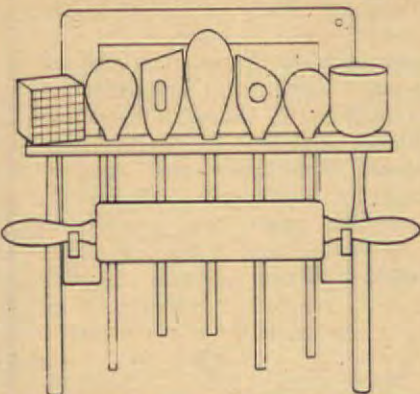
**Super colander.** If you cook spaghetti for a crowd or do a lot of canning, you'll love this colander. It's a whopping 15 inches wide, holds 11 quarts, is made of heavy restaurant-quality aluminum. Price is \$13.90 postpaid. Order #1279 from Cross Imports, Dept. AH, 210 Hanover St., Boston, Mass. 02113. Their gourmet-kitchen ware/recipe catalog is 25¢.

**Miniature mold set.** Now you can make the prettiest pastries in town. Fifty French-tinware molds in different shapes, some with fluted sides, some without, are for making little tarts, patty shells, cookies or petit-fours. Sizes range from 1 to 2 inches wide, ¼ to ½ inch deep. Store them all in the decorated tinware lidded box. With it, you get instructions plus recipes. Price is \$10.45 postpaid. Order #35007 from Cross Imports, Dept. AH, 210 Hanover St., Boston, Mass. 02113. Their gourmet-kitchen ware and recipe catalog is 25¢.

**Handmade brooms.** Crafted from genuine Tennessee corn bristles that are longer and stronger than straw, these charming, country-style brooms are hand-bound, bristle by bristle, for durability. The decorative, curved handles are braided by hand, have an easy-grip surface. Small 16-inch whisk broom (#29702) is \$4.25; the 52-inch porch broom (#29700) is \$7.75 and the 35-inch hearth broom #29701, (not shown), with plain handle and a leather hanging strap, is \$5.25. All prices are postpaid. Order by number from Lynchburg Hardware & General Store, Box 239, Lynchburg, Tenn. 37352. Their catalog, free with your order, 50¢ otherwise, is a country-style treat in itself.

**Knife set.** These fine carbon-steel knives with hardwood handles are country-hardy. Handmade by Southern craftsmen, they hone to a superb cutting edge. Price is \$13 postpaid for 4: 4½-inch parer, 6- and 7½-inch carvers, 7½-inch butcher. Order from American Folk Art Co., 3200 W. Cary St., Richmond, Va. 23221. Their charming, illustrated catalog of country crafted items is available for just 50¢.

**Wood utensils.** An easy-hang kitchen set is in natural wood with a nice, soft feel. Includes rack and 8



hanging utensils. Price is \$19.98 plus \$1.25 postage. Order #41B from Lekvar-By-The-Barrel, 1577 1st Ave., New York, N.Y. 10028. Their catalog of food and gourmet cookware is a must-see, and it's free.

**Pasta maker.** Now you can roll your own—linguine, spaghetti and fettucine, that is. This *macchina da pasta* has a gleaming chrome finish, comes complete with a turning handle, table clamp, directions and a recipe booklet. It's \$31.90 postpaid. Order #950 from Cross Imports, Dept. AH, 210 Hanover St., Boston, Mass. 02113. Their fine gourmet-kitchen ware/recipe catalog is 25¢.

## For your spice rack . . .

Here's an adventurous checklist of dried herbs, spices and flavorings you may not come across in your local supermarket. Imported from around the world, they're all of the finest, freshest quality. Each comes in a clear, stoppered, 4-inch-high apothecary jar, 6 for

\$11, 12 for \$19, postpaid. Check off the ones you want, then cut out this list and send it as an order form to Paprikas Weiss Importer, 1546 2nd Ave., New York, N.Y. 10028. Send \$1 for a membership subscription to their fine quarterly catalog of gourmet items.

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Allspice, ground            | <input type="checkbox"/> Cream of tartar             | <input type="checkbox"/> Mushroom powder   |
| <input type="checkbox"/> Allspice, whole             | <input type="checkbox"/> Creole seasoning            | <input type="checkbox"/> Nutmeg, whole     |
| <input type="checkbox"/> Anise seed, ground          | <input type="checkbox"/> Cumin seed, ground          | <input type="checkbox"/> Oregano, powdered |
| <input type="checkbox"/> Anise seed, whole           | <input type="checkbox"/> Dill seed                   | <input type="checkbox"/> Patchouli         |
| <input type="checkbox"/> Apple-pie seasoning         | <input type="checkbox"/> Fennel seed                 | <input type="checkbox"/> Pepper, Creole    |
| <input type="checkbox"/> Barbecue sauce              | <input type="checkbox"/> Fenugreek seed              | <input type="checkbox"/> Pickling spice    |
| <input type="checkbox"/> Basil, leaf                 | <input type="checkbox"/> Fried chicken seasoning     | <input type="checkbox"/> Pizza seasoning   |
| <input type="checkbox"/> Bay leaves, cut             | <input type="checkbox"/> Gingerroot                  | <input type="checkbox"/> Poppy seed        |
| <input type="checkbox"/> Bay leaves, whole           | <input type="checkbox"/> Gumbo filé                  | <input type="checkbox"/> Pound-cake flavor |
| <input type="checkbox"/> Black pepper, whole Malabar | <input type="checkbox"/> Herb blend, eggs and cheese | <input type="checkbox"/> Pumpkin-pie spice |
| <input type="checkbox"/> Bouquet garni               | <input type="checkbox"/> Herb blend, fish            | <input type="checkbox"/> Rosemary, leaf    |
| <input type="checkbox"/> Caraway, ground             | <input type="checkbox"/> Herb blend, meat            | <input type="checkbox"/> Saffron, leaf     |
| <input type="checkbox"/> Cardamom, ground            | <input type="checkbox"/> Herb blend, salads          | <input type="checkbox"/> Sage, leaf        |
| <input type="checkbox"/> Cardamom, whole green       | <input type="checkbox"/> Herb blend, soups           | <input type="checkbox"/> Sage, powdered    |
| <input type="checkbox"/> Celery seed, whole          | <input type="checkbox"/> Juniper berries             | <input type="checkbox"/> Savory, leaf      |
| <input type="checkbox"/> Chervil                     | <input type="checkbox"/> Lemon peel                  | <input type="checkbox"/> Sesame seed       |
| <input type="checkbox"/> Chili peppers               | <input type="checkbox"/> Mace, whole                 | <input type="checkbox"/> Shallots, chopped |
| <input type="checkbox"/> Cinnamon sticks             | <input type="checkbox"/> Mace, ground                | <input type="checkbox"/> Summer savory     |
| <input type="checkbox"/> Coffee cake spice           | <input type="checkbox"/> Marjoram, leaf              | <input type="checkbox"/> Thyme, cut        |
| <input type="checkbox"/> Coriander, ground           | <input type="checkbox"/> Meatball seasoning          | <input type="checkbox"/> Turmeric          |
|  | <input type="checkbox"/> Mint leaves                 | <input type="checkbox"/> Vanilla beans     |

## . . . and coffeepot

Try an exotic coffee for a change. The bulk choices below are from markets all around the globe. They're roasted, ground if desired and sent to you on the day your order arrives, so you get the freshest coffee. Postpaid prices are \$4 for 1 pound, \$10.50 for 3 pounds, \$20 for 6 pounds. Check the coffee

type you want and send in this list (specifying amount and regular grind, drip grind or whole bean) as an order form to Paprikas Weiss Importer, 1546 2nd Ave., New York, N.Y. 10028. Send \$1 for membership subscription to their fine quarterly catalog of gourmet items.

- |   |   |
|---|---|
| <input type="checkbox"/> Afrika Tanzanian . . . robust                | <input type="checkbox"/> Hawaiian Kona . . . breezy, light            |
| <input type="checkbox"/> Brazilian Santos . . . sweet, mild           | <input type="checkbox"/> Hungarian blend . . . full-bodied with zing  |
| <input type="checkbox"/> Colombian Medellin . . . thick but smooth    | <input type="checkbox"/> Italian espresso . . . deep-roast, demitasse |
| <input type="checkbox"/> Franck's chicory . . . for blending          | <input type="checkbox"/> Mexican . . . sweet                          |
| <input type="checkbox"/> French roast . . . piquant, good with sweets | <input type="checkbox"/> Mocha/Java . . . full-bodied                 |
| <input type="checkbox"/> Gourmet blend . . . distinguished, rich      | <input type="checkbox"/> Turkish . . . pulverized, serve sweet        |
| <input type="checkbox"/> Green coffee . . . for roasting              | <input type="checkbox"/> Viennese roast . . . elegant                 |
| <input type="checkbox"/> Guatemalan Antigua . . . winy                |   |

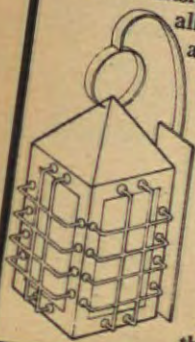


## Around your grounds



**Greenhouse.** This sensible-size greenhouse comes disassembled, snaps together in about an hour. Made of tough plastic tubing and "window gleam" vinyl, it offers more than 160 cubic feet of totally controlled environment. It's light enough to move around, no special foundation or floor needed. Repair tears with glue. Grow things year-round by adding heat, cooling or humidity. You also get 2 fiber-glass work shelves and complete instructions. Size 6 by 4 by 7½ feet tall; the price is \$125 postpaid. Order #19,188 from Edmund Scientific Co., 150 Edscorp Bldg., Barrington, N.J. 08007. Their catalog of things for the hobbyist and gadgeteer is free.

**Brass lantern.** Neatly hand-made, the handsome "Night Watch" lantern will add distinction to any entrance. Its brass finish has a weathered, antique look; the glass, called "French Antique Smoke," has the imperfections characteristic of early American glass. The electrified, weatherproof lantern has a sconce mount, is 15 inches high and costs \$63 postpaid. (A same-size post lantern costs just \$41.) The craftsman signs and dates all his lanterns inside to add to their heirloom quality; he will add your name as purchaser, if you like.



Order from The Brass Lantern, 353 Franklin St., Duxbury, Mass. 02332. Other good-looking lanterns are available, too; write for their free catalog.

## Window greenhouse.

Make a window come alive with Lord and Burnham's solar greenhouse, which attaches to the outside window frame. Outlined in white aluminum, this reach-in greenhouse is 16 inches deep and comes in sizes to fit standard windows. Waterproof and weather-tight, it is shipped in 5 easy-to-assemble panels, has a swing-up top for air and 2 air-flow upper shelves. Price includes growing guide, complete instructions; shipping charges billed after delivery.

Width	Height	Price
33"	52"	\$170
38"	52"	\$180
48"	56"	\$185
48"	60"	\$190
48"	72"	\$200

Order from Lord and Burnham, Dept. 01, Irvington-on-Hudson, N.Y. 10533. Catalog is free.

## House sign.

Why not hang a charming sign and let the world know who you are? Beautifully made by a Massachusetts craftsman, the foot-square sign with its silhouetted horse is black-painted aluminum with colored lettering (your choice of words, word placement and color) on both sides. Price is \$35 postpaid, bracket included. If you want another silhouette design—perhaps a sailboat, an apple tree or a German shepherd—



send in your idea along with a \$10 designing fee that is applied against your final purchase price. The whole thing may take about 6 months, but the wait will be worth it, since the work is very handsomely done. Order from Yankee Workshop, Mr. Keith R. Spaulding, 48 Hoyle St., Norwood, Mass. 02062. Ask for free catalog of his weathervanes and other work.

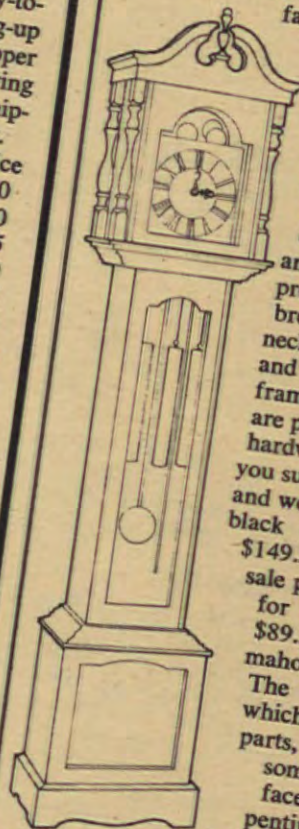
## Rope hammock.

What is nicer than a big, lazy-day hammock? This sturdy one is made by hand of handwoven, natural-color rope on aged oak stretchers. It measures 54 by 82 inches; cost is \$43.95. Order from Jensen-Lewis Co., 156 7th Ave., New York, N.Y. 10011. Shipping charges are express collect. Brochure is free.

## Handmade by you

**Grandfather clock.** Yes, you can make it yourself! With a kit from the Emperor Clock Co., putting together your own grandfather clock is fascinating and simple.

And, compared to spending \$600 to \$800 retail on such a fine clock, it's quite inexpensive. Emperor's cases are black walnut, solid cherry or mahogany. All pieces are presanded and cut; breakfront swan neck and finial, waist and dial doors, dial frame and base front are preassembled. All hardware is provided; you supply glass, stain and wood screws. The black walnut case is \$149.50; the special sale price right now for the cherry is \$89.50, for the mahogany, \$79.50. The movements, which include all parts, plus a handsome polished face and serpentine hands, are extra; choose



one with a Tempus Fugit dial (the words are in black enamel on a polished aluminum globe shape) for \$99.50 or the Moving Moon dial (the moon illustrates the lunar phases) for \$114.50. You can also buy a finished clock; the black walnut grandfather clock is now sale priced at \$314.50 (with Tempus Fugit dial) or \$329.50 (with Moving Moon dial). Cherry version: \$379.50 (Tempus), \$394.50 (Moon). Mahogany: \$369.50 (Tempus), \$384.50 (Moon). Shipping charges are collect. Order kit clock (#120-K) or finished clock (#120-A), specifying case and movement-dial, from Emperor Clock Co., Dept. AH, Emperor Industrial Park, Fairhope, Ala., 36532. Catalogue is free.

## Cutty Sark model.

Try your hand at building this sleek, mid-19th-century clipper ship. Kit includes carved wood hull, sailcloth, rigging cord, wood casks and mast dowels, cast-metal fittings, figurehead, pedestal and complete plans. Finished, she's 23 inches long, 14¼ inches high. Price is \$24.95 plus \$1 postage. Order from Preston's, Main St. Wharf, Greenport, N.Y. 11944. This nautical



shop has a wonderful catalog of other models and shipshape gear, free with your order, 25¢ otherwise.

**Dollhouse.** Build some lucky child this fabulous "colonial mansion." A "spacious" saltbox, it comes in kit form, with sturdy walls, roof, and floors, plus all hardware. Finished house is 33 inches high, 38 inches square, with 6 rooms, flip-open roof and front. You assemble, paint and decorate. It's \$69.50 postpaid. Order #15529 from Yield House, Dept. A 48, North Conway, N.H. 03860. They also offer beautiful reproduction furniture, doll-size; send for their catalog (25¢) and be overwhelmed.

### Flower-arranging kit.

Packed in a pretty, lidded wicker hamper, this kit features everything for the artful flower arranger—holders, floral picks, green wire, floral clay, a book on arranging fresh and artificial flowers, and more. Price is \$25 postpaid. Order #010 from The House Plant Corner, P.O. Box 9, Oxford, Md. 21654. Their in-the-house gardening catalog is 25¢.



**Side table.** This beautiful Shaker side table of selected hardwoods can also serve as a small writing desk or as a lamp or occasional table. Kit includes stain, sandpaper, glue and detailed instructions. The drawer is preassembled. Table is 27 1/4 inches high, 28 3/8 inches wide and 17 inches deep. Price is \$75 plus \$3 postage. Order #SW45 (specify light, medium or dark stain) from Shaker Workshops, P.O. Box 710 AH, Concord, Mass. 01742. For catalog of other fine Shaker kits, send 50¢.

**Slant-top desk.** This is the little gem of the Cohasset Colonial kit collection. Its slant top folds down for writing; there is a large front drawer and several inside compartments for letters and papers. The design is simple and classic; the legs are hand-somely turned, connected by stretchers. Made of rock maple and pine, it measures 27 inches wide, 39 3/4 inches

high; writing surface is 29 1/2 inches high when folded down. Price is \$115.95 postpaid; mellow stain comes with kit. Order #645 from Cohasset Colonials, Cohasset, Mass. 02025. An extra 50¢ gets their handsome catalog of early American furniture kits.



**Shaker tray.** Once you've made this handsome, practical lift-off tray and stand, you'll wonder how you ever got along without it. Kit pieces are pumpkin pine; instructions are included. The finished tray measures 30 by 19 inches; overall height is 36 inches. Price is \$43.95 postpaid; a mellow stain comes with the kit. Order #325 from Cohasset Colonials, Cohasset, Mass. 02025. Their catalog of furniture kits is 50¢.



**Shaker rocker.** Generous-sized rocker is handsome and comfortable. Make it out of selected hardwoods; completed, it's 41 inches tall. Kit includes all parts, stain, sandpaper, glue and detailed instructions. You weave the seat yourself out of authentic, colorful Shaker tapes which, along with weaving instructions, are included in kit. Price is \$85 plus \$2.50 postage. Specify 1 or 2 tape colors and widths as follows: T-1 (a) Indian red 1"; T-1 (b) butternut brown 1"; T-2 red and bayberry stripe 5/8"; T-3 bayberry and black stripe 5/8"; T-4 blue 1"; T-5 green 1"; T-6 bayberry 1"; T-7 red 1"; T-8 black 1"; T-9 brown 1"; T-10 neutral 1". Order #SW6 (specify light or dark stain) from Shaker

Workshops, P.O. Box 710 AH, Concord, Mass. 01742. Send 50¢ for the Workshop's handsome catalog of fine Shaker-design furniture kits.

**Flower preserver.** Blossoms stay lovely forever when you use the Botany Press. This ingenious gadget dries flowers quickly and safely, retaining most of their original color. Press the flowers, then mount and frame them for beautiful wall decorations, or press them onto your own pastel note cards. It's simple to do, yields nice rewards. Press (#71,808) comes complete with hardware, instructions, drying papers. Price is \$8; extra drying papers (#60,983) are \$1.65. Both are postpaid. Order by number from Edmund Scientific Co., 150 Edscorp Bldg., Barrington, N.J. 08007. Their catalog, which features hundreds of fascinating things for the hobbyist and gadgeteer, is free.

## If you're sew-minded

The Sewing Corner is a busy mail-order place that offers just about everything for the person who loves to sew. Here are a few items:

For casual needlewomen, there's the super-handly organizer in yellow, blue or white plastic. This rectangular hang-up (it has a stand-up easel, too) features pigeonholes for the basics: spools of thread, scissors, needles, a pincushion and so on (#1012, \$12.50).

Thimbles are fun to own or give, and the Sewing Corner has plenty. The sterling-silver Liberty Bell Bicentennial Thimble (#3401, sizes 6-12, \$19.80) has a tiny Liberty Bell plaque. "Tasty Fruit," "Blooming Flowers" and "Singing Birds" (#3026, #3027 and #3028) are handpainted bone china designs by Royal Worcester of England (\$13.50; ask for your favorite fruit, flower or bird and they'll try to get it for you). And there's also a simple, delicately ridged American wood thimble (#3077, \$8.25).

For true collectors, the Corner offers a pretty thimble shadow box that showcases up to 24 thimbles. Of fine hardwood with a raw-silk backing, it's 18 by 13 1/2 inches (#1005, \$33.95).

For the busy needlewoman, there's a professional 40-by-72-inch cutting board of heavy fiberboard. It has scale markings on all 4 sides and an all-over 1-inch grid pattern. It folds to store (#5006, \$5.45).

Order from The Sewing Corner, Box 412, Whitestone, N.Y. 11357. All prices are postpaid. Ask for their complete catalogs on thimbles (50¢) and on notions (25¢).



## Nice for gift giving

### Paul Revere lantern.



Here's a gift that's different: a faithful reproduction of the candle lantern so popular among early New Englanders. Pierced holes in black metal cast lovely patterns of light. Lantern (#PRL-1) is 15½ inches high, costs \$21.25. Also available: a matching iron wall bracket (#WB-1, \$4.75) to hang the lantern on; an electric adapter with bulb (#EA-1, \$3.75) so you can use either candle power or electricity. Prices are postpaid. Order by number from Candle Mill Village, Dept. AH, East Arlington, Vt., 05252. Catalog of candles and other early American accessories, all perfect for gifting, is free with order, 50¢ otherwise.

**Balsam pillow.** This flounced-edge pillow makes a lovely, old-fashioned present. It's stuffed with 12 ounces of fragrant ground balsam needles from the Maine woods, guaranteed to hold its aroma for years. Keep it on your bed or tuck it in the corner of a favorite chair or rocker. Cotton-print cover has a green, gold or blue

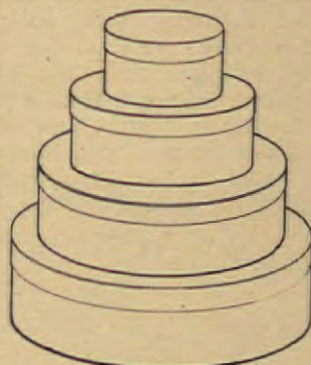
colonial pattern on a white background. Size is 7½ by 9 inches; price is \$3.95 (or 2 for \$7.25) postpaid. Order #672CS from Candle Mill Village, Dept. AH, East Arlington, Vt. 05252. Catalog of candles and charming early American accessories is free with your order, 50¢ otherwise.



**Window wild flowers.** Give someone a gift of springtime: This panel of pressed flowers framed by colorful leaded glass hangs in a window and lets the sun sparkle through. Beautifully handmade, each panel varies slightly in soft color combinations: #52076100 is 11 inches high, 9 inches wide, \$32.50; #52076300 is 7¾ inches high, 6¾ inches wide, \$21.50; #52076500 is an 8¼-inch diamond, \$26.50. Prices are postpaid. Order by number from Yield House, Dept. A 48, North Conway, N.H. 03860. Send 25¢

for huge catalog of early American furniture (in kit form or preassembled) and accessories.

**Cucumber sampler.** From Caswell-Massey, one of the oldest pharmacies in the country, comes the charmingly gift-boxed "Cucumber Sampler." Inside are niceties made from the magical cucumber—lotion, soap, night cream, cold cream, emulsion—all smelling fresh and lovely. The price is \$13 postpaid. And just for fun, there's also a 3-pound slab of old-fashioned, unscented castile soap; you slice it off as you need it. Price is \$5.10 postpaid. Order from Caswell-Massey, Dept. AH, 320 W. 13th St., New York, N.Y. 10014. Their absolutely delightful catalog of bath and cosmetic items is free with order, \$1 otherwise.



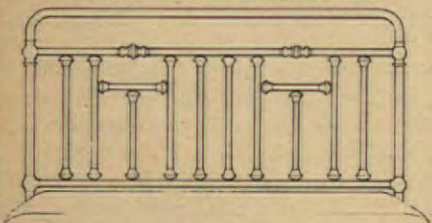
**Shaker oval boxes.** These handmade wood boxes are reproductions of highly sought-after Shaker originals. Useful for storing all sorts of things, they're also wonderfully decorative. The pine and maple sections are cut to amazing thinness, yet the boxes are strong as well as beautiful. A set would be a treasured gift for someone who loves things early American.

Order #	Length	Height	Price
SW22-1	6¼"	2¼"	\$20
SW22-2	8"	2⅞"	\$22
SW22-3	9½"	3¾"	\$24
SW22-4	11½"	4¾"	\$26
SW22-5	13¼"	5¾"	\$28

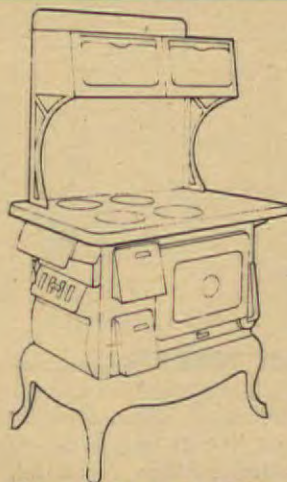
SW22—Nested set of all 5 boxes, \$100. Add \$1.50 each for postage or \$5 for the nested set. Order by number from Shaker Workshops, P.O. Box 710 AH, Concord, Mass. 01742. Send 50¢ for their catalog of other fine Shaker designs and kit furniture.

**Dried flowers.** These colorful dried flowers and feathery weeds are set in a miniature willow basket—the perfect little gift for a shut-in or a dinner hostess. The handled basket is 3½ inches high. Price is \$2.50 (2 for \$4.25) postpaid. Order #54M from Candle Mill Village, Dept. AH, East Arlington, Vt. 05252. Catalog of candles and early American accessories is free with order, 50¢ otherwise.

## 2 big-deal mail orders



**Brass headboard.** Gleaming brass adds a shine to your bedroom. This headboard, called the "Commodore," is one of the nicest we've seen. It looks just like the old-fashioned headboards you see in antiques shops, yet would go as well in a contemporary setting as in one that is early American. It attaches easily to any bed, is available in 3 sizes: Double size is \$323; queen, \$353; king, \$373. All charges are F.O.B. New York City. Order from the Brass Bed Factory, 10 W. 36th St., New York, N.Y. 10018. If you're interested, ask for information about their other beautiful brass bed and headboard designs.



### Cast-iron electric "stove".

It looks like an old wood-burner, but it's really all new and all electric. Made of shining black cast iron, it has white porcelain insets, cooktop and backsplash. "Country Charm" range is 38¾ inches wide, 59 inches high, 24¼ inches deep, with 4 surface elements, oven, broiler, hidden controls. Price is \$545, shipped freight collect. Order from The House of Webster, Dept. AH, P.O. Box 488, Rogers, Ark. 72756. Catalog is 25¢.



# Family heirlooms: the treasure hunt is on!

The time was spring and the place, New York's Sotheby Parke Bernet, one of the world's most prestigious art auction galleries, where Old Masters and fine antiques go for record prices. The event: "Heirloom Discovery Week," during which 40 SPB experts gave free verbal appraisals of the family treasures and antiques-shop finds of 18,000 people. Inside the sedate auction house it was like a big, friendly bazaar: People lined up patiently, totting their old silver, pewter, quilts, jewelry, porcelain, paintings and books in suitcases and shopping bags.

**Bought for \$3, valued at \$1,500 to \$2,000.**

*Eskimo walrus-head wooden bowl and spoon were carved in mid-19th century. They were found in a junk shop 20 years ago by a woman from Sharon, Conn.*



"This free appraisal idea is fabulous," said one suburban woman. "I read about it and thought, 'Let's see what Grandma's silver tea set is worth!'"

Actually, despite its image of exclusivity, SPB has been giving free verbal appraisals for years to anyone who makes an appointment. And though the Rembrandts and rare diamonds grab the headlines, most of the items sold at SPB auctions go for less than \$1,000. "This defies the propaganda that art can only be bought by the very rich," says gallery president John Marion.

New York appraisal bee proved of more value to their owners than to collectors, but there were some "discoveries," too. A substantial number of things were appraised in the \$1,000-\$15,000 range; these were usually left on consignment to auction (SPB gets 20 percent of anything selling for less than \$50,000). Most of the "discoveries" were more modest, however. An elderly man brought in two worn but beautiful patchwork quilts made by his wife's grandmother a century ago; they were appraised at \$350 each. A woman who enjoyed buying old towel warmers at odds-and-ends shops showed one she'd found for \$40; the expert appraised it at \$800. A retired army colonel brought in an 1860 pewter claret set he'd bought for \$60; it was valued at \$400.

But whether a "treasure" was worth \$5 or \$5,000, the appraisers were unfailingly friendly and helpful. Besides identifying and putting a value on an heirloom, they explained a bit about its style and period and, if asked, gave information on restoring or selling it. They also identified many too-large-to-carry items from photographs.

SPB plans to hold more of the clinics around the country. If one travels to

your neighborhood, why not dig out your heirlooms and bring them in? Anyway, why not dust them off and see what they're worth? Go down to the library and do some research; ask a trustworthy antiques dealer for an opinion. Finally, if you really think you

**Purchased for \$300, appraised at \$8,000 to \$12,000.** *This beautiful Russian enameled goblet, made in the workshops of Carl Fabergé, was bought new at Tiffany's in the 1890s by the grandmother of a Bronxville, N.Y., woman. It had been appraised in the 1960s for about \$750. As with other valuable items, this was left for auction.*



have something, you can get a free, informal evaluation (not good for insurance purposes) by sending in a good-quality photograph to Sotheby Parke Bernet, Appraisals Dept., 980 Madison Ave., New York, N.Y. 10021. Or see our new department in this issue, "Ask About Your Antiques," page 30. You may be in for an exciting heirloom discovery! —Eileen Denver Mimoso

## Here's a lot of ideas for a little. Ceramic Tile Picturebook, 25¢.

Ceramic tile can turn anyplace into a showplace. And we've got a great book to prove it. It's filled with ideas and photos to help you create stunning graphic effects all over your house.

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**Tile Council of America, Inc.**



**Family heirloom, valued at \$4,000 to \$5,000.**

*"Love Potions," by a 19th-century Dutch painter, was hidden away by a Riverdale, N.Y., man who considered it "ugly."*

SPB has been trying to beat back the "only-for-the-rich" attitude with their well-publicized Discovery Week and, before that, with 13 other appraisal "clinics" held in cities countrywide. They've attracted thousands of people and unearthed quite a few treasures. "It makes us realize," says Marion, "that there's a lot more art around than people imagine."

Many of the items brought to the



## BASIC TRAINING FOR YOUR PET STARTS WITH PATIENCE PLUS LOTS OF LOVE.

The cat has always been noted for his spirit of independence, often mistaken for intelligence. "The cat is too smart; you can't teach him to do anything he doesn't want to do" is a popular belief of our times, and one of the reasons there are so many spoiled, untrained pet cats in the world.

The fact is that a pet cat *can* be trained, and that it takes double patience to train him. The easiest (but not recommended) way is through use of fear. Put his dinner dish down in a new place and notice how he looks in all directions and doesn't dine until he's sure he's safe. His still-wild relatives—the lions and tigers and leopards—are all trained through fear. The snapping whip that sends the lion flying through the hoop is a reminder of punishment he's endured behind the scenes in training. Of course, no person wants to train his pet cat that way. The only other way to achieve sure results is to employ double patience. Here are some practical things for him to learn—but teach him one thing at a time.

**Coming when called.** At mealtime, rap the dish as you put it down and call out, "Fritz, come!" Don't be overjoyed when he comes, for he'll come as soon as he spots the dish anyway. Still, after several days of hearing the word "come," he'll start associating it with pleasure. Then use the same words in calling him to you from across the room. When he responds, play with him or offer him a tidbit (a bit of mild cheese, liver, fish or a commercial pet treat). Something pleasant should happen when he comes; don't call him when you don't have time for him.

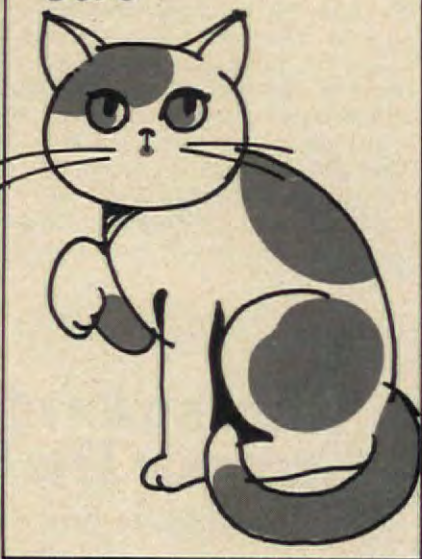
**Curing the beggar.** A lively kitten will climb into your lap and from there scramble onto the table whenever you sit down to your own meals. Whenever he does this, 1) tap his paws, but not severely; 2) say, "Fritz, no!" in a firm voice; and 3) pick him up and place him on the floor. If he grasps the idea within two days, you have a pet with above average intelligence.

**Off limits.** In many households, pets are not permitted on furniture. Again, tap his paws, give him the "no" command and place him on the floor. This time your double patience will be tested: Once he learns the sofa is off limits, he'll probably try to claim residential rights to several chairs and a

couple of beds. The lesson may have to be repeated many times until he learns, finally, that floor level is for him. If tapping the paws fails to impress, slap him over the buttock with a flyswatter. It won't hurt him.

**Collar and leash.** Any kitten can be easily trained to walk on a leash. An adult cat will fight the training, so start during kittenhood. A light, loose-fitting collar that won't slip over his head is the first requirement. Let him wear the collar two or three minutes at a time, several times a day, until he gets used to it. On the fourth day, attach a long cord to the collar—the kitten will drag it around and play with it.

### The obedient cat



After a week, pick up the loose end of the cord and use it as a leash. Take him for short walks, but for a couple of days permit him to walk in any direction and just follow him. Then try the "Fritz, come!" command, plus a gentle tug on the leash. If he fights the idea, give him a rest and try again. Remember, short sessions — never more than five minutes.

*Anyone who has successfully trained a cat to walk on a leash is qualified to teach that cat tricks, and the cat has enough brainpower to learn.* As in his basic training, teach one trick at a time. Make sure he has the first trick down pat before proceeding to the next one. Since his memory isn't too strong, review the tricks every few days.

**Shake hands.** Simply lift up one paw (always the same one) as you say, "Fritz, shake!": Then shake his hand, pet him and tell him he's a fine fellow. Do this about 10 times per session, two sessions a day. The tidbit method calls

for one practice session a day: Start the same way by lifting his paw as you say, "Fritz, shake!" Then shake his paw, give him a tidbit and praise him. Repeat three or four times.

Next, hold the tidbit in your fingers, permit him to sniff it, and give the command. If he puts up his paw, shake it and give him the tidbit. If he doesn't put up his paw, pick it up, shake it and give him the tidbit anyway. (A dozen shakes are enough for one day). Every day thereafter, start with the tidbit in your fingers. By the end of the week, he'll be shaking hands—you won't have to give him a tidbit every time.

**Roll over.** The average cat loves to lie on his back and have his belly rubbed. This amounts to half a roll. Whenever you rub his belly, give the command, "Fritz, roll over!" and push him so he completes the roll. Congratulate him. You can teach him to obey the command in four or five days, using tidbits as rewards. Be sure he knows the tidbit is in your fingers.

**Up and down.** You want him to jump up on a chair. Let him sniff the tidbit, let him see you place the tidbit on the chair seat, and then give the command, "Fritz, up!" If he doesn't jump up, repeat the command as you lift him onto the chair and permit him to eat the tidbit. Praise him and put him back on the floor. Cats like to jump; the average one learns this trick in a few days.

Since they like to jump down as well as up, this trick can be extended by placing one tidbit on the chair and a second on the floor. Then it's up onto the chair on the command "Fritz, up!" and down to the floor on "Fritz, down!"

**Sit up.** Start the cat in sitting position. Hold the tidbit over his head and just out of reach. "Fritz, sit up!" is the command. After a few tries, he'll sit up and rest both paws on your hands. He's on his way. If he rears up full length, take advantage of the mistake later by holding the tidbit higher and commanding, "Fritz, walk!" But don't expect too much. A cat won't take more than three or four steps.

With the tidbit method and double patience, the average cat can be taught any number of simple tricks. But repetition always remains important, for he has that short memory. And once he has a trick down pat, the tidbit won't be necessary every time, just once in a while, to keep up his hopes.

Five months is early enough to start teaching tricks. As a general rule, cats make better students than kittens, and neutered cats are easiest to train. If not neutered, the female is easier to train than the male.

—Kurt Unkelbach

From the book "Catnip: Selecting and Training Your Cat," by Kurt Unkelbach Copyright © 1970 by Kurt Unkelbach. Published by Prentice-Hall, Inc., Englewood Cliffs, N.J.



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# Planned-in-advance addition provides privacy plus

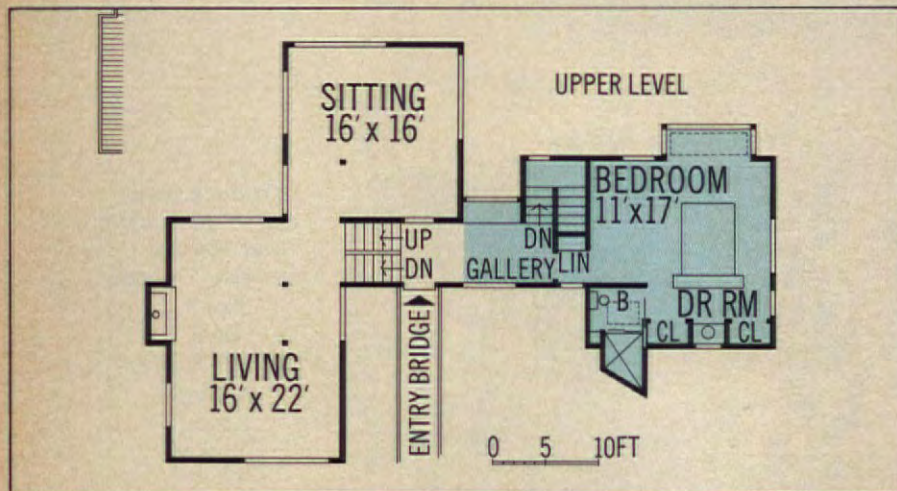
The handsome space pictured—bedroom/dressing room/bath—is the perfect finishing touch to a wide-open hillside home outside San Francisco. Architects Backen Arrigoni & Ross designed the original, compact two-level house with this addition in mind; when the need arose, the owner had it built. Now a gallery leads from the main part of the house to this skylit aerie, as serene as the wooded hills that surround it. — Jane L. Lawrence



Skylight and windows bring the green outdoors inside (above). Redwood walls and oak floors add to the natural look of this Marin County, Calif., room addition.



Redwood storage partition (above) gives a sense of privacy to sleeping/dressing areas, suggesting a division between the two without separating them completely.



Floor plan of house's upper level (above) shows new bedroom wing (shaded area) at the end of a connecting gallery. Addition has 700 square feet, including laundry/storage area below. House's lower level contains kitchen and a guest room formerly the master bedroom. Broken lines in bath and window bay indicate skylights.



Room divider (above) is multifunctional: It houses closed storage on the dressing-room side, built-in nightstands and reading lamps on the bed side. Center opening contributes much to the spacious flow-through feeling of the room.

John Zimmerman





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# Rediscover the "Joy of Cooking"



Now in its latest edition, this marvelous cookbook has been the kitchen companion of millions of American homemakers. Here, and in issues to come, we give you choice samplings from a perennial favorite.

**FRUITS:** Too often the menu-builder takes herself too seriously and tops off a rich edifice with a disastrously rich dessert when fresh fruit with, perhaps, a cheese would be a far happier conclusion of the meal for all concerned. Well worth exploiting are the virtues of fruit—in either cup, compote, salad or

sherbet form—as a “lightener” during as well as after a big meal.

If fruits lack flavor, serve them or prepare them with candied peels, ginger, zest or spices; or add lemon or lime juice to cooked fruits and fruit fillings.

## Fresh Fruit Kebabs

Serve with a meat course or as a dessert. Marinate for about 30 minutes:

- 6 canned peach halves—drained and cut in half
- 3 thickly sliced bananas
- 2 apples, cut in sections
- 1 cubed fresh pineapple
- 3 sectioned grapefruits

in:

- 1 cup grapefruit juice
- ½ cup honey
- 2 tablespoons Cointreau
- (1 teaspoon chopped mint)

Broil on skewer for about 5 minutes, basting often with the marinade.

## Strawberries Romanoff

Prepare:

- 2 quarts sugared strawberries

Whip slightly:

- 1 pint ice cream
- Fold into the ice cream:
- 1 cup whipped cream

Add:

- 6 tablespoons Cointreau

Blend the cream and the strawberries very lightly. Serve immediately.

## Fruit Fools

Long ago the word “fool” was used as a term of endearment. We have an old-fashioned fondness for the recipes in which fruit is combined with cream. Prepare:

Raspberries or strawberries

Add to taste:

**Powdered sugar**

Let the mixture stand for 10 minutes. Now combine with an equal amount of:

**Thick cream**

Flavored with:

(3 tablespoons kirsch, port or Madeira wine)

Chill well before serving.

## Bananas in Blankets

Good as a breakfast dish or served with a meat course.

Preheat broiler.

Cut into lengthwise halves:

**Firm, ripe bananas**

Place between the halves:

**Canned pineapple sticks**

Wrap the bananas with:

**Slices of bacon**

Broil in a pan, turning frequently until the bacon is crisp.

From “Joy of Cooking” by Irma S. Rombauer and Marion Rombauer Becker  
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## Ask about your antiques

This new *American Home* feature will give you a chance to learn the real story behind those family treasures you may have owned for years but know little about. We can't appraise an object for you, but we can tell you something of its origin and style. Send letters and clear black-and-white photographs to: Ask About Your Antiques, *American Home*, 641 Lexington Ave., New York, N.Y. 10022. Include complete descriptions, plus anything the pictures don't show. Questions, accompanied by pictures, of general interest will be published as space permits. We are unable to send personal replies or return photographs.

—Marvin D. Schwartz

**Q** This pitcher has been in my family a long time. It's thick, but we think it may be porcelain. On one side is an eagle design. On the other, there are men grouped on a stairway, and their names are inscribed. A mark on the bottom reads: "MAP Trenton." What can you tell me about the piece?

S.R.—Wauwatosa, Wis.

**A** Your pitcher is porcelain, a commemorative piece made in the 1860s in limited numbers (thus comparatively rare) by Millington, Astbury and Poulson of Trenton, N.J. The scene you describe shows Union patriots seizing a Confederate sympathizer.



**Q** This chair was given to me as a special treasure from a family home being dismantled. Can you give me a clue to its origins?

M.F.—Quincy, Mass.

**A** Your chair appears to be a fine example of 18th-century English craftsmanship, but it may be a reproduction. The design is close to the finest Georgian work—which means it could have been made in London in the 1750s by one of the best cabinetmakers. Any good antiques dealer should be able to



tell you if it's the real thing or a reproduction. Look closely; you might find the name of a recent manufacturer.

**Q** We keep seeing dishes like this one in antiques shops. To the best of my knowledge, ours cannot date much before World War I. Would you call it an antique?

C.B.—Redwood City, Calif.

**A** The most popular cut glass sold in antiques shops today is the so-called bright-cut glass developed in the late 19th century. Your dish has a floral pattern that was a favorite between 1910 and 1920—an "antique," after all, doesn't have to be terribly old.



**Q** Here is a copper pail I found in a thrift shop last summer. It's worn enough to be old, but I don't really know that it is. The only mark I can find is "Made in Holland" inscribed on the bottom. Can you tell me more about it?

C.J.—Newport News, Va.

**A** The "Made in Holland" mark means the pail was made after 1891, when U.S. Customs required all imports to show country of origin. Further, the fact that the piece appears as though cut and sealed from thin sheet copper suggests a relatively modern manufacture.



**Q** I've always loved this cup and saucer, but know nothing about it. The dark parts are blue, the flowers are an orange red. Both pieces are marked with a shield in which "Atlas China Made in England" appears in red. Do you know anything about it?

M.F.—Ashland, Ore.

**A** Marks that include "Made in England" mean the pieces were made after 1891 (see above). Your cup and saucer appear to be a delicate version of a typical English bone china pattern from about 1910. It derives from a hundred-year-old pattern inspired by Oriental Imari design. The original was shaped more boldly and simply.





# A basic darkroom for \$150

A home darkroom for making black-and-white prints is easy to set up. You can fit all the basics into an area as small as 3 by 3½ feet. And \$150 buys you all you need to make wallet prints, big enlargements, even your own holiday greeting cards.

Here's a list of what you'll need, along with approximate prices. To cut costs, shop for like-new used equipment in the classified ads (or ask your photo dealer) and bargain-hunt at mail-order houses that advertise in photo magazines.

**Chemicals, \$7.** Buy gallon quantities to start: developers for negatives and for prints, stop bath, fixer, hypo clearing agent, film wetting agent.

**Small plastic graduate, 50¢.** You'll need this for measuring liquid chemicals in fractions of ounces.

**Photo thermometer, \$4.50.** This will give you the accuracy you need when mixing chemicals.

**Developing tank, \$5.** A plastic, daylight type lets you do most of your negative processing in a lighted room.

**Enlarger, \$60.** Look for one with a good lens and a negative carrier that holds films securely. Never pay extra for "flexibility" you don't need. If you plan to print only from black-and-white negatives, don't pay more for the capability to print from color.

**Easel, \$15.** The 8-by-10-inch size with adjustable margins is the most versatile. Easel arms should move easily, hold paper straight.

**Five developing trays, \$7.50.** Get one (the 8-by-10-inch is best) for each chemical used in processing prints and one to hold prints in water until you can wash them. If you plan to haul your chemicals back and forth from sink to darkroom each time you use them, buy plastic dishpans instead, so chemicals won't spill.

**Safelight, \$4.** This illuminates your work area without exposing paper.

**Polycontrast filters, \$25.** Used with a variable-contrast enlarging paper, these filters will help you compensate for less-than-perfect negatives.

**Variable-contrast enlarging paper, 100 sheets, \$17.** Kodak's glossy new RC-type is the handiest; to dry it, all you do is press out the water with a squeegee roller, then leave in the open air.

**Squeegee roller, \$1.50.**

**Four bamboo tongs, \$2.** Using your hands to work with prints during processing with chemicals may brown-

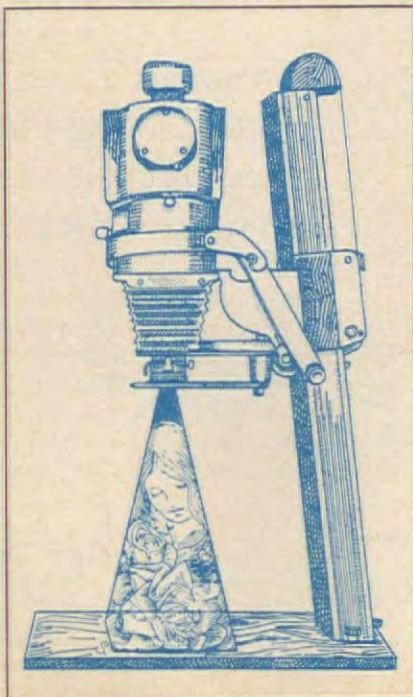
spot your pictures. Buy one pair of tongs for each tray of chemicals.

**Contact printer, \$1.** Make it yourself by buying an 8-by-10-inch piece of ⅛-inch-thick glass with finished edges; hinge it with adhesive tape to an 8-by-10 cardboard. You'll find the printer useful for making same-size positives as records of your negatives.

**Miscellany, for free.** Collect the rest of your darkroom needs from around the house: a *large measuring cup*, a *funnel* and some *gallon jugs for chemicals*; a *plastic stirring rod* to mix chemicals in the jugs; a *bottle opener* to pry lids off film cassettes; *clothesline* and *clothespins* for hanging film to dry; *scissors* for trimming film and cutting enlarging paper. You'll also need a *timepiece* with a second hand (and if the dial is illuminated, keep it away from photo paper and exposed, unprocessed film or it will fog them). To wash prints, put them on a *rubber-coated wire rack*—a cookie or cake rack will do. This should fit in the bottom of the sink, so your prints don't block the flow of running water to the drain.

**Location.** In choosing a spot for either a permanent or a portable darkroom, make sure you'll have enough room to set up the necessary counters, plus enough storage space—at hand or nearby—for all your equipment. The spot you choose should be reasonably easy to darken, and should have an electric outlet. Running water can be a step-saver,

**Develop your own photos at home; it's easy, fun—and a money-saver.**



but it is not a necessity.

The best place for a permanent darkroom is in the basement or in a small spare room. To darken it, nail weatherstripping along door bottoms; opaque windows by fitting them with removable felt-edged pieces of plywood. (To test for light-tightness, stay in the darkened room for five minutes, then try to see a white sheet of paper on a dark background. If you can't, the room is dark enough.)

**Work space.** You'll need enough to hold all your gear: Card tables, an old kitchen table or a door propped on sawhorses would be fine. Keep the wet things you're working with—or storing—separate from the dry ones, so you don't get chemicals on your dry negatives, or spoil unexposed enlarging paper.

**Storage.** Keep supplies in boxes under tables or on shelves. If your basement is damp, install a dehumidifier, since dampness causes mildew, rusts equipment and deteriorates film and supplies. Be sure to wipe up all spilled chemicals immediately, and keep the room spotlessly clean, to prevent dust from accumulating on your negatives and making white spots on your prints.

If you don't have a basement or spare room, some rearranging might give you the use of a big closet. If it's spacious enough, set up a card table as work space. Otherwise, install two counters 36 inches from the floor and at right angles to one another. The shelf at the back, 16 inches deep and closet-width, will hold the enlarger and all dry supplies; the other, 12 inches deep and as long as closet depth, will hold trays of chemicals. If there's no electric outlet, bring in an extension cord.

**Portable darkroom.** Many hobbyists turn their kitchens or bathrooms into one-evening-a-week darkrooms. This may be the answer if you haven't much room. You can store supplies in a nearby closet and create enough space by covering sinks or counters with plywood. If you plan to print only at night, you can darken the room by throwing quilts over the curtain rods and stuffing towels under the doors.

**Know-how.** Learning the basics of developing and printing isn't difficult: A few good books and a little practice are all you need. To start, read Mark Fineman's *The Home Darkroom* (Amphoto, \$2.95, paper) and these Kodak booklets: *Basic Developing, Printing and Enlarging* (#AJ-2, 75¢); *Enlarging in Black and White and Color* (#AH-16, 95¢); *Kodak Films for the Amateur* (#AF-1, \$1.50).

For extra help, join a local camera club, or sign up for a basic photography course.

—Karen Cure



## 7 costly myths about home cooling and heating



**F**orget the fiction and learn the facts. They'll help you conserve energy (summer as well as winter), save money by eliminating waste—and in some cases add to your family's indoor comfort.

1. "Our house has thick brick walls that keep us cool in summer, warm in winter, and hold our energy bills down." Actually, brick, like stone or any other masonry, transmits heat and cold fast—much faster than wood, for example—as anyone who's cooked in a brick oven well knows. And the thickness of your walls makes little difference. Heat will leak into the house in summer, and out of it in winter, about as easily through two feet of brick or stone as through an ordinary wood-frame wall half that thick. The truth is, masonry walls require as much insulation, if not more, than a conventional wood-frame structure.

2. "We have hollow walls with big air spaces and do they ever insulate!" A space that's hermetically sealed, as in a thermos bottle, is one thing. But the usual hollow wall in a house is just a pocket of drafty air in motion and, as a result, is a major source of energy leaks. Such leaks should obviously be plugged; insulate any hollow wall in your house, no matter what it's made of.

3. "Putting insulation in my house will cause exterior paint to start peeling off." The basic fact is poor water-vapor control is the chief cause of peeling paint. Insulation has little to do with it.

Winter is the predictable time of

trouble, for it is then that vapor generated inside your house tries to pass through the walls to the outdoors, where the atmospheric vapor pressure is always lower. When outward-moving vapor hits the cold inside surface of your exterior walls, it will condense—like the fogging on a cold windowpane. This condensed water vapor literally invades your exterior paint base, causing it to crack.

You can prevent peeling paint in a house you are building by installing insulation *plus* a vapor barrier. The barrier can be aluminum foil that's an integral part of the insulation, or polyethylene sheets applied curtainlike over the inside surface of the insulation before walls and ceilings are closed up.

Prevent peeling paint in an existing house by applying vapor-barrier paint to interior walls and ceilings. Ask your paint dealer for a "vapor-resistant" interior paint, such as a vinyl latex, and apply two coats. When you repaint the outside of your house, use a *non*-vapor-barrier latex paint. This will permit the easy escape of any vapor that might be working its way from the inside out. (To cut down water-vapor production in your house, see "Condensation Build-Up" in our July issue.)

4. "The heating system in my house dries out the air and makes my nose

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and throat sore." Sometimes, to compound the myth, the blame is placed on "dry" warm-air systems, other times on steaming hot radiators. In truth, this uncomfortable "drying out" can occur with any kind of heat; but it happens mainly in houses with little or no insulation and no vapor barriers. Insulation-plus-water-vapor construction prevents excessive water-vapor leakage, which means that a higher, more comfortable relative humidity is maintained inside the house. Higher indoor humidity in winter is also economical. You will be content at a lower indoor thermostat setting and require less energy to warm your house during cold weather.

**5. "Windows should be flung open if you want fresh air in the house."**

Opening windows throughout the house is unnecessary and wasteful, particularly if your heating and cooling system is in operation. In nearly every house there is a continuous flow of "infiltration air" coming in from the outside, and inside air leaking out, through the inevitable cracks and openings in doors, windows and other seams in the structure. Your house is likely to undergo a complete change of air every hour or so.

Open a bedroom window or two a few inches at night if you like. But don't fling windows open unless you are willing to double your cooling and heating expenses.

**6. "We need storm windows and doors to save on air condition-**

**ing."** As a rule, it rarely pays to spend money for these just to reduce summer air-conditioning bills. But if your house is already equipped with storm windows and doors, leaving them on the year-round will provide an extra savings dividend in summer. (For other tips, see "How to Get the Most Air Conditioning for Your Money" in our June issue.)

**7. "Uneven cooling and heating mean our system is plain no good."** If some rooms in your house are too hot, others too cold or too chilly, your system may not be at fault. Your air blower is probably set wrong. Normally, this switches on only when the thermostat calls for cooling or heating; when the thermostat temperature has

been achieved, the blower switches off, even though some rooms are too hot or too cold.

The solution to this is to have your blower set for Continuous Air Circulation (CAC), so the blower operates all the time, whether the rest of the system is on or off. Air will circulate continuously throughout your house, equalizing itself from room to room. The hand switch that makes your blower run all the time is easy to reach; check your equipment's instruction sheet. Flip the switch to the permanently "on" position. Keeping the blower running all the time does consume energy, but a more even temperature control saves you money in the long run.

—A.M. Watkins



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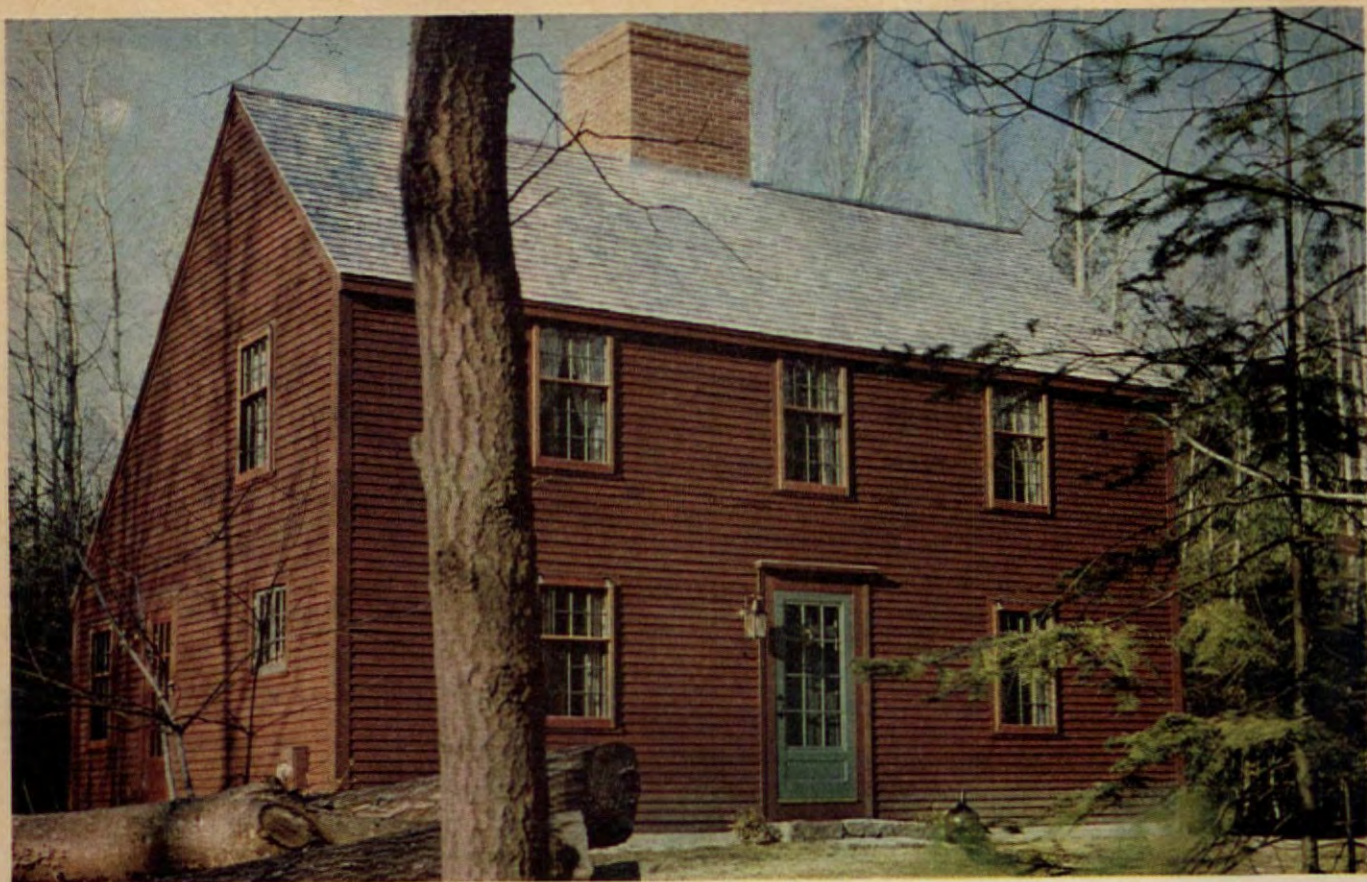
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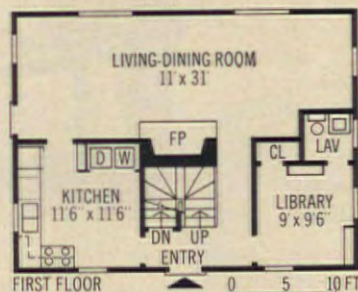
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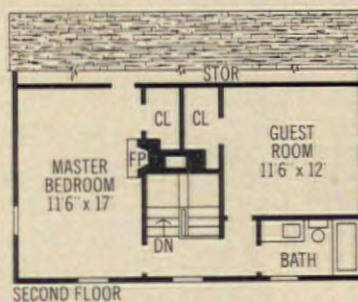


## Build a colonial saltbox with '70s comforts

The mellow charm of traditional design plus the conveniences of modern living can be yours in this Maine saltbox, designed by Nick Roth. Pictured above and on pages 51-57, the house boasts 1,100 square feet, resting on a poured concrete foundation. Pine beams predominate, and pine floors extend throughout, even in the bathroom. Our saltbox, built last year for \$40,000, would be as much at home on a residential street as it is in the Maine woods. Use the coupon below to order house plans. A complete set of drawings plus materials list costs just \$20 and is all you need for a builder's estimate. Three sets (\$35) start you on construction.



Traditional saltbox has parlor in front, kitchen in rear of first floor. Maine saltbox is a bold departure: Living-dining room is an expanded parlor at the rear, extending the width of house.



Here, as in earliest saltboxes, a fireplace adds coziness to second floor. Steep, sloping roof at rear of house creates good storage space.

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By Ann B. Bradley

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# Today's best buys in antique cups and saucers



Buying antique cups and saucers does not take much money, if you are willing to seek out interesting but not necessarily prize examples. You can still find a plentiful supply within a price range of about \$4 for a 19th-century "Mother" design to \$75 for an elegant 18th-century Chinese Export.

Porcelain and earthenware are used most often for cups and saucers. Clay is basic to both materials, but differences in the quality of other ingredients make porcelain thin, hard and translucent—and earthenware thick, fairly brittle and opaque. Porcelain is nearly always white, earthenware occasionally so. Buy what appeals to you. Prices do vary around the country, but with some digging you should be able to turn up happy finds like ours.

**\$4** buys the porcelain cup (above) and accompanying saucer (not shown) from about 1880. The pair was made (probably in Germany) to sell inexpensively. Its flowers were rendered with great simplicity, with color brushed over the petals. The cup is a present a child might buy; "Mother" is inscribed.

**\$7** is what you can expect to pay for this German porcelain cup and saucer of the 1880s.



It was not a particularly fine porcelain when new, thus is not a rare find today. The undulating scalloped edges

and curving patterns are typical of late 19th-century Rococo Revival. The flowers were obviously not painted on, but applied by a print process, which explains why there is only color and line.

**\$7.50** is a fair price for this Nippon pair. It isn't especially old, but it's much sought after today because more and more collectors are aggressively buying up Japanese porcelain. Pieces that are marked "Nippon," like this cup and saucer, are usually products of the 1930s. But their squat shapes and chromatic pictures, all hand-painted, have a vintage charm that makes them seem older than they really are.



**\$25** is what you will probably pay for a cup and saucer of English Staffordshire. It's a white-glazed earthenware that was produced in the Staffordshire region in the 19th century. Blue was the



most popular decorative color, but others were also used. Our pair is predominantly green. The costliest examples are decorated with realistic scenes of American life. Less desirable, though no less attractive, are scenes such as ours—exotic and completely imaginary. The cup is handleless, following Oriental traditions. These pieces bear the mark "WR," which stands for William Ridgway, a large English pottery manufacturer, and are described as "Opaque China," which may be a euphemistic way of referring to earthenware.

**\$30** is the cost of this "Gaudy Welsh" porcelain cup and saucer made in England about 1840. Blue and orange-red were popular colors, applied before



glazing on a variety of Oriental-inspired English pieces. You can find this combination on the bold and stylish porcelains of the 1790s, and on curiously folksy designs of later 19th-century porcelain and earthenware. Here, the red and blue were combined with silvery lavender and bright green in a free, open design that was relatively spare and easily executed—which was why it is comparatively inexpensive. The name "Gaudy Welsh" originated with early collectors who believed that,

when new, this porcelain was popular in rural Welsh-American households.

**\$50** is the likely asking price for this 97-year-old Sèvres cup and saucer. Sèvres has been a French government-subsidized pottery manufacturing firm since the 18th century. Their products have always been of high quality—an 18th-century piece would bring \$1,000 today. A mark (S 77) on the bottom of this cup indicates that the piece was made in 1877 from the standard hard-paste porcelain formula. The cup itself is a middle-sized type typical of the late 19th century. The picture is of Henri III—a stylized portrait—while the still-life vignettes on the saucer are impressionistic.

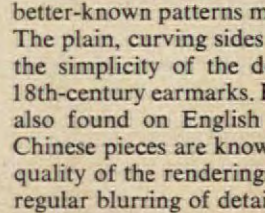


**\$60** is the going price for this "Bel-leek" cup and saucer, dating from the late 19th century. Belleek is the city in



Ireland where potters first produced the egg-shell-thin porcelains that now bear its name. Ours are American examples made by the firm called Ott and Brewer of Trenton, N.J. Belleek's appeal is in its delicacy, which shows off the refinement of the pottery-making craft.

**\$75** is actually a bargain price for true blue and white Chinese porcelain from about 1760. The reason that it is not even more costly is that this is not one of the



better-known patterns made for export. The plain, curving sides of the cup and the simplicity of the deep saucer are 18th-century earmarks. Blue flowers are also found on English porcelain, but Chinese pieces are known by the linear quality of the renderings and by the irregular blurring of details.

Comparison-shop and learn what you like. Spend time browsing; examine objects with care and you'll develop a feeling for what is new or old—and what the good buys are.—**Marvin D. Schwartz**





# Get in the swing to KOOL

More and more, people are swinging to KOOL because they're discovering there's no better answer to hot taste. So get in the swing, light up a KOOL.

Even better, enjoy your KOOL in the good old-fashioned comfort of KOOL's own Lawnlite Lawn Swing. Light in weight and built of modern sturdy and durable material, it's made to give pleasure for years and it's yours for only \$119.00 and one end flap from any carton of KOOLs.

## KOOL LAWN SWING OFFER

Special price covers delivery of Lawnlite Lawn Swing pictured at right. Deep cushioned in polyfoam and trimmed with vinyl and nylon, it sports green and white KOOL stripes. Construction is of sturdy aluminum and steel, with baked-on finish. Allow 6-8 weeks delivery. This offer good until 12/31/74 (or while supply lasts) and is limited to U.S.A. Make certified check or money order payable to KOOL Lawn Swing offer. Mail to Box 3000KG, Louisville, Kentucky, 40201.

Please send me \_\_\_\_\_ KOOL LAWN SWING(S). For each one I enclose one KOOL carton end flap (any size) plus \$119.00.

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



Kings, 17 mg. "tar," 1.3 mg. nicotine; Longs, 17 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report Mar. '74



# Easy living in a remodeled hilltop barn



## A CHICAGO FAMILY MAKES IT THEIR COUNTRY RETREAT.

Five years ago, Harry Vollen and his wife Dorothy were charmed by and bought a rundown barn set on 215 acres of beautiful Wisconsin farmland. The old building, with its partly collapsed walls and gutted interior, had been abandoned even as a cattle shelter. But it possessed important saving graces for the Vollens and their four children: Its hilltop location commanded a panoramic view of their own fields and woods; its beams and stone foundation were still structurally sound; and its size offered a greater volume of space than the family could hope to get in a new house on their budget.

Chicago-born and bred (Harry is an insurance broker there), the Vollens have always felt a warm regard for the kind of rustic flavor the barn exemplifies. The idea of preserving and remodeling it as a second home 75 miles from their city place excited them. "The old barn blended so well with the landscape," says Harry. "We wanted to maintain its rough-hewn simplicity and let it remain truly a part of the land." (continued on page 78 )

*Rear of remodeled Wisconsin barn (above) looks out over rolling fields. Inside, it's a six-room house; kitchen (right) opens to guest room and to game room on balcony level.*





# I spent my life on a "starvation" diet, then I ate and lost 72 pounds.

By Mary Gioia — as told to Ruth L. McCarthy

When I say I "starved" myself, the menu for my day went like this. No breakfast. But as soon as I got to work, diet soda and a piece of coffee cake. Twenty minutes later, coffee to wake me up, with cream and sugar. Then, about eleven thirty, maybe a bite of cake. At lunchtime? Just a skinny sandwich. But since I didn't have breakfast, I figured I could afford a little scoop of ice cream. Then, mid-afternoon, so I wouldn't cave in, a malted. Never anything solid. Too many calories! Naturally, by evening I was starved. I couldn't wait for my first meal of the day. A good healthy Italian dinner. Of course, when my mother put dessert on the table, I didn't want to hurt her feelings, so I ate it. And that, quite frankly, is how I actually dieted up to 205 pounds.

Now in between all this hunger,

I also took reducing pills. But they always made me very nervous. So eventually I'd give them up until I couldn't stand hearing any more comments, like: "You've got such a pretty, rosy-round face. Too bad you can't lose weight." Then off I'd go again on my crazy "starvation" diet.

As I talk about it now, I wonder how Carmine, my husband, ever married me. Maybe because of my happy disposition. Still, I used to get hurt by remarks. I remember once when Carmine saw a girl with a beautiful figure, he turned to me and said: "If your head was on that girl's body, you'd be great."

In an effort to make his dream come true, I turned to diuretics, followed by about every reducing pill in the drug store. But they made me feel so sick, I finally broke down and

said: "I can't lose weight, Carmine. You have to accept me as I am." And, thank goodness, he did!

I think he would have died if he'd known that the pants suit I wore on my honeymoon had a maternity top. Of course, I wasn't pregnant, but it was the only one that was fashionable and a good fit.

It took another clothes crisis in my life to finally make me reduce. I was to be a bridal attendant at my brother's wedding, and I wanted desperately to look nice.

I'd been reading those ads about people who'd lost weight on the Ayds plan, but, quite honestly, I felt the whole thing was a gimmick. Then I saw a cardboard stand of an Ayds plan loser in the drug store and the girl looked so terrific, I thought: "It's probably money down the drain, but here goes." I read the ingredients on a box of Ayds® Reducing Plan Candy and learned they contain vitamins and minerals, but no drugs, so I bought the chocolate fudge kind.

I started on the Ayds plan the next day, taking one or two Ayds with a hot drink like the directions say, and the results were astounding. They really helped curb my appetite. What's more, I began to eat sensibly. Three meals a day, and none of the garbage I used to eat in between.

In the end I went down to 133 pounds on the Ayds plan. I was so thrilled when I had finally done it that I went out and bought the clingiest orange dress I could find. And I wore it to a big family affair in my hometown, Bayside, Long Island. And guess what happened? My husband had to re-introduce me to one of my very own cousins.

Believe me, you only have to have something like that happen to you to know that there isn't a "starvation" diet in the world to compare with being able to eat three meals a day on the Ayds plan and still lose weight.



At 205 pounds, I bet that no lifeguard could have saved me if I were drowning.



Now that I'm down to 133 pounds, I love to wear bold checks, plaids and pants.

## BEFORE AND AFTER MEASUREMENTS

	Before	After
Height .....	5'3½"	5'3½"
Weight .....	205 lbs.	133 lbs.
Bust .....	42"	35½"
Waist .....	34"	27"
Hips .....	48"	38"
Dress .....	20	11-12



# You can embroider

## Favorite museum samplers

### from easy-to-follow kits

In an earlier America, the sampler a young girl made was displayed with pride; eventually, it became a family heirloom. Now you can stitch your own heirloom from a treasured design, faithfully reproduced from a museum sampler.

The original of "The Chase" (right), in the Colonial Williamsburg Foundation collection, was worked in 1760 by an 11-year-old Massachusetts girl. With its soft colors and lovely detail, the 16 $\frac{3}{4}$ -by-24 $\frac{1}{4}$ -inch sampler is exceptionally beautiful. The beguiling "Alphabet" sampler (below) was inspired by one dated 1805 in the Whitman collection at the Philadelphia Museum of Art. The 21-by-16-inch reproduction retains the detailing of the original, even to the use of appliqué for the grassy foreground.

Both designs are stamped on 100-percent Belgian linen; each kit includes floss, needle and easy instructions. Wood frames are available and easily assembled.

—Ann B. Bradley



**Wise words** and charming motifs are combined in this museum-inspired "Give to the World" sampler (right). Size is 11 by 14 inches; design is stamped on Belgian linen. Kit includes floss, needle and easy instructions. Wood frame is also available.



Fill out coupon and enclose check or money order. Sorry, no C.O.D., Canadian, or foreign orders.

**American Home, Dept. 6152**  
**4500 N.W. 135th Street, Miami, Florida 33059**

Check items desired:

- ☐ #61008 "The Chase" sampler @ 8.99 ea. plus .75 post. & hdlg. .... \$
- ☐ #61009 Frame for above @ \$6.99 ea. plus 1.00 post. & hdlg. ....
- ☐ #61088 "Alphabet" sampler @ \$5.99 ea. plus .75 post. & hdlg. ....
- ☐ #61089 Frame for above @ \$5.99 ea. plus 1.00 post. & hdlg. ....
- ☐ #67201 "Give to the World" sampler @ \$2.99 ea. plus .55 post. & hdlg. ....
- ☐ #61870 Frame for above @ \$4.99 ea. plus .75 post. & hdlg. ....
- ☐ #61014 Colorful catalog of other kits @ .50 each .....

Please add sales tax (N.Y. and Fla.) .....

Total enclosed ..... \$

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

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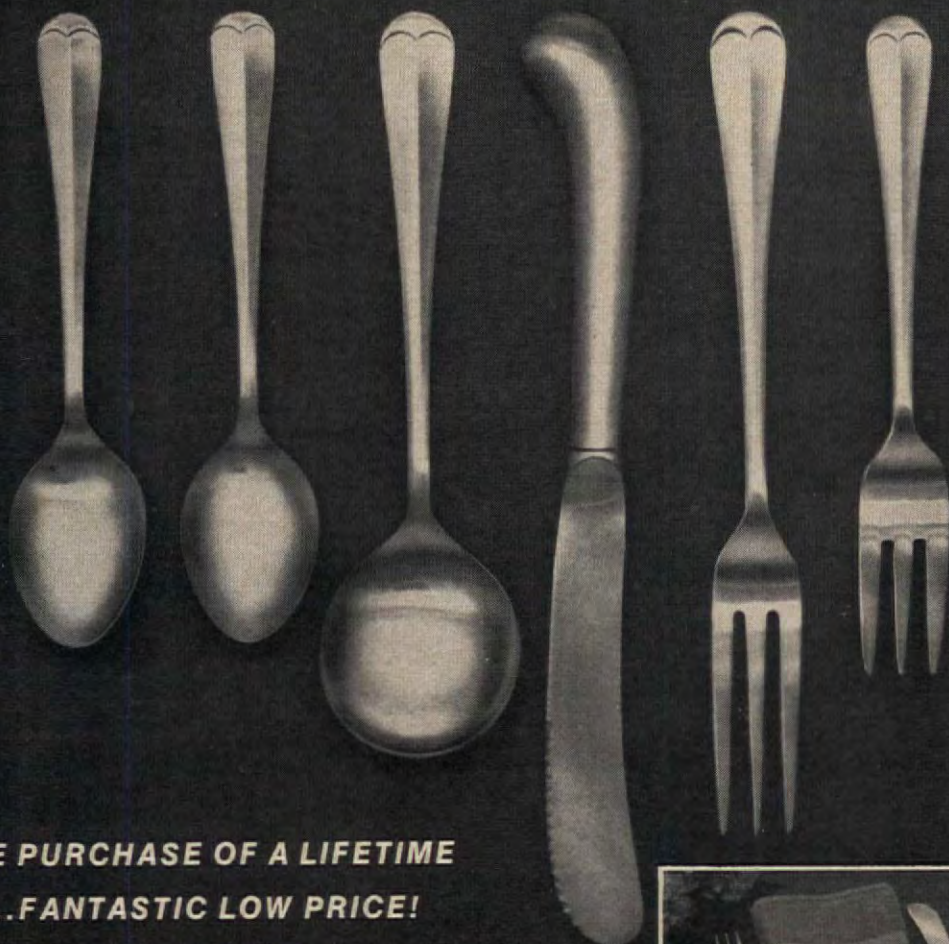
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...FANTASTIC LOW PRICE!  
ONLY \$22.95**

**STERLING SILVER PISTOL-HANDLED  
FLATWARE OF 1776...*Reproduced as  
authentic replicas in satin finish stainless*  
NOT \$44.95! NOT \$34.95! ONLY \$22.95!**

Your home can reflect the candlelight appeal and gracious atmosphere of Early American Colonial elegance when you grace your table with this incredibly beautiful service... at just a fraction of what you would pay for luxurious Sterling Silver. Through a special purchase, we can offer you the famous Pistol-Handled Flatware with all its stunning Colonial simplicity in magnificent, satin finish stainless steel. Each and every piece is a masterpiece of authenticity—an exquisite replica of the famous Paul Revere settings that highlighted many a candlelit Colonial dinner. The knives are the genuine hollow pistol grip handles; the forks are the graceful 3-tined design. And because the entire 50-Piece Set is made of modern stainless steel, you can clean them in your dishwasher without the slightest care.

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Don't be disappointed! Take advantage of this amazing low price while our supplies last. Order now and we'll send you the complete service for 8 including 8 Pistol Grip Hollow Handle Knives; 8 Dinner Forks; 8 Salad Forks; 8 Soup Spoons; 16 Teaspoons PLUS a SPECIAL FREE GIFT of a matching Butter Knife and Sugar Spoon—50 pieces in all. The entire set is yours for just \$22<sup>95</sup> on full money back guarantee if you are not absolutely delighted. At this special low price, you'll want to order one set for yourself and another as a special gift for a cherished friend. But don't delay. *Supplies are truly limited.* Mail coupon today to avoid disappointment.



**Complete Luxury Service For 8  
50 PIECE SET ONLY \$22<sup>95</sup>  
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Conn. Residents Add Sales Tax



# CAN'T SLEEP?

**Try This Different Sleeping Method That Lets You Fall Asleep More Naturally.**

Does it work? Judge for yourself. Try the simple Compoz method. Take two Compoz tablets one hour before you get ready for bed. Then let Compoz help you unwind—quiet you down. By the time you climb into bed Compoz is working at its peak to help you relax to sleep more naturally. Compoz is not a sleeping pill. Not a barbiturate. Compoz is so gentle we think of it as throwing the sleep switch.

## Compōz®

**GENTLY THROWS THE SLEEP SWITCH.**

## What's new



### Hanging knives

Handy La Coutellerie set hangs by its steel blades; handles are dishwasher-safe plastic. Costs \$25 (Imperial Knife Co., 14 Imperial Pl., Providence, R.I. 02903).



### Garden cultivator plus

The electric Multi-Vator pulverizes soil, trims edges and, with attachments, scrapes paint, sands. Price is \$25, \$33 with accessories (Black & Decker Mfg. Co.).

### Shower power

The Shower Massage's pulsating water jets go from gentle, soothing spray to "rubdown." Costs \$25 handheld, \$40 wall-mount (Water Pic, Teledyne Aqua Tec).



### Lightweight hose

The Thermo-Rubber hose weighs less than 5 pounds—about half the heft of an ordinary hose. Made with nylon tire cord for extra strength, it's extremely flexible. Price is \$19 for light blue 50-foot model (Colorite Plastics Co.).



**Easy-carry, double-up picnic tote** Tandem Tote's hot/cold jug and container nest together: When you store tote, jug hides inside container; when you fill both with foods, liquids or ice, jug sits up on inverted cover. Price is \$8 (King-Seeley Thermos Co.). —Bernard Gladstone





# Which glass would you rather drink from?



ANOTHER LEADING BRAND



CALGONITE



**You certainly don't want your child drinking from spotted, filmy glasses. Use Calgonite®. It cleans the clearest of all leading dishwasher detergents.**

Calgonite leaves glasses practically free of unappetizing spots and film. That's because Calgonite's exclusive Formula 211™ has more detergent power than those other brands. Switch to Calgonite.

**For the glass you'd rather drink from.**





# You don't start with True. You change to True.

You've changed. Your life style has changed. And so has your attitude towards smoking. You've decided you should change to a low tar and nicotine cigarette. That decision brings many people to True.

U. S. Gov't. tests show True is lower in both tar and nicotine than 98% of all other cigarettes sold. That means True is not only gentle on your mind, it's gentle on your taste.

Shouldn't your next cigarette be True?



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

Regular: 11 mg. "tar", 0.7 mg. nicotine, av. per cigarette, FTC Report March '74.  
Menthol: 12 mg. "tar", 0.7 mg. nicotine, av. per cigarette, FTC Report March '74.



By Dorothy Lambert Brightbill

When I first saw the saltbox, I knew this was "it." There it stood, so serene, nestling in a circle of pines and birches in Maine woods. The tall trees framed the perfectly proportioned rust-red house with its correct blue-green sash and door. A massive 5-foot-square



center chimney promised—and delivered—good fireplaces within. There was dignity here, and repose. It was everything I'd ever wanted in a house. And considering the fact that I'd spent 24 years as an *American Home* editor, helping readers make their homes more colorful and comfortable to live in, that's saying a lot. (continued)

**American Home**  
August, 1974

# "This is the home I always wanted"



Huge brick fireplace, topped with old pewter pieces, warms my living-dining room on cool Maine evenings. Flamestitch covering English stool and crewelwork on French chair are my early embroidery feats.



**“Having loved Maine, I decided this would be the ideal place to hang my hat for good.”**



**Library (above) houses tools of my trade: books on crafts and decorating, plus some fine Indian and Nantucket baskets. Two veteran rosemary plants, which have traveled with me, are just holding their own. But mint, marjoram and thyme thrive in a sunny window. The hooked rug is a mellowed antique.**





I've always had an appreciation for antiques, and when I married, brought my treasures with me. Since my husband left the making of the house up to me, I indulged as much as our finances would permit. It took me six years to save for my Queen Anne highboy (page 57). The dealer agreed to hold the piece as long as I wished, which she did—and more. When I first saw the highboy, it had a dull, dark stain, but I knew there was pale honey maple underneath. When I finally got the piece, it had been restored no extra charge. Dealers are the nicest people! (continued)



**Pine beams and paneling make kitchen (left) as pleasant to work in as it is attractive. Old butter molds march across top of window; tea caddies on shelves at far left contain choice teas. In breakfast corner (above), double doors conceal washer and dryer; my old steeple clock ticks away the hours.**

PHOTOGRAPHS BY MARIS/SEMEL



**“The house was perfection, even down to the paint colors. All my old treasures glowed.”**





**Beamed ceiling adds character and authenticity to living-dining room with its large windows and wooded views. Old pewter and Staffordshire are shelved in reproduction Shaker cupboard (below) made by Thomas Mosher of New Gloucester, Me. Embroidered pillows (opposite) result from many years' practice.**



For many years I lived in a charming little house in Chappaqua, N.Y. It had been a carriage barn. When it was remodeled, the living room was done with antique board walls, beams and floorboards. This and every other room has appeared in *American Home* to show decorating ideas or as background for needlework kits.

Over the years the house's tax rate multiplied 10 times, which ended my hope of ever retiring to it. I hated to think of leaving my friends and neighbors, the school I taught in and my wonderful herb garden. And I really didn't want to leave my work—but I felt it was wiser to go while I could still produce than to slack off slowly.

Maine seemed a logical spot. I'd been visiting there for some 20 years, and for the past nine my daughter, Dorchon, and her family had lived in beautiful Wiscasset. At first, I considered restoring an old house, but this is not easy to do. Then Dorchon suggested that Nick Roth, a young boat and home builder on nearby Westport Island, might consider building the small saltbox whose plans I'd had tucked away since 1926. We arranged to look at a saltbox Nick had built. When I saw the house, I simply couldn't believe it. Life isn't like that—to drive up and find exactly what you want! (continued)



**Guest room (below) has "Twinkling Stars" quilt on antique bed. Hallway (right) is a gallery for old samplers and embroideries. My bedroom (opposite) has a maple highboy and bed with netted canopy, both 1730. Spread is antique knitted "Cables and Diamonds." Panels over fireplace were old shutters.**



When we went indoors, a dream came to life. The wide plank floors were so lovely, flowing from room to room. The gracious entry hall, the fireplace treatments, the light fixtures—even the hardware—were all exactly right. But the price was a little higher than I could go. Funds were needed for other things—to start a new herb garden, for one. So I made an offer. Nick accepted it, and that was that. Since then, he and his lovely wife, Debbie, and their two children have become dear friends.

Nick is known for his fine boats. He built his first, with his father, when he was 12. Not long ago he bought 12 acres of land on Westport Island and built four houses on it, plus a boatyard and a tiny shop for Debbie. His houses are new interpretations of old ones. The first house was a Cape Cod, now owned by a young Navy family. My saltbox was second. The third is a New England garrison awaiting ownership; the fourth, a gambrel-style, is the Roths'. Debbie's shop, "The Sea Mouse," carries marine supplies and gifts and has a Christmas annex. That's where you'll find me every other Sunday.

**TO ORDER HOUSE PLANS FOR  
THIS COLONIAL SALTBOX, SEE PAGE 36.**



**“We were not in the house five minutes when my daughter said—for all to hear—‘Mother, buy it!’”**







# Folk art embroidery in 2 easy stitches

Transworld







"Painting with thread" is never out of style. And this 29-inch-square table topper is fresh as the morning, bringing to colorful life exuberant floral motifs inspired by centuries-old folk art. You can work up our two-stitch heirloom easily, or apply the design to other linens, by using low-cost amounts of jewel-tone DMC pearl cotton on even-weave linen fabric. Your topper can be hemmed or embellished, as ours is, with a crochet border. To order instructions and full-scale pattern, see coupon on page 77.—Ann B. Bradley







# How \$15,000 built this 7-room house

**\$50** saved by using concrete brick painted white instead of common clay brick.



**\$250** saved with standard-size beams and rafters.



**\$500** saved by use of decorative pilaster to simulate the break called for in exterior wall design.





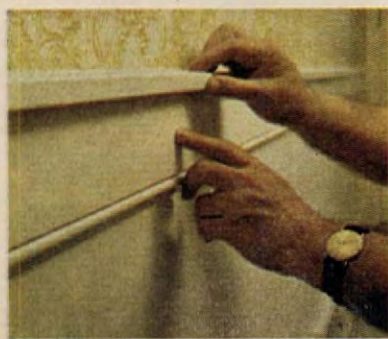


Richard Meek

Building costs have risen so steeply that a \$15,000 home built 20 years ago could be twice as costly today—which makes *this* \$15,000 house remarkable. It's a superbly detailed clapboard-and shingle-sided Cape Cod/ranch with seven

rooms plus expansion possibilities built right in. As designed by architect J. Jack Mullen of Chatham, Mass., it exemplifies cost cutting without sacrificing quality. For details and house plans to order, see page 80.—Jane L. Lawrence

**\$250** saved by putting up chair rail and painting to look like wainscoting.



**\$250** saved by building the front entrance instead of buying one already built.



**\$74** saved on garage door trim, using plywood in place of metal. Cost: under \$1 for four "hinges."





# 60 kitchen wall and floor brighteners

## Fresh, sunny charm

Dazzle up your kitchen with today's wall and floor coverings. Lively yellows, oranges and blues (below) add zip to passé appliances, suit new copper finishes.



## Wave-the-flag colors

Red, white and blue patchworks, plaids and lacy florals (above) are best with either dark woods or matching painted cabinets in a traditional setting. Bold red/white or blue/white graphics team well with pale pine and oak or glossy white enamel for a sleek look.







## All-natural warm-up

Rich brown, beige and camel (above) evoke an informal country mood whether your kitchen is modern or traditional.

This combination beautifully complements the newest chocolate-color kitchen sinks and cookware. Use the natural palette with butcher block and bentwood, old baskets, copper molds and lots of real greenery to create a truly warm and intimate room.

## Leafy summer cool

Tangy lime and sun-kissed orange are guaranteed to recharge any kitchen. Heighten the impact by glossing cabinets with matching paint. Choose stainless-steel appliances and accessories in chrome, clear plastic; add dash with all-white cookware. You'll find the key to our 60 brighteners in Shopping Information, page 79.—Helene Brown





**Buttered Shredded Carrots**

**Fresh Garden Relish**



**Baked Zucchini and Sausage**

**Pea and Salmon Salad**



By Lucy Wing

# Enjoy your garden's bounty now and later



Clockwise from top: Pickled Spiced Onions, Bread and Butter Spears, Carrot Marmalade, Beet-Apple Sauce, Zucchini in Tomato Sauce, Salted Dilled Green Beans


**Those vegetables you planted last spring and have tended regularly—and lovingly—ever since are ready for picking. We've ideas suggesting ways to enjoy some of your delectable harvest right now (opposite), and to can and freeze the rest for savoring in the months ahead (above). Recipes for the ideas pictured, and more, begin on page 70.**





**Peaches and  
Cream Shortcake**

**Danish Almond  
Coffee Cake**



**Cheddar Wafers,  
Parmesan Twists,  
Sesame Sticks**




**Take a  
package of**

# **pie-crust mix**

**Add this to your culinary bag of tricks. With our secrets and your sleight of hand, you can create tasty nibbles, imaginative main dishes, showpiece desserts and coffee cakes, as pictured. These recipes and more begin on page 74.**

By Frances M. Crawford



**Spinach Cheese Torte**



**Strawberry Napoleon**





## THE SECRET IS IN THE SAUCE

**1** Cut butter or margarine into small pieces. Melt over medium heat. Skim foam from surface. Crush peppercorns on board.

**2** Combine peppercorns, vinegar, wine, shallots or green onions and tarragon in small skillet. Bring to boiling over medium heat. Cook until liquid reduces to 2 tablespoons. Set aside.



**3** Put yolks and water in stainless-steel or enameled saucepan or top of double boiler. Place over barely simmering water. Stir with whisk until consistency of heavy cream. If eggs



thicken too fast or seem to lump, set pan in cold water a few seconds. Stir constantly. Return to heat and beat sauce.

**4** Beat until eggs run off whisk in a ribbon. Remove from heat. Stir until bottom of pan cools.



**5** Set pan on folded towel to steady it. Pour in melted butter or margarine, a teaspoonful at a time, stirring constantly, until sauce begins to thicken. Add rest of butter or margarine a little faster. Do not



use residue at bottom. If sauce separates, put 1 tablespoon cold water in another pan. Beat in 2 tablespoons sauce. When thick, stir in rest slowly.

**6** Stir vinegar-tarragon mixture into sauce.

No. 69  
Cooking Lesson  
By Jacques Jaffry

# Steak Béarnaise



## Steak Béarnaise

1½ cups butter or margarine  
6 peppercorns  
½ cup wine or tarragon vinegar  
½ cup dry white wine  
2 tablespoons minced shallots or green onions  
2 tablespoons finely chopped fresh tarragon or 1 tablespoon dried tarragon leaves  
4 egg yolks  
1 tablespoon cold water  
Salt Cayenne pepper  
2 tablespoons chopped tarragon or parsley  
1½-inch-thick, first-cut chuck steak, broiled and sliced



**7** Force through double-thick cheesecloth with a 2-tine fork. Add salt and cayenne to taste, and tarragon or parsley. Serve warm over steak with green beans and sautéed potatoes, if desired. Makes 8 servings.

Richard Jeffery  
Shopping Information, page 79



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GENERAL  ELECTRIC



# Garden's bounty

continued from page 65

## 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.

## Pickled Spiced Onions

(pictured on page 65)

**Makes 2 quarts (16 servings).** Each serving: 99 cal.; 1.5 gms. P.; .1 gm. F.; 25.8 gms. C.

- 2 quarts small white onions (about 4 pounds)
- $\frac{3}{4}$  cup coarse or pickling salt
- 2 cups red wine vinegar (1 pint bottle)
- 2 cups water
- $\frac{1}{2}$  cups sugar
- 2 cinnamon sticks, each 3 inches long
- 1 tablespoon whole cloves
- 1 tablespoon whole allspice

Pour boiling water over onions to cover. Let stand 2 minutes. Drain. Add cold water to cover. Peel onions. Place in large bowl. Add salt and enough cold water to cover. Place a heavy plate, of a size to fit inside the bowl, over onions to keep them under salted water. Let stand overnight. Drain. Rinse in cold water; drain. Bring vinegar, 2 cups water, sugar and spices to boiling in large kettle. Cover. Boil 5 minutes. Add onions. Return to boiling. Discard cinnamon. Put onions into two 32-ounce jars, using slotted spoon. Fill with liquid. Wipe jars clean with damp cloth. Seal. Refrigerate at least 24 hours to develop flavor. Drain before serving. Keeps well up to 6 weeks. For longer storage, pack onions into four 16-ounce jars. Adjust caps. Process 10 minutes in boiling-water bath (see pickle recipe that follows.)

## Bread and Butter Spears

(pictured on page 65)

**Makes 4 pints.** Each pint: 547 cal.; 3.9 gms. P.; .4 gm. F.; 140.6 gms. C. Source of vitamins A and C.

- 2 dozen pickling cucumbers, each about 4 inches long
- $\frac{1}{2}$  cup coarse or pickling salt
- 1 cup water
- $\frac{1}{2}$  cups sugar
- 2 cups white or cider vinegar
- 2 tablespoons mustard seeds
- 1 tablespoon mixed pickling spices, tied in cheesecloth bag
- 1 teaspoon celery seeds
- $\frac{1}{2}$  teaspoon ground turmeric

Wash cucumbers well. Cut each lengthwise into 4 spears. Dissolve salt in water. Place cucumbers in large bowl. Pour salted water over cucumbers. Cover with compact layer of ice cubes. Let stand at room temperature 3 hours.

Wash and rinse four 16-ounce jars with 2-piece metal caps. Put jars and

caps in large kettle. Cover with hot water. Leave jars in water until ready to fill.

Combine sugar, vinegar, mustard seeds, pickling-spice bag, celery seeds and turmeric in large enamel or stainless-steel kettle. Bring to boiling. Drain cucumbers. Add to kettle. Bring to boiling, stirring gently. Turn off heat. Discard spice bag. Drain jars and caps. Fill jars with spears and liquid, leaving  $\frac{1}{2}$ -inch space at top. Adjust caps. Immerse the jars into actively boiling water in canner or deep kettle with wire rack in bottom. If needed, add more boiling water to bring water 1 inch above tops of jars. Cover. Bring water back to boiling over high heat. Count processing time when water returns to boiling. Process pickles 5 minutes. Remove jars immediately to wire rack to cool. Remove metal screw bands. Check jars for airtight seal. If the center of cap lid has a slight dip or stays down when pressed, the jar is sealed. (If not, refrigerate jar; use contents in a short time.) Label. Store sealed jars in a dark, dry, cool place.

## Carrot Marmalade

(pictured on page 65)

**Makes 8 (8 ounce) jars.** Each jar: 637 cal.; 1.5 gms. P.; .24 gm. F.; 164.6 gms. C. Source of vitamins A and C.

- 1 large grapefruit
- 2 pounds carrots, pared
- 4 limes
- 6 cups sugar
- 1 bottle (6 ounces) liquid pectin

Remove yellow part of peel from grapefruit with small knife. Cut away as much white part as possible. Place peel and carrots in 1-inch depth of boiling water in kettle. Bring water back to boiling. Cover; cook about 20 minutes or until carrots are tender. Drain. Rinse with cold water. Pat carrots and peel dry with paper towels. Shred carrots, using coarse side of a grater. Cut peel into  $1 \times \frac{1}{8}$ -inch slivers. Cut grapefruit in half; squeeze 1 cup juice. Quarter limes lengthwise; slice thinly.

Wash and rinse eight 8-ounce jars with 2-piece metal caps. Put jars and lids in large kettle. Cover with water. Bring to boiling; boil 10 minutes. Turn off heat. Leave jars and lids in water until ready to fill. At that time, remove from water with tongs. Invert on paper towels. Jars should be hot and dry when filled.

Place shredded carrots, grapefruit peel and juice, lime and sugar in large kettle. Bring to boiling over high heat, stirring constantly. Boil mixture vigorously 1 minute. Remove from heat. Stir in pectin. Skim off foam with metal spoon. Ladle into hot jars, leaving  $\frac{1}{8}$ -inch space at top. Fill one jar at a time. Place lid on jar; screw on band; invert jar. Repeat. After all are filled, turn upright and cool. Shake gently after  $\frac{1}{2}$  hour to prevent floating fruit. Cool. Label; store in cool, dry place. Marmalade is softer than commercially made product.

## Green Tomato Pickles

**Makes 4 pints.** Each pint: 590 cal.; 6.5 gms. P.; .8 gm. F.; 145.8 gms. C. Source of thiamine, vitamins A and C.

- 3 pounds green tomatoes, thinly sliced
- 3 cups sliced onion (3 large)
- $\frac{1}{4}$  cup coarse or pickling salt
- $\frac{1}{2}$  cups cider vinegar
- $\frac{1}{2}$  cups dark corn syrup
- $\frac{1}{2}$  cup brown sugar, firmly packed
- 3 green peppers, seeded and sliced
- 1 red pepper, seeded and diced
- 2 cloves of garlic, minced
- 1 cinnamon stick, about 3 inches long
- $\frac{1}{2}$  teaspoons whole cloves
- $\frac{1}{2}$  teaspoons dry mustard
- $\frac{1}{2}$  teaspoons ground ginger
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon celery seeds

Sprinkle tomatoes and onion with coarse salt in large bowl. Let stand 2 hours; rinse with water. Drain well. Mix vinegar, corn syrup, brown sugar, green and red peppers and garlic in large kettle. Bring to boiling over medium heat. Add tomatoes, onion, cinnamon, cloves, mustard, ginger,  $\frac{1}{2}$  teaspoon salt and celery seeds. Boil gently 10 minutes. Discard cinnamon. Wash and rinse four 16-ounce jars with 2-piece metal caps. Place in large kettle. Cover with hot water until ready to fill. Drain jars and caps. Ladle pickles into hot jars, leaving  $\frac{1}{8}$ -inch space at top. Adjust caps.

Immerse jars into actively boiling water in canner or large kettle with wire rack at bottom. If needed, add more boiling water to bring water 1 inch above tops of jars. Cover. Bring water back to boiling over high heat. Count processing time when water returns to boiling. Process pickles 10 minutes. Remove jars immediately to wire rack to cool. Remove metal screw bands. Check jars for airtight seal. If the center of cap lid has a slight dip or stays down when pressed, the jar is sealed. (If not, refrigerate jar; use contents in a short time.) Label; store sealed jars in dark, dry, cool place.

## Eggplant Caviar

**Makes 12 servings.** Each serving: 38 cal.; .8 gm. P.; 2.4 gms. F.; 4 gms. C.

- 1 eggplant, about  $1\frac{1}{2}$  pounds
- $\frac{1}{2}$  cup minced onion (1 medium)
- 1 clove of garlic, minced
- 1 tomato, peeled, finely chopped and drained
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon salt
- 1 teaspoon sugar

Heat oven to 375°. Cut off green cap of eggplant; place eggplant in baking pan. Bake 40 minutes or until soft and tender. Cool. Peel; chop pulp finely. Place in bowl. Add remaining ingredients. Stir until well mixed. Cover. Refrigerate until well chilled. Serve spread on crackers or as a dip for vegetables.



## Baked Zucchini and Sausages

(pictured on page 64)

**Makes 6 servings.** Each serving made with half-and-half—982 cal.; 23.9 gms. P.; 88.5 gms. F.; 24.15 gms. C. Made with light cream—997 cal.; 23.8 gms. P.; 90 gms. F.; 24.06 gms. C. Both are sources of thiamine, riboflavin, niacin, vitamins A and C.

- 2 pounds medium-size zucchini
- 1 cup packaged bread crumbs
- 2 eggs
- 2 tablespoons water
- 6 tablespoons pure vegetable oil
- 1½ pounds Italian sausage (6 links)
- ¼ cup butter or margarine
- ½ cup chopped fresh or frozen onion
- ¼ cup all-purpose flour
- 1 can (13¾ ounces) chicken broth
- ½ cup half-and-half or light cream
- ½ cup grated Parmesan cheese

Wash zucchini. Remove ends. Cut zucchini into ½-inch-thick diagonal slices. Place bread crumbs in shallow dish. Beat eggs and water in small bowl. Dip zucchini slices in egg and coat with crumbs. Heat 2 tablespoons oil in large skillet. Brown ½ of the slices at a time on both sides. Repeat with remaining slices and oil. Rinse skillet. Place sausages in skillet. Cook over low heat about 20 minutes or until lightly browned, turning frequently.

While sausages brown, melt butter or margarine in saucepan over medium heat. Add onion. Sauté 1 minute. Add flour. Remove from heat. Stir in broth gradually. Return pan to heat. Cook until thickened, stirring constantly. Stir in half-and-half or light cream and cheese. Cook until just heated. Heat oven to 375°. Lightly grease 13x9x2-inch oval baking dish. Spoon ½ the sauce into dish; arrange ½ the zucchini in layer in dish. Place sausages in center; arrange remaining zucchini around edge of dish. Spoon remaining sauce over sausages. Cover dish with aluminum foil. Bake 20 minutes or until bubbly. Garnish with parsley, if desired.

## Buttered Shredded Carrots

(pictured on page 64)

**Makes 8 servings.** Each serving: 109 cal.; 1 gm. P.; 8 gms. F.; 10 gms. C. Source of vitamin A.

- 2 pounds carrots, pared
- ¼ cup butter or margarine
- 1 tablespoon lemon juice
- 2 teaspoons sugar
- ½ teaspoon salt
- ¼ teaspoon pepper

Place carrots in 1 inch boiling water in kettle. Return to boiling. Cover; cook carrots about 20 minutes or until tender. Drain. Rinse with cold water

until carrots are cool enough to handle. Shred carrots using coarse side of grater. There should be about 4 cups shredded. Melt butter or margarine in kettle over low heat. Stir in lemon juice, sugar, salt and pepper. Add carrots. Toss gently until carrots are heated through. Spoon into serving dish.

## Fresh Garden Relish

(pictured on page 64)

**Makes 3 pints (24 servings).** Each serving: 32 cal.; 6 gm. P.; .05 gm. F.; 8.5 gms. C. Source of vitamin C.

- 2 cups cider vinegar (1 pint bottle)
- ¾ cup sugar
- 1 tablespoon salt
- 1 tablespoon dill seeds
- 1 tablespoon mustard seeds
- 4 green peppers, seeded and cut into julienne strips
- 2 red peppers, seeded and cut into julienne strips
- 1 quart finely shredded cabbage
- 1 cup sliced celery
- 1 cup chopped fresh or frozen onion

Combine vinegar, sugar, salt, dill and mustard seeds in kettle. Bring to boiling; boil 3 minutes. Add vegetables. Toss until vegetables are just wilted. Spoon into refrigerator containers or jars. Cover. Stores well up to 2 weeks. Drain before serving.

continued



# TAKE THE GOOD TIMES HOME!

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## Cucumbers au Gratin

**Makes 8 servings. Each serving:** 133 cal.; 3.5 gms. P.; 10 gms. F.; 8.5 gms. C. *Source of vitamin C.*

- 4 large cucumbers, each 7 inches long
- ¼ cup butter or margarine
- ¼ cup packaged bread crumbs
- 1 can (10¾ ounces) condensed cream of chicken soup
- ½ cup diced processed American cheese slices
- 2 tablespoons chopped chives
- ¼ teaspoon salt
- ¼ teaspoon ground allspice

Pare cucumbers. Cut crosswise into halves. Scoop out seeds with spoon. Cut halves into ¼-inch slices. Melt butter or margarine in large skillet over medium heat. Remove 2 tablespoons melted butter or margarine; toss with bread crumbs in small bowl. Set aside. Add cucumber slices to skillet. Cook 3 minutes, stirring constantly. Remove with slotted spoon to bowl. Add undiluted soup, cheese, chives, salt and allspice to skillet. Cook over low heat until cheese is melted. Return cucumbers to pan. Toss until coated with sauce. Spoon into serving dish. Sprinkle with buttered crumbs.

## Salted Dilled Green Beans

(pictured on page 65)

**Makes 4 quarts (24 servings). Each serving:** 21 cal.; 1.26 gms. P.; .13 gm. F.; 4.7 gms. C. *Source of vitamin C.*

- 4 quarts fresh green beans (4 pounds)
- 2 quarts water
- 2½ cups coarse or pickling salt
- 1 cup white vinegar
- 2 tablespoons fresh chopped dill

Wash and pick over beans. Cut in half lengthwise. Pack beans into four 32-ounce sterilized jars. Combine water, salt, vinegar and dill. Pour liquid into jars, making sure beans are completely covered by liquid. Cap jars tightly. Beans keep best in refrigerator, but may be stored in cool, dry place. When opening a jar, check to see whether any of the beans are soft, slimy or have an unpleasant odor. If so, discard the contents of the jar. To prepare beans for serving, drain and parboil in water 5 minutes to remove excess salt. Drain. Repeat parboiling with fresh water until saltiness is reduced. Season with butter or margarine.

## Beet-Apple Sauce

(pictured on page 65)

**Makes 2 pints (16 servings). Each serving:** 60 cal.; .44 gm. P.; .01 gm. F.; 13.8 gms. C.

- 3 cups diced, pared fresh beets (about 1 pound, without tops)
- 1 cup water
- ½ cup port or red wine
- 2 tablespoons cornstarch
- ¼ cup sugar
- ¼ teaspoon salt
- 1 jar (15 ounces) applesauce

Bring beets and water to boiling in stainless-steel or enamel saucepan. Cover. Cook over low heat 15 minutes or until beets are tender. Combine wine and cornstarch. Stir into beets. Add sugar and salt. Cook until thickened, stirring constantly. Boil 1 minute. Remove from heat. Cover. Chill. Put beet mixture into blender container. Cover. Puree until smooth. Add applesauce. Stir until mixed. Spoon into two 16-ounce jars or freezer containers, leaving ½-inch space at top. Cover. Freeze. Thaw before serving.

## Pea and Salmon Salad

(pictured on page 64)

**Makes 4 main-dish servings. Each serving made with mayonnaise—**504 cal.; 23.4 gms. P.; 38 gms. F.; 15 gms. C. *Source of thiamine, riboflavin, niacin, vitamins A and C. Made with salad dressing—*399 cal.; 23.4 gms. P.; 23 gms. F.; 21 gms. C. *Source of thiamine, niacin, vitamins A and C.*

- 2 cups shelled fresh peas (about 2 pounds peas in the pod)
- ¾ cup mayonnaise or salad dressing
- 2 tablespoons chopped fresh dill
- 2 tablespoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon white pepper
- 2 cans (7½ to 7¾ ounces each) salmon, drained and cleaned
- Romaine leaves
- 1 large tomato, cut into 8 wedges

Place peas in 1 inch boiling water in saucepan. Return to boiling; boil 2 minutes. Drain. Add cold water. Drain well. Combine mayonnaise or salad dressing, dill, lemon juice, salt and pepper in bowl. Add peas and salmon. Toss gently. Cover. Refrigerate until cold. Before serving, line serving plate with greens. Spoon salmon mixture in center. Arrange tomato wedges around mound.

## Batter-Dipped Green Onions

**Makes 4 appetizer servings. Each serving:** 172 cal.; 4.4 gms. P.; 6 gms. F.; 25 gms. C. *Source of vitamins A and C.*

- ¾ cup unsifted all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ⅔ cup water
- 2 tablespoons sesame seeds, toasted
- 20 green onions, each ¾ inch in diameter (2 bunches)
- Fat or oil for frying

Combine flour, baking powder and salt in bowl. Stir in water gradually until smooth. Add more water, a teaspoon at a time, if batter is too thick for dipping. Add sesame seeds. Cut off roots of onions. Trim off all but about 3 inches of the green tops. Onions should be about 6 inches long. Heat 1-inch depth of fat or oil to 375° in electric skillet or kettle over me-

dium heat. Dip onions, several at a time, into batter. Lower into hot fat or oil. Fry until golden, turning once. Drain on paper towels. Keep onions warm in oven while frying remainder.

## Green Tomato Pie

**Makes 8 servings. Each serving:** 329 cal.; 3 gms. P.; 14.7 gms. F.; 48.5 gms. C. *Source of vitamin C.*

- 1 quart sliced green tomatoes (about 6)
- 1 medium-size lemon, thinly sliced
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- 1 cup sugar
- 2 tablespoons butter or margarine
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- 1 package pie-crust mix for 2-crust pie

Bring tomatoes and lemon to boiling in saucepan over medium heat. Cover; simmer 10 minutes or until tomatoes are transparent. Combine cornstarch and water. Stir into tomato mixture. Add sugar, butter or margarine, cinnamon and salt. Bring to boiling, stirring constantly. Boil 1 minute. Remove from heat. Heat oven to 425°. Prepare pie-crust mix according to package directions. Line 9-inch pie plate with ½ the pastry. Turn filling into pastry-lined plate. Cover with top crust. Seal and flute edge. Cut vents in crust to allow steam to escape during baking. Bake 35 minutes or until crust is golden brown. Serve at room temperature.

## Zucchini in Tomato Sauce

(pictured on page 65)

**Makes 6 pints (24 servings). Each serving:** 51 cal.; 1.5 gms. P.; 2.5 gms. F.; 6.8 gms. C. *Source of vitamin C.*

- 12 large ripe tomatoes (about 5 pounds)
- ¼ cup olive or pure vegetable oil
- 2 cups sliced celery
- 1 cup chopped fresh or frozen onion
- 2 quarts sliced zucchini (about 2 pounds)
- 2 tablespoons sugar
- 1 tablespoon salt

Dip tomatoes in boiling water 30 seconds; chill quickly in cold water. Slip off skin; remove core. Cut tomatoes in half; squeeze and discard juice and seeds from tomatoes. Chop tomato pulp. You should have 2 quarts chopped. Heat oil in kettle over medium heat. Sauté celery and onion 2 minutes, stirring occasionally. Add zucchini. Cook 5 minutes, stirring frequently. Add tomatoes, sugar and salt. Bring to boiling. Place pan in cold water in the sink, to cool mixture quickly. Ladle into six 16-ounce jars or freezer containers, leaving ½-inch space at top. Seal. Label and freeze. To serve, thaw 1 container. Heat and correct seasoning to taste.

continued



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## Pea Soup Base

**Makes 4 pints (16 servings).** Each serving made with light cream—134 cal.; 8.12 gms. P.; 4.95 gms. F.; 15.3 gms. C. Made with half-and-half—122 cal.; 8.18 gms. P.; 3.6 gms. F.; 15.4 gms. C. Both are sources of thiamine, niacin, vitamins A and C.

- 6 slices bacon
- 1 cup chopped carrot
- 1 cup chopped celery
- 1 cup chopped fresh or frozen onion
- 2 quarts shelled fresh peas (about 8 pounds peas in pod)
- 2 cans (10¾ ounces each) condensed chicken broth

Cook bacon in kettle or Dutch oven until crisp. Remove; drain and crumble. Add carrot, celery and onion to fat left in pan. Sauté 3 minutes, stirring occasionally. Add peas, broth and crumbled bacon. Cook until vegetables are tender. Puree vegetables and liquid, ¼ at a time, in blender. Pour into four 16-ounce freezer containers, leaving ¾-inch space at top. Seal. Label and freeze. To serve, thaw 1 container soup base. Combine soup base and 1 cup half-and-half or light cream in saucepan or in top of double boiler. Heat over very low heat or over simmering water. Correct seasoning to taste.

## Pie-crust mix

continued from page 67

### Strawberry Napoleon

(pictured on cover and on page 67)

**Makes 8 servings.** Each serving: 360 cal.; 3.6 gms. P.; 24 gms. F.; 33.4 gms. C. Source of vitamin C.

- 1 package (11 ounces) pie-crust mix
- 1 cup (½ pint) heavy cream
- ¾ cup confectioners' sugar
- 1 pint strawberries
- Fresh mint leaves

Heat oven to 450°. Prepare pastry according to directions on package for two-crust pie. Roll out on lightly floured board or pastry cloth to rectangle about 12x9 inches. Cut into 3 strips, each about 12x3 inches. Place on ungreased baking sheet; prick strips well with fork. Bake 8 to 10 minutes or until lightly browned. Transfer to wire racks; cool. Blend 1 tablespoon heavy cream with ¼ cup sugar; reserve. Whip remaining cream and remaining ½ cup sugar until stiff. Reserve about half the strawberries. Chop remaining berries coarsely; fold into whipped cream. Spread two pastry strips with cream filling. Spread third strip with reserved confectioners' sugar glaze mixture. Layer strips, placing glazed one on top. Chill 1 to 2 hours. Slice some of the reserved strawberries; arrange on top of Napoleon. Garnish platter with whole berries and mint leaves. Cut with very sharp knife into 1½-inch-wide slices.

## Spinach Cheese Torte

(pictured on page 67)

**Makes 8 servings.** Each serving: 493 cal.; 53 gms. P.; 35.6 gms. F.; 29.8 gms. C. Source of riboflavin, vitamins A and C.

- 1 package (11 ounces) pie-crust mix
- 1 teaspoon dill weed
- ¾ cup fresh or frozen chopped onion
- 1 clove of garlic, minced
- 3 tablespoons butter or margarine
- 4 packages (10 ounces each) frozen chopped spinach, thawed and thoroughly drained
- 1 cup heavy cream
- 1 cup milk
- ⅓ cup grated Parmesan cheese
- ⅓ cup packaged bread crumbs
- 1 teaspoon leaf marjoram, crumbled
- 1¼ teaspoons salt
- ⅛ teaspoon pepper
- 4 eggs, beaten
- 2 tablespoons Parmesan cheese

Heat oven to 450°. Combine pie-crust mix and dill; prepare according to package directions. Roll out pastry. Fit into 9-inch springform pan, bringing pastry about 2 inches up sides; prick sides and bottom with fork. Line shell with clean cheesecloth or wax paper; fill with dried beans. Bake 10 minutes; remove beans. Continue to bake shell 5 minutes. Sauté onion and garlic in butter or margarine 5 minutes or until tender. Combine with remaining ingredients, except 2 tablespoons Parmesan cheese. Turn into baked crust. Bake 15 minutes; reduce oven heat to 350°. Bake 50 to 55 minutes or until knife inserted halfway between center and edge comes out clean. Sprinkle with reserved Parmesan cheese, making a design as pictured, if desired. Cool 15 minutes before cutting.

## Parmesan Twists

(pictured on page 66)

**Makes 4 dozen.** Each serving: 36 cal.; .6 gm. P.; 2 gms. F.; 3 gms. C.

- 1 package (11 ounces) pie-crust mix
- ¼ cup grated Parmesan cheese
- Milk

Heat oven to 400°. Combine pie-crust mix and 2 tablespoons cheese; prepare pastry according to package directions. Roll out half the dough to ⅛-inch thickness on lightly floured board or pastry cloth. Cut into strips ¼ inch wide and 5 inches long. Fold over to form knot or bow. Brush very lightly with milk; sprinkle with 1 tablespoon Parmesan cheese; place on ungreased baking sheet. Bake 8 to 10 minutes or until golden brown. Cool on wire racks. Repeat with remaining dough and cheese.

*Note:* To make Salt Twists, coarse salt may be substituted for the 2 tablespoons Parmesan cheese. Sprinkle over pastry knots before baking.

## Peaches and Cream Shortcake

(pictured on cover and on page 66)

**Makes 6 servings.** Each serving: 950 cal.; 10 gms. P.; 64 gms. F.; 70.5 gms. C. Source of vitamins A and C.

- 1 package (4 sticks) or 2 packages (10 or 11 ounces each) pie-crust mix
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- 6 cups sliced peaches
- ½ cup granulated sugar
- 1 pint (2 cups) heavy cream
- 2 tablespoons confectioners' sugar

Heat oven to 450°. Combine pie-crust mix and spices; prepare according to package directions. Roll out ⅛ inch thick on lightly floured board or pastry cloth. Cut into three circles each 8 inches in diameter. Place rounds on ungreased baking sheets. (Use any left-over pastry another time.) Prick pastry well with fork. Bake 8 to 10 minutes or until lightly browned. Cool thoroughly. Combine sliced peaches and granulated sugar, stirring well. Combine cream and confectioners' sugar; whip until stiff. Divide peaches and cream among three layers; stack rounds carefully. Chill 1 hour. When ready to serve, cut into wedges with sharp knife.

## Empanadas

(Meat-Filled Pastries)

**Makes 2½ dozen.** Each serving: 92 cal.; 3 gms. P.; 5 gms. F.; 8.5 gms. C.

- 1 package (11 ounces) pie-crust mix
- ½ cup yellow cornmeal
- ½ teaspoon salt
- 6 to 7 tablespoons cold water
- 2 tablespoons butter or margarine
- ⅓ cup chopped fresh or frozen onion
- ¼ cup chopped green pepper
- ½ cup chopped celery
- ½ pound lean ground beef
- ¼ cup chili sauce
- ½ teaspoon chili powder
- ¾ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons chopped olives
- ¼ cup raisins

Combine pie-crust mix, cornmeal and ½ teaspoon salt. Prepare according to package directions, using 6 to 7 tablespoons cold water. Wrap dough in plastic wrap; reserve. Melt butter or margarine in skillet. Add onion, green pepper and celery; cook over low heat until vegetables are soft. Add beef; cook until browned. Remove from heat; stir in remaining ingredients. Cool meat mixture. Heat oven to 425°. Roll out pastry ⅛ inch thick on lightly floured board. Cut into 3½-inch rounds. Place 1 tablespoon meat filling in center of each round. Brush edges with water and fold over dough, pressing edges together firmly. Cut steam vents in top of each; place on ungreased baking sheet. Bake 15 minutes or until golden brown. Serve hot.

continued



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## Do You Look Older Than Your Husband?

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*When you're dieting and denying yourself the pleasure of delicious food, you deserve extra pampering. More frequent applications of Oil of Olay during diet time will let you feel cherished. You may achieve both a younger-looking face and figure.*

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continued

### Cheddar Wafers

(pictured on page 66)

**Makes 64 bars.** Each serving: 31 cal.; .7 gm. P.; 2 gms. F.; 2.5 gms. C.

**1 package (11 ounces) pie-crust mix**  
**1 jar (5 ounces) smoky pasteurized process cheese spread**  
**Few drops (8 to 10) hot-pepper sauce**

**¼ teaspoon barbecue spice or seasoned salt**

Heat oven to 350°. Combine pie-crust mix, cheese spread and seasonings. Cut with pastry blender or two knives until evenly mixed. Place ½ of the dough in cookie press with ribbon plate. Press out ribbons on ungreased baking sheet. Bake 10 minutes or until golden. Cut into 2½-inch bars. Cool on wire racks. Repeat shaping, baking and cutting with remaining ½ of dough.

### Sesame Sticks

(pictured on page 66)

**Makes 4 dozen.** Each serving: 38 cal.; .69 gm. P.; 2.5 gms. F.; 3.4 gms. C.

**1 package (11 ounces) pie-crust mix**  
**1 egg white, slightly beaten**  
**¼ cup toasted sesame seeds**

Heat oven to 400°. Prepare pie-crust mix according to package directions. Roll out ½ of the dough to ⅛-inch thickness on lightly floured board or pastry cloth. Cut into strips ⅛ inch wide and 5 inches long. Twist two strands together. Brush lightly with egg white. Sprinkle with sesame seeds; place on ungreased baking sheet. Bake 8 to 10 minutes or until golden brown. Cool on wire rack. Repeat with remaining dough.

### Nectarine Crumble

**Makes 6 servings.** Each serving: 503 cal.; 4 gms. P.; 12.7 gms. F.; 100 gms. C. Source of vitamins A and C.

**½ of 11-ounce package pie-crust mix**  
**½ cup brown sugar, firmly packed**  
**⅓ cup chopped pecans**  
**2 teaspoons grated orange peel**  
**5 cups sliced fresh, ripe nectarines (about 10)**  
**2 teaspoons lemon juice**  
**1 cup granulated sugar**  
**3 tablespoons flour**  
**½ teaspoon ground ginger**

Heat oven to 375°. Combine pie-crust mix, brown sugar, pecans and orange peel. Mix until crumbly; reserve. Toss nectarines with lemon juice. Combine remaining ingredients; mix lightly with fruit. Turn into 2-quart shallow baking dish. Sprinkle reserved topping mixture over fruit. Bake 40 to 50 minutes or until browned and bubbling. Serve with sour cream, whipped cream or ice cream, if desired.



## Seafood Puffs

Makes 3 dozen. Each serving made with mayonnaise—99 cal.; 2.4 gms. P.; 7.8 gms. F.; 4.4 gms. C. Made with salad dressing—83 cal.; 2.4 gms. P.; 5.6 gms. F.; 5.3 gms. C.

- 1 package (11 ounces) pie-crust mix
- 1 tablespoon finely grated lemon peel
- 2 egg whites
- 1 cup mayonnaise or salad dressing
- 1 can (7½ ounces) crabmeat, drained and cartilage removed
- 1 jar (4½ ounces) tiny shrimps, drained
- ½ teaspoon salt
- ½ teaspoon onion salt
- Dash of pepper
- 4 teaspoons lemon juice
- 2 teaspoons prepared horseradish

Heat oven to 450°. Combine pie-crust mix and lemon peel; prepare according to package directions. Roll out pastry about ⅛ inch thick; cut into 2½-inch rounds with biscuit cutter. Place on ungreased baking sheet. Prick rounds 3 or 4 times with fork. Bake 9 or 10 minutes or until lightly browned. Cool; reserve. (Pastry rounds may be made ahead of time.) At serving time, heat oven to 500°. Beat egg whites until stiff but not dry; fold in remaining ingredients. Spoon mixture onto pastry rounds. Bake 3 to 5 minutes or until puffed and lightly browned.

## Food Questions You Ask

*How do I keep blueberries fresh and at peak ripeness and flavor until I'm ready to use them?*

Mrs. D. Allen Briggs, Tex.

To preserve their delicate flavor, store blueberries in the refrigerator until needed. Do not wash them; wet berries spoil quickly. For long-term storage, put berries in a shallow pan and freeze. Then seal them in a plastic freezer bag.

*What is wheat germ and why is it used?*

S. Norwood Gage, N.M.

Wheat germ is the tiny nucleus that is removed from the heart or endosperm of wheat grain in the milling process of flour. Rich in protein, vitamins and minerals, wheat germ can be found in vacuum-packed jars in the cereal section of your supermarket. To preserve its fresh, nutlike flavor, keep it refrigerated after opening.

## Danish Almond Coffee Cake

(pictured on page 66)

Makes 2 coffee cakes (8 servings each). Each serving: 267 cal.; 4.5 gms. P.; 15 gms. F.; 29.6 gms. C.

### Filling:

- 2 egg whites
- 1 can (8 ounces) almond paste
- 2 tablespoons granulated sugar
- ¼ cup butter or margarine, softened

### Pastry:

- 1 package (11 ounces) free-flowing pie-crust mix
- ¾ cup water
- 1 tablespoon flour
- 3 eggs

### Glaze:

- 1 tablespoon butter or margarine, softened
- 1 egg yolk
- 2 teaspoons grated orange peel
- 1½ cups sifted confectioners' sugar
- 4 teaspoons orange juice

Heat oven to 350°. Prepare filling: Beat egg whites until foamy. Crumble in almond paste. Beat at low speed until smooth. Blend in granulated sugar and ¼ cup softened butter or margarine; reserve.

Prepare pastry for one-crust pie as directed on package; divide dough in

half. Roll each half to a 9-inch circle; slide each circle onto ungreased cookie sheet. Spread reserved almond filling over each circle, leaving about ½ inch free around edge. Heat water to boiling in medium saucepan. Stir in remaining pie-crust mix (1¼ cups) and flour quickly. Stir rapidly over medium heat until mixture forms a smooth ball and leaves side of pan. Remove from heat. Beat in eggs, one at a time, on medium speed until mixture is thick and glossy. Carefully spread half the mixture over one circle, stretching evenly to cover completely. Seal edges to baking sheet. Repeat with remaining pastry mixture and second circle. Bake 50 to 55 minutes or until topping is crisp and golden. Transfer carefully to wire rack. Cool.

Prepare glaze: Combine ingredients for glaze in small bowl of electric mixer; blend until smooth. Drizzle or spread on each coffee cake. Cut into wedges. Arrange on serving plate and garnish center with orange-peel rose, if desired.



*What is scrapple?*

Mrs. B. Stinson  
New York, N.Y.

This is a mixture of highly seasoned ground pork scraps that have been blended and cooked with cornmeal. It's available in cans or packaged loaves in the meat section of your supermarket. Scrapple is great fried or sautéed and served with eggs or pancakes for breakfast. Store in the refrigerator as you would any meat product.

*What does the word "dust" mean in a recipe?*

T. Abbott  
Gary, Ind.

To dust is to sprinkle food lightly with some dry ingredient—confectioners' sugar on cakes or on cookies, for example. Dusting is the opposite of dredging, which means to coat food heavily and thoroughly, such as flour or bread crumbs on meat.

*Why is packaged ground beef sometimes bright red on the outside but a much duller shade on the inside? Does this mean it has lost freshness?*

B. Jacobs  
Wichita, Kan.

Beef and other red meats get their color from myoglobin, a natural pigment. When the outer surface of

ground beef and beef cuts is exposed to the air, oxygen combines with the myoglobin to form oxymyoglobin, which is bright red. The color difference you noted does not mean your ground beef is going bad; it's merely that the interior has not been exposed to enough oxygen to combine with pigment and produce a bright-red appearance.

Direct any questions you have about food, food products and food preparation to: Food Questions You Ask, American Home, 641 Lexington Ave., New York, N.Y. 10022.

## Folk-art embroidery design order form

Send only \$1.25 for full-scale pattern of floral embroidery for table topper on pages 58-59, plus complete instructions and dressmaker's carbon to transfer pattern to fabric. Mail check or money order (specify #90003) to:

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# Our food editor reports

## NEW AND NOTABLE

Le Creuset, long a favorite of good cooks and lovers of enameled cast-iron cookware, has introduced a new design for the first time in 25 years. It is called "Les Mama," and was created by Enzo Mari, an Italian artist-designer who has improved this cookware's look and handling. "Les Mama" includes round pots, oval oven bakers and flat dishes. All come in brown, yellow, blue and green and are available in several sizes. Also, like their predecessors, all are handsome enough to be brought from the oven or range top right to the table.

Conventional oven thermometers aren't right for today's microwave ovens, but Litton has come up with the Micro-Temp Food Thermometer, which is. Besides having an easy-to-read dial at the end of a 5½-inch stainless-steel shaft, it comes with a time/temperature chart that tells you when to remove food from the oven and when it reaches doneness as it continues to cook on standing. The thermometer sells for \$9.95. Look for it at most hardware stores or housewares departments, or you can order by mail by sending a check (payable to Litton Industries) to Micro-Temp, P.O. Box 985, Maple Plain, Minn.

55539.

More than a year ago, the U.S. Food and Drug Administration banned the use of purple ink for meat inspection stamps because of the possibility that the ink caused cancer. You may have noticed that purple stamps are back now, but note that the new ink is made from a formula that has been approved by the FDA, and is quite safe.

## SMART MEAT BUYING

Here's one way to save money at the meat counter: Consider the less popular, large retail cuts that with your judicious cutting can give you more than one meal. For example, a 4- to 5-pound arm pot roast can be divided to provide dinners featuring pot roast and Swiss steak, plus soup you can make from the bones. If your butcher won't cut it, here's how to do so yourself: Look for the natural seam of fat that runs partway up the center of the meat, parallel to the long rib bone. Cut along it as far as the arm bone. Then cut out toward the boneless side of the meat. You now have a rectangular piece of meat you can cook as Swiss steak, or cut horizontally for two steaks. Remove the rest of the meat from the bones, roll and tie it and prepare it in your favorite pot-roast recipe. Use the leftover bones to make beef stock, which you can freeze for future use if you wish.

## OUR COOKS SUGGEST

- There are two foolproof ways to tell whether your homemade bread is ready to come from the oven. First, the crust should be a beautiful shade of golden brown, and second, there should be a hollow sound when you tap the crust lightly.

- Always store olive oil at room temperature; it will turn thick and change color when it is refrigerated. Should these changes occur, let the oil stand awhile at room temperature and it will return to its original gold color.

- Make cleanup easy. Sprinkle detergent on the still-warm grid of a charcoal grill or broiler pan and cover it with wet paper towels. By the time you are ready to do dishes, the food particles will have loosened.

- Avoiding waste means cutting food costs. One way to do it is to set aside a section of your refrigerator for leftovers. That will make them easy to see and find, and let you know what you should be using up.

- Here's how to solve the ugly watermark problem in aluminum pots and pans: To remove existing stains, put enough water in the pan to cover them; add ½ teaspoon cream of tartar per quart. Boil mixture about 5 minutes. To prevent stains in a pan you use for a water bath (in baking custard, for example), add 1 teaspoon cream of tartar to the water before baking.

—Frances M. Crawford

[continued from page 44]

## A run-down barn becomes an inviting vacation house in Wisconsin farm country

For two years the Vollen family spent vacations camping nearby and watching their new home shape up. The roof was done over in black asphalt shingles; plumbing, heating and septic systems went in. A local carpenter gave the barn a new "skin" of rough-sawn cedar siding. And on the inside, Chicago architect Stanley Tigerman created a dramatic but very hospitable ambience for the Vollens.

**H**is basic aim was to retain the feeling of spaciousness. Tearing away the hayloft partitions and floors, but reinforcing the beams, he was left with a 30-by-60-foot skeleton. He built 5,000 square feet of living space on three open levels, interconnecting them with ramps and a spiral staircase. The ground floor houses the master bedroom, kitchen, guest room,

laundry and bath. The brick-floored kitchen serves many uses. Here, the family dines, works or simply gets together; here, too, Dorothy cans the tomatoes, pears and berries she grows herself. The shelves in the picture on page 44 are built into an opening in the original stone wall that was once a door for cattle! On the unwindowed side of the generous-sized kitchen, another door leads to a unique, round sun-room that was once a silo before its entire upper portion and roof blew off in a storm. A Plexiglas dome covers the "room" today.

The second or entry level (the ground floor hugs the side of the slope) has a living room, game room and bath. The game room, with its low wall, looks directly down on the kitchen. The girls' bedroom (also balcony-like) and bath constitute the third level. (The boys sleep out in a fixed-up corncob that will eventually be turned into a guest house.)

Rough-sawn cedar siding used throughout on interior walls, ramps and ceilings blends beautifully with the original stonework. As a bright, contemporary touch, electric conduits and heating/cooling ducts were left exposed and colorfully coded (orange,

green, purple). Unusually shaped windows bring the outdoors closer.

The Vollens now enjoy long summers and winter weekends in their transformed barn. Without any previous farming experience, these city folk have taken enthusiastically to cultivating oats, corn and other vegetables. They count themselves lucky to have good neighbors who gladly share farming expertise with them. The incredible change from business suit to denim overalls is one that Harry has grown to welcome. He says, "I really find farming *therapeutic*, for the body and for the mind." Other activities include fishing—there are two ponds—and in winters cross-country skiing.

**T**he Wisconsin farm's relaxed pace seems to be completely embodied in the barn: Its essence is informality, warmth, openness and lack of clutter. Yet the open rooms on the various levels are closed off just enough to give everyone a comfortable feeling of privacy. The Vollens and Stanley Tigerman have blended all the disparate elements beautifully and turned their Wisconsin barn into a unique and livable country home.

—Evan Frances and Siew-Thye Stinson



## Shopping information

### 60 KITCHEN BRIGHTENERS

Pages 62-63: 1) "Brewster" vinyl wall covering, #FW-4003, The General Tire & Rubber Co., N.Y.C.; 2) "Kensington" wallpaper, #874-20, Woodson Wallpapers, Inc., N.Y.C.; 3) "Pictorial Bandanna" 100-percent nylon fiber carpet in Denim Blue, #00566, Bigelow-Sanford, Inc., N.Y.C.; 4) Excelon vinyl-asbestos Feature Tile, Blue II, #56812, Armstrong Cork Co., Lancaster, Pa.; 5) "Hamilton" fabric (wallpaper available, #1102-D), Scarlet, #102-D, Hinson & Co., N.Y.C.; 6) "Shaker Plaid" wallpaper, #2213E, Schumacher, N.Y.C.; 7) "Hopi" wallpaper, Kirk-Brummel Associates, Inc., N.Y.C.; 8) #A245-10V wallpaper, & Vice Versa, N.Y.C.; 9) "Windsor" Vinyl Cushionflor, Congoleum Industries, Inc., Kearny, N.J.; 10) "Circle 71" vinyl tile, #CR-51, and 11) "Petit Fleur" vinyl tile, #PT-91, both, Amtico, Trenton, N.J.; 12) "Windsor" Vinyl Cushionflor, Dutch Blue, #8496, Congoleum Industries, Inc., Kearny, N.J.; 13) "Patchin Place" wallpaper, #JSO3681, James Seeman Studios, Inc., Garden City Park, N.Y.C.; 14) "Pictorial Bandanna" carpet, #00536, Bigelow-Sanford, N.Y.C.

15) "Lido," #80061, and 16) "Zambesi," #70094, both, Quadrille Wallpapers, Inc., N.Y.C.; 17) "Alicia" wallpaper, #2012A, Schumacher, N.Y.C.; 18) "Quadrille," #1533-20, Woodson Wallpapers, Inc., N.Y.C.; 19) "Majestica" vinyl tile, #MJ77, Amtico, Trenton, N.J.; 20) "Floradora" wallpaper, #1684E, and 21) "Checkers" wallpaper, #2282A, both, Schumacher, N.Y.C.; 22) "Gardena" Vinyl Cushionflor, Leaf Green, #8801, Congoleum Industries, Inc., Kearny, N.J.; 23) "Java," #80085, Quadrille Wallpapers, Inc., N.Y.C.; 24) "Pictorial Dutch Treat," 100-percent nylon fiber carpet, York Blue, #00665, Bigelow-Sanford, Inc., N.Y.C.; 25) "Triad," #1782-20, Woodson Wallpapers, Inc., N.Y.C.; 26) "Dorado Beach" Aristocoon floor covering, Sunbeam Yellow, #V-4013, Mannington Mills, Inc., Salem, N.J.; 27) "Serendipity Stripe" wallpaper, #1714B, Schumacher, N.Y.C.; 28) "San Mateo" Vinyl Cushionflor, Citron, #8481, Congoleum Industries, Inc., Kearny, N.J.; 29) "Sunstone" Solarian floor covering #89231, Armstrong Cork Co., Lancaster, Pa.; 30) "Mica" wallpaper, Hannett, Morrow, Fischer, Inc., N.Y.C.; 31) "Coventry" Vinyl Cushionflor, American Walnut, #9565, Congoleum Industries, Inc., Kearny, N.J.; 32) "Herringbone Brick" vinyl floor covering, #H-302, National Floor Products Co., Inc., Florence, Ala.; 33) "Bakuba Dot," cotton fabric, The Design Works of Bedford Stuyvesant for Martex, WestPoint-Pepperell, N.Y.C.; 34) "Bombay Grill" wallpaper, #P2550-1, Stockwell East, N.Y.C.; 35) "Inverness" Life Style Vymura wallpaper, #45-108, ICI America, Inc., Wilmington, Del.; 36) "Peg 'N Plank" Castilian cushioned vinyl floor, #69240, Armstrong Cork Co., Lancaster, Pa.; 37) "Flora" wallpaper, #JF101/9, J. Bird Wallcoverings, Ltd., N.Y.C.; 38) "Primavera" wallpaper, Hannett, Morrow, Fischer, Inc., N.Y.C.; 39) wallpaper, #2510-5, Stockwell East, N.Y.C.; 40) "Penelope" wallpaper, #V-8750-4, Stockwell East,

N.Y.C.; 41) "Londonderry," Foamcraft sheet vinyl, Teak, #43059, GAF Corporation, N.Y.C.; 42) "Bamboo Curtain" wallpaper, Chocolate, #5060C, and 43) "Meggan's Plaid" wallpaper, Cafe au Lait, both, Schumacher, N.Y.C.; 44) "Corvallis" vinyl, Nutmeg Brown/Black, #3298, Congoleum Industries, Inc., Kearny, N.J.

45) "Arcade" Aristocoon floor covering, Shady Lane Green, #V-4025, Mannington Mills, Inc., Salem, N.J.; 46) "Porcelain Flowers" wallpaper, Greeff Fabrics, Inc., N.Y.C.; 47) "Kashmir," #1721-20, Woodson Wallpapers, Inc., N.Y.C.; 48) #A130-14 wallpaper, & Vice Versa, N.Y.C.; 49) "Suzy" wallpaper, Hannett, Morrow, Fischer, Inc., N.Y.C.; 50) "Spring Trellis" wallpaper, #JSO3623, James Seeman Studios, Inc., Garden City Park, N.Y.C.; 51) "Carioca," #40003, Quadrille Wallpapers, Inc., N.Y.C.; 52) "Bartlett," #1394-18, Woodson Wallpapers, Inc., N.Y.C.; 53) "Madeira," Wingfoot Deluxe vinyl tile, #W81, Goodyear Tire & Rubber Co., Akron, Ohio; 54) "East Village" Imperial Accotone cushioned vinyl, #65462, Arm-

strong Cork Co., Lancaster, Pa.; 55) "Stop and Go" E-Z-DU wallpaper, #35452, Imperial Wallpaper Mill, Inc., Cleveland, Ohio; 56) "Rosebud" wallpaper, #2, Hannett, Morrow, Fischer, Inc., N.Y.C.; 57) Excelon vinyl-asbestos Feature Tile, Orange II, #56811, Armstrong Cork Co., Lancaster, Pa.; 58) Lime Green Cushioned Vinyl, #10001, Congoleum Industries, Inc., Kearny, N.J.; 59) "Chesapeake" carpet, Seville Olive, #4606, Trend Carpet, Rome, Ga.; 60) "Cactus," #1374-18, Woodson Wallpapers, Inc., N.Y.C.

### ENJOY YOUR GARDEN'S BOUNTY

Pages 64-65: Glass compote, Worcester, Royal Porcelain Co., Inc., N.Y.C.

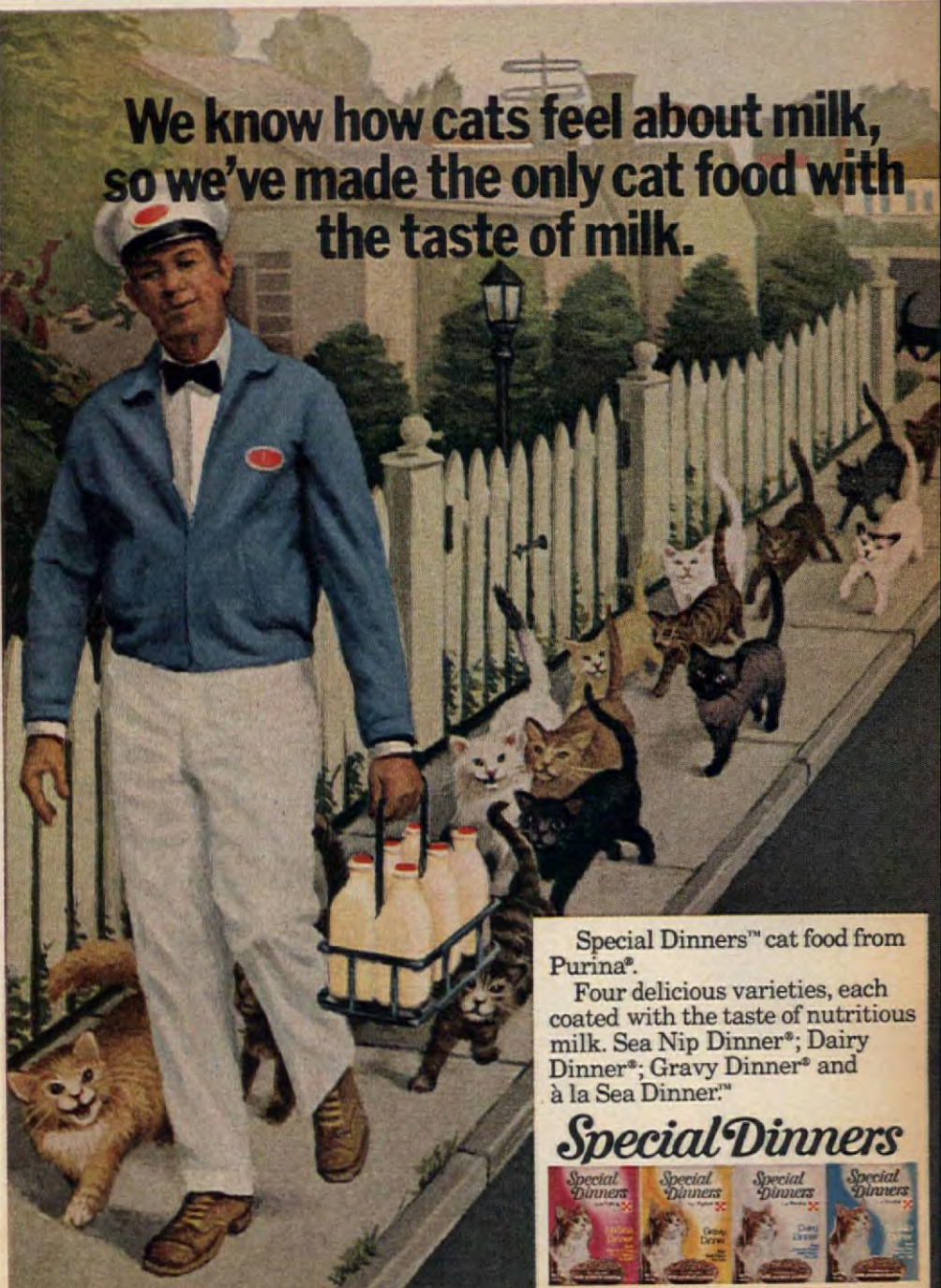
### PIE-CRUST MIX

Pages 66-67 (All sources N.Y.C.): "Côte d'Azur" pitcher, glasses, Baccarat Inc.; "Guirlandes" porcelain, Céralene China; tablecloth, napkin, D. Porthault, Inc.

### STEAK BEARNAISE

Page 68: Tiles, Country Floors, Inc., N.Y.C.; Wineglass, ladle, "Fantasy" plate, Rosenthal Studio/Haus, Inc., N.Y.C.


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[continued from page 61]

## **\$15,000 house is sensibly designed, top-quality built.**

Architect Mullen's cost cutters are valuable even if you're only adding a room or remodeling. You may not build as economically as he did, unless you do the work yourself, but you will build knowledgeably. Example: Two major elements contributing to the house's economy are its simple rectangular shape and the fact that it was designed for precut and preassembled materials—from framing to finish trim. Using standard lengths in beams, studs and rafters saves time and money. (Excessive cutting and fitting are eliminated.) In addition, areas have been laid out within the 32-by-56-foot house so that standard 4-by-8-foot plywood panels can be used, with a minimum of waste and labor.

The house itself rests on a concrete-block foundation. This type is less costly and simpler for the do-it-yourselfer than poured concrete, which requires renting or making forms.

A word to the wise from architect Mullen: "Use the best materials when you build. You get poor economy working with cheap commodities."

Another detail that Mullen recommends—for economy and simplicity is one-story height. In building his house, it all but eliminated expensive and time-consuming scaffolding. All exterior work, except at the peak of roof gables, was done from platforms made of planks thrown across wood trestles. The low height is also a boon to easy maintenance.

Costing out at about \$15,000 as a do-it-yourself project in 1972, the 1,540-square-foot Cape Cod/ranch would have run about \$25,000 if subcontracted (chart, opposite). And, says Mullen, if the entire job had been given to a general contractor, the cost would have been even higher.

If you are planning to build this or any house, check the standards and strictures of local building codes. If you should find that licensed plumbers and electricians are called for, Mullen estimates, you'll have to add close to \$3,000 to your building budget. In some instances, however, all that may be required is that licensed technicians supervise your work, before it undergoes formal inspection.

In this chart Mullen computes how you can save, over actual subcontractor bids, in building the house yourself. (Some do-it-yourself costs are left blank since you must estimate the worth of your own labor.) Use his figures only as guidelines, he cautions. Labor and materials costs vary widely across the country.

## **Tired of the usual Hanging Planters?** **OUR GLAZED CERAMIC OWL** **and FROG HANGING PLANTERS** **are real charmers!**

Hang an owl or a frog holding real or artificial plants! Delightful in living or family room, cheery and fun in kitchen or dining room, a real decorator touch in bathroom (plants do very well in bathrooms—running water gives them healthful humidity!) Rustproof, so great on porch or patio. Owl (4½" tall, 3½" diameter) is wise, whimsical, wonderful in lifelike forest brown. Frog (5½" long, 4" high) is green with yellow polka dots and so cute it wouldn't surprise anyone if he did turn into a prince! Gleaming glazed ceramic complete with sisal hang-cords.



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## Economy

is built into rectangular design of 1,540-square-foot Cape Cod/ranch. Accessible from mud room is full attic (not in floor plan), which can be finished to meet homeowner's future needs. Similarly, garage can convert to family room, as shown. Sliding glass doors open rear of house to spacious deck.



## Do-it-yourself savings over subcontractor costs

	Bid price	If do-it-yourself, deduct
Excavate, backfill and finish grading	\$366.00	a
Concrete-block foundation	1,522.60	\$1,004.10
Driveway: grading and gravel	175.00	50.00
Garage floor: concrete slab, 2 concrete platforms	350.00	225.00
Chimney and fireplace	950.00	500.00
Fireplace mantel	185.00	150.00
All rough and finish lumber, including prehung doors, windows	6,300.00	—
Labor cost to frame house and deck	3,500.00	3,500.00
3½-inch batt insulation: walls R-11, ceiling R-25	350.00	75.00
3 pairs of sliding glass doors	462.15	70.00
1½-inch gypsum-board wall installation throughout, including garage	1,400.00	700.00
7-by-9-foot overhead garage door	150.00	50.00
Wood deck materials and labor	530.00	300.00
Ceramic tile and vinyl flooring for 2 bathrooms	525.00	325.00
Vinyl flooring for kitchen	150.00	110.00
Carpeting for finish floors	1,250.00	500.00
Wallpaper (material only)	160.00	—
Paint (material only)	200.00	—
2 #3-0 wide vanities for bathrooms (material only)	90.00	—
Window blinds (material only)	75.00	—
All light fixtures and exterior lamppost (material only)	150.00	—
Kitchen cabinets, counter tops, ducted hood, range, dishwasher	847.00	—
Electrical work: labor and materials; permits checked by licensed electrician	950.00	500.00
Plumbing: labor and materials; permits checked by licensed plumber	2,595.00	1,400.00
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★ **CATALOGS! RECEIVE MANY!** Catalog Directory \$1.00. Box 35098, District Heights, MD, 20028.

### STAMPS

★ **"AFRICA"** 25 beauties, 15c. Approvals, Gorliz, Box 28765-AHM, Memphis, Tenn. 38128.

### OF INTEREST TO WOMEN

★ **SELL LIVING BIBLES!** Bible and Details: \$5.95. "Bookshelf," Pacific, Missouri 63069.

★ **\$800 MONTHLY POSSIBLE** addressing-stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped, addressed envelope. American, Excelsior Springs, Mo. 64024.

★ **\$25.00 HUNDRED** Stuffing Envelopes. Send Stamped Addressed Envelope. Tayco, Box 8010LA8, Stockton, California 95208.

★ **55 WAYS** husbands' special investment proves love. \$2. Bellwest, 444 Bedford St., Suite 9H, Stamford, Conn. 06901

★ **HOMEWORERS! TO \$125.00 WEEKLY** addressing for firms. Begin immediately! Information—stamped, addressed envelope. FHP, 39-TG8, Brooklyn 11235.

★ **\$800 MONTHLY ADDRESSING AND MAILING.** Details self-addressed, stamped envelope: Public Supply, P.O. Box 10151, St. Charles, MO 63301.

★ **\$100 WEEKLY POSSIBLE**—Sewing spare time. Unlimited need for handsewn items. Details—Rush stamped envelope. Enterprises, Box 8-LA, East Rockaway, N.Y. 11518.

★ **SPARE TIME—MONEY MAKING OPPORTUNITIES.**

★ **HOW TO MAKE MONEY ADDRESSING.** Mailing Envelopes. Offer Details 10c. Lindbloom Agency, 3636 Peterson, Chicago 60659.

★ **HOMEWORERS EXCELLENT OPPORTUNITY.** \$2.00. Chaney, 325 Hayes, Burlington, Iowa 52601.

★ **STUFF-MAIL ENVELOPES.** \$250.00+ per thousand profit possible! Offer details: stamped envelope. Kings, B-37K-MAHS, Jamaica, 11422.

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☐ SAVE \$1. Enclose only \$7.96 for 2 Acrylic Color Sets and we pay postage. N.Y. & Fla. res. add appropriate sales tax.

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A huge assortment of acrylics, 20 tubes, including 18 different colors. These modern resin-based paints have revolutionized the art world. They make painting easier, enable you to create landscapes, portraits, still lifes and sea scapes with quick drying bold, rich colors that have all the richness of oil paints. But acrylics are water soluble so they have all the ease of working with water color.

Experienced painters have acclaimed this remarkable new discovery. If Rembrandt, Van Gogh, Goya and other giants

of the art world were alive today they would surely paint with acrylics!

You can paint on paper, canvas, board, cloth, anything and with a brush or knife or even your fingers. Set includes 2 tubes of "medium" for mixing and setting.

**OFFER WILL NOT BE REPEATED THIS SEASON**

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

## Dear American Home



**FROM APRIL DISASTER...**

*I hope you can give us some assistance. We lost our home in the recent tornado and are facing the prospect of rebuilding. Our "dream house" plans were once featured in your magazine. Can you put us in touch with the proper way to order these plans? Thank you so much.*

(Mrs.) Marilyn K. Eichman  
Xenia, Ohio

We checked and found out that Mrs. Eichman's "dream house" is the Virginia Colonial (top) most recently shown in our June issue and our most popular house plan ever! We were pleased to rush the plans to the Eichmans with our compliments. The prompt reply of this determined, courageous couple follows.

**...SPRINGS HOPE ETERNAL**

*My husband joins me in expressing our deep appreciation for your concern over the loss of our home during the recent tornado. Your complimentary copy of the Virginia Colonial plans arrived today, and we are busy making plans for our new home. The thoughtfulness of people like yourselves have far outweighed the destruction, and gives us a bright outlook for the future. Thank you.*

M.K.E.

**IN THE FOOD FOLD**

*I think your recipes are perfect! And the new nutrition-rating is an excellent addition. Keep up the great job!*

Roberta Wenger  
Hiawatha, Kans.

*I am a new subscriber to American Home, having joined the fold mainly because of what I'd seen of the food section. Congratulations! I studied with Dione Lucas in New York, and it's gratifying to see that a few magazines still care.*

Henry Isaacs  
Los Angeles, Calif.

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



IMPROVEMENT BOOKS CO., Dept. 5328, 13490 N.W. 45th Ave., Opa Locka, Florida 33059

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

Enclosed is check or M.O. for \$

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 (Florida residents please add 4% sales tax.)

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

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

Yes, the Beautiful People cannot afford to be fat!

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

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

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

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

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

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

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

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

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

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

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

Once again, let us emphasize that the Beautiful People think dieting is a "bore." They eat well—and they are not fat! They wouldn't

think of doing without their favorite foods and the needle on the scale barely changes!

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

Yes, you can still enjoy parties, restaurants, business lunches or dinners, and "super-relaxed" vacations. You can eat all the foods you usually do, and still find the pounds and inches gradually, but permanently, melting off!

## Listen, As The Beautiful People Tell You How To:

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

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

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

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

## PLUS . . .

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

The Beautiful People's special "Secret Elimination Diet" that detoxifies your system . . . drains out internal poisons . . . at exactly the same time that you are painlessly losing weight!

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

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

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

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

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

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

The hypnosis approach to weight loss!

How the Beautiful People lose weight while they are traveling.

How the Beautiful People keep their children



The exquisite authoress: Luciana Avedon, the former Princess Pignatelli

## SPECIAL ADDED BONUS

### How The Beautiful People "Smooth Away" Ugly Cellulite, The EASY Way!

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

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

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

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

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

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

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

from developing unhealthy and fattening eating habits.

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

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

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

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

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

Return the No-Risk Coupon today!

## ABOUT THE AUTHOR

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



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Easy-going, richly grained, handsome-as-leather sandals. Soft, tricot-lined uppers and foam-cushioned insoles. Springy crepe soles. 1½ inch heels.

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### Sweet dreams!

Any sleeping beauty "must have" this Dreamy Tunic Pajama with pull-on pants. In petal soft, opaque nylon tricot, flatteringly finished with scrumptious scallops of ecru nylon lace. Machine washable. Lt. blue, sea green, blossom pink, rose, or yellow. P, S, M, L. \$12 plus 80¢ hdlg. Vicki Wayne, 610-ASP-S. Country Club Rd., Tucson, AZ 85716.



# American Home Market Place

Lynn Headley—Editor

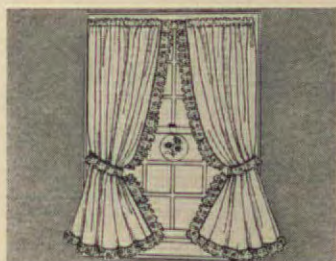
### Miniature Samplers

4" x 5" cross-stitch treasures! Kit: Oyster Belgian linen stamped for cross-stitch, colorful floss, instructions. Happiness, Welcome, Smooth Sailing, Happy Days, Thank You, or Count Your Blessings. \$1.50 each. Wood frame in mahogany, walnut, or gold finish. \$1.50. Add 50¢ hdlg. Victoria Gifts, 12 A Water St., Bryn Mawr, PA 19010.



### An Irish accent!

The drawing shown, while excellent, simply cannot do justice to the exquisite 2" Irish lace (ecru) accenting these lovely unbleached muslin curtains. A dream to wash! 80" wide per pair. 45", 54", 63", \$15 per pair. 72", 81", 90", \$18 per pair. Add \$1.75 per order for hdlg. Free brochure. Country Curtains, AH8, Stockbridge, MA 01262.



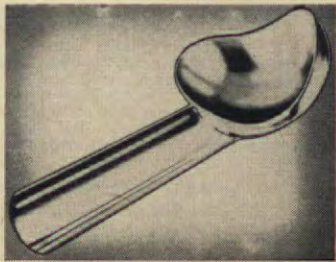
### Any anniversary medal

Marriage medal makes a marvelous tongue-in-cheek anniversary gift for happy couples. Or give to one another as a meritorious reminder of "married" life! 1" in diameter. Engraved with any year you specify. Sterling silver, \$10. Gold, \$40. Add \$1.50 to engrave names and date on the back. Bruce Bolind, Dept. AH8, Boulder, CO 80302.



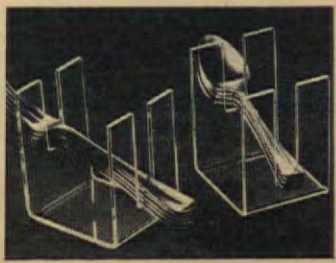
### Ice cream, ice cream

They'll all scream for it with this Super Scooper to dip and power-out portion after portion. Lets you quickly scoop even the hardest ice cream with ease—a self-defrosting liquid does the trick. Gives uniform attractive scoops. Never loses its power and always works! \$5.95. Holiday Gifts, Dept. 608-F, Wheatridge, CO 80033.



### Clear buffet stackers

You'll want these clear cradles to hold your forks and spoons when planning your next buffet supper, etc. The beauty of the pattern shows through and neatly saves space for serving dishes, etc. Each holds a dozen. 2½x3x3½". 1 set, \$2.98. 2 sets, \$5.75. Add 50¢ hdlg. The Country Gourmet, Dept. A8, 510 S. Fulton Ave., Mt. Vernon, NY 10550.

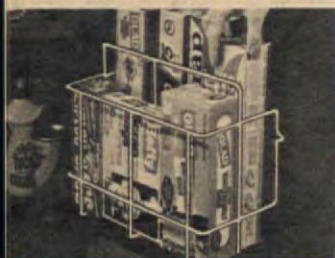






### Crystal lovebird

This lovable and chubby charmer in lush deep blue is made of solid crystal. It's signed by famous Swedish artist, "Tyko," who designed this treasured masterpiece. Beautiful to own. A great gift. Lovebird is \$5.98 each; two for \$10.98. Add 95¢ hdlg. Send your order to Ferry House, Dept. AH8, Briarcliff Manor, NY 10510.



### Wrap 'n bag rack

Why waste needed shelf space when this handy bag and wrap organizer keeps 'em all at your fingertips! Cushion-coated steel frame is easy to attach to your cabinet door with 2 screws included. 10"x11½"x6". Sturdy; won't rust. Wrap and Bag Organizer, \$2.98. Walter Drake, AH70 Drake Bldg., Colorado Springs, CO 80940.



### Color phones!

Modern Standard Phone in talk-about colors is ready for instant use. With bell and molded plastic case. In green, blue, pink, white, ivory, red, beige, yellow, or black. Ideal for extra phones. Ideal price, too! \$23.95 plus \$2 hdlg. Free catalog of other styles. Order from Grand Com, Inc., Dept. AH-8, 324 Fifth Ave., New York, NY 10001.



### Platter up!

If you have a where-will-I-put-it platter that's a space hoarder, use this platter rack to safely solve the b-i-g problem and save space too! Screws (included) into underside of shelf. Cushioned-coated steel. White. 10x9½". \$1.59; 3 for \$3.98. Add 40¢ hdlg. Lillian Vernon, Dept. A81, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



### Birthday tile treat

What a lovely way to announce or remember the arrival of a newborn: a personalized delft-blue birth tile, direct from Schoonover in Holland. 6" sq. Wired for hanging. State full name, date, time and place of birth. \$15.95 plus 75¢ hdlg. Hans Brinker, Dept. 95, 651 S. Beach Boulevard, La Habra, CA 90631.



### Bedtime story

And so the king said, "Turn your twin beds into king-size quick as a wink." Span-A-Bed is an "instant" king bed-converter that fits snugly between 2 twin-size beds. Of comfortable polyurethane, it needs no special bedding. 6' long; 14" wide. \$5.98 plus 75¢ hdlg. Holiday Gifts, Dept. 608-D, Wheatridge, CO 80033.

continued

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### Romping dolphins

Decorative dolphin design creates the stem sections of these handsome, clear crystal candlesticks. Superb in detail and extra heavy, each weighs over a pound and a half. 9" high. Stunning on buffet, table or mantel. \$8 each. Pair, \$15. Add \$1 hdlg. Catalog with order; or, 25¢. Sturbridge Yankee Workshop, AH1, Sturbridge, MA 01566.



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## Kathy, the clog

This modified version is very pretty. Open-toe freedom, too! "Kathy" is snuggy soft and topped with a pert "belt 'n buckle." 1 1/2" wood wedge heels with crepe soles. Cushioned insoles. Black, white, bone, red, gold, or navy. 4-12 N,M,W. \$9.95 plus 90¢ hdlg. Sizes over 10, add \$1. Softwear Shoes, AH8, 1711 Main, Houston, TX 77002.



## Furniture forecast

Put a future in cast-off furniture and accessories and turn them into works of art with the help of this beautifully illustrated book, "How to Paint and Decorate Furniture and Tinware." Learn priming, painting, finishing, painting the design, stenciling. Well worth \$2.95. From Novelty Mart, Dept. AH8, Box 233, Bethpage, NY 11714.



## Stained glass?

No, but translucent butterflies have "that look" to make 'em colorful decorations on lamps, mirrors, etc. Great "guards" on glass doors to prevent "walk-thru." Mylar in gold, red, green, blue, reddish-brown mosaic. 3". Owls also available. Set of 4, \$1; 2 sets, \$1.85. Add 15¢ hdlg. Cadlyn's, AH8, 2077 New York Ave., Huntington Sta., NY 11746.



## Let's face it

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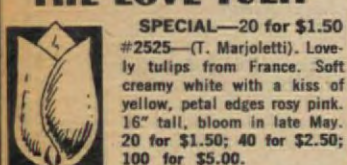
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Victorian Slide Necklace is a magnificently detailed reproduction of an heirloom piece. Genuine cameo on chain slides up or down. Note removable spinning fob (can replace with grandpa's old watch!) Antique finish, gold-plated. 28" long. \$6.90 plus 40¢ pstg. or 60¢ air-mail. Old Pueblo Traders, 600-A8N-S. Country Club Rd., Tucson, AZ 85716.



### Rattan garden frog

Here's your personal gardener—a handwoven enchanter for the indoor gardener. Filled with the necessities for plant perfection, scissors, rake, spade, hoe and spray atomizer. Compact, practical, and so adorable! 8" high; 7" wide. \$11.95 plus \$1.50 hdlg. Catalog, 25¢. Fran's Basket House, Dept. AH8, Rt. 10, Succasunna, NJ 07876.

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### It's a "Honey!"

Also the name of this super soft sandal shoe that boasts a stunning, 1½" burlap wedge heel! Crepe soles make Honey extra comfy plus cushioned insoles. Of leather-like urethane. Red, white, navy, or black. Sizes 4 through 12 in N, M, or W. \$10.95 plus 90¢ hdlg. Sizes over 10, add \$1. Sofwear Shoes, Dept. AH8, 1711 Main, Houston, TX 77002.

### Victorian clothes rack

Stunning cast-iron rack sparks a friendly 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 7½" from wall. 14" wide. \$3.98 plus 75¢ hdlg. Holiday Gifts, 608-E, Wheatridge, CO 80033.

continued

## NEEDLEPOINT SCHNAUZER



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Dept. 608-A  
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**VICTORIA GIFTS**

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Ideal pant boot, 8 1/2" high in kidskin-soft stretchy Polyurethane on nylon. Non-skid rubber like sole. 1 1/4" heel. Brown, Honey Beige, Black, Navy, Red, White. Washable. Sizes 5-10, one width fits all.

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Route 10, Dept. AH8, Succasunna, N.J. 07876

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### "Stitch Clean"

Needlepoint cleaner "sprays clean" your needlework with liftout - dirt action. No worry about shrinkage! Just spray it on, wipe off in 3 minutes. Won't damage wood, plastic or metal. Water - base cleaner is safe for all colorfast yarns. No bleaches or caustics. \$2.98 plus 50¢ hdlg. Vernon, Dept. A81, 510 S. Fulton, Mt. Vernon, NY 10550.



### Woman's place plaque

Delightfully wry dig makes humorous argument on both sides of today's controversial issue. A sense of humor is a tonic treat in a time when we "need" to laugh and, especially, at ourselves, man or woman! Hardwood plaque is 4 1/4"x6". \$4.95 plus 35¢ hdlg. West-Berg Enterprises, Ltd., AH8, Box 4749, Colorado Springs, CO 80930.

### Goodnight pain

Icy Hot's creamy balm can give temporary relief from arthritis, bursitis, soreness, stiffness, etc. Just rub it over affected areas and, as it puts pain "to sleep," you will find peaceful sleep. Relief in 24 hours, or money refunded. \$2 per jar. J. W. Gibson Co., Dept. G-40, 41 East 57th St., Suite 1006, New York, NY 10022.



### Baby's first shoes?

Why not have them bronze-plated in solid metal as a forever memory! \$3.99 a pair. Also portrait stands (shown), TV lamps, bookends at big savings. Send no money. For details, money-saving certificate and postpaid mailer, write to the American Bronzing Company, P.O. Box 6504-H1, Bexley, OH 43209.



### "Roxy"

This go-anywhere sandal shoe boasts a stained wood 1 1/2" wedge heel. Of glove soft urethane, its relaxing richness gets a big comfort lift from the crepe soles and cushioned insoles! Navy or brown. Narrow in sizes 6 thru 10; medium in 4 1/2 thru 10. \$11.95 plus 90¢ hdlg. Softwear Shoes, AH8, 1711 Main, Houston, TX 77002.



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

by Norman P. Kennedy

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

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

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

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

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

A natal horoscope analysis contains the best psychological analysis of yourself that you can get today. In addition, a natal horoscope analysis includes discussions on the following: financial outlook; taxes and inheritances; early home environment; relationships with family; relatives and parents; love and marriage; children; career and occupation; hopes; wishes and goals; and subconscious attitudes.

Many people think that astrology only appeals to "way out" unscientific people. Nothing could be farther from the truth. In fact, studies show that astrology appeals most to intelligent and logical people. Famous scientists Galileo, Carl Jung, Johannes Kepler, Roger Bacon,

## Astrology Today

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Anyone familiar with Jackie Onassis' horoscope will be amazed with the uncanny way that it has predicted her love life. For example, Jackie's Cancer lies on the cusp of her eighth house. This indicates that she will marry a man connected with water. Her first husband, the late President Kennedy, was a P. T. boat Captain in World War II and also enjoyed sailing. And, of course, her current husband, Aristotle Onassis, is a super-wealthy shipping magnate.

and Albert Einstein all believed in astrology.

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

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

Hitler turned back to astrology—too late. He read his horoscope in the last moments of

the war as Berlin burned around him.

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

The Miami Herald also tells the story of astrologer Clifford McMullen, who is George McGovern's personal astrologer. He warned McGovern that if he ran for president, that he would win the democratic nomination, but he would lose badly to President Nixon in the November election.

Your horoscope can bring you wealth. Famous business tycoon, J.P. Morgan, used astrology to acquire his fortune. Morgan did not make a financial move without checking his natal horoscope forecast.

From an article in the Miami Herald came this story: "Stockbrokers on Wall Street are as likely to call an astrologer in this decade as Hollywood film stars would call a psychiatrist in the last. David Williams, a 75 year old retired financial expert who lives in Clearwater, has made \$150,000 from the stock market in 13 years by using astrology as an investment guide."

Your horoscope can show you the way to success and happiness in love and marriage. Horoscopes of Grace Kelly and Jackie Kennedy predicted their current successful marriages. Grace Kelly to Prince Rainier and Jackie Kennedy to Aristotle Onassis. As with these famous people, your horoscope can help you find and keep a lasting and meaningful love relationship.

Now and through the ages a good natal horoscope analysis has meant the difference between success and failure. Will you miss your success opportunities? Will you stumble into pitfalls you could have avoided?

Today, right this moment, you can have your natal horoscope cast and analyzed. You can get it for only the cost to make your duplicate copy. You get the expensive casting and analyzing process—FREE. The article below will tell you how. The means are available, but the choice is yours.

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

by John F. Ford

Send me your exact time and place of birth. I'll cast and analyze your natal horoscope for research purposes. You may have a duplicate copy of your horoscope for only \$3.00 - the cost to make your copy plus postage and handling costs. You get the expensive casting and analyzing process - FREE, because of the fact that we produce your horoscope for research anyhow.

Your natal horoscope will consist of nine pages and over 3,000 words. Your natal horoscope will contain your psychological analysis plus a discussion of the following: your love life; financial outlook; marriage, family and children relationships; career and occupations; hopes, wishes and goals; and subconscious attitudes. A horoscope of this type would cost up to \$300 if done by an astrologer.

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

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

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To get your horoscope thru this special opportunity, simply fill

out the research computer form and mail to the address given on the form. Include the \$3.00 copy cost for each horoscope or charge your credit card. There is a limit of two per family. If you don't know your exact time of birth, fill in 12:00 PM.

If you have any questions, call me, John F. Ford, president, The American Astrological Association, at (216) 478-2171. Thank you!

1974 American Astrological Assoc.

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