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SANTERO: A splash of Spanish vitality.
I am not a man who spends much time in the kitchen. Nor do I care to get involved in the tired argument about the renowned chefs of the world being men. Most men I know who take over the kitchen on Saturday afternoon to create the sauce for their unforgettable lasagna feel their part is done with the last lick of the tasting spoon. Left behind, of course, is the battleground of that victory, the sink full of stained pots and pans and every measuring cup and spoon in the house, plus little puddles of sauce stretching from range to refrigerator.

I bring up the subject because when I first became editor 15 years ago, I challenged the food department with my claim that there is one area of cooking that I know something about and that my wife had the world’s best chocolate cake recipe. I suggested we run it in the magazine. We did, and the results became known as the Great Chocolate Cake Controversy, as readers came out from behind cake pans to challenge me and submit their favorites.

Many readers were so sanguine that their version arrived at my office baked and frosted and battered by the mails. What choice did I have but to serve as the judge? So I sampled every one, possibly consuming more chocolate cake in one month than the entire population of Pennsylvania. There were lights and darks, spongy-dry and soggy-moist, disappointing and great. But I didn’t change my mind. Here is the recipe that started it all—I call it the $100 Chocolate Cake:

$100 Chocolate Cake

\[
\begin{align*}
\frac{1}{2} \text{ cup butter} & \quad \text{Cream together.} \\
2 \text{ cups sugar} & \\
4 \text{ ounces melted chocolate} & \\
2 \text{ beaten eggs} & \quad \text{Add to butter and sugar; mix well.} \\
2 \text{ cups sifted cake flour} & \quad \text{Add alternately with milk and vanilla mixture; beat well after each addition.} \\
\frac{1}{4} \text{ teaspoon salt} & \\
2 \text{ teaspoons baking powder} & \\
1 \frac{1}{4} \text{ cups milk} & \\
1 \text{ teaspoon vanilla} & \\
1 \text{ cup nuts, if desired (I never use the nuts.)} & \\
\end{align*}
\]

Pour into two 9-inch round cake pans that have been lined with wax paper (bottoms only).

Bake at 350° about 45 minutes.

Frosting

\[
\begin{align*}
\frac{1}{4} \text{ cup butter} & \quad \text{Melt together.} \\
2 \text{ ounces chocolate} & \\
1 \text{ beaten egg} & \\
\text{Pinch of salt} & \\
1 \text{ teaspoon lemon juice} & \\
1 \text{ teaspoon vanilla} & \quad \text{Add to chocolate mixture, then beat in 1\frac{1}{2} \text{ cups confectioners’ sugar. Beat until thick enough to spread.} }
\end{align*}
\]

If you agree with me, pass the word along. If you don’t, send me your own favorite!
You can turn your indoor kitchen into an outdoor picnic and say, "I-Did-It-Myself".

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Peel  Place  Press

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The Guild offers its own complete, hardbound editions, altered in size to fit special presses and save members even more.
Today’s best buys in paperweights

Glass paperweights make wonderful collectibles because they are both small and pretty, producing lots of charm in little space. Fine old paperweights have sold for record auction prices, but you can still find handsome examples at antiques shops. Although prices vary, expect to spend from $10 to $300.

Paperweights first became popular in the mid-19th century; many of those made between 1840 and 1870 set the standards for later makers. Some of the loveliest early paperweights were the *mille fleurs* designs, made by arranging tiny petal-like “rods” of glass into intricate shapes. The *mille fleurs* paperweight above exemplifies the recent revival of the technique; from Perthshire, Scotland, it sells for $15. Like the others pictured, it is from Gem Antiques, New York.

People 100 years ago treasured paperweights less for their usefulness in keeping papers on a desk than for their beauty of detail and color, their dazzling glass artistry. Look for the same pluses today. And quality, not date, should be your major concern; you’ll find very nice paperweights of recent origin, true in detail and fine workmanship to those of the past. Don’t rule out amusing paperweights: They have whimsical appeal.

$15 is the price of this “motto weight,” created more to amuse than amaze. Such paperweights were turn-of-the-century American favorites made to sell at popular prices. “Remember Father and Mother” was sometimes replaced with “Home Sweet Home” or even “Remember the Maine.” Instead of using glass rods in intricate patterns, as with the *mille fleurs* designs (see above), chips of colored glass were melted together to form a background for the motto. Similar examples are available and go for $10 to $30.

$20 is what you’d pay for a pretty “personalized” paperweight, but it’s a lot more than Maud A. Tooth of Brooklyn, New York, spent. Weights such as this could be made inexpensively, for American manufacturers discovered that a painted design was quicker to produce than one worked in glass. Maud probably ordered and purchased hers in about 1890, when painted paperweights were quite the rage. You’ll find others like it in antiques shops, often sporting the name of a company; they were probably promotional items.

$20 buys this impressive paperweight, with its colorful engraving of the Agricultural Hall from the Philadelphia Centennial of 1876. Simple rectangular blocks of glass have been used to make a variety of weights—some of good quality, some not so good. This one is typical of its time: You’ll find similar examples made as souvenirs of great moments such as the Chicago Columbian Exhibition of 1893 and the St. Louis Fair of 1906.

$25 is the price you can expect to pay for this nostalgic little weight: Give it a shake and snow swirls all around the Fairy Queen inside. Snow-scene paperweights have always been favorites, delighting children as well as adults. The form has been used since the turn of the century. This charmer was made by the Atlas Crystal Co. of Covington, Tenn., and bears a patent number that was granted in 1944. Search the antiques shops and you’ll come across many snow-scene paperweights.

$35 is a very fair price to pay for this lovely *mille fleurs* design with its vibrant colors and delicate detail. But when such egg-shaped glass forms first appeared, in the Victorian era, they were used not as paperweights, but as hand-coolers! Elegant women held them for a moment before extending their hands in formal presentations. The hand coolers were frequently made in the same patterns as paperweights, and though hand-cooling died with the Victorian era, manufacture of the form continued. This example was made within the last 20 years in Venice; you’ll find other recent designs at similar prices.

$190 is an honest price for this truly elegant paperweight, made in 1971 by Baccarat, the French glassmakers. Many exquisite flowers in glass were crafted in France by mid-19th century paperweight firms. This one is a revival of the “Dahlia” design. Baccarat has captured the beauty and overcome the difficulty of rendering a flower in glass. Their artisans have not simply copied the “Dahlia,” but have interpreted it, achieving a subtlety you won’t find in pieces copied too faithfully.

$300 is what you’d pay for this magnificent weight, made between 1860 and 1870. It is a poinsettia on a latticework background, one of the great glass paperweight designs. Such classics were made either at the St. Louis glassworks in France or at the New England Glass Co. in Cambridge, Mass., where this one was produced. It is typical of fine 19th-century American paperweights. While the flower on the delicate lattice-work is impressive, the details are not as crisp as they would be in a superb French piece. Inspection of the dome will reveal a bubble or two—a defect to expect in American pieces. Paperweights of the same age and quality range from $200 to $2,000.

—Marvin D. Schwartz
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Those extra puffs in long-size cigarettes can taste extra hot. But Kool Longs are refreshing for all their length. They’re the only ones with the taste of extra coolness.

Lady be cool.

Glimpses of what's happening under the southern California sun

By Muriel Davidson

On a trip to Fresno, heart of California, raisin country, I nearly caused a seven-car collision when a sight at the side of the road made me slam on the brakes, pull over, jump out of my car and say to an old gentleman, "What are you doing?"

"I am stacking these raisin-drying trays," he stated, with septuagenarian dignity intact. To me they looked like antique hardwood tabletops with low rims. And one of them, which measured about 15 by 24 inches, looked like the answer to a tiny corner of my den that needed a small plant table.

The man (who, incidentally, gave me one of the trays) told me he was Armenian; that his family before him had brought these very trays with them to California from the old country; and that the same centuries-old method of drying grapes, which become raisins, is still being used.

Since I couldn't find the right legs that would turn my tray into a table, I made it into a completely original serving piece. Here's how: I found an old magazine cover and stuck it to my raisin-drying tray with white all-purpose glue. I applied decoupage sealer to the cover to keep its colors from running. Then I slobbered on high-gloss polymer to make it waterproof.

You can buy a practical, almost-antique tray like mine for $1.99 at any of the Aaron Brothers Arts Marts chain from Phoenix to Seattle. Or order direct from: Aaron Brothers, 960 N. La Brea, Los Angeles, Calif. 90038.

One of the first things you learn to love out here is Mexican cooking.

The second thing you learn is that most of the ingredients are inexpensive. My neighbor, Elva Portillo, brought me a dish I swooned over called Chiliquiles. Not only that, she brought enough to feed the neighborhood. I offered to pay, but she said, "For 23 cents I can certainly afford the good-neighbor policy."

Actually, the dish costs more than 23 cents, but not much. And it is not "hot" or spicy. It begins with tortillas. Here in the West you can buy these delicious pancake-like pre-baked discs for 20 cents a dozen in supermarket dairy departments. Elsewhere, you can probably find them in Spanish-speaking neighborhoods. For eight people you need 16 tortillas, 4 eggs, 1 chopped onion and any red sauce you have on hand: catsup, spaghetti sauce, chili sauce. Oil your biggest skillet and throw in the chopped onion. When it's slightly bronzed, toss in the tortillas you've cut up into ½-inch squares. Fry them until they're crisp. Now dump in the eggs and keep worrying at them with a big fork until they're cooked. That's all. Over the entire concoction pour your red sauce... Try to come up with any other gourmet dish for eight for less than a dollar!

"Come over and take tea with me," my friend Ellen Levenson said one day. My, but that sounded posh and British. So I shed my jeans, put on my best calico shirt-dress and sallied out to take tea—which we did, literally, right out of Ellen's garden. I should have stuck to jeans! Yanking rose hips off prickly rose bushes is not skirt work, but the finished product is a delicious reward.

To make Rose Hip Tea—"hip" refers to the fleshy little pod that's left when the petals drop—you simply chop up the hips, put them into a metal tea ball, place it in your teapot, pour boiling water over it and let steep for five minutes and add a spoonful of honey. It tastes tangy, and it's the color of a golden-pink apricot.

If you live in the East and happen to have mistletoe, either in the ground or as a plant, you can brew it when its beauty fades. Mistletoe Tea is marvelous. Into a tea ball put some of the pods that remain when the berries are gone; add a few leaves and steep in boiling water.

Mint Tea is almost too easy in the West, because the plant grows like a weed. But wherever you live, you can plant mint in your garden and brew the leaves. To delight friends and family who drink your tea, I offer a legitimate word in Romany-gypsy: "Sarishan." It means something like "Welcome," but they won't know that—and will be impressed!

Since moving out West, I've missed seeing such spring flowers as tulips. They don't seem to grow here. Imagine my surprise when I passed a garden resplendent with them.

I stalked that place for days until I spotted the gardener. He told me the house belonged to Lucille Ball. More important, he let me in on the secret to solving the tulip problem in southern California. He said that certain plants—tulips, hyacinths, lilacs—will not grow in a semitropical climate because they must be "frostbitten" in winter to bloom again in the spring.

Lucy's gardener removes the tulip bulbs from the ground after they have bloomed, then stores them for months in a dark closet—in a sack partly filled with peat moss. Each January, 30 days before replanting the bulbs, he puts them in the refrigerator, so they can experience their needed "frostbite."

In February, when the cold storage ends (I wonder what Lucy eats while those 100-odd bulbs take over her refrigerator), the gardener returns the bulbs to the ground, and they bloom like mad. I bought only a dozen tulips and tried the "frostbite" method—and mine blossomed like mad, too. Why don't you try it if you live in the South or Southwest? I'd like to experiment with other spring flora. There's one problem: How can I fit a whole lilac tree in my refrigerator?
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[Image of Betty Crocker]

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AH-10
"How I cut energy costs 50% in my 50-year-old house"

By Norman D. Kurtz

When my wife and I bought this 50-year-old white clapboard house not far from New York City last year, we knew we'd have to spend money to improve it. But we didn't know until we lived in it awhile that the house, for all its colonial-farmhouse charm, was an energy sieve.

We'd been captivated by its sensible layout and super space. There were 11 rooms, including a bedroom for each of our two young daughters, a guest room and a master bedroom. Add to this that the property, though only half an acre, backed up to lush, green woods, and the house was irresistible.

I happen to be an engineer, so naturally I inspected the place pretty carefully before any papers were signed. I could tell that it still had its original plumbing and Rube Goldberg-style wiring setup. And I knew that we'd be lucky to get one winter's expenses could be halved.) This meant I'd have to take immediate steps to make the house use less heat and—by the time we bought it. Some parts of it were carried out last winter; the remainder will be done before this year's cold weather sets in. What it adds up to is six surefire ways to cut energy consumption 50 per cent—in my house or yours.

1. Be stingy with lighting. Take a hard look at those areas of your house where lights burn all the time: in most homes the hall and the kitchen. Chances are, you're burning 100-watt bulbs in those areas. Try putting in 60s or 75s; I doubt that you'll notice much difference, and you'll certainly adjust to the lower intensity. Because these lights are on so much and for such long periods, you will save nearly 1,200 kilowatt-hours—at a cost of about $90. I decided I'd better find out where all that energy was going.

I brought home from my office a small instrument called an Amprobe, which has two jaws like the claws of a lobster. I used the instrument to test circuits throughout the house and note how much current was passing through each wire. Should you decide to do the same, try to borrow an Amprobe from an electrician; it's expensive and not a tool you'll use very often. More important is keeping track of the number of kilowatt-hours you consume each month—and that means knowing the correct way to read your meter (see below).

Using the Amprobe, I found out that my biggest energy users were my refrigerator and my furnace, with its electric-powered supply fan. I decided to replace the refrigerator rather than repair it, but I was determined to see the winter through with my present furnace. (Incidentally, a new one is going to cost me $700 to $800; central air conditioning may be as much as $2,000. But in the average three-bedroom house, these expenses could be halved.) This meant I'd have to take immediate steps to make the house use less heat and—by the time we bought it. Some parts of it were carried out last winter; the remainder will be done before this year's cold weather sets in. What it adds up to is six surefire ways to cut energy consumption 50 per cent—in my house or yours.

2. Dampen fireplaces. I happen to have two of them—one in my living room and one in the master bedroom. They add to the charm of the house, and also to its sievelike nature. Reason: Chimneys are a wide-open escape route for heat. Recently, I spent $150 to install dampers so the flues of both fireplaces can be blocked when not in use.

3. Hold the heat. Heat doesn't just vanish. It escapes—through leaks in walls, windows, doors. This type of heat loss can account for up to 50 percent of your house's whole heating load.

A few months ago, my wife and I had our house repainted, at which time many window leaks were plugged as the windows were being rebushed. We added double glazing to our sun-room ($800—high, because of the architectural detailing that was required) and storm windows elsewhere ($75 to $100 each). I weather-stripped some of the outside doors and plan to do more eventually.

Insulating the walls in my house would be tricky—and costly. But doing the attic would be easy, as it is completely accessible. I'll probably tackle the job myself, and for under $300 clip in as much three-and-a-half-inch batting as will fit.

4. Humidify the air. Not everyone believes this, (continued on page 95)
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How Young Would You Like to Look?

Your first impulse might be to wish you could look seventeen again. But think a moment. Would you really choose to give up all the little indications that you’re a vital woman who has lived and loved and cared . . . the laugh wrinkles, the mementos of emotion, the lingering traces of countless smiles? Probably not. Because that would mean you’d never experienced the gamut of emotions that have given your face the very special look of you.

But that is not to say that you wouldn’t like to look as young as you possibly can, with a fresh, radiant dewy complexion that tells the world that life for you is good. So join the cult of enlightened women in many parts of the world who take pleasure in the secret beauty fluid that helps them look their youngest by easing away complexion dryness. Beauty connoisseurs discovered this remarkable liquid, known in the United States as Oil of Olay beauty lotion.

Let your mirror witness the transformation that begins the very first days you smooth on Oil of Olay. Your skin virtually drinks in the priceless fluid. Oil of Olay penetrates almost unbelievably quickly and completely, and it leaves no greasy after-feel on the skin. Almost before you know it, your complexion grows softer, silkier and more supple.

The wealth of pure moisture, with tropical oils and other emollients, alleviates the dryness that accents little lines and wrinkles. Those very signs that make you look older than you’d like. Working with nature, the world-renowned beauty fluid helps maintain the delicate oil-moisture balance needed for your most youthful appearance. Oil of Olay, to be found at drugstores, also establishes a protective barrier to retain nature’s own moisture, essential to keep you at your glowing best as the years slip by.

Faithful users like to make Oil of Olay an indispensable part of their beauty ritual twice each day. First in the morning, as a quick-penetrating, non-greasy makeup base that lets cosmetics remain fresh for hours. (If you choose to go without makeup, Oil of Olay provides a misty glow that protects and cherishes your complexion as the day goes on.) Again at night, so that the complexion-loving liquid may work beautifully through serene hours of sleep.

Bring Oil of Olay into your life. It’s time you discovered how much younger you may look.

Beauty Secret

Your earlobes may become dry if you wear earrings regularly. Soothe with Oil of Olay® morning and evening.
bakings. Before baking, test the griddle by letting a few drops of cold water fall on it. If water bounces and sputters, the griddle is ready. If the water just sits and boils, the griddle is not hot enough. If the water vanishes, the griddle is too hot.

To assure a well-rounded cake, don't drop batter from on high; let it pour from the tip of a spoon. After you pour dough from spoon, it will be two to three minutes before cakes are ready to turn. When bubbles appear—but before they break—lift the cakes with a spatula to see how well they have browned. Turn only once; continue baking until second side is done. Serve at once.

Crisp Corn Flapjacks
About 20 thin 2-inch cakes
If you make this without eggs, the pancakes become lacy. Place in a bowl:
1 1/2 cups white cornmeal
1/2 teaspoons salt
1/2 teaspoon soda
1/4 cup sifted all-purpose flour
Cut into this with a pastry blender:
3/4 cup butter
Combine and beat:
2 cups buttermilk
(1 to 2 eggs)
Stir liquid into sifted ingredients with a few swift strokes. Make cakes small for easier turning. Batter settles readily, so beat between spoonings.

Oatmeal Griddle Cakes
About 12 4-inch cakes
Sift before measuring:
1 cup all-purpose flour
Resift with:
1 teaspoon double-acting baking powder
1/2 teaspoon salt
Beat:
1 egg
Stir in:
1/2 cups cooked oatmeal
1/2 cup evaporated milk
3/4 cup water
2 tablespoons melted butter or bacon drippings
Stir mixture into the sifted ingredients.

Pancakes, Griddle or Batter Cakes
About 14 4-inch cakes
Sift before measuring:
1 1/2 cups all-purpose flour
Resift with:
1 teaspoon salt
3 tablespoons sugar
1 1/2 teaspoons double-acting baking powder
Beat lightly:
1 or 2 eggs
When using 2 eggs, you may separate. Add yolks to milk mixture. Beat whites until stiff, not dry; fold lightly into batter after adding milk, butter. Add:
3 tablespoons melted butter
1 to 1 1/4 cups milk

Rediscover the "Joy of Cooking"

PANCAKES, GRIDDLE OR BATTER CAKES: Mix the liquid ingredients quickly into the dry; give just enough quick strokes to barely moisten dry ingredients. If your griddle is a modern one, you may not need to use grease. If you are using a skillet, grease it lightly and continue to do so between

Is your budget on the critical list?

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If your medical expenses are getting you down, let your Master Charge card pick you up. More and more physicians, dentists, hospitals, and veterinarians are accepting Master Charge. So when we say Master Charge is good in more places across the country than any other card... we really mean it.

These one-in-a-thousand aristocrats give you a dazzling display in autumn or spring.

**Grow “supertrees” to beautify your home**

By Dennis Farney

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**Skyline honeylocust**

Thornless and seedless, the Skyline has a marvelous tolerance for poor, dry soil. Its shape is oval, compact, symmetrical. Mature height is 45 feet.

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**Sovereign pin oak**

A rapid-growing tree, the Sovereign has upswept branches instead of drooping ones typical of the species. It’s red in fall. Mature height is 75 feet.

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**October Glory red maple**

This supertree grows well in most parts of the country. In autumn, it has a reliable crimson color, and holds its leaves until late in the season. The October Glory reaches a mature height of 50-60 feet.

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**Cleveland Norway maple**

Large, lush leaves and a dense head characterize this supertree, which has a pretty yellow color in the fall. It tolerates pollution and seashore conditions, reaching a mature height of 50 feet.
Want to add character to your house and boost its resale value by as much as 20 percent? Then plant a tree! Better yet, plant several. Now's a fine time to get started. In much of the country, early fall is as suitable for planting most trees as early spring. But don't just plant any tree—plant a "supertree!" Modern nurserymen have dramatically improved the familiar maples, oaks and other species that Americans are accustomed to planting. Careful selection, breeding and propagation have paid off in a whole line of "supertrees" now on the market. (Here we feature 10 of our favorites.) These aristocrats are shapelier, often more brilliant in fall color and those that flower bloom more beautifully than their run-of-the-mill relatives—yet cost only a few dollars more.

How does a tree get to be a supertree? Take the case of the red maple.

It is likely to turn bright red only in the most favorable autumns, and then only in the most favorable soils. But one day in late fall several decades ago, William Flemer, Jr., of New Jersey's Princeton Nurseries made an exciting discovery in his growing fields. He had a great planting of thousands of red maple saplings; all of them had already shed their leaves—except one, which was still resplendent in crimson. Flemer realized he had found something special. He began producing carbon copies of this tree through the process of cloning—grafting a bud or a piece of twig onto the roots of ordinary red maple. He called his supertrees the October Glory red maples.

Flemer tested his cloned October Glories under a variety of climatic conditions and in a variety of soils. They consistently reproduced the brilliant fall coloration of their parent tree and held their leaves longer—much later into the fall—than ordinary red maples. Today, you can buy a 6-foot October Glory for $20 or $25; within seven years it will be around 20 feet tall, eventually reaching 50 or 60 feet. Cloning is the secret behind every supertree. The genes of a seed-grown tree are an unpredictable mix inherited from unknown ancestors; a clone is a genetic duplicate of the parent tree. Since it develops from a bud or twig taken from one outstanding tree, a clone will grow up looking just like its parent, subject only to the modifying effects of the environment.

It takes no expert to distinguish supertrees from seed-grown trees at your nursery. Each clone will be labeled with its own special name—October Glory red maple instead of red maple, Sovereign pin oak instead of pin oak, and so on. In choosing, remember there (continued on page 40)
Food Editor Reports

Kitchen Food Safety

How often do you blame a stomach upset on “something I ate”? In many cases, you’re right, though the cause may not be the food itself but the way you handle it in your kitchen. In the store, you select produce and meats carefully. You look for dates on milk cartons; choose frozen foods that lie below the “frostline” mark in the case; avoid the torn package, the imperfect seal or the bulging can. But are you just as careful once you get home? Do you:

• Put frozen foods into the freezer and perishables into the refrigerator immediately? And are you sure your freezer is at 0°F and your refrigerator at 45°F or lower?

• Always thaw frozen foods in the refrigerator rather than at room temperature?

• Clean your hands before and after handling raw foods?

• Refrigerate foods you’ve prepared ahead until you’re ready to use them?

• Wash all utensils and cutting surfaces—particularly those used with raw meat—after each use?

• Store leftover foods in the refrigerator instead of leaving them on the table after a meal?

• Use a meat thermometer to make sure the inside of the meat or poultry is thoroughly cooked?

If you have answered yes to all these questions, it’s clear you’re keeping your food safe in the kitchen and taking positive steps to assure your family’s health.

New and Noteworthy

On the way, from General Mills, is a low-priced alternative to high-priced meats: Betty Crocker’s Country Cuts are ham- or chicken-style cubes of textured soy protein that have been precooked and quick-frozen. They look and taste like real cubed ham or diced chicken; even their textures are the same. Great for recipes that call for leftover ham or cut-up chicken, Country Cuts are fortified and low in calories. One package contains about 2 cups of cubes—enough for a 4- to 6-serving recipe. You can use them frozen as an ingredient in hot dishes, or thawed in salads or other cold dishes. And you can measure and just use the amount you need, keeping the rest frozen for another time.

Cooking Ease, developed by The Clorox Company, is pan coating-plus—for baking, frying, any kind of cooking. Cooking Ease is a low-calorie, low-fat way to cook: The amount you need to fry an egg in an 8-inch skillet adds only 10 calories and 1 gram of fat; a tablespoon of butter or margarine has 100 calories and 12 grams of fat. This natural vegetable spray has a butterlike aroma, but imparts no flavor to foods. As it is very visible when you spray it on (it looks like melted butter), you know how much to use. Look for Cooking Ease in the cooking-oil section of your supermarket in 6- or 9-ounce cans that sell for about 69 and 89 cents each.

From Adolph’s, the people who brought you Instant Meat Marinade, comes a marinade mix to give exciting flavor and extra tenderness and juiciness to chicken, turkey (or other poultry) and game. With 15 Minute Chicken Marinade, you add 1 cup of water (or other liquid, if you’re feeling creative) to the contents of a 1-ounce envelope and follow package directions. Then after 15 minutes you can bake, broil or barbecue the bird with delicious results. Each foil envelope, in special displays in your market’s meat department, costs 29 cents and can marinate a chicken up to 3½ pounds.
At last!
A hardboard paneling that goes nature one better.

Forester.

Early American or Modern, you want the natural look for your home. Solid natural wood paneling is expensive, and not always practical. But now you have a choice.

New Forester hardboard paneling from Masonite Corporation offers the natural look of solid wood in a practical hardboard paneling at a price you can afford.

Forester's nearly endless variations in grain and texture give it the look of wood paneling. The texture even goes into the grooves.

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Driftwood  Honeywood
And Forester is easier to install. It's washable and resistant to peeling, splintering and cracking.

We've combined all the natural beauty of the forest with all the practical beauty of Masonite brand hardboard paneling. We thought it was about time somebody did.

See Forester today at a nearby Masonite dealer. You'll find him in the Yellow Pages under "Paneling." Or call toll-free:
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The extraordinary difference.
Get more quality, more food for less money

More food money gets "wasted" when you're buying than was ever lost to burning or bad preparation. Too much food, the wrong cut of meat, perishables that won't "keep"—all can send your food budget out of whack. A good shopper works hard planning when, where and when to buy.

You have every right to expect the food you buy to be of good quality. If not, complain. Produce or meat that doesn't measure up to reasonable expectations should be returned.

LOOK AND LISTEN

Keep up-to-date with the constant flow of shopper's information on low-cost seasonal foods as reported in newspapers. It's not a saving to run all over town to save a dollar, but it's smart to buy needed items when they're on sale. Supermarket owners say the savings amount to around 16 percent.

Plan weekly menus around bargains, nutritional needs and family preferences. Plan in advance.

IS SATURDAY BARGAIN DAY?

With Sunday closing looming, some managers make reductions on meats, droopy produce and other perishables. Saturday afternoon, the later the better, is when you get the real bargains.

ORGANIZE YOUR SHOPPING

The wise shopper buys a week's supply at a time. It saves energy and is a safeguard against returning to the store and, while there, picking up other little goodies you could do without.

Check the old or overripe produce; if the price is drastically lower and there is no real difference in quality—just a spot to cut away—you have a bargain.

Look at unit prices to compare the actual costs of different brands, sizes.

You can tell food by its label

Learn to read food labels. The United States Department of Agriculture (USDA) establishes percentages for many federally inspected convenience foods. Products that list meat or poultry first usually contain a higher percentage of these foods than similar products that list something else. Food products using "and" on their labels generally contain more "substance" than similar products using "with."

For example, Beef with Gravy is 50 percent beef; Gravy with Beef only 35 percent. Chicken Chop Suey contains 4 percent chicken; Chop Suey with Chicken 2 percent. When a label starts off with "water" first, the product contains more water than anything else.

RESIST THOSE IMPULSES

"Impulse merchandise" or "specials" lure consumers to buy what they don't really need, so bypass products displayed away from their regular sections where there's no opportunity to compare unit prices.

If you can't resist a "special," make sure it is properly marked. The reduced price might be shown on the sign but not on the item itself.

Don't browse. Spend as little time as possible in the store.

CHECK THE OLD OR OVERRIPE PRODUCE

If the price is drastically lower and there is no real difference in quality—just a spot to cut away—you have a bargain.

Look at unit prices to compare the actual costs of different brands, sizes.
BAGS with breakables and spillables. Use the seat belt to fasten the shopping length of time. Food should be used within the first-in, first-out method. Re-order when new purchases go in. Follow the list or simply by moving older purchases forward when new purchases go in. Follow the first-in, first-out method. Remember, food is to eat and enjoy, not to store for a long time.

FASTEN YOUR SEAT BELT
Use the seat belt to fasten the shopping bags with breakables and spillables.

FROZEN VS.
Which is the best buy? Fresh vegetables, when they're in season, are generally cheaper than frozen or canned. A 10-ounce package of frozen vegetables yields about as much as a 16-ounce can, since the liquid takes up the difference. Figure 1 1/2 cups, or 3 servings. So compare prices. Canners and frozen-food firms depend on seasons, too. Prices go down when supplies are plentiful and new crops come to market. When there are specials, buy in bulk. A can may be kept on the shelf for three years at 78°.

FROZEN FOODS
At the checkout counter, ask for insulated bags for all frozen foods. The bags with the frozens go in the coolest spot in the cart and out of the glare of the sun.

Or keep a Styrofoam chest in the trunk of the car to keep frozens and perishables cold while traveling home from the grocery store.

Bring frozen-food purchases home as quickly as you can, and put them into the freezer immediately.

Set up a system to rotate frozen foods in the freezer, whether by a checkout list or simply by moving older purchases forward when new purchases go in. Follow the first-in, first-out method. Remember, food is to eat and enjoy, not to store for a long time.

All foods, canned, dry or frozen, should be used within a reasonable length of time.

BAKED GOODS
Ask the store manager the day he's likely to put out the day-old bread, cakes, etc., which are often reduced considerably. Buy enough for a week and freeze. When thawed, they'll seem fresher than when bought.

CEREALS
Sugared cost more than unsweetened, so add it yourself and save.

CHEESE
Buying cheese in blocks and grating it yourself parirs the price. Processed domestic cheese, sold in chunks or wedges, costs less than natural cheese.

CUCUMBERS
If they have a withered or shriveled end, they'll be bitter.

EGGS
The USDA grades eggs U.S. Grade AA, A or B—all with equal nutritive value. You save by using Grade A (or AA) for frying, poaching, boiling—Grade B as an ingredient, or for omelets.

Cracked eggs: They may be contaminated with Salmonella. Don't buy.

Brown vs. white: Some cooks prefer brown eggs for cooking, white for eating. There is no advantage in paying more for either, for the same quality and size.

Sizes: Small eggs are as economical as large ones if they cost no more than three-fourths as much as the latter. Medium eggs are more economical than large if they cost no more than seven-eighths as much. Extra-large are cheaper than large when they cost less than one-third more. If there is no more than a 7-cent price spread per dozen eggs between one size and the next smaller size in the same grade, you'll get more for your money by buying the larger size.

FOWL SOLE, GRAY VS. LEMON SOLE
Between gray sole and lemon sole, gray is acknowledged to have the finer taste—a plus when the price is the same. (Before frying, always dry thoroughly. Cold, wet foods splatter when added to hot oil.)

FISH AND SEAFOOD
Never, but never, refreeze thawed seafoods. Store frozen fish or seafoods in original wrapper at 10° F or under. Use immediately after defrosting. Don't thaw frozen seafood at room temperature. Partially thaw fillets and steaks in the refrigerator, or if in a hurry, under cold water in watertight wrappings. Defrost only until portions separate easily.

Do not defrost breaded fish portions, sticks or shellfish. They go directly from the freezer to oven, broiler or frying pan or deep fryer.

If you do your own breading, thaw seafoods before breading and cooking.

SOLE, GRAY VS. LEMON
A 10-ounce package of frozen vegetables yields about as much as a 16-ounce can, since the liquid takes up the difference. Before frying, always dry thoroughly. Cold, wet foods splatter when added to hot oil.

If there is an accessible waterfront in your town, it's worth the trip to buy from fishermen who maintain retail outlets. Fish that's just been brought in is not only the freshest possible, but often less expensive. In large cities there are stores that specialize in (know how to care for) fresh fish.

FROZEN FISH PORTIONS AND STICKS
Make sure the container is intact. Avoid packages stacked above the "freeze" line of the freezer cabinet. If you see any signs of a "drip" or ice on the outside of the package, it's possible the contents have been thawed and then refrozen. Don't buy.

FISH


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FRUITS AND SALAD GREENS

APPLES
Bruises indicate decay. The skin of red varieties should be bright, the background a greenish yellow. Too green: The apples are immature and will be starchy and hard. Too yellow: The apples are overripe and will be mealy in texture, poor in flavor.

AVOCADOS
Cradle in the palm of your hand. It’s eating-ripe if it yields to gentle pressure.

BANANAS
When they’re near the overripe stage, and priced low, they’re a good buy. You can refrigerate them whole. The skins turn dark, but the fruit retains its flavor.

CANTALoupES
Test the condition of the stem end, known among growers as the “scar.” It should be shallow and smooth, indicating that the fruit separated from the stem readily. When perfectly ripe, sides feel spongy and have a distinctive “cantaloupe” fragrance.

GRAPES
Fully ripe and sweet when they are firmly attached to the stem. White or green grapes are at their best when they begin to turn amber. Grapes should be refrigerated and used as soon as possible after purchase.

LEMONS
Choose the smoothest skins. They will be better flavored and have more juice.

LETTUCE
Avoid heads which are very hard and lack green color; it’s a sign of overmaturity. Such heads may have a less desirable flavor. Avoid heads with irregular edges and hard bumps on top, which indicate overgrown stems.

ORANGES
When in season, the cost is usually reasonable, but it still pays to compare the prices of the loose ones to the bagged fruit. When oranges aren’t in season or the price is too high, there’s always always frozen juice.

PLUMS
Choose them plump, fresh-looking, and slightly soft when pressed. Softening at tip is indication of ripeness.

FRANKFURTERS: When two packages are the same price, choose the one that lists beef rather than pork. HAM (canned): “Ham—water added—with juices” means that the weight gain after processing was 8 to 10 percent. If the gain is up to 8 percent, the product gets labeled “ham with natural juices.”

MEATS
The USDA grades beef, veal and lamb for quality. Top grade is U.S. Prime; the second, U.S. Choice; the third, U.S. Good. The grades below this are rarely sold in supermarkets.

Good meat has as much as 7 percent less fat than Choice, thus fewer calories and less cholesterol. Choice roasts have 76 percent separable lean meat, while the same cut at Good grade has 80 percent.

You’ll save money buying Good cuts to cook slowly in liquid or in the pressure cooker—pot roasts or Swiss steak.

USDA PRIME USAO GOOD USDA CHOICE

Don’t be misled by labels such as “A-1,” “Top Grade” and “U.S. Finest.” These are not official grades of the USDA but self-aggrandizements used by some supermarkets. The eight official government meat grades are: Prime, Choice, Good, Standard, Commercial, Utility, Canner, Canned.

GRADES: Prime—highest grade, supplied limited, and usually goes to restaurants. Choice—second highest grade, also found in restaurants; meat bright red. Good—still excellent quality; a darker red with less fat and marbling. Standard—very little marbling; use when you’re braising or cooking in liquids. Commercial and Utility—lowest passable grade; very thin fat covering, usually sold as ground meat or in commercial frankfurters or bologna.

BUYING: When buying meat, it’s the price per serving that counts, not the price per pound. One pound of lean, boneless meat (hamburgers, etc.) makes four servings.

Meat with a moderate amount of bone or fat (chuck, drumsticks, etc.) should give three servings per pound. Meat with a great deal of bone and fat (spare ribs, etc.) yields one to two servings per pound.

Save money by buying a big chuck roast on sale, and have it cut three ways for three meals—a steak, a stew and a roast.

Less tender cuts of meat are just as nutritious as costlier ones, and they are more challenging to the cook and, most important, cheaper too. They require moist cooking as in stews, pot roasts.

Beef prices, especially those of steaks, are usually highest in July and August. Watch for specials a couple of months before, and freeze them for later use.

BACON: Bacon must be fat to be good. “The leaner the better” is a fallacy. Slab bacon bought by the pound, with the rind on for home slicing, keeps better than sliced bacon and is markedly cheaper.

MUSHROOMS
Fresh are cheaper than canned. When fresh mushrooms are on sale, indulge yourself. Freeze what you won’t be needing immediately.

NUTS
If nuts in the shell rattle when shaken, pass them up. Shells should be clean, free from cracks, scars and holes. (If nuts crumble to pieces when the shell is cracked, stop shelling and soak remaining ones in salt water overnight.)

POTATOES
When there’s a green tinge at the end of potatoes, they’ve been light-burned and the texture has changed; avoid them.
"If we can do it, you can do it!"

"As long as you get a little help from your friends!"
**SPEND LESS—SAVE MORE**

Ways to save money can be clever and creative. They can also be scrimpy and dreary as in “99 Ways to Stretch Hamburger.” The fun way to save money is to be able to do things the other way rather than the expensive way.

**THE UNITED STATES OF AMERICA**

**DETERGENT BOXES:** Before throwing away an empty, rinse it out with warm water; you’ll have enough suds to do another sinkful of dishes.

**HAM:** Thin slices frizzled for breakfast are cheaper than bacon.

**HEAT:** A toaster oven uses less energy, so skip lighting the oven just for a few rolls. “Bunch” your oven cookery together as much as possible. Even preheating an oven consumes energy.

**LEMONS:** Don’t throw away old lemons. They can be quickly revived and their natural juices restored if you place them in a bowl and pour hot water over them. They won’t be pretty enough for garnishing, but the flavor is still there.

**MEATS (STEWS):** Less expensive cuts of meat will perk up with a convivial glow when given a shot of bourbon. It also helps reduce cooking time.

**MILK:** For cooking, why not use a combination of nonfat milk and canned evaporated milk? You can make skim milk from nonfat dry milk at half the cost.

**OLIVES:** When the last olive is gone, don’t pour out the briny juice; it’s perfectly wonderful to season stuffed eggs.

**PEPPER:** One-half teaspoon of whole peppers in the pepper shaker not only keeps the pepper pouring, but makes everything smell peppier.

**SYRUP:** To decrystallize, as you would for honey, stand the jug in a bowl of hot water.

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**PREPARATION**

Make the toughest part easier

In the beginning there is preparation—the hardest, most time-consuming part of cooking. Here are the little tricks of preparation that show the world—but more important, show you—that you know what you’re doing in the kitchen.

**BAKING**

**Biscuits:** Roll thin; fold before cutting. They’ll be crisp and flaky in the center, split open easily.

**Cake mix:** If dry mixture looks lumpy, give it a good beating for a few seconds before adding the liquid. Any cake will be light, and yet more short, if a teaspoon of lemon juice is added to the butter and sugar. Next time you’re greasing cake pans, try slipping your hand into a plastic sandwich bag to smear the butter around.

**Pies:** For flakier pie crusts, add a teaspoon of vinegar to the cold water when preparing dough. Prick bottom crust of unbaked pie shell to keep pastry from buckling or shrinking. To keep pies from drying, the heat must escape. The simplest smokestack is a piece of raw macaroni inserted vertically in the top.

**BUTTER**

To keep butter from browning too fast, add a wee bit of vegetable or olive oil.

**CHEESE**

It can be sliced thinner with a dull knife than with a sharp one. If the knife gets sticky, fold wax paper over the blade for cleaner cuts. Hard cheese cuts easier with a warm knife.

**COFFEE**

Never brew less than three-quarters of the capacity of coffee maker. For lesser quantities, use a smaller pot. Timing is important. When using a percolator, perk gently for six to eight minutes.

**THE SUBLIME SUBSTITUTE**

Into everyone’s life comes that fate­ful moment when the one necessary pot or tool is not on hand. Here are some stand-ins you may not have known you had:

**CAKE COOLER**

If you don’t have one, use the grate from a gas stove burner.

**CANDLE SNUFFER**

Control that impulse to blow out lighted candles. Scraping off wax is no fun. If you have no snuffer, use the kitchen scissors.

**GLASS JARS**

Recycle those large ones with screw-top lids as see-through canisters for cereals, instant potatoes, rice, etc., which will keep fresher than in the box or bag they came in.

**GRAVY SERVER**

A teapot is ideal. It’s easy to pour and the gravy stays hot longer than in an open gravy boat.

**THERMOMETER (FAT)**

Have none? When deep-fat frying, drop a 1-inch cube of bread into the hot fat. If it turns brown in one minute, the temperature is approximately 350°F. If it browns in 40 seconds, the temperature is about 375°; if it browns in 20 seconds, the temperature is approximately 385°.

**TRAYS (ICE CUBE)**

If they no longer hold water, they’ll hold your assorted nails, tacks, screws and hooks in orderly efficiency.

**TURKEY PLATTER**

Haven’t a platter big enough? Impro­vise with a TV folding table. Place newspapers on tray, then cover with aluminum foil. The newspaper protects the tray from cuts and the foil takes the curse off the newspaper.
EGGMANSHIP

Eggs react better when used at room temperature. To get them there quickly, dunk in lukewarm water three minutes.

Hard-cooked: A pinhole in the broad end of the egg before boiling prevents cracking.

Omelets: They fluff up when you add soda water instead of plain water. Or beat whites and yolks separately before pouring in pan together.

Poached: A few drops of vinegar will keep eggs from running all over pan.

Scrambled: Use a wooden spoon instead of a spatula to lift cooked portions from sides and bottom when the top of a double boiler is substituted for the skillet.

Cooking is work. An honest workman deserves honest tools. You need proper pans and imaginative implements. Important: Keep your tools in top condition.

BUTCHER BLOCK With use, it's likely to acquire cuts and scars—character lines. Scrub with lemon juice and plain sand if it's gray looking.

CARPENTER TOOLS They are often handy kitchen gadgets: pliers to tackle bottle tops, a ruler to measure pans, a hammer to crack seashells.

CAST-IRON COOKWARE The noncontaminating best: It distributes heat evenly, easily; porcelain-clad ones are handsome enough to go to table.

CHEESECLOTH OR NYLON NET Use to line sieves, to tie up fish to be poached, to cover fowl during roasting, to hold bouquet garni in soups.

MEASURING CUPS AND SPOONS Keep extra cups in your flour or sugar canisters, spoons in the baking-powder can, coffee can, salt box.

NONSTICK PANS They don't need fat, but as any good cook will tell you, a little fat—especially butter—adds to the flavor and looks of any dish.

PASTRY BRUSH If you use one a lot, splurge on a good-quality man's shaving brush because it remains soft and pliable.

THERMOMETER A meat thermometer is not a luxury, it's a necessity. Insert into thickest portion of the meat without the bulb touching bone or fat.

WOODEN SPOONS French cooks use wooden spoons exclusively. So you don't have to grope around in crowded drawers, why not keep wooden spoons, spatulas, big forks, etc., near the stove, in a wide-mouthed crock?

THE ART OF MEASURING

In following other people's recipes, or recipe books, use standard cups and spoons for measuring—it's probably what was meant. A recipe can't really be experimented with until it's been prepared "their way" once.

GARLIC

One clove pressed with all its oil released is the equivalent of 3 cloves minced.

PASTA

One pound will serve 4 for the first course, 6 if accompanying meat and 3 if the entire meal.

PEACHES

Three medium-size peaches weigh one pound and equal 2 cups sliced.

POURING

Liquids: You'll get a steadier flow the higher the spout is held above the container. Powders: To pour accurately, rotate from left.

YEAST

One package active-dry yeast equals 1 cake of compressed. Active-dry shouldn't be used after expiration date. Refrigerate compressed yeast and use within a month.

continued on page 32
You can kiss your wrinkles goodbye.

As good as permanent press fabrics are today, and they're awfully good, they need special care to keep wrinkles out of them. The kind of care Whirlpool washers and dryers can give them.

You see, many of these beautiful laundry pairs have a special cool-down care cycle for permanent press no-iron fabrics that really works. So at the end of our drying cycle most permanent press fabrics are in ready-to-use condition.

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See the Whirlpool permanent press care pair soon. They'll help you smooth out a lot of things.

Whirlpool

We believe quality can be beautiful.
**BROILING**
There’s a difference between broiling with gas and with electricity. Gas flames consume smoke and absorb moisture, so you’ll want to broil with the door closed. Electricity needs the door slightly ajar to expel moisture from the oven.

**Broiling pan** When you line your pan with foil, you are frying instead of broiling, since—you unless you use a rack—the food sits in the fat and fries.

**EGGS**
Hard-cooked: To avoid discolored yolks, start eggs in cold water, bring to a boil, turn off the heat, cover pan, let stand for 15 minutes and then cool in running water.

**Omelets** The French always thin omelets with water rather than milk, believing that milk turns them tough.

**Sunny-side up** If yolks tend to break apart in pan, the eggs are old.

**FISH**
Meat is cooked to be tenderized, and fish is cooked to develop flavor—just long enough for it to be done and absorb whatever spices are used with it. Cook fish no more than five minutes per inch of thickness.

**Fillets** When baked in a sauce, fillets require an additional five minutes for each inch of thickness.

**Frozen fish** No matter what you read on packages of frozen fish, the best method is to thaw completely and to cook immediately. If you can’t thaw first, cooking time should be doubled.

**MEAT**
Broiling: To keep oven clean, put a slice of bread in pan during broiling. Fat will be absorbed and spatter less.

**Pot roast** If it looks tough, plan to add tomatoes to the pot; their acid breaks down the fibers in the meat.

**POULTRY**
Cook poultry completely—never partially cook to finish cooking later.

**Chicken** (broiled halves): Sprinkle lightly with % teaspoon white sugar, or powder sugar adds caramel color, not sweetness. And instead of drying, the skin browns moistly.

**RICE**
Put a lump of butter in, and the rice won’t boil over or stick so easily. For whiter, lighter, fluffier grains, add a spoonful of vinegar or lemon juice.

**VEGETABLES**
Those grown beneath the ground (root vegetables) should be washed in cold water and cooked in cold water in a covered pot. Those grown above the ground (green vegetables) grow in hot sun uncovered; therefore start them in boiling water and don’t use a lid.

**Broccoli** The flowerets cook more quickly than the stems, so divide them. Peel stalks down to the white flesh; cut into short lengths. Cook for five minutes, then add the flowerets.

**Corn** Yellow is more nutritious than white. Add sugar to the water when you boil corn; salt makes it tough.

**Onions** Onions cook slowly in hot fat; garlic cooks rapidly even over a low heat. They should never be cooked together at the same time.

**Red cabbage** Must always be cooked with something acid (lemon or vinegar); otherwise it turns a hideous color.

**HERBS AND SPICES**
Dried herbs are more concentrated than fresh. The ratio is about 1 to 3, so in recipes calling for 1 teaspoon of dry herbs, use 3 of fresh-chopped herbs.

**Long-cooking foods** For best results, the length of time seasonings are left in food should vary. Seasonings go into soups, stews, etc., during last hour of cooking. Or if herbs are added at the beginning, immerse all in a teaball caddy.

**Quickly cooked foods** Fresh herbs go right in with other ingredients. Dried herbs should be soaked in a bit of milk or salad oil a half-hour before blending them into food that can be cooked in a few minutes.

**Salad dressing** Let dried herbs stand in unchilled oil dressings a couple of hours, then chill slightly before serving. In mayonnaise and other creamy dressings, blend the herbs into the dressing several hours before serving. When a dressing has to be prepared on a moment’s notice, add a little oil to the herbs and mash them thoroughly with the back of a spoon before mixing.

**SPICY SURPRISES**
Here are combinations to add to the ones you’ve already discovered:

**WINE WITCHERY**
If not fit to drink, it’s unfit to use for cooking. Wine should never be added to a dish just before serving; wine should simmer with the food so the alcohol evaporates.

Adding wine to food isn’t just for elegant dishes. Two tablespoons of sherry in your next baked beans will sell you on wine as a seasoning.

**CHICKEN LIVER PÂTÉ** A touch of dry white wine adds a spirited taste.

**ONIONS** Large, sweet white onions, sliced paper-thin—seasoned with salt, freshly ground pepper—sparkle with a dash of Chablis. Best when chilled.

**CANNED PEARs** Drain half the syrup, replace it with rosé wine; serve with the pears and syrup with a sprinkling of orange rind.

**SCRAMBLED EGGS** When almost cooked, pour 1 tablespoon of Rhine wine down the inside of the pan. Cover for 10 seconds to let the alcohol vaporize, then serve.

**SPAGHETTI SAUCE** Add a cup of Chablis.

For a pungent undertone, add a generous pinch of basil leaves to canned beef stew.

Add caraway seeds to melted butter for noodles and macaroni.

Mix chervil leaves into canned or fresh baked beans will sell you on

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THINK THINS

LESS "TAR" THAN MOST 100'S.*

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Silva THINS

THINK SILVA THINS 100'S

According to the latest U.S. Government figures.
Filter: 17 mg. "tar", 1.2 mg. nicotine. Menthol: 16 mg. "tar",
1.2 mg. nicotine av. per cigarette, FTC Report March 74.

Now, with the proper guidance, even the beginner can master the art

The Cooking of

In The Cooking of China you'll get that proper guidance. This volume from the best-selling Foods of the World series helps take the confusion out of Chinese dishes such as deep-fried shrimp toast, sour-and-hot soup, smoked chicken. It's brimful with easy-to-follow recipes, tested and retested in our Foods of the World kitchen. How-to-do-it illustrations show you exactly how dishes are prepared. Step-by-step instructions make the most exotic dish a pleasure to prepare. Examine The Cooking of China and its companion Recipe Booklet free for 10 days. Read them. Work with them. Here are some of the fascinating things you'll discover...

How to Plan a Perfect Chinese Meal
There are no separate courses to worry about when you plan a Chinese dinner party. Every dish is served at the same time. And you can balance your choice of dishes so that both main and garnish dishes that offer endless variety and are easy to prepare.

How to Create a Sumptuous Meal with a Few Simple Rules
The Chinese make preparation and cooking two separate procedures. Most preparation requires chopping and should be done in advance. Many Chinese dishes are stir-fried and timing and total concentration are important. Experimentation is a time-honored Chinese tradition. Though most Chinese ingredients now are readily available in food stores, you can substitute spinach for cabbage, broccoli for bean sprouts. Chinese cooking is done with a few key utensils. But you can improvise with items from your own kitchen. You'll find out exactly how to do it in The Cooking of China.

Examine The Cooking of China Free for 10 Days
Enjoy The Cooking of China for 10 days as the guest of TIME-LIFE BOOKS. If you decide to keep it, you pay just $5.95 ($6.95 in Canada) plus shipping and handling. We'll enter your subscription to Foods of the World and other volumes in the series will be shipped to you a volume at a time approximately every other month. Your epicurean adventures will include The Cooking of Italy, Germany, Provincial France...Your guide will be famous gourmets such as James Beard, Julia Child... Each volume is $5.95 ($6.95 in Canada) plus shipping and handling and comes on a 10-day free-examination basis. There is no club to join. Never a minimum number of books to buy. And you may cancel your subscription at any time by notifying us. If you don't choose to keep The Cooking of China, simply return the books within 10 days, your subscription for future volumes will be canceled, and you will be under no further obligation.

Writing in New York Magazine, Gae Greene said about Foods of the World, "Resistance to cookbook collecting vanished...I have to have them all..." We hope you'll agree. Why not begin your culinary experience with The Cooking of China?

Eating with Chopsticks, Illustrated above is the basic technique for using chopsticks. However, there's no one-and-only way to use chopsticks. Simply adjust this basic grip to one that is easy and comfortable for you.

Sculpted Vegetables, Chinese ingredients should please the eye and the palate. The illustrations above demonstrate how to make scallion brushes, tomato roses, carrot flowers, radish fans. They are served both as a food and a garnish.

This handsome 206-page book measures 8 1/2" x 11" and contains:
• 100 pages of full-color photographs and illustrations.
• More than 100 authentic Chinese recipes tested and retested in our kitchen.
• Step-by-step illustrations demonstrating preparation and cooking techniques.
• Detailed guide explaining ingredients used in Chinese cooking.
• List of the basic sauces and condiments used in Chinese cooking.
• List of stores in the United States that accept mail orders for Chinese food.
• Basic rules for Chinese menu planning, including sample menus.
• Separate spiral-bound Recipe Booklet.
• Valuable 64-page Kitchen Guide.

If order card is missing, then please write:
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Using the Versatile Cleaver. The cleaver is an indispensable utensil to Chinese cooks. They use it to slice, dice, mince and chop. The cleaver can be used efficiently and safely with just a bit of practice.


Two Simple Wrappers. Wontons and egg-rolls are easy to prepare. They are filled, shaped and cooked in a variety of ways. Shown above are basic techniques for folding and filling egg-rolls and several kinds of wontons.
**What's New**

**Snap-on baseboards**
Snap-a-Cove plastic base moldings are easily installed without adhesive, can bend around corners. You nail support strip to wall, then snap on finished base, which snaps off again to simplify painting or floor refinishing. Available in beige, black, brown and light or dark "walnut" wood-grain finishes, they sell for about $3 a 6-foot length (Bendix Mouldings, 235 Pegasus Ave., Northvale, N.J. 07647).

**Air purifier**
Non-electric unit filters dirt and pollen from incoming air with special wick, fits in any double-hung window. Price is $40 (Luxair, Inc., 205 Lexington Ave., New York, N.Y. 10016).

**Nonslip wrench**
No more skinned knuckles or the bother of continually readjusting the setting with this easy-to-operate wrench that won't slip. Once set by moving the slide with your thumb, its jaws hold opening wide as 15/16 inch. Of tough 8-inch steel, it's $9.10 postpaid from Brookstone Co., 7971R Brookstone Bldg., Peterborough, N.H. 03458.

**Stand-up rule**
Stanley Tool's 25-foot Powerlock flexible steel rule features an inch-wide blade stiff enough to support itself when extended up or out as much as 7 feet. Rugged, lightweight plastic case has belt clip; yellow blade also has 16-inch stud markings and easy-to-read numerals. Price is $8.65.

**Easy-go casters**
Smooth-bottom, swiveling Slipper Casters glide rather than roll over deepest carpet without causing ruts. Price, in chrome or brass, is $3 to $4.50 (Franklin Metal & Rubber Co., 500 Maryland Dr., Ft. Washington, Pa. 19034).

**Handy chopping block**
This sturdy butcher block is concealed behind a drawer-panel in a 24-inch kitchen cabinet. In laminated hardwood, block (1 1/2 by 19 1/4 by 21 3/4 inches) slides out on heavy-duty ball-bearing supports, can pull out entirely. Price is about $124 with cabinet (Long-Bell Div. of International Paper Co., P.O. Box 8411, Portland, Ore. 97207).

**Durable cooking finish**
Handsome aluminum cookware by West Bend has "Tuf White" porcelain lining guaranteed for five years. Exteriors of pots are dark brown or butterscotch. Prices are about $40 for 7-piece set, $60 for 10-piece. —Bernard Gladstone
"...You promised! 99 rides for my skate..."

Remember the Saturdays when little brothers tagged along with big brothers down city streets or country roads? Stopping to look at construction workers building a skyscraper or watching a squirrel scurrying up a cottonwood tree? And remember how your brother was always building things? Out of nothing and everything. And remember the times you were lucky enough to have the missing element? You could bargain for the big rainbow-colored marble, the first crack at flying a tomato-red kite, or rides on his scooter. There were times, too, when you didn't have anything to offer but he shared with you anyway.

Now that you're both grown up and away from home, you can still share things with your brother—by Long Distance.

Long Distance is the next best thing to being there.
Wawerly's "Surfside" fabrics.

Add decorative sparkle to any room with colorful fabrics and companion wallcoverings from the exciting new "Surfside" collection by Wawerly. All modestly priced and Scotchgard protected against soils and stains.

Save energy, cut utility costs, with Roc-Ion insulated linings. They give drapery a luxurious look and make homes cooler in summer, warmer in winter. They're water repellent too.

Start with Wawerly's "Surfside" fabrics.

and its pearl-white midsummer blossoms will gladden your heart. And for a really lovely tree it's hard to beat the Bradford ornamental pears. Hardy in much of the United States, the Bradford decks itself early each spring in white blossoms. These give way to shiny green leaves that turn red and purple in the fall.

If you live in the country or on a big suburban lot, you can plant spreading giants like the October Glory or the Cleveland maple. But if you're a town dweller, you'll be happier with a smaller tree—Kwanzan cherry or Radiant flowering crab apple.

How impatient are you? Few trees are more majestic than a mature white oak. Unfortunately a white oak takes a lifetime to mature, so plant one for your grandchildren. But for yourself, plant either a relatively rapid-growing tree like the Sovereign pin oak (2 feet of growth a year for its first 10 years) or a smaller tree like the Snowdrift crab apple. It matures at 20 feet.

You can save money by planting a supertree yourself. And you can improve its survival chances and speed its growth by following these five rules:

1. Always buy trees that are either balled and burlapped or container-grown. Either suffers much less transplanting shock than bare-root trees.

2. Dig a generous hole and plant your supertree no deeper than it grew in the nursery. If its roots are wrapped in burlap, loosen the burlap when you place the tree in the hole.

3. Refill the hole with a mixture of two-thirds topsoil to one-third peat moss. Tramp the soil down gently as you go along. When the hole is half-filled, soak the earth with water to collapse harmful air pockets around the roots. Finish filling the hole. Wrap the young trunk loosely with burlap to prevent sun-scall. Stake the tree securely.

4. Prune back the tree's side branches by about half their length to reduce the amount of top growth the now-truncated root system must sustain. Use a transplanting fertilizer rich in phosphorous to stimulate root growth.

5. Water your supertree once a week during dry periods in its initial growing season. Periodic deep soakings are better than shallow sprinklings.

That's all there is to it. Remember that the single most important step in buying a tree is to choose a good one. You can't go wrong with a supertree!
you want to set up housekeeping right. But you're already learning about life with a budget.

So you buy Esmond blankets.

You shop with two guides; your taste and your pocketbook. And you'll please both with the handsome value of Esmond's brand new "Country Patchwork". Here's all the old-fashioned color and charm of a patchwork design, with all the modern convenience of machine washing and drying.

Chatham's century of experience combines the two in this screenprinted new blanket of 100% Acrylic fiber, bound in nylon. See Country Patchwork and all the Esmond fashions and Bunny Esmonds for the crib, wherever you shop for value.

And whether it's on blankets, auto upholstery, furniture upholstery, carpet yarns, drapery cloth or fabrics for fashion and home sewing — our name is your assurance.

Chatham Mfg. Co., Elkin, N.C.

Anything worth covering is worth Chatham

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

Ask us about your antiques

Q This glass saltshaker looks old, but I'm told the design is still being manufactured. What can you tell me about it?
W.O.—Portland, Me.

A Your shaker is more likely for pepper, as the metal pierced-work top is a bit larger than salt requires. The pattern, called "Three-Face," dates from the 1870s and '80s. It is well-known and has been reproduced frequently since then by casting molds from actual pieces. Reproductions are often fuzzy in detail. Your particular piece looks crisp and executed well enough to be authentic.

Q My small earthenware vase has a dull glaze and a mark on the bottom that reads, "Van Briggle, Colo. Springs." Was this an important work?
A.V.—Gambier, Ohio

A Van Briggle is a famous art pottery founded in 1899 by Paris-trained Artus Van Briggle. He died in 1904, but his wife carried on and the business still exists. The dull, or mat, finish you described was popular early in the century, inspired by an Egyptian faience. Van Briggle marks that include "Colorado Springs" are thought to be post-1920, but the design of your piece looks quite earlier.

Q This plate is obviously Chinese, but that's all I know about it. Can you tell me if it is very old?
P.L.—Albuquerque, N.M.

A Your plate certainly does look Chinese, but designs like these were sometimes reproduced by English and continental potters. Examine the piece. If it is thick and the texture of the porcelain slightly uneven, chances are it really is Chinese. And if the predominant colors are green and orange-red, it is either the so-called "Rose Medallion" Chinese porcelain or an imitation of it. "Rose Medallion" was an important Chinese design of 1820-60.

Q The metal pitcher you see here is extremely heavy. The inside is corroded, so it appears very old. Is it?
F.W.—Amarillo, Tex.

A Your pitcher is pewter. Its heaviness suggests it was made in France. So does its inner surface. (French water corrodes metal quickly.) It appears that the outer surface is evenly scratched.
indicating the piece was finished on a lathe rather than cast in a mold, as 18th-century pieces were. If you can see evidences of seams inside, you'll know the pitcher was made of two halves joined together—and is a late 19th- or early 20th-century piece.

G.L.—Hackensack, N.J.

A The weight of your candlestick happens to be a good sign. It means the piece is old, dating from the early 19th century. Its simple urn shape was fashionable between 1800 and 1830. The national origin of simple brass is hard to determine. Your candlestick could be English or French—or perhaps even American.

D.U.—Tallahassee, Fla.

You have an exceptionally fine example of blown glass that was made between 1780 and 1810. The little stars and the delicate border are typical elements of the neoclassic style that flourished in that period—but just where would be hard to state. In glass like this, as in brass (as noted), the country of origin is nearly impossible to pinpoint. Certainly, your example presents no evidence to make the job easier. This type of design was known on the continent, and in England and Ireland, as well as in the burgeoning American glasshouses that became active early in the 19th century. In Pittsburgh several glasshouses turned out work like this.

Now you can learn the real story behind that family treasure 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 style and origin. Send letters and clear black-and-white photographs to: Ask Us About Your Antiques, American Home, 641 Lexington Ave., New York, N.Y. 10022. Include complete descriptions plus any details the pictures don't show. Questions, accompanied by pictures, of general interest will be published as space permits. We are unable to return photos or send personal replies.—Marvin D. Schwartz
Kirsch thinks about your home almost as much as you do.

Whether it's a Superfine white traverse rod—the best seller—or a dramatic decorative, Kirsch has the rod you need. Classic designs in antique brass and pewter. Modern cubistic styles. Rods that look like wood and last like steel. Matching chains, holdbacks, and other accessories, too. Kirsch' products are available at fine stores everywhere. Or write Kirsch Company, Department A-1074, Sturgis, Michigan 49091.

with Kirsch drapery hardware... the name you know.
with charisma for your commonplace.
What a difference Kirsch Coordinates can make! Finely crafted switch plates, doorpulls, towel bars, soap dishes, toothbrush holders... some, like the double-faced vanity mirror, also in countertop design. Great gift idea!

with shelving with a twist.
Kirsch Freestanding Shelving lets you add or remove components to create a handsome bookcase, room divider, end table, you name it. And all with just a twist of the wrist due to exclusive Ring-Lock™ design.

with bedspreads almost too beautiful to turn down.
The Max Rawicz collection by Kirsch. Over 50 original patterns, including "Bouquet" shown. With deep hand-guided or multi-needle quilting, luxurious polyester filling, finest linings. Matching draperies, too. Other spreads in varied price ranges.

Kirsch
where quality still means something.
Homemakers call this their dream house

Our "House of the Year" is an 11-room, super-planned beauty.

With strong faith in the American woman—and sure conviction that 42 heads are better than one—American Home, along with the Denver Home Builders Association and the Public Service Company of Colorado, asked a seminar of 42 homemakers to help plan what they considered the dream house of the American woman. Their ideas and desires shaped the design of our Denver-built "House of the Year," which you see here and in color on pages 61-69.

The women knew what they wanted, and for the most part, got what they asked for. More level-headed than pie-in-the-sky, and profiting from the know-how of having lived in houses good and bad, big and small, contemporary and traditional, these women offered ideas that added up to an innovative package of fulfillable dreams.

First, they asked for a ranch-style house—on one level, with plenty of privacy from neighbors. The designers handled this request by orienting most living areas—family room, kitchen, living room—toward the rear of the house, all with sunny, outdoor views. Also, they used the "L" shape formed by the house's bedroom wing as the basis for an entry court, which provides a welcome sense of enclosure—and a separation from the street. The master bedroom looks out on this court, rather than at the street, and is shielded from neighboring houses.

Colorado is big snow and ski country, with spectacular mountain scenery that beckons even as you travel inner-city Denver streets. Though appreciative of the snow and the skiing it affords, our homemaker panelists demanded a house with pitched roof to shed snow loads. They also opted for an exterior of natural materials—rough-sawn cedar siding accented with brick and a roof of hand-split cedar shakes—that would blend into the lovely, rolling green landscape of the Pinehurst Country Club area where the house was built.

Indoors, our Denver homemakers specified an orderly flow of traffic that would ease the footwork of day-to-day living and also make for pleasant, no-fuss party-giving when guests drop by. What the designers came up with to fill this big order was a roughly circular traffic pattern that begins in the entry, continues through the dining room and large country kitchen, heads out the breakfast nook's sliding glass doors and across the patio, then returns indoors through the family room and ends back at the entry—a fabulous sweep (see floor plan, next page).

What's more, traffic can also flow from the entry to the living room or to the hall leading to the children's rooms, three-section bath and master bedroom suite.

Our "House of the Year" offers the bonus assets of a library that is also a guest room. It's built balcony-like over the dining and family rooms. This is the only upstairs room, and the single departure from the ranch-house concept. But it pays its way pragmatically—we furnished it to sleep four. Aesthetically, its high, soaring ceiling peaks at almost second-story height, creating a sense of spaciousness that makes the house's 2,200 square feet seem a lot more. Our Denver homemakers were outspoken in their strong preference for (continued)
An exquisite replica of grandma’s beloved black cast iron stove . . . a long-forgotten friend. Recreated in perfect 4 3/4 x 3 3/4 x 3 1/2” miniature, and meticulously crafted with loving attention to realistic detail. The oven door swings open . . . the damper lid lifts off . . . and one can almost scent the tantalizing aroma of hot apple pie, or perhaps a Christmas plum pudding. A collector’s item extraordinaire! Not a toy, although the little ones would surely love it.

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One of our best-selling, most appealing items ever, and at only $3.99, bound to sell out fast! Many folks are ordering two and three, putting them away as gifts. Get on the nostalgia bandwagon. Order your “antique stove” today—now you’re cooking!

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AUTHENTIC REPLICA

ANTIQUE CAST IRON STOVE

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Recreated in Delightful Miniature

Also Available — 5-Piece Old-tyme Cooking Utensil: Miniature Skillet, 2 Pots, Coal Bucket and Shovel.
Complete blueprints can help you have your own "House of the Year." traditional charm and graciousness, but were equally firm in their demands for the latest and best—in products as well as conveniences. Here are some of the designed-in pluses they asked for and received: roof overhangs to shelter side walls and protect glass areas; vinyl window-pane sheathing that never needs paint; double-paned glass in windows and sliding doors for climate control; tight weather stripping around every opening; as much fiber-glass insulation as the ceilings and outside walls (even garage!) could accommodate; central air conditioning with two-zone cooling and heating.

In the kitchen, the women wanted every dream-house option: frost-free refrigerator that provides ice cubes and ice water without opening the refrigerator that provides ice cubes and water without opening the refrigerator—so the family room could be made as spacious as possible. This room has not only size in its favor (see floor plan, below), but a dramatic fireplace wall that soars to the lofty cathedral ceiling and a handy pass-through to the kitchen. The living room of our "House of the Year" gets status and definition from its placement a step below the entry and family room that flank it. Triple windows help expand its scale, and deep rectangular proportions make it flexible. The dining room is separate, according to our home-makers' wishes. The designers created a small, cozy room and gave it emphasis by placing it under a vaulted ceiling that pitches upward to annex the wall of the library above it.

All rooms have floor-to-ceiling walls. This is not an open floor plan, in which the rooms seem to flow into one another. But because of the planned-for circular traffic pattern, the interior has a flow-through architectural feel and look. Our decorating plan under-score these attributes. We color-schemed the entire house in three basic hues—yellow, orange and blue—plus complementing neutrals: black, brown, beige, bone and white. Thus every piece of furniture fits easily into a single color picture. Seating can be shifted from one room to another—from living room to family room to kitchen complex to library/guest room.

Because of its efficiency and ingenious use of space, this is an unbeatable party house. It easily accommodates 100 and—no mean feat—sleeps 10 guests, in addition to the predicted family of four. Here's the way we have planned it: one guest on the trundle in the girl's room; two on a queen-size sofa bed in the family room; three in the boy's room with its pair of trundle beds; three plus a child in the library/guest room, thanks to a queensize sofa bed and bring-together chairs and ottomans.

Our 42 Denver spokeswomen favored a mix of old and new styles in the interior design of their dream house, as you will see in pictures on pages 61-69. Complete blueprints for this remarkable house are being made available to American Home readers; see coupon below. —Evan Frances

Layout of house (right) fits neatly into a square, with a near-circular traffic flow that begins and ends at the entry. Bedroom wing and landscaped entry court form a separate "L" that's set apart from living areas. Library/guest room (inset: below) is tucked under cathedral ceiling above dining and family rooms, reached by a stairway just inside family room. House has 11 rooms, including 3 bedrooms and 2½ baths, in a compact 2,200 square feet.

Check blueprints desired:

- Single set "House of the Year" blueprints @ $20.00 ea. $
- Triple set "House of the Year" blueprints @ $35.00 ea. $35.00 ea.
  Please add $1.00 post. & hdg.
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  Total enclosed $  

For information about additional blueprint houses, write to Home Designers, Inc., at address indicated, or call 303-936-8726.
Countertops of Corian® bring practical elegance to the kitchen. For all its beauty, "Corian" is also a hard worker. It withstands higher temperature than commonly used countertop materials. And because "Corian" is nonporous, even stubborn stains like beet juice can't soak in.

Vanity Top and Bowl, molded of "Corian" in one piece, adds a warm glow to the powder room. Because "Corian" is a solid material (not a coating or a laminate), a scratch or cigarette burn can be rubbed away with cleanser...or fine sandpaper...without harming the material or pattern.

In the Living Room, "Corian" provides practical elegance with this custom-made buffet top. Its classic look is compatible with any period of furniture. And its marble-like lustre stays beautiful without special care.

The Main Bath is made truly luxurious with a "Corian" vanity top and bowl. And note "Corian" used as accents in cabinet doors.

American Home readers asked for beauty plus easy care. That's why you find the practical elegance of DuPont CORIAN® so many places in the House of the Year.

Would you like "Corian" in your home? See your local "Corian" dealer listed under "Kitchens" or "Building Materials" in the Yellow Pages. Or write Du Pont Co., Room 24110, Wilmington, De. 19898.
Quality products distinguish our splendidly practical "House of the Year," pages 61-69


Now that I've lost 82 pounds, my husband needs an electric blanket.

By Janie Goff — as told to Ruth L. McCarthy

When I weighed 220 pounds, I was my husband's warmth in winter and his shade in summer. But now that I'm 138 pounds, Cecil says there'll be a lot of cold days ahead, even in our home town of Hattiesburg, Mississippi, if we don't get ourselves an electric blanket.

I weighed nearly 170 pounds when we married some 11 years ago. Cecil used to say then that I was pleasingly plump. But as I ate myself out of shape, he began saying I was unpleasantly fat. Only he would say it a lot of different ways.

Like once he joked about putting chalk marks around my middle to show where his embrace stopped. And I'll never forget the time I threw a pail of water out the back door. I was so top heavy that I went right with it into a tree. Cecil and his brother had to pull me upright and, I'll tell you, they never let me forget it.

Wonder what finally jolted me into losing weight? My brother showed a home movie, and I couldn't believe what I looked like, and mirrors sure don't tell you like a movie does. Right then, I made up my mind to get on the Ayds plan as soon as I could get to a drug store and buy a box of Ayds Reducing Plan Candy. Since Ayds contain vitamins and minerals, but no drugs, I didn't need to worry about getting jittery or nervous.

One other thing. I just concentrated on taking off 10 pounds at a time. That way it didn't seem so hopeless. And you know what? It worked. I took one or two vanilla caramel Ayds before meals and they helped curb my appetite. At the end of the first three weeks on the Ayds plan, I'd lost 10 pounds.

When I'd taken off 30 pounds, I found that I could wear a girdle on a hot day, eat, and not get indigestion. And when I'd finally lost 82 pounds on the Ayds plan, I threw the girdle away and haven't worn one since.

There's one last thing I want to say for anybody who's struggling to lose weight. You can't get in a hurry to take it off. If you do, you just wind up looking like you need to go to a convalescent home. But on the Ayds plan, you lose weight gradually, so your skin kind of takes care of itself. And you get healthier looking. Believe me, that Ayds plan has made me into an entirely different person. And I would not go back like I was before, for anything. Even though it means buying an electric blanket to keep Cecil warm.

**BEFORE AND AFTER MEASUREMENTS**

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We all take pride in our houseplants when they're healthy and attractive and remain that way. If one of them should droop and die, we feel we've somehow been negligent. In truth, however, many plant buffs are doomed to failure because they pick prima donna varieties whose survival depends on extra-special care and super growing conditions. So, to assuage your guilt if you're well-intentioned but unsuccessful—and to almost guarantee success—we've chosen 10 plants that never say die (well, hardly ever).

**Dieffenbachia amoena**

Requires light, but not direct sunlight. Water thoroughly, but do not let the soil dry out completely. If it begins to get long and straggly, cut off below leaf base and discard plant. This plant should be kept moist but not allowed to dry out. Under the right conditions—good sunlight and the proper moisture—it will produce spikes of white flowers that are typical of the mint family to which it belongs. Cuttings root easily in water to produce new plants.

**Plectranthus australis** (Swedish ivy), robust and fast-growing, will trail 4 to 6 feet without any difficulty. It prefers some direct sun, but can get along without it, if necessary. This plant should be kept moist, but will not die if allowed to dry out. Under the right conditions—good sunlight and the proper moisture—it will produce spikes of white flowers that are typical of the mint family to which it belongs. Cuttings root easily in water to produce new plants.

**Chlorophytum** (spider plant) likes good light and even moisture. Choose a specimen that has the bromeliad produces a darkest green: it's the healthiest flower spike bearing pinkish bracts that can last up to five months. Roots require infrequent watering, but the center well that's formed by leaves should always be full of water.

**Hoya carnosa** (wax plant) has handsome variegated leaves and produces waxlike, fragrant white blossoms with pink centers. Plant flowers better if kept cool and slightly dry during winter. Remove from direct summer sun.

**Aechmea fasciata**, a decorative bromeliad, produces a flower spike bearing pinkish bracts that can last up to five months. Roots require infrequent watering, but the center well that's formed by leaves should always be full of water.

**Cissus rhombifolia** (grape ivy) makes a great hanging plant because of its long, trailing growth. It prefers fairly good light and is virtually pest-proof. Perk it up by misting occasionally, but let dry out completely between waterings. Trim ends to prevent its getting too shaggy.

**Draecena marginata** (Malagasy dragon tree) is a tough and adaptable plant that is also uncommonly good looking. Given a chance—and placed in a big enough container—it will grow right up to your ceiling. (You can trim it to the height you prefer without damaging it or discouraging further growth, however.) This plant doesn't like too much water, isn't fussy about light (it needs very little), but does prefer a somewhat cool location. It's a good backdrop in a large grouping of plants.

**Draecena deremensis** is a sturdy plant that can grow 15 feet tall, with leaves up to 2 feet long. (Trim it to the height you prefer.) It thrives on very little light and enjoys soil on the dry side. This variety, warneckii, is the most decorative and widely grown.

**Sansevieria** (snake plant) will grow in light or without light and needs little water; it's one of the hardiest plants to own.

To order a fully illustrated houseplants guide, see special-order coupon, page 98.
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7 ways to get the most home insurance for your money

You may have owned your home for years, so you're an old pro on the subject of homeowners' insurance. Or maybe you're a new householder, and just to satisfy the bank's need to protect its loan, you've purchased the first policy you could afford. It doesn't matter which category you're in. For the most insurance protection for the least cost, here are some areas of coverage to look into—and look out for:

1. **Look into deductibles.** Most homeowners know that a policy with a deductible clause is less costly than one that covers every loss. So most people opt to pay for losses under $50 or $100 and thus keep premium payments down. But did you know that a $500 deductible can save you up to 25 percent in premium payments? You'll still have coverage in the event of a major loss, and if you're not claim-happy, you'll probably save money in the long run. Another point: Always keep records of losses you pay for out of pocket. If you itemize your taxes, uncompensated losses are deductible.

2. **Look into rate changes.** The cost of your homeowners' insurance is determined in part by how far your home is located from emergency equipment. So if the encroaching city brings a new fire station closer to home, check with your independent agent to see if this qualifies you for a different rating—and lower premiums.

3. **Look into special discounts.** Customers of some insurance companies in a few states (only Michigan, Minnesota and Connecticut, at present) are being offered 5 and 10 percent discounts for participation in Operation Identification. This is an anti-burglary program in which your possessions are labeled with identification numbers to deter thieves and provide easier recovery of stolen goods. Check to see if you can become eligible for this or any other money-saving discount.

4. **Look out for inflation.** Review your insurance periodically to make sure your coverage is staying abreast of the economy. Your home should be insured on the basis of current building materials and labor costs. Though you may have paid $25,000 for it in 1960, it could not be replaced for that amount today.

5. **Look out for less than 80 percent coverage.** According to the National Association of Insurance Agents, if your house is covered for 80 percent or more of its replacement cost and, say, one or two rooms are destroyed by fire, you're assured of being paid in full for your loss—up to the limits of your policy. If, due to inflation, the amount of insurance falls below 80 percent, you assume a portion of whatever loss you incur.

6. **Look into riders and floaters.** The contents of your home are usually insured for 50 percent of the coverage on your house. But if you keep expensive photographic equipment, valuable art or jewelry or other hard-to-replace possessions in your home, you should consider purchasing additional protection in the form of a rider. A rider is attached to the basic policy to provide full coverage on your valuables at a relatively small increase in your premium. If you plan to take these valuables with you when you travel, purchase a floater policy as well. This is separate from your basic homeowners' policy and can be purchased on a short-term basis. Further, it does not have the on-the-premises restrictions that a rider has.

7. **Look around.** Even if you've had a policy for 15 years, don't be afraid to shop around—particularly if the policy is up for renewal.

—Robin Snelson
A quartet of telltale signs signifies a sick cat. He may display one, several, or all of them: 1) coat—dull, uneven, dry; 2) eyes—runny, discharging, or presence of third lid; 3) actions—avoiding people, loss of appetite with excessive drinking; 4) temperature—deviating from normal or 101.5° F.

The cat who displays all four signs is in trouble. Chances are he's also vomiting and has diarrhea. The probability is that he has either feline enteritis or pneumonitis. Now it's too late for preventive vaccines, but not too late to dash for the vet.

Aside from those two diseases, many ailments can be treated at home.

**Fleas.** Cat fleas are bloodsuckers and cause tapeworms, heartworms, skin diseases, loss of weight. A dull coat and excessive scratching are sure signs of fleas. Cure by rubbing cat flea powder right down to the skin. Brush out after 20 minutes. Repeat 1 week later. Clean out his sleeping quarters; powder and replace bedding.

**Lice.** A cat infested with lice scratches more than a cat with fleas. Cure by applying cat lice powder to coat and rubbing it in. Brush out after 30 minutes. Repeat for 3 days, wait 10 days, repeat for 3 more days.

**Mites.** If you suspect that your cat has fleas or lice and can't find any, he probably has mites. They are the causes of mange, scabies and tumors. They are bloodsuckers. See your vet.

**Ticks.** They burrow into the skin and suck blood until bloated. Ticks spread a number of common diseases and weaken the cat. Remove by soaking a piece of cotton in rubbing alcohol; pinch cotton over tick for 1 minute. Use tweezers or fingers to pull out. Be sure you get the head.

**Worms.** Most kittens have worms, and so do most cats who haven't been dewormed since kittenhood. *Felis catus* can play host to roundworms, hookworms and tapeworms—or muscle, eye, heart and stomach worms. All weaken him; some cause disease. A skinny cat, nervous, with a pot belly and irregular eating habits is a sure carrier. There are home cures, but the trick is to know which type of worms to treat. Your vet will know.

**Ringworm.** This common skin disease is caused by a fungus, not a worm. It is highly contagious and can spread to all other animals, including man. It looks like a red oval on the skin. Bald spots result. Ringworm is easily cured at home, but under vet's instructions.

**Rickets.** The kitten who has trouble walking has rickets. That means his bones are soft and not developing properly; his diet is deficient. Supplement his meals with calcium and vitamin D foods or powders.

**Anemia.** The cat appears listless, doesn't eat, rests continually, may try to vomit. Anemia can be cured if caught in time; consult the vet.

You can tell when your pet needs a simple home remedy—or a quick trip to the vet.

**Diarrhea.** Spoiled food, change of diet, wrong diet and large chunks of food may cause diarrhea. By itself, it's nothing to worry about. A half-teaspoon of Kapectate usually does the trick. Repeat on second day if condition persists. (When successful, feed small meals for a couple of days.) Don't repeat on third day. Something else is wrong if he still has diarrhea.

**Hair balls.** This is one of the cat's penalties for keeping himself clean. Some of his coat hairs cling to his tongue and he swallows them. The hairs join in a ball. It causes constipation. Add a half teaspoon of mineral oil to his meals twice a week, and that will oil the hair balls for easy passage through his innards.

**Poisons.** Every minute counts when the cat swallows poison. You must force him to swallow a liquid that will make him vomit. It's a good idea to have hydrogen peroxide on hand. Mix it with equal amounts of water. The proper dosage is 1 teaspoonful for every 2 pounds of cat weight. (The cat should empty the poison within 3 minutes. Then phone your vet.) If you can't find hydrogen peroxide, use plain vinegar or lemon juice—1 tablespoon for 3 pounds of cat. Then phone your vet.

**Fits.** Worms, teething, fright and exhaustion are major causes of fits. Cats aren't often troubled, but kittens are. A mild fit, such as dashing about in panic, isn't cause for alarm. Symptoms of serious fits include frothing at the mouth, unconsciousness, a body so rigid the kitten falls, thrashing of legs, bumping into things, shrieks of pain. Mild or serious, don't go near the kitten until the fit has run its course. Then pick him up by the scruff of the neck so he can't bite you, put him in a dark place and keep him quiet. A couple of mild fits or one serious fit amount to trouble. Until you can get him to the vet, give him baby aspirin and provide fresh water, but no food.

**Rabies.** This is one of the oldest diseases known to man, but it's still fatal most of the time. It is usually transmitted through the bites of rabid dogs, skunks, foxes, rats and bats. It takes a couple of weeks for the infected cat to show any symptoms. Then he undergoes a complete change of personality, cries often in a hoarse voice and may try to hide or attack. And a rabid cat can infect you. Consult your vet and follow his advice. A vaccine immunizing a healthy cat against rabies is available.

**Handling an ailing cat.** A gentle kitten may turn into a wild animal when you try to give him something for his own good. Giving him medicine or a tablet is really a two-person job. Wrap the kitten in a towel so all four legs are immobile and his head is free. Now, if you're giving him a tablet, place your left hand over the cat's head, pull the head back until the nose is up and press on either side of the upper jaw. With other hand, pull lower jaw down, then pop tablet as far back over tongue as possible. Permit cat to close mouth. To give liquid medicine, tilt back his head. Where his lips join, press in on the upper lip and pull out on the lower until a pocket is formed. Pour the medicine in, a little at a time.

It will be a case of not one towel but many. On the day your cat tangles with a skunk. Remove the skunk odor with a warm-water bath. Use a liquid coconut oil-base soap. Work lather right down into skin. Rinse with clean, warm water. Rub dry. If it's any help, you will never have to go through the same process again. Not with the same cat. He has that much intelligence.
Why isn’t every canned dog food government inspected?

And why is Ken-L Ration the only leading one that is? Here’s important information about the foods your dog eats.

You may be surprised to learn that most dog foods are not government inspected. But the fact is, government inspection of dog foods is not mandatory.

Actually, it’s hard to get. Because to get government inspection, you’ve got to meet U.S. Department of Agriculture standards. That takes time and effort. So, no leading canned dog food does it. Except Ken-L Ration. Here’s what that means to you and your dog.

**Government inspection assures you of wholesome ingredients.**

The very same suppliers who provide your butcher with government-inspected beef for your table supply Ken-L Ration with meat by-products.

The grains we use to give your dog balanced nutrition are approved by government inspectors.

In fact, every ingredient we use in making Ken-L Ration canned dog food is U.S.D.A. approved. Finally, every step in preparation and canning must meet the most rigid standards of cleanliness and hygiene before we can earn the government seal.

Do higher standards mean higher prices? No!

The government seal is your priceless assurance of wholesomeness. Yet Ken-L Ration actually is lower priced than the other leading canned dog foods. About 30% lower. That means you can save about 20¢ a day feeding your dog Ken-L Ration, rather than Alpo, for example. And that adds up to about $70.00 a year.

And what you get is the nutritional formula that veterinarians overwhelmingly prefer.

**What vets say about Ken-L Ration nutrition.**

Ken-L Ration is a balanced blend of meat and grain ingredients. In a national survey of 500 veterinarians, balanced meat-and-grain formulas were preferred 3 to 1 over all-meat diets. Those expressing a brand preference chose Ken-L Ration 10 to 1 over all-meat Alpo.

U.S. Government Inspected Ken-L Ration. Doesn’t it deserve your inspection? And doesn’t your dog deserve its goodness?

**Ken-L Ration:**

The only leading canned dog food government inspected for wholesomeness.

America's Favorite Cigarette Break.

Benson & Hedges 100's.

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

Menthol or Regular
American homemakers help design our "House of the Year"

This Denver rustic contemporary has 11 rooms and a carload of conveniences, yet comprises only 2,200 square feet. Shown front and rear, it came off the drawing boards of Home Designers, Inc., was built by Koelbel & Co., landscaped by Gerald F. Kessler. We decorated it. But its real designers were 42 women, convened by AH and the Denver Home Builders Assn., who told us what a dream home should be.

Flooring, American Olean
Flooring, Armstrong intercom, NuTone, counter tops, "Corian"
Washbowl and surround, DuPont "Corian"
Seating group, Simmons
Draperies and curtains made from Celanese fibers, Decorator Industries, Inc.
Bath, Kohler
Washbowl, Crane with "Corian" surround
Bedspread made from Celanese fibers, Decorator Industries, Inc.
Lounge chair, La-Z-Boy, Zepel-treated
Bedspread made from Celanese fibers, Decorator Industries, Inc.
Bedspreads made from Arnel plush fibers, Blue Ridge-Winkler flooring, Congoleum

continued
A compact package superbly and neatly designed for you

By Evan Frances, A.I.D.

Denver homemakers wanted both elegance and practicality, which guided our choices of materials. Surfaces are hardy; upholstery fabrics, special-treated for stain resistance; wallpapers, wipable. Our “House of the Year” is basically one-story, but there’s also a library/guest room tucked above the dining room (see floor plan, opposite).

You enter the house through the front door, painted an unforgettable bright blue, outside and in. You stand on cool, dark ceramic tile that has the sleek look of polished leather. Plants beckon at every turn, for our inviting entry is at the very heart of the house. Immediately accessible (seen from left, above) are dining, family and living rooms. The latter features a game table and velvet upholstered swivel chairs. Hall (not shown) leads to separate bedroom wing—a request of our panel.
Man-made "stone" fireplace gives focus to family room. Carpeting is spillproof acrylic. Sofa at right opens to queen-size bed. Stairs lead up to library/guest room.

White walls and tiers of white sheer curtains create a setting for Mediterranean-style furnishings in dining room. Oriental-pattern rug exposes parquet floor.
A kitchen that has what every woman wants. Our "House of the Year" kitchen complex includes breakfast nook, laundry and powder room. The kitchen itself—designed around an island cooktop, with two wall ovens only one step away—is master-planned from top to bottom, with acoustical ceiling tile, diffused lighting from two recessed panels and vinyl flooring.
Cozy breakfast nook (right) has pedestal table with circular butcher-block top and white-painted cane-seat bentwood chairs. Sliding glass doors let in daylight and provide access to covered patio.

Kitchen (below) has satin-finished wood cabinets and close-to-indestructible marble-look counter tops. Above planning desk at far right is home base for intercom system (not shown).

Silvery graffiti-enlivened wallpaper in powder room (above) cues choice of towels in vivid orange, yellow, black and brown. Integrated washbowl and surround are super stain- and damage-resistant.
Rooms with versatility—for living, for entertaining

Our library/guest room (above) can be a quiet upstairs hideaway for relaxing and reading, or when the handsome modular furniture is rearranged, a retreat that sleeps three. The living room, with its dark ceiling beams and rich oak-veneer paneling (opposite), is designed as the natural gathering spot when you are having friends over.

Draperies and cafe curtains in brilliant orange create a magnificent window wall in living room (right) without shutting out light or view. Shades are white with stripes in complementary colors. Elongated sofa is in soft-textured velvet, side chair in resilient Naugahyde.
Elegant wall system in living room (right) is a plus for storing and serving. Stereo components, records, tapes, plus trays, linens and other party gear are neatly stowed behind doors or in drawers. And collectibles are given show-off status behind gold grillwork. We added "Corian" top to side-by-side chests to make an ideal surface for cocktails or buffet. Painting is by Denver artist Gabriella Denton.
Super comfort and convenience for everyone in your family

Working closely with Dale Miller and Dick Clark of Home Designers, Inc., we considered every feature asked for by our Denver women panelists. Among their requests incorporated into our "House of the Year": one bathroom divided into three separate parts for simultaneous use; carpeting on floors and ceramic tile on walls of bathrooms; decorative and privacy-producing window shades throughout; easy-to-maintain flooring in children's rooms; carpeting in the master bedroom plus an irresistibly comfortable chair. To find out more about the house, and how you can order blueprints, see page 46.

Girl's room (below) has charming tile-effect vinyl flooring. Country French-style furniture, in an add-on arrangement, can expand with a child's needs.

Master bath (left, top) features deep (steeping-bath) tub, bidet (not shown) and extra-big sink with special shampoo spray. Shower and tub in three-section bath (left, center) are part of one-piece Fiberglas unit that can be installed either before or after your house is built. Lavatory of three-section bath (left) has subtle recessed lighting.
Sumptuous master bedroom (above) has serenely Oriental touches. Damask bedspread coordinates with draperies, canopy and wall covering. Boy’s room (left) has two trundle beds to sleep three guests. Walls of Masonite (dark) and vinyl-coated wallpaper (pale)—and flooring of cork-effect cushioned vinyl—are enduring assets, as is scratch-resistant “Denim” vinyl on chest fronts.

Photographs by Maris/Semel
Complete list of "House of the Year" furnishings, building materials and sources, page 50
People today love the look of country things—of gingerbread houses and old barns, handmade from calico and gingham." That's how Norma Gatje Smith explains the nostalgic appeal of the collages she creates out of fabric scraps, rickrack, ribbon and glue. Each year at the St. Joseph, Mich., Art Association's big, one-day Art Fair, Norma's colorful collection is sure to sell out.

A former textile designer with a keen eye, Norma hit on her collage idea via a workbasket full of pretty fabric left over from sewing dresses for her daughter Diana, now 13. Her snip-and-glue technique is simple enough (she tells you how to do it on page 94), and the results are wonderfully charming and imaginative.

"I get plenty of inspiration right near home in St. Joseph," she says. When her husband, Norman, is away (he's a pilot), she and Diana and young Dan, age 10, often drive out into the rolling farmland to photograph appealing barns or houses, which Norma translates into fabric. (continued on page 94)
A Michigan fine artist uses fabric scraps, rickrack and imagination to create lovable country-style collages. Learn her method—and make your own.

"Amsterdam Canal Scene" (below) draws its inspiration from the year that Norma spent in the Netherlands, before she married, working as a designer for a textile company.

"Christmas Cottage (opposite) and "Gingerbread House" (above) use gingham and calicos and other small-print fabrics.

Sky in "Country Church" (above) is made of blue-and-white gingham, as are all the skies in Norma's "paintings."

A group of student artists pores over Norma's collages (right), displayed at the annual St. Joseph (Mich.) Art Fair. Norma's husband makes all the handsome frames for his wife's artwork.

"The Card Shoppe" (above) is themed around Christmas and Valentine's Day. Hearts, birds on tree and flowers in pots were all cut individually from scraps of printed fabric.
Mary Tyler Moore's needlepoint

The warm, glowing living room you see here reflects the very personal decorating statement of TV's Mary Tyler Moore. Mary succumbed to the needlepoint vogue a while ago, finding it a soothing and productive way to pass time on the set between scenes. Three years and 23 glorious needlepoint creations later, when Mary and her husband, Grant Tinker, had finished remodeling their home in Malibu, Calif., her appealing handiwork became the focus of their decorating. Working with interior designer John Hall, they picked their colors accordingly. Now, with flower-garden hues and greenery everywhere, the house carries out the look of Mary's unique needlepoint—fresh, bright and casual.

—Helene Brown

Background for needlepoint, the lush green sofa fabric beautifully offsets the flowery pillows and cushions in Mary's living room (below and opposite). She also helped devise Mondrianesque rug that repeats the vibrant tones.
Enjoy colonial charm in the spirit of ’76

Our approaching Bicentennial is reviving a love of fine furnishings that beautifully recapture the mood and superb craftsmanship of our colonial past. These selections, part of a 48-piece group that makes a November debut in stores, were inspired by 17th- and 18th-century originals from museums and private sources coast to coast. They are made of woods authentic to the early period. From Heritage Furniture, this new American Tour collection results in the kind of decorating that turns a dining room (opposite, above, and on our cover) into a gem of country charm.—Christine B. Roth
Perfect for a country room are oval pine gateleg table and stenciled oak Windsor chairs (above). Oak hutch is a scaled-down version of an antique original. Furniture in bedroom (right) is pine: Graceful Queen Anne-style highboy complements more primitive dowry chest, with hand-screened decorations. Chest top slides out to reveal shelf and divider, making it ideal as a bar/cocktail table, too. Bed's chair-back headboard is available in king, queen and double sizes; nightstand is one of 10 available smaller tables.
Great dishes from ground meats

Meat Loaf Romana

Baked Veal Rolls with Vegetables
When ground meat is mentioned, do you think only of hamburger?

If so, you've got another "think" coming. For you can buy meats of all kinds already ground, in your supermarket—including beef, veal, pork, lamb and turkey—or save money and grind them yourself at home. Then you can turn the results into superb creations to delight your family or the friends who drop over. Recipes for the five dishes pictured, plus more, each with menu ideas that add up to a meal, begin on page 82.
Combine flour, salt, 2 egg yolks, 1/4 cup milk, beer and butter or margarine in bowl. Stir until smooth. Do not overbeat. Let rest 1 hour. While batter rests, prepare Custard Sauce: Heat 2 cups milk to scalding in top of double boiler. Remove from heat. Beat 5 egg yolks and 1/2 cup sugar in bowl until thick and lemon-colored. Stir in hot milk slowly. Return mixture to top of double boiler. Cook over hot (not boiling) water, stirring constantly, until custard coats the spoon. Strain into a bowl. Stir in vanilla.

When ready to cook fritters, fold beaten egg whites into batter. Drain liquid from apples. Stir liquid into batter. Heat 3-inch depth of fat or oil to 375°F in deep, heavy skillet or saucepan. Dip apple slices, 1 at a time, into batter with fork or tongs. Let excess drip off. Fry fritters until brown on one side. Turn: brown second side. Remove from fat with fork or slotted spoon. Drain on paper towels. Arrange on serving plate. Serve with Custard Sauce or sprinkle with confectioners' sugar. Makes 6 to 8 servings.
Take a bottle of Salad Dressing

By Frances M. Crawford

You'll find many more uses for bottled dressing than just enlivening salads. It can add a delicious new dimension to appetizers, main dishes and accompaniments, as you'll find in recipes beginning on page 84.

Clockwise from right:
- Fish fillets achieve gourmet elegance when marinated in garlic-French dressing, a delectable stew of beef chunks, garbanzos and tomatoes takes on special taste with Italian dressing, red cabbage gets a tangy plus when laced with red wine-flavored dressing.
Win the noon-time race for lunch with the hot meal that's ready in minutes. Tender egg noodles in a thick chicken-y sauce. Kraft Noodle with Chicken Dinner. The good kind you cook up fresh.
Curried Lamb Hash


2 tablespoons butter or margarine
1 pound fresh or frozen chopped onion
1 clove garlic, crushed
1 pound ground lamb or 1 pound boneless lamb shoulder, ground
1 tablespoon curry powder
2 packages (7 or 8 ounces) chicken-flavored rice and vermicelli mix

Heat butter or margarine in large skillet over medium heat. Add onion and garlic; sauté 5 minutes. Add lamb; cook until lightly browned. Discard all but about 2 tablespoons fat from pan. Add curry and rice-vermicelli mix with its seasoning packet. Stir until well mixed. Stir in 2 cups water. Bring to boiling. Cover. Simmer over low heat until rice is tender and liquid is absorbed. Add more water if rice is not tender but mixture is dry. Sprinkle with parsley.

To round out this meal, we suggest bunte butter and green beans, broiled tomato halves, chutney and lemon-gelatin celery salad. An orange-laced cheesecake makes a sumptuous finale.

Deviled Salisbury Steaks


1 1/2 pounds ground chuck
2 tablespoons butter or margarine
1/2 cup cut-up green onions (1-inch pieces)
1/2 cup water
3 tablespoons brown sugar
2 tablespoons bottled steak sauce
1 tablespoon prepared mustard
1 teaspoon salt

Shape meat into 4 oval steaks. Heat butter in large skillet. Pour enough hot water into pan so level is halfway up side of steaks. Cook pork in water bath 2 hours. Remove dish carefully from oven. Pour off all juices from dish. Re-cover with foil. Place flat plate and heavy cans on top of meat to weight it down. Refrigerate until cold.

Before serving, run metal spatula around edge of dish. Lift meat from dish. If it sticks to bottom, heat in low oven until loosened. Scrape off sauce over top and around edge of dish. Sprinkle with remaining cheese. Bake 25 minutes or until bubbly. Let stand 10 minutes before serving. Sprinkle with chopped parsley, if desired.

To accompany this luncheon or supper entrée with warm, crusty bread and baked apple dumplings. This entrée may also be served as the first course of a dinner or, for a special party, an hors d’oeuvre on a tray with crackers and cold relishes.
Only one heavy-duty washer has a unique "up-and-down" agitator to gently clean your clothes from top to bottom.

When Frigidaire builds a heavy-duty washer, it's not just designed to clean your clothes. It's designed to pamper them.

Which is why we're the only ones who offer you a vertical-action Jet Cone Agitator. Instead of having your clothes going around in circles, it uses a unique up-and-down motion that does everything you expect a heavy-duty washer to do.

Except that it does it gently.

In fact, because Frigidaire is the only manufacturer with vertical agitation, only we can offer this kind of gentle action.

As for your permanent press and knit clothes, Frigidaire has an exclusive "cool down" process which minimizes the chance of wrinkling. So no matter what the fabric or finish, we have a setting to pamper it.

While this Custom Deluxe model lets you wash anything from one piece to an 18-pound load, both our washers and our dryers can handle a wide range of washday problems. And to make it easier for you to load and unload, the comparable dryers have the largest door opening in the industry.

What's more, the 12 pressurized jets that make up our exclusive Jet Circle Spray System get your clothes under water faster to start cleaning them faster.

When you look for a washer, you want the kind of gentle yet thorough cleaning action—from top to bottom—only our up-and-down agitator was designed to give.

So, by suggesting you see your Frigidaire dealer first, we're really suggesting you start at the top.

Frigidaire. Home Environment Division of General Motors.
Continental Turkey Pie
(pictured on page 77)
1/2 cup butter or margarine
1 1/2 pounds ground turkey, thawed if frozen, and shaped into 1-inch balls
1 large onion, thinly sliced
1/2 pound mushrooms, sliced
1/2 cup white wine
1/2 cup (10 ounces) condensed cream of mushroom soup
1 package (10 ounces) frozen peas
1 egg yolk
1 tablespoon water
1 package pie-crust mix for 2-crust pie
Heat oven to 425°. Beat yolk and water together in small bowl. Preheat oven to 350°. Combine beef, mushrooms and roasted pepper strips arranged over greens. Cooked frozen broccoli or green beans and bread sticks would complete this main course. A light dessert or fresh fruit would be an ideal finish.
Meat Loaf Romana
(pictured on page 76)
1/4 cup butter or margarine
1/4 cup minced onion
1/4 cup minced green pepper
1 clove of garlic, minced
1/4 cup all-purpose flour
1/2 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper
2 egg yolks
2 tablespoons diced pimiento
1 1/2 cups ground ham or 1/2 pound boneless cooked ham
6 egg whites
Beat egg whites in large bowl until stiff, but not dry. Stir about 1/2 cup whites into ham mixture to lighten it. Fold ham mixture into remaining whites gently. Turn mixture into ungreased 2-quart soufflé dish. Bake 45 to 50 minutes or until firm. Serve immediately along with wedges of crisp iceberg lettuce topped with bottled green goddess dressing and buttered hard rolls. Finish the light meal with doylead chocolate and mint ice cream parfaits.
Baked Veal Rolls with Vegetables
(pictured on page 76)
1/4 cup butter or margarine
1/4 cup finely chopped celery
1/4 cup minced green onions
1 1/2 cups packaged bread crumbs
1/2 teaspoon salt
2 eggs
2 tablespoons water
2 pounds ground veal or 2 pounds boneless veal shoulder, ground
1/2 pound carrots, pared and thinly sliced
1 package (10 ounces) frozen Brussels sprouts, partially thawed and each cut in half
1 can (10 1/4 ounces) condensed chicken broth
Melt 1/4 cup butter or margarine in saucepan over medium heat. Add celery and green onions. Sauté 2 minutes.
Remove from heat. Beat eggs and water in flat dish. Remove 2 tablespoons egg mixture; toss with crumbs. Divide veal into 6 portions. Shape each portion into a 4 1/2-inch-square patty. Place mound of crumbs in center of each patty. Press crumbs gently to make them cling together. Roll patty so crumbs are completely enclosed. Press ends of roll to seal. Repeat with remaining patties.
Place remaining crumbs on wax paper. Dip rolls in egg mixture; roll in crumbs to coat well. Heat remaining butter or margarine in large skillet over medium heat. Sauté rolls until golden on all sides, turning gently. Heat oven to 375°. Place rolls in 13x9x2-inch baking dish. Add carrots, sprouts and undiluted broth. Cover dish with aluminum foil. Bake 30 minutes or until vegetables are tender and sauce has thickened. Remove from heat. Beat eggs and water together in small bowl. Preheat oven to 350°. Place rolls in greased 2-quart soufflé dish. Bake 45 minutes or until golden brown. Cover dish with aluminum foil. Bake 15 minutes more. Lift rolls from pan over medium heat. Add onion, tomatos and undiluted soup. Bring to boiling. Stir in peas and turkey mixture. Remove from heat.
Heat oven to 425°. Beat yolk and water together in small bowl. Preheat oven to 350°. Combine beef, mushrooms and roasted pepper strips arranged over greens. Cooked frozen broccoli or green beans and bread sticks would complete this main course. A light dessert or fresh fruit would be an ideal finish.
Creole Soufflé
1/4 cup butter or margarine
1/4 cup minced onion
1/4 cup minced green pepper
1 clove of garlic, minced
1/4 cup all-purpose flour
1/2 cups milk
1/2 teaspoon salt
1/4 teaspoon pepper
2 egg yolks
2 tablespoons diced pimiento
1 1/2 cups ground ham or 1/2 pound boneless cooked ham
6 egg whites
Beat egg whites in large bowl until stiff, but not dry. Stir about 1/2 cup whites into ham mixture to lighten it. Fold ham mixture into remaining whites gently. Turn mixture into ungreased 2-quart soufflé dish. Bake 45 to 50 minutes or until firm. Serve immediately along with wedges of crisp iceberg lettuce topped with bottled green goddess dressing and buttered hard rolls. Finish the light meal with doylead chocolate and mint ice cream parfaits.
Salad Dressing
continued from page 80
Marinated Sliced Steak
1 1/2 pounds sirloin or top round steak, sliced 1/4 inch thick
1/2 cup minced fresh parsley
1/2 cup fresh or frozen chopped onion
1 cup (8 ounces) bottled red wine-flavored salad dressing
1/2 teaspoon salt
1/4 teaspoon garlic salt
1/4 teaspoon rubbed basil
1/4 teaspoon crumbled oregano
1/4 teaspoon freshly ground pepper
Layer meat strips and parsley in shallow bowl. Combine remaining ingredients in saucepan. Simmer 5 minutes to blend flavors. Cool; pour over meat. Cover; chill 24 hours. Arrange meat strips on serving platter. Spoon a little marinade over top. Serve as an appetizer with crisp crackers or melba toast, if desired.
YOUR PERSONALIZED COMPUTER DIET

By EILEEN DENVER MIMOSO

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

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

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

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

The Cadence diet, introduced just a few months ago, has been phenomenally successful so far. “I think it’s because it treats people like the individuals they are,” says the doctor. “Most reducing programs are the same for everybody. But you can’t prescribe the same diet for an active 6-foot 2-inch businessman and a 5-foot 1-inch secretary who sits all day.”

To get your own computerized diet, you supply a bit of preliminary information on coupon (below) and send it in, along with $14.95. (To participate, you cannot be pregnant and must be over 16.) In return, you receive a long, confidential questionnaire that covers your physical makeup, medical and dieting history, exercising and eating habits. The questionnaire includes a list of close to 200 foods. Next to each, you check off: “Like to eat often,” “Like to eat occasionally,” “Eat if I have to,” “Absolutely dislike or am allergic to.” The whole thing is much like the patient history you would give Dr. Faludi in an interview.

The diet booklet you receive begins with your case history. “Ideally,” she adds, “every overweight person should see a diet specialist, but that’s expensive and often impossible. The computerized diet is the next best thing. If you fill out the questionnaire honestly and follow the diet you will lose weight—safely, slowly and permanently.”

At the end of 21 days, you can simply repeat the plan or pay the cost of a new 21-day program based on what’s happened so far. On a follow-up questionnaire, you list your new weight and note any diet changes you might wish—more meat, maybe, or less tuna fish. This goes back into the computer and out comes a new program.

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

I am giving the following preliminary information about myself. Please send me your special questionnaire form described in the article. I understand that this entire program is completely guaranteed, and if I am not satisfied at any time during first three months, I simply return it for every cent back.

I enclose a check or m.o. for $14.95 plus 60c for mailing, payable to Cadence Computerized Diet, or charge my: (check one) Diners Club Master Charge* Carte Blanche Bank-
Americard American Express

Account No. ___________ Exp. Date ___________ 

Interbank No. ___________ (find above your name) 

Mr. ______ Miss ______

Address (Please print) ________________________________

City _____________________ State ___________ Zip Code ___________

FILL THIS IN NOW!

1. What is your sex? M ______ F ______

2. How long have you been overweight? _______ months.

3. How would you define your body frame? Big-boned ______ Medium ______ Small ______

4. How much weight did you lose? _______ lbs. Did you keep that weight off? ______


I am enclosing a check or m.o. for $14.95 plus 60c for mailing, payable to Cadence Computerized Diet, or charge my: (check one) Diners Club Master Charge* Carte Blanche Bank-
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City _____________________ State ___________ Zip Code ___________

FILL THIS IN NOW!

1. What is your sex? M ______ F ______

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3. How would you define your body frame? Big-boned ______ Medium ______ Small ______

4. How much weight did you lose? _______ lbs. Did you keep that weight off? ______


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Americard American Express

Account No. ___________ Exp. Date ___________ 

Interbank No. ___________ (find above your name) 

Mr. ______ Miss ______

Address (Please print) ________________________________

City _____________________ State ___________ Zip Code ___________
Tuna Macaroni Salad

1/2 pound (8 ounces) elbow or shell macaroni
1 cup (8 ounces) bottled green goddess salad dressing
1 cup sliced celery
1/2 cup diced green pepper
3 tablespoons minced onion
2 cans (61/2 to 7 ounces each) tuna, drained and flaked
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup plain yogurt
1/4 teaspoon salt
1/4 teaspoon pepper

1 package (8 ounces) bottled Caesar-style salad dressing
1 envelope unflavored gelatin
1/4 cup cold water
1/2 cup undiluted canned chicken broth
1 cup (8 ounces) bottled blue cheese salad dressing

Makes 6 servings. Each serving: 152 cal.; 1.5 gms. P.; 15.4 gms. F.; 1.7 gms. C.

1 can (101/4 ounces) frozen or canned chicken
1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon ground cardamom

Parmesan Spaghetti

1 package (8 ounces) spaghetti or fettuccini
2 tablespoons chopped green onions
8 to 10 raw mushrooms, minced
2 eggs, slightly beaten
1/4 cup bottled Caesar-style salad dressing


1/2 pounds boneless beef stew, cut in 1-inch cubes
1/4 cup flour
2 tablespoons pure vegetable oil
1 cup fresh or frozen chopped onion
2 stalks celery, minced


1 medium-size head red cabbage
1/2 cup bottled red wine-flavored salad dressing
1/2 cup water
2 apples, peeled and thinly sliced
1 teaspoon salt
1/4 teaspoon nutmeg

Tangy Red Cabbage

1 can (1 pound) garbanzos (chick-peas), drained
1 cup canned tomatoes with juice
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon oregano
1/4 teaspoon ground cloves
1/4 teaspoon pepper

Broiled Marinated Filets

2 pounds filet of sole or flounder
1/2 cup bottled garlic-flavored French dressing
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
2 tablespoons chopped green onion

Watercress
Arrange filets in shallow pan. Pour dressing over fish; sprinkle with salt and pepper. Marinate 1 to 2 hours. Place filets on broiler pan. Broil slowly, brushing often with salad-dressing marinade, until fish flakes easily and is lightly browned. Sprinkle with green onions; broil 1 to 2 minutes longer. Arrange filets on serving plate. Garnish with avocado slices and watercress.
GREENLAND STUDIOS
6774 Greenland Building, Miami, Florida 33059

Enclosed is check or m.o. for $________ for items checked.
If I am not thrilled, I may return within 10 days for complete refund:
Twin Size #14019 @ $8.99 plus $1.15 pstg. & handl.
Full Size #14020 @ $10.99 plus $1.25 pstg. & handl.

SAVE $2.30, $2.90 OR MORE! We will pay all postage on orders of 2 or more panels.

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*If using Master Charge, also indicate the four numbers above your name here ___________________

NY & Fla. res. please add appropriate sales tax.

A REMARKABLE 1-TIME DECORATING OFFER!

Made in India
HAND-LOOMED 'TREE OF LIFE' PANEL

TWIN SIZE 72" x 108"
Only $8.99

FULL SIZE,
A HUGE 90" x 108" only $10.99

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

Enhances Any Room—Dramatic With All Decor!
Looks like and feels like linen but is actually rugged, durable unbleached cotton with 1001 "decorator look" uses! 1 panel is a dramatic wall hanging. 2 create spectacular mural to cover huge wall area. Smashing as tablecloth, bedspread, curtains, slip covers, piano/chair throw. Easily made into stunning caftan, other apparel. Completely machine-washable, it is pre-shrunk and colorfast.

Limited Supplies—This Offer Will Not Be Repeated This Season!
We wish to emphasize—this is a very special 1-time only decorating offer. Only a limited number of panels are being made available at the unbelievably low prices shown above. When these are gone, no more! Don't miss this opportunity to enrich your home right now and give it a "beauty lift."
Marinated Beef


2 large carrots, pared and shredded (about 1 1/2 cups)
1 1/4 cups fresh or frozen chopped onion
1 clove of garlic, minced
2 large stalks celery, minced (about 1 cup)
1 cup (8 ounces) bottled garlic-flavored French dressing
1 cup dry red wine
2 tablespoons brown sugar
2 teaspoons salt
2 bay leaves
2 teaspoons whole pickling spice
3-pound top or bottom round roast
2 tablespoons pure vegetable oil
1 cup water
2 tablespoons lemon juice
6 gingersnaps (1/4 cup crushed)

Combine carrots, onion, garlic, celery and salad dressing in saucepan. Simmer 5 minutes, stirring often. Add wine, brown sugar, salt, bay leaves and pickling spice. Heat just to boiling; cool. Place roast in glass or ceramic bowl. Pour cooled marinade over meat, coating sides well. Cover bowl; refrigerate meat two days, turning roast often. Remove meat from marinade, reserving liquid. Brown roast slowly in oil in heavy Dutch oven. Discard any excess fat. Add reserved marinade, water and lemon juice. Simmer, covered, 2 1/2 to 3 hours or until meat is tender. Remove roast; keep warm. Skim cooking liquid; return to Dutch oven. Boil liquid until reduced to about 1/2 cup. Stir in crushed gingersnaps to thicken gravy. Spoon hot sauce over meat slices.

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.

ENJOY COLONIAL CHARM IN THE SPIRIT OF '76


TAKE A BOTTLE OF SALAD DRESSING

Page 80: Blue/green/red platter, red/green bowl, Castilian Plaza, N.Y.C.

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We're remodeling
Bargain booklets
for your cooking pleasure

Run out of menu ideas? Need a tasty new recipe to spark an everyday meal, or an economical dish for company dinner? Let today's crop of mini-books come to your rescue!

Mushrooms add glamour and richness to any meal, and the beautifully illustrated B in B Mushroom Cookbook shows why. This 25-page recipe booklet features salads, sauces and delicious vegetable dishes—a natural for mushrooms. There are also 24 modestly priced entrées plus make-ahead appetizers for easy entertaining. Send a B in B Mushrooms can label along with your name and address to B in B Mushroom Cookbook, Box 553, West Chester, Pa. 19380.

Protein is vital to your family’s health, and Protein Power, from the American Dairy Association, gives you 24 nutritious recipes—soups, salads, main dishes, desserts, coolers—that have it in abundance. Milk adds protein to the start of a meal with pale green Frankly Soup, to the entree with old southern-favorite Brunswick Stew, even to dessert with creamy Baked Custard. Send 25 cents to: Protein Power, American Dairy Association, 6300 North River Rd., Rosemont, Ill. 60018.

Sausage is inexpensive and delicious. It’s popular, too. There are more than 200 types made in this country alone, and we Americans consume about 3.5 billion pounds of it a year. Sausage Sampler, from Union Carbide’s Food Science Institute, explains all you need to know about this oldest of processed foods. The handsome little booklet gives you a quick sausage history, then a rundown of the six types of sausage (fresh, uncooked smoked, cooked, cooked smoked, dry/semi-dry, cooked-meat specialties), storage and cooking hints, nutrition tips and 16 pages of menu and recipe ideas. Send 25 cents in stamps or coin to: Dept. FRS, 6733 W. 65th St., Chicago, Ill. 60638.

Lamb is more than a chop or a roast. In Now—New Zealand Lamb as You Like It, it gets a new look in recipes such as Lamb Scallopine, Lamb Stroganoff Skillet or Lamb Cacciatore. There are directions for freezing and storing and cooking lamb, plus tips on nutrition and economy. It’s free from: New Zealand Lamb Information Center, 110 E. 59th St., New York, N.Y. 10022.

Liven up your next party with a little help from the Lipton Soup people. Their brochure, Party Perk-Up Recipes with Lipton, goes beyond their famous onion-soup/sour-cream dip to make Festive Cheese Balls, Meat ‘n Cheese Puffs, Appetizer Turnovers and new dips. All use Lipton Onion Soup Mix and Beef Flavor Mushroom Mix. For your free brochure, write to: Thomas J. Lipton, Inc., 800 Sylvan Ave., Englewood Cliffs, N.J. 07632.

For low-cost meals, a Rice Council booklet, Let Rice Slice the Price, has the answers—recipes that mix rice with money-savers like ground beef, canned luncheon meat or tuna, to give you flavorful meals for a family of six. Recipes are nutritionally sound as a main-dish protein serving. Write for a free copy to: Rice Council, P.O. Box 22802, Houston, Tex. 77027.

Bake sales are fun ways to make money, for everything from new school band uniforms to church and community fund drives. To help you bake your way to a bigger profit, the California Raisin Advisory Board has come out with a guide: Bake Sales Are for Raisin money. Besides telling you how to organize the sale, price and package the baked goods and sell them successfully, this clever little booklet has an appealing collection of raisin-filled recipes, from California Brown Bread to Raisin Kisses. Write for a free guide to: Bake Sale-AH, P.O. Box 5172, Fresno, Calif. 93755.

Time-saving meals can be yours—easily and deliciously—with the Clock-Watchers Cookbook. Minute Rice has collected 14 menus, along with a host of tempting entree recipes, in this 34-page booklet. It’s yours—just by sending one box top from any size Minute Rice, or any flavor Minute Rice Mix, to: Clock-Watchers, Box 3056, Kansas, I1. 60901.

If the thought of dieting interests you, but has never really stirred you into action—or you are one of the countless victims of an unsuccessful diet program—you might enjoy a new consumer guide called Dieting, Yogurt and Common Sense. The booklet, published by the makers of Dannon Yogurt, is a handy, 45-page, pocket-size catalog of the physical and emotional attitudes required for effective dieting. In simple, down-to-earth language, it describes the importance of maintaining, as well as losing or even gaining, weight. Also included are helpful charts for determining your own weight and daily calorie needs, plus two seven-day diet plans and a calorie guide. Send 25 cents, to: Dorothy R. Young Dannon Milk Products, 22-11 38th Ave., Long Island City, N.Y. 11101.

—Colleen E. Walsh
Yours to own or give—the versatile Bundt Pan

The Bundt Pan, an all-purpose food mold with a unique, traditional shape, will make a useful addition to your collection of kitchen wares—and an ideal gift for anyone with culinary flair.

This formed-aluminum tube pan, with its straight, fluted sides, can not only bake a beautiful cake, but also turn out a conversation-piece main dish, salad, bread or dessert to spark a party table. A 12-cup Teflon-lined Bundt Pan, in your choice of four colors (three are pictured above), is now available exclusively to American Home readers for $4.98, along with a cookbook containing more than 300 recipes. See coupon—plus sample recipes, including those for the three dishes shown—on page 93.

A tempting trio of Bundt Pan specialties, clockwise from top: soufflé with frozen-daiquiri tang; ham ring and pineapple slices; refreshing potato salad mold.

Irwin Horowitz
Kraft makes Chef’s Surprise meals like Macaroni Stew with a different taste. A taste that begins to blossom the moment you start blending.

Add the spiral macaroni, hearty Kraft beef stew seasonings, and mixed vegetables to 1 lb. of hamburger. It’s a mix you can’t help sampling.

In minutes you serve your family a lip-smacking meal with all the brawny beef taste of home cookin’.

Try all the Chef’s Surprise meals.

For people who want the taste of home cookin’ in a one-pan meal.

Kraft Chef’s Surprise.

The taste of home cookin’ in a one-pan meal.
Here are delightful Christmas decorations to make now and display for many a Yuletide to come. Choose patchwork or needlepoint kits or both—all are easily stitched.

In patchwork, the table topper or tree skirt is 45 inches in diameter; kit includes patches, lining, binding and embroidery floss to personalize cloth with family names. Wreath kit, in 14- or 16-inch size, is complete with bow, backing and pattern for stiffener (stuffing not included). Stocking kit, in 13- or 15-inch size, includes lining and backing.

In needlepoint, painted canvases simplify making our tree or Santa. Santa doll, 19 inches tall, is complete with bells, felt back (no stuffing). Tree, 17 inches tall and decorated in the round (as shown), comes with pattern for cardboard mounting cone.

**Patchwork ornaments**

Simply glue pretty patches on six assorted Styrofoam shapes as instructed. It's that easy! Kit also includes adhesive and ribbon for hanging ornaments.

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<td>Santa Claus needlepoint</td>
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<tr>
<td>561903</td>
<td>Christmas tree needlepoint</td>
</tr>
</tbody>
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4 delectable ways to use your Bundt Pan

**Frozen Daiquiri Soufflé**

(pictured)

An ideal dessert to end a company dinner.

- 8 eggs, separated
- 2 cups sugar
- ½ cup lime juice
- ½ cup lemon juice
- Grated peel of 2 lemons
- Grated peel of 2 limes
- Salt
- 2 tbsp. unflavored gelatin
- ½ cup rum
- 2 cups heavy cream
- Crushed pistachio nuts

Beat egg yolks until light and fluffy. Add 1 cup sugar gradually; beat until smooth and light in color. Blend in lime and lemon juice, grated peel and a pinch of salt. Stir over low heat until it thickens. Soak gelatin in rum and stir into hot custard until it is dissolved. Cool. Beat egg whites until foamy, add remaining 1 cup sugar gradually. Beat until stiff. Whip cream until stiff. Fold egg whites into custard; then fold in whipped cream. Pour into a 12-cup Bundt Pan and chill. Can be served refrigerated or frozen. To serve, may top with pistachio nuts. (To garnish soufflé as pictured, surround it with slivered lemon and lime peel.)

**Ham Ring**

(pictured)

- 2½ lbs. lean ground ham
- 1 lb. lean ground beef
- 1 cup soft bread crumbs
- 4 eggs
- ½ cup evaporated milk
- 1 tbsp. instant minced onion
- 2 tbsp. prepared mustard
- ¾ cup brown sugar
- 1 (1 lb.) can of pineapple slices (optional)

Combine ham, beef and bread crumbs. Beat eggs together with milk, onion, mustard and brown sugar. Pour over meat mixture and combine thoroughly. Grease a 12-cup Bundt Pan. Arrange pineapple slices in bottom of pan, if used. Press meat into pan. Bake at 350° for 1½ hours. Let stand 5-10 minutes. Turn out on serving plate. (Instead of putting pineapple in pan bottom, you may wish to garnish Ham Ring with the slices, as pictured.)

**Potato Salad**

(pictured)

- 2 envelopes unflavored gelatin
- 1 cup buttermilk
- 8 cups cubed, cooked potatoes
- 6 hard-cooked eggs, diced
- 2 cups chopped celery

For our readers, in time for holiday gift-giving and meal-planning, a 12-cup Bundt Pan® (right) plus special cookbook (a $7.48 value!) is just $4.98. Lined in classic white Teflon® from DuPont, the pan comes in Avocado, Harvest Gold, Cinnamon (not shown) and Tangerine Popsy.

**Berry-Cheese Mold**

- 2 (6 oz.) pkgs. lemon- or strawberry-flavored gelatin
- ½ cup sugar
- 4 cups boiling water
- 3 cups cold water
- 2 pts. strawberries, hulled and halved
- 2 (8 oz.) pkgs. cream cheese, softened
- 2 tsp. vanilla

Dissolve gelatin and sugar in boiling water. Add cold water. Chill 5 cups gelatin until thickened, leaving remaining gelatin at room temperature. Add strawberries to thickened gelatin; pour into a 12-cup Bundt Pan. Chill until set, but not firm. Beat cream cheese until smooth; gradually add reserved gelatin and vanilla, beating until well blended. Spoon over gelatin in pan. Chill overnight or until firm. Unmold.
Warmly appealing, calico collages are easy and great fun to do.

"Putting these collages together is a kind of group activity," Norma points out. "I pile up my fabrics and bits of rickrack on the kitchen table and before I can begin, our cat, Mimsy, comes over and nuzzles down in them—"I'm forever laundering cat hair out of calico. But she does like to watch." So do Diana and Dan. Sometimes, while Norma is busy "painting," they create their own smaller versions as Christmas or Valentine cards.

Norma has taught this card-making technique at local schools and has conducted a workshop on calico crafts at her church, where "students" turned Styrofoam eggs and strawberry baskets into decorative objects by covering them with fabric and rickrack.

Most of Norma's collages are made for the Art Association's annual fair, which features the work of 150 artists and craftsmen and attracts about 30,000 visitors. She and Diana arrange the collages around an old deacon's bench and settle down for a day of delighted reactions and questions: "Everyone wants to know how I make them," says Norma. "They're easy enough for anyone to do!" These tips from Norma will get you started:

"Build a scrap collection of gingham and small-print fabrics, rickrack, ribbon and bits of lace. When you've chosen your design, make a sketch of it on a large piece of mat board, just to see how it all fits. Then, using tracing paper, make two complete tracings of your sketch. With masking tape, hinge one tracing to the mat board so it can fold down to help position your fabric pieces; cut up the second tracing into patterns for the other shapes in your design. Put each pattern on your fabric and trace around it with pencil; cut out the pieces with good, sharp sewing scissors.

"Apply your large background pieces first; use a solution of one part water to three parts white, all-purpose glue, spread the glue on the board in a back-and-forth motion, using a wide brush. The glue should be smooth and slightly tacky—but not wet, or it will stain the fabric. Wipe off any excess glue with a piece of cloth. Now smooth your fabric piece in place, pressing out any bubbles. Put the design face down on a clean surface and place a few heavy books on it so the large background pieces dry flat, without warping. When the background dries, add other pieces of design. Apply glue directly from the tube to the back of each, pressing it down, wiping off the excess with a cloth and waiting until the glue is tacky before putting the piece in place. For thin details (as in "The Card Shoppe" on page 71), press a thin line of glue onto the background, then smoothly on pieces of embroidery thread. When design dries completely, surround it with matting, add glass and frame, and your collage is done.

"To make a collage card, fold heavy white paper to size. Using glue from the tube (it should be tacky, not wet—remove excess with a cloth), paste on your background fabric; smooth out. Apply glue to the backs of other scraps and smooth them onto the background. Trim design with rickrack, ribbon or bits of paper doilies or lace. Card-making is a perfect rainy-day occupation for kids. They can come up with ideas just by looking through a coloring book."

Try calico "painting" with your family. You may soon have the makings of your own art fair.

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[continued from page 70]
I turned an energy sieve into a snug, smooth-running house.

but I am absolutely convinced that by adding humidity to the heating air in a house—either by using an attachment to the furnace or a separate appliance—you'll feel comfortable at a lower temperature. How much lower depends on how much humidity you can maintain.

Most people feel a little chilly in a dry house heated to 68 degrees, but with humidity added, 68 is comfortable for almost everyone. Admittedly, energy is needed to add moisture to the air, but with windows closed, the air in your house is recirculating. And once a specified level of humidity is reached, the humidifier turns itself off. By maintaining a somewhat lower temperature because of a relatively high level of moisture, you will save energy. My present system has a humidifier. It's old and not working well—I'll put a new one in when I'm having the new furnace installed. This should cost me $250 to $300.

5. Turn down the thermostat. If my wife plans to be out for most of a winter day, she sets our thermostat down to 50 or 55. She does the same when we all take a weekend trip. Sure, it takes energy to reheat the house when we return, but never as much as we save.

What your furnace normally does is satisfy a particular thermostat setting—let's say it's 70 degrees. The furnace runs until the thermostat senses about 72 degrees and then kicks off. When the temperature settles down to about 68, the furnace kicks on again. In other words, your furnace is switching on and off, on and off, every half-hour or so, depending how cold the outdoor temperature is. It would be more efficient performing at full load for an extended period. So try letting the house cool in your absence; the heat level will be restored quickly—and economically—when you return. You don't want anything in your house to freeze; 45 degrees is about the lowest thermostat setting you should consider.

When cooling your house in the summer, the compressor of your air conditioner also works best under full load. As the load decreases, efficiency is reduced. Kicking on and off, on and off, to maintain a particular temperature puts wear and tear on your compressor.

6. Install zoned heating and cooling. Most houses have one thermostat, and usually it's located on an interior wall near the living or dining room. Yet in most houses—mine, certainly—the greatest number of heating hours is spent elsewhere. Just creating two zones in your house to separate living and sleeping areas will save energy.

I plan to have four zones in my house ($300 to $500). It's easy to do so, as the ductwork is set up that way: north, south, upstairs and downstairs. And why pour warm air into the sunny south side just to satisfy the heating needs of the shaded north side? I'll put automatic damper controls into the ductwork in my basement, but it's also possible to put dampers behind the outlet grilles. All these controls can be put on a time clock—there will be two time clocks in my house (about $30 each), one to control two thermostats.

Here's how my system will work. From, say, 11 p.m. until 7 a.m. nobody is downstairs in the living areas. And in the daytime, the reverse is true. Further, in the daytime the north side of the house needs more heat than the south side. With automatic controls, the dampers will respond to thermostats in the four zones; each thermostat will call for whatever temperature we have set, and "demand" that the duct deliver enough heat to satisfy the setting.

Now if that same thermostat is on a time clock, it will call for, say, 55 degrees at certain times of the day and 68 or 70 degrees at others. And there is a manual override, should our schedule change. Cooling, once again, is just the reverse. The warmer parts of our house can be programmed to receive more cool air than the shaded areas. And there's no reason why we would want to cool any part of the house we're not using.

Zoned heating and cooling offer flexibility as well as economy. I feel fortunate that my house divides so neatly—there are no bedrooms downstairs, for example. (Installation is more complicated in a split-level house, though certainly worthwhile in the long run.) When all the work on my house is completed, electricity usage should be down to 600 or 650 kilowatt-hours per month. Through lowered bills, I expect to recoup what I've spent on energy savers in six or seven years. Meanwhile, I've made an old house more comfortable for my family—and potentially more salable—without compromising its traditional charm.

The author is a partner in Flack & Kurtz, a Manhattan-based firm of consulting engineers.

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Make an old-time woodbox

Sturdy, traditional box is easy to build, holds enough logs for an evening’s burning.

Revive the centuries-old custom of storing fireplace logs in a woodbox. Make the box sides, ends and bottom of birch, maple, walnut, cherry or other hardwood that can withstand normal scuffing from racked logs. Box measures 14 inches deep, 12 inches high and 20 inches long; adjust length to fit whatever size logs you usually burn.

First, cut the sides and ends so they are squared-off perfectly (not beveled); then scallop the top edges with a power band saw or with hand tools. Join all four elements, using waterproof wood glue (clamping until dry) and wood screws with heads covered with dowels, or pinning them entirely with wood dowels (sometimes called tunnels).

Next, glue a support framework of four narrow strips around inside of box to hold the bottom in place. Reinforce glue with screws, if desired. Cut bottom to fit; place in box so it rests on support strips.

Add handles or drawer rings to the two ends for carrying. Apply eagle or other decal of early-American design to either side or to both. Finish box with three or more coats of varnish to show off handsome wood grain and provide protection.

—Don Shiner
REPRESENTATIVE'S RESPONSE

I certainly appreciate the editorial stand your magazine has taken on my proposal to establish low-interest loans to finance energy-saving improvements in home insulation and heating (July AH). The passage of the worst of the winter fuel shortage has diverted the attention of many from the crucial energy problems that lie ahead. I therefore find your support encouraging at this particular time.

William S. Cohen
U.S. House of Representatives
2nd District, Me.

COMPOTE IN QUESTION

In the upper left-hand corner of "Today's Best Boys in Antique Glass," (July AH) there is a photograph of an antique pressed glass compote about which nothing is mentioned.

I own such a compote, but have been unable to learn anything about it. Can you tell me what the pattern is called, the age of the piece, who produced it, its value and if it is listed in any of the antiques guides?

(Mrs.) Patricia Huff
Beebe
Pontiac, Ill.

We regret that we lacked sufficient space to describe the piece in the context of the article. According to our antiques expert, Marvin D. Schwartz, the compote is in the "Quatrefoil" pattern and dates from the 1880s. Its value is about $40.

The origin of the piece is impossible to pinpoint, as compotes like this one—in patterns that varied only slightly from one another—were produced by a number of glasshouses at that time. You'll find the compote described in The Complete Antiques Price List by Ralph and Terry Kovel (Crown, $3.95).

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- Around The Sewing Circle
- Crocheted Bean Bags
- Walnut Shell Babies
- Grape Bag in Repousse Crochet
- Nestling Corner
- Fun With Grapefruit
- Beautiful Tableting
- Danish Crown Crocheted Vest
- Animal Patterns
- Moss Rose & Buds Quilt Patterns
- Milk-O-Minute Crocheted Edgings
- Butterfly Daily
- Rose Trellis Afghan
- Bleach Bottle Bag
- Cupid Pillow Cover
- Oval Crocheted Bag
- Easy To Make Potholder Mitt
- Dinner Cake
- Embroidered Fawn
- Made in a Jiffy Kitchen Towel
- Afghan Stitch Poncho
- Child's Tricolor Sweater & Cap
- Sitting Stump with Daisy Chain
- Mittens in Minutes
- Child's Crocheted Eggshell Coat
- Two Tatting Borders
- A B C's of Needlepoint
- Eye Glasses Case
- Mermaid Pajama Bag
- Patchwork Cardigan
- Crocheted Black Pony
- "Lucky Star" Crocheted Tablecloth

**JUST A FEW OF THE MANY FEATURES IN PAST ISSUES —**

- Doll Talk
- Aunt Jane's Thrift Shop
- Snips and Snails
- Crochet Corner
- Needle Knacks
- Sewing Circle
- Dressmaking
- Fabric Fancies
- Fashion Crochet
- Weaving Yarn
- Paint Pot
- Picnic Cloth
- Knit Blazer
- Patterns of All Kinds
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- Poncho With A Patriotic Air
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- Picot Cape
- Crochet A Hat From Cape Paper Streamers
- Mystery Quilt
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- Mirror Cover
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**AMERICAN HOME MARKET PLACE**
Lynn Headley—Editor

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Dutchmill Wind Chimes is one of 600 new items in a fast-selling line. It's easy to take orders from friends, neighbors, club members. Write for salable samples on approval, free full color catalog, free name imprinted Christmas card album offer, sales plan, free gift offer. Hedenkamp, Dept. 352, 361 Broadway, New York, NY 10013.

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Yes, this pretty, lacy bracelet is scrumptiously crafted in solid copper. Delightfully delicate, feminine and flexible to circle any pretty wrist. ¾" wide! Magic curing powers? Who knows, but it surely is what the fashion doctor ordered! Great for gifting. $1.98; 2 for $3.50. Add 45¢ hdlg. Ferry House, Dept. AH10, Briarcliff Manor, NY 10510.

Corn skewers set
Get out the butter salt and pepper, and prepare for lush eating with these handsome stainless steel skewers to hold firmly all those yummy ears of corn! With lovely rosewood handles, the "pic-ups" are party-perfect as hors d'oeuvre forks, too! Set of 8, $2.95 plus 50¢ hdlg. Order from Holiday Gifts, Dept. 610-F, 4104 Brimfield Turnpike, Sturbridge, MA.01566.

Winchester buckle!
Guys or gals: Be the fastest fashion shouter with a Winchester buckle. An artist's handmade recreation in heavy brass-plated metal. A beauty! $5; 2, $9.50; 3 or more, $4.50 each. Leather belt, ¾" wide, black or brown, 24"-42", $5 each. Add 75¢ hdlg. No Nonsense Shop, Dept. 738, 808 White Bridge Rd., Briarcliff Manor, NY 10510.

The switch is on!
Kitchen switch, personalized with your name, makes no bones about whose domain it is! Hey— it may tend to keep eager fingers from sampling before mealtime! Adorned with handpainted, yummy designs on white plastic. Wipes clean. Single switch, $1.29. Double, $1.98. Add 45¢ hdlg. Country Gourmet, AO, 512 S. Fulton, Mt. Vernon, NY 10550.

The "Travel-Log"
If you're looking for a unique gift idea, we have a special offer for you. The Magic Focus mirror is the solution you've been waiting for! It's a compact mirror with a 4-inch diameter, designed to give you a distortion-free optic. The mirror is hand-ground by a noted eye doctor, ensuring the perfect reflection.

Ideal for use when applying eye makeup or without glasses, this mirror is perfect for those who need a little help with their vision. It's available in two sizes: Standard size (17.25 inches x 12 inches) holds 108 pieces, priced at $8.98. The jumbo size (17.25 inches x 12 inches) holds 120 pieces, priced at $9.98. Each order includes $9.50 postage and handling. With this purchase, you can enjoy the perfect mirror and support a cause that is making a difference.

One for $10.00, three for $2.50. Please add twenty-five cents for postage and handling. Send To:

ROBERTA'S
DEPARTMENT AN-2
P.O. BOX 650, SHELBURNE, INDIANA 46178

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

This marvelous Magic Focus mirror was developed by a noted eye doctor, for a woman who can't see what she is doing without her glasses, and can't do what she is seeing with glasses. The doctor hand-ground prescription lenses and silvered them to provide a distortion-free optically perfect mirror. It is now available in both compact form (as pictured) or on a stand with a flexible, adjustable "goose-neck" arm for hand-ground prescription lenses. It allows you to apply eye makeup without glasses, regardless of your prescription or need for bifocals. 24% diameter white and gold compact has mirror on one side—Magic Focus mirror on the other, $5.00 each; 2 for $9.50. Add $0.50 postage. Stand model has 4" diameter Magic Focus mirror; brass arm, white base and trim. Cost is $14.65 plus $1.00 postage. Try either one! The results will amaze you!

PARK HOUSE, H-10, Brillicer, NY, 10510

HOLIDAY HEADLINES

CHRISTMAS PHOTO LETTERS
Your friends and family will welcome your personal written (or typed) holiday message, framed with photos of your family, home and events of the year. A carefully chosen card stock, perfect for your choice of 38 Christmas letterheads, cards or French-fold styles. The colorful designs are yours, the message is yours, $10.00, with album, $15.00. Send $1.00 for kit and instructions to Christmas Letters, 200 Park St., Boulder, CA 9002.

With these deluxe "Ben Franklin" Half Frame Reading Glasses, you can easily switch between two prescription strengths.

Sandman special!

An edge on beauty
City or country cousins will adore these charming curtain with shiny crochet type edging. White or deep pink. Add $1.50 for shipping.

IF YOU WOULD LIKE TO FIND OUT HOW TO PLACE AN ADVERTISEMENT IN THE AMERICAN HOME MARKET PLACE, WRITE:

AMERICAN HOME MAGAZINE
DEPARTMENT MP
641 LEXINGTON AVENUE, N.Y., N.Y., 10022

BASEMENT TOILET
Flushes to existing sewer or septic tank by powerful, self-contained pump operated by normal water pressure. No digging up floors. Clog resistant, easily installed. Make basement into game room, family apartment with private bath. Increases the value of your home. Financing available. Dealer inquiries invited. Free catalog.

DOSS, DEPT. J-27, Box 1047, Houston, Texas 77018
Dept. 364, 72 Fifth Ave., New York, N.Y. 10010

THE GIFT UNUSUAL! INCENSE OF THE WEST

350 SCC
The charming scents of the West, INCENSE OF THE WEST, combines sandalwood, myrrh and frankincense, the scents of old west. CASE OF 12. 50c each, unboxed, with 2% cash discount. CASE OF 36. $1.00 each, with 5% cash discount. Write for catalog. MONTANA INCENSE CO., Box 301, Hillsboro, Montana 59523.

BUY SAVINGS BONDS
WI $157. DEP. 62. CARRAS. NEW MEXICO 02714

-350-
Introducing
The Do-It-Yourself Idea.
By Yield House.

Furniture that looks more
— but costs less

Don Quixote
Picasso captured the endearing pathos in this touching black and white lithograph on artist canvas. 20x26", $4.95 plus 95¢ hdlg. Also, stretched on wooden artist stretcher bars, $7.95 plus $1.95. Or, framed in ebony for $19.95 plus $1.95. Catalog with order; or, 50¢. Lambert Studios, Dept. AM14, 910 N. La Cienega Blvd., Los Angeles, CA 90069.

Design happy!
Incredible "700 Olde Time Needlecraft Designs & Patterns" includes 500 different quilt designs alone. A marvelous all-in-one collection to keep the most avid design seeker happy! Inspirational, decorative, designs, borders, edgings, initials and patterns. $1 a copy. House of White Birches, Inc., Box 337-CC, Seabrook, NH 03874.

Monkeypod flowers
Lovely floras of the Philippine Islands are beautifully hand-carved from the world famous Monkeypod wood into this distinguished wood floral centerpiece. The warmth of color and richness of grain create a truly delightful decoration. About 16" tall. $7.98 plus 95¢ hdlg. Harriet Carter, Dept. A-3014A, Plymouth Meeting, PA 19462.

Pierced earring case
Smart looking solid brass case has 8 velvet-type compartments in two sizes. And it comes with tongs to pick up your earrings! The size 23/4"x21/4"x1/2", makes this case ideal for travel and trips as well as everyday use. Engraved with 3 initials (specify). Case, $4.90. Order Bruce Bolind, Dept. AH10, Boulder, CO 80302.

Mmmm, make mints!
Make "professional" candy mints simply and very quickly by using these rubber candy molds. Ideal for holidays, weddings, any party, etc. Comes with free, easy no-cook recipes. Order daisy, bell, leaf, santa, rose, or star. $1.25 each mold; 3 for $2.85; 6 for $5.10. Free color catalog. Judy C. of California, Dept. 34A, Box 728, Lompoc, CA 93436.

Baby's first shoes?
Why not have them bronze-plated in solid metal as a forever memory! An ideal gift for parents or grandparents, too. $3.99 a pair. Also portrait stands (shown), TV lamps, bookends at big savings. Send no money. For details, money-saving certificate and postpaid mailer, write to the American Bronzing Co., Box 6504-K1, Bexley, OH 43209.

Fireside finery
It's so comfy and cozy by the fire, but it's an excellent idea to spark-protect your carpet or floor with an Eagle Flameproof Rug! Of heavy flameproof cotton duck, rug is black with a bright gold eagle. Handsome for foyer entrance, etc. as well Measures 22"x44", $5.98 plus 30¢ hdlg. Order from Holiday Gifts, Dept. 610-G, Wheatridge, CO 80033.

What's a Yield House Kit?
It's our exclusive-design furniture in easy to assemble & finish form.

Introducing the Do-It-Yourself Idea.
By Yield House.

Saving money always makes good sense
That's why we should get together. Because together we can make furniture for every room in your house. Furniture that will balance your decor without unbalancing your budget. Furniture that looks more. But costs less. Because you make it yourself.

1 Hammer, 1 Screwdriver, 1 Brush
They're the only tools you'll need to make a New Hampshire Hutch for your dining room, a classic Hunt Table for your living room, a Real Rollop Desk for your study, even a Complete Sewing Workshop that will make any room your private sewing room. You can make over 100 great-looking functional furniture designs with Yield House Furniture Kits.

Furniture in pre-cut & pre-sanded parts already ready for you to put together & finish just the way you want. With paint, stain, varnish. With a look & color that's personally yours! And with results that are so professional your friends probably won't believe you did it. All by yourself.

Of course, you'll save money.
Up to 50% in savings over furniture you could buy locally. Better values (and better designs) than most folks can find in their own hometowns. And along with the savings comes a nice feeling of pride. The pride & satisfaction of doing it yourself.

You Deserve the Best.
You'll find the best furniture in our Do-It-Yourself Catalog. Along with the best home decorating accessories & accents. Over 1000 superlative choices. In one complete source. Our Catalog, Your Catalog. Send for it Today!

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Huntington Sta., N.Y. 11746

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Over-the-lap Desk is great for eating, reading, working, hobby work, etc. Holds books, library, tilts, raises to 17'/2 in height—answers your angle needs. Roomy 11"x20" walnut finished top, golden finish on legs, clips, and book rest. Folds flat to store or carry. $13.95 plus $1.50 hdg. J. W. Holst, AH-10, 1005 E. Bay, East Tawas, MI 48730.

Great cover-up

Swimming pool cover is of tough polypropylene. Lightweight plastic mesh keeps trash, leaves out of your pool. With heavy duty brass grommets. Cover sizes: 20'x28', $36.90; 20'x36', $47.50; 22'x40', $52.50; 24'x44', $69.50; 24'x50', $79.50. Add $3 west of Miss. J. A. Cisell Co., Dept. J, Squankum-Yellowbrook Rd., Farmingdale, MI 07727.

"Bonnie" is the name


Colonial print curtains

Permanent press pretties on an ivory background can be used as tiers, with tie backs, or as draperies. In green, red, blue, brown, or gold. 84" wide a pair. 30" long. $6.50; 36"; $7; 45"; $8; 54"; $9; 63"; $10; 72"; $11; 81"; $12. $1.25 hdg. Valance, $3. Ties, $1. Spreads, too! Swatch booklet, 50c. Mather's, AH-10, 31 E. Main St., Westminster, MD 21157.
The "scarlet maple"
This magnificent red-leaved shade tree has been hailed by experts as the "2-in-1" tree because of its great beauty and speed of growth. Its leaves are a brilliant red in the autumn and it grows up to 30' over a 5-year period. 2 trees, $7.98; 4 for $12.98; 8 for $22.98. From the Nursery Barn, P.O. Box 712BA, McMinnville, TN 37110.

Silver-plating offer
If you're ready to toss out worn silver pieces, then you'll be very interested in this extraordinary silver-plating sale. You can have your own items replated at sale prices! Your worn antique heirlooms can be quadruple silver-plated. Work is guaranteed. For their free price list, write: Senti-Metal, AH10, 1919 Memory Lane, Columbus, OH 43209.

Talk about puzzles!
Here's a 6' crossword puzzle to keep the most avid word-nut happy for hours and hours! This brain teaser is a fold-out diagram with 1,972 definitions on geography, history, current events. Colorfully bound definition book includes incredible answer section. $2.95 plus 25¢ hdlg. From Hups Photoco., Toronto, Canada.

Victorian clothes rack
Stunning cast-iron rack sparks a friendly touch in hallway, bathroom, kitchen, or bedroom. Reproduced from the colorful Victorian era, it has 5 large swing-away arms with 3 hooks on each for hats, coats, towels, etc. Extends 7½” from wall. 14” wide. $3.98 plus 75¢ hdlg. From Holiday Gifts, 610-E, Wheat Ridge, CO 80303.

SUPER-SOFT SANDALS
"HEATHER" — Like walking on clouds! Made of supple glove leather with foam-cushioned insoles, 1 inch heels. Elasticsized back straps for perfect fit. Great with anything from shorts to ankle length skirts. In Black, White or Beige, $13.95. Sizes: 4 through 12, Narrow, Medium or Wide widths. No holl. $1.00 extra per pair, for sizes over 10. Add 75¢ postage for each pair ordered. Prompt refund if not delighted. Free catalog, SOFWEAR SHOES, Dept. N, 1717 Main, Houston, Texas 77002.

HOLIDAY GIFTS
Dept. 610-B, Wheat Ridge, Colorado 80033

CUSTOM PRINTED SHIRTS
The latest craze—you think of the slogan and we'll print it! Any slogan... for your team... club... candidate... your favorite hobby... or whatever. Up to 30 letters printed on these quality cotton sweatshirts or T-shirts. Machine washable, paint will not run or fade. Colors are powder blue or navy blue. Size S, M, L, XL. Specify size & color. Add $2.00 extra for printing on both sides. We ship in 48 hours.

Write for FREE catalog

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$2.98

2 for $5.75

The way professional pamper their plants. Cut flowers, seedlings! Fabulous for touch-up ironing or pressing, too!

A super-fine mist to allel foliage and flowers! You'll look better, grow better, this control! Solid brass.菊花, 10" h. $5.75 Send box post & hdlg. N.Y. res. add 25¢.

NEW WHITE LINES
Makes your whole bathroom look like brand new. This amazing discovery, a white chemical coating with special applicator reduces the white lines between wall tiles in minutes. It's fun to do and beautiful to behold the results, stays white with or without cleaning or scrubbing. One bottle covers 2 average size bathrooms. $3.75 & 89¢ mailing.

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

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CHARMING CALICO SETS
No-Iron old fashioned calico in your choice of red, gold, blue, brown or green background. Curtains are 70" wide per pr., with 50" pre-shirred ruffle. $19.95, $24.50, $29.95, $34.95, $39.95, $45.00, $52.95, $65.00, $72.95, $85.00, $109.95. Sizes, 3½, 4½, 5½ wide per sr. with extra pole pocket included. Use with our own fabric ties. Add $2.95 for each pair ordered. Prompt refund if not delighted. Curtain Booklet or actual fabric samples.

MATHER'S
31 E. Main St., A-19, Westanceland, Md. 21217

Lily's Garden
Create holiday magic with Christmas ornament kits

By Ann B. Bradley

These jewel-like Christmas ornaments are super-easy to make—just pin beads or sequins to Styrofoam forms. Kit instructions are so clear and simple even a child can join in the fun. We've put together a glowing collection for you, in sets as follows: three wreaths, 3 inches in diameter; three trimmed trees, 3½ inches high; Mr. and Mrs. Santa, 3½ inches tall; six satin-covered balls in assorted colors (red, blue, gold, white), 1½ inches in diameter. Kit for each set of ornaments is complete. Make them all—and add holiday sparkle to a centerpiece, a window or a mantel as well as to the tree.

Check items desired:

#61722 Christmas trees—set of 3 $3.49 ea. plus $.50 post. & hdig. $
#61723 Christmas wreaths—set of 3 $3.49 ea. plus $.50 post. & hdig. $
#70339 Mr. & Mrs. Sante—set of 2 $3.49 ea. plus $.50 post. & hdig. $
#70340 Mini satin balls ass’t. of 6 $3.49 ea. plus $.50 post. & hdig. $
#61900 Evergreen bouquet eggery—$5.99 ea. plus $.75 post. & hdig. $
#61014 Colorful catalog of other kits (50 each) Please add sales tax (N.Y. & Fl.) Total enclosed $

Print name ___________________________ 
Address _____________________________ 
City __________________ State __________ Zip ________

Christmas eggery. Inspired by Fabergé's jeweled eggs, our centerpiece-in-a-kit holds a pixie nestled in greenery. It's 5½ inches high complete with a shell and stand.
Magnavox stereo. When it’s not playing beautiful music, it’s still saying beautiful things about you.

Whichever magnificent Magnavox you select, it will speak eloquently our good taste. Even when it’s silent. Magnavox design artistry is always and distinct. This richly grained Campaign est, with its hand-rubbed finish, is tal. No mistaking its burnished tal accents. Or its rich, full sound. Authentic gnavox sound, from a solid-state stereo FM/AM tuner-amplifier, automatic record changer, 4-channel decoder, 8-track player and six speakers in an air-suspension system. Advanced electronics, in a cabinet of timeless elegance. Just what you’d expect from Magnavox, the people who make Mediterranean-styled drumtables, Venetian breakfronts, Spanish consoles and lots more.

In fact, more stereo console styles and finishes to fit your lifestyle than anyone else in the world. No wonder a leading consumer testing magazine recently rated a Magnavox stereo console “A, Recommended.”

Magnavox stereo. You can’t find a more beautiful way to express yourself. See and hear for yourself at your nearest Magnavox dealer.

What a difference living with a Magnavox.