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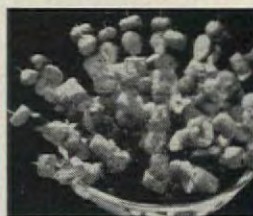


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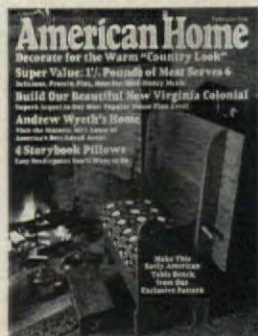
HOME PROJECTS



15 Heirloom Sampler Clock for You to Make and Treasure

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Cover Photograph by Larry Couzens

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our 18th- or 19th-century American Home clubs

If you are the proud owner of a house that is more than 75 years old, send us two or more **clear, black-and-white** photographs along with a brief letter outlining the history of your home and the work you've done on it. You'll receive, in return, a handsome certificate of membership in our 18th- or 19th-Century Club. If you are unsure of the age of your historic home, send the photos and letter and we'll try to date it for you. (But first, check the old-home guide in Know-How, pages 19-26.) Best photos and letters will appear in our new Century Clubs discovery column. Look for it!

Send to: *Building and Remodeling Editor*
American Home

641 Lexington Ave., New York, N.Y. 10022

Photos can't be returned; send only those you can spare.

Here's a completely illustrated guide to *hundreds* of indoor plants sure to turn everyone's thumb green!

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by Joan Compton

Full-color illustrations by Henry Barnett

NOW—grow happy, healthy plants according to their individual requirements for sun, light, humidity, and temperature.

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1. At the famous Saratoga races, Deborah Diane Voss excitedly lit up a cigarette when her prize gelding was coming down the backstretch.

2. Her horse won. She lost.



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Menthol: 17 mg. "tar," 1.1 mg. nicotine av.
per cigarette, FTC Report Mar. '74

Your stake in filing a consumer complaint

Find out how and
where to go about it
and get results.

If you become a victim of late delivery of merchandise, poor service, unavailability of advertised products or high-pressure or even fraudulent sales tactics, your anger is justified. But there's no justification for shrugging your shoulders and doing nothing. If you're angry, register your complaint. Look at it this way: Business wants to hear from the people who use the products and services they market. (Satisfied customers spread the good word and come back often, but an irate consumer never returns.) Government agencies want to hear from you, too. They are charged with checking the marketplace to insure enforcement of existing laws. Your tale of woe will add to the evidence, enabling the agency to carry out its enforcement powers.

First, complain informally. Talk to the merchant; give him another chance. He probably didn't *plan* to dry-clean your living room draperies out of existence. Listen to his side; offer a possible solution. Most hassles can be straightened out on this one-to-one basis. But if not, and a third party is needed, you must complain formally—and in writing. A letter provides your version of the story for the third party trying to assist. It's imperative not only for accuracy but also for documentation. Questionable trends and fraudulent practices can be pinpointed when your complaint tallies with others. Don't underestimate your influence.

Make sure you keep your letter simple and to the point. Stick to *who—what—when—how much—how often*.

- Who is the merchant?
- What is the problem?
- When did the problem occur?
- How much money is involved?
- How often and in what way have you attempted to solve the problem thus far? (Also, indicate what you want in the way of restitution.)

Literary style isn't important, but it is important to include such essentials as your name, address, phone number, and in the case of appliances the product brand, model, serial number, dealer's name and address. Include copies of any receipts, previous corre-

spondence or other evidence, such as an ad or warranty, to support your case. (The originals should always remain in your files.)

Most complaints involving goods and services can be sent to your local Better Business Bureau. With some 150 bureaus throughout the country, you're assured of being served by one in or reasonably near your community. The BBB brings disputing parties together, hopeful they can come to terms themselves. If they cannot, arbitration may be an alternative (see box, bottom).

The BBB is not the only agency that can receive complaints. Trade associations representing key industries are organized to uphold ethical standards.

Government agencies in and around your community may also be helpful in resolving disputes. (See chart, below.)

Be patient if you don't get instant satisfaction. Perseverance is often rewarded. And there are *preventive* measures you can take: Before making a purchase, ask your BBB for fact sheets on a particular product; check a merchant's reliability with local agencies; forget deals that offer something for nothing or seem too good to be true. If you do get a raw deal, don't just *take* it. Stand up for your rights. Constructive criticism can lead to constructive consumerism. —Julie Quincy Jones

Ms. Jones is president of Consumer Forum, Inc., of Buffalo, N.Y.

These complaint mechanisms...

Major Appliance Cons. Action Panel
20 N. Wacker Dr., Chicago, Ill. 60606

Furniture Ind. Consumer Action Panel
P.O. Box 951, High Point, N.C. 27261

Carpet & Rug Ind. Cons. Action Panel
P.O. Box 1568, Dalton, Ga. 30720

Consumer Product Safety Commission
Washington, D.C. 20207

Office of Consumer Affairs
U.S. Dept. of Health, Education & Welfare
Washington, D.C. 20201

Federal Trade Commission
Washington, D.C. 20580

Food & Drug Administration
U.S. Dept. of Health, Education & Welfare
Washington, D.C. 20201

U.S. Dept. of Agriculture
Consumer and Marketing Service
Washington, D.C. 20250

Interstate Commerce Commission
Washington, D.C. 20423

U.S. Postal Service
Chief Postal Inspector
Washington, D.C. 20260

Direct Mail Advertising Assn.
230 Park Ave., New York, N.Y. 10017

State Office of Attorney General
(check telephone book for listing)

State or County Bureau of Weights
(check telephone book for listing)

Inspection and Licensing Bureau
(check telephone book for listing)

handle complaints about...

Ranges, TV sets, all major appliances.

Furniture quality, utility, delivery.

Carpet/rug quality, service, delivery.

Dangerous design/use of all products.

Any consumer problem; referrals are then made to other federal agencies.

Deceptive advertising, fabric labeling.

Food, drugs, cosmetics where safety, purity, wholesomeness are in question.

Improper processing/labeling of meat, poultry and products made from them.

Interstate rail, bus, truck service.

Mail service, fraudulent or hazardous materials sent by mail.

Receipt of what you consider "junk" mail.

Sales and business frauds

Short weight of meat, other packaged products.

Improper plumbing/wiring contracting.



Settle that dispute through arbitration

Too often, consumers and merchants who can't resolve their differences finally give up on each other. Or they go to court. Such disputes usually can be settled out of court, yet in a legally binding way, through arbitration: Quarreling parties opt for a neutral "judge" who listens to both sides of a story, considers the evidence and reaches what he considers a fair decision. Signing a pre-agreement form insures that both parties will abide by the arbitrator's decision. The hearing is conducted in private, the time and place acceptable to each party. Expensive legal fees, adverse publicity and lost time from the job can thus be avoided.

An arbitration program is administered through many Better Business Bureaus across the country. Ask about it, if you have a consumer complaint that needs airing. And look for the emblem (above). It means that a businessman or agency is ready and willing to help you solve a consumer problem through arbitration. It's good for you and good for business.

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Best buys in commemorative antiques

February, a month when two major American patriots are honored, focuses interest in decorative objects with historical significance. You'll be amazed to see how many cups, plates, clocks, trays and bowls bear the images of such familiar figures as Washington or Lincoln, Franklin, Jackson or Theodore Roosevelt. Early examples often cost \$500 or more, so it makes good sense to look for objects made after 1800. Revolutionary War themes grow more and more popular as the Bicentennial approaches, and bargains become harder and harder to find. Shop carefully for reproductions; make sure you know which are early and which are late. Modern casting in molds—ceramic, metal, glass—is kept fairly simple, and details are minimal, often omitted. You can easily spot a 20th-century ceramic; if you look closely, you can see that the decoration has been applied photographically.

The bust of Washington above, which you could buy for \$80, is a 19th-century example in glazed earthenware. It's modeled after a bust first made in the 1790s, using a Washington likeness that was popular then. The earthenware is relatively heavy, compared with 20th-century reproductions.

\$35 is the price of this late 19th-century clock with gilded metal case. In its ornate detailing, the clock represents a revival of 18th-century French motifs. But its elegance is tempered by the two standing figures, whose stiffness rather typifies American clocks with patriotic themes. Here, a soldier and a sailor flank the clock face—an expression of American strength and solidarity to



otic themes. Here, a soldier and a sailor flank the clock face—an expression of American strength and solidarity to

bolster the national spirit at the time of the Spanish-American War. Similar clocks sometimes feature the likeness of Admiral George Dewey, a popular hero of that war, in place of the gilded American eagle.

\$40 buys this pressed-glass cup plate with the name and bust of Henry Clay in its center. Cup plates, which measure about three inches across, were designed to hold a cup after hot tea or coffee had been poured into a saucer to cool. Plates like this one, with statesmen and patriots as



their primary motif, were produced by American glasshouses in the 1830s. (Washington and Lafayette plates are in greater demand, thus more costly.) Pressed glass of that period was pressed in molds, with intricate patterns meant to hide its "bubble" flaws and other imperfections.

\$45 is what you would pay for this bottle commemorating the 1851 visit to the United States of Louis Kossuth, a Hungarian patriot and revolutionary. Kossuth's arrival was heralded by countless Americans, for whom he symbolized the struggle for liberty. This portrait bottle, one of a great many objects made to document his sojourn here, was a form



bottle-makers used to record important events. Prices vary according to a subject's popularity. Reproductions of the most popular subjects have been marketed widely in recent decades, so make sure you know if the piece you're buying is actually an original or a low-cost copy.

\$60 pays for this parian pitcher, made in England in 1856. It's an unusual example of its kind, for it has a dated mark. Parian pitchers are usually decorated with amusing sub-



jects, but this one has an American theme: two representations of George Washington, one as the warrior with sword in hand, the other as a kind humanitarian embracing an old woman (shown). Our pitcher is a late Empire design, the figures obviously made by a sculptor whose skills were somewhat limited, but whose work had the naive appeal of folk art.

\$90 is what it takes to buy this bust of Lincoln, cast in a powdered marble material that was widely used in the 19th century to mass-produce marble. Not marked in any way, this bust probably dates from



1860, for the image is thin and vital, more youthful than the later standard portrait. Also, this version is comparatively simple, not so fine as those made by the more traditional technique of cutting from solid marble or casting from bronze. The 1860s were a period of great interest in political heroes. In addition to "poor man's marble" busts of Lincoln and his Cabinet, for example, there were also parian portraits made here and in England.

\$150 is a fair price for this Staffordshire teapot, which celebrates the presidential candidacy of



William Henry Harrison, a military hero who made much of his humble origins. The decorations shown were the emblems of his campaign, in which he was portrayed as a man of the people. The pale nature of the transfer-print decoration on this teapot is characteristic of the 1840s, which explains the relatively high price tag. (Staffordshire wares of the early 1800s are commanding higher and higher prices.) Pre-1840 wares tend to be darker, later ones are rarely executed so neatly or delicately. —Marvin D. Schwartz



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MONEY BACK GUARANTEE

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WESTLIFE

Here's what's happening under the warm California sun

By Muriel Davidson

One of the most unusual and attractive shops in southern California is called Bead Game. Owner Joanna Orescan sells more than 4,000 types



of lovely beads from around the world — Italy, Hong Kong, Japan, Australia, Indonesia, Germany, Singapore. I thought

about all the great things I could do with them—aside from hanging them around my neck, that is. So I began by buying 100 colorful thread beads from India (for only \$6.90), and sewing them on a cloth-covered lampshade for our den. First, I sketched a simple linear pattern on the shade, then sewed on the beads, using a bead needle and nylon-Dacron thread, which is terrifically strong. The result is a gorgeous lampshade—a priceless original.

And can you imagine hanging your best pots in the kitchen from loops of leather trimmed with big beads from Mexico? Joanna has done it and it's a spectacular sight. Those beads cost \$3.50 a dozen.

Spend \$6 for 100 agates from India and you can decorate a dime-store picture frame with them, gluing each one on with a 69-cent-a-tube jeweler's glue.

I saw a tray made with glass tortoiseshell beads (100 for \$4): The beads were fixed with jeweler's glue to the bottom of a large, cardboard gift box. Over them had been poured plastic resin, which hardened. The cardboard bottom was then cut away to make a beautiful and indestructible tray.

Someday when I get the time, I'll buy scores of tiny beads and sew them all over a little stuffed squirrel or lamb, for a really different "needlepoint."

As Joanna says: "Think of *anything* you want or need that's unusual and beautiful, then get beads and let your creativity carry you away."

In these days of inflation, I wouldn't urge you to spend money on a catalog unless I thought it might start you on a great adventure. But that's just what Joanna's colorful catalog will do. You can get it by sending 50 cents to: Bead Game, 505 N. Fairfax Ave., Los Angeles, Calif. 90036.

When my friend Kay Hayes told me she had rugs in her drawers, I was sure I had misunderstood her. But she does: Kay had the ingenious, luxurious, money-saving notion of lining the bottom of her kitchen and bedroom drawers, cabinets, linen-closet shelves with the kind of thin, rubber-backed, skid-proof rugs you can find at cut-rate prices in dime stores, supermarkets, even large drugstores. And she did it all with one 9-by-12 carpet. "I had bought a cheap, pale-blue rug for the family room," Kay told me, "but it wasn't wearing very well underfoot. So I thought about how pretty that color would look in my linen closet and dresser drawers, and about how practical rug liners could be. I threw the rug

in the washing machine and dryer, then cut it up with ordinary shears."

Now Kay's knives, forks and spoons nestle soundlessly in their plastic, rug-lined dividers. She hasn't chipped a dish



in months. And her lingerie stays in neat piles instead of slipping around every time she opens a drawer.

So far I've done it in my kitchen and it's great. Why don't *you* try plushing up your own shelves and drawers?

If you've ever saved a nicely shaped wine bottle, shined your shoes or used masking tape, then



you've got the makings of a fabulous and remarkably expensive-looking "leather" vase. This creative idea is the brainchild of my good friend Anna Fimbres. You take your pretty wine bottle—or any kind of bottle, really—wash it, rinse and dry it well. Now take a roll of masking tape and, with your fingers, start tearing off little pieces of tape (the smaller the better) and slapping them on the bottle any whichway—

just so they overlap. When your bottle is completely covered with masking tape, get out your brown shoeshine paste wax. With the applicator, or with a clean, dry cloth, smear on the paste wax and let it dry. The final effect will be a "leather" bottle with a glowing, almost tortoiseshell look. If you want, you can spray the finished creation with lacquer, but you don't have to.

Into your most super-looking "leather" bottle, put brightly colored dried flowers, graceful eucalyptus leaves or anything you choose that doesn't require water. Don't just take my word for how great Anna's creation looks. Make one yourself as you watch TV. It'll make a fabulous gift, but you'll never want to give it away—not unless you make one for yourself, first.

In my October column I lamented that, while I could grow tulips out here by putting the bulbs in my refrigerator (to duplicate the winter frostbite condition necessary to make spring plants bloom), I couldn't figure out how to put a whole lilac bush in my refrigerator and still have room for food.

And so to Gertrude Peterson of Rockford, Ill., Katherine Peavy of Susanville, Calif., and all the rest of you wonderful people who wrote, telling me what I *could* do with my lilac, my heartfelt thanks. Ice cubes are the answer, you lilac-loving Westerners. During the winter months you dump them on soil around the trunks of your lilacs. Apparently this is enough to give you that required bite of frost. When spring arrives, you discontinue the ice bath

and watch beautiful lilac blossoms emerge, just as they do in the East.



Illustrations by Melanie Gains Arwin

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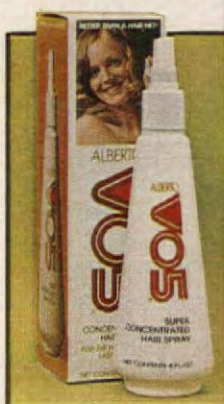
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You may have a champion purebred in the family



Walter Chandoha

Most purebred-dog owners like to think that their particular pet is the best ever, a real champion. But a dog show is the only way to prove it. And February brings the show that sets all owners' hearts to pounding: the prestigious Westminster Kennel Club Dog Show, in its 99th year. Held in New York, the show is limited to 3,000 dogs, each a champion or holder of at least one championship point. Because of tremendous media coverage, the Westminster is a mighty stimulant for dog owners. And wouldn't it be nice to have a champion in *your* family? It's not that hard to make your dreams come true.

First, reject these popular myths: A house pet really doesn't stand a chance; training and handling are difficult; judges are less honest than politicians; owner-handlers can't win over professionals.

In truth, there's nothing very complex about the makings of a champion. The trick is in knowing whether your purebred dog, male or female, has what it takes. You're well on your way if you can answer "yes" to four basic questions:

1. Does he belong to one of the 121 breeds recognized by the American Kennel Club?
2. Has he been *individually* registered with the A.K.C.? (About 75 percent of the eligible purebreds are not.)
3. Is he whole? (Meaning does he have all his parts, and are they in working order? A spayed bitch is not whole, nor is a male lacking one or both testicles in scrotum.)
4. Does he meet the general requirements of his breed standard (including coat and eyes, ears and tail, colors, size limits, overall conformation, etc.)?

Besides your four "yes" answers, you'll need three "no's":

1. Is your dog vicious or lame?
2. Is he totally blind or deaf?
3. Has his natural appearance been changed in any way other than that specified by his breed standard?

Now your dog is eligible to compete at A.K.C. licensed dog shows and perhaps become one of the 8,000 or so champions crowned each year. The closer he resembles the specifications in his breed standard, the better chance he has. And it helps if he's a show-off; egotism may be deplorable in people, but it's desirable in a show dog.

To compete in licensed shows, a dog must be over six months old, though at this tender age he doesn't stand much chance of winning more than a hasty look from a judge. A wise owner knows that a young pup's body is not developed enough to compete against adults. Also, a pup may not mature in the right proportions, and a fox terrier who grows up to be as long as a dachshund has about as much chance of winning a championship as a friendly moose. Exceptions to this rule are infrequent and are only in the toy breeds: Some of the little fellows mature at a very rapid rate and do win over adults. But it's best to wait until your dog is about a year old before entering him in *point shows* (licensed), and it's not too late at four or five years.

Just 7 easy answers will tell you if your pet has what it takes for dog shows. They're great fun—and he might win!

But dog-show experience is always a help—both for the young dog and for you. The best place to get it is at *match shows*, where dogs can win ribbons, trophies and attention, but not points. Pups as young as four months can be entered in match shows, which are smaller, more informal and more abundant than point shows, though conducted along the same lines.

The pup or adult dog is ready for his first match when he will trot reasonably well and stand at attention, and do both on lead. That's all the training a show dog really needs. At match shows the novice dog learns what he must do and accustoms himself to new sights and scents, to other dogs and to strange people; you polish your talent as a handler, harvest bushels of unsolicited advice and overcome the jitters that usually accompany public exposure. With a few match shows behind you, you're both ready for the big time of the point shows.

The United States will play host to about 1,400 point shows this year; each

will be staged under the rules and regulations provided by the A.K.C. Most will be one-day affairs, held indoors or outdoors every season of the year. Saturdays, Sundays and holidays (barring Christmas) are the traditional days. Shows vary in size between 500 to 4,000 dogs of both sexes. A male dog, by the way, is listed as a dog; a female, as a bitch. Handlers come in all ages, and women usually predominate; no one knows why, but brave men find handling a dog at a show a terrifying experience.

It is at point shows that a dog can pick up championship points. To become a champ, he'll need a minimum of 15. This total must include at least two majors (3, 4 or 5 points) won under different judges; the balance can be minor wins (1 or 2 points), but at least one win must be under a third judge. Thus a dog can travel either the short or the long road to his title. One can become a champion in a hurry by winning at only three shows, if each is a major worth 5 points; another can acquire 50 points and still be a non-champ—if he lacks a major win.

Any dog show is really an elimination contest, and all eliminations begin at the breed level, where the class dogs (the contending non-champs) compete against their peers. The number of dogs per sex and per breed determines the points up for grabs. This point system, set up by the A.K.C., varies from breed to breed and depends pretty much on popularity. It sounds complex, but at a given show the point schedule appears in the catalog, and dog lovers are never really confused by the system.

For a look at a trio of well-known breeds and the numbers required, here's what went into a 5-point major win at Westminster last year: German shepherds, 72 dogs, 72 bitches; Old English sheepdogs, 28 dogs, 27 bitches; Gordon setters, 8 dogs, 12 bitches.

When both sexes in a breed are present, the judge finds two class winners, known as Winners Dog (WD) and Winners Bitch (WB). These are the only two members of the breed to win points (anywhere from 1 to 5). Later, WD and WB meet for Best of Winners (BW), and sometimes one of them gains another point or two: BW takes home the highest number of points allotted. So if WD is worth 4 points (the maximum, let's say, in this case) and WB only 1, and WB becomes BW, her 1 point is canceled and she goes home with 4. WD doesn't mind; he keeps *his* 4.

Basically, that's the story of how show dogs win championship points—at the class level. It isn't as complicated as it sounds, and the elimination process is exciting to watch—especially if it turns out that you have a champion in your family! —Kurt Unkelbach



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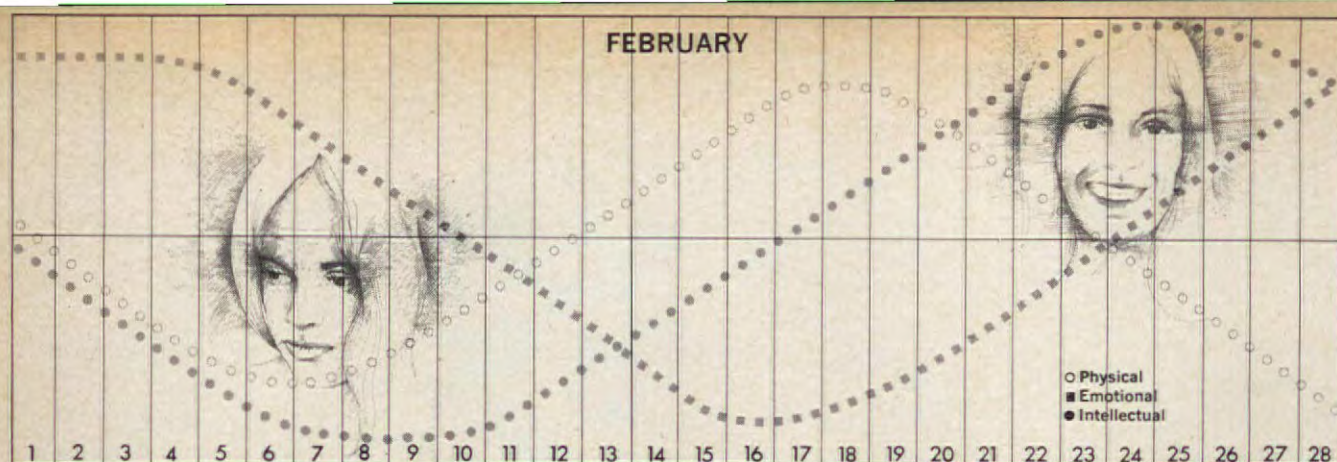
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Subject of this chart would experience physical and intellectual low period in beginning of month, then would switch into "high."

Chart the rhythms that make you what you are

We all have our ups and downs. Some days, we feel good, look great, handle everything with ease. At other times, we feel low, trip over things, let the kids get on our nerves. Why? Blame it on *biorhythm*, say some experts.

Biorhythm is a mathematically based theory linking our ups and downs to three inner rhythms that start the moment we are born: One is the 23-day physical cycle that comprises periods of well-being and fatigue. Another is the 28-day emotional cycle, comprising moods of elation and depression. The third is the 33-day intellectual cycle, corresponding to periods of creativity and dullness.

Biorhythmists say that these three inner pulses can be accurately charted, appearing as curves on a monthly grid (see one example, above). The cycles move at differing frequencies. Generally, however, when they are above the median line, our energies are moving great guns ahead; when they're below, we're moody, easily tired, not alert. Biorhythmists cite examples: Bobby Riggs lost that crucial tennis match to Billie Jean King on a day when his physical rhythm was in low, hers in high; Mark Spitz won all his medals during a week when both his physical

and emotional rhythms were in high.

But the days we should really keep in mind, claim the biorhythmists, are the "critical" days when our rhythm curves cross the median line either on the way up or when going down. As our bodies shift gears, we are highly unstable: Now is when we're most likely to fly off the handle, or fall off a ladder or simply sit down and cry. A critical day isn't dangerous in itself; it's when there is a high potential for problems.

An ingenious theory claims you can forecast your ups and downs.

How much can we believe in biorhythm? The theory has been around for almost a century, and various psychologists and doctors have documented it by experimentation and study with hundreds of subjects. In the past few years, it has begun to win a following among executives in firms and organizations who feel convinced it can help prevent on-the-job accidents. Two examples: The Tactical Air Command conducted an informal survey of 59 accidents resulting from pilot error; it

was found that in 13 of these cases the pilot had been on a critical day, in 40 others he had at least two cycles in low. R.K. Anderson Associates of Rutherford, N.J., safety consultants, recently studied 1,200 industry-related accidents and found that 90 percent of them had occurred on critical days for the victims.

These facts and others along with a full explanation and history of biorhythm, are detailed in *Is This Your Day?* (Crown, \$6.95), by George S. Thommen, who has spent years studying the theory and its relation to safety, creativity and man's understanding of himself. Thommen is the consultant for Time Pattern Research Institute, a firm that prepares biorhythm charts by computer. They'll do one for you, if you haven't the patience to work out your own (see box). Mail the coupon below plus \$5.95 for a six-month chart with explanations by Thommen.

What good does it do us to know our ups and downs in advance? For one thing, say biorhythmists, we can try to schedule important activities for our "good" days; for another, when we're down, we'll know *why*. Also, when critical days come along, we'll proceed with caution.

—Eileen Denver

American Home
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Birth date: _____ month _____ day _____ year _____

Here's how to chart your own biorhythm

First, let's assume you were born 32 years ago on November 16, 1942. Figure the number of days from your birth date to your *latest* birthday by multiplying your age by 365, then adding a day for every leap year. In our example:

365 x 32	11,680 days
leap years	+ 8 days
total	11,688 days

Next, count the days between your birthday and today, including the birthday. If today is February 1, you have lived 32 years, 78 days—11,766 days.

On graph paper, chart the month of February by writing the 28 days across the bottom, as shown above. Now you must figure out where your cycles fall today: Divide 11,766 by the lengths of the three cycles—23, 28 and 33 days. You'll find that you've lived through 511 physical cycles, plus 13 days of the next one; 420 emotional cycles, plus 6 days; 356 intellectual cycles, plus 18 days. Draw them on your February chart (the example is shown above); plot their curves for the months ahead, too. Simply remember that each cycle starts at the median line, goes up, down and back up to the median within its appointed 23, 28 or 33 days.

Illustration by James Santiago

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First shown in American Home 14 years ago, this sampler clock, first of its kind, proved so popular with our readers that we feel it merits repeating.

Our charming sampler clock, its face of cross-stitch embroidery and appliqué on fine linen, is an heirloom in the making that you'll cherish always. And it's an excellent timepiece—whether you stand it on the mantel or hang it on the wall. Kit includes design stamped on 100 percent linen, embroidery floss plus appliqués for dark-blue background panel and fruit bowl, Westclox battery

movement, old-fashioned clock hands, mounting board, glue, hardware as well as diagrams and easy-to-follow instructions—everything you need to put this beautiful clock together in working order except glass cover and battery. Wood parts come pre-cut, pre-drilled, sanded, ready for you to paint or stain (front door frame is pre-assembled). The finished size is 17 by 13 by 3 inches.

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Ask us about your antiques

Q I believe our mantel clock, which is very heavy, is made of iron and pewter. Its face is porcelain and features the letter "A." Can you tell me more about it?

J.W.—La Junta, Colo.

A The design of the case is Renaissance Revival, a style that was fashionable from the 1860s to the beginning of the 1900s. Its iron content



suggests that yours is a late example, made after 1890, and very likely a product of the Connecticut clockmakers who supplied inexpensive clocks to retailers all over the country. Similar clocks can be found in Sears, Roebuck catalogs of around 1900. The "A" doesn't tell us much, but you may be able to find out more about the clockmaker by looking inside. Sometimes the works have an identifying mark.

Q We purchased this buffet recently and have not been able to date it. It is solid oak, with what I believe is called an "ebonized" finish. The teardrop pulls are iron. Can you tell us how old the piece is?

M.W.—Friona, Tex.

A The style of your buffet or cupboard is based on a 16th-century English Tudor design, but it has modifications that suggest a more recent vintage. The original design had simpler legs and more drawers; it was also heavier in proportion. Your piece is



very likely an adaptation made in the 1920s, when Tudor dining rooms were fashionable in the Tudor-style homes then being built in suburbs throughout the country.

Q This converted oil lamp has been in our possession for years. Can you tell me something of its origin and age? On the bottom is the word "Germany."

G.G.—Denver, Colo.

A Pedestal oil lamps like the one pictured were made as early as the 1820s and at least as late as the 1930s. The porcelain base on your example is in a Rococo Revival style, which narrows down the dating possibilities: Rococo Revival was in fashion first in the 1850s, then in the 1880s, and again right after the turn of the century. The slickness of your pedestal lamp's design and the realistic character of the roses on it suggest that it was made in the early 1900s. This supposition is confirmed by the word "Germany," since the law requiring the mark of the country of origin was not introduced until 1891.



Q I have owned this plate for at least 25 years. On the back are the words "Ivanhoe" and "Wedgwood." The inscription on the front of the plate reads: "Rebecca gives a purse of money to Gurth." I didn't know that Wedgwood made plates like this; do you know anything more about it?

M.R.—Omaha, Neb.

A Although Wedgwood is best known for its 18th-century blue-and-white jasperware, many other designs came out of their old factory,



Etruria, in Staffordshire, England. Your Ivanhoe plate was one of them. As you might imagine, the source of its name is the Walter Scott novel. At the beginning of this century, there were numerous artists who illustrated popular novels. These illustrations were picked up by English and American manufacturers, who decorated pottery and porcelain with them.

Q We are refinishing this old chair. It is of solid oak, and under the seat is a stamp: "H—wood Bros. Mfg. Co." Can you tell us how old the chair is, and more about the factory that made it?

S.T.—Manito, Ill.

A Your chair was made by Heywood Bros. Manufacturing Co. of Gardner, Mass. Heywood was one of the foremost popular-priced furniture makers in the Victorian era. They produced sturdy variations on the Windsor designs that had been an important form in the 18th century. Your variation was introduced in the 1860s and made for some time after that.



Q This glass vase, one of a pair, has been in our family for a century. The inside is pale blue; the outside is shaded from deep blue to white. The fluted edge and stems are clear amber glass. The leaves are amber with green and red; the blossoms, pink and white. We've never seen it mentioned in books that we've consulted on antique glass. Do you know when and where it was made?

H.M.—Wolcott, N.Y.

A Your vase is a spectacular example of art glass. It is very likely a product of the 1860s, made at one of the important English glasshouses such as Stevens and Williams. Although some connoisseurs believe this kind of glass was also made in America, no documented pieces are known. One word of caution, however: There are several Italian glasshouses operating today that produce glassware of a similar design, but the quality of their work is lower.



To learn the real story behind a family treasure, send letters and **clear black-and-white** photos to: Ask Us About Your Antiques, *American Home*, 641 Lexington Ave., New York, N.Y. 10022. Include descriptions, plus details photos don't show. Questions of general interest will be published. We're unable to return photos or send personal replies.—**Marvin D. Schwartz.**

Handy crevice tools for paint stripping

Stripping paint from old woodwork can be tedious, especially if the detailing is ornate. But there is a technique that simplifies the job.

An old-house dweller who has stripped a lot of ornate woodwork lately passes along this information:

The time-consuming and frustrating part about stripping woodwork is coping with all those complex moldings that a carpenter lovingly made when the

house was built—and which someone subsequently gleefully filled with gallons of "boardinghouse-green" paint. To dig

this gunk out after paint remover has done the preliminary work, try using a *nutpick* (to dig into irregular spaces) and an old *screwdriver* (to scoop out long grooves). Put on the paint remover and let stand about 15 minutes. Then, after digging out the goo with the appropriate tool, finish up with steel wool and a solvent wash—either water or denatured alcohol.



Replacing registers with outlets

Electricians may tell you not to consider installing electrical outlets on brick walls because of the difficulty in running wire. But most common walls in city row houses contain an old hot-air duct, so it's relatively easy to install an outlet where the register used to be. And you may want to convert every old register on that duct to a convenience outlet.

Here are the steps that you or the electrician would follow:

1. Rip off the register grill. If screws are rusted tight, try using some gentle persuasion with a crowbar.
2. Chip plaster off the wall so that at least 2 inches of brick around the opening are exposed.
3. Drop a weighted string down through the duct and pull wire up from the cellar. Standard circuit connections are made at the cellar box.
4. Cut a piece of 1/2-inch plasterboard or rock lath so that it covers the exposed brick area.
5. Cut a hole in the plasterboard to hold an electrical box. Secure box to plasterboard with clips then connect the wire.
6. Secure plasterboard to wall with

masonry nails driven into the mortar.

7. Plaster over surface of plasterboard or lath to bring surface up to level of rest of the wall.

Avoiding bare-brick mistakes

Think twice before you strip any walls to recreate the rustic charm of exposed brick. After all, not every house was designed this way.

Bare bricks can be a mistake.

First, plaster was integral to the original design of a house. Don't rush to make basic alterations that destroy the house's original character and flavor. Many people seem to think making a house look old means making it look primitive; whereas old-time craftsmen went to great pains to give their work a finished look. Even the old hand-hewn beams that are shown off so proudly in Colonial houses were originally encased in smooth boards.

Another important argument against the bare-brick look is that plaster on an outside wall is an excellent thermal insulator. A stripped masonry wall is surprisingly porous, and with only three courses of brick between you and the winter winds, you'll be spending a chilly winter. So pause before taking hammer and chisel into your hands.



Italianate 1845-1885

Characteristic details: asymmetrically arranged shapes and lines; flat or low-pitched roofs, extended eaves, deep cornices with ornate brackets; slender windows, some with rounded heads; square-pillared porches, semicircular arches; tall square tower or cupola. Balconies are set on ornate brackets. Design resembles an Italian country villa.



Mansard 1855-1885

Characteristic details: highly distinctive roof line. Extra living space on top floor is gained by bending out the slope of the roof. The Mansard roof is pierced by dormer windows in a dazzling array—rectangular, pointed, gabled, round, double rows; often ornamental with pediments, console buttresses. The style is also called Second Empire.

How to match bricks and mortar

You may have to create new brickwork that is—hopefully—indistinguishable from the original.

There are three things to watch out for if you want to match new bricks

and mortar to your old brickwork:

1. New bricks must be selected to match the originals in size, texture and color.

2. New mortar must match the old in both color and texture.

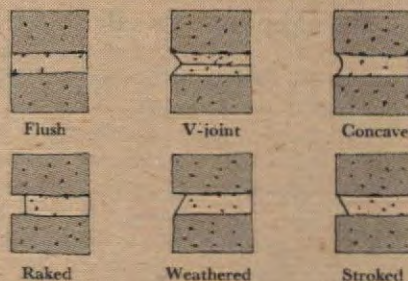
3. New mortar joints must be shaped the same as the old.

Many old houses were built with sand-lime mortars. These can be closely matched with a mortar consisting of one part Portland cement, two parts lime and nine parts sand.

If you're doubtful about matching

the mortar color, the safest thing to do is to mix up a small test batch, apply it to a brick and see what it looks like after it has dried. In general, increasing the amount of Portland cement will make the mortar darker; adding lime makes it whiter. For added color flexibility, you can also get white Portland cement: silica or flint sands can be obtained in shades ranging from off-white to light brown.

SHAPES OF MORTAR JOINTS



The shapes of mortar joints have a surprising effect on the appearance of a wall because they determine the depth of the shadow line between the bricks. You may have to experiment with your pointing trowel, tuck pointer or joint tool until you are able to recreate the original shape of a joint. Masons once hewed to six basic shapes (above).

If you're being denied cozy evenings around a roaring fire because your fireplace works improperly, try one of these ways to reduce firebox size:

1. Add a metal hood to the front.
2. Add a layer of firebrick to the sides and/or the back.
3. Build up the hearth with firebrick.

Where to find colonial paint colors

Ready-mixed paints were **unknown** to the 18th-century artisan. Raw materials were limited, and the task of custom-mixing the finished product was time-consuming. To the advantage of the customer, a craftsman made and tinted the paint in the environment in which it was to be applied.

Most interior colors were based on white lead dispersed in linseed oil. The paint was then tinted with colors that included earth pigments, ultramarine blue, Prussian blue, vermilion and natural dyestuffs.

Today, these glowing colors are being reproduced in high-quality, modern paints by many companies.

You'll find a wide variety to choose from any well-stocked paint store.

The Turco Paint and Varnish Company, exclusive licensees for paint at Old Sturbridge Village, Mass., reproduce paint colors for interiors and exteriors, taken right from Sturbridge Village houses. The Independence Park Collection, with elegant shades like Powell House Green or Congress Hall Red, are authenticated by the National Park Service. Turco will provide sample paint chips, historical information and literature on their stains and waxes. Send 25 cents to: The Turco Paint and Varnish Co., 212-220 Race St., Philadelphia, Pa. 19106.



Queen Anne 1875-1900

Characteristic details: picturesque, asymmetrical massing of shapes and textures. Gables, dormers, turrets and oriel windows are common, as are delicate spindlework and horizontal bands on porches. Brick chimneys are fluted, with large caps. Terra-cotta is used with brick; clapboards and shingles mate with smooth wood boards.



Carpenter Gothic 1870-1910

Characteristic details: sawn-wood ornament (or "gingerbread") on gable peaks, verge boards, porches, even porch railings and aprons. Porch posts and cornices have sawn brackets. Designs may be wood cutouts or appliques. The use of ornament depends more on the carpenter-builder's whim than on any architectural style.

Preserving antique wallpaper

While restoring your home, you may uncover a sample of the old wallpaper. Lucky you! You can have it reproduced and paper a whole room with it. The first step is to remove it—carefully—keeping in mind its historic value.

In 19th-century houses various types of wallpapers and borders were used in combination within the same room. Border papers are found around doors, windows and mantels and at chair-rail, baseboard and frieze levels. On ceilings there may be ornamental centers as well as wallpaper corners and borders.

If you plan to have reproductions made, record what you find. Fragments in color should be photographed before you try to remove them because they might fade somewhat during removal.

As can be imagined, removal may vary from the pleasantly simple to the tedious. (The latter may account for the fragment being covered over in the first place.) Not too infrequently, old paper will come off with a little gentle sliding of a spatula, because the old glue will have dried out and lost its adhesive qualities. At the other extreme are papers that are glued tightly to un-

finished boards. Attempts to pry the papers loose will destroy them, so one obvious solution is to remove the board and save the whole thing.

An alternate solution for less impossible situations is moisture. A small hand-held steamer tool, preferably one that emits a single jet of steam, can be used to loosen the paste. Gently lift a corner and, with palette knife or spatula, work your way underneath, taking care to keep wetting of the paper to a minimum. As you steam, have a piece of screening ready to catch and support the paper. A blotter may be a substitute. Two people can do a better job than one.



If you have a multilayered swatch of paper on the wall, you can't predict how it will come off. Removing the whole "sandwich" of layered papers and steaming it apart afterward may be easiest. You can let the papers soak in a large, flat pan of lukewarm water, but only for as long as is required to loosen the glue. As most old wallpaper pigments are water-soluble, some color fading will result from steaming or soaking.

Your sample, all the more dear now, is best preserved by matting it. Use

stiff 4-ply mat boards. A few wallpaper firms are equipped to make reproductions for you if you're bent on authenticity. But it is expensive. If you want one made, the piece you submit must be a minimum of a full width (usually just under 22 inches), and a complete repeat (usually just under 36 inches) is required.

Detecting a vanished pattern

Have you ever wondered what kind of old wallpaper your plaster walls cover? This clever trick won't always work, but it's worth a try.

Faced with bare plaster in her old house and wanting to restore a room to a semblance of its original, one restorer exposed the wall to black light (the kind used to make psychedelic posters glow). With the black light, she could see the pattern of the old wallpaper. She then had the pattern traced and repainted directly on the plaster.

The reason this trick works so well is that early wallpapers used water soluble pigments. When the paper was applied with water-base paste, some of the pigment bled through the paper and was held in the paste. Enough of the pigment-containing paste remained on the wall so that, even now, it will show up under the black light.



Federal Italianate Mansard Greek Revival Queen Anne

City row houses: Although they had only the front surface to work with, designers captured the essence of various styles in the row houses they created for growing cities in the late 19th century. In this representative sample, doorways with fanlights and sidelights depict the Federal style; arched windows and heavy cornices with ornate brackets

characterize the Italianate. Designers used the Mansard roof with countless dormer variations. The dentilled cornice, classic columns and architrave on the doorway reflect Greek Revival influence. The remarkable Queen Anne row house is replete with narrow, arched windows, and a variety of gables, bays and decorative horizontal banding.

Helpful tips for the old-home restorer

Sanding the curves of ornamental trim is often a problem. Next time you have to do it, wrap a piece of sandpaper around an old deck of cards. This makes a very flexible "sanding block": The curves of the deck will adjust themselves to the curves of the trim and provide even sanding pressure.

Splinters of steel wool in the fingers are an occupational hazard for restorers who do stripping and refinishing. There is one solution that won't lessen your feel of the job the way rubber gloves do: Cut a small rubber ball in half and use one of the halves as a gripper to hold the steel pad as you work.

Steel wool frequently leaves fine slivers of steel a dust rag does not pick up. This can ruin your refinishing job. To remove these traces thoroughly, pass a strong bar magnet over the surface.

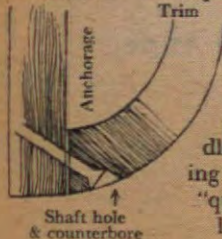
Stepladders are great for reaching high places, but they don't help much after you're up there. You can convert a stepladder into a terrific helper with these simple modifications: Start by drilling a few holes of varying sizes in the top to hold screwdrivers and pliers. Fasten a broom clip to the side to hold a hammer. Make a 4-inch square out of molding; tack it to the top and you have a spillproof holder for nails.

Restoring and replacing sawn-wood ornament

One of the most interesting facets of Victorian architecture is sawn-wood ornament, which gives homes trimmed with it a special appeal today. Surprisingly, for all its look of intricacy, sawn-wood ornament is not difficult to repair or replace.

Made by carpenter-builders with many different levels of knowledge and sophistication, sawn-wood ornament seems to indicate a desire to create design for its own sake. For this reason, it is a folk art that should take its place with other respected native American artistic expressions.

The more sophisticated and prosperous Victorians had homes built for them by trained architects who used every previous style and form to erect Grecian, Roman, Italian and Gothic Revival buildings. Contemporary fashions such as the Mansard roof design in France were quickly incorporated into Victorian building.



But lack of wealth did not prevent the middle class from striving to erect homes of "quality," too. The local carpenter-

builders did their utmost to satisfy desires for the rich detail and proliferation of decoration that marked the era. Sawn wood was often a cheap substitute for the carved and turned wood that ornamented the more lavish architect-designed buildings.

The carpenter-builder cut and installed the decorative pieces at the building site—an inexpensive proposition in those days. He often worked on wood left over from actual construction of the house, using a jigsaw, band saw or scroll saw to cut holes, saw out shapes and form designs. With standardized "house-pattern" books or his imagination to inspire him, he created fanciful trims for eaves, brackets, porches, gates and gables.

Fortunately, sawn-wood ornament is easy to restore. Pieces that are loose can be re-secured with strategically located nails or screws. Four-inch (or longer) screws give maximum holding power. To install, drill a hole in the trim just big enough to let the shank of the screw pass through. Counter-bore so that the screwhead is below the surface of the wood (see drawing, bottom left). If the anchorage wood is tough, you may also want to drill a pilot hole for the screw threads. A power screwdriver makes screwing into tough wood easier, as does lubricating the threads with soap. Cover screwhead with putty before you paint.

If the trim has small patches of rot, you may be able to salvage the original by using specialized marine-repair products. Git-Rot is especially good for difficult-to-reach areas that you cannot clean out—you can apply it directly over the rotted spot. A liquid

epoxy, Git-Rot hardens into a tough, resilient adhesive that penetrates into the wood and "embalms" the fibers, thus arresting further rot. When dry, Git-Rot looks like varnished wood and can be painted over. If you can clean out the rotted area, use Marine Tex (an epoxy that makes a thick paste much like spackle) to patch up the hole. You can also apply it to wood already treated with Git-Rot. Both these products are available at marine-supply stores. In addition, Git-Rot can be ordered by mail from Mutual Hardware, 545 49th Ave., Long Island City, N.Y. 11101. (Price is \$3.95 for 4-ounce kit, \$10.65 for 1-pint kit; add \$1 for postage and handling. Please pay by check.)

Where paint is peeling badly, remove loose flakes with a putty knife and a wire brush. If the wood has been left unpainted a long time, it would be a good idea to saturate it with a pentachlorophenol wood preservative. This will retard rot, provide water repellency and act as a primer for the paint.

If missing trim is your problem, don't be afraid to duplicate. Most patterns can be closely matched. Using only a saber saw and a portable drill, you can shape replacement pieces from standard 1- or 2-inch pine lumber. If you can't match the original exactly, the important thing is to duplicate the mass and rhythm of the original. As long as you can fill in vacant spaces with reasonable facsimiles, very few people will ever detect the new work. Seem-



ingly complex detail can be built up from simple pieces. Shown here, ornate



sculpted gingerbread (top) can be duplicated from three pieces of 1-inch pine (above) shaped with saber saw and drill. The appliqué technique here basically consists of cutting a pattern from one board and nailing it to another board. An elaborate effect is thus created through an easy build-up process.

If you'd rather not attempt the duplication yourself, a local carpenter or woodworking firm may be able to make copies of the original trim for you. Look them up in the Yellow Pages. In California, the San Francisco Victoriana company helps to restore Victorian houses by designing and re-creating sawn-wood ornaments.

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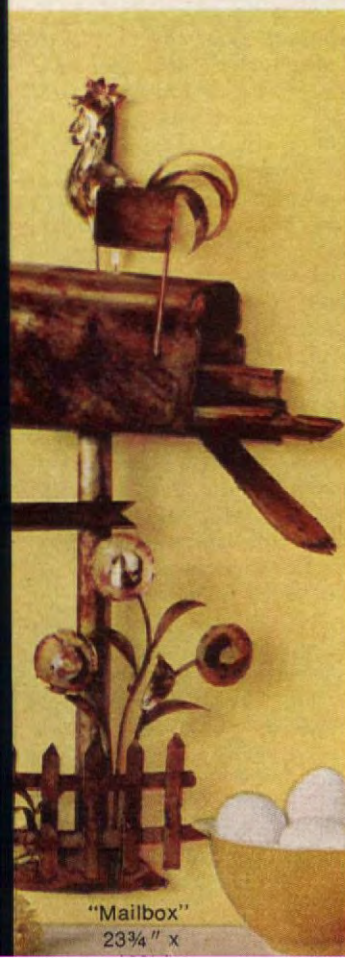
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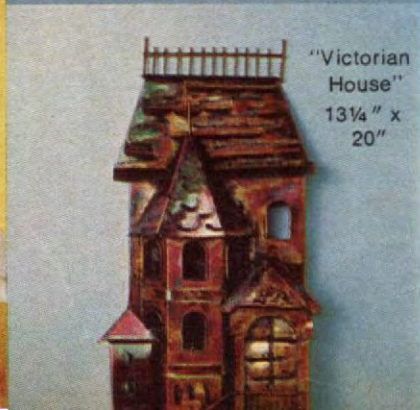
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"Victorian House"
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10 ways to speed up housework

Like most of us, you probably hate housework and prefer to get it out of the way as soon as possible. For expert advice on how to do it quickly and well, we turned to real professionals in the housecleaning field—the maids and housekeepers in three busy Los Angeles hotels: the privately owned high-style Bel-Air; the Sheraton-West, a posh representative of an international chain; and the high-rise Hollywood Holiday Inn, the tourist's and businessman's friend. Here are their recommendations:

1. Seek out the most efficient, fastest-moving housekeeper you know and ask if you can watch her at work. She may be astonished, but she'll be flattered, and you'll learn a trick or two.

Most new hotel maids learn the ropes by the "buddy system"—working with a veteran for a few days before going out on their own.

2. Let nothing interrupt you. One reason the hotel maid can move so fast is that there are no phone calls or cof-

fee breaks. She can polish off a bedroom and bath in 20 minutes. Similarly, unless you're spring cleaning, you should complete your daily cleaning in an hour or so, and your once-a-week showdown in the course of a morning.

3. Cut your supplies to the basics: a spray cleaner for tile, mirrors and fixtures; a liquid or powder detergent for washable floors; a bowl cleaner; clean dust cloths; long-handled brushes, mop, vacuum.

4. Experiment with both equipment and methods. Find the cleaning products that work and stick with them. Hotel maids, for instance, prefer old-fashioned rag mops and dust cloths—and keep them scrupulously clean after use. Most maids do not wear gloves, relying on lotions to keep hands from becoming battle-scarred.

5. Collect what you need before you go to work. The pros have rolling carts; you might keep everything you use in a totable basket. And if your house is two-storied, keep an extra basket of supplies upstairs, so the only thing you'll lug up is the vacuum.

6. Make yourself a cleaning "routine," and do a job the same way each time, as the maids do. It's easier. For a bedroom and bath, for instance, start by stripping all linens from beds and towel racks, removing trash from ashtrays and wastebaskets and hanging up or otherwise disposing of all clothing.

7. Do your most dreaded job first. The rest of the work will be a breeze. It's elementary psychology, of course, but it *can* work for you.

8. Begin cleaning at a door and circle the room. Above floor level, two sets of cloths—one wet, one dry—and a cleaner will do your washable furniture, mirrors, lampshades, TV screen, glass tabletops, books, telephone, decorative items. Back at your starting point, do the floor with vacuum or mop.

9. Make the beds the fastest way for you. Most hotel maids use the "once-around" method: starting at an upper corner with the bottom sheet; smoothing it under the top and side and throwing the free part across; putting on the top sheet, blankets and spread the same way; again throwing the loose parts over; then moving to the bottom, straightening each layer and anchoring everything with hospital corners before moving to the second side.

10. Think "daily" and "weekly." For a family of four, you will need to vacuum and straighten the living room, remove trash, clean the tub and sink, wipe up all bath and kitchen spills—*every day*. Weekly, you'll need to clean each room thoroughly. You can do them all on the same day or rotate. Save the heavy cleaning for once a month or so. Remember, less is more, as far as your valuable time and energy are concerned.

—Kate Holliday

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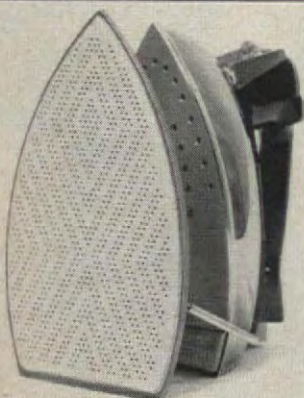
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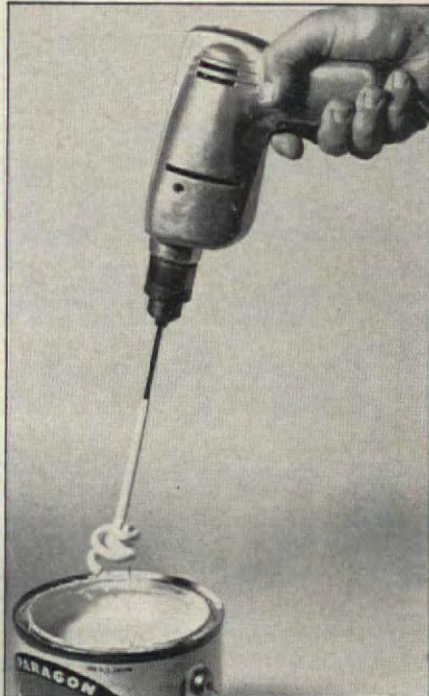
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Iron All soleplate clips to bottom of iron, eliminates need for separate pressing cloth by keeping temperature at safe level for almost all fabrics. It lets steam through, prevents scorch and shine. Made by Stacy Fabrics, it costs \$3.50.



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Handsome hanging planters from Rubbermaid come with rustproof chains that are removable so planter can be set on table. Durable enough for outdoor use, they have their own drip tray, come in white, avocado and black. Prices: \$2.49 and \$3.49.



Swirling paint mixer

Whirl-A-Way paint mixer attaches to any 1/4-inch electric drill, has a spiral action that gently swirls paint downward to minimize splashing. For safety's sake, it spins away from hand. Steel spiral cleans easily. By Allway Tools, it's 79 cents.



Efficient home tractor

Wheel Horse's tractors are battery-run, have built-in chargers. Quiet running, clean and economical to operate, the lawn and garden tractors feature 3 to 7 forward speeds, plus reverse. All have safety interlock systems to help prevent accidents. Attachments let you till, mow, remove snow. Prices: \$899 to \$2,195.



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FTC Report OCT. '74.

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Grow new houseplants from your old favorites

With little effort or expense, you can fill your home with pretty plants. Just propagate them from those you already have, or from a friend's collection. Take stem cuttings, make root divisions, or start aerial runners or offsets. Each method is practically foolproof.

Good houseplants to propagate by stem cuttings are gold-dust tree, rosary vine, croton, jade/velvet/mosaic plants, creeping fig, coleus, English ivy, Swedish ivy or "Creeping Charlie," marble queen, arrowhead vine or nephthysis, kangaroo/grape ivy, varieties of dracaena, peperomia and philodendron. Here's what you need:

- Healthy, insect-free plants from which to take cuttings.
- A shallow container, such as an aluminum-foil pan or a nursery tray. Make sure it has drainage holes.
- Rooting medium: Combine equal parts perlite rock, peat moss and vermiculite (available in garden shops).
- Rooting hormone powder to stimulate stem growth.
- Clear plastic food bag large enough to enclose your tray, plus four bamboo sticks to support the bag.

Begin by moistening the rooting medium and spreading it about 2 inches deep in your tray. Push a pencil into it



When taking a new stem cutting, slice below leaf joint on newest growth.

at 2-inch intervals to make small planting holes. With a sharp knife, cut 2- to 4-inch-long stems from the newest growth of a healthy plant, slicing just below a leaf joint (above). Gently strip away lower leaves; dip cuttings into rooting hormone. Slip each coated stem into its hole, firming the mix to hold it upright.

Make a mini greenhouse by enclosing your tray in the clear plastic bag. Sprinkle the leaves of your fresh cuttings with water. Twist and tie the bag at one end; snip several small holes in the top for ventilation. Place your "greenhouse" in bright light (but not direct sun) where the temperature is uniformly 70 degrees or above. Check once a week to make sure the medium is moist but not soggy. When dry, spray the cuttings. If you prefer to root only one cutting at a time, slip it into a 3-inch flowerpot filled with medium and invert a glass over it.

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Here's a new decorator idea perfect for your home or a loved one. Charming "NIFTY DRIFTY" plaques look like driftwood. Each has a different original art design and size. Perfect for hallways, kitchen, bath, family room, childrens rooms. Can be arranged in a whole variety of ways. Each plaque is a full 1/4" deep, and measures between 3 1/2" to 7" wide and 4" to 12" high. Comes finished and ready to hang.



Quantity	Total of Merchandise \$	Send order and remittance to:
No.13814 (A) Li'l Girl Sunbathing	Postage and Handling \$	Creative Home® Crafts, Dept. 6G1
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No.13862 (G) Mouse Wife		State _____ Zip _____
No.13863 (H) Mice Cavorting		We guarantee your satisfaction,
No.13835 All seven plaques		or return your purchase in 10 days for a full refund.

[continued]

will take root. Plants with tender, moisture-filled stems, such as Swedish ivy or coleus, will take root in half the time of tougher, dry-stemmed plants like English ivy or dracaena. To find out if roots have been formed, wait three weeks, then gently remove a cutting. If roots are not yet 1 inch long, return the cutting to its place and water it. If you do find a root system, remove the plastic bag and leave the tray uncovered for a week, so the tiny plants can acclimate themselves to the room.

Transplant your cuttings into 3- or 4-inch flowerpots with good drainage. Use a good commercial potting mix; water with a liquid houseplant fertilizer diluted to half its prescribed strength.

Root division is by far the quickest and easiest method of houseplant propagation. Almost any healthy plant that grows naturally in clumps, and therefore, has a separate root system for each of its parts, is an excellent candidate. Some good choices are Japanese sweet flag, Chinese evergreen, cast-iron plant, varieties of fern (including Boston, asparagus), varieties of maranta (rabbit tracks or prayer plant), screw pine, snake plant. Whenever one of these is overcrowding its pot, you can divide it into smaller plants. Knock the plant out of its pot onto a piece of newspaper to determine where the branches are rooted. Pull apart the sec-

tions and sever each with a sharp knife to avoid harsh root damage (below). Replant new divisions in smaller containers, using good potting soil. Water each thoroughly with diluted liquid fertilizer and protect from direct sunlight until it has adjusted.

Starting aerial runners or offsets is a means of propagation suited to those special houseplants that send out miniature replicas of themselves at the ends of long stems or near their bases: African violet, varie-

leaf sections riding piggyback on a mature leaf and anchor it with a hairpin onto the moist soil in a nearby pot (below). In two weeks or so, the runner will have taken root, and you can sever the connecting stem. Alternately, you can snip off the piggyback plantlet and treat it as a stem cutting.

Plants that send out offsets or suckers at their bases, such as succulents, are a cinch to duplicate. All you have to do is simply cut away the offset and pot it separately in new soil.



Propagate houseplants three simple ways: 1. Grow stem cuttings in rooting medium in nursery tray (left); 2. divide plant by cutting apart sections at root (above); 3. take a new-leaf runner of a plant like the piggyback and anchor in small pot until it roots (right).



ties of bromeliads, and echeveria, spider plant, zebra haworthia, strawberry saxifrage, piggyback and Boston fern (which can also be propagated by root division).

To double your piggyback population, for instance, take one of the new-

With all but the succulents, care for your baby plants as they grow by pinching off the smallest pair of new leaves at the tip of each stem. This encourages new growth of side branches and assures you a well-shaped plant as perfect as its parent is!—**Linda M. Morrow**

Now! PANTS PATTERNS CUSTOM-MADE FOR YOU ALONE

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Needs no adjusting

Goodbye to droopy seats, baggy hips and crotch fits that don't. With these Surefit custom-made pants patterns you will get a perfect fit automatically, every time you sew without ever adjusting the pattern.

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We have taken home sewing patterns one important and exciting step further. Surefit patterns are drawn by computer to your exact measurements...inch by inch...so you are always guaranteed a perfect fit. All you do is send us your measurements along with your pattern selections and our computer does the rest. Your Surefit pants pattern will be an exact replica of your own figure.

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Park Ridge, New Jersey 07656



6008 - For Knit Fabrics

Elastic waist pants with darted front - smooth hip fit - flare at hem \$4.95

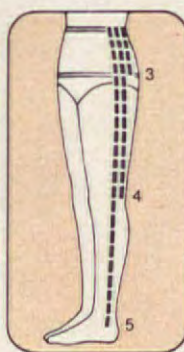
2011 - For Woven Fabrics

Dart fitted pants with back zipper - smooth hip fit and straight leg . . \$4.95

Here's how to take your measurements

Follow this simple step-by-step chart.

You'll need someone to help you with the measuring. Record your measurements (to the nearest 1/8") on the coupon order form. Before starting, remove outer clothing. Wear the undergarments you usually wear. Stand straight and tall. Tie a string snugly around your waist. Tie another string around the fullest part of your body below the waist.



3 HIP LEVEL

Measure distance from waist string to hip string along side of body.

4 WAIST to KNEE

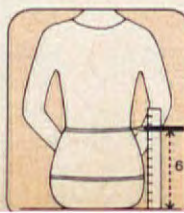
Measure along side of body from waist string to point directly in line with middle of knee cap.

5 WAIST to ANKLE

Measure from waist string along side of body to ankle bone. (This determines ankle position only. Your correct fashion length will be added to this measurement.)

6 SEATED CROTCH MEASUREMENT

Sit erect on hard flat surface. Hold a ruler straight up from surface at side of body. Place a pencil at right angle to ruler at waist string and record measurement where ruler and pencil meet.



Now you're ready to begin

1 WAIST

Measure around the string at waist. Snug, but not too tight.

2 HIPS

Measure around the string at hips. Snug, but not too tight.



Surefit Patterns • Dept. AH-10

Park Ridge, New Jersey 07656

Please send my custom-made pants pattern(s) in the style(s) I have indicated below. I understand that if they do not provide me with a perfect fit, or, if I am not satisfied in any other way, my money will be cheerfully refunded.

Here are my measurements:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____

Pattern selection:

☐ 6008—\$4.95 plus 50¢ postage & handlingTOTAL \$5.45

☐ 2011—\$4.95 plus 50¢ postage & handlingTOTAL \$5.45

☐ 8002—Special Savings—Both patterns (6008 & 2011) for one set of measurements only—\$8.95 plus 75¢ post & handl...TOTAL \$9.70

(All patterns are mailed to you FIRST CLASS)

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☐ Check or money order enclosed Bill to my: ☐ Master Charge ☐ BankAmericard Card # _____ Exp. Date _____

Name _____

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City _____ State _____ Zip _____

Collectible kerosene lamps

Here is a representative sampling of kerosene lamps whose popularity extended from the 1850s to the advent of electricity. Clockwise from top, right: Barn light with reflector had multiple uses, for it could hang as easily outside a front door as inside a barn; satin-glass lamp has Spanish-lace pattern; child's tin lantern was for outdoor use; satin-glass bedroom lamp has base with teardrop pattern; small lamp with handle has opalescent base; blue blown-glass lamp boasts a fine early chimney; Rayo lamp's shade is green glass, its base is nickel-plated brass.

A century ago, kerosene lamps brightened the homes of America, inside and out. Besides casting a lovely warm glow, the lamps were picturesque, but simple and inexpensive to maintain. They still are. Today, examples like these, as well as modern copies, are being snapped up for their decorative charm and usefulness.—Rosemary L. Klein

"We're looking for people to write children's books."

If you ever wanted to write . . . and be published
. . . here is your opportunity.

by Francis R. Gemme

We need writers. There are over 200 publishers of books for children and more than 400 magazines for young readers . . . that need writers.

Have you ever read a children's story and said, "I can do better than that"? Have you ever deplored the lack of good new literature for young readers? Do you love children? Do you want to do something important with your life? And earn the rewards and satisfaction of writing for children? That very attitude may be the signal that you can do it. For the desire and interest must come first.

Stories only you can write.

Once you understand and utilize the basic techniques, writing for children may be easier than you think. Your personal experiences, fantasy, human nature, nature itself, hobbies, all lend themselves to good subjects. Many of these have been written about — plainly and simply — and have been published. You probably have within yourself many children's stories only you can write.

A new kind of school.

The Institute of Children's Literature was founded to encourage more and better writing for young readers. Top writers and publishers have worked together to create this professional course to teach you to write for children and teenagers. People like Lee Wyndham, a teacher and author of forty-eight books, ranging from the picture book age into the high teens, and over two hundred short stories, articles and serials—Hardie Gramatky, author and illustrator of many famous children's books like his *Little Toot* — and John Ledes, President of Astor Honor Books, who has published many award-winning children's books. Together we have written and published hundreds of books and magazine articles for young readers. We know how to write — how to teach — and how to help you get your writing published.

Learning to write and sell.

The early success of the course has been repeated time and time again by

people like yourself who knew in their hearts they could write good things for children.

This course will train you step by step, from writing an opening sentence through the writing and selling of a finished manuscript. Yes, you will have a completed manuscript when you finish the course.

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Because writing is such a personal profession, we believe that the teaching of this course must also be personal. That is why in addition to writing materials, text books, instruction and assignments, you will receive personal guidance from your own instructor on every lesson.

The instructor chosen for you will be a professional writer who will stay with you throughout the course. He will show you how to utilize your personal feelings, experiences, imagination and interest to write for children—in your spare time at home.

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A writing course is best learned at home when you feel like working. You and your instructor can work together at the pace and depth desired.

You mail your completed work to your instructor who carefully reads and edits each assignment. He then writes you a long personal letter explaining in detail his corrections and specific recommendations.

Francis R. Gemme, consultant to
the Institute of Children's Literature
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Young Readers Press.



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of the National Home Study Council

P41

When your daughter asks about using a tampon...

By Mary Morgan

How you can answer her questions and dispel the normal anxiety every teen-age girl has about menstruation and the first-time use of a tampon.

Q How old does a girl have to be to use a tampon for the very first time?

A There is no specific age for using a tampon. Some girls start with their very first period. Others wait until they have adjusted psychologically to the whole business of menstruation.

It is erroneous to think that because a girl is a virgin she cannot insert a tampon without breaking the hymen. Fact is, the hymen, which is a thin membrane that stretches across the opening of the vagina, normally has a natural round opening through which the menstrual flow passes. This opening is large enough to admit a small, highly-absorbent tampon such as Pursettes®.

Q Are Pursettes better than other tampons for girls who want to use a tampon for the first time?

A Thousands of young girls choose Pursettes when they decide to use a tampon for the first time. And for good reason. It has no bulky applicator. Instead, a Pursettes tampon has an exclusive pre-lubricated tip that makes insertion easy and gentle. What's more, it's compressed a unique way to blossom out slowly, absorb more fully. It's even more absorbent than the leading tampon. Another comfort. As Pursettes expands, it conforms to the individual shape of the body. It actually fits without being felt.

Trial Offer: Let your daughter see for herself how Pursettes tampons are easy to use. For a free, gold-embossed, black compact filled with four regular Pursettes or three super-absorbent Pursettes Plus® tampons (indicate choice), send 25c to cover postage and handling to Campana, Dept. AH-025, Batavia, Illinois 60510.

Offer expires in 90 days. Good in U.S.A. only.

Food questions you ask

With most fresh fruits and vegetables out of season, I find I get more dollar value from frozen products. The food in my freezer accounts for much of my food budget. How can I best buy and store these "frozen assets"?

Mrs. J. Adams

Minneapolis, Minn.

Be a dollar-wise shopper. Follow these tips when you buy frozen foods and get more value for your money.

1. Before you shop, check available freezer space. It doesn't make sense to buy more than your freezer can hold.
2. Put grocery needs at the end of your list, and plan your shopping route so that the freezer case is your last stop before the checkout counter. Buy only from clean 0° cases.
3. Have your frozen purchases placed in insulated bags, if possible.
4. Bring home frozen foods as quickly as possible and put in your freezer.
5. Rotate your frozen-food supply. Move older purchases forward as you put new purchases in.

Our family doctor recently recommended that I follow a special diet. Since then I've become a more conscientious label reader—and also more aware of the contents of the packaged foods I buy. Why is it that some food labels do not list ingredients, and some do not provide nutrition information?

Mrs. Richard Tome

Washington, D.C.

Ordinarily, a label will list the package ingredients in descending order according to the amounts used (see example). Exceptions are those products for which the federal government has established "standards of identity." Ice cream is one product that comes to mind; its basic ingredients need not appear on the label. However, so-called "optional" ingredients, as approved by the government—salt, for instance, —will be mentioned, in case your diet or your own personal preference leans toward a product without them.

The U.S. Food and Drug Administration requires all food companies that add nutrients to their products to adhere to nutrition-labeling procedures. Also, products that make a nutritional claim must be labeled so the claim is substantiated.

A standard label must list the amounts of calories, protein, carbohydrate and fat, as in our example (above). In addition, it must indicate the R.D.A. (Recommended Daily Al-

lowance) for protein plus seven vitamins and minerals. Information about the cholesterol and sodium content may also be included—for persons who, like yourself, are on restricted diets. Labeling helps you plan your diet better, save money by comparing brands knowledgeably—and know what nutrition you're getting.



Now that sugar has become so expensive, can I use a substitute for sugar in cooking and baking?

Carol Bowen

New York, N.Y.

Corn syrup can be used as a sweetener in some recipes. Just remember: It has less sweetening power than sugar, and there is no one basic formula for converting recipes. Generally, you can't go wrong using it in drinks, hot or cold, instead of a spoonful of sugar. And did you know that dark corn syrup makes an excellent glaze for meats—and also adds rich flavoring to baked beans? For other sensible and imaginative ways to cook with corn syrup, we recommend two new booklets from Best Foods.

Eating for Good Nutrition with Karo Corn Syrup contains nutrition tips along with main-dish and pastry recipes (some call for minimal amounts of sugar in addition to corn syrup, however). *Sweeten Without Sugar* features recipes for delicious baked goods and candies. Both are available free. Send your name and address to: Eating for Good Nutrition with Karo Corn Syrup, Box AH 307, Coventry, Conn. 06238. Or write to: Sweeten Without Sugar, Box SWAH 307, Coventry, Conn. 06238.

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



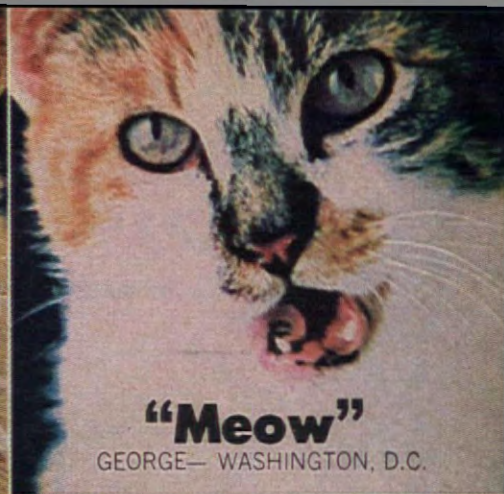
"Meow"

SPOT— PITTSBURGH, PA.



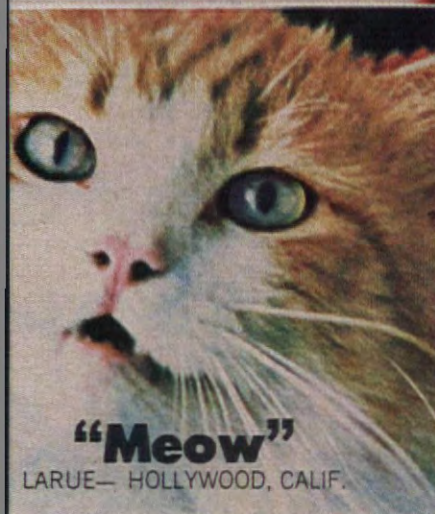
"Meow"

S. KATZ— BROOKLYN, N.Y.



"Meow"

GEORGE— WASHINGTON, D.C.



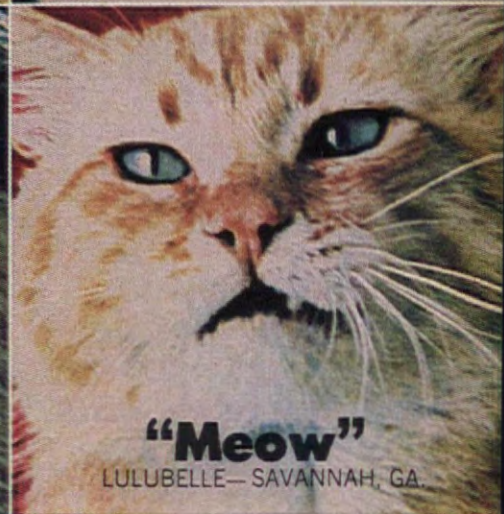
"Meow"

LARUE— HOLLYWOOD, CALIF.



"Meow"

PERCY III— BOSTON, MASS.



"Meow"




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An ad can't tell you what a cat can.

And cats who've tasted Meow Mix™ have had one word for it. "Meow". (See above.)

You see, Meow Mix is a whole new way to feed a cat. More than just a new variety of cat food, it's a cat food with real variety.

For the first time, a cat can get his three favorite flavors, tuna, liver and chicken, in one package. They're in separate bite-size morsels. The tuna is red  the liver is brown  the chicken is yellow . So they look as different as they taste.

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So now your cat doesn't have to wait till his next meal for change of taste, he can get it in his next bite. Which should keep him biting all day long.

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of the National Home Study Council.



**Sample these basic,
good-buy red wines for
everyday enjoyment.**

Red wines go well with hearty, robust meals, the kind of dishes pictured and described on our food pages this month. These wines are compatible and versatile. As you become more experienced in winemanship, you will find that connoisseurs not only like their red wines with red meats, but often prefer red wine to white with chicken—and will drink light-bodied red wines with fish. Many red wines are ideal with casserole and pasta dishes, and are pleasant to sip while snacking on pizza, cold cuts or cheese.

California is producing wines of such high quality and fair price that you can enjoy them for everyday consumption without putting a crimp in your family budget. Generic wines such as Burgundies and clarets are each made from a blend of grapes, and some are excellent buys.

Almadén's Mountain Red Claret (\$1.67 a fifth, when last priced on the West Coast) has good color and full body—it's also available in half-gallons (\$3.34) and gallons (\$5.91).

Beaulieu Vineyard's Burgundy (\$2.75) is a powerful wine, one that wine-lovers have coddled for years. As inflation has inched its price upward, it continues to be a great buy. The color is deep, its aroma sings with a touch of oak from barrel aging, and the flavor is round and full, with a rich aftertaste.

"Impressive" describes the Simi Vineyards Burgundy (\$2.25), with its dark red color and round flavor. This wine should age well, if you care to buy it in quantity.

Pedroncelli Burgundy (\$1.99) is

available in only a few metropolitan areas, but is worth seeking out. With good color and body, and a down-to-earth price, C. K. Mondavi's Burgundy is good (\$1.59 a fifth, \$3.19 a half-gallon, \$5.50 a gallon), as is the Guild Cribari Burgundy (\$1.09 a fifth, \$2.09 a half-gallon, \$3.59 a gallon).

Two proprietary wines of Paul Masson are both fairly priced at \$2.25 (proprietary wines have special trademark names used exclusively by the individual wine companies that blend and bottle them). The Rubion is a blend that includes Ruby Cabernet grapes. The Baroque is similar to a California Burgundy in its style; it, too, is memorable, and a great favorite with wine enthusiasts.

A grape indigenous to the West Coast is the Zinfandel. Because of its uncertain origins, it has been tagged the "mystery grape" of California. Today it's become the second most widely planted red-wine variety in the Golden State, and it makes a wine that is not only eminently drinkable but one that develops a richer flavor, with a more sophisticated palate sensation as it matures in the bottle. Dry and fruity, Zinfandel offers a racy fragrance of blackberries or wild raspberries. As with other red wines, it should be served at room temperature, about 65 degrees, and goes wonderfully with everything from hamburger to baked beans, spaghetti and meatballs to fried chicken.

Christian Brothers Zinfandel (\$2.85) made from Napa Valley grapes, has good color and bouquet, with a well-balanced flavor. Almadén's Zinfandel (\$2.25) has a desirable trace of wood in its bouquet, and a claretlike flavor that's on the mellow side. For its price, Cribari Zinfandel (\$1.39) is a buy. Available in a practical screw-top bottle, it enjoys excellent color, exudes a touch of fruit in the "nose" and is soft and mellow.

Another good buy is the Foppiano Zinfandel (\$2.69) made from 100 percent Zinfandel grapes in the Russian River valley. It has a deep color, fascinating bouquet and a truly rich fruity taste.

The Franzia Zinfandel (\$1.29) has an impressive color, wild-berry nose and full body. A favorite of many California wine lovers, Italian Swiss Colony Zinfandel (\$1.39) comes in a screw-top bottle, has a fruity nose and pleasant taste.

Paul Masson's Zinfandel (\$2.50) enjoys a glorious dark color, soft and full taste—and might be aired about 10 minutes or so before drinking.

"Outstanding" is the way we would describe Cresta Blanca's Zinfandel (\$3). A wine to drink now, it is royal purple in color, with a true berrylike nose, a Zinfandel that everyone seems to appreciate.

—George Christy

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kit of famous grooming aids and an exclu-
sive Springtime Fragrance Kit, ideal for gift
giving. Each kit will be worth far more than my
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as \$15.00, some even more—yet I may keep
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Decorating to give your home a warm "country look"

By Helene Brown

Furnishings in the country manner are finding their way into homes across America, bringing an old-fashioned warmth and comfort that is definitely the mood of today. Mix provincial furniture of any country with fabrics of homespun charm and wood finishes that have a hand-hewn quality to create this easy-to-live-with style in your home.



Traditional gold tones, maple pieces and documentary fabrics give this dining room great colonial flair.

Photograph by Gordon E. Smith Joline Cheromcka and Joan Studdiford Breward for "Barley Sheaf," Junior League of Trenton, Inc.,
Designers' Show House 1974, Bucks County, Pa.

continued

Bright colors heighten visual impact

Update the country look with color, adding hard-edge modern art and the trim silhouettes of contemporary highlights. Notice the exhilarating dash that egg-yolk yellow gives this family room, the crisp contrast of blue and green in the teen-age girl's room opposite, the freshness of light-hearted pastels amid dark colonial pieces in dining room opposite, bottom.



Painted rush-seat chairs and rug from Holland add robust flavor to family room's dining area.

French Canadian pine reproduction pieces by Simmons of Canada set provincial tone for family room.





Heirloom four-poster with fishnet canopy is backed by ruffles and bows to delight any young lady.

Meticulously detailed reproduction furniture made by National Mt. Airy in cottage oak is scaled to mini-size dining room. Table, which extends to seat eight, is set here for an intimate buffet.





Black iron stove, a relic from kitchen remodeling, is the room's focal point (left). Glass replaces wood panels in wall cabinets so antique serving pieces can be elegantly displayed (above). Dado and woodwork in pale tones create serene background for paper and fabric patterns (right).



Patchwork wallpaper ties together the many aspects of this huge, traditional dining room. American, French and Scandinavian antiques blend happily to evoke Old World charm.

Blend of patterns adds timeless appeal

Plaids, polka dots, gingham, flowers, all dominated by mellow red, bring the welcome warmth of an English manor house to this California sitting room. Scattered throughout are antique china and ironstone pieces, polished old brass and the lovely freshness of greenery—each contributing to the casual country mood.



Comfort abounds in this room, with its inviting tufted-leather sofa and plaid-covered wing chair. One color unites patterns that vary from tiny and subtle to big and bold.

Photograph by Fritz Taggart Interior design by Chuck Watkins Shopping Information, page 76

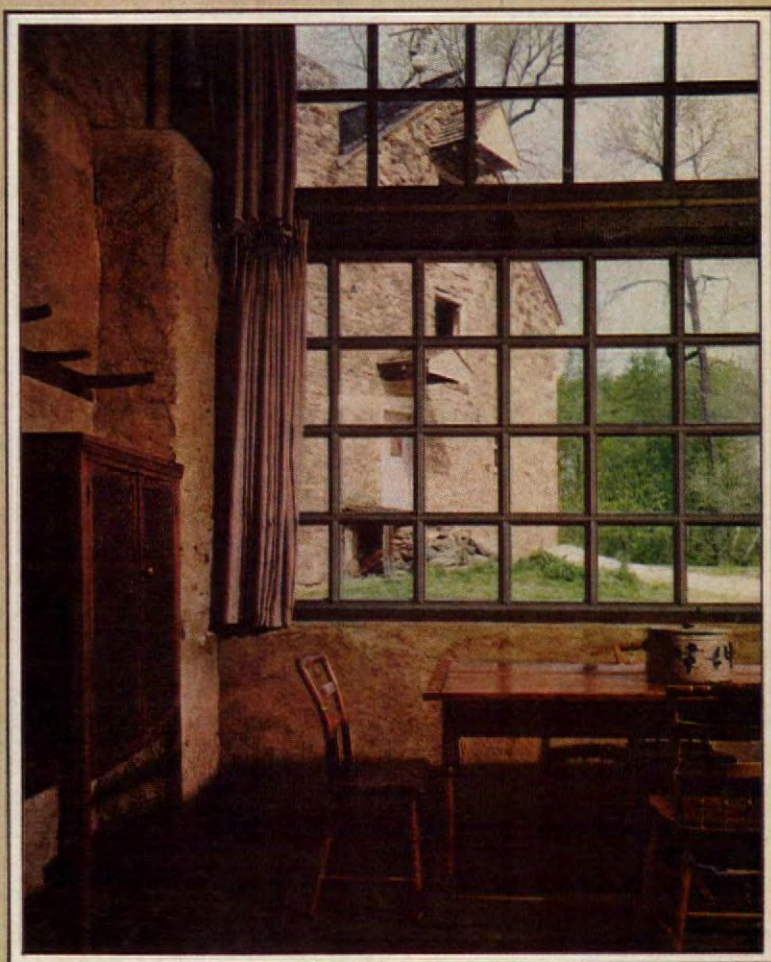
The beautiful millhouse



of artist Andrew Wyeth



Set beside a stream in the rolling hills of Pennsylvania, the 18th-century stone millhouse restored by the Andrew Wyeths is a glowing tribute to an earlier America. The antique furnishings, simple and handsome, are the perfect complement to Wyeth's own serene country paintings.

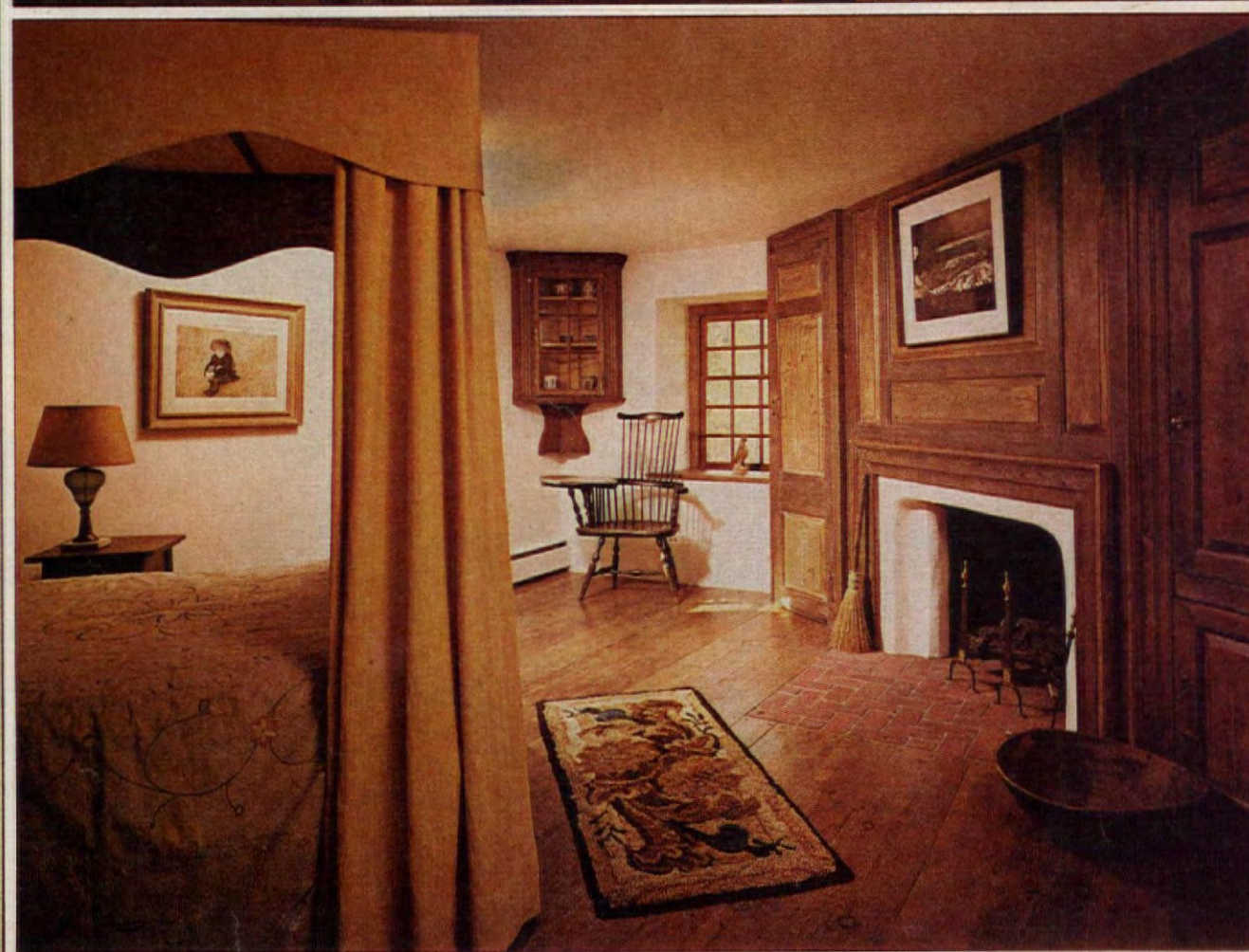


Great hall of the millhouse (left) is warm and inviting, with huge stone fireplace, beamed ceiling and fine old woods. Nearby, a restored granary (interior above), looks out on a 1711 mill, third building in the Wyeth complex.

continued



The gracious living room (above) has a Wyeth painting depicting the millhouse, caught in the late afternoon sun. Two bedrooms (opposite) capture the essence of the restored home: unadorned windows, elegant paneling, bright touches of color and Wyeth paintings, everywhere.—Eileen Denver





4 story book pillows to do in needlepoint

The delicate designs on these plump pillows are a joy to work, enchanting to look at. Perfect for a small child's bedroom, our sunbonnet charmers were created by the Tapestry Bazaar of London Ltd.; they also appear in the Fall/Winter issue of *American Home Crafts* magazine.

Clockwise from the little lady's lower left, "Chick," "Buttercup" and "Daisy Chain" are 14½-by-11½-inch ovals. Pink-backed "Sweet Pea" is a 12½-inch circle. All are screened on 13-mesh mono canvas in six different colors, and are available in kits that also include wool tapestry yarns and instructions.

To make your storybook needlepoints into pillows, sew and fill a box pillow shape for each one (consult any sewing book for box pillow instructions). Back and box your finished pillows in pastel velveteen, as shown, or in a fabric of your choice. Pillow-making materials are not part of kits.

You can make the flower-sprigged, lace-trimmed little girl's dress from Butterick pattern No. 3598.

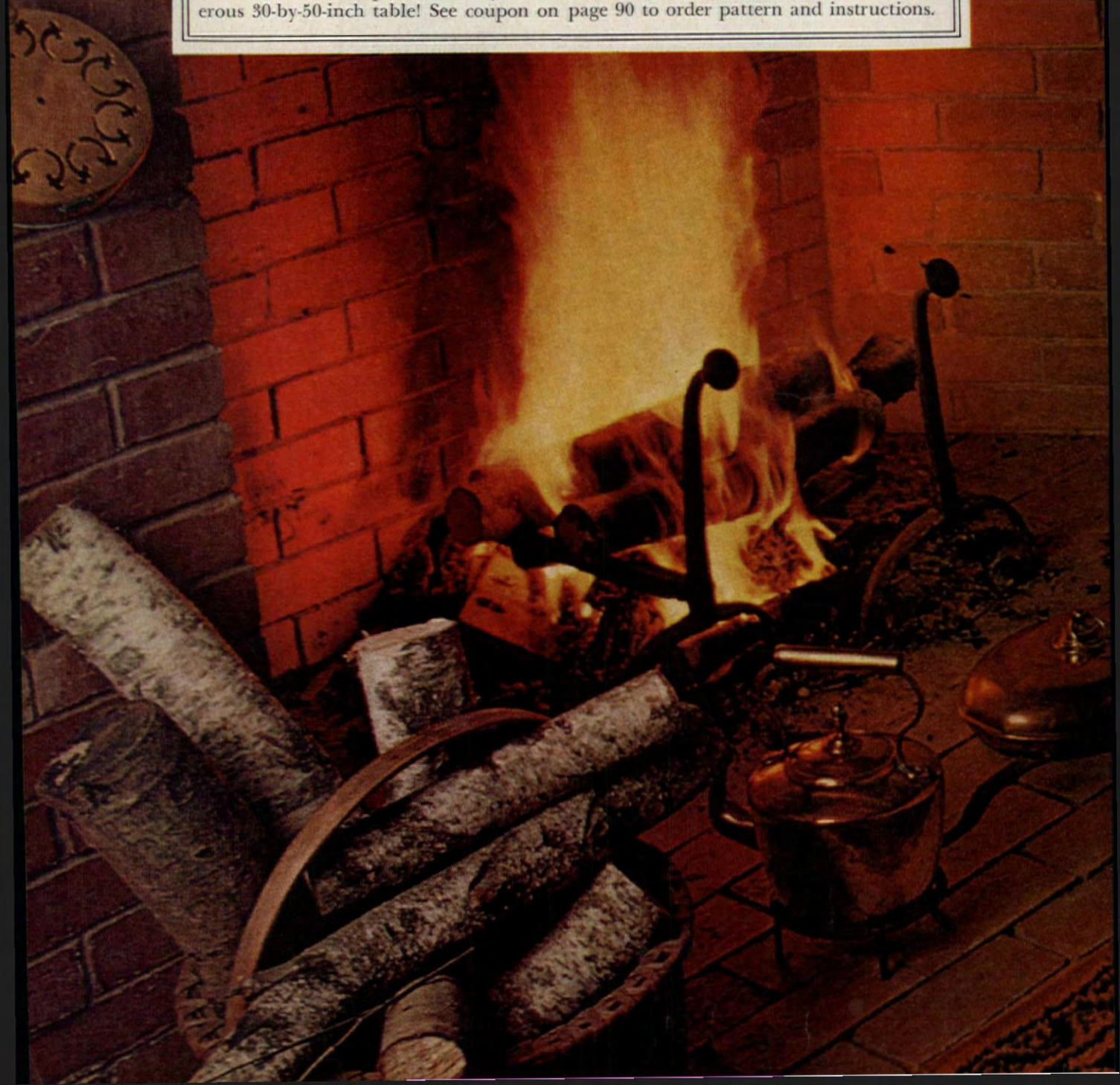
To order these pillow kits, see coupon on page 90.

Jerry Abamowitz

Make our early American table bench

—By Dorothy Lambert Brightbill—

You'll treasure this faithful reproduction of an early American table bench (here and on our cover), built from our exclusive pattern. Rugged and friendly, it typifies our colonial ancestors' genius for handcrafting durable, multipurpose furniture to suit the settlers' lifestyle. Pull the bench up to the fire as seating, and the high back deflects drafts; lift up the lid and you have storage space; flip down the back for a generous 30-by-50-inch table! See coupon on page 90 to order pattern and instructions.





Use an American Home pattern to bring this authentic table bench to glowing life in maple, pine or any wood of your choice. Footstool is not included.

House plans include working drawings plus specifications for Williamsburg mantel, moldings and staircase, arched brick fireplace. See coupon, page 90.

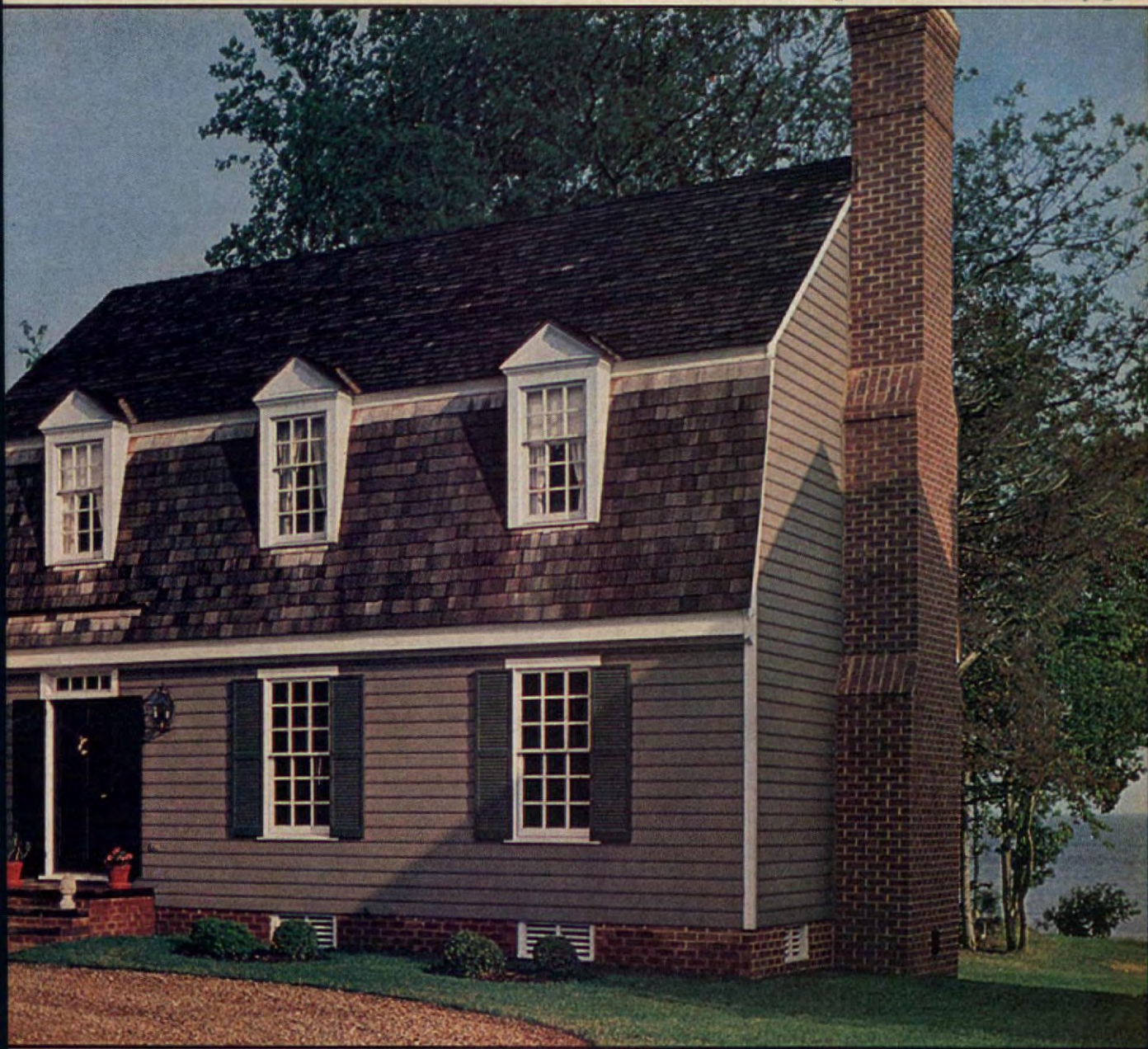


Here's a beautiful brand-new Virginia colonial you can build

Kitchen has built-in ovens, cooktop and barbecue.

Informal "tavern" dining room, off kitchen, is designed for a view.





Come home to a James River manor house, an 18th-century experience for today's families who dream of colonial elegance. The house, a sequel to our most popular house plan ever, has 4 bedrooms, 3 baths, "tavern" kitchen and dining room, dramatic fireplaces, all in 3,000 square feet.—Jane Randolph Cary

Paneled fireplace and Williamsburg mantel dominate living room.

Formal dining room has rich traditional accents.



Less meat, more vegetables for

Super Value

**1½ lbs.
Hamburger**

*around enriched rice
and a nugget of cheese
on bed of vegetables*

**1½ lbs.
Kielbasa**

*plus a protein boost
from rice-bean pilaf*



By Margaret Happel If you're a discerning shopper and a savvy cook, you'll find the supermarket can still fill your shopping cart with super value. For smart eating, try stretching 1½ lbs. of meat to serve 6 people by the wise addition of protein-bearing grains and produce, as in dishes shown. To make these and others, see recipe section, page 70.

**1½ lbs.
Turkey**

*topped with peanut
stuffing and good
green vegetables*



**1½ lbs.
Chicken**

*served with zucchini on
nutritious noodles*

**1½ lbs.
Sausage**

*simmered in
apple kraut piped with
potato-pea puree*

Lemon Meringue is

Super Pie

High season for citrus fruits means high value at the market and high time to use our master recipe for three sweet surprises: smooth lemon, orange or lime filling in a tender crust topped with meringue.



No. 75
Cooking Lesson
By Jacques Jaffry

Lemon Meringue Pie

1½ cups sifted
all-purpose flour
¾ teaspoon salt
½ cup shortening
4 to 5 tablespoons
cold water
½ cup cornstarch
1½ cups sugar
¼ teaspoon salt
1¾ cups water
4 egg yolks,
slightly beaten
2 tablespoons butter
or margarine
1 tablespoon grated
lemon rind
½ cup lemon juice
4 egg whites
¼ teaspoon cream
of tartar
½ cup sugar



1 Mix flour and salt into bowl. Cut in shortening. Sprinkle cold water over surface. Stir gently with fork until pastry clings. Roll into 12-inch circle. Trim perfectly with knife. Lift into 9-inch pie plate. Press with pastry trimming to fit plate. Fold to form edge.



2 Flute with fingers to form high rim. Prick bottom and sides of pastry with fork. Fit piece of wax paper into pie shell. Fill with broken bread crusts. Bake in preheated 450° oven 8 to 10 minutes. Remove crusts and paper. Bake shell 8 to 10 minutes longer or until golden brown. Cool; add filling.



3 Blend cornstarch, 1½ cups sugar and salt in saucepan. Stir in water gradually. Cook over medium heat; stir until boiling. Boil 1 minute. Stir half of mixture slowly into egg yolks. Return to pan, heating constantly. Beat over low heat 2 minutes. Remove from heat. Add butter or margarine, lemon rind and juice. Beat to cool slightly. Pour into pastry shell.



4 Beat egg whites and cream of tartar until foamy. Beat in ½ cup sugar gradually. Beat until meringue forms stiff, glossy peaks. Swirl onto filling with spoon or spatula. Seal against crust edge to prevent shrinkage. Bake in preheated 350° oven 15 to 20 minutes or until meringue is brown-tipped. Cool.

For orange and lime variations, plus pie-making tips, see recipe section, page 70.

**Take a
package of**

Frozen Potatoes

Truly "super spuds," frozen potatoes are today's supermarket sensation: high in quality, tops in convenience—available in more shapes, sizes and precooked forms than ever. Sophisticated processing brings you this good-tasting energy food ready to use in a range of time-saving ways. To make dishes based on the elite Idaho potato, see our recipe section, page 70.

Here are three dishes that show off the newfangled versatility of an old-fashioned staple, clockwise from right: Chicken Brochette, Potatoes Germania with Apple-Raisin Sauce, Mediterranean Salad Platter.



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CLIP AND
MAIL

Vegetables

Here are surefire ways you can get the best from these super foods.

"Eat your vegetables—they're good for you" isn't just for kids. It's sound advice for all of us. Vegetables are super foods that contain most of the vitamins and minerals the average diet needs. But their nutrients are often wasted through improper buying, storing and cooking.

What nutritional value do vegetables have? Dark



green leafy vegetables (broccoli, kale, collards, sprouts, spinach) provide a good supply of vitamins A and C, as do the dark yellow-orange vegetables (carrots, turnips, yellow squash, tomatoes). Dark green leafy vegetables also contain the minerals iron and calcium.

Vegetables are generally low in fat, but their carbohydrate (sugar and starch) content varies: Leaves, stems, flowers and fruits are low, best for dieters;



roots, pods and seeds, though high, are major sources of energy. The protein content of vegetables, not of top nutritional quality, is nonetheless valuable in extending protein in your diet. Good protein sources are black-eyed peas and limas, dried peas, beans, lentils.

What's the difference between fresh, frozen and canned vegetables? In

terms of nutritional value, no significant difference exists, so long as they are selected, stored and cooked properly. There is a difference in price, however, and depending on the season and the area in which you live, it can be a big difference. Out-of-season fresh vegetables in a wintry region are high in price but often low in nutrition, as they are picked before maturity and invariably abused on their long journey to market. Frozen or canned are the better buy.

How should vegetables look? Fresh ones should be garden-fresh—resilient rather than soft, and not discolored. Leafy vegetables should not be wilted or brown. Undersized vegetables will lack flavor; oversized ones will be tough and fibrous. Green and wax beans should snap crisply; potatoes and onions should be firm.



Buy from a market that is clean and has a quick turnover of fresh produce. When buying frozen vegetables in cardboard containers, press the containers as a test: If you hear the soft, crunchy sound of ice crystals, don't buy. Frozen vegetables in plastic bags should be bright in color, with no ice crystals. Don't buy frozen vegetables in damaged packages, or from a freezer unit that has a thick coating of ice accumulation. When buying canned vegetables, avoid badly dented or bulging cans; the contents might be dangerously spoiled.



What is the best way to store vegetables? First, wash the fresh ones in cold water briefly. (Too much washing or soaking will lessen their vitamin C value.) Shake vegetables dry, place in plastic wrap or bags, then refrigerate in



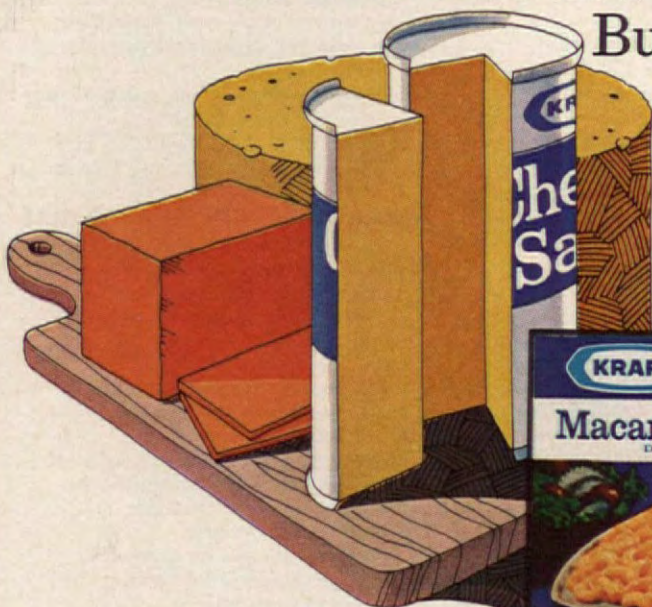
your crisper section. Store five to seven days. Keep fresh root vegetables unwashed in a cool (no more than 55°F.), dark place. Frozen vegetables are best when frozen rock-hard until cooking time. Store at 0°F., if possible; if your freezer reads higher, four or five days is your limit. At 0°F., unopened plastic-bagged vegetables keep 12 months; cardboard paper-wrapped ones, six months. Never refreeze vegetables once they thaw. Store canned vegetables in a cool place. If kept longer than three months, invert cans to redistribute contents. Use within a six- to 12-month period. Canned vegetables that you've opened can be stored in their cans if you cover and refrigerate them. High-acid vegetables such as tomatoes retain color and



flavor better if stored in glass or plastic. Store all leftover vegetables in air-tight containers. Reheating will lessen their nutrition value, so try to use them instead in salads. Toss with a well-seasoned dressing.

What are the best ways to prepare and cook vegetables? Pare as thinly as possible; much food value lies directly under the skin. Cook in a minimum of salted water in tightly covered pans to prevent vitamin loss. Cook as quickly as possible; never add bicarbonate of soda to retain color. Never throw away cooking liquor from vegetables; use in soups, sauces, gravies. While boiling is the obvious cooking method, try baking or braising as alternatives to conserve nutritive value.

The can that thinks it's a wedge of cheese.



But it's really a special cheese sauce that melts a rich cheddary flavor all through the golden elbow macaroni. Kraft Macaroni and Cheese

Deluxe Dinner. The good kind you cook up fresh.



Division of Kraftco Corporation



This month's American Home recipes

KEY TO NUTRITION RATINGS

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

Super Value

continued from page 63

THE SMART SHOPPER SAYS:

- Our recipes are for entire main courses—meat plus vegetables. Each dish is so substantial (therefore economical) that a light appetizer and dessert are all you need to round out the meal. In some cases, a dessert alone will be enough.
- Frozen and canned vegetables, as recommended in our recipes, are the best price, nutrition and flavor value at this time of year.
- Be flexible when making meat purchases. For example, any ground meat can substitute for ground beef in our recipe—particularly budget-cutting beef with soy bean extender added. Any type of sausage can be used in our sausage recipes. Let price be your chief deciding factor.
- Allow four ounces of raw meat (no fat or bone to be trimmed) per person for budget meat dishes. Always stretch to full nutritional efficiency by adding protein-rich vegetables—particularly fortified pastas and legumes.

Meatballs with Garden Vegetables

(pictured on page 62)

Makes 6 servings. Each serving: 912 cal.; 35 gms. P.; 65 gms. F.; 62 gms. C. Source of thiamine, riboflavin, niacin and vitamin A.

Meatballs

- 1/2 cup enriched long- or medium-grain rice
- 1 cup water
- 2 tablespoons butter or margarine
- 1/2 teaspoon salt
- 1 1/2 pounds ground beef or chuck
- 1/2 cup grated onion
- 2 tablespoons soy sauce
- 2 tablespoons red wine
- 1/2 teaspoon pepper
- 1 package (4 ounces) mozzarella cheese
- 1/2 cup pure vegetable oil

Vegetables

- 1/4 cup water
- 1/4 cup butter or margarine
- 1 teaspoon salt
- 3/4 teaspoon ground nutmeg
- 1 package (16 ounces) frozen baby carrots
- 1 package (9 ounces) frozen cut wax beans
- 1 package (9 ounces) frozen cut green beans

1. In small saucepan cook rice with water, butter or margarine and salt. Follow package directions. Continue

cooking rice until very soft—2 to 3 minutes longer than indicated. Add 2 tablespoons more water, if necessary. Spread on plate to cool.

2. Blend ground beef with onion, soy sauce, wine and pepper. Divide evenly into 12 pieces. Shape each into a ball; place between two sheets wax paper; press to make a 4 1/2 - to 5-inch circle.

3. Remove top sheet of paper from each meat circle. Place 1 tablespoon cooked rice mixture in center of meat. Cut cheese into 12 (1/2-inch) cubes. Place a cube in center of rice mixture.

4. Using fingertips, gently mold meat around rice and cheese to form a ball. Pinch and seal edges firmly. Repeat with remaining meat, rice and cheese. Chill 1 hour then roll for final shaping.

5. Sauté meatballs, no more than 4 at a time, in large skillet in vegetable oil, placing seam-side down in oil to seal. Turn meatballs often; fry 5 to 7 minutes. Keep warm while cooking others.

6. Meanwhile, in large skillet or pan heat water, butter or margarine, salt and nutmeg. Add carrots, wax and green beans. Simmer, covered, 15 to 20 minutes, until tender. Stir frequently. Serve meatballs on large platter surrounded by vegetables, as pictured.

7. American Home's Suggested Menu:

Curried Beef Bouillon
MEATBALLS WITH GARDEN
VEGETABLES
Fresh Grapefruit Cup

Winter Turkey Platter

(pictured on page 63)

Makes 6 servings. Each serving: 582 cal.; 41.7 gms. P.; 76.5 gms. F.; 24.5 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

Stuffing

- 1/2 cup butter or margarine
 - 1/2 cup chopped celery
 - 1/2 cup chopped onion
 - 1/2 cup dry-roast unsalted peanuts
 - 1/2 cup water
 - 2 cups corn bread stuffing mix
- Vegetables
- 1/2 cup chicken broth or water
 - 2 tablespoons butter or margarine
 - 1 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 package (10 ounces) frozen baby lima beans
 - 1 package (10 ounces) frozen broccoli spears
 - 1 cup seedless green grapes (1/4 pound)

1 1/2 pounds cooked sliced turkey breast

1. Make stuffing in large skillet or pan: Melt butter or margarine; sauté chopped celery and onion 5 minutes. Add peanuts. Sauté 2 to 3 minutes.

2. Add water. Bring to simmering point. Toss in stuffing mix. Blend well. Cover skillet tightly; place over low heat 15 minutes. Stir occasionally.

3. Meanwhile, heat chicken broth or water, butter or margarine and seasonings in large pan. Add limas, broccoli spears and green grapes. Set turkey slices on top. Cover pan tightly; simmer gently 10 minutes.

4. Remove turkey slices from pan. Arrange around edge of platter, as pictured. Place hot stuffing in center of platter and slightly over turkey slices. Drain vegetables; place on top of stuffing. Serve at once.

5. American Home's Suggested Menu:

Chicken Bouillon
WINTER TURKEY PLATTER
Mincemeat Pie • Pouring Cream

Knackwurst with Apple Kraut

(pictured on page 63)

Makes 6 servings. Each serving: 625 cal.; 23 gms. P.; 40 gms. F.; 35.7 gms. C. Source of thiamine, riboflavin, niacin and vitamin C.

- 2 cups onion rings
- 2 tablespoons pure vegetable oil
- 4 cups chunk-size apple slices (1 pound apples)
- 1 bag or can (16 ounces) sauerkraut
- 1/2 cup dry vermouth or white wine
- 2 tablespoons caraway seeds
- 1 1/2 pounds knackwurst
- 2 1/4 cups instant potato granules
- 2 envelopes (individual serving size) green-pea soup mix
- 2 1/4 cups milk
- 1 cup water
- 1/4 cup butter or margarine
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 3 to 4 drops green food color

1. Using large skillet, sauté onion rings in hot vegetable oil over medium heat 3 minutes. Add apple slices. Sauté 2 to 3 minutes, stirring constantly.

2. Rinse sauerkraut under cold running water. Press gently but firmly to remove excess liquid. Stir sauerkraut into skillet together with vermouth or white wine and caraway.

3. Place knackwurst on top of apple kraut. Cover skillet tightly; simmer over low heat 10 to 15 minutes or until sausage is very hot.

4. While sausage cooks, blend instant potato with green-pea soup mix. In large saucepan, heat milk, water and butter or margarine to boiling. Beat in potato-pea soup mixture, seasonings and food color.

5. Serve by arranging apple kraut topped with knackwurst, as pictured. Pipe potato mixture around edge of dish, using No. 5 meringue tip, or spoon mixture around edge. Serve any extra potatoes along side.

6. American Home's Suggested Menu:

Mushroom Soup
KNACKWURST WITH
APPLE KRAUT
Potato and Pea Puree
Orange Sherbet • Vanilla Wafers

Chicken with Zucchini and Noodles

(pictured on pages 62-63)

Makes 6 servings. Each serving: 538 cal.; 26 gms. P.; 26.8 gms. F.; 38 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 1 1/2 pounds boned chicken breasts, halved and pounded thin
- 3/4 cup all-purpose flour

- 1 teaspoon salt
- 1 teaspoon ground thyme
- 1/2 teaspoon pepper
- 1/2 cup butter or margarine
- 1/4 cup pure vegetable oil
- 4 cups (1/3-inch-thick) zucchini slices (1 1/2 pounds)
- 2 tablespoons lemon juice
- 1/4 teaspoon ground nutmeg
- 1 package (8 ounces) vitamin-enriched egg noodles
- 1/2 cup dairy sour cream
- Paprika

1. Dip halved chicken breasts, one at a time, into flour mixed with seasonings. Press mixture firmly onto chicken, then shake gently to remove surplus.

2. In large skillet, melt 1/4 cup butter or margarine with vegetable oil. Sauté chicken breasts 2 or 3 at a time until tender, cooking 2 to 3 minutes each side. Place on paper towels to drain. Keep warm.

3. Melt remaining 1/4 cup butter or margarine in clean, large skillet. Add zucchini, lemon juice and nutmeg. Cover and sauté over low heat 10 minutes or until just tender, stirring occasionally.

4. Meanwhile, cook noodles according to package directions. Drain and return to pan; add drained, sautéed zucchini slices. Heat and toss gently to combine. Arrange on platter, as pictured. Top with sautéed chicken.

5. Stir sour cream into pan juices remaining from zucchini. Heat but do not boil. Spoon over chicken. Sprinkle sauce with paprika. Serve at once.

6. American Home's Suggested Menu:

Black Bean Soup with Sherry
CHICKEN WITH ZUCCHINI
AND NOODLES
Applesauce Parfait • Rolled Cookies

Kielbasa with Rice-Bean Pilaf

(pictured on page 62)

Makes 6 servings. Each serving: 802 cal.; 30.8 gms. P.; 40.6 gms. F.; 76.6 gms. C. Source of thiamine, riboflavin, niacin and vitamin C.

- 4 cups julienne strips green pepper
- 2 cups onion rings
- 1/4 cup pure vegetable oil
- 1 cup enriched long-grain rice
- 4 cloves of garlic, crushed
- 1 tablespoon salt
- 1/2 teaspoon pepper
- 2 1/4 cups water
- 1 package (10 ounces) frozen black-eye peas, partially thawed
- 1 can (20 ounces) garbanzo beans (chick peas), drained
- 1 1/2 pounds kielbasa sausage

1. Using large skillet, sauté green pepper and onion in hot vegetable oil until tender-crisp—about 3 to 4 minutes—over medium heat. Remove from skillet. Set aside.

2. Add rice, garlic and seasonings to skillet. Stir to absorb oil. Add water. Bring to boiling, stirring constantly. Add black-eye peas.

3. Cover skillet tightly; simmer 10 minutes. Stir in drained garbanzo beans, green pepper and onion. Slush kielbasa around the outer edge at 1-inch intervals. Place on top of pilaf.

4. Re-cover skillet tightly. Simmer 10

to 15 minutes longer until rice and peas are tender and sausage is very hot. Fluff rice and peas with fork while cooking, if necessary. Serve as pictured.

5. American Home's Suggested Menu:

Hot Buttered Tomato Juice
KIELBASA WITH RICE-BEAN
PILAF
Peach Compôte • Toasted Pound Cake
Fingers

Southern-Style Sausage Casserole

Makes 6 servings. Each serving: 558 cal.; 24 gms. P.; 40 gms. F.; 27.6 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 3 packages (8 ounces each) country-style little sausages
- 2 tablespoons butter or margarine

- 1/2 cup chopped onion
- 1 teaspoon salt
- 1 teaspoon dried thyme leaves
- 1/4 teaspoon pepper
- 1/4 teaspoon hot-pepper sauce
- 1 can (16 ounces) whole tomatoes

- 1 package (10 ounces) frozen whole okra
- 1 package (10 ounces) frozen baby lima beans
- 1 package (10 ounces) frozen whole kernel corn

1. Prick sausages well with a fork. Cook in a large skillet according to package directions. Remove from skillet. Place on paper towels to drain. Set aside.

2. In same skillet, melt butter or margarine. Sauté onion and seasonings over medium heat for 5 minutes. Drain tomatoes. Measure 3/4 cup tomato juice; add to skillet. Chop tomato flesh coarsely. Set aside.

3. Add okra to skillet. Cover; simmer 5 minutes. Add baby limas to skillet. Cover; simmer 10 minutes longer. Add corn, reserved sausages and chopped tomato. Stir gently to mix. Cover; simmer 5 minutes more. Serve at once.

4. American Home's Suggested Menu:

Cream of Celery Soup
SOUTHERN-STYLE
SAUSAGE CASSEROLE
Warm Brownies • Lemon Sauce

Pan-Fried Liver, Balkan-Style

Makes 6 servings. Each serving: 534 cal.; 33.4 gms. P.; 30 gms. F.; 37.5 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- Vegetables
- 1/4 cup water
- 1/4 cup butter or margarine
- 2 teaspoons garlic salt
- 1 teaspoon celery seeds
- 4 cups cauliflowerets (1 1/2 pounds)
- 2 cups sliced celery (1 pound)
- 1 can (20 ounces) red kidney beans, drained

- Liver
- 1 1/2 pounds beef liver
- 1/2 cup all-purpose flour
- 1/4 cup mild paprika

continued

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TEN-MINUTE BODY CYCLE (Z386763), SALE \$5.98

continued

1/2 cup pure vegetable oil

1/2 cup chopped parsley

2 tablespoons lemon juice

1 teaspoon grated lemon peel

1. In large skillet or pan, heat water, butter or margarine and seasonings. Add cauliflowerets and celery. Cover; simmer 15 minutes. Add drained kidney beans. Cover; simmer 5 minutes more.

2. Remove any membrane from liver. Cut into julienne strips. Toss in mixture of flour and paprika to coat. Sauté in large skillet in hot vegetable oil over high heat. Cook in 2 batches for only 3 to 4 minutes. Do not overcook.

3. Toss cooked liver with parsley, lemon juice and peel. Return to skillet; reheat briefly. Serve on large platter surrounded by drained vegetables.

4. American Home's Suggested Menu:

Cream of Potato Soup

PAN-FRIED LIVER,

BALKAN-STYLE

Hot Ginger Pears

Super Pie

continued from page 65

Orange Meringue Pie

Follow recipe for Lemon Meringue Pie with these exceptions: Instead of 1 tablespoon grated lemon peel, use 1 tablespoon grated orange peel plus 1 teaspoon grated lemon peel; instead of lemon juice, use 1/2 cup orange juice.

Lime Meringue Pie

Follow recipe for Lemon Meringue Pie with these exceptions: Instead of grated lemon peel and juice, use 1 tablespoon grated lime peel, 1/2 cup lime juice and 3 drops green food color.

TIPS FOR ALL 3 MERINGUE PIES:

- Once you've lined the raw pie shell with wax paper, we recommend filling to brim with broken bread crusts. Cooks once used raw rice or beans; today, these products are too costly. Packaged aluminum pellets are available for this purpose. They are an expensive first-time purchase, but can be reused repeatedly.

- To garnish pies, simmer 1/4 cup fine julienne lemon, orange or lime peels in 1/2 cup water 5 minutes. Drain well. Add 1/4 cup light corn syrup. Simmer 2 to 3 minutes. Lift from syrup with wooden pick or cake tester. Place over browned meringue.

- Each pie makes 8 servings.

Frozen Potatoes

continued from page 66

THE SMART SHOPPER SAYS:

- Don't banish potatoes from your diet just because you're watching calories. They have no more calories than such diet-accepted foods as pears and bananas. Also, they supply valuable vitamins and minerals. One cup of frozen French fries provides 30 percent of the daily vitamin C requirements for an adult; 16 percent of the niacin, 11 percent of the thiamine and 14 percent of the iron requirements.

- Frozen potatoes are convenient and economical. You use every bit you buy. With raw potatoes, as much as 30 percent of your purchase is wasted in peelings, eye trimmings or spoilage. Frozen potatoes are peel-free, and all are partially cooked. You save time in shopping because you can store frozen potatoes much longer than fresh.

- Frozen French fries, the most popular form of frozen potatoes, need not be fried in oil at home; processors have done that for you. Just bake and serve. There's no unpleasant, expensive deep-fat frying to do.

- Frozen potatoes are available in more than a dozen shapes. Since they also come in different package sizes, you can use the size that fits your family's appetite. The smaller-size packages or reclosable poly-bags are ideal for families who find they never use up a 3- or 5-pound bag of fresh potatoes before the last pound spoils.

continued



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That Cigarette Smoking Is Dangerous to Your Health.

continued

Chicken Brochette

(pictured on page 66)

Makes 2 dozen. Each skewer: 69 cal.; 3.8 gms. P.; 3.5 gms. F.; 5 gms. C.

- 1 whole chicken breast (about 1 pound)
- 2 tablespoons pure vegetable oil
- ½ cup water
- 1 chicken bouillon cube
- 1 package (10 ounces) frozen Brussels sprouts, partially thawed and cut into halves
- 1 tablespoon finely chopped parsley
- 1 tablespoon cornstarch
- 2 tablespoons water
- ½ teaspoon salt
- 1 package (16 ounces) frozen potato rounds (plain, onion or bacon flavored)

1. Remove bone and skin from chicken. (Save bone and skin for soup, if desired.) Cut chicken meat into 1-inch chunks. Heat oil in large saucepan over medium-high heat. Add chicken. Cook until lightly browned, stirring occasionally. Remove with slotted spoon to a dish.

2. Add water and bouillon cube to saucepan. Bring to boiling. Add Brussels sprouts. Cook until just tender. Remove with slotted spoon to dish with chicken.

3. Combine parsley, cornstarch, water and salt in small bowl. Stir into liquid remaining in saucepan. Bring to boiling, stirring constantly. Boil 1 minute. Remove from heat.

4. Bake potato rounds according to package directions. Loosen rounds from baking pan carefully with metal

spatula. Alternately arrange 2 potato rounds, chunk of chicken and 2 Brussels sprout halves on each bamboo skewer. Place skewers on aluminum foil-lined jelly-roll or shallow baking pan. Brush chicken and sprouts with parsley sauce. Reheat skewers in preheated 350° oven about 5 minutes.

5. To arrange skewers as pictured, place half of a large rutabaga or half a head of cabbage in a shallow round dish. Cover vegetable with sprigs of parsley. Insert skewers into vegetable stand.

6. American Home's Suggested Menu: CHICKEN BROCHETTE

Cheese Manicotti • Italian Green Beans
Romaine Salad with Vinaigrette
Dressing
Apricot Tart

Potatoes Germania with Apple-Raisin Sauce

(picture on page 66)

Makes 8 servings. Each serving: 523 cal.; 20 gms. P.; 32 gms. F.; 40 gms. C.
Source of thiamine and niacin.

- ½ cup butter or margarine
- 1 package (32 ounces) frozen chopped hash brown potatoes
- 2 teaspoons salt
- ¼ teaspoon pepper
- ½ cup fresh or frozen chopped onion
- 1 tablespoon butter or margarine
- 8 slices cooked ham (3 ounces each)
- 1½ cups apple juice
- ½ cup golden raisins
- 2 chicken bouillon cubes

- 2 tablespoons sugar
- 2 tablespoons cornstarch
- 2 tablespoons water

1. Heat oven to 450°. Place ½ cup butter or margarine in 4-cup Bundt flange pan or 10-inch shallow skillet with heatproof handle. Heat in oven just until butter or margarine has melted. Remove pan from oven; swirl butter or margarine carefully to coat bottom and sides of pan.

2. Combine frozen potatoes, salt, pepper and onion in large bowl until any large clumps of potato separate into pieces. Spoon melted butter or margarine from flange pan or skillet over potato mixture. Toss with fork until well mixed. Pack potato mixture in flange pan or skillet, mounding mixture in center of pan. Bake 50 minutes or until potatoes are well browned, pressing them with a wide spatula midway during baking period to form a flat compact layer.

3. While potatoes bake, melt 1 tablespoon butter or margarine in skillet over medium heat. Add ham; sauté until heated. Remove to platter. Add apple juice, raisins, bouillon cubes and sugar to skillet. Bring to boiling, stirring until cubes dissolve. Combine cornstarch and water; stir into skillet mixture. Bring to boiling, stirring constantly. Boil 1 minute. Reduce heat. Add ham to sauce to keep warm.

4. Remove potatoes from oven. Loosen potatoes from sides of pan. Place inverted platter over potatoes. Turn plate right side up. Lift off pan or skillet.

continued

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continued

Remove ham from sauce and arrange on top of potatoes. Spoon some sauce over slices. Serve remaining sauce in sauceboat. Garnish center of potatoes with parsley, if desired.

5. American Home's Suggested Menu:

Vegetable Tomato Juice

POTATOES GERMANIA with
APPLE-RAISIN SAUCE

Hot Corn Sticks • Butter or Margarine
Coffee Ice Cream

Mediterranean Salad Platter

(pictured on page 66)

Makes 6 servings. Each serving made with mayonnaise—775 cal.; 16.6 gms. P.; 64.5 gms. F.; 30 gms. C. Made with salad dressing—662 cal.; 16.6 gms. P.; 51 gms. F.; 35.5 gms. C. Both are sources of vitamin A and niacin.

3 cups water

**1 package (24 ounces) frozen potatoes
O'Brien or hash brown potatoes with
onion and green peppers**

1½ cups chopped celery

1 envelope unflavored gelatin

¼ cup water

**1 bottle (8 ounces) Italian salad
dressing**

1 cup mayonnaise or salad dressing

2 teaspoons salt

¼ teaspoon pepper

**1 can (6 to 7 ounces) solid pack white
or light tuna**

**1 can (14½ ounces) sliced baby
tomatoes**

**1 can (about 6 ounces) ripe olives,
drained**

**1 package (9 ounces) frozen cut green
beans, cooked and drained**

3 hard-cooked eggs

1. In kettle bring 3 cups water to boiling. Add frozen potatoes. Return to boiling. Cover. Cook 5 minutes or until potatoes are just tender. Drain. (Save liquid for soup, if desired.) Return potatoes to pan. Add celery. Toss.

2. Sprinkle gelatin over ¼ cup water in small saucepan. Heat over low heat until gelatin dissolves. Remove from heat. Stir in ½ cup Italian dressing. Blend in mayonnaise or salad dressing, salt and pepper. Stir mixture into potatoes. Chill until slightly thickened.

3. Lightly oil a 6- or 8-cup shallow round mold. Spoon half of potato mixture into mold. Drain liquid from can of tuna well. Invert tuna onto paper towels; pat dry; keep in its shape. Place in center of potato mixture. Cover with remaining potato mixture. Cover mold with plastic wrap. Chill until firm.

4. Drain liquid from tomatoes. (Save for soup, if desired.) Place tomatoes, olives and beans in separate bowls. Add some Italian dressing to each vegetable; toss to coat. Cover each bowl. Chill.

5. Just before serving, run blade of knife around top edge of potato salad mold. Dip in warm water. Place plate over mold; invert. Lift off mold. Surround salad with an arrangement of tomatoes, olives, beans and eggs quartered over celery leaves.

6. American Home's Suggested Menu:

Consommé

MEDITERRANEAN SALAD
PLATTER

Warm Sour Dough French Bread
Fudge Nut Sundae • Sugar Cookies

Country Potato Bread

Makes 2 loaves (16 slices each). Each slice: 100 cal.; 3.25 gms. P.; 1.29 gms. F.; 18.6 gms. C.

2 cups water

**1 package (12 ounces) frozen shredded
hash brown potatoes or 2 cups frozen
chopped hash brown potatoes**

2 tablespoons instant minced onion

2 tablespoons butter or margarine

5 to 5½ cups unsifted all-purpose flour

½ cup instant nonfat dry milk powder

2 packages active dry yeast

2 tablespoons sugar

1 tablespoon salt

2 large eggs

1. Bring water to boiling in medium-size saucepan. Add frozen potatoes. Cover. Cook over low heat until potatoes are very tender, stirring occasionally. Remove pan from heat. Add onion and butter or margarine. Let stand until warm (120° to 130°).

2. Combine 2 cups flour, milk powder, yeast, sugar and salt in large bowl. Blend in potato mixture gradually on low speed of mixer. Increase speed to medium; beat 3 minutes. Add eggs, 1 at a time. Beat in 1 cup more flour. Remove beaters. Mix in enough remaining flour (2 to 2½ cups) with spoon to form a stiff, sticky dough.

3. Oil top of dough. Cover bowl with damp towel. Let rise in warm place (85°), free from draft, about 1 hour or until doubled in bulk.

4. Grease two 9x5x3-inch loaf pans. With greased hands, punch dough down. Divide in half; place in prepared pans. Press dough evenly to sides of pan. Cover. Let rise 30 minutes more.

5. Heat oven to 350°. Bake breads 40 to 50 minutes or until golden brown. Loosen breads from sides of pans; remove to wire racks. Cool completely.

6. American Home's Suggested Menu:

Chunk-style Split Pea with Ham Soup

Deviled Egg on Lettuce Salad

COUNTRY POTATO BREAD

Baked Apple • Maple Syrup

Hot Shredded Potato Salad

Makes 4 servings. Each serving: 149 cal.; 2 gms. P.; 7.8 gms. F.; 18 gms. C.

2 cups water

**1 package (12 ounces) frozen shredded
hash brown potatoes**

2 slices bacon

2 tablespoons chopped chives

3 tablespoons cider vinegar

1 teaspoon salt

1 teaspoon sugar

½ teaspoon pepper

1. Bring water to boiling in saucepan over medium heat. Add frozen potatoes. Cook until just tender; stir with fork to separate strands. Drain well. (Save liquid for soup, if desired.)

2. Cook bacon in skillet over medium heat until golden. Remove and drain on paper towels. Add chives, vinegar, salt, sugar and pepper to drippings in skillet. Stir until well mixed. Remove from heat. Add potatoes. Toss until mixed. Serve immediately.

3. American Home's Suggested Menu:

Frankfurters on Toasted Rolls

Mustard • Fresh Vegetable Relishes

HOT SHREDDED POTATO SALAD

Blueberry Pie

**Shopping
Information**

Merchandise listed here is available in leading department and specialty stores. Items not listed may be privately owned or custom made.

**DECORATING TO GIVE
YOUR HOME A WARM
"COUNTRY LOOK"**

Page 47: Rug, "Whitfield" drapery fabric, Greeff Fabrics, Inc., N.Y.C.; stenciled floor by Jeanne Lee, Palm Beach, Fla.; antiques, C.L. Prickett, Yardley, Pa.

Page 48: Trestle table, cupboard, gate-leg dining table, coffee table, cigarette table, sideboard and hutch top, "Early Canadiana Group," Simmons Limited, Elora, Ont., Can.; quarry floor tile, Fisher Tile, Hawthorne, N.J. *All sources N.Y.C.:* Wing chairs, sofa, Meyer-Gunther-Martini, Inc.; painted dining chairs, Bloomingdale's Import; upholstery fabric, "Ananas," Andre Matenciot Co., Inc.; quilt, George E. Schoellkopf Gallery; painting, "Cosmos," Tanya Pieffer; rug, Kira, Bloomingdale's.

Page 49, Top: *All sources N.Y.C.:* Drapery/bedcover fabric, "Birds and Bees," Kent Bragaline, Inc.; toy chest, chair seat, pillow fabric, wool loop-weave carpet, Greeff Fabrics, Inc.; wallpaper, "Flower Box Plaid," F. Schumacher & Co. *Bottom:* Welsh cupboard, dining chairs and table, National Mt. Airy, Mt. Airy, N.C.; upholstered bench, Henredon, High Point, N.C. *All sources N.Y.C.:* Chair fabric, Woodson, Inc.; lamp, Tyndale, Inc.; Formica Parsons table, Bloomingdale's.

Page 50: *All sources N.Y.C.:* Wallpaper, matching fabric, "Shoot the Moon," Vice Versa, Inc.; table under-cloth, S.M. Hexter Co.; chandelier, Norman Perry, Inc.

Page 51: Wing-chair fabric, Brunschwig & Fils, Inc., N.Y.C. *All sources Los Angeles, Calif.:* Wall covering, Charles Barone; coffee table, Martin of London; rug, Designer Floor Covering.

**TAKE A PACKAGE OF
FROZEN POTATOES**

Page 66: Casserole, Royal Worcester Porcelain Co., Inc., N.Y.C.; silver tray, Oneida, Ltd., Oneida, N.Y.

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Pages 60-61: Cedar shingle roof, Red Cedar Shingle & Handsplit Shake Bureau, Seattle, Wash., redwood siding, California Redwood Assn., San Francisco, Calif.; brick, Sanford Brick Co., Sanford, N.C.; interior/exterior paint, Martin-Senour, Chicago, Ill.; heating/cooling, Carrier Air Conditioning Co., Syracuse, N.Y.

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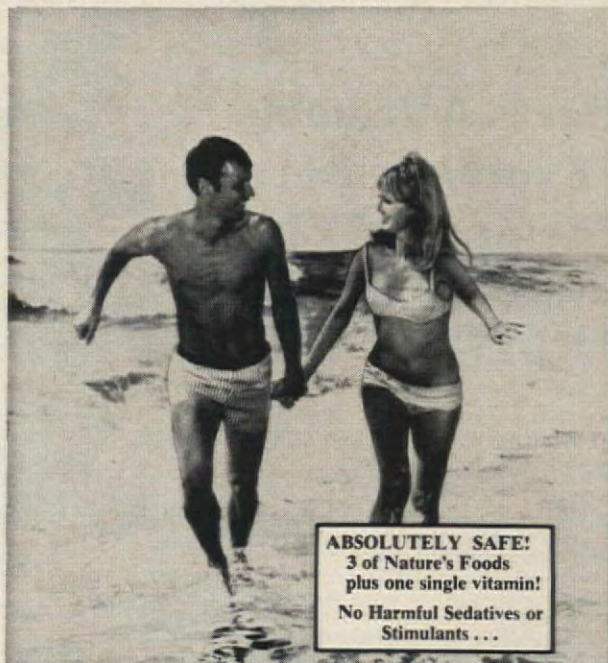
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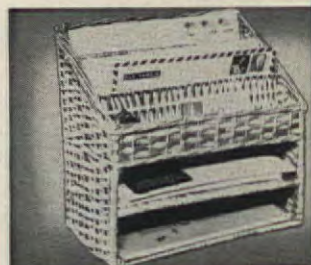
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Wear-anywhere version of yesterday arrives in the princess of seersuckers — plisse! Trimmed with eyelet ruffles. Wraps around to tie as a one-piece pretty. Add a blouse, etc., for variety. Machine wash and dry. Never-iron cotton/avril. One size fits all. White, \$23 plus 90¢ hdlg. Vicki Wayne, 610-A2G-So. Country Club, Tucson, AZ 85716.

American Home Market Place

Lynn Headley—Editor

Stationery basket

Sensational for keeping letters, bills, stamps, etc., is this lovely basket of handwoven natural willow. It neatly sports two shelves and three partitions for organized stashing. Attractive gift. Measures 11½" wide, 11" high, and 6½" deep. \$7.95 plus \$1 hdlg. For catalog, send 25¢. Fran's Basket House, Dept. AH2, Rt. 10, Succasunna, NJ 07876.



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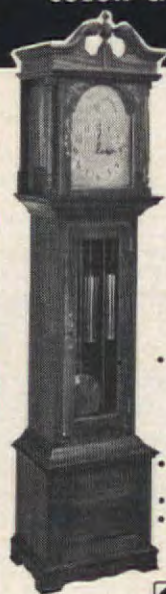
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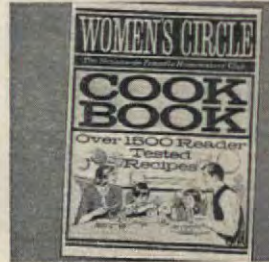
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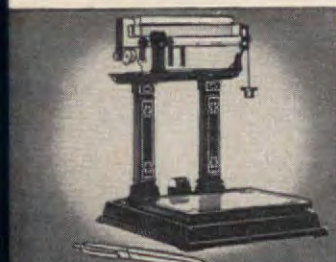
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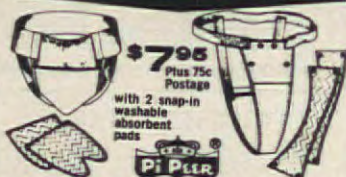
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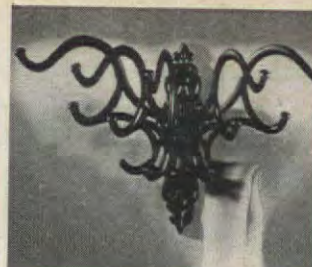
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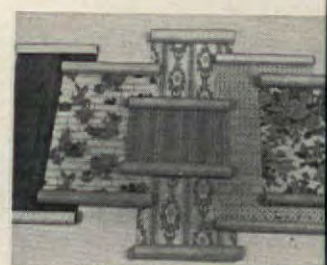
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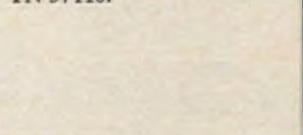
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Leaves

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(*Acer Saccharum*)

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Red
Leaves

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Leaves

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