

September 50¢

American Home

Country-style Decorating in a Home of Ideas

"Room of the Month" - the Living Room

Fabulous Quilts You'll Make & Treasure

"How I Heat My House for \$6 a Month"

Busy-Day Meals that Wait Well

Antique Silver Buys: \$8 Up

Stencil Look:
Learn this easy-to-
paint technique

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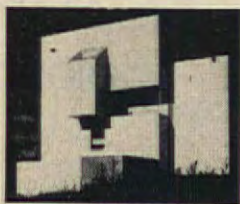
There are over 4500 True Value Hardware Stores in 50 states. For one near you look under "Hardware" in the classified phone directory.



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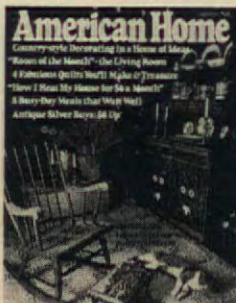
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SEPTEMBER 1974 Vol. 77 No. 9

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Publisher

Warren R. Erhardt
Advertising Director
Eugene A. Bay, Jr.

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10

Driver decisions that could save your life

Here is a quiz that requires thought, because in some cases more than one answer—or none—may be correct.

1. You are driving along in a single file, when the car in front of you shows its left blinker light to signal a turn to the left. You should:

(a) Turn on your own left-turn signal, to tell the driver behind you that someone is turning left.

(b) Move to the right so the driver of the car behind you can see the turn signal of the car ahead.

(c) Quickly put on your brakes several times so the blinking brake lights will alert the driver behind you to a change in traffic flow.

2. A long dry spell ends as rainfall dots your windshield. You should:

(a) Turn on your windshield wipers at the first sign of moisture.

(b) Delay turning on your wipers until it is raining hard enough to wash your windshield clean.

(c) Use your windshield washers liberally as you turn on your wipers.

3. The day is bright and sunny, and you are driving on a narrow, winding country road that is sometimes heavily tree-shaded. You should:

(a) Honk at every bend in the road, in case another car is approaching.

(b) Turn on your headlights (low beams) to make it easier for another driver—his eyes accustomed to bright sunlight—to see you in deep shade.

(c) Put your emergency flasher on to make sure other drivers see you.

4. On a street with light traffic, you realize your destination is in the opposite direction. You should:

(a) Pull into a nearby driveway. When no cars are coming, back out and drive off in the right direction.

(b) Wait until you reach a wide intersection and make a U-turn.

(c) Drive slightly past a driveway; back into it. When the coast is clear, drive off in the right direction.

5. The sun is low in the west as you drive eastward on a heavily traveled highway. Many oncoming drivers have their sun visors down. You should:

(a) Be glad you don't have to squint into the western glare.

(b) Turn headlights on (low).

(c) Remembering that the radio said the sun would set at 7:35, make a mental note to turn on your parking lights at 7:05, because your state law says lights should be on a half-hour before sunset.

6. As you start up a long but easy grade, you see in your rear-view mirror that a large truck is moving up quickly behind you. You should:

(a) Hold your ground and not panic. If the truck driver wants to pass, that's his problem. Proceed at your own smooth pace.

(b) Slow down slightly and pull as far to the right edge of the road as you can, so the truck can blast by you easily and be on its way.

(c) Speed up enough to keep a cushion between you and the truck.

7. Heading down a hill, you brake, but nothing happens! You should:

(a) Pump the brake pedal rapidly.

(b) Shift to a lower gear.

(c) Run into something right away.

8. You are loading your station wagon for a long family outing. You should:

(a) Put the heaviest items close to the front of the cargo compartment.

(b) Put heavy items in last, near the tailgate, for easy unloading.

(c) Put the load in any way it fits, but put more air in your tires to compensate for the extra weight.

9. A heavy fog is seriously limiting driving visibility. You are safest if you:

(a) Are driving on a superhighway, because traffic flows in one direction, lessening the chances for a collision.

(b) Follow the taillights of a vehicle ahead of you at a safe distance.

(c) Turn your headlights on bright to bore through the fog and light up reflectors on highway posts.

10. Your tire goes flat on an ordinary two-lane highway. You should:

(a) Stop where you are. You're better off blocking the lane completely rather than partly. Turn on your flasher, open the trunk and stand three to five car lengths behind your car waving a white cloth to warn other motorists.

(b) Immediately pull as far to the right as you can. Flick on your flasher and the interior dome light; get out of the car and stay far off the road until help arrives.

(c) Drive on the flat tire slowly until you reach a spot wide enough for you to pull off the pavement. Then take care of your emergency signals.

Answers and scoring, page 59.



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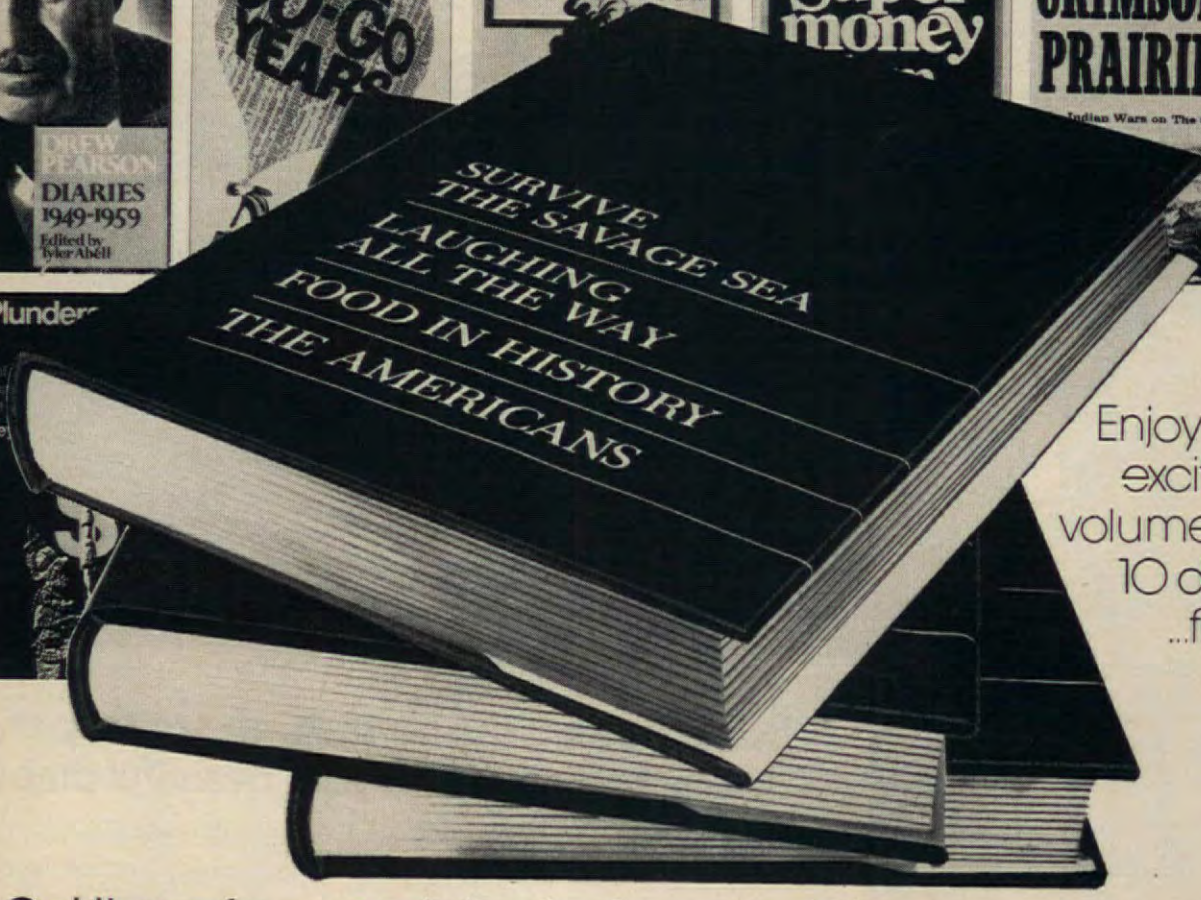
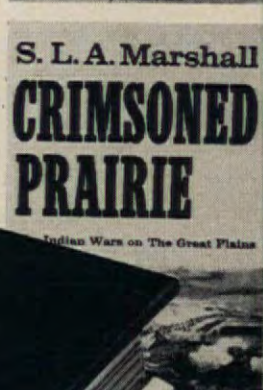
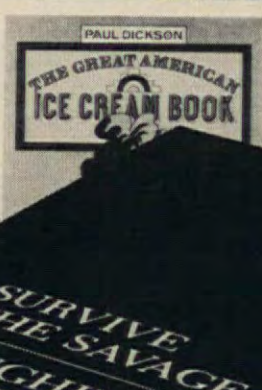
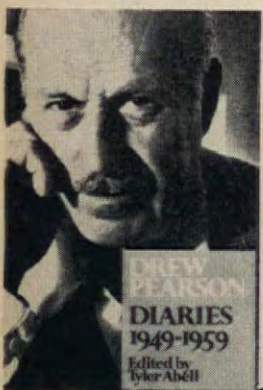
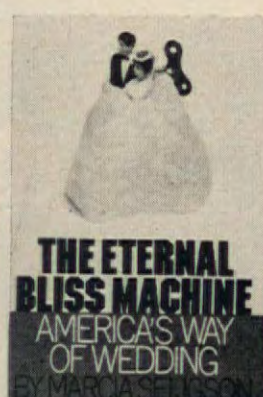
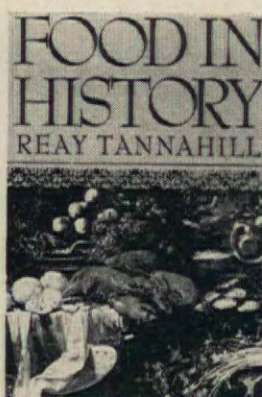
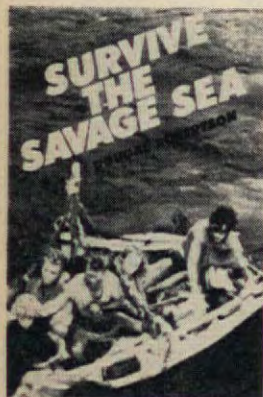
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Collectible teapots

In your great-great-grandmother's day, teatime was a favorite social event, and a pretty teapot was a prized possession. Today, lovely ones like those below, with their pleasing shapes and Old World charm, can be enormous fun to collect. Scour the antiques shops and you should come up with some wonderful finds. These five—most of which were made in England, where tea-drinking is an art — are from the collection of Mrs. Bertha S. Piller of Westhampton, N.Y.

—Rosemary L. Klein



*Flow blue,
Staffordshire,
about 1840*

*Pink and copper
luster,
Staffordshire,
about 1820*

*Transfer print
on ironstone,
Staffordshire,
1856*

*Hand-painted
porcelain,
possibly French,
mid-1800s*

*Light paste
Leeds ware,
late 1700s*

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Rediscover the "Joy of Cooking"

CREAM SOUPS. These favored luncheon soups are also sometimes served at dinner. Like hors d'oeuvre, they act as a stabilizer for cocktails, or as a buffer against wines. All cream soups are ruined by boiling, so be sure to heat just to the boiling point or cook them in the top of a double boiler.

Chestnut soup

About 3 cups

Prepare:

1 lb. chestnuts

Mash and beat them smooth in:

2 cups milk

Melt:

¼ cup butter

Add and simmer until soft and golden:

1 minced onion

Sprinkle with:

1 tablespoon flour

1 teaspoon salt

⅛ teaspoon each nutmeg and pepper

½ cup chopped celery leaves

Stir and slowly add chestnut mixture.

Simmer about 10 minutes. Pour in:

1 cup cream

Heat; serve garnished with:

Parsley, croutons

Corn chowder

About 6 cups

Sauté slowly until lightly browned:

½ cup chopped salt pork

Add and sauté until golden brown:

3 tablespoons chopped onion

½ cup chopped celery

3 tablespoons chopped green pepper

Add and simmer:

1 cup raw, peeled, diced potatoes

2 cups water

½ teaspoon salt

¼ teaspoon paprika

½ bay leaf

When potatoes are tender, combine until blended, bring to boiling, and add to the above:

3 tablespoons flour

½ cup milk

1½ cups hot milk

2 cups whole kernel corn

Heat soup; serve sprinkled with:

Chopped parsley

Potato soup with tomatoes

About 6 cups

Prepare:

2 cups sliced onions

Sauté very gently until translucent in:

¼ cup butter

Add the onions to:

2 cups sliced potatoes

6 cups boiling water

Simmer for about ½ hour. Add and simmer, covered, for about 20 minutes:

5 cups sliced tomatoes or 3 cups canned tomatoes

2 teaspoons sugar

1 teaspoon salt

⅛ teaspoon paprika

A pinch of chervil

Put soup through a fine strainer or blender. Reheat and correct seasoning. Scald and stir in:

1 cup cream

Heat but do not boil; serve at once.

From "Joy of Cooking" by Irma S. Rombauer and Marion Rombauer Becker
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Decorating Q's & A's

Our living room walls are white, our new sofa is brown, and we've got a gold/brown/beige Oriental rug on top of a gold wall-to-wall carpet. Shall I choose gold (or brown? or beige?) for chairs and accessories?

M. Uhlenbrock
Columbus, Ohio

Be adventurous with color. Use lively kumquat to pull all the other colors together. Cover your chairs in it; hang lithographs that have a touch of it. Use tortoiseshell blinds rather than draperies; add wicker baskets as planters and accessories.

How can I put pictures on my walls without going to the expense of buying framed prints?

(Mrs.) Anne Murphy
Houston, Texas

There are many ways to put up inexpensive "pictures." For example, you can buy a yard of a print fabric you like, staple it to stretched canvas (from an art-supply store) and frame it by nailing pine strips around the frame of the canvas. Or you can buy inexpensive prints from a bookstore or museum, paste them on pieces of Foam Core (also from the art-supply store) and frame them with do-it-yourself metal or snap-together Lucite frames. You can also cut photographs from a magazine and frame them the same way.

How do I turn a spare bedroom into a study? I've got books, a desk, chair, and not much money.

Anna Boland
Katonah, N.Y.

Building a giant bookcase yourself would be the least costly solution and it's one of the easiest carpentry jobs you can do, using spruce from your local lumber dealer. Sketch out your plan, then have him cut boards to the height and shelf widths you need. Attach shelves to the upright boards with screw-in L brackets. Paint or stain the bookcase. Cover the floor with self-stick indoor-outdoor carpet tiles and apply self-sticking corkboard above the desk.

Can I hang a lovely antique quilt on the wall without damaging the quilt?

D. C. Randolph
Denver, Colo.

Yes, if you hang it banner-style. First, slip-stitch by hand two 2-inch-wide strips of fabric across the back of the quilt, one strip at the bottom, one at the top. Leave the ends open. Slip a round curtain rod through each of these "pockets." The top rod will support the quilt on the wall; the bottom rod will help the quilt keep its shape.

What can I use to decorate sliding glass doors in my dining room and the windows of my kitchen? I am not in favor of draperies or curtains.

(Mrs.) Wanda Stewart
Amherst, Ohio

Wood shutters would be perfect—in each location—painted or stained—floor to ceiling in the dining room, window size in your kitchen.

Do you think it's wise to put wood flooring in the kitchen of the old house we're remodeling?

Mrs. M. V. Ayres
Fayette, Mo.

Wood floors require more care than resilient flooring, but if you like them, they're well worth the effort. To protect a wood floor from water—which is essential for its long life—apply a wood-floor sealer and then coat floor with a paste wax. Buff according to directions on the can—never use self-polishing waxes on your floor (they contain water).

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



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If you're a little bored with all the look-alike traditional furniture around today, you could be among those who fall in love with our "Pueblo" bedroom collection. Fresh. Distinctive. Design that suggests

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If you love rock, you'll delight in these great books. You'll thrill as one star after another steps into the spotlight, revealing the magic charisma that propelled each to the pinnacle of popularity:

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HOLLY: If he were alive today, would he be dead?

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Send me Volume 1 of The STORY OF ROCK FREE. If I want no further books, I will notify you. Otherwise, you may send Volume 2 in about 30 days, which I may return within 10 days if not delighted... or I may keep for only \$2.98 (plus postage & handling). I'll then also be entitled to receive Volume 3 about a month later, and all the rest of the 20-volume set a month after that—although even then I need pay for only one volume a month, at the same low price. I may keep as many or as few volumes as I wish, or I may return them for any reason within 10 days after receipt and owe nothing. I MAY CANCEL any time, whereupon no further volumes will be sent me. Volume 1 is mine to keep in any event, without charge or obligation.

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Sincerely yours,

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What's New



Bike hang-up. Hang 1 or 2 bikes from the garage ceiling with #48502 Lift Kit from Sears, Roebuck and Co. Kit includes steel bar, vinyl-covered hooks, 4 easy-lift pulleys, rope, all hardware. Fits all bikes. Price is \$19.99.



Efficient add-on.

ReInsul by Johns-Manville beefs up your old, inadequate attic insulation. Made of fiber glass, with no get-in-the-way covering, it lays down neatly and easily atop existing insulation. ReInsul comes 5 inches thick (R-14), in rolls 15 or 23 inches wide. Price is 12¢ a square foot.

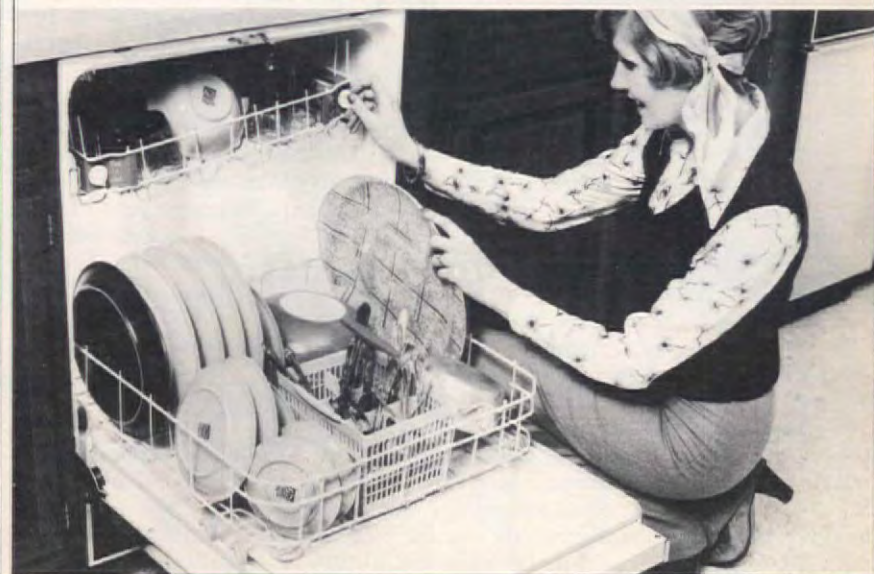
Clever cooker. Sunbeam's electric Crocker Frypan is more than just a conventional fryer. In its ceramic dish—large enough to hold 2 roasting chickens—you can slow-cook meats, soups and roasts as well. Porcelain-finish, Teflon-lined 11-inch frypan comes in avocado or gold; insert is deep brown. High domed cover fits both insert and pan; cradle and heat control are removable for easy dishwasher cleaning. Insert, a handsome serving dish, is also dishwasher- and oven-safe. Costs under \$45.



Tile style. Liven things up with Tile Decor, 4-inch-square decals that come in 12 colorful patterns. Washable designs are on clear plastic so your tile color shows through. Just peel off backing and smooth on; 6 for \$1.49 (Meyercord Co., 365 E. North Ave., Carol Stream, Ill. 60611).



The big wash. GE's Potscrubber II dishwasher has room for large pots and platters. Extra rotating arm assures more efficient washing; power-saving switch allows natural drying. About \$370. — Bernard Gladstone



Today's best buys in antique American silver

Beautiful old silver is affordable if you concentrate on the fascinating field of 19th-century American designs. You'll find handsome pieces like those shown here—all from Hinda Kohn Antiques, New York City—whose prices start as low as \$8. Styles vary enough to suit just about every taste. Seek out the simple neo-classical (1790-1820), the heavy Empire (1810-50), the flamboyant Rococo Revival (1840-60), the restrained Renaissance Revival (1860-75) and the complex eclectic (1875-90). Finally, discover the elaborate later revivals (1880-1915) of 18th-century designs, such as the \$45 sterling-silver frame above, made by the George W. Shiebler Co. of New York.

Nineteenth-century silver varies greatly in quality and cost around the country, so choose carefully. But if the piece is well made, its design appeals to you and the price is right, buy it.

\$8 is a fair price for this sterling-silver berry spoon, made about 1840.



The shell shape of the bowl was a popular motif of the Empire period because of its classical elements. The spoon bears the mark of G. Rogers, a firm active at mid-19th century.

Silver pieces are often marked with the name or initials of the maker. You pay a premium for some names—Paul Revere and Tiffany, for instance. But marks can often prove mysterious, because not every maker has been identified. In any case, it can be fun to know where and when a maker worked. Dorothy Rainwater's *American Silver Manufacturers* (Everybody's Press, \$10) is a source for 19th-century silver marks.

\$12 is what you'd expect to pay for this pretty napkin ring, which uses plated silver on pewter. Made about 1880, it shows the influence of the Japanese prints that were popular in the eclectic era, when designers turned to the exotic for their inspiration instead of following Western European traditions. Napkin rings are highly collectible because so many varieties are available—many of them inexpensive. Among the variations you may find: rings that are part of a unit comprising a vinegar bottle and salt and pepper shakers; or little decorative figures in silver that serve as individual napkin holders.



\$32 is the going price for this little sterling-silver match safe, a superb example of the eclectic style. Made about 1875, it bears the mark of Frank M. Whiting of North Attleboro, Mass. Match safes and card cases were typical



Victorian pocket pieces, and there are many available today, in a great variety of designs. Because of this, they're likely candidates for a small collection. The stalk pattern on the safe, like the motif on the napkin ring (above), echoes the Japanese prints popular in the 1870s and '80s. Underneath, the safe has a rough surface for striking matches.

\$44 is what you can expect to pay for this unusually shaped sterling-silver tea ball, whose mark is unidentifiable. Tea balls have great appeal for collectors today—that's why such pieces are rather expensive. This one dates from 1910, when silver-makers were reviving 18th-century designs, and echoes the barrel-shaped punch cups and mugs that appeared in the late 1700s. It appears that the idea of basing a design on such a prosaic shape had whimsical appeal to designers more than



a century apart! Many types of silver tea balls are available. You should be able to turn up equally good examples that cost less than this unique one.

\$55 bought this handsome goblet, made about 1850, but the price would have been higher had there been an identifying mark. Of



sterling silver, the fine relief decoration shows expert workmanship, and the inside of the bowl is gilded, suggesting that it must have been as fine an example as could be found at the time. Goblets then were very popular as presentation pieces. Grape pattern typifies Rococo Revival.

\$145 is the price tag on this superb silver bud vase, which suggests something of its rarity. Made about 1850 and marked



"Haddock, Lincoln and Foss, Boston," it is unusual because of its twisted stems, which serve as beautiful foils for the plain surface. The artfully engraved floral pattern is typical of the mid-19th century. The vase is also marked "Coin." It means that the piece is made of silver 900 parts pure. "Sterling" means the silver is 925 parts pure. "Coin" was popular from about 1810 to 1860, most commonly on pieces made after 1830. "Sterling" is most often encountered after 1860, but on rare occasions it turns up on pieces made around 1800. The terms don't denote any difference in value.

\$250 is an honest price for this fine mug, marked "W. Adams" and inscribed as a prize of the "American Institute's



15 Annual Fair" in 1842. Made of sterling silver, both the style and the shape are Empire. The narrow, relatively plain bandings of leaves were made separately and then applied to the mug. The technique used to make the bowl was called "raising," which means that the silversmith hammered it into shape from a flat disc of silver. The inside of the bowl bears the hammer marks; these were removed from the outer surface by a burnishing and polishing process. More typical mugs of the period were made by simply cutting, bending and soldering. Such variations now cost about \$100. —Marvin D. Schwartz

WILL THIS TALISMAN BRACELET BRING YOU GOOD LUCK?



ORIGINALLY created with intricately knotted elephant hair these bracelets were thought to inherently possess good luck and were often given by tribesmen to hunters after a successful elephant hunt.

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One of the most ingenious features of these unusual bracelets is the fact that they're completely adjustable and look as well on men as they do on women.

AT LAST AT A PRICE YOU CAN AFFORD!

Only wearing these bracelets can show you how superior they are to any Elephant Hair Bracelets you've yet seen.

The handmade feeling... the unusual knots... the way each bracelet adjusts... the mystery of its design can only be experienced by actually wearing one of these bracelets. The good luck is not guaranteed, but complete satisfaction is.

Please compare them with the \$40... \$50... and \$100 elephant hair bracelets you've seen. Unless you feel these Talisman Elephant Hair Bracelets are superior return for no cost.

Only \$3.98 for the copper, \$4.98 for the silver-plate, \$5.98 for the gold-plate — or \$11.95 for the entire collection.

Please rush me the following
Talisman Elephant Hair Styled Bracelets
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"Doggone it, our heating fuel-oil bill is up to \$6 this month!"

Dr. Harry Thomason of District Heights, Md., doesn't worry about soaring heating-fuel costs—at least not as much as the rest of us do. During the cold months last year, he spent \$6 a month, on the average, to heat his four-bedroom home. And to him, \$6 seemed expensive: In 1959, when he completed his first solar-heated house, he paid only \$4.65 for a whole winter's worth of fuel oil.

Thomason, an inventor and patent attorney, has found a way to harness the heat of the sun to provide his home with dollar-saving, pollution-free warmth. The Thomason house is an attractive brick colonial. Except for one slope of roof with a glassy look, it could be a home on your own block. Using simple, readily available materials, Thomason installed the heating equipment in his first solar home for about \$1,500. Although he needed a conventional oil-burning furnace as a backup system for extremely cold, sunless spells, he claims that savings on oil bills paid for the equipment in seven years. For the past eight years, that first home has been operating in the clear, except for minor repairs.

"The height of invention is simplicity," says Thomason. And he would know; he is an inventor of the old school. With his wife, Hattie, and their five children, Thomason has built and lived in three solar homes in the last 15 years, continually improving the solar apparatus. Two of the houses are now rented out; the third is the family's present home.

Thomason's heating system is so simple, you wonder why you didn't think of it yourself. In his basement, he has a big (1,600-gallon) tank of water. A tiny (1/6-horsepower) pump raises water from the tank through a plastic pipe to the roof. One section of roof, steeply slanted and facing slightly west of south, is made of corrugated aluminum backed with 3½ inches of insulation. The aluminum is painted black to absorb the solar rays, and is covered with glass to hold in warmth. From the pipe, the water runs in streams down the roof's corrugated grooves, gathering heat from

the surface. The water flows into a gutter, then feeds into another plastic pipe that carries it back to the basement tank. Thomason maintains that even on cloudy winter days, water comes down from the roof as warm as 78 degrees. And if the sun is shining brightly, the water temperature may rise as high as 125 degrees. The problem then is how to spread that heat throughout the house. Again, Thomason's solution is ingeniously simple: He surrounds the tank with a truckload of tomato-sized rocks, enclosing both rocks and tank in an insulated "bin." Heat spreads to the rocks from the tank and is then sent through the house by a 1/6-horsepower blower, which pushes the air past the rocks, right up through the walls and out into each room.

How does he regulate the heat? Another simple solution: A thermostat turns on the blower when the house cools to a preset point and turns it off when the house gets warm enough. A sensor device turns the whole heating system on and off automatically: If the sun is shining and the roof is hot, it activates the pump, circulating the water; if the sun disappears, it turns the pump off so the heat in the water tank isn't lost by circulating water over the cold roof.

Thomason hit upon his idea for solar heating in a classic, history-book way: He was running into a barn to escape a sudden summer shower when warm drops of water from the sun-baked sheet-metal roof fell on his head. At the time, he was building houses to rent (and working in the U.S. Patent Office while studying at nights for a law doctorate); the next house he built included a solar-heating system.

His system also cools—but without circulating water or capturing the sun's rays. At night a small air conditioner mounted near the bin cools and dries the rocks. Next day, the blower switches on, drawing warm, moisture-laden air from the house and forcing it over the rocks, where it is cooled and dried and then blown back into the rooms.

The expertise behind all this is readily available. Thomason's paperback *Solar House Heating and Air-Conditioning Systems* is \$5. A set of his Solar House Plans is \$10, and if you want to build his patented solar-heating cooling inventions into a new home, you can get a license from him for \$20. Book, plans and license come from Edmund Scientific Co., 605 Edscorp Building, Barrington, N.J. 08007. Edmund Scientific also has a solar home kit demonstrator (a desk-size mock-up of a Thomason home), which they sell to schools and interested people for under \$30.

At today's prices, Thomason figures his heating and cooling system would add about \$2,000 to the cost of a conventional four-bedroom new home. (It's difficult—but not impossible—to put the system into an existing house.) But it would pay for itself in five to 10 years, he says, depending on fuel prices and the climate you live in. In the Thomasons' Maryland home, the system provides heat for two or three sunless winter days and three or four nights; after that, the auxiliary oil-heat system kicks in. Thomason estimates that he saves \$350 a year in oil heat now; tomorrow the savings may be even more impressive.

If you live somewhere generally colder and cloudier than Maryland—in parts of the Midwest or Northwest, for instance—solar heating may not be for you. But Thomason believes it's feasible in most of the United States and he estimates that there are now one dozen solar-heated homes (homes that get at least 50 percent of their heat from the sun) around the country—eight or 10 of them using his design. —Edward K. Carpenter

Solar spot news

- The State of Indiana now entitles residents to deduct as much as \$2,000 a year from the assessed value of their real estate to compensate for the value of installed solar heating and cooling systems.

- Near Albuquerque, N.M., the Steve Baers have built themselves a futuristic, three-bedroom home that derives 85 percent of its heating entirely from the sun.

- In Newark, Del., the University of Delaware's Institute of Energy Conversion has built Solar One, a sun-powered house that generates 80 percent of its own electrical needs.

- A Vermont developer has asked Dubin-Mindell-Bloom Associates, a New York firm of consulting engineers, to integrate a solar-energy system for a cluster of 10 condominium units.

- The National Science Foundation has earmarked \$12.2 million for solar research in 1974.

- In Atascadero, Calif., Harold R. Hay, a director of the International Solar Energy Society, has built—with \$31,000 of his own money—a seven-room, flat-roofed home heated by the sun.

- Arizona's Copper Development Association is building "Decade 80 Solar House" outside of Tucson. This four-bedroom luxury home will get 60 percent of the energy for all its services from the sun.



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Kings, 15 mg. "tar," 1.1 mg. nicotine; Longs, 17 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report Mar. '74



D-G. Needle
stitch white
carnival, 12"
buckle, 12"
D. 017-330
E. 017-331
F. 017-332
G. 017-333

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and these two are
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1974 award-winning "Homes for Better Living"

Seven custom-designed houses, below and on pages 76-77, have won awards in the 19th annual "Homes for Better Living" judging co-sponsored by *American*

Home, House & Home and the American Institute of Architects. Nine winners in the multifamily and merchant-built housing categories follow.—Evan Frances



Hug-the-ground profile of spacious seaside home in Darien, Conn., is capped by wide-sloping cedar-shingled roof. Massive columns and broad expanses of glass provide exterior elegance. Architects: Huygens and Tappé, Inc. Merit Award.

Space-saving

prompted the three-story design of wood-frame house in Jacksonville, Fla. Built by a quarter-acre pond, the house encroaches little on surrounding woodland. Glass-roofed conservatory on one side is for tropical plants. Architects: Freedman/Clements/Rumpel. Merit.



Angular look

of this Boxborough, Mass., exterior belies the free-flowing open spaces within. Skylights and slanted windows flood multilevel interior with natural light. Architect: Robert Whitton. Merit.



Sleek seaside

home in Sands Point, N.Y., has sweeping curves and spectacular views of Long Island Sound. First-level living room and second-level bedrooms open onto their own private decks. Dressing room and sauna, partly below-grade, are convenient to beach activities. Architect: Myron Goldfinger. Merit.



Cube-shaped

for the sake of economy, this Des Moines, Iowa, house overlooks a wooded ravine on one side, a garden on the other. It's built on four levels, and living is easy on all of them. Architects: Booth & Nagle. Merit.

“...I’m going to miss you, Kathy...”



Remember when you and your sister were growing up and you had to share a room? She drew an imaginary line through the center of the floor and dared you to cross it. Yet, once, when it wasn't even your birthday she bought you blue ribbons for your hair. Remember the times she made you giggle? Sometimes she made you cry. But the day she was leaving for college you were afraid you would never see her again. Then she gave you her charm bracelet to hold for safe-keeping. Her most precious possession—and you knew she would be back.

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continued

Reviving a run-down

section of northern California's Oakland Estuary, this 800-unit (when completed) project takes maximum advantage of waterfront views in stacking apartments above parking and shopping tiers. Architects: Sandy/Babcock. Honor.



Hillside development

in Ithaca, N.Y., despite high density, insures privacy and valley vistas for 235 units—atrium dwellings leading up to five-story structure that spans hilltop, plus three-story town houses (not shown). Architects: Werner Seligmann & Associates. Merit.



Mini brick towers

establish scale and unity for row of 14 town houses in downtown Philadelphia, Pa. The towers—two to a unit—are an integral, functioning part of each three-level structure, providing storage spaces and fire-place chimneys. Architects: Louis Sauer Associates. Merit.



Combining high style with low rise in multifamily winners

Good-life dormitories

(right) at Bowdoin College, Brunswick, Me., are contained in 24 flexible units. Architects: Design Five Maine, Inc. Merit.

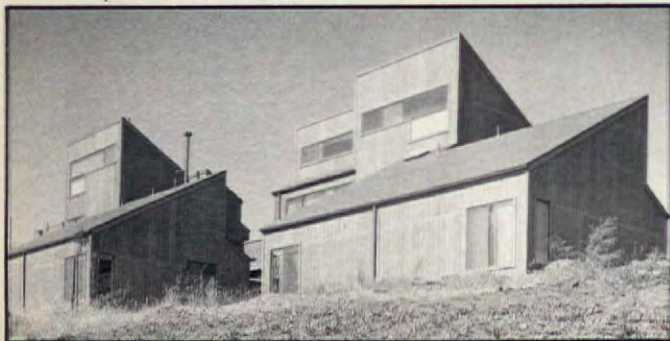
Two levels of bedrooms

plus multipurpose loft make up each of 42 units (below) at Synanon, Tomales Bay, Calif. Architects: Kaplan & McLaughlin. Merit.



Residential-scale

buildings (below), separated by wooded areas and driveways, comprise government-subsidized senior citizens' project in North Syracuse, N.Y.; structures with 152 units plus community center have human dimensions that create a friendly neighborhood. Architects: Schleicher-Soper Associates. Merit.



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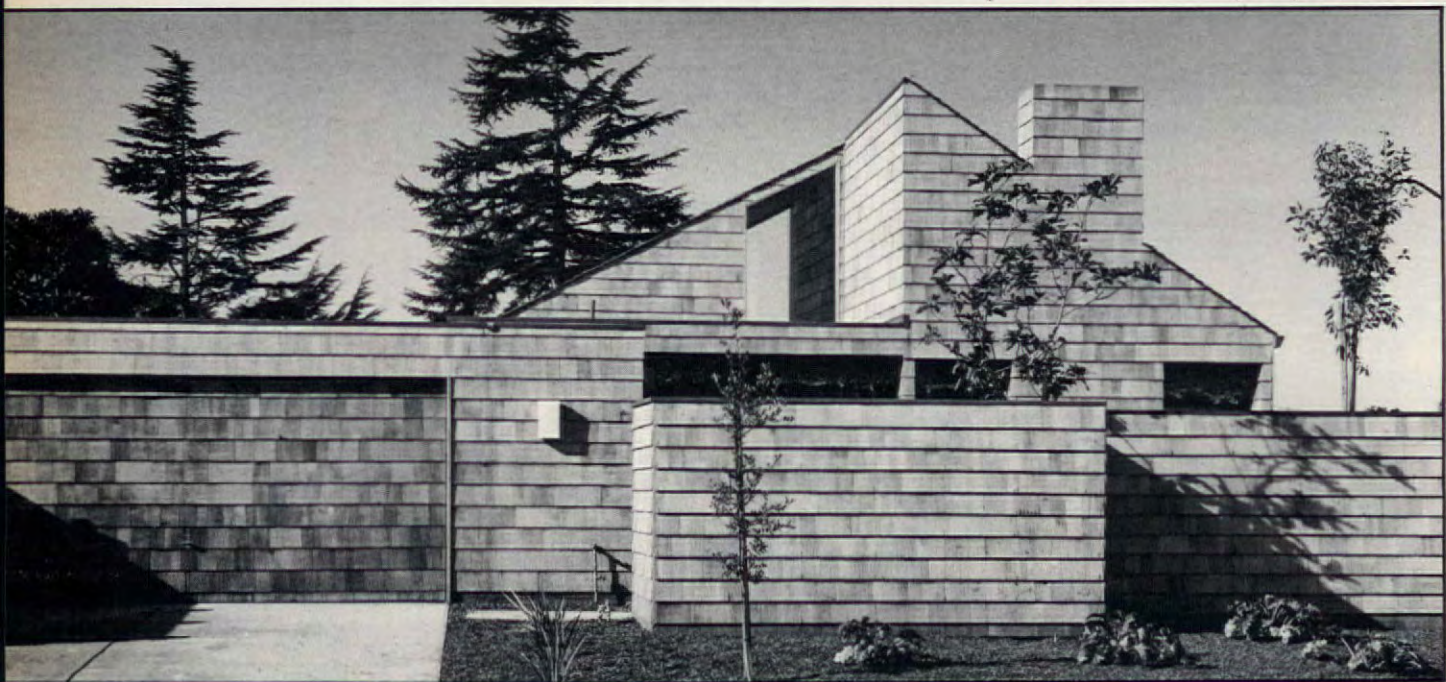
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continued

Recognizing the need to use space well, inside and out

High fences protect the privacy of patio-home project in Mountain View, Calif. (below). The first merchant-built award winner in three years, it shows that good design is possible on a small site (23 units on 5 acres). Each unit is set on the edge of its property line, and the area gained is turned into small patios on the three remaining "open" sides. Architects: Jones/Hom. Merit.



Airy home at top of town house

in San Francisco, Calif., was created by breaking down walls, adding a three-foot extension to upper-level apartment and building another level on top of it. Pictured (right) is remodeled living room; above it and behind balcony is master bedroom and bridge (not shown) leading to new roof garden. Architect: Daniel Solomon. Merit.



Old warehouse gets a new lease on life

in Boston, Mass. Waterfront structure is now an apartment building. Living room on attic level (left) is enhanced by original timbers and exposed brick. Architects: Anderson Notter Associates. Honor.

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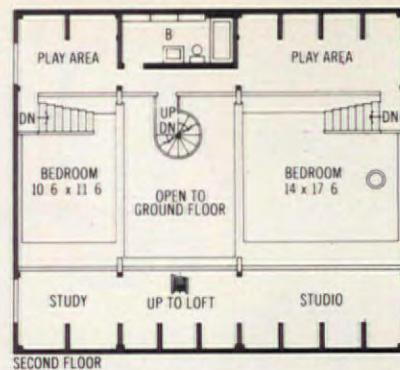
Velvet
Brown



Sweet Lime

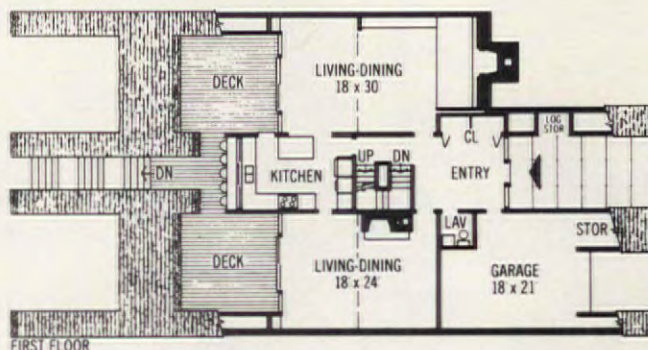
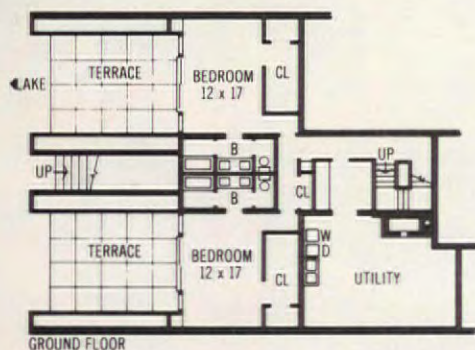
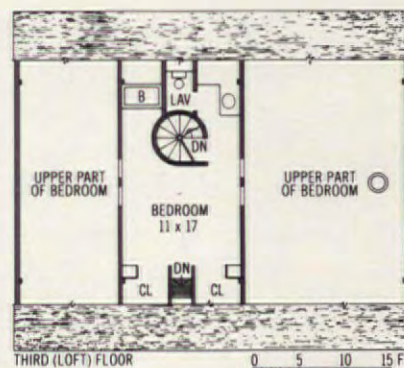


Sun Yellow



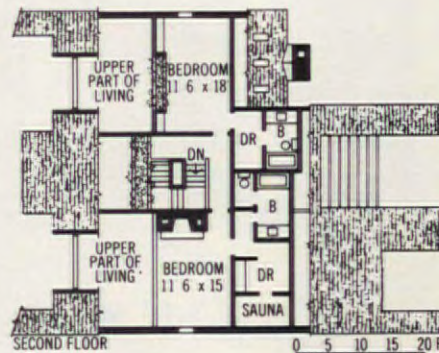
Remodeled 100-year-old barn fulfills young family's desire for relaxed, modern-day living.

This is the kind of place for nature lovers—a lofty, four-level home (pictured on page 77) that's totally at one with its farmland surroundings. As floor plans show, the house is designed around a central open space. Huge geometric windows, placed where original beams permit, augment the feeling of openness, and spiral staircase connects rooms on each level. Ground floor offers an ideal spot at the base of open core for owner's favorite pastime, playing the organ. On first floor, kitchen, dining and living rooms form continuous flow of spaces. Second floor, balcony-like as is the first, comprises "bridges" hugging opposite sides of barn to provide play and studio areas, plus two step-down children's bedrooms. Loft level at the top contains master bedroom suite.



Vacation retreat is designed to allow children and adults to have a home life of their own.

Flexible three-level home beside Lake Michigan (pictured on pages 76-77) is laid out so masterfully that both children and adults can enjoy precious privacy or family conviviality. Situated on ground level, the children's bedrooms have their own access to beach. First floor, which is the family level, contains kitchen and two living-dining areas. Tucked away on second level—a kind of upper balcony overlooking living-dining areas—are bedrooms for parents and guests. Entire house is oriented toward water. All rooms have lake views, and kitchen is placed so that food can be served as easily outdoors, on either of the twin decks, as indoors.



Custom-house jury: architects Francis Gassner, Memphis, Tenn.; Hugh Newell Jacobsen, Washington, D.C.; William Morgan, Jacksonville, Fla.; Frank Tomsick, San Francisco, Calif.; *American Home* architecture and design editor Evan Frances, A.I.D.

The 1974 custom-house jury voted, prior to final judging, to present only one category of commendation, the Merit award.

Merchant-built and multifamily-housing jury: builder Russell V. Baltis, Jr., North Kansas City, Mo.; architects Jack Craycroft, Dallas, Texas; A. Robert Fisher, San Francisco, Calif.; John W. Moutoussamy, Chicago, Ill.; Charles H. Pawley, Miami, Fla.; architectural student Ralph Jackson, Harvard Graduate School of Design, Cambridge, Mass.; *House & Home* associate editor June R. Vollman.

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☐ Medium
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☐ Brunette
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Dream house going up in Dallas!

"Our objective is a livable, enjoyable home that will not only save energy in the form of fuel, but will conserve the energy of the housewife and the family." With these words to guide them, more than 100 women from all over the country—many of them wives

of builders, some of them builders themselves—gathered recently in Washington, D.C.

The event: a design seminar, co-sponsored by the Women's Auxiliary of the National Association of Home Builders and *American Home*, and in-

cluding participants from General Electric and the NAHB publication *Journal-Scope*.



Breaking ground: I'm surrounded by "hardhats," with NAHB Women's Auxiliary President Betty Stratton on my right. Our \$60,000 dream house is being built by Home and Apartment Builders Association of Metropolitan Dallas.



Planning: Mary Powers (polka dots), our Reader Reaction Bureau director, leads a discussion at design seminar.

The purpose: to "design" as a group a dream house with conveniences and energy-saving pluses. "This will be a house by and for women who spend much of their time homemaking," Mrs. Betty Stratton, the Women's Auxiliary president, told the enthusiastic group. The finished product—a one-story, four-bedroom house with three-and-a-half baths—will be displayed at the NAHB convention in Dallas next January. See it in color in February *AH*.

Good-living garage remodeling

The garage-to-family room transformation shown on pages 72-73 exemplifies smart remodeling at its best. Architect J. Donald Bowman converted the Duane Johnsons' one-car garage into a

bright, spacious room perfectly tailored to their wishes. The original space (see floor plan, below, left) now contains a 12-by-18-foot dining/lounging area and, tucked in the rear, a much-needed 6-by-12-foot utility room.

Good design and clever use of materials—particularly plywood as paneling—kept the remodeling within the \$3,500 budget (see cost breakdown, below).

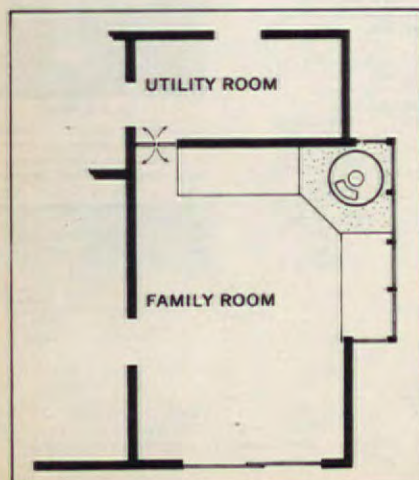
If you are thinking of undertaking a similar conversion, remember that labor costs and materials prices vary

widely across the country. To save money, be sure to get bids from at least three contractors. The best cost-cutter is to do most of the job yourself.

Complete plans and step-by-step building instructions for this garage conversion are available. They also include plans for remodeling a two-car garage, plus instructions for building the wood-strip privacy screen pictured on page 73.

—Jane L. Lawrence

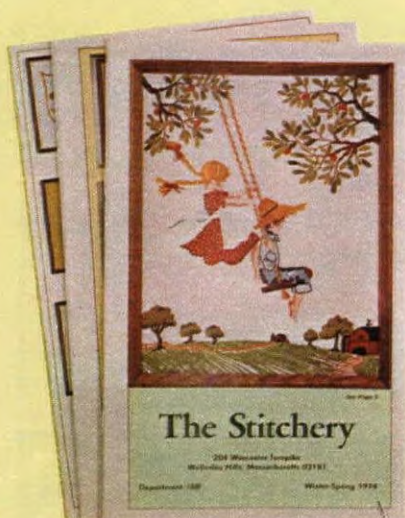
To order plans, send \$1 to: American Plywood Assn., Dept. AH-094, 1119 A St., Tacoma, Wash. 98401.



Materials and cost breakdown	Materials	Labor	Subcontracting	Total
Demolition	—	\$160	—	\$160
Concrete work	\$205	125	—	330
Framing lumber	125	235	—	360
Finish lumber	315	370	—	685
Doors & jambs	90	60	—	150
Cement asbestos board	27	20	—	47
Rough-sawn plywood paneling	153	200	—	353
Sliding glass door	120	40	—	160
Plexiglas bay-window roof	120	100	—	220
Installed glass	—	—	\$150	150
Plasterboard	40	55	—	95
Electric wiring & heat	—	35	410	445
Insulation	25	30	—	55
Fireplace	200	90	—	290
	\$1,420	\$1,520	\$560	\$3,500

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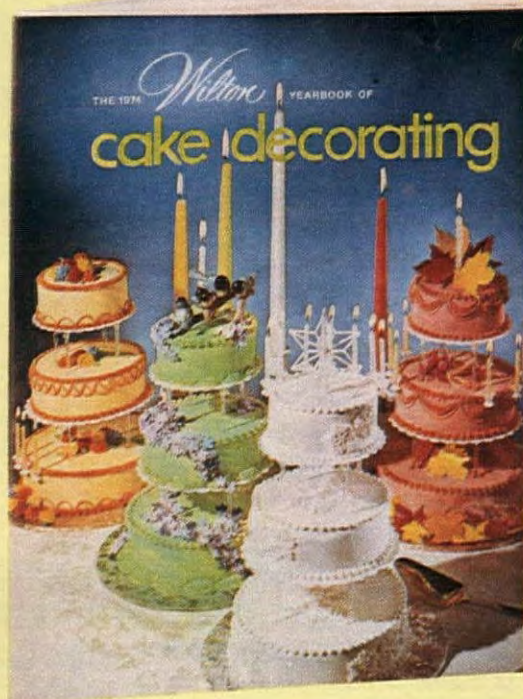


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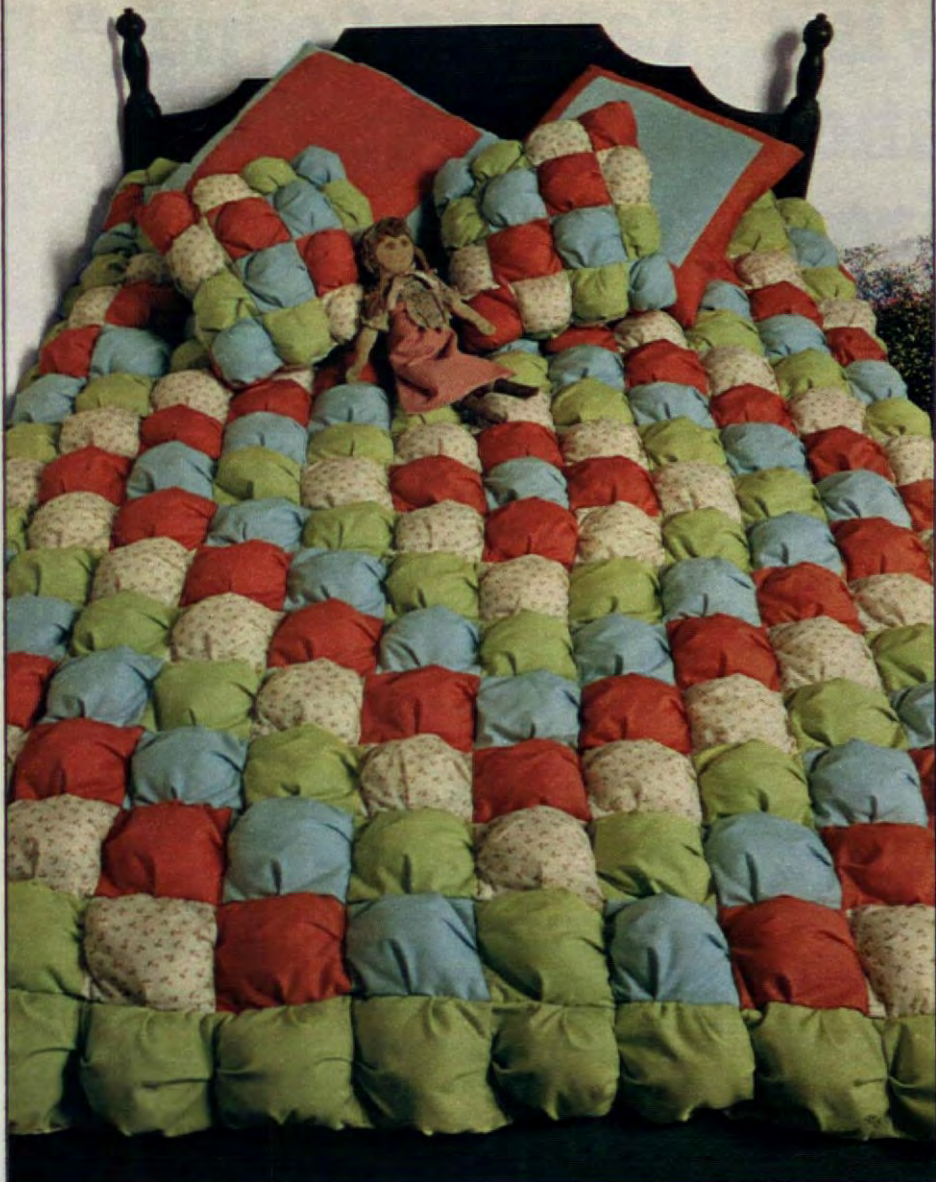
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By Ann B. Bradley

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Puff pillow	16" x 16"	#61883	#61884	@\$ 6.95 ea.	75¢
Patchwork banner 20" x 36"	not available	#61878	#61878	@\$12.95 ea.	\$1.25

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(see page 93)

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That's not all. Say that important call still hasn't come by the time bill-payer and family are due for dinner at a friend's house across town. A code is dialed in so that incoming calls can be forwarded automatically to the friend's phone,

or, for that matter, anywhere else you wish to send them.

Call Waiting and Call Forwarding features are part of "Custom Calling," new conveniences available to customers served by a central telephone office equipped with a highly sophisticated computer-programmed mechanism known as the Electronic Switching System (ESS). So far only about 8 percent of telephone office lines in the country are so equipped, but ESS is a coming thing. And remember, it wasn't too long ago that people were marveling over the dial—"You know, you don't even have to ring Central!" By 1980 about 27 percent of Bell System telephone lines will have been converted to ESS. And some of the 1,705 independent (non-Bell) telephone companies in the land are either already there or headed that way, too.

Forerunner to ESS in the home is the stylish Touch-Tone phone with little push buttons that make musical sounds, instead of dials that tick off a certain count of electrical pulses. (Some Touch-Tone phones are in use where there is no ESS, however, their "music" being converted to pulses that conform with the dial system.) You can tap out a number faster than you can dial one, but the real speed of the system comes in the ESS. The computers involved toss signals around, re-call them and send them on other routes faster than you can think about it, and impressive totals of time are saved.

Two other Custom Calling features that ESS makes possible are Speed Calling and Three-Way Calling. For people who phone the same numbers often, Speed Calling can save a lot of time—and possible errors. Up to 30 numbers are programmed into the central ESS computer; all you need do is tap out a code and two or three digits, instead of the seven or 10 usually required.

Three-Way Calling is kind of an instant do-it-yourself Conference Call. And since you do it without operator assistance, it costs less. You place one call on "hold" with a quick depression of the hook, then phone the other number—long distance or local—and there's your three-way conversation. It's a simple way to make

business decisions, have a long-range family reunion or find out what both Stephanie and Jennifer are going to wear to the book-and-author luncheon today without a dozen call-backs. To find out if or when Custom Calling will be available in your area, check with your local telephone business office.

Right now: phone services you may not know about



Your phone may not yet be tuned to the future, through ESS. But there are a great many futuristic-seeming services widely available today. All are designed to improve communications in your home. For instance, you can have an intercom, using your regular telephone, that will save steps and voices when you're trying to

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reach someone off in the family room, the basement or the workshop. Variations on the system enable you to "answer" your door by telephone or to monitor a sleeping baby from a distant part of the house.

Also, there are wondrous devices to stretch your phone's use—like *speakerphone*, which amplifies a phone conversation so that you and everyone else in a room can carry on hands-free conversations. And there is a company-installed *answering-service machine* that delivers a taped message (created by you) to anyone who calls while you are out and also tapes whatever messages they leave.

Another convenience is the *Card Dialer*. It's a boon if you make a great many calls to the same people from your home—let's say you have a home business or are heavily committed to community projects. The Card Dialer—available with buttons or dial—enables you to save time and effort in placing calls. You insert a coded plastic card in a slot at the top of the instrument and push a start bar—that's all there is to it.

Your phone company offers, in addition, a whole line of specialized mechanical wizardry to aid phone users with a variety of physical handicaps. There is an *amplifier handset* (the receiver-transmitter com-

bination you hold) with an adjustable volume control. There is also an *adapter* that attaches to any phone to take advantage of the telephone-pickup option on some hearing aids. This adapter doesn't amplify sound, by the way; it's much cleverer than that. It generates a magnetic field that the hearing-aid telephone pickup converts into heightened sound.

The range of specialized equipment for the home is staggering. You can order a *Code-Com set*, an instrument that converts sound not only into sight signals (flashing lights) but also into touch signals (vibrations on a small disc), through a prearranged code.

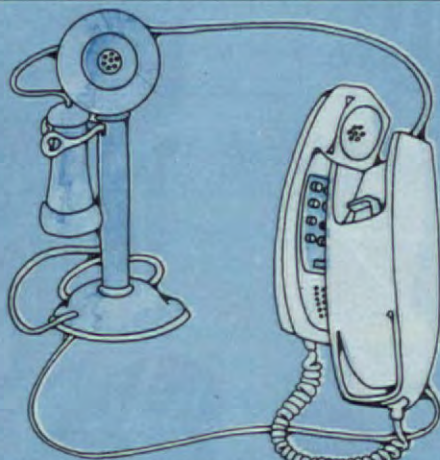
The average telephone simply rings, but various gongs, chimes, bells and buzzers can be installed, and there is a simple *lamp indicator*, a built-into-the-phone light that signals an incoming call, and another, even more helpful device known as the *signalman*. When an ordinary house lamp is plugged into it—from anywhere in the house—the signalman flashes on and off each time the phone rings.

To round out this lineup, there are handsets with an adjustable wheel that enables your phone to transmit even a whisper—and a one-number control that permits automatic dialing

of one specific telephone number. At the push of a button, a preprogrammed emergency number—or any number—can be reached. Your local telephone business office can supply details on any of these specialized services, but be advised: There is usually an installation fee and a monthly service charge.

The phone of the immediate future is the Touch-Tone, and phone companies around the country are hoping at least 70 percent of their customers will be able to opt for it by next year. Touch-Tone users have the capability of speeding up such time-consuming chores as paying bills and shopping in the supermarket by means of telephones. All this depends on computer coordination, of course. With your Touch-Tone telephone service and a computer, you could phone a special number set up by your supermarket, and through use of a prearranged code, do a whole week's shopping in a matter of minutes. Or if your bank were so equipped, you could phone its computer, key in your account number and that of your market and the amount you owe. The computer would see to it that your food bill was paid and your account debited. You wouldn't have to write a check, lick a stamp—or leave your phone.

Styles, models and colors to suit you



Styles in phones have run a gamut of changes from the time all phones were wall units—and had a crank at the side—to the upright phones that took two hands to use. The latest, called Trimline, is neat and curves nicely in the palm, with the dial—or Touch-Tone buttons, if available—in the center of the handset. And there's a disconnect button right there as well, so you don't have to hang up to make another call. Trimline is handy for desk-top phones and ideal for wall units, which now can be installed in dark, out-of-the-way spots, if necessary, because everything that counts comes to you on a

curled cord—lighted "dial" and all.

If a dangling cord tends to get in the way—in your kitchen, for example—consider a Panel Phone, which fits flush into the wall and has a cord that retracts completely. It comes in brushed copper or brushed aluminum.

Yes, phones have come a long way since Telephone Black was the sole choice. Color telephones became available on a limited basis in 1954, and colors now cover the spectrum from ivory to red (on special order), with lots of shades in between. New styles as well as new colors are tried out in selected areas before being introduced;

such is the history of the *Design Line* phones. These innovative models range from sleek contemporary to old-style "decorator" and ornate French. They can be ordered in only a few communities, but their availability is expected to increase rapidly in the coming months.

Conversation-piece phones do indeed exist now, advertised in mail-order catalogs and Sunday newspapers. However, phone companies are barred by state regulations from connecting these instruments to the network without a protective connecting device. For a fee, your phone company will modify a "decorator" phone's working parts or provide an answering set with a protective connecting arrangement. Suspension of service is threatened if these regulations are not complied with, so those mail-order phones and department-store answering gadgets you are often urged to buy may be in a shadowy area.

The phone company contends that much time and money are expended to assure proper connections and standards of transmission that can be botched up by equipment they have no control over. So if they trundle their truck to your house on a repair call—only to find that the trouble is a phone or gadget you provided—they may not be able to help you.

How to get the most phone for your money



Just as you *need* no more than a single good outfit to meet the world on all occasions, you *need* no more than a single plain, black dial telephone to be connected with the rest of the world by wire and microwave and satellite and all those other wonders. But right or wrong, this old planet's economic wheels are *not* greased by *need* alone. *Want* plays a big role, too.

You probably want more than one outfit in more than one color, and if you *want*, you can have more than one phone—and in as many colors. One person's extravagance is another person's crying necessity. It's not unlike deciding on extras when you buy a car. The gleaming new chariot will roll freely on four black tires, but if you want that dash of whirling white badly enough, you'll pay extra for sidewalls—and gladly.

Regarding phones, it is important to know exactly what everything costs—color, push buttons, service—divided into one-time charges, monthly service and equipment charges. Then decide how you want to spend your money.

Here are some ideas to help you

plan your expenditures on phone equipment and services, to make sure you get the most of what you want for what you have to pay:

If you are moving to a new house, plan your phone needs as carefully as you plan your electrical outlets. Ask your phone company if they can send you a booklet called *Phone Ideas & Moving Planner*. The booklet comes with graph paper to help you with your room layout and furniture and phone placement. Not every phone company has it, but all are staffed with people who can offer suggestions.

Planning the location of all your phones—and the kind of instruments you want—will not only save on installation charges by having everything done at once; it will also give you the pleasure of living with a well-thought-out system. Why are so many phones in narrow, dark hallways creating traffic problems and allowing no place to sit down while talking? Probably because some of the first phones were installed in narrow, dark hallways, and mistakes have a way of perpetuating themselves. Why not rethink your phone habits and break free of outmoded, inefficient patterns?

If you are building a new home, plan to pre-wire it, which includes placing outlets, or jacks, for your instruments to plug into. A number of these handy jacks throughout your house can expand the value of one portable telephone instrument immeasurably. Put a jack in the guest room. You don't need a phone there all the time, but how nice to offer that courtesy when the room is occupied. Certainly, the bedrooms, kitchen and family room need jacks. If you are a keen gardener or spend lots of time in your yard, put a jack outdoors. If you have a pool, put a jack nearby—make sure it's a regulation outdoor jack—or put one in the laundry room, workshop, garage, wherever the way you live finds you for stretches of time and it is hard to hear the phone or inconvenient to run and answer it.

Ma Bell and GTE officially discourage phones in bathrooms, mostly because the damp conditions are not good for the equipment rather than because of any serious electrical danger to a wet user. But Hollywood long ago imprinted the French-phone-and-bubble-bath scene on girlish minds, and Martha Mitchell has made nocturnal calls from the porcelain sanctuary famous. You, too, might join the growing number of Americans with phones in the bathroom.

Or you might want "extension-ability" of your telephone somewhere in your house, without an actual extension. Consider an extra-long cord,

14 feet, for example. Long cords can be had for a one-time charge (for instance, \$7.24 in New York City) and give you almost the convenience of an extension phone without the monthly charge. Although long cords cost less than a separate jack, they are not recommended in areas where they might create a hazard. Super-long (25-foot) cords are being discouraged now because of the possibility of tangled dangers.

Get to know your service representative at the phone company's business office. Not only are such people trained to be courteous and helpful in the most trying circumstances; they also have a wealth of information on services available to you. They can help you figure out, if the option exists, whether it's better to pay for your special phones on a one-time-only basis or to pay a continuing monthly charge.

Phone companies in some areas offer a single-payment option for particular pieces of equipment. The two most common are the Trimline and Princess phones. (The latter, by the way, now has the option of Touch-Tone buttons, eliminating the problem of keeping the base stationary as you dial on it.) If you plan to live in your present location awhile, you may find that paying the one-time charge is cheaper in the long run than paying the monthly charge.

Your service representative can also help you select the type of phone service that best suits the way you use your phone, assuming there is a choice in your area. In some places, Basic Service is all that exists for residential customers. You pay a flat monthly fee, get unlimited incoming calls and can make an unlimited number of outgoing calls within the designated local area. Toll and long-distance calls are billed separately. The costs are determined by how far you call, how long you talk, at what hour you make the call (see chart, page 46) and whether you "dial" the call yourself.

In some metropolitan areas—New York City is one—the service you pay for is measured in "message units." A message unit isn't necessarily just one call. It's one of those items of measure like footcandles and man-hours that take two things into consideration at once—in this case, the length of time you talk and the area you call. A lengthy call in your own area can use as many message units as a short call to a more distant area. You pay a monthly base rate for a certain number of message units (\$7 for 50 in New York) and so much (\$.082 in New York) for each message unit in excess of the 50—plus long-distance

charges as acquired. Taxes are added, too, of course.

A **Basic Budget Service** is available in some places as an alternative—a money-saver if you habitually receive more calls than you make. For this service in New York, for example, you pay only \$4.03 a month base rate, and are charged \$.082 per message unit for *all* outgoing calls—plus taxes. Incoming calls cost nothing, and long-distance calls are billed as usual. If you make an average of no more than one call a day (the national daily average is 5.36 calls per phone), the Budget Service could be for you. Check to see if your phone company makes it available in your area.

When you order telephone service, or if you decide you're due for a change—to cut costs or improve phone efficiency—inquire about the various rate plans that may be offered. Some states—Massachusetts, Alabama, Michigan, Wisconsin and Colorado among them—offer statewide calling plans if you make frequent calls to distant points that fall within the one individual state.

In addition, Michigan has a Budget Toll Dialing Service for intrastate calls made by direct dialing. You subscribe to this service when your phone is installed, pay a flat monthly fee—plus a modest amount, depending on when you call—and you can then phone anywhere you want to in the state.

Very new—and at present its availability is limited and scattered—is the Pick-a-Point rate, which for a flat monthly fee allows you to make a specified number of calls to a particular number anywhere in the country. If this service is offered in your area, it's a good way to keep in frequent touch with a far-off aging parent, a youngster away at school or close friends who have moved to a distant state.

Speaking of moving, in some areas you can now take your present phone with you to your new location—if it is not a wall phone—and be credited up to \$5 toward new service. Consult your service representative. (The Bell System calls this option *Take and Save*. An added kick here is getting the okay to snip off the phone wire next to the wall—not exactly the sort of thing you'd get to do every day, unless you happen to be on buddy-buddy terms with James Bond.

The first bill after you move may seem to be unusually high. But don't despair. The cost of the service connection and *some* specialized equipment—a Princess or Trimline, for example—is a special one-time-only outlay; you'll never be charged for it

again. In all likelihood, you'll be making many more local and long-distance calls right after you move. And though many of these calls may be essential, you can cut costs by making long-distance calls at economical times (see chart, page 46) and by being aware of how local telephone charges are computed. Check the telephone directory of your new community or call the telephone business office for full details.

Plan to be away? Your local service representative can be of help in arranging a temporary disconnect for your phone for an extended period—three or four weeks, in some areas, but more likely at least a couple of months. Depending on where you live, a temporary disconnect could save you money. Instead of paying the normal monthly service charge, you would pay a nominal amount for the *entire period* of your absence.

If you wish, your phone company can arrange to transfer your calls to another number during the suspension period.

If you own a vacation home with a phone, suspension of service during off-season months is usually a saving, no matter where you live. Another possible money-saver is that old standby for generations of gag-writers, the much-maligned *party line*. Ask about it. The party line still exists in some rural and small-town areas; it might serve your limited vacation-home needs adequately as well as economically.

A word of warning: If you rent out your second home, even for a short time, be sure to have phone service billed right to your tenant during that period. You will save possible hassles later. Your telephone business office can make the necessary arrangements.



Dial 911: 3 digits that could save your life

Even the most orderly minds can be thrown into disarray by an emergency. Your child has just swallowed floor polish . . . flames are curling from the garage roof . . . a car has just jumped the curb and wrapped itself around the oak tree. What is the fire department number? The police?

In more and more communities around the country, one number—911—is coming into use for emergencies. Called "the universal emergency telephone number," 911 is something less than universal right now, but the plan has been made available by phone companies to all communities they serve. And many cities and towns are taking advantage of this fast, efficient method of connecting phone users with a variety of emergency services.

In Denver, for example, 911 is for police, fire and ambulance calls. In other places (Omaha is one), 911 cuts through to an emergency center that coordinates calls of various natures: police, poison, ambulance, fire.

Check the inside front cover of your local telephone directory to see if 911 exists in your community (you will also find listings for emergency services in the area.) Then make a point of instructing your entire family in the use of the service, being very sure to impress your children with the meaning of "emergency."

When the 911 system was first instituted in New York City, the lines were often flooded with routine, non-emergency calls—which defeated the whole purpose of 911 and necessitated a publicity campaign to educate people to its proper use.

The telephone is also central to a new program, under way in some parts of the country, designed to hasten medical care to heart-attack and accident victims. The program, foundation-funded and patterned after 911 service, results from a National Academy of Sciences study reporting the needless death of thousands each year because of inadequate emergency medical services.

No-cost coping with telephone troubles



Sometimes phone troubles are of your own making; sometimes they are heaped on you by others, or simply by circumstance. But all can be corrected—with patience on your part—without costing you money.

Have you ever direct-dialed Wisconsin and reached Hawaii instead? A slip of the finger or a quirk in the circuits—no matter if it's your fault, you do not have to pay the penalty. So don't hang up right away. Make your apologies—breakfast time in Madison is still the wee hours in Honolulu. Then ask for the area code and the number you've reached in error. Call the operator and report what's happened, giving your number and the one you called. Operator will make sure the charge is removed.

Similarly, have you ever been engrossed in a long-distance conversation, only to have your call cut off—abruptly and mysteriously—in mid-sentence? Or direct-dialed a long-distance call and the connection was so poor that all you could hear was static or unintelligible whimpers from the other end? When this happens—and it can—don't just hang up in exasperation and call back. Do hang up and call "O." Your call will be re-stored—and a good connection assured—and you won't be charged for the previous time spent on the line.

How many times have you picked up the phone and it's doornail dead? Or you hear odd sounds? Few frustrations are more wearing than to sit with an inoperative phone in your hand, wanting to call the repair service to report that you have an in-

operative phone in your hand. Don't just sit there. Get to a working phone, at the corner drugstore or at a neighbor's house down the street, and phone the repair-service number listed in the front of the local directory. Describe your trouble as best you can. Often the problem is in the central office or along the line, and a visit to your house won't be necessary. But if it is, be aware that phone personnel have company-identification, so you can be sure who they are.

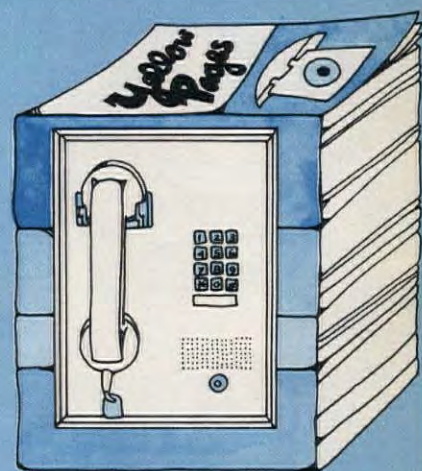
Don't wait for a service breakdown before calling for repairs. Report any troubles on your line: buzzing sounds, static, other voices. These can sometimes be cleared up with a simple adjustment somewhere. And keep in mind that in some localities you are eligible for an adjustment on your bill if you are still without the use of your

phone 24 hours or more after you have reported no service.

Ever wished your phone didn't work so well? The most glorious rose has its finger-pricking thorn, and the telephone has its ability to invade your privacy with unwanted calls—sometimes from acquaintances, more often from strangers. The way to cut down on both nuisances is to learn two simple phrases. For acquaintances, "I'm busy now. Could I call you back?" For phony ploys trying to sell you something: "I'm not interested."

The most unwanted phone calls are probably marked by heavy breathing or a torrent of X-rated language. A cool, unemotional turn-off and hang-up is the best way to handle an obscene phone call. If the calls persist, report them to your service representative and to the police.

Phoning aids right at your fingertips



Phone information comes in two parts—in some localities, two volumes: white pages (alphabetical) and Yellow Pages (classified). Both are distributed free to customers. (In the U.S.S.R., conversely, phone books are sold.) Having a telephone entitles you to one free listing in the white pages. You can also have a second line—free—to list your children collectively ("The Smith children," for example), if you've had a separate line installed for their use. Extra listings are approximately 25 cents a month.

No listing costs money. Your phone company provides unlisted numbers, but discourages them because they cost Directory Assistance operators so much time—in searching until the person's number is identified as unlisted, and explaining why a number can't be given out even if you are a long-time friend of the family or a long-lost cousin.

The main reason people who are less than famous want unlisted numbers is to avoid nuisance calls. But if a woman feels that a feminine first name in the phone book leaves her open to obscene calls, she can use her initials. And as for avoiding

telephoned sales pitches, your phone company maintains that many sales firms make calls in numerical order or at random, and can hit you anyway. Certainly, an unlisted number is no protection from a wrong number.

You could be in for a surprise, if you haven't let your fingers stroll through the Yellow Pages lately. There is much more to be found in it than the phone number of your local awning maker or suede cleaner. For starters, there are government numbers and zip-code data, and maybe even public-transportation maps. In some localities there is a section devoted to places of interest.

Throughout the country, new ways are being tried to make information in the Yellow Pages more readily accessible to you. In some cities, restaurants are listed by nationality, and hardware stores are arranged by neighborhood. And there are a great many cross-references. Check the front of your Yellow Pages for an index of headings. It will direct you to the type of business, service or product you are seeking. Browse a bit. You might find something you didn't know you were looking for.

5 ways to stretch your long-distance dollar



1. Dial or tap out long-distance calls yourself when you can. When you involve an operator in making such a call, you're paying more. Most phones in the country are equipped to handle Direct Distance Dialing (DDD), an economy plus. As long as your call is completed with just you and the machines—and the electronic tunes some play—you pay less. Person-to-person calls cost more (up to three times as much as the same self-made call); so do credit-card calls, collect calls, calls charged to another number, hotel-guest calls and those for which you request time and charges. The only way you can involve the operator and still pay the lesser rate is when equipment trouble keeps you from getting your call through satisfactorily.

2. Program your calls. Avoid paying for person-to-person calls or playing station-to-station roulette by letting people know ahead of time when to expect your call. Drop a postcard, or make a date for the next call as you finish your current one. Then before placing the call, jot down the topics you want to cover, so you don't run through the same "how-are-you-I'm-fine" routine with each new voice on the wire. It's much more

satisfying to offer a new tidbit of information or ask a different question. Then both ends of the call have more to share when it's over.

Time your long-distance calls to be sure you don't go nattering on for 10 or 15 costly minutes when you had planned to talk for a neat three and then over and out. Egg-timers are not up to electronic precision, but are better than nothing, and the sweep second hands on watches and clocks do help.

If you would like to get members of your family who live in various distant places "together" for a single conversation, an operator can set up a conference call for a moderate charge. Arrange the time, and the operator will "gather" the participants. A chorus of "Happy Birthday" from a number of phones and extensions can be a delightful surprise.

3. Keep a log and check your bills. Maintain a running record of all the long-distance numbers you phone, plus the date and hour and the length of each call. Note if you made the call yourself or had assistance. Check this data against your bill. If an unfamiliar number with a hefty charge should appear on the bill, call your local service representative immediately, and a correction will be made. Check, too, to be sure you were credited properly for any "wrong-distance" number you dialed and reported to the operator.

4. Use your free-load option. When calling most airlines, certain hotel chains or car-rental agencies, check your phone book to see if there is an 800 number for any of these listings. You dial the 800 as though it were an area code, and the call costs you nothing.

5. Play the rating game. Smart shoppers try to buy bed sheets during "white sales." Well, phone calls have "sale" times, too, so it's a good idea to know the times when special *interstate* DDD rates are in effect.

The chart at right indicates the four rate periods for interstate calls you make yourself within the continental United States (excluding Alaska and Hawaii). The long bar at the bottom indicates the cheapest rate period; thus the biggest bargain is a call of up to a minute made between 11:00 any night of the week and 8:00 the next morning. You are charged, at most, 35 cents for that first minute and 20 cents for each additional minute—and that's for the farthest crow-flight point on one coast to the other. Calls in between are usually even less.

Unlike this standard *night rate*, all interstate calls made at other times are based on a three-minute minimum. The next lowest rate

(70 cents for the first three minutes, 20 cents for each additional minute) is the *weekend rate*. It is in effect between 8 a.m. and 11 p.m. on Saturday (after which the night rate goes on) and again on Sunday, beginning at 8:00 in the morning. The important difference is that the rate *ends* at 5 p.m. Sunday. If you have been of the notion that the shank of Sunday afternoon is a good time to herd the far-flung family together electronically, disabuse yourself of it immediately. What starts Sunday at 5 p.m. (and extends until 11 p.m.) is the *evening rate*—85 cents for the first three minutes and 25 cents for each minute after that. All weekdays have the same evening rate from 5 p.m. to 11 p.m. And all have the same *day rate* from 8 a.m. to 5 p.m.—\$1.35 for the first three minutes and 45 cents for each additional minute. Holidays are billed at evening rates or lower.

The relative rates are no secret. They are depicted graphically in the front of every phone book in the country. So are the mileage charges for *intrastate* calls and the times when lower rates are in effect for them. Intrastate charges may well differ from those for interstate calls, and it may be a jolt to discover that the friends you can talk to most cheaply happen to live farther away than those in your own state—maybe even a few time zones away, making it convenient for you to take advantage of the night rate. Charges are based on the time *where* a call originates, by the way. East Coasters phoning after 11 p.m., *their time*, will find West Coast friends enjoying the early evening. Similarly, dawn

	MON	TUES	WED	THURS	FRI	SAT	SUN
8 AM to 5 PM	Day					Weekend	
5 PM to 11 PM	Evening					Eve.	
11 PM to 8 AM	Night						

callers in California will find New Yorkers well toward lunch.

One final tip: *International* phoning need not involve exorbitant costs if you call station-to-station during low-rate periods. A new and economical convenience to phone users in 159 cities in 23 states permits International Direct Distance Dialing to 20 foreign countries, with even more to come. Here's what IDDD can save: On a three-minute daytime call from anywhere in the continental U.S. to London, for example, person-to-person would cost \$9.60 for the first three minutes; station-to-station, \$5.40; IDDD, only \$3.60.

You can make Versatile hooked squares in fun-to-do designs

By Ann B. Bradley



Here's an easy kit craft with quick and delightful results to brighten any room. After you've made one of these squares the time-tested latch-hook way, you won't want to stop. Whip them up as pillows or pictures, or join them into groups: We've pieced together a merry menagerie of 12-by-12-inch "Little Critters" (above) to be used as a wall hanging or a lush-to-touch rug to beguile a child in bedroom or playroom. Larger designs on chair and floor are approximately 15 by 15 inches. You'll love all the squares; fun-to-make treasures, they're a joy to keep or give. Kits come complete with precut rug yarn, screened canvas and instructions. Order the latch hook separately.

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Training your new pup



Housebreaking and training your newly acquired pup can be a chore, but if you are willing to give it some time and patience, the results will be rewarding. The pup, who should be about eight weeks old when you begin, is much more active and seems more capable than a tiny human baby. But the truth is, he's a bundle of developing instincts that's only just beginning to think. It's up to you to channel his thinking.

Housebreaking. Although your pup isn't ready to learn very much just yet, he *can* be taught bathroom manners if you allow him time to learn and give the problem a lot of attention. Housebreaking is merely a matter of getting the pup outdoors (or on paper for paper training) at the right times, and that means frequently. As sure as he's a canine, your new pup is going to answer nature's call: before and after meals; after he drinks, plays or naps; before he settles down for the night and when he wakes in the morning. At such times, take him outdoors and let him frolic until he's finished. (If you are paper-training him, be on your guard at those times; when he begins to sniff or circle around, put him on the paper. Give him lots of petting and praise to let him know he's done something right. And remember: All your pup can do is distinguish between a pleasant and a severe tone of voice. He'll respond to the former, but a little of the latter goes a long way, and too many no-nos will just confuse him.

Whether your pup is learning the housebreaking ropes by rote or brainpower isn't important, but he *is* learning. Within a day or so he'll prove this by signaling you whenever he's about to have a happening. He'll bark or circle around or go to the door. Get him outside, *fast*.

Overall, from waking to sleeping, the pup should go out every 90 minutes. As for nighttime—a normal pup may have a few mishaps the first few nights, but the total diminishes if his sleeping quarters are confined (a dog crate is dandy for this), since a dog hates to foul his “nest.”

Housebreaking a pup isn't a big problem. If you've done your job right, the pup will be housebroken in three days to a week. After that, intervals can be stretched to two hours.

Identification. While your pup is mastering his first social problem, he is capable of learning other things. From the day you get him, you and your family should address him only by his chosen name. If it's Jake, don't call him Sweetie Pie. Constant repetition of his name will quicken the pup's awareness that *he* is Jake.

“Jake, come!” The pup isn't ready for big things yet, but you can try to get him to come on command. This training—or tricking—can begin the first week, after he more or less knows his name. The easy way is to call out “Jake!” when you put his meal dish on the floor. After a couple of days, the command word is added: “Jake (*pause*), come!” Be sure to pause, or he'll think his name is Jakecome. When he comes, praise him and let him eat.

With attention, kindness and lavish praise, he'll soon be a model citizen.

Jake must get into the habit of coming whenever he hears the command, so don't confine training to meal-times. Try it out several times a day and when you call him, do anything—clap your hands, run away, get down on your hands and knees—to get him to respond. When he does, give him lavish praise and a tidbit.

By the time Jake is housebroken, and can not only respond to his name but also to the “come” command, he'll be ready to be promoted.

Collar and leash. Now and in the future, keep all training sessions short. A pup's attention span is limited and if he gets bored, he can also get stubborn. Two training aids, a

collar and a leash, are helpful. For a collar, get a simple, nylon choke; this should loop easily over his head and ears. Let him wear it for five minutes a few times a day, and he'll get used to it in a couple of days. On the second or third day, attach a lightweight leash to the collar; let him play with it for short sessions. He'll see that it, too, is harmless. Now he's ready for a new command.

“Jake, heel!” On the first day of this training, take short walks with him on the leash, leading the way. Next day, keep him close to your left side, calling him back with the spoken command and a jerk on the leash when he strays. He'll soon realize that if he stays close, he won't feel that uncomfortable tug on his neck.

“Jake, sit!” This is a handy command. Among other things, it will keep Jake from jumping up on people. Hold the leash short, above his head. On the command, pull up on the leash with one hand and use your other hand to push his rump down. Reward him when he gets the idea; he should learn to sit in a couple of days.

“Jake, stay!” Here is one way to keep the pup “put” for a spell. It has to be taught in a distraction-free setting, since it's time-consuming to teach. The leash isn't necessary. Place Jake at “sit” on your left. On the command “Jake, stay!” step off on your right foot, simultaneously swinging your left arm back so your open palm stops directly in front of his nose. He'll tag after you in the beginning; each time he does, you must put him back at “sit.” Constant repetition plus praise and rewards will do the trick. At first, he'll stay put for a minute or so; in time, he'll stay for longer spells.

Consider these points when training your new pet:

- Every pup develops at his own pace; don't try to rush things.
- Don't expect your pup to learn more than one command at a time.
- It's easier to train a female pup; young males require more attention.
- Never train when you aren't in a happy mood; your annoyance or anger will communicate to the pup, and he will respond poorly.
- Make the training seem like fun, not work, to the pup.
- When training your pup, be just firm enough to let him know who's boss.
- Teach obedience commands first, then tricks, if you must.
- Once he knows a few commands, teaching him new ones will be easier.
- The older the pup, the easier he is to train.
- A pup tends to be least responsive in his fourth month, when he starts losing his first teeth and is sometimes easily irked.

—Kurt Unkelbach

Is your dog eating chicken dog food that's not government inspected?

Introducing new Chicken Flavor from Ken-L Ration—the only leading brand of canned dog food government inspected for wholesomeness.

It's important to know that Ken-L Ration Chicken Flavor is made with real chicken.

It's just as important to know that Ken-L Ration is the only leading canned dog food that has the U.S. Government Inspection Seal.

Is that hard to believe? Then just look at the dog food in your own cupboard.

If the label doesn't have the government seal, it's not government inspected.

If it does, chances are you're already feeding your dog Ken-L Ration.

And now you can give him Ken-L Ration's newest flavor—made with real chicken.



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This seal is on every can
of Ken-L Ration. Is it on
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MR. GROCER: You are authorized as our agent to redeem this coupon for 10¢ on the purchase of any size Ken-L Ration Canned Chicken Flavor Dog Food. We will pay you 10¢ plus 3¢ handling charge for each of these coupons redeemed in accordance with the terms of this offer. To obtain payment, send to: Coupon Redemption Dept., The Quaker Oats Company, P.O. Box 4106, Oak Park, Ill. 60303. Coupons will not be honored and will be void if presented through outside agencies, brokers or others who are not retail distributors of our merchandise, unless specifically authorized by us.

Sales tax must be paid by consumer. Invoices proving purchases of sufficient stock within the past 90 days to cover coupons presented for redemption must be shown on request. Coupon is void if taxed, restricted or prohibited by law. Cash redemption value of 1/20 of 1¢. Offer good only in U.S.

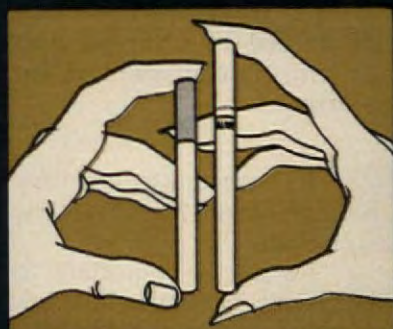
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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

21 mg. "tar," 1.5 mg. nicotine av. per cigarette, FTC Report MARCH '74.

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Here's a chance to get 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 with complete descriptions and clear black-and-white photographs to: Ask Us About Your Antiques, *American Home*, 641 Lexington Ave., New York, N.Y. 10022. Questions and pictures will be published as space permits. We are unable to return photos or send personal replies.—**Marvin D. Schwartz**

Q This silver tea strainer is a family favorite. It's well-made, and there are four marks on its outer surface: a crown, a lion with one foreleg raised, a GH and a Germanic U. What can you tell me about it?

J.J.—Bloomfield Hills, Mich.

A Your tea strainer is a form that can be traced to the late 1700s—but it's a much later piece. Its handles,

inspired by porringers, are more typical of the early 20th century (borrowing designs is a comparatively modern practice). The marks are representative of traditional hallmarks found on



English silver: The crown is the mark of the assay office in Sheffield; the lion rampant, the seal of approval on the purity of the silver; the GH, the mark of the manufacturer; the U, the code letter for 1912.

Q I love this little glass basket, but it has always puzzled me. Is it very old, and what was its purpose?

L.S.—Topeka, Kans.

A Your basket is an example of pressed glass of the 1880s. Originally, it was a holder for salt and pepper shakers.



Americans perfected mechanical glass pressing in the 1820s. While this was a quick, economical way to simulate cut-glass patterns, it could also create textures to conceal flaws in the glass.

Q This candlestick was among the things my great-grandmother carried with her when she came to this country about 1900. It's very thin brass. Do you know when it was made, and where it came from?

A.B.—Auburn, N.Y.

A The elaborate shape and floral embellishment of your candlestick is based on an 18th-century design. But since the relief pattern was achieved by a stamping process (you'll find the seams if you examine the piece closely), its origin is considerably later. The bell-flower motif is repeated throughout, so the piece probably dates from the 1880s, when that motif was particularly popular. Where the piece comes from is hard to speculate. Similar work, often even in silver plate, was done in a great many places.



Q This blue-and-white plate has been in my mother's family for generations. She always used it to hold pins. It's 7 inches square and looks like the willow pattern. Could it have been a pin tray originally?

M.F.—Seattle, Wash.

100's



A Your plate was originally the spoon tray in a tea set. The design suggests a type of Chinese porcelain exported in quantity from the late 1700s to the mid-1800s. It is often referred to as Nanking or Canton, and resembles the kitchen china used by George Washington at Mount Vernon.



Q This brass bowl, with its fairly primitive decoration, was a gift from a friend who said it was an inexpensive trifle picked up at an antiques shop. What can you tell me about it?
C.L.—Macon, Ga.

A Your bowl looks like one of the many charming, but relatively new, imports available at gift and antique shops. The sphinx, pyramid and camel engraved on the bowl are middle Eastern origin. It was probably made in India.



Q This white relief looks like painted iron. It has two sets of markings—inside, “Regent Mfg Co, Chicago”; on the bottom, “The Hub, Los Angeles.” Is it a clock case, as I’ve always believed, and how old do you think it is?
A.B.—Hingham, Mass.

A The figure is a representation of the Goddess of Fame seated on a bell, and I suspect that the white paint covers an original gilding. This most likely was the case for one of the small Connecticut Alarm clocks manufactured early in the century. The “Regent Mfg Co” was probably a firm that made cases for clocks they bought and sold; this must have been a premium offered by The Hub, a large store of that period. The style of the piece suggests that it was made between 1900 and the 1920s.



Q How old is this pottery bowl? It was a gift to my husband. The inscription reads: “Whoso mocketh the poor reproacheth his maker.”
S.A.—Jackson, Miss.

A Your bowl was made in Staffordshire around 1830-50. The motto was applied by a transfer-print technique popular in mass-produced wares of that period.



Q Can you tell from the picture if this is truly an old lusterware pitcher? I felt sure it was until I began seeing great numbers of obviously new examples in gift shops.

M.L.—Galena, Ill.

A Your pitcher looks authentically old to me. Recent examples usually come in shapes that are not well defined as yours, and relief decoration is less commonly found. Also, later ones seem more of a single piece; whereas in this example, you can see a clear division between the main part of the pitcher and the neck. I would think that your piece is a prime example of the 1840s, when copper luster was being made in quantity in the Staffordshire region of England.



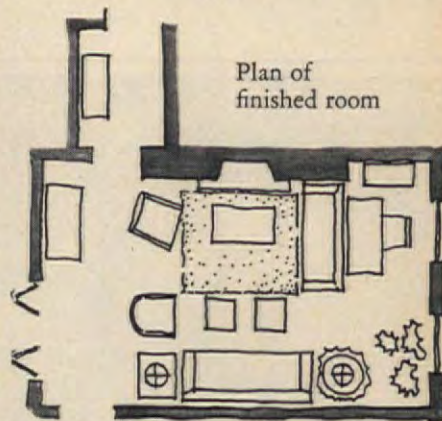


Carleton Varney's Room of the Month

September's Room of the Month—a cozy, comfortable living room—has been decorated for fall, naturally. I believe that rooms can be decorated around a season and yet be perennial. For that reason, I've chosen a soft neutral wheat beige for walls, draperies and carpeting. A neutral background makes it easy to change a room's look seasonally, if you wish. Against the warm beige ground, I've splashed colors that say autumn to me—pumpkin, moss green, maple-leaf red, hazel-nut brown.

To encourage lively conversation, I've arranged chairs and sofas close together. This room happens to be on the small side, so to make it look more spacious, I've mirrored the wall around the mantel.

Plan of finished room



The room as I found it

Display prized collectibles to give your room an extra-special something.



Your favorite things belong out where they can be admired. Above: Seashells from around the world find a home on a mirrored table. Below, right: Antique Battersea boxes, tortoise bibelots and shells personalize a lizard-look table.



Standout collection of earth-toned needlepoint and velvet pillows piled on a wheat-beige sofa makes for cozy fireside seating.



Carleton Varney, known to newspaper readers through his syndicated column, "Your Family Decorator," is president of Dorothy Draper & Co., Inc., a New York design firm, and has also written many books. Here he appears as designer of our Room of the Month.



Every room in your home should say *you*, whether you decorate yourself or have professional help. And in my opinion, nothing says *you* like the things you collect. Start collecting shells, if you like, or matchbooks, or your children's drawings. And make that very personal collection part of your decor. It doesn't have to be expensive or exotic, as long as it's *you*. I guarantee that those objects will give your room a unique personality that no designer, no store—no one but *you*—can supply.

continued

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Grant G. Simmons, Jr. Chairman of the Board



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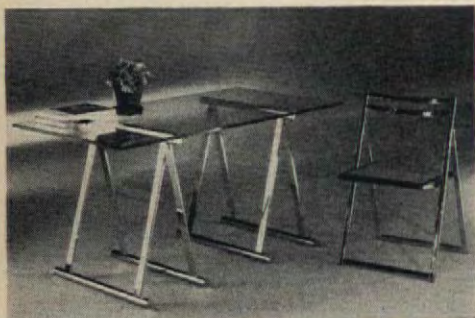
**If it doesn't have this tag—
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Sofa shown: Marlboro-4. Cover fabric: 17061 Cocoa, Velvet. Most fabrics protected by

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ZEPEL
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**Carleton
Varney's
Room
of the
Month**

"Go stencil" for a foyer floor that really leads somewhere! You might borrow the design and colors from your room's upholstery or draperies. Here, I've used a motif loosely based on the adjacent living room's Moroccan accent rug.



8590-603 desk, 30 x 60 x 28½ in., chrome-plated steel, plate glass top, about \$260.00, 8591-844 folding chair, 32H x 20D x 19½W, chrome plate with cane seat, about \$55.00.

8600-200 lamp table, 22 x 28 x 21 in., about \$80.00. 8600-140 cocktail table, 22 x 56 x 15 in., about \$85.00. 8600-300 bunching table, 22 x 22 x 15 in., about \$78. All chrome on steel with grey glass tops.



**Carleton Varney
features
Bassett Mirror
products in his
Room of the Month!**

Avoid the ho-hum, says Carleton Varney. Decorate brilliantly with the excitement of sparkling chrome, gleaming glass. Enjoy easier living with glass tops impervious to spills, bases of chromed steel that laugh off dents and scratches, wipe clean with a damp cloth. Give your home the look of tomorrow, today — using fabulous furniture and masterpiece mirrors by Bassett Mirror. •Send \$1 for "Carleton Varney's Alphabet of Decorating Ideas"... 32 pages in full color by the renowned decorator, columnist and president of Dorothy Draper & Co.

Write to
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BASSETT, VA. 24055



The armoire is one of my decorating favorites. Whether it's an antique like this one or a newer edition, the armoire goes anywhere. Use one in the living room, as I've done, to do double duty as a cache for personal treasures and as a bar. Use one in the bedroom as a wardrobe. Place one in the dining room to store table linens and such.

continued

The Fenton Gift Guide

The secret to successful Christmas shopping is to know what you want *before* you leave the house. So start making out your list right here. And give them handmade glass by Fenton.



Fenton
The Fenton Art Glass Company
Williamstown, West Virginia 26187

Carleton Varney's Room of the Month

To create a window look that's comfortably sophisticated, I've taken my inspiration from the country. Wheat-beige draperies, with headings smocked like peasant blouses, are tied back to reveal the rustic charm of matchstick roller blinds (drapery how-to's at right).



Sorry Sears, PPG, Sherwin-Williams, Lucite, and Dutch Boy... spred satin wins!

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

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

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

Send for your copy of the results. Write: Glidden, Spred Test, 900 Union Commerce Building, Cleveland OH 44115. We want everybody to know.



1. On draperies already lined and hemmed, bottom and sides, make double rows of stitching to hold welting cord.



2. Lay drapery, with cords in place, on a flat surface. Secure cords to table with pushpins.



3. Shir fabric on cords and adjust until proper panel width is achieved.



4. Tack cord and drapery fabric together to prevent cords and shirring from shifting.



5. Cut and finish cord ends.

All sources N.Y.C.: Pumpkin "Dexter Antique Twill" fabric, Greeff Fabrics; beige "Arroya Texture" fabric, F. Schumacher & Co.; "Seminole" print fabric, Carleton V Ltd.; skirted table, The Cabinet Shop; glass tables, Bassett Mirror Co.; mirrored table, Reflections; saffron porcelain lamp, J. J. Wolf; light fixtures, Lightolier; fireplace accessories, Edwin Jackson; draperies and upholstery, Art Upholstery; mirrored wall, Wesley Depp of John Depp, Inc.; floor stenciling, David Cohn; floor painting, Mark Schragar; matchstick Bambino blinds, Holland Shade Co.; plants and flowers, Pamela Duval. Other sources: Beige carpet, Lees Carpets, King of Prussia, Pa.; long sofa, armless chair, Selig Mfg. Co., Inc., Leominster, Mass.; brass floor lamp, Cedric Hartman, Inc., Omaha, Neb.; paint, Glidden Paints, Waldwick N.J.; needlepoint cushions, June Ryk JR Needleworks, Winnipeg, Man. Can. Design coordinator, Susanne Earls Carr; editor, Madeline Rogers; graphics, Nancy Reeser; photographs, O. Philip Roedel.



10

Driver decisions: How do your answers score?

If you score less than 50 points on this test-driving quiz, you shouldn't even be behind the wheel.

Even if you are licensed, you may not be a knowledgeable driver. Here are answers to the quiz on page 6.

1. (a) No, but five points anyhow. It is more confusing than helpful to the driver behind if you signal a turn you don't intend to make. But you score because you were at least thinking of the other cars.

(b) Yes. Collect 20 points. You are concerning yourself with the general flow of traffic, not just your own car.

(c) Not the best idea but a reasonable one. Score 10 points. Your flashing brake light does alert the driver behind, but so does solution "b," which happens to be more specific.

2. (a) No. Minus five. You're certain to smear your windshield to near opacity and erase your visibility.

(b) Only five points. This is a fair-enough answer, but not the best one, as the delay compromises your visibility and your safety.

(c) Right, 20 points. Windshield washer fluid usually contains a substance that cuts through road grime and spattered bugs more effectively than plain water. Your view ahead should be clearest most quickly this way. But you lose all your points if you don't take into account the fact that other drivers may not be as clever as you and are traveling half blind. Drive accordingly.

3. (a) Five points. It's not the right answer, but at least you are aware that being seen could be a problem.

(b) A full 20 points. If you can keep in mind that the lights on your car are as much for being seen as for seeing, you'll be a safer driver.

(c) No points. Flashers are intended to be a more specific hazard warning and should not be used when other lights will serve the purpose.

4. (a) Minus five. Never back out into traffic if there is any way to avoid it.

(b) No points. An intersection sets up two more directions to watch for traffic—and, of course, you've driven out of your way to find it.

(c) Twenty points. When you back up against the direction of traffic, you have a direct view of anything coming. When you are ready to pull out into the street, you are facing it with a full view of anything coming.

5. (a) Minus five. But you might be commended for realizing that the sun is blinding the poor folks approaching you.

(b) Twenty points. With your back to the setting sun, your own visibility is ideal, but to westward-headed drivers your car is at best a mass of gray.

(c) No points. Safety experts generally agree that these lights are not easily seen and should be confined to parking. Some states forbid using them while driving.

6. (a) Minus five. Right is right, and so are you. But your rightness blinds you to consideration of others.

(b) Minus five. If you let the trucker by, you are only creating a roadblock for yourself up the hill when the gravity slows him to a crawl.

(c) Twenty points. You gain only the truck driver's animosity by blocking his way and preventing his running start. So accelerate until you see him falling behind on the grade. You'll be long gone before he crests the hill.

7. All are correct.

(a) Fifteen points. Sometimes you can pump up enough pressure to give the brakes some stopping power.

(b) Five points. If you can shift immediately into second or even low, you will slow the car, but you could worsen the situation by getting caught in free-wheeling neutral. It is easier to get into Drive 2 with an automatic transmission, but with lesser braking effect.

(c) Fifteen points. Running into something is not always the best alternative, but it is the hardest thing to get yourself to do—and it might be your only alternative. Brush against parked cars, head into a healthy growth of rose bushes—the idea is to have your accident early and keep it comparatively small.

8. (a) Twenty points. It's harder to load heavy stuff toward the front, but you are safest with it there: Your car will have greater directional stability—and be less prone to fish-tailing or spinning.

(b) No points. Placing the weight over the drive wheels increases your risk of spinning.

(c) Five points. Your tires do need more air with more weight pressing down, so you score. But let's hope

you are not one of those who believe that because everything fits, everything goes. You can overload a car. Follow loading recommendations in your owner's manual.

9. (a) Minus 20 points. A super-highway is the worst choice. Seek an alternate road or highway. Buildings and businesses along the way have roadside lights that will guide you. Speeds are generally slower, and there are more places where you can pull off the road to wait out the weather.

(b) Minus 10. A pioneer to lead the way is deceptively soothing, but he could be leading you into a series of end-to-enders.

(c) Minus 10. The second you try to use high beams in fog, you are dazzled by a bright opaque sheet of white bouncing the light back at you. The lower the light source, the better.

10. (a) Minus 20. You did three things right: You turned on your flasher, opened your trunk and waved a white cloth. But you earn point deductions by blocking the lane and inviting almost certain injury by standing so close to your car. It is a good idea to carry a bundle of emergency flares in your car. Walk toward traffic farther by far than you really think necessary before putting down a flare. Plant another flare about the same distance in front of your car.

(b) No points. What you did was not all wrong, however. Indeed, it might be your only choice if you cannot get off the road completely—say, your engine dies. And it is a very good idea to get out of and away from your car, if it is not completely clear of the pavement.

(c) Twenty points. A ruined tire is better than running the risk of being killed or causing an accident. When you have found a spot where you can be clear of the pavement, follow emergency procedures. The most important thing you can do is make it easy to distinguish your stopped car from a moving car—with flasher, dome light, an open trunk and/or hood, open car doors, white cloth on door handle, cloth flying from aerial, flares or red reflective triangle.

Scoring. Over 165 points: You are an excellent driver, or at least know how to be. From 100 to 165: You have a few mistaken notions about driving, but at least you are thinking. With continued awareness you can become an excellent driver. From 50 to 100: You need some driving therapy. Read a few books; ask some questions. Be more aware of what is going on around you when you drive, and how it affects you. Under 50: Get someone to drive you to the post office—then mail back your license to the motor vehicle bureau!

—Denise McCluggage

She covers the fastest men on wheels,
tours the world throughout the year.
She's not about to smoke
a boring cigarette.

A woman with blonde hair, wearing a colorful jacket and a headscarf with glasses perched on it, is smiling at the camera. She is sitting at a desk with a typewriter. A document titled "DAILY TRACK SUMMARY" is on the typewriter. She is holding a lit cigarette in her right hand. In the background, a race track is visible with several Formula 1 cars and a large crowd of spectators in the stands. A pack of Viceroy cigarettes and a single cigarette are on the desk in the foreground.

Warning: The Surgeon General Has Determined
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17 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report Mar. '74



Country-style decorating in a home of ideas



Sitting room combines crisp blue and white with the richness of antique wood furniture and the rustic flavor of a beamed ceiling. The effect is country-fresh, with French overtones. The Farrells' collection of art—encompassing fun posters and impressionist-style oils—brightly breaks up the expanse of wall space.

By Helene Brown

A cozy traditional feeling that derives from a generous mix of patterns and colors distinguishes this southern California home. Truly personal and warm, its mellow antiques and comfortable furnishings create an easy-living air, ideally suited to young owners Tina Sinatra and Wes Farrell.

continued

Lively patterns and rich colors make for a refreshing blend.

The Farrells love rooms that have character, yet are light and open. Above all, they wanted their home to look relaxed and lived in. With the knowing help of Tina's aunt and namesake, designer Tina Michael, they now have a place that expresses their taste and hospitable lifestyle.





Small bathroom gets the rustic treatment (left): a beamed ceiling set off by patterned paper; dark cabinets with bright blue-and-white tiles; an old wooden table and hanging chest; bleached pine paneling that adds lightness.

Master bedroom faces garden (below), brings in the green with carpeting. Chocolate plays on white for fabric-covered walls, reverses for spread and pillows. Calico-patterned sheets make pillows and line reversible pillow shams and spread.



Family room, where the Farrells relax and entertain informally (right), is serene, dusky. Old beams and polished, wide-plank floors set the tone. The French cupboard, painted apricot, picks up color from wing chairs.

Dining room is gracious and cheerful (below), with its flower-sprigged wallpaper and much-used blue-and-white china. Tina has filled this room with the flowers and plants she loves.



Old woods add intimate charm.

Lovely, livable rooms show off the pretty things that Tina and Wes enjoy collecting: antique pewter; blue-and-white Meissen china and Delftware; charming, primitive children's chairs.







By Ann B. Bradley

Color your world with quilts

Discover the simple joys of quilting! Opposite and following are four fabulous quilts, in applique and patchwork. Start by making the easy sampler (below), and you'll soon be adept at the two techniques.



Rudy Muller

Charming sampler combines patchwork and appliqué (above), can be made into a wall hanging or pillows. To order kit, see page 38.

Memory quilt is filled with appliquéd delights (opposite) recording a dear one's favorite things. This beauty was made for Vanessa Parsons by her mother. Why not improvise a similar quilt of your own?

continued

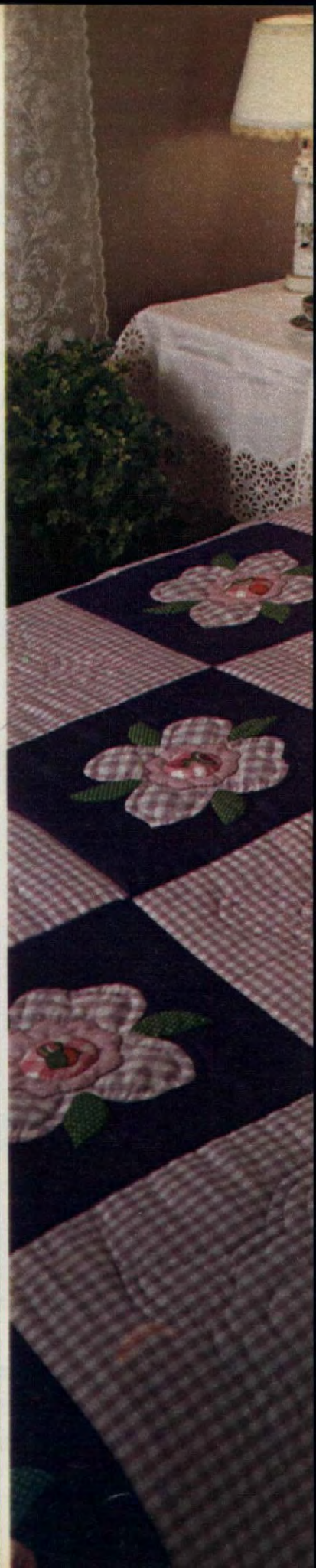
You'll find quilting a most rewarding craft. It can be a solitary joy or, with friends, a community pleasure. The three beauties we show here are not difficult to do. And you can make one to be proud of for very little money: The quilts of the past are, after all, just early examples of recycling translated into a delightful art form.



Photographs by Bob Lopez

Patchwork quilts go hand in hand with tradition. Here for you to make is a duet (above) that features two timeless American patchwork patterns: on the bed, "Courthouse Square," in singing colors; at the foot, "Baskets," with cheerful red-calico motifs. Coupon on page 93 tells how to send for instructions.

Applique quilt in sweet, old-fashioned lavender gingham (opposite) is by Belva Maxwell. It consists of alternating appliquéd and plain blocks. Quilting design on gingham is a variation of appliquéd design. Instructions are on page 92.







By Christine B. Roth

paint it!

Create a charming Pennsylvania Dutch room like ours, using an easy transfer technique on walls and inexpensive unfinished furniture. Stencil-look motifs are done with patterns, yours for \$1.25; see coupon, page 106.

Magnificent hutch (opposite and door detail, left) was given a coat of interior paint, then decorated with oils in "Urn with Flowers" design.



Michael O'Neill



Lovely and versatile motif on hutch door repeats itself in part on rocker seat (left) and in flower detail (above), which decorates corners of blanket chest.



Vine pattern gets a slightly different coloration on sides of hutch and on adjacent wall (right). Tulips from the same pattern decorate hutch drawers.



By Helene Brown

A garage for good living

When Jan and Duane Johnson of Bellevue, Wash., wanted a family room, they avoided a costly addition by converting their garage—with these spectacular results. (Floor plan and details are on page 36.) Good use of inexpensive materials, such as rough-sawn plywood for walls, ceiling, gave them this spacious room for just \$3,500.





Top row of photos: Bob Strobe

Garage-to-family-room transformation (above, left to right) was achieved by architect J. Donald Bowman, working with a 21-by-24-foot space. Precut 4-by-8-foot plywood sheets were nailed to walls; 4-by-4 sheets were used for ceiling. Glass doors replaced garage door, and most of side wall became a bay window. In the front a screen of wood strips blends with house exterior.

Plywood makes this seating arrangement of built-in sofas (left), which conceal storage in the base. Prefab fireplace sits on terrazzo platform flush with built-ins. Beige carpeting blends with warmth of paneling; blues and oranges of pillows and area rug add spice. Quilts and ladder-back chairs mix nicely with crisp lines of coffee table. Windows are hung with plants to create greenhouse feeling. Dining area (opposite) completes new family room.

To order plans and building instructions, see page 36.

John Zimmerman
Shopping Information, page 91



Top planning shapes these winning homes

How it meets owner needs, how it looks and how it relates to the site are but three criteria guiding selections in the "Homes for Better Living" judging. Floor plans and further details of this pair of custom-house designs appear on page 32. Descriptions of other award winners begin on page 26. —Evan Frances.



Vacation retreat

in Harbor Springs, Mich., is faced in cedar shingles and rough-sawn siding. A Merit award winner designed by architect William Kessler, it echoes the profile of a site that sweeps up from lakeshore to the edge of woods.

Redone barn
clad in black asphalt
shingles stands boldly
against 130 acres of
Buchanan, Mich., farm-
land. Architect Stanley
Tigerman transformed a
partly blown-down
structure into this
handsome Merit
award winner.

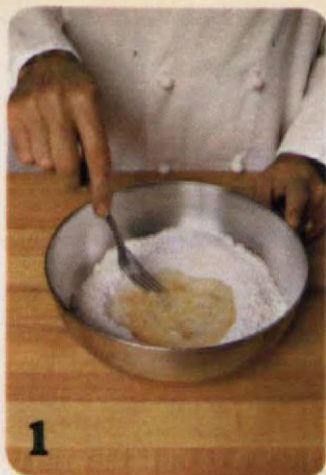


Ravioli

No. 70
Cooking Lesson

By Jacques Jaffry





1

spinach. Stir to absorb fat. Add egg yolk, cheeses and nutmeg.

3 Roll dough out as thin as possible on floured surface. Trim farthest edge with pastry wheel to straighten it. Cover dough with towel, leaving 5-inch-wide strip along trimmed edge uncovered.



2

1 Sift flour and salt into bowl. Make a well in the center. Add eggs and milk. Mix well. Add more flour, if sticky.

2 Knead on floured surface until smooth and elastic. Wrap. Chill $\frac{1}{2}$ hour. Cook onion in butter or margarine over medium heat. Add



3

Here is one of the joys of Italian cuisine: little squares of noodle dough stuffed with a tasty filling such as the spinach and cheese we've used. Ravioli makes an ideal appetizer or a satisfying main dish. You can make and serve it right away, or prepare ahead and freeze it, uncooked, for a special dinner at very low cost.

Ravioli

$\frac{1}{2}$ cups all-purpose flour
 $\frac{1}{2}$ teaspoon salt
 2 large eggs, lightly beaten
 2 to 3 teaspoons milk
 2 tablespoons minced onion
 2 tablespoons butter or margarine
 1 package (10 ounces) frozen spinach, cooked, drained and finely chopped
 1 egg yolk
 $\frac{1}{2}$ cup ricotta cheese
 $\frac{1}{2}$ cup grated Parmesan cheese
 $\frac{1}{8}$ teaspoon ground nutmeg
 1 jar (about 1 pound) spaghetti sauce (or your own recipe)
 Grated Parmesan cheese



4

4 Place teaspoonfuls of spinach mixture, $1\frac{1}{2}$ inches apart, down the center of the strip.

5 Bring the trimmed edge up and over the little mounds of spinach filling. Press along edge with finger to seal. Cut along trimmed edge with pastry wheel.



5

6 Press dough down between the mounds of filling, with index finger, to seal the two pieces of dough together.



6

7 Cut between mounds. Repeat until all pasta and filling are used. To cook: Add ravioli to 3 quarts boiling, salted water. Return to boiling. Cook 5 to 8 minutes. Remove with slotted spoon. Drain. Serve with sauce, Parmesan cheese and a dry red wine. Makes 4 to 6 servings.



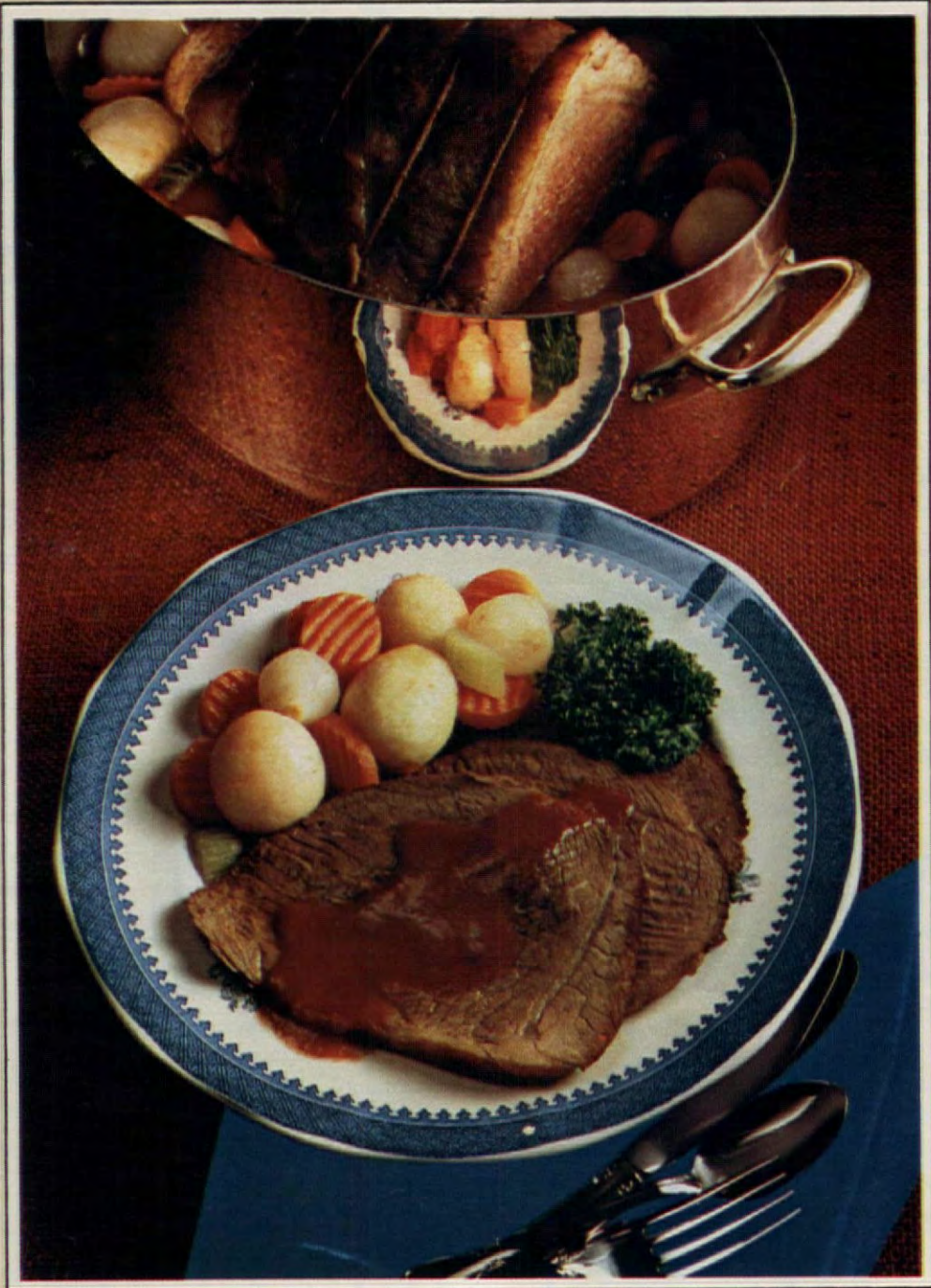
7

By Lucy Wing

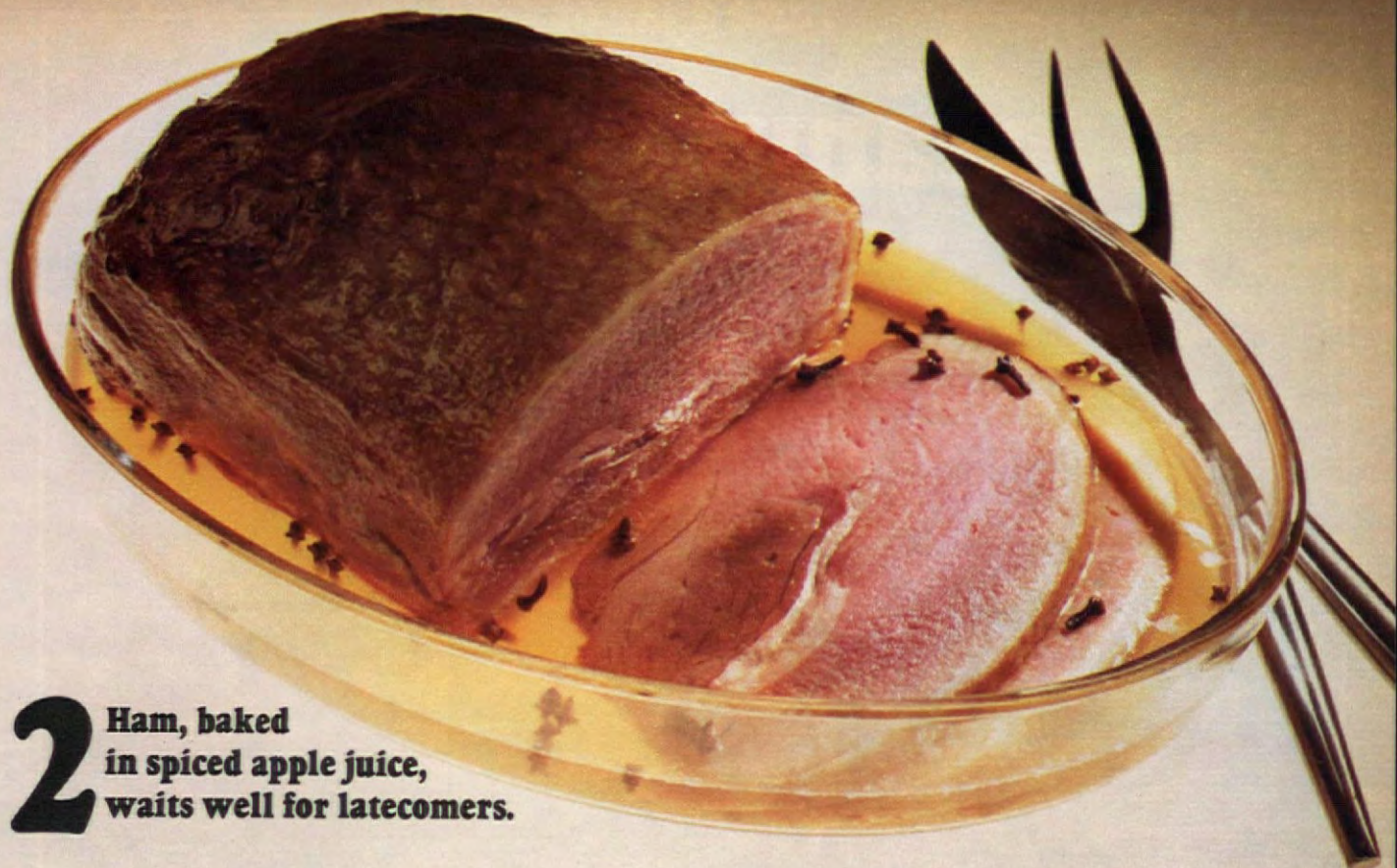
Meals that wait well

On nights when your family's busy schedule means everyone eats at a different time, your best cooking plan is a dinner that can wait. Here are four.

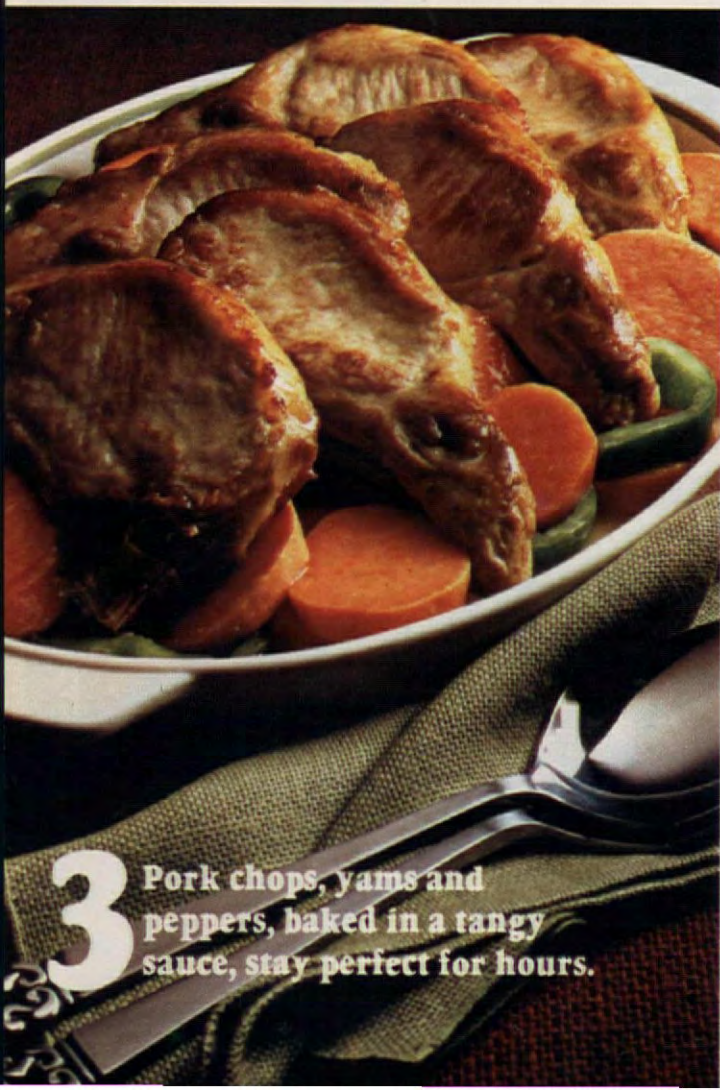
Their recipes and others, plus menu suggestions, begin on page 81.



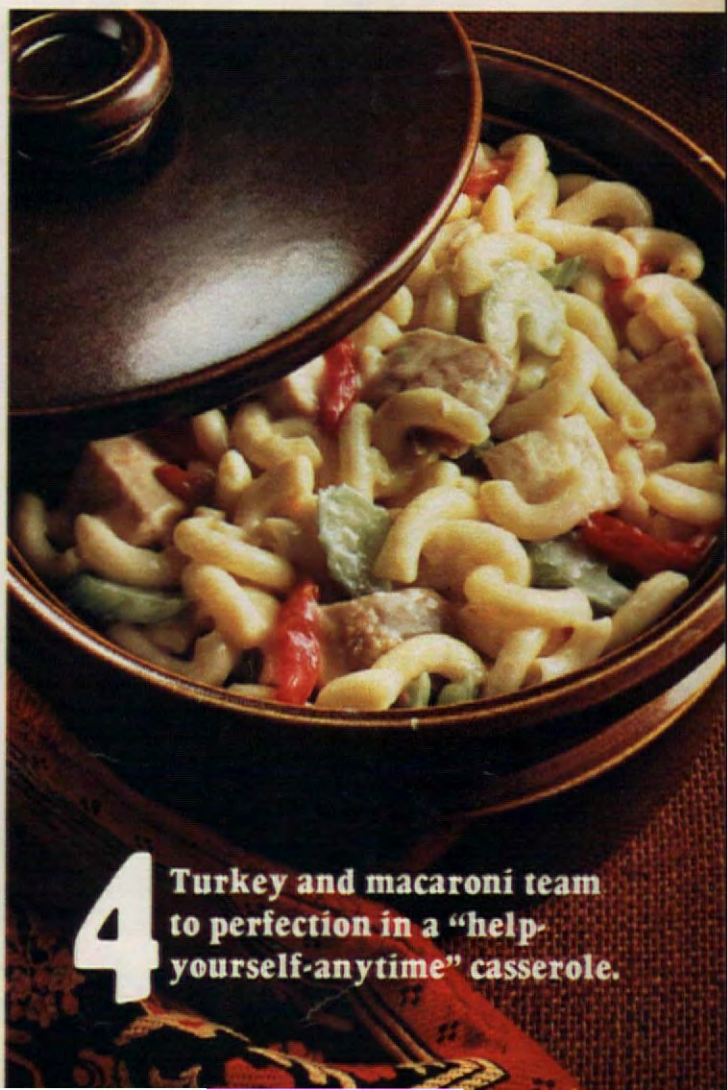
1 Beautifully seasoned, tender pot roast with frozen vegetables keep warm in the oven so all hands can help themselves, no matter their dinner hour.



2 Ham, baked in spiced apple juice, waits well for latecomers.



3 Pork chops, yams and peppers, baked in a tangy sauce, stay perfect for hours.



4 Turkey and macaroni team to perfection in a "help-yourself-anytime" casserole.

Take a jar of

peanut butter



By Frances M. Crawford
Peanut butter, that any-time favorite of children of all ages, adds nourishment—a protein bonus—and flavor to a variety of dishes. We show a hearty soup, spicy chicken, succulent carrots and a delicate cake. Recipes for these and more begin on page 82.

Meals that wait well

continued from page 78

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.

Spiced Baked Ham

(pictured on page 79)

Makes 12 servings. Each serving: 602 cal.; 33 gms. P.; 43.4 gms. F.; 17.5 gms. C. *Source of thiamine, riboflavin and niacin.*

- 3 cups apple juice
- ½ cup dark corn syrup
- 1 tablespoon dried mustard
- 1 tablespoon whole cloves
- 1 cinnamon stick, about 3 inches long
- 5-pound fully cooked boneless ham

Heat oven to 325°. Combine apple juice, corn syrup and spices in deep baking dish or Dutch oven. Place ham in dish, fat side down. Bake 1 hour, basting ham frequently with liquid. Turn ham over. Bake 1 hour, basting frequently. Turn oven temperature to low to keep ham warm. Remove ham to cutting board to remove slices as needed; return meat to oven to hold. Potatoes au gratin and buttered carrots are ideal accompaniments to this entrée. Sliced tomatoes and cucumbers dressed with oil and vinegar make a pleasant salad course. A light dessert, a fruit ice or frappé, is best.

Turkey Macarole

(pictured on page 79)

Makes 8 servings. Each serving: 263 cal.; 13.6 gms. P.; 11.7 gms. F.; 26.6 gms. C. *Source of thiamine, niacin and vitamin C.*

- 1 package (8 ounces) elbow macaroni
- ¼ cup butter or margarine
- 2 cups sliced celery
- ½ cup fresh or frozen chopped onion
- 2 cans (10¼ ounces each) condensed cream of chicken soup
- ¼ cup milk
- 2 teaspoons salt
- ½ teaspoon poultry seasoning
- 3 cups cubed, cooked turkey
- ¼ cup slivered pimiento

Cook macaroni according to package directions. Drain; set aside. Heat oven to 350°. Melt butter or margarine in large saucepan over medium heat. Add celery and onion. Cook 2 minutes. Stir in undiluted soup, milk, salt and seasoning. Pour into greased 3-quart casserole or baking dish. Add turkey, pimiento and macaroni. Stir gently until just mixed. Cover. Bake 25 minutes or until hot. Turn oven temperature to low to keep dish on hold. Crisp carrot curls and sliced cauliflowerets would add to this hearty main dish. Warm up rolls in oven with casserole to serve along-side. Fresh fruit is a pleasing finish.

Pot Roast with Vegetables

(pictured on page 78)

Makes 12 servings. Each serving: 667 cal.; 36.4 gms. P.; 50 gms. F.; 15.6 gms. C. *Source of thiamine, riboflavin, niacin, vitamins A and C.*

- 2 tablespoons pure vegetable oil
- 5-pound rump or round roast, boned, rolled and tied
- ½ cup fresh or frozen chopped onion
- 1 clove of garlic, crushed
- 1 can (13¾ ounces) beef broth
- 1 can (15 ounces) tomato puree
- 1 bay leaf
- 2 teaspoons salt
- ½ teaspoon pepper
- 2 packages (1 pound, 8 ounces each) frozen vegetables for stew

Heat oil in Dutch oven over medium heat. Add meat; brown well on all sides. Add onion and garlic; sauté 1 minute. Add beef broth, tomato puree, bay leaf, salt and pepper. Bring to boiling. Cover. Cook over low heat about 2½ hours or until meat is almost tender. Add frozen vegetables. Cook 45 minutes or until meat and vegetables are tender. Skim any fat from liquid. Place pan in low oven to keep roast and vegetables warm.

If thicker gravy is desired, ladle pan liquid into saucepan. For each cup, blend 1 tablespoon flour to a smooth paste with water. Stir into saucepan. Cook, stirring constantly, until thickened. Transfer meat to cutting board to slice as needed, then return meat to oven to hold. Serve with mixed green salad, crusty French bread, and a very light dessert.

Louisiana Pork Chops

(pictured on page 79)

Makes 6 servings. Each serving: 549 cal.; 16 gms. P.; 29.9 gms. F.; 54 gms. C. *Source of thiamine, niacin, vitamins A and C.*

- 6 rib pork chops, each 1 inch thick
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 2 pounds fresh sweet potatoes or yams, pared and cut in ½-inch slices
- 1 tablespoon cornstarch
- 1 can (6 ounces) frozen lemonade concentrate, thawed
- ¾ cup water
- 3 small green peppers, seeded and cut into ½-inch-thick rings

Trim fat from chops. Render fat in skillet over medium heat. Discard pieces of fat. Brown chops well in fat remaining in pan. Heat oven to 375°. Place chops in oval roast-and-serve platter or 13x9-inch baking dish. Sprinkle with salt and pepper. Bake chops 1 hour, turning once. Place potatoes in 1 inch boiling water in saucepan. Return water to boiling. Parboil potatoes 5 minutes. Drain. Combine cornstarch, undiluted lemonade and water in small bowl. Remove platter or dish from oven. Push chops to one side of dish. Add pota-

toes and peppers. Pour lemonade mixture over chops and vegetables. Cover dish with aluminum foil. Bake 30 minutes more or until chops are tender. Keep chops warm in low oven. Proper companions to this sweet/tart dish are coleslaw and corn muffins. For dessert, have scoops of ice cream.

Knackwurst Tomato Soup

Makes 6 servings. Each serving: 323 cal.; 16.8 gms. P.; 19.3 gms. F.; 21.5 gms. C. *Source of vitamin C.*

- 2 slices bacon, finely diced
- ½ cup fresh or frozen chopped onion
- 1 pound knackwurst, sliced
- 1 can (1 pound) tomatoes
- 1 can (16 to 20 ounces) white kidney or Great Northern beans
- 1 cup water
- 1 beef bouillon cube
- 1 tablespoon sugar
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons chopped parsley

Cook bacon in kettle over medium heat until crisp. Add onion and knackwurst. Sauté 3 minutes, stirring occasionally. Add tomatoes and beans with their liquid, water, bouillon cube, sugar, salt and pepper. Cook until heated through. Keep warm over very low heat, stirring occasionally. Sprinkle servings with chopped parsley. Ideal accompaniments are buttered, toasted bread sprinkled with grated Parmesan cheese plus a green salad with sliced radishes and pitted ripe olives. Vanilla pudding makes cool ending.

Mexicali Stew

Makes 6 servings. Each serving: 1,012 cal.; 38 gms. P.; 59 gms. F.; 80.4 gms. C. *Source of thiamine, riboflavin and niacin.*

- 2 tablespoons pure vegetable oil
- 1 pound boneless pork shoulder, cut into 1-inch pieces
- 1 pound beef stew meat, cut into 1-inch pieces
- ½ cup fresh or frozen chopped onion
- 1 clove of garlic, minced
- 1 cup water
- 1 can (10¼ ounces) condensed cream of tomato soup, undiluted
- 1 package (1¼ ounces) chili seasoning mix
- 1 can (6 ounces) pitted ripe olives, drained
- 1 package (9½ to 14 ounces) corn-muffin mix

Heat oil in large skillet or kettle over medium heat. Add pork and beef; brown well. Add onion and garlic; sauté 1 minute. Discard any fat from pan. Add water, soup, seasoning mix and olives. Cover. Cook over low heat 1 hour or until meat is tender, stirring occasionally. While meat cooks, prepare corn-muffin mix according to package directions. Bake in 8x8x2-inch pan. Cut into squares. Spoon meat mixture over corn-muffin squares. Serve with lime gelatin salad and raw relishes for crunch. A rich chocolate cake is a great finale.

continued

continued

Chicken and Dumplings

Makes 4 servings. Each serving: 588 cal.; 49.5 gms. P.; 26 gms. F.; 34.9 gms. C. *Source of vitamin A, thiamine, riboflavin and niacin.*

- 2 tablespoons pure vegetable oil
- 1 broiler-fryer (about 3 pounds), cut up
- 4 cups water
- 4 chicken bouillon cubes
- 1 teaspoon salt
- 1 teaspoon rubbed sage
- 1 cup buttermilk biscuit baking mix
- ¼ cup minced green onions
- 1 egg
- 1 cup water

Heat oil in large kettle or Dutch oven over medium heat. Add chicken. Brown pieces well on all sides. Add 4 cups water, bouillon cubes, salt and sage. Bring to boiling. Combine baking mix and onions in bowl. Beat egg and water together; stir into baking mixture to make dumpling dough. Move pieces of chicken to one side of pan. Drop dough by large spoonfuls into boiling liquid. Cook 10 minutes. Reduce heat to low. Cover. Cook 10 minutes more or until chicken is tender. Spoon chicken and dumplings into ovenproof serving dish. Cover with aluminum foil. Keep warm in low oven.

Remove all fat from pan liquid. For gravy, measure pan liquid. For each cup, blend 1 tablespoon flour with water to a smooth paste. Stir into pan liquid. Cook, stirring constantly, until thickened. Serve with buttered beets and a salad of spinach and sliced water chestnuts. Fresh pared pears poached in wine would provide a refreshing conclusion.

Stew of Short Ribs

Makes 6 servings. Each serving: 1,170 cal.; 43 gms. P.; 105.8 gms. F.; 8.75 gms. C. *Source of riboflavin and niacin.*

- 2 tablespoons pure vegetable oil
- 4 pounds beef short ribs, cut into serving-size pieces
- 1 can (10½ ounces) condensed beef broth, undiluted
- ¼ cup red wine vinegar
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon leaf marjoram
- 1 bay leaf
- 1 tablespoon grated lemon peel
- 1 can (about 4 ounces) whole mushrooms
- 2 tablespoons cornstarch
- 1 can (1 pound) whole onions, drained

Heat oil in Dutch oven or kettle over medium heat. Add ribs; brown well on all sides. Discard all fat from pan. Add broth, vinegar, salt, pepper, marjoram, bay leaf and lemon peel. Bring to boiling. Cover. Cook over low heat 1 hour or until ribs are fork tender. Drain mushrooms; blend mushroom liquid with cornstarch. Stir cornstarch mixture into pan. Bring to boiling, stirring constantly. Add mushrooms and onions. Heat through. Keep

ribs warm over very low heat or in low oven. Serve over cooked noodles. A plate of sliced cold asparagus with vinaigrette dressing on salad greens would be an appropriate accompaniment. Follow with apple strudel or other pastry.

Peanut butter

continued from page 80

Peanut Butter Glazed Carrots

(pictured on page 80)

Makes 6 servings. Each serving: 114 cal.; 2.4 gms. P.; 6.9 gms. F.; 12.3 gms. C. *Source of vitamins A and C.*

- 1 pound carrots (about 6), pared and sliced
- 2 tablespoons butter or margarine
- 2 tablespoons creamy peanut butter
- 1 tablespoon flour
- ½ teaspoon salt
- ¼ teaspoon ground ginger
- 1 cup orange juice

Cook carrots in boiling, salted water until just tender; drain. Melt butter or margarine and peanut butter in saucepan; remove from heat. Blend in flour, salt and ginger; stir in orange juice gradually. Cook, stirring constantly, over medium heat, until sauce thickens and boils 1 minute. Stir in drained carrots. Heat and serve.

Persian Chicken

(pictured on page 80)

Makes 4 servings. Each serving: 809 cal.; 60.4 gms. P.; 34.7 gms. F.; 64.7 gms. C. *Source of thiamine, riboflavin, niacin, vitamins A and C.*

- 1 broiler-fryer (about 3½ pounds), cut up
- 3 tablespoons flour
- 1 teaspoon salt
- ½ teaspoon oregano, crumbled
- ⅛ teaspoon pepper
- 3 tablespoons pure vegetable or olive oil
- 1 large onion, finely chopped (about 1 cup)
- 1 cup minced celery (2 large stalks)
- 1 large carrot, pared and shredded (about ¾ cup)
- 1 clove of garlic, minced
- ⅓ cup peanut butter
- 1 can (8 ounces) tomato sauce
- 1½ tablespoons brown sugar
- 1 tablespoon wine or tarragon vinegar
- 1½ teaspoons chili powder
- 1 cup water
- ½ cup raisins

Hot fluffy rice (about 2 cups)

Wash and dry chicken pieces. Combine flour, salt, oregano and pepper; dredge chicken in flour mixture. Brown chicken on all sides in hot oil in large skillet or Dutch oven. Remove chicken pieces. Brown onion, celery, carrot and garlic lightly in fat left in pan. Blend in remaining ingredients except rice; return chicken to pan. Simmer, covered, 40 minutes or until chicken is tender, stirring sauce occasionally. Serve over hot rice. Accompany with chutney, sliced green onions and peanuts, if desired.

Country Soup

(pictured on page 80)

Makes 6 servings. Each serving: 269 cal.; 9.7 gms. P.; 19.7 gms. F.; 16.7 gms. C. *Source of niacin, vitamins A and C.*

- 1 large onion, finely chopped (about 1 cup)
- 2 large carrots, pared and shredded (about 1½ cups)
- 3 tablespoons butter or margarine
- 1 tablespoon flour
- ¼ teaspoon salt
- ¼ teaspoon celery salt
- ¼ teaspoon pepper
- ½ cup creamy peanut butter
- 2 cups milk
- 2½ cups canned mixed vegetable-juice cocktail
- 1 tablespoon snipped parsley

Cook onion and carrots in butter or margarine 5 or 6 minutes. Remove from heat; blend in flour and seasonings; stir in peanut butter. Stir in milk gradually, blending well. Cook, stirring constantly, until mixture thickens slightly and boils 1 minute. Add vegetable juice cocktail; heat but do not boil. Serve hot, with a sprinkling of parsley.

Pork Chops Caribe

Makes 6 servings. Each serving: 366 cal.; 18.7 gms. P.; 27.6 gms. F.; 11 gms. C. *Source of thiamine, niacin and vitamin C.*

- 6 thick pork chops
- 1 large onion, minced (about 1 cup)
- 1 clove of garlic, minced
- ¼ cup peanut butter
- 1 tablespoon brown sugar
- 1 teaspoon salt
- 1 teaspoon curry powder
- 2 teaspoons soy sauce
- ⅓ teaspoon pepper
- Few drops hot-pepper sauce
- 1 cup water
- ½ cup orange juice
- 1 small orange, sliced
- ½ green pepper, seeded and cut into rings

Trim excess fat from chops. Render fat in skillet over medium heat. Discard pieces of fat. Brown chops well in fat remaining in pan. Drain off all fat. Add onion and garlic to chops. Combine peanut butter, brown sugar, seasonings, water and orange juice; blend thoroughly; pour over chops. Place orange slices and pepper rings over chops. Simmer, covered, 45 to 55 minutes or until chops are tender. Stir occasionally during cooking, adding a little water if needed.

Peanut Yogurt Salad Dressing

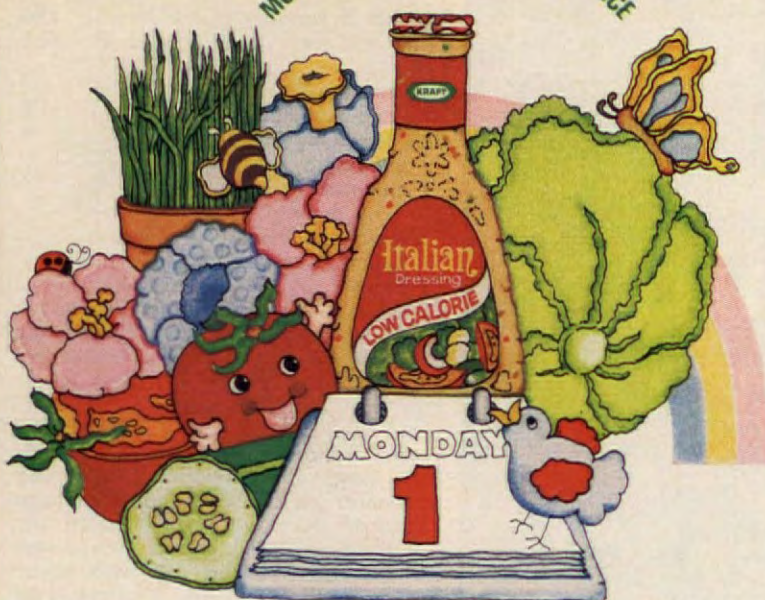
Makes 1¼ cups. A tablespoon: 26 cal.; 1.15 gms. P.; 2 gms. F.; 1.2 gms. C. **1 container (8 ounces) peach-flavored yogurt**

- ¼ cup creamy peanut butter
- ⅓ teaspoon ground ginger
- ⅓ teaspoon nutmeg

Combine all ingredients, blending well. Cover; chill. At serving time, spoon dressing over fresh fruit salad.

continued

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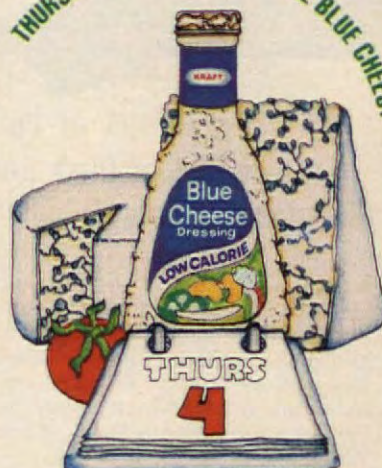
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continued

Peanut Butter Banana Cream Pie

Makes 8 servings. Each serving: 490 cal.; 9.7 gms. P.; 29.9 gms. F.; 47.8 gms. C.

- $\frac{2}{3}$ cup sugar
- $\frac{1}{3}$ cup cornstarch
- $\frac{1}{2}$ teaspoon salt
- 3 cups milk
- 4 egg yolks, slightly beaten
- $\frac{1}{3}$ cup creamy peanut butter
- 2 bananas, peeled and sliced
- 1 baked 9-inch pie shell
- 1 cup ($\frac{1}{2}$ pint) heavy cream
- 2 tablespoons confectioners' sugar

Combine sugar, cornstarch and salt in saucepan; stir in milk gradually; blend in egg yolks. Cook over medium heat, stirring constantly, until mixture thickens and boils 1 minute. Remove from heat; blend in peanut butter. Cover top of pudding with wax paper or plastic wrap; cool. Arrange bananas over bottom of baked pie shell. Stir pudding; spread evenly over banana slices; cover with wax paper or plastic wrap. Chill 3 hours. Just before serving, remove covering. Whip cream and confectioners' sugar until stiff. Swirl over top of pie.

Shortbread Bars

Makes 27 bars. Each bar: 153 cal.; 2 gms. P.; 7.8 gms. F.; 19.3 gms. C.

- $\frac{1}{2}$ cup shortening
- $\frac{1}{4}$ cup butter or margarine
- $\frac{1}{3}$ cup peanut butter
- 1 cup light brown sugar, firmly packed
- 1 egg yolk
- $1\frac{1}{2}$ teaspoons vanilla
- $1\frac{3}{4}$ cups flour
- 2 tablespoons peanut butter
- 2 tablespoons milk
- 1 cup sifted confectioners' sugar

Heat oven to 350°. Combine shortening, butter or margarine, $\frac{1}{3}$ cup peanut butter, brown sugar, egg yolk and vanilla in large bowl of electric mixer; blend until light and fluffy. Blend flour in thoroughly. Press or pat dough evenly into ungreased 9x9x2-inch pan. Bake 20 to 22 minutes or until lightly browned and set. Combine remaining ingredients to make icing, blending well. Add more milk, if needed for good spreading consistency. Spread gently on warm cookies. Cut into 3x1-inch bars.

Dixie Pie

Makes 8 servings. Each serving: 420 cal.; 6.5 gms. P.; 16.4 gms. F.; 62.5 gms. C.

- 1 cup light corn syrup
- $\frac{3}{4}$ cup sugar
- 3 eggs, slightly beaten
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{3}$ cup chunky peanut butter
- 1 unbaked 9-inch pie shell

Heat oven to 400°. Combine corn syrup, sugar, eggs, salt and peanut butter; blend well. Pour into unbaked shell. Bake 15 minutes. Reduce oven heat to 350°; bake pie 25 minutes or until filling is almost set in center and crust is browned. Cool.

continued



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continued

Peanut Butter Cake

(pictured on page 80)

Makes 12 servings. Each serving: 416 cal.; 7 gms. P.; 14.4 gms. F.; 66.8 gms. C.

- 2¼ cups sifted cake flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon nutmeg
- ⅓ cup softened butter or margarine
- ½ cup creamy peanut butter
- 1½ cups sugar
- 2 eggs
- 1 cup milk
- 1 teaspoon grated orange peel
- ⅓ cup very finely cut up dried prunes
- ⅓ cup raisins, finely chopped or cut up
- ⅓ cup peanuts, finely chopped
- 1 package (7.2 ounces) fluffy white frosting mix

Heat oven to 350°. Grease and flour two 9-inch layer-cake pans. Sift flour, baking powder, salt and spices together. Cream butter or margarine, peanut butter, sugar and eggs until light and fluffy. Add dry ingredients and milk alternately, beginning and ending with flour mixture. Stir in orange peel. Divide batter between prepared pans, leveling batter evenly. Bake 35 to 40 minutes or until cake springs back when touched lightly with fingertip. Remove from pans; cool on wire racks. Combine prunes, raisins and peanuts; reserve. Prepare frosting mix according to package directions. Blend about 1 cup frosting with reserved fruit-nut mixture; spread between cake layers. Frost sides and top of cake with remaining frosting.

Peanut Butter Bread

Makes about 20 slices. Each slice: 153 cal.; 4.3 gms. P.; 7.8 gms. F.; 17 gms. C.

- 1½ tablespoons grated orange peel
- 2 cups flour
- ½ cup sugar
- 1½ teaspoons baking powder
- 1½ teaspoons salt
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon ground nutmeg
- ¾ cup chunky peanut butter
- ¼ cup butter or margarine
- 1 egg
- ⅔ cup milk
- ⅓ cup orange juice

Heat oven to 350°. Grease and flour a 9x5x3-inch loaf pan. Grate orange peel; set aside. Sift flour, sugar, baking powder, salt, cinnamon, baking soda and nutmeg together. Cream peanut butter and butter or margarine together in large bowl of electric mixer. Blend in egg, milk and orange juice. Add sifted dry ingredients and orange peel. Stir only enough to moisten dry ingredients. Turn into prepared pan, leveling batter evenly. Bake 55 minutes or until cake tester inserted in center comes out clean. Remove from pan; cool on wire rack. Slice thinly.

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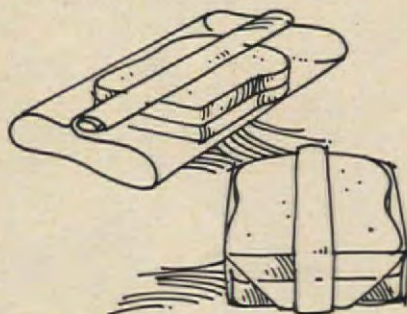
(We can honor only those inquiries that list organization names, since we sell only through civic, church, community, school and other non-profit groups.)

The ABC's of Sandwich Making

Sandwich-Making Tips

- Choose a kind of bread that complements the filling in flavor and texture. And experiment. Try tuna salad on dark or even date-nut bread, peanut butter on whole-wheat raisin.
- Bread or rolls should be no more than one day old.
- Leave the crusts on (except for dainty tea sandwiches). They help keep sandwiches from drying out.
- Match the bread slices that you put together, so your sandwiches have good shape and appearance.
- Use several thin slices of meat rather than one thick one. It makes an easier-to-eat, better tasting sandwich.
- Make salad-type sandwich fillings moist but not soupy.
- For ease and accuracy, use an ice-cream scoop for portioning salad-type fillings.
- When using toast for sandwiches, don't stack slices. This traps steam and makes the toast soggy.
- Wrap sandwiches individually to avoid transfer of aroma and flavor; refrigerate until needed.
- If sandwiches are to be packed, as in a lunchbox, it's best to pack accompaniments (tomatoes, pickles, lettuce) separately and add them at eating time.

4. Apply filling on alternate slices, as shown below, left. Spread evenly to the edges and to the corners. Be generous, but don't let it ooze out.
5. Make all sandwiches of one kind of filling at a time.
6. Top with remaining plain bread slices. Cut as desired.
7. Wrap sandwiches individually. Put into wax paper or plastic sandwich bags and close the ends as manufacturer directs. Or set each sandwich in



center of large square of wax paper, transparent plastic wrap or aluminum foil. Bring opposite ends together over the center of the sandwich. Fold edges over and over until the final fold actually rests on the sandwich, as above. Fold the ends and tuck them under.

Freezing Sandwiches

Having a supply of sandwiches in your freezer is a great convenience for school lunch boxes, impromptu picnics, nighttime snacking, or weekend lunch hours. Keep the following in mind when you plan to make and freeze a batch:

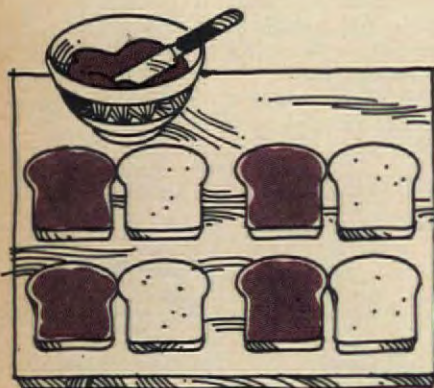
- Always use fresh bread and top-quality ingredients for the filling.
- Spread the bread with softened butter or margarine right to the edges. This helps keep the filling from soaking into the bread. Mayonnaise and salad dressing are not recommended for use in sandwiches you are going to freeze (they may separate), nor is jelly. If any one of these is called for, add it after the sandwich has been thawed.
- Wrap sandwiches individually (as described above) and label them. Be sure to include the kind of bread, a description of the filling and the date on the label. Place them in a single layer on a cookie sheet or right on the freezer shelf. Freeze the sand-

wiches and then you can stack them.

- Sandwiches may be kept up to two weeks in your freezer or in the separate freezer section of a refrigerator at 0°. If you store them in the frozen food or ice cube compartment of the refrigerator, plan on using them within one week.
- To thaw sandwiches, leave in their wrappings at room temperature. They will be ready to eat in about an hour. If you were to unwrap them, they would dry out.
- Leave sandwiches frozen when you pack them in a lunch box or picnic basket. When it's time to eat, they will be thawed and ready.
- Foods like lettuce, tomatoes or onion rings lose their crispness during freezing and should be omitted. They can be added at eating time.

Sandwich-filling ingredients that freeze well include: hard-cooked egg yolk; cooked and canned meats, poultry and fish; cream cheese, Roquefort and blue cheese, cheese spreads, sliced American and Swiss cheese; applesauce, raisins; peanut butter; prepared mustard, catsup, chili sauce, pickles; butter or margarine.

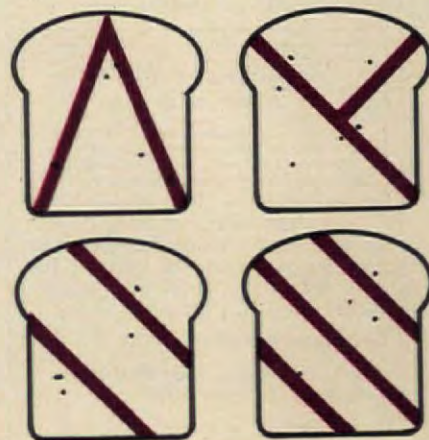
The filling ingredients not recommended for freezing are: hard-cooked egg white; jellies and jams; cottage cheese; nuts; cooked bacon; apples.



Sandwich Assembly Line

Simplify sandwich making in big quantities by following this technique:

1. Make up the fillings.
2. Line up the bread slices, two by two, pairing them as they come from the loaf so the edges will match.
3. Spread slices with softened butter or margarine. Use a flexible spatula or sandwich spreader.



Sandwich Cuts

Put your imagination to work when it's time to cut your sandwiches, particularly if you are tempting children to eat. The usual, everyday way of cutting sandwiches in half crosswise or on the diagonal can be monotonous. Above are a few ideas to inspire you to vary sandwich shapes.

Food questions you ask

Since moving to the South, I've noticed that chickens sold in supermarkets have a lighter skin color than those I've been used to buying. Can I expect a different taste and quality?

Joan Ritz
Savannah, Ga.

No. Contrary to popular belief, skin color is not a measure of nutritional value, flavor, tenderness or fat content of young (broiler-fryer) chickens. But consumers have distinct preferences. Those in the South like lighter color, in the Northeast they respond to yellower skins. To obtain this shade, poultry farmers feed chickens yellow corn, alfalfa or marigold petals.

Is a copper bowl essential for best results in beating egg whites?

Mrs. W. Warren
Springfield, Va.

Many cooks believe an unlined copper bowl and a balloon whip are necessary for egg whites to mound smoothly and produce maximum volume. But in our opinion this theory is a carry-over from an era when cooks had nothing more efficient to use. We believe that an electric mixer or a good rotary beater used in any kind of bowl will give you satisfactory results.

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

T. Abbott
Gary, Ind.

To dust is to sprinkle food lightly with some dry ingredients—confectioners' sugar on cakes or 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.

How can I determine whether an egg is fresh without breaking the shell?

A. T. Martin
Madison, Wis.

Immerse the egg in a pan of cool, salted water. If it sinks to the bottom, the egg is fresh. A not-so-fresh egg will hover midway; a downright stale one will rise to the surface.

How can I come up with a good, flaky pie crust?

B. Hillman
Syracuse, N.Y.

The secret to pie-crust making is in the handling—it should always be done gently and lightly. Once you've cut in the shortening, sprinkle a small amount of water at a time onto the flour mixture and blend with a fork, using a tossing motion. Press the dampened particles gently to see

whether they stick together. When they do, you've added enough water.

Now shape the dough gently into a smooth ball, and put it on a lightly floured board. Flatten it with a floured rolling pin. When rolling out the dough, use a light touch. Hold the rolling pin lightly, and always roll out toward the edges. The less you handle the dough, the less chance there is of having tough pastry.

What could have caused the cloudy brine in the pickles I put up last summer? Did I do something wrong?

L. G. Alton
Littleton, N.H.

When preserving the pickles, you may have used table salt, which contains an anti-caking substance, plus iodine (if the salt was iodized). No harm done—don't be put off by appearances. But next time, for better-

looking results, use a pure granulated salt, also called *pickling salt*. It's fine-grained, with nothing added.

What's the best way to store chocolate so it will retain its flavor and not absorb kitchen odors?

Mrs. T. Smith
Tacoma, Wash.

A glass jar is an ideal container for storing chocolate and cocoa products; it keeps flavor in, unwanted odors out. Another plus: It lets you see when you're running low. Be sure to store in a dry place that is consistently cool (about 60°). Moisture will cause cocoa to lump, and varying temperatures will cause chocolate to develop a film called "bloom."

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.



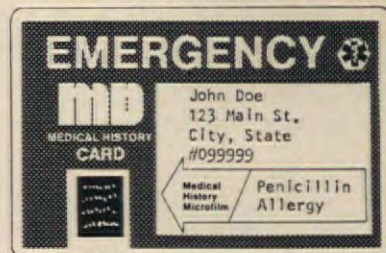
A jar of Grey Poupon Dijon Mustard sits on a wooden surface next to a glass of white wine. The jar is labeled "GREY POUPON MADE WITH WHITE WINE DIJON MUSTARD NET WT. 8 OZ." The background is dark, and the lighting highlights the jar and the wine.

**Made with wine.
Aged in wood.**

What he doesn't know about you might kill you...



but this card
could help him
save your life



Your medical history
on microfilm.

Early Warning
Data here.

It will happen to one out of four people this year.

A sudden illness or accident and you're taken to the nearest emergency room. What if you are alone and unconscious. The doctor doesn't know your medical history. He doesn't know if you're allergic to certain medications. He doesn't know if you have diabetes, asthma, emphysema, arthritis, or a cardiac condition. He doesn't even know if you have "no complications" so he can proceed freely.

The time spent finding out this information could be the difference between life or death. Yours.

This card changes all that.

The MD Card is your personal medical history on microfilm.

It saves the doctor time—time he might need to save your life. First of all he can see in big type immediate medical warnings such as diabetes, penicillin allergy, cardiac condition—warnings exactly like the tag recommended by the American Medical Association.

But much more, the MD Card contains your own medical history. The emergency nurse puts the MD Card microfilm into a viewer, and can see everything necessary to give you fast, specific emergency attention. The MD Card alerts the doctor to previous and existing conditions: operations, treatments, allergies, blood type, dates of injections and x-rays.

All those hard-to-find facts—in one place.

It has the names and phone numbers of relatives to notify, your own doctor's name and phone number. Even important information you need for hospital records—birth date, Social Security number, Blue Cross and other health insurance information. Time that would have been spent gathering this information could be devoted to saving your life.

The American College of Emergency Physicians recommends that everyone carry a medical history card at all times.

The MD Card is now available to individuals.

Until now, the MD Card was offered only to groups, such as banks, insurance companies, brokerage firms. As more and more medical doctors became aware of the

advantages to individual citizens and to themselves, it became obvious that the MD Card should be offered more broadly. Thus, for the first time, everyone who wants to protect his life in an emergency has the opportunity to have an MD Card.

The MD Card differs from other cards, bracelets—It's confidential.

The MD Card has your personal medical history on microfilm, in a permanent, laminated card. Easy to carry in your wallet or purse. Microfilm has an advantage over bracelets and medical warning tags: microfilm is confidential. It is for the use of authorized medical personnel only. No one, not even your employer, can read your medical record.

If you're not near an emergency facility you get 24 hour service.

The MD Card has an emergency number that can be called 24 hours a day, 7 days a week. This way as long as he's anywhere near a phone, the emergency doctor can quickly get all the necessary information.

MD Card—the reliable one.

Before you put five dollars in an envelope you should be sure of the reliability of the organization to whom you mail it.

The MD Card organization is guided by sound, reputable men. Its Board of Directors and Counselors include some of this country's most distinguished names in business and medicine—a former President of the New York City Council, a Trustee of a large University, Board Chair-

men of two major corporations, a syndicated medical columnist, and several eminent surgeons and physicians.

The American College of Emergency Physicians...

says that medical identification is the swiftest, most efficient and accurate way for a doctor to learn more about a patient in an emergency situation.

The American Medical Assoc.

...agrees that safe and lifesaving medical treatment depends on doctors knowing about conditions such as drug allergies, diabetes, cardiac history. Then they know what not to do. It is also important to know if a patient is normal and healthy with no restrictions, so that treatment can be appropriately administered at once without fear of adverse side effects.

Ask your own doctor...

if he doesn't wish that all his patients carried their own medical history with them. Chances are, he will say that it is the next best thing to having him by your side in an emergency.

"The police are often the first to get to the scene of an accident. Legally, we first look for the victim's identification. When he has a red MD Card, it jumps right out. We can call the hospital and alert them about any medical warnings—emergency doctors I've talked to are always glad when they can learn enough about a patient to treat him properly."

Michael Losito, Police Officer, N.Y.C.

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Shopping information

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

PAINT IT!

Pages 70-71 (All sources N.Y.C.) Boston rocker, blanket chest, Harvard hutch, Furniture-in-the-raw, Inc.; handmade linen and cotton rug, "Casual Trends," No. 108, Schumacher; pewter platter and plates in window, pewter candlesticks on blanket chest, blue sponge ware and pewter plate in hutch, blue wooden pail on floor, Julia E. Kuttner Antiques; crock and arrangement of wheat by Ray Kohn through George Cothran Flowers, Inc.

A GARAGE FOR GOOD LIVING

Page 72: Fireplace, "Aztec," mat black, The Majestic Company, Huntington, Ind.; Howard Miller wall clock from Keeg's, Seattle, Wash.; Ozark split-oak baskets, Vanilla, San Francisco, Calif.; antique patchwork quilt on table, "Lone Star," Cinnamon Toast, San Francisco, Calif.


Page 73: Lacquered wood coffee table from Sweden, draftsman's lamp, "Berber" area rug from Morocco, blue and white ceramic ashtray, Keeg's Seattle, Wash.; antique quilts—"Ocean Waves" on sofa, "Falling Leaves" on wall—from Cinnamon Toast, San Francisco, Calif.; white porcelain candleholders, Vanilla, San Francisco, Calif.; orange and blue corduroy on sofa cushions, "Colony," from Collins & Aikman Corp., N.Y.C.; orange and blue patterned throw pillows, La Provence de Pierre Deux, San Francisco, Calif.; carpeting, "Madeira," Bamboo Beige, Alexander Smith Carpet Co., Div. of Mohasco Industries, Inc., N.Y.C.; Ethan Allen ladder-back chairs, Carriage House Furniture, Lynnwood, Wash.; plants, Swanson Florists, Seattle, Wash.; 3/4-inch, rough-sawn, 303APA grade-trademarked plywood siding, American Plywood Association, Tacoma, Wash.

TAKE A JAR OF PEANUT BUTTER

Page 80 (all sources N.Y.C.): "Prin-temp's" oval platter and vegetable bowl (with cover, not shown), Mayhew; "Springfield" vegetable bowl, Josiah Wedgwood & Sons.; "Italian Fruit" cake stand, Tiffany & Co.

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Here's how you can make our lovely gingham quilt

Made with gingham and simple percales, the appliqué quilt on pages 68-69 adds old-fashioned charm to any bedroom. Ours measures 72 inches wide and 86 inches long. You can make it bigger or smaller by changing the number of 14-inch-blocks or the depth of the pretty border, and you can vary the colors, if you like. For spontaneity, you might also want to vary just slightly the "tilt" of the appliqué in the different blocks.

Materials: All fabrics should be 36-inch-wide, colorfast, washable polyester-cotton blends.

2½ yards lavender-and-white medium-check gingham for 10 quilt blocks
2½ yards purple percale for 10 quilt blocks

2 yards lavender-and-white large-check gingham for flower appliqués

4 yards lavender percale for flower appliqués and border (border uses 2½ yards)

½ yard green-and-white polka-dot percale for leaf appliqués

Remnant of pink-print gingham for centers of flower appliqués

King-size sheet or pieced fabric for quilt backing

89-by-96-inch roll of 1-pound polyester quilt batting for interlining and for stuffing center circle of each appliqué

10 yards 2-inch-wide purple bias tape for binding quilt edges

Sewing thread in matching colors for basting, appliquéing and binding

1 skein purple embroidery thread for appliquéing

Mercerized cotton thread in matching colors for quilting

Sandpaper or shirt cardboard for making patterns (sandpaper is best since it is nonslip when placed face down on fabric)

Soft (#2) lead pencil for marking quilting patterns on fabric

Sewing needles for basting and appliquéing

Size 7 or 8 quilting needles (called "betweens")

22-inch quilting hoop (better than a quilting frame because it is very portable)

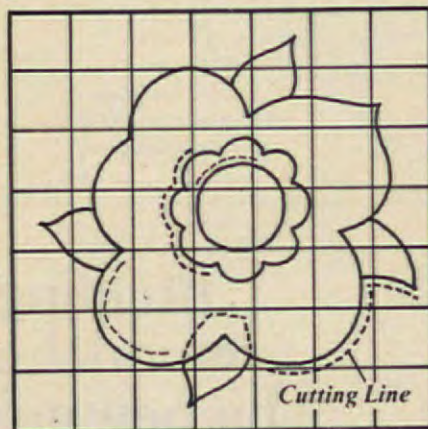
Procedure: First, make the patterns or templates for your appliqués. The appliqué flower design uses 4 shapes (see diagram 1): a center circle, then in sequence a scalloped circle, a flower and a leaf. Cut sandpaper or shirt-cardboard templates of the four pieces, scaling them up to full size from the diagram and adding a ¼-inch allowance

all around each (see dotted cutting-line indications in diagram).

Cut all your fabric for quilt. You'll need: 10 14½-inch squares (each) of purple percale and lavender-and-white medium-check gingham (extra ½ inch gives you ¼-inch seam allowance around each square block); 10 appliqué center circles from print remnant; 10 appliqué scalloped circles from lavender percale; 10 appliqué flowers from lavender-and-white large-check gingham; 40 appliqué leaves from polka-dot percale. Cut 10 2-inch-wide circles of batting for stuffing the center circle of each appliqué.

Do your appliqués before you assemble blocks: Turn and baste under the ¼-inch seam allowance on cut-out pieces, clipping edges of allowance where necessary so they will lie flat. Do not press pieces. As you baste, miter narrow end of each leaf to a crisp point. (Only 1 end of the leaf shape shows, so you needn't baste both ends.) When pieces are ready for appliquéing,

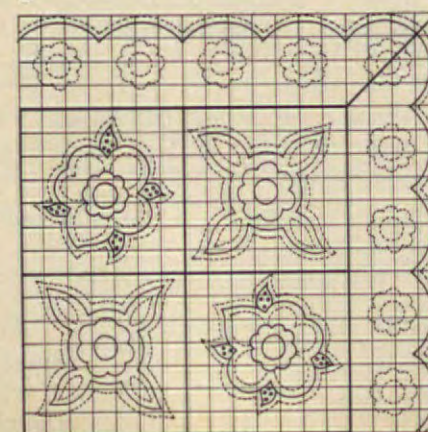
1



1 square equals 2 inches

pin flower to center of each purple block. Position 4 leaves under the flower; pin in place. Pin scalloped circle in center of flower. Place 2-inch batting circle in center of this; pin fabric circle over batting. Using matching thread,

2



1 square equals 2 inches

appliqué center circle with blind stitch; this holds batting in place and gives flower center the desired puffed effect. Next, using 2 strands of purple embroidery thread, appliqué scalloped circle with blanket stitch (point spikes toward center). Using matching threads, appliqué flower and leaves with blind stitch. Remove all pins and basting stitches.

Do quilting pattern on gingham blocks: Using diagram 2 as a guide, make sandpaper or shirt-cardboard templates of the 3 different quilting patterns (solid lines on quilting blocks—not appliqué blocks—in diagram) for center circle, scalloped circle and larger circular shape with leaves. Center patterns on each gingham block and trace around them lightly (do a broken line), using the soft lead pencil. Note that the leaves in this pattern, unlike those in each appliqué, point to the corners of the block.

"Setting" your quilt means assembling the marked gingham blocks and appliquéed blocks that form the quilt top. Leaving ¼-inch seam allowances, pin, baste and machine-stitch blocks into 5 rows of 4 blocks each.

Row 1 (from left to right): appliqué block, gingham block, appliqué block, gingham block

Row 2: gingham block, appliqué block, gingham block, appliqué block

Row 3: repeat row 1

Row 4: repeat row 2

Row 5: repeat row 1

When blocks are sewn together in 5 rows, pin, baste and machine-stitch the rows together, leaving ¼-inch seam allowance. Do not press seams open. Push both seam edges to the purple-block side so they won't show through the gingham blocks on finished quilt.

Make quilt border out of lavender percale: Cut four 8½-inch-wide lengths—two 86½ inches long and two 72½ inches long. With right sides facing and a ¼-inch seam allowance, pin, baste and machine-stitch border to sides, top and bottom of quilt. Miter-seam the 4 corners as indicated in diagram 2. Using the edge of a dinner plate, take a pencil and mark shallow scallops along edges of border. Note that scallops are 7 inches from point to point; there are 2 scallops below each 14-inch block and one at each quilt corner. Cut out scalloped edge. Mark quilting pattern (taken from scalloped circle of appliquéed flower) in center of each scallop.

Assemble the layers after the quilt top is sewn together and all quilting patterns are marked. If you are using a king-size sheet for quilt backing, cut off top and bottom hems and trim sheet to size of quilt top; if using other fabric, piece and stitch together to size of quilt top. Place quilt backing, right side down, on floor. Smooth batting over it. Place quilt top, right side up,

over batting. Pin and baste the 3 layers together, starting in center and working out in a sunburst to the 4 corners. (This keeps the various layers from slipping.) Then baste in an all-over grid pattern, with rows of basting no more than 8 or 10 inches apart. Avoid any excess pulling or bunching. Finally, baste around 4 sides of quilt about 2 inches in from edge. Remove all pins when basting is completed.

The quilting stitch is done with size 7 or 8 "between" needles and mercerized cotton thread in colors to match fabric. To stitch, thread your needle with a single 18-inch strand; make a knot at the end of the thread and bring needle through from the back to the top of quilt, tugging gently on thread until knot pulls through the back and is buried in the interlining. Now, hold-

ing your left hand under quilt, push needle straight down (not at an angle) with your right. Receive needle with your left hand and draw thread through. With left hand, push the needle straight up; receive it with your right hand and draw thread through with your right. (The quilting stitch is simply a *running stitch*. It is important to take just one stitch at a time, keeping your stitches small and spacing them evenly.) At end of strand, take one or two backstitches to secure sewing and then run end of thread into the interlining.

Begin quilting, using your quilting hoop and working from the center of the quilt out to the edges. On each appliqué block, quilt around edges of center circle and scalloped circle, then 1/2 inch inside and 1/2 inch outside each

flower and leaf (see dotted lines on appliqué blocks in diagram 2). On border and each gingham block, quilt directly on your traced pattern, then 1/2 inch outside it and 1/2 inch inside the leaves (see dotted lines on appliqué blocks in diagram 2). Finally, quilt as close as possible to (but not on) the seam lines around each gingham block.

When you have finished quilting, cut scallops on edge of quilt backing and interlining to match border. Remove all basting and trim any excess fabric around edges.

To finish off, pin bias-binding tape to top side of scalloped edge, right sides together, leaving 1/4-inch seam allowance. Baste and machine-stitch. Turn bias tape over edge to back of quilt; turn under 1/4-inch allowance and hand-stitch tape to quilt back.

Patchwork primer



Design your own, one-of-a-kind patchwork pattern with Patchwork Primer (above), a marvelous kit that's as much fun as a game! Kit includes hundreds of self-stick geometric pieces (in 11 shapes, 4 colors) that you arrange and rearrange on a laminated board, creating endless patchwork patterns. Once you work out your special design in miniature, you have 11 full-size templates to use. Kit also includes a manual illustrating dozens of designs, plus instructions for making a quilt and other projects.

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kit @ \$9.95 ea. plus \$1
post. & hdlg.

Add sales tax

Total enclosed

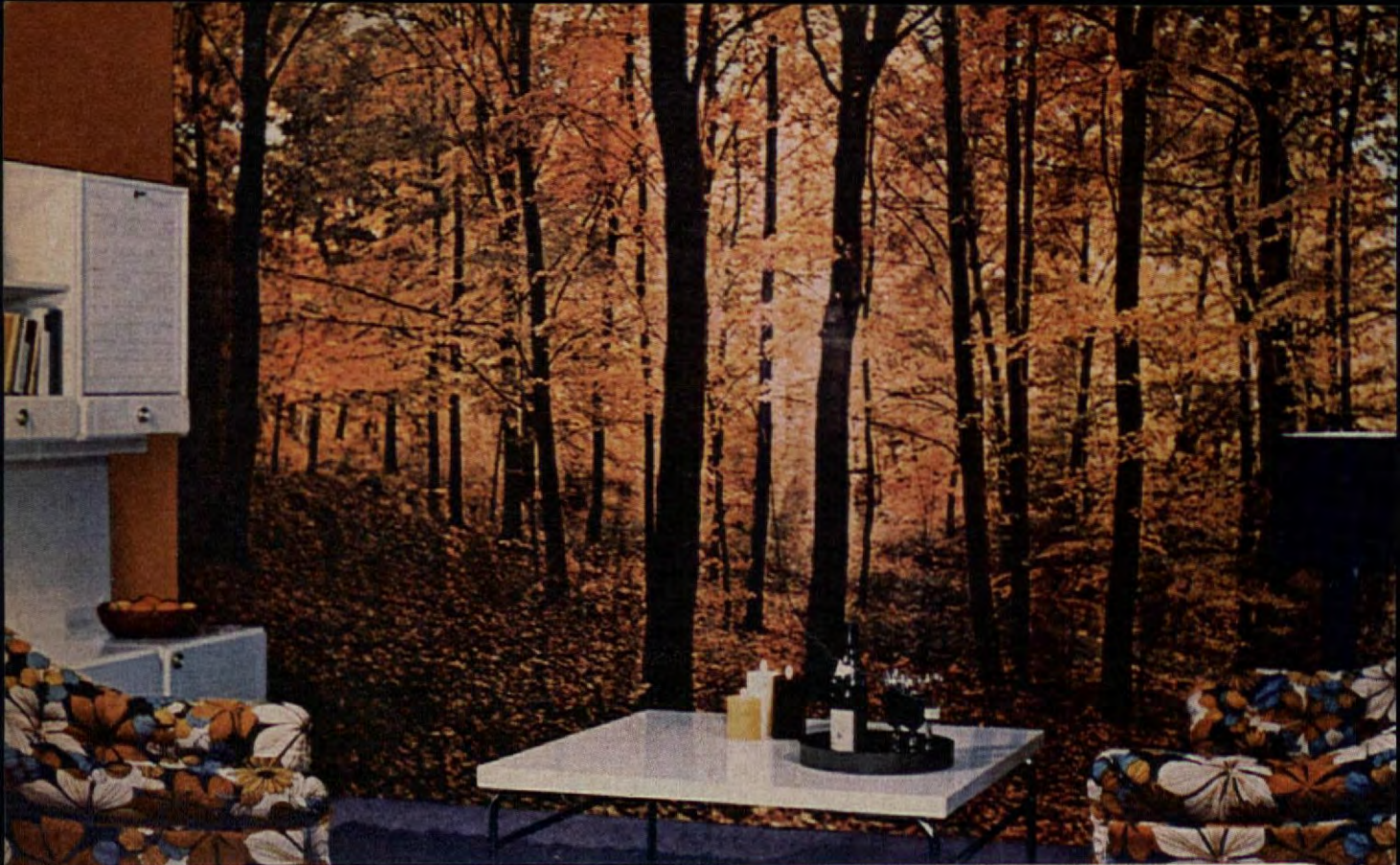
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Your guide to olives

The humble olive is a lot more interesting than it looks. To begin with, it's one of the world's oldest fruits: Men first tamed the wild-growing, thorny olive bush into a beautiful fruit-bearing tree nearly 4,000 years ago. A mainstay in the Mediterranean area, the olive eventually came to South America with the Spanish, then to California with the missionaries. Today, the canned green or ripe olives we use come from California, while most green ones in glass jars are imported from Spain.

THE CALIFORNIA KIND

California ripe olives, green or black, are picked as they reach maturity; the green ones have a slight-

ly bitter taste. During processing, the flesh of the olives absorbs a diluted alkaline solution, and the bitterness disappears. Any traces of the solution are removed by soaking the olives in cold water that is changed three or four times a day. The olives then go into a mild brine for two to five days. If protected from air during this curing, they are packed as green ripe olives; if intentionally exposed to air, they become oxidized as black ripe olives.

LABELED SIZES

These ripe olives are packed whole (with or without pits), sliced or chopped. The cans of whole ones are sometimes a source of confusion—and amusement—for this modest little fruit is labeled mammoth, jumbo or super-colossal. Reason: In the early years of the olive-growing industry, there was only one type of

olive tree widely cultivated; its olives were designated small, medium, large or extra-large. Later, other varieties of trees were developed, producing larger fruit. The olives from these varieties were given the whopper-size names to show that they were bigger than the ones people were used to. It's easy to see what you're buying, since the actual size of the olives is now pictured on the label, along with the average number in the can. That's all you will ever need to know.

SPANISH STYLE

The familiar pungent green olives from Spain are not allowed to ripen. They are picked early, then set in baskets in the shade for three days so their tender skins can better resist the blistering effect of the "cure" ahead. The first step in this cure—a lengthy bath in a soda solution—generates heat, removing the bitter flavor and softening the unripe fruit. Next, the olives are drained, washed and left in fresh water for at least 15 hours. Finally, they go into casks; brine is added, and the casks are rolled into the sunlight for the rest of the fermentation period. Later, the olives are sorted by hand, graded and left whole, pitted or stuffed (with pimientos, capers, onions or celery), then packed in a weak salt brine in glass jars.

OTHER OLIVES

Among the other types you'll find sold in cans or in bulk, the most common come from Greece, Italy and Sicily.

Greek or Greek-style olives are sharp, salty and bitter. They are allowed to ripen fully, then are picked, cured and preserved in salt or brine.

Italian or dried olives may be either fully tree-ripened or unpitted ripe fruit that has been cured and allowed to dry in the sun. They are sold in bulk; their flavor is rich and oil-like, though it may have acrid overtones.

Sicilian olives are small green or ripe ones cured almost as the Spanish olives are, but without the caustic soda. Vinegar and spices are added, giving these olives a pickled, spicy, bitter taste.

STORING OLIVES

Store olives in unopened cans or jars at room temperature. After opening them, keep olives refrigerated in their own liquid. Either way, they will keep indefinitely. Should some white scum form on top of the liquid, rinse the olives before using them. If the olives are no longer firm, discard.—**Frances M. Crawford**

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American Home Market Place

Lynn Headley—Editor

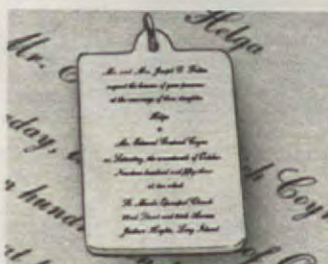
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Gorgeous turquoise ring

A finger-fashion, sterling treasure is handcrafted by Indian artisans. A generous size, the genuine turquoise is in flattering *Rain Drops* setting of sterling silver. 1 1/4" oval. Sizes 5-9. Includes half sizes. Matching pendant and clip back earrings. Each \$12 plus 60¢ hdlg. Old Pueblo Traders, 600-A9R-S, Country Club Road, Tucson, AZ 85716.

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In ten tiny days, you will be able to play the piano even if you've never played before! A new chording system teaches you how to play "pop" tunes with your right hand as your left hand creates the rhythm with full, lush chords. Series of 10 lessons, \$3.95 plus 55¢ hdlg. J.W. Holst, AH94, 1005 East Bay, East Tawas, MI 48730.

Soft, soft sandal shoe

You'll always be thinking about "Margie" when it comes to picking the foot-fare for sport or dress! Of marshmallow yummy-soft patent with cushioned insoles. Elasticized sling straps. In black, bone, navy, white, red, or brown. Sizes 4-12, N, M, W. \$11.95 plus 90¢ hdlg. Sizes over 10, add \$1. Sofwear Shoes, AH-9, 1711 Main, Houston, TX 77002.

Birthday? Anniversary?

Then, why not celebrate it by getting or giving a "back then" dated front page copy of the New York Herald Tribune! You pick the date - any day from January 1, 1900 through December 31, 1964. It's great fun to recall or find out the other big news of that special day! \$2. Holiday Gifts, Dept. 609-G, Wheatridge, CO 80033.



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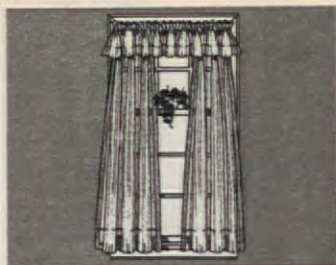
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Old-fashioned, hanky-soft shirt-finds a glorious revival in these lovely curtains that launder like a hanky, too! (A smidge of ironing, if you "must".) White or eggshell. 86" wide a pair. Cost per pair: 45", 54", 63" long, \$9; 72", 81", 90", \$11.25. Valance (11x85"), \$3 each. Add \$1.75 hdlg. Country Curtains, AH9, Stockbridge, MA 01262.



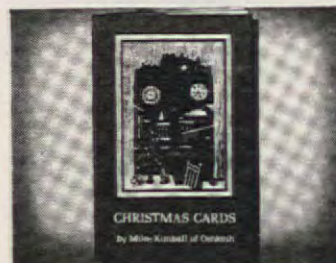
Pewter "tea kettle"

You simply must find a "spot" for this adorable and delightful "period" lamp! Finished in soft-toned antique pewter, it's perfect as an occasional lamp. 6 3/4" milk glass shade. Takes regular bulb. 6' cord. 11" high. \$21.50. Catalog with order; or, 50¢. Sturbridge Yankee Workshop, AH1, Brimfield Turnpike, Sturbridge, MA 01566.



Cake decorating kit

Learn cake decorating with this Beginning Kit. All you need to get started to create your own beautiful cakes for special occasions. Includes booklet, lined bags, jars of paste colors, tubes, etc., plus baking tips! From decor-borders to frosting recipes, it's great! \$6.95. Free catalog. Judy's of California, Dept. AH9-34, Box 728, Lompoc, CA 93436.



Season's greetings

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Or Grandmother's sampler. "If mother says no, ask grandmother." are marvelous to colorfully cross-stitch on stamped oyster linen. Each kit has all you need plus 8½"x15" wood frame in maple or mahogany finish. \$3.75 plus 45¢ hdlg. for each kit. Send your order to Victoria Gifts, 12A Water St., Bryn Mawr, PA 19010.

Sharp coverup

Monogrammed knife is handsome as well as useful! Black leather cover is topped with his initials (specify) on solid golden brass plate. Inside is knife, scissors, nail file, screwdriver, and bottle opener—all drop forged steel. Wafer-slim. 2¾" long. \$3.50; 3 for \$9.98. Add 40¢ hdlg. Lillian Vernon, A91, 510 S. Fulton, Mt. Vernon, NY 10550.

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"Pam" is the title of this darling apron and what a pretty role she plays! Back-tie neck, a full wrap around, wear with a body stocking as a complete party outfit. One size fits all. Cotton. Colors: patchwork red, blue, or brown. \$14.95 plus 90¢ hdlg. From Softwear Designs, AH-9, 1711 Main, Houston, TX 77002.



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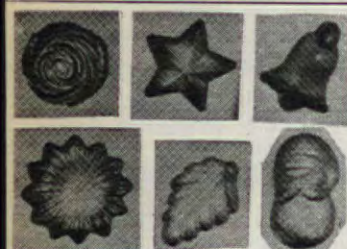
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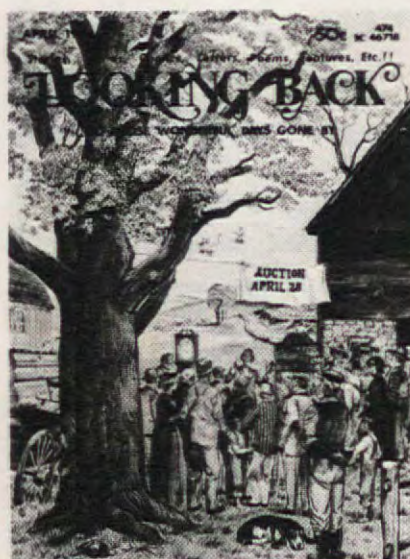
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- * Grandad Visits An Indian Village
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- * A Chance Meeting
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- * "Dear Lizzie"
- * Telephone Operators in the 20's
- * Hungry Indians
- * To The Top Of Mt. Uncanoonac
- * On The Way To School
- * Let's Go To Ma Bowley's
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- * Hidden Beauty
- * Curfew Must Not Ring Tonight
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- * She Felt of the Belt at Her Back
- * In The Good Old Winter Time
- * The Porter Brass Band
- * Good Old Cinema Days
- * Meditations On A Winter's Morning
- * Was This The First Car Radio?
- * A Pail With A Tale
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- * My First Valentine
- * Collecting Bottles
- * What A Cheated Generation
- * Your Father Is A Dirty Man
- * Winter On A Kansas Farm
- * In Those Days
- * When I Was A Boy
- * Winter Underwear
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Dear American Home

More and more, readers have been writing us of their dollar-wise experiences in building and remodeling. Fascinating letters all, they prove that American homeowners today are more inventive and knowledgeable than ever before about getting the quality they want at a price they can afford. Here's a great letter we'd like to share. If you have a similar story to tell, we'd love to hear from you.

Dear Editor:

I've always found American Home to be of immense help, particularly last year when my husband and I were building our new home.

I do, however, have a criticism of the Home Improvement Guide in your May issue. In "Remodel a Kitchen," you say that "the bare minimum for modernization is about \$2,200." Sirs, if this were the case with most middle-income families, I am afraid that no remodeling would ever take place. I realize that your figure is based on contracting or subcontracting a greater part of the job, but in reality, most middle-income families do the job themselves, with very little help from outside sources—and for much less money.

My husband and I have completely installed a big, 12-by-24-foot L-shaped kitchen/den combination, including walls, ceiling, paneling, flooring, solid wood cabinets, sliding glass doors and a range. Using our old refrigerator, dishwasher and sink, and adding in the anticipated costs of kitchen vent, wallpaper, etc., we still did not come anywhere near \$2,200. We did the job ourselves because we wanted quality work and materials, at a price we could live with. Here's a breakdown:

Flooring (Armstrong vinyl)	\$200
Paneling (Georgia Pacific, solid wood)	\$150
Walls, ceiling (Sheetrock)	\$100
Cabinets (Sears, solid wood; 6 base, 6 wall)	\$250
Sliding glass doors (best quality)	\$250
Range (Whirlpool self-clean, from discount store)	\$175
Miscellaneous, yet to come	\$150

TOTAL \$1,275

My husband is with the telephone company and has had no special training in carpentry other than what every man learns when he owns homes in his lifetime. He's also learned from a brother who was in the building trade. We are ex-New Yorkers who came to Tennessee nine years ago.

We bought this farm 30 miles from Nashville one and a half years ago and contracted to build our new home. We've done and are still doing much of the inside work ourselves.

I think that people tend to get away from the basics, particularly when it comes to remodeling. It would be refreshing to see articles on remodeling jobs done by the average householder, since we do make up the biggest percentage of your reading public, I bet!

(Mrs.) Janice R. Wooding
Bon Aqua, Tenn.

FOLK-ART FAN

This year I am taking a course in country painting. My instructor has a portfolio of folk-art patterns (stenciling, country painting, etc.) that were featured in American Home back in the 1930s and 1940s. The members of my class all wish that these patterns could be made available again.

Elinor F. Tremlett
Morris, N.Y.

We may, indeed, revive them—especially if requests like yours continue. Meanwhile, you'll find an article on an easy "stencil-look" technique in this issue. We hope you enjoy it.

FOOD FOR THOUGHT

How pleased I was to see American Home taking the lead in listing the nutrition ratings for each recipe you publish. This is a real help for those of us who must watch what we eat—and care about what we eat.

(Mrs.) Joyce Post
Philadelphia, Penna.

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

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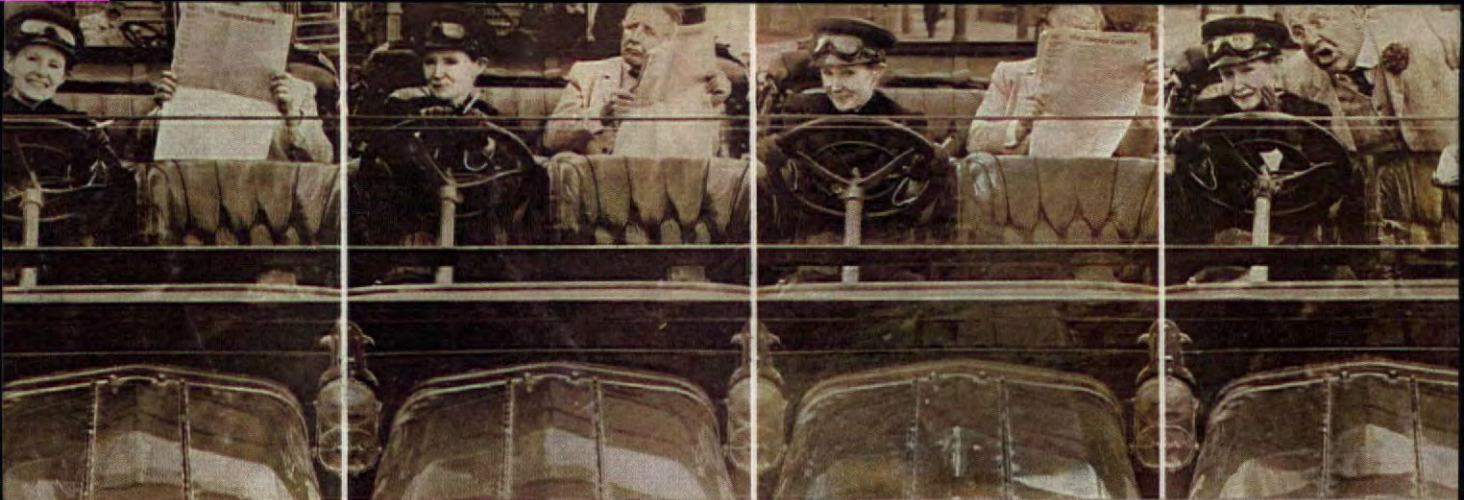
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In order to smoke without being recognized by her husband, Mrs. Luana Smith resorted to wearing a chauffeur's disguise. After riding for 20 minutes, Mr. Smith remembered they didn't have a chauffeur.



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