Let the sunshine in!
Armstrong Solarian.

The sunny floor that shines without waxing.

What a way to sunbrighten your day! And Garden Court, shown here, is just one of the sunny Solarian patterns. What makes them shine so bright? Solarian is born to shine. It has a special Mirabond® wear surface, so it keeps its shine far longer than an ordinary vinyl floor. And the cleaner you keep it, the brighter it shines: just sponge-mop with a detergent and rinse thoroughly. Even black heel marks will come up easier.

Where foot traffic is heaviest, you may eventually see a reduction in gloss. So, if you need it, your Armstrong retailer can supply a special Solarian Floor Finish, which can be applied occasionally to maintain the shine the way you like it.

You'll find your nearest Armstrong retailer in the Yellow Pages under "Floor Materials." Many are authorized Floor Fashion Center® retailers, offering a complete selection of Armstrong floors, color-coordination assistance, and professional installation. Look for this sign.

Below are two more of the many Armstrong patterns with our "shines-without-waxing" wear surface... Colonial Classic and Sunstone. See them all at your retailer's store. Or use the coupon below to get complete color brochures and maintenance instructions.

Armstrong
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Please send me the booklet How to Keep Your Armstrong Floor Looking Its Best and color brochures of all the "sunny floors that shine without waxing."

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Home Appliances

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You'd probably like to. Most women reach a point when they take a long, honest look at themselves and wonder how the years could have slipped by so quickly. Yet it's quite possible that you can ignore the calendar and fool your friends by looking younger than you do now.

Share the beautiful secret of a remarkable beauty fluid, known and cherished by radiantly glowing, dewy-faced women in many parts of the globe. Join these enlightened women in their devotion to the benefits of Oil of Olay beauty lotion, available at drugstores in the United States.

You've probably never before encountered anything quite like this skin-loving liquid. Beauty researchers discovered Oil of Olay, and its priceless ability to ease away dryness . . . dryness that can make you look older by accenting little lines and wrinkles. Your skin virtually drinks in Oil of Olay. The precious liquid penetrates almost unbelievably quickly and completely. And it leaves no greasy after-feel on your skin. You and your friends will notice a discernible difference in your looks, as your skin grows softer, silkier and more supple from the very first days of use.

Oil of Olay has a special ability to work with nature to maintain the oil and moisture balance of your skin, necessary if you're to look your youngest. The liquid, compatible with the skin itself, helps retain your skin's own natural moisture, a beauty bonus as the years go by.

Devoted users like to apply Oil of Olay at least twice a day, so that its wealth of pure moisture, along with tropical oils and other emollients, can work wonders hour after hour. In the morning, quick-penetrating, greaseless Oil of Olay is a superb makeup base that lets cosmetics stay fresh for hours. Again at night, so your skin can sleep in a moist and misty climate of its own.

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Beauty Secrets

On some harried days, it isn't enough merely to pamper your skin. You feel a need to pamper yourself. Even fifteen minutes of rest in a dim room, with your feet up, can let you relax enough to feel refreshed. If you've removed your makeup and soothed on Oil of Olay, that brief interlude of solitude can make you look as well as feel better.

* * *

A laugh line here, a trace of a frown there . . . these should be gentled with Oil of Olay® to become less noticeable as dryness is eased away.
This country may be in danger. We could be losing something we can't afford to lose.

Once, when a man produced a product it was the best he could possibly make. He stood behind it with pride. He lived a simple idea: Do it right or don't do it at all. Nobody told him that. No government agency dictated it. And it built a standard of living for all the world to aim at.

Now that idea is threatened. Today that pride in workmanship, in the quality of things, is in danger of slowly slipping away.

However, there are companies, actually many companies, that are working harder today than ever before to preserve quality in everything they make.

We feel that Whirlpool Corporation is such a company. And we feel it so strongly that we have dedicated our entire company to the preservation of quality. And that means more than just making quality dishwashers, dryers, automatic washers, refrigerators, freezers, ranges, compactors and air conditioners. We mean quality in everything we do.

That's why in 1967 we initiated our Cool Line service. Toll-free help that's available to you anytime. Just call with any questions or problems you might have concerning any Whirlpool appliance. The number is 800-253-1301. In Michigan, 800-632-2243.

That's why we have a Quality Control Department that assures you of appliances you can count on. Day in and day out.

That's why we have a simplified letter warranty that's easy to understand, easy to use.

That's why we have Whirlpool Tech-Care service. A franchised service network which means all the help you ever need is usually no more than minutes away.

Yes, quality may be endangered in many places. But at Whirlpool we simply won't let it die. It's too important.

And it means too much to all of us.

We believe quality can be beautiful.
Come for the filter.


18 mg. tar, 1.2 mg. nicotine av. per cigarette, FTC Report Oct. '74.
You’ll stay for the taste.

A lot of good taste that comes easy through the Micronite filter.
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There are over 6800 True Value Hardware Stores in 50 states. For one near you look under “Hardware” in the classified phone directory.

Cover photograph by Rudy Muller
Special Cookout Offer.

Stainless steak knives by Oneida and carving sets by Imperial that complement your flatware.

Make your summer cookouts even more festive with these stainless flatware accessories. At special savings, we're offering a set of six steak knives, a carving set and a salad/serving set in patterns that will either match or complement your flatware.

Choose Early American Patrick Henry, the bold Spanish look of Isabella, timeless My Rose, Scandinavian Vinland, Via Roma in Mediterranean style or your choice in traditional patterns — Chatelaine or our newest pattern, elegant Brahms.

Now is a wonderful time to prepare for a festive season of outdoor entertaining. And what better way than with these special pieces at these special savings.

Betty Crocker

A set of six steak knives in Oneida Community Stainless is just $8.95. Carving sets and salad/serving sets by Imperial Knife Co. are $6.95 ea. Stainless sets of this quality cutlery by Oneida and Imperial cost substantially more in stores.

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☐ My Rose  ☐ Vinland  ☐ Chatelaine  ☐ Via Roma  ☐ Brahms

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☐ 2-pc. salad set(s), $6.95 each  ☐ P. Henry  ☐ Isabella
☐ My Rose  ☐ Vinland  ☐ Chatelaine  ☐ Via Roma  ☐ Brahms

Name ___________________________
Address __________________________
City ___________________________ State ______ Zip ______

*To assure delivery, give zip code. Offer good only within U.S.A. Offer expires June 16, 1975.
How to buy the second

With carpeting, as with anything else, you learn from experience. So when you're buying carpeting the second time around, it's a chance to correct the mistakes you made the first time around. You may not know exactly what you do want, but you do know what you don't want. So with your knowledge and our hints, this time around should be a lot happier than the last. (And in case you're buying for the first time, congratulations. You're about to avoid some mistakes.)

COLOR: This time around, look for more than a beautiful color, look for one that'll stay that way. Choose a color that won't show dirt easily, especially for busy areas like hallways. Dirt is more visible on gold, for example, than on most any other color. Choose a carpet color that's compatible with the soil in your part of the country. That way, tracked in dirt won't show as much. Consider colorfastness too. You don't want your Royal Blue to gradually fade into Baby Blue. Acrilan® acrylic fiber by Monsanto rates high in color and colorfastness. It can be dyed in an incredible range of colors, all of them bright and vivid. And its colors really resist fading.

STYLE: This time, pick a style that'll stay in style. Just as there are classic furniture styles, there are classic carpet styles too. Styles that never go out. Like pluses and hi-low loop styles. They've been good for decades because they go with everything. And it's just these classic styles that Acrilan is so famous for. In fact, for 17 years, people have been buying thick, luxurious pluses and beautiful hi-low loops made from Acrilan® acrylic fiber.

VALUE: This time, be sure you get what you want for the money you spend. That's what value is all about. And when it comes to carpeting, what you want for your money is not just good looking carpeting at the start, but good looking carpeting even after years of use. A lot of things determine how a carpet will look after years of use, but one of the most important is density. So use your hands when you're carpet shopping. Feel the carpet pile for thickness and density. Bend the carpet sample back. If it feels and looks thick and dense, good. Because the thicker and denser the pile is, the better the carpet will look after years of use. Carpets made of Acrilan are always thick and dense. Monsanto makes sure
they are by closely regulating their construction. And because they're constructed in the proper density, they assure you of the value you want.

CARE: This time, be sure it's easy to clean. The carpet will last longer and so will you. Easy cleanliness isn't only important to the carpet's appearance, but to the length of its life as well. Large dirt particles can wear out a carpet when they get into the pile and rub against the fibers. Smaller particles can adhere to the fibers and cause the carpet to look soiled. If the carpet cleans easily with regular vacuuming, these particles won't have a chance to do their dirty work. Acrilan acrylic fiber features a high degree of cleanliness. Its surface is relatively smooth and hard, so dirt doesn't cling as much. The fiber resists moisture absorption, so spills can be blotted up easily.

STATIC RESISTANCE: This time, be sure it doesn't build up static. Static electricity not only causes annoying shocks, but attracts air-borne dirt too. Nylon, wool and polyester fibers have a great tendency to build up static, especially in dry areas of the country and during the colder seasons. Acrilan has superior static resistance. You get fewer shocks and fewer extra dirt catchers.

ASSURANCE: This time around, don't just ask for carpet, ask for the carpet with the Acrilan fiber label. That's your assurance that the carpeting you buy has passed the rigid quality standards Monsanto has set. If you demand the Monsanto Acrilan fiber label this time around, it may be a long time before you have to consider a "third time around."
We all hear stories about heroic dogs, but what about courageous cats? Baby (above), an American shorthair who lives in Manitoba, Canada, is the pet cat of the Aurel Beriaults. Late one night when the family was sleeping, Mr. Beriault suffered a severe heart attack. Only Baby noticed, and by repeatedly leaping on Mrs. Beriault, she managed to wake her. Alerted that something was very wrong, the woman checked her husband and was able to rush him to the hospital, just in time.

For her role in saving her master's life, Baby has been inducted into Canada's Animal Hall of Fame. Of all the animal heroes and heroines recorded there, Baby is the only one who has never heard a single word of praise: She has been a deaf mute since birth.

Pet stores and cat fanciers continue to advertise Angora kittens for sale, and we all know people with fanciful stories to tell about their own Angoras.

But here's the real story: There are no Angoras anymore. A century ago, the beautiful white longhair, a native of Turkey, took America's cat lovers by storm. So great was the Angora's popularity that another longhair, the Persian, found his star ascending. By 1900, so much crossbreeding had occurred that the average cat lover didn't know whether he was looking at an Angora, a Persian or a mix. Only the experts could distinguish, and in a very few years they decided that the Angora was extinct: The Persian's characteristics had proven dominant. Of course, hardly anyone listened to the experts, and many people continue to use the term "Angora." Actually, the last known Angora reported to be alive and well resided in Turkey, back in 1907. Differences between the two breeds are marked: A proper Persian has a big, round head with a broad snub nose, full cheeks, round eyes and neat, round-tipped ears. The Angora had a smaller, wedge-shaped head, a broad muzzle, slanted eyes and big ears. The long-haired breed had a finer coat and a steadier temperament than the Persian.

Today, if a couple of kittens in a litter should turn up lacking the Persian characteristics, cat breeders often wonder—hopefully—if they've been blessed with Angoras. The thought is tantalizing, but these are throwbacks. The real Angora is gone from the cat world forever.

There are over 35 million cats in our country today, almost half of them homeless. To help control this overpopulation problem, a short-term contraceptive food for female cats is in the works. It will be on supermarket shelves within four or five years. (A similar food for dogs should be available by 1976; see March AH.)

Two other contraceptive methods are about to be field-tested, after great success in the laboratory. One amounts to a synthetic estrogen that inhibits a female cat's fertility during her heat cycle; the other calls for a subcutaneous implant of a steroid that prevents the cat from entering her heat period. Both, when introduced, will require the services of a veterinarian.

For now, the best way to prevent unwanted kittens is to spay the female. If she gets enough exercise and is not overfed, she will never become fat and lazy. She'll enjoy her full quota of years and will lose most of her tendency to roam.

Many famous people have owned cats, but few have expressed their admiration as ably as Mark Twain, who always had several cats at his home in Hartford, Conn. Twain summed up his feelings in this tribute to his beloved pets: "A home without a cat—and a well-fed, well-petted, properly revered cat—may be a perfect home but how can it prove its title?"

—Kurt Unkelbach

For cat lovers: news and notes—and a heroine named Baby

SAKRETE Concrete and Mortar Mixes are made for the do-it-yourselfer. Ideal for outdoor living projects like this wall, edging, footings or repairing concrete surfaces. SAKRETE Concrete Mix, inexpensive, easy to use, and twice as strong as ordinary concrete, takes the guesswork out of mixing and the doubt out of working with concrete.

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search the antiques shops and you'll find wonderful old boxes in all shapes and sizes. Used originally to hold snuff or sewing things, spices or tools, papers or food, their designs vary accordingly. Some (like the turn-of-the-century spice tin above, which sells for $3) were made to appeal to customers from a store shelf. Others were meant to complement fine furniture, or simply to work well in a kitchen.

You'll see plain wooden boxes—good examples of primitive joinery—that were used for kitchen storage, and others ingeniously made of bentwood that served the same function. Also popular for the kitchen were all kinds of "tin" (really sheet-iron) boxes. Some were gaily painted or coated in real tin, and many of the later ones had colorful advertising designs.

Occasionally you'll find a good buy among the handsome inlaid or veneered wooden boxes. Meant for use in the parlor or dining room, these often reflected fashionable furniture styles such as Sheraton or Hepplewhite. It's harder to find a bargain in metal boxes, but if you search diligently, you may turn up something in brass, pewter or copper that is nicely detailed and appealing.

$5 is the price of this turn-of-the-century snuffbox made of a tin alloy that is a refined version of pewter. Its age and original purpose are easy to determine: The graceful engraved floral pattern is in an early Art Nouveau style, and the interior still smells strongly of snuff. You may come across similar boxes in silver with engraved or embossed ornament, but these tend to be more expensive. Metal boxes are very often blackened with tarnish, making it difficult to determine exactly what they're made of. Occasionally, after cleaning off his purchase, a lucky buyer will discover it's made of real silver, but more often he'll find that it was plated and that the silver has worn off.

$10 buys this "tin" lunch pail from the 1880s. The form is plain and almost barrel-like—a shape that was used for many years in the late 19th century. The simple row of rings is a restrained decorative element appropriate to the form. Stamped out in a factory, the pail is made of sheet metal covered with a protective tin coating. It is sturdy as well as waterproof, and could be used to hold liquids or lunches. You may find lunch pails of about the same vintage with added decorative features—a sunburst on the bottom, for example. You may also run across later examples decorated with appealing 1920s patterns; these are usually rectangular with domed cover, resembling pails still being sold—new—today.

$25 is a reasonable price for this circular wooden box. Though its design appears to reflect Shaker tradition, it was not made by the Shakers. Both oval and circular boxes of bentwood were created at the various Shaker communities from the beginning of the 19th century to about 1900, but the Shakers met with competition. Boxes like this one were turned out by country craftsmen. They are not as carefully made as the Shaker boxes; otherwise it's hard to distinguish between them. All were fashioned of birch or maple bent around pine. Meant for use in the kitchen, they were generally varnished or polished inside. A few were painted on the outside, but most were simply given a plain coat of varnish.

$100 is the price tag on this ivory veneer box, an example of fine craftsmanship from India. Made about 1790, the piece has sheets of ivory applied to a wooden core. It is decorated simply with bright floral borders applied right on the ivory. Later versions were made with more elaborate inlays in appealing patterns; some of the most elaborate date from the mid-19th century, when there was a great demand for such decoration. Ivory was used in the West, too, so you may come across ivory boxes from England or Germany that are equally attractive and similarly priced.

$225 is a fair price for this fine English box, which was probably used as a tea caddy in a fashionable dining room or parlor. It is the work of an early 19th-century cabinetmaker who was highly skilled in applying veneer and inlays—the same techniques that went into the making of fine furniture. The box's rope border and shell are elements that indicate it was made when Sheraton and Hepplewhite styles were new.

Its design is a happy compromise between the simple and the elaborate; similar wooden boxes with more complex decorations go for much higher prices. But watch out for fussily decorated imitations made in the 1880s. The designs are usually slick—and often burned or painted on rather than inlaid, as this one is.

$250 brings you this choice 18th-century Dutch tobacco box made of copper and brass in the oblong shape typical of the period. Most tobacco boxes then were thin rectangles; but occasionally you'll come across an example that has flat, rather than curved, ends. The decoration on this piece, embossed and a bit more elegant than the more common engraved designs, marks the end of the Seven Years' War. On the cover, the date of the Peace of Hubertusburg is commemorated with appropriate symbols; underneath, there is a similar design celebrating the victory at Freiberg. Most tobacco boxes of the period have patriotic or religious motifs. But occasional examples are engraved with racy poems, so be sure to get a proper translation before you buy. What's amusing to one could prove embarrassing to another.

—Marvin D. Schwartz
If you like your smoking cool 'n easy, KOOL is for you. Its taste of extra coolness wipes out hot taste forever.

Like a cool 'n easy Swimobile by Chappel Industries? KOOL will be glad to send you one. It's like having a pet dolphin to tow you around. Propelled by twin water jets, it's fun for all. For towing the gang behind or for snorkelers. Weighs 86 lbs., 52" long, 36" wide, 18" high. Sold elsewhere for $365.00, the Swimobile is yours for only $299.95 and 10 labels from any style of KOOL.

Ideas you'll welcome for the beautiful bath

All beautiful rooms are the sum of their details, a precept I followed in designing my Room of the Month (pictured here and on pages 54-55). I began with the basics—walls, floor, fixtures, luxurious space—then filled my showcase room with radiant colors, contrasting textures, plenty of plants and the latest conveniences.—Carleton Varney

Here are some of the functional, decorative details in my dream bathroom: 1 easy-care surfaces, such as this sleek vanity with flush-fitting doors and drawers, and hardy Du Pont “Corian” top and backsplash; 2 Magnavox portable TV on an airy Plexiglas stand; 3 neat, sanitary Dixie cup dispenser instead of the usual unsanitary bathroom drinking glass; 4 Rohm and Haas soap and toothbrush holder in Plexiglas—novel, attractive and practical; 5 metal Detecto wastebasket and colorful stack-up of Fieldcrest towels in open storage; 6 inexpensive woven baskets used decoratively everywhere; 7 clutter-free Hall Mack scale in its own special niche—it folds down when you need it, vanishes into the wall, off the floor, when you don’t.
Why expensive paint is less expensive than cheap paint.

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Don't you wait for septic tank or cesspool trouble to start. Use Rid-X® now. 50 worth once a month can save you hundreds of dollars.

The Bodens are real people. Their cesspool really needed work. This picture was taken as it was being done—a job that really cost $550.

It could happen to you! For years the Bodens like most home owners. Their sewage system was fine, so they ignored it. Meanwhile, trouble began underneath their feet until one day, it surfaced. They learned the hard way—when you see septic tank trouble, it may be too late.

That's why you should start using Rid-X now, before trouble starts. Today's modern detergents, bile and lyes can destroy the active bacteria in your sewage system needs to work efficiently. Rid-X is a benevolent bacteria additive made to help reactivate that essential bacteria action; to help liquefy waste matter, oil and fats. Rid-X works to keep septic tanks and cesspools trouble-free.

Don't confuse Rid-X with liquid and caustic products designed to simply unclog drains. Rid-X is specially made to work inside septic tanks and cesspools. Just one stick flushed down the toilet bowl once a month can save you hundreds of dollars! Buy Rid-X today, a hardware or food store.

SPECIAL COUPON OFFER. Get a discount coupon worth $0.50 towards your purchase of Rid-X. Get the first month's supply free plus a free 16-page booklet on septic tank and cesspool maintenance. Send name and address to Rid-X, P.O. Box 225, White Plains, N.Y. 10606.

American Home Travel Planner

If you are planning a vacation, we'd like to help. Listed below are some major vacation areas. Just check the free travel information you would like and circle the corresponding numbers listed above the space for your name and address.

To guide us in providing more useful travel information for you, please answer the questions on the return coupon.

1. BUSCH GARDENS. Williamsburg, Va. Enjoy the spirit and excitement of France, England and Germany at the new 300-acre Busch Gardens near Williamsburg. The featured theme of the park's rides, shows, music and attractions is "The Old Country."

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

3. KINGS DOMINION. Va. It's the all-new home of Yogi Bear, the Eiffel Tower, the Rebel Yell Double Roller Coaster, rides, fun, magic and make-believe. It's Kings Dominion, the largest family entertainment center north of Florida.

4. TRAVEL VIRGINIA. Let a 36-page color guide introduce Virginia—spring in the Blue Ridge, Williamsburg, Yorktown, plantations, caverns and beaches.

5. BICENTENNIAL PENNSYLVANIA, 1976. Send for your "Calendar of Events" with Bicentennial preview and a color brochure, "Come to Pennsylvania and Get to Know America."

6. VACATIONLANDS, NEW YORK STATE. This 96-page color brochure contains a list of 400 resort communities and 500 tourist attractions in the Empire State.

7. GREAT CANADIAN VACATIONS from Air Canada. The beautiful tour booklet is designed to show that Canada is a little bit of Europe, a lot closer to home.

8. MASSACHUSETTS. This full-color vacation guide and poster is the perfect family vacation planner. And this year, the Bicentennial begins here. So now, more than ever, make it Massachusetts.

9. VISIT KENTUCKY. A 72-page color booklet lists Kentucky's state and national parks, shrines and monuments, with detailed information about each.

10. SOUTH CAROLINA TRIP KIT. This packet contains folders on campgrounds, state parks, beaches, mountains, golf courses, historic homes and gardens; a colorful brochure and highway map.

11. AEROMEXICO offers low-cost Quality Approved Tours to Mexico City, Acapulco, Guadalajara, Puerto Vallarta, Mazatlán, Cozumel, Mérida, Baja California.
Your kids are invited to a birthday party.

In fact, your whole family is invited. To celebrate the 200th anniversary of America's birth, right here in Pennsylvania, where it all happened. With pageantry, parades, and history come alive.

It only happens once in your lifetime, or in your children's. And, because a Bicentennial visit can easily fit in the tightest family budget, there's no reason for your kids to miss this opportunity to really understand their country.

To find out about all the wonderful things Pennsylvania's planning for you in 1976, just use the coupon.

Plan ahead now. Don't miss the birthday party of a lifetime.
Meet our delightful peasant duo! You'll enjoy cross-stitching these jaunty boy and girl figures and flowered hearts on cheery place mats, capturing their much-in-vogue folk-art look quickly in red, green, black and yellow thread. Our kit contains four stamped place mats and four plain napkins—all in creamy no-iron cotton/polyester. Borders prestitched in red need no hemming. Embroidery thread and easy instructions are included.
The Story of the Ugly Chair.

Not that everyone thinks the Contour Chair Lounge is ugly, mind you. Folks across the country have been buying them for, maybe, twenty-five years. And there must be a million families now who bought them because they liked their looks, and later discovered they had bought not just another pretty piece for the living room or den, but almost a new way of life.

How important can a mere chair be to your life style? For the answer to that, you'll have to look beyond the usual ideas of what a chair should look like. What you really must consider is what it was made to do for you.

Picture that conventional easy chair in your living room or den. Then try to figure out how you can rest your head. By slouching down so you're resting the bulk of your body weight on your spine? That's not going to be comfortable for very long.

What do you do with your legs? Cross them? Then recross them? Rest them on the cocktail table? On another chair? Or an ottoman? All of these positions tend to restrict circulation or result in the concentration of an undue proportion of your weight on a single area of your body. None of them can have you comfortable for very long.

Contour ® provides full support to your head in any position.

Because the Contour Chair Lounge is available in a size that is compatible with your height, because it curves to provide gentle support for your head and neck, there is no longer the need for tending your neck muscles while you're trying to relax. And this support is maintained in any chair position — upright, fully reclined...and in all positions in between.

Contour ® provides gentle support for the small of your back.

In addition to relieving you of the usual body weight pressures on the lower back and thighs, the "kidney roll" design feature provides gentle support for the small of the back.

Contour Chair Lounges come in your choice of a wide range of colors, fabrics and styles.

Choice of single or two-seater Cuddler ® models available with automatic push-button position changer, automatically changes your body position from "head high" to "feet up" without effort.

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Name

Address

City, State, Zip Code
How to end aches & pains that bloom in spring

By Karen Cure

It’s not surprising that Monday mornings in spring bring a lovely crop of sore muscles and joints—after week-ends spent raking, mowing, planting and window-washing. These activities would take their toll in any season, but our muscles complain all the harder for having to work after a long, lazy winter.

Sore muscles. If your Monday problem is mildly strained, fatigued, sore or stiff muscles, aspirin and a hot shower should take care of it. Massage any trouble spots, using liniments if you like. And as a precaution, take a hot-tub soak right after you’ve exerted yourself; it may reduce your pain and discomfort.

Immediate pain accompanied by swelling and hotness after a bad fall or a sudden extreme movement probably means that you’ve torn a few muscle fibers. Severe pain that sets in a few hours after exercising usually means the same thing. In either case, continuous cold applications for 24 hours will help stow down the intramuscular bleeding that results and will also help reduce the swelling. Later, to promote healing, use heat applications, gentle exercise and massage (with or without liniments). Aspirin is a help. Consult a doctor if pain and swelling do not subside—or if you suspect a fracture, which can feel the same. (Signs of a fracture are extreme limitation of motion, shortening or distortion of the limb or simply having felt the bone crack.)

Joint problems. Rheumatism has become a catchall word that refers to chronic swelling and aching of the tendons and joints. Causes of the aching include bursitis, osteoarthritis and rheumatoid arthritis.

Bursitis, which affects shoulder, knee, elbow and other bony joints, is an inflammation (continued on page 69)
"THERE IS CREATIVITY IN ALL OF US.
MY PLEASURE IS IN HELPING YOU EXPRESS IT."

-- Elsa S. Williams

Design shown: "Betchworth," by Elsa Williams, from the cover of the NeedleArt Catalog.

Elsa Williams has helped to bring about a needlework revolution in America.
No longer is needlework considered a quaint craft practiced by old-fashioned people in quiet sitting rooms.
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This is more than a catalog of fine merchandise; it is also a catalog of knowledge. Many of its pages are dedicated to helpful diagrams, informative articles and educational editorials.
Send for your copy today, and the name of your nearest Elsa Williams NeedleArt Collection dealer.
Its cost is one dollar. In time, to the serious NeedleArtist, it's almost certain to become a collector's item.

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City
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Elsa Williams
NeedleArt Collection

WEST TOWNESEND, MASSACHUSETTS 01478
This sugar bowl belonged to my mother's great-great-grandmother. We think it's a Wedgwood transfer-print. Can you confirm—and tell us more about it?

A

Your sugar bowl was produced in the 1840s in the Staffordshire region of England. It is a type that was manufactured by many potteries operating in that region. Made of hard earthenware, the piece is decorated, as you say, with transfer-print illustrations. The romantic landscape with its picturesque sailboat and odd buildings is typical of the period. A piece like this would not be in as great demand today as English-made sugar bowls featuring views of American landmarks.

Q

This little bottle is painted to look just like a cured country ham. The irregular shape is quite realistic: There is even a bulge to indicate a bone. Do you have some idea of its history?
L.W.—Wilmington, N.C.

A

The ham shape is a figural bottle design that we are unable to identify. But it is probably of late 19th-century origin, since the greatest number of unusual bottle designs were patented at that time. Bottles for whiskey, drugs, spices, bitters and condiments were produced in a large assortment of shapes from the 1880s on. But your ham-shaped bottle seems unique. For more information on the bottle's design, we can only suggest that you consider a trip to Arlington, Va., to check at the U.S. Patent Office.

Q

I've been told that our old sofa came from New England. Can you tell us anything at all about it?
F.H.—Fernandina Beach, Fla.

A

Your sofa is an example of the American Empire style, which flourished from about 1820 to 1850 and was revived at the turn of the century. It is difficult to determine from a photo whether the sofa is an early or revival example. Examine the carving: If it is deeply cut and complex in pattern, the piece is probably an early one. Later carving done by machine was shallow and often tended to be quite repetitious.

Q

This secretary has been in my mother's family for years. It is handmade of walnut, with hurl-walnut drawer fronts and brass pulls in a dolphin design. It is marked "A.H. & Co." and also "A. Miller." Do you know how old it is?
J.D.—Exton, Pa.

A

Your secretary features an unusual combination of early elements in an American design that must be from the 1880s. The combination of drawers below and glass doors enclosing a bookcase above is an unusual one for the period. But the turned columns flanking the glass doors, the graining of the drawer fronts and the design of the pulls are details characteristic of furniture made after 1870. A. H. & Co. was probably the manufacturer; A. Miller must have been the cabinetmaker. Neither is well known.

Q

I bought this pair of heavy, solid-brass candlesticks in England. What can you tell me about them?
E.E.—Plymouth, Ind.

A

The delicacy and intricacy of your pieces are typical of the turn of the century. The fantastic figures they represent were inspired by the ancient Roman designs then being revived. Earlier candlesticks were heavier.

Q

I am told this family picture is over 100 years old. It is painted on the back of a piece of glass, with mother-of-pearl windows and moon. What kind of painting is it? Is it really old?
L.LaB.—Costa Mesa, Calif.

A

You have a rare example of reverse painting on glass, which was a popular art form in the 19th century. It is the work of a fairly primitive artist, who showed ingenuity in using mother-of-pearl touches to add depth and vibrancy to a picture that would otherwise be very flat. To achieve the same results, 19th-century artists also used crinkled silver paper in portions of their reverse paintings. These works, called "tinsel" pictures, were usually still lifes, examples of popular art.

Q

This hammered brass teapot seems old, but it's hard to be sure. The pot has four feet, a wooden handle and "J.C.B." on the bottom. Is it old?
D.B.—Borger, Tex.

A

Your teapot is probably not more than 80 years old. Feet and a globular shape were features encountered only after 1850. Later pieces were stamped or cast; the hammered effect you see is a texture applied to suggest the earlier hand technique. J.C.B. was an important manufacturer whose work is frequently encountered today.

Q

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. We're unable to return photos or send personal replies.

—Marvin D. Schwartz
FOR MORE OF A WOMAN

It's a fancy lunch or a last-minute meeting or a chat with the Chairman of the Board. Whatever you do, you'll do it with style. With your DIANE VON FURSTENBERG dress. And your Salem Premium Lengths.

MORE OF A SALEM

Salem Premium Lengths. Designed a little longer to refresh a little longer.

Money-saving vegetables

A garden no bigger than your living room will produce a bumper crop of fresh vegetables and salad makings from spring to fall if you plan. The secret to obtaining high yields from small vegetable gardens is in knowing individual planting and ripening times.

$10 worth of seed can give you $290 worth of fresh vegetables.

Five of the vegetables listed in our planting and yield chart (below) are cold-weather plants—to be sown as soon as the ground has dried out in early spring. These plants mature and are ready for harvesting 3 to 10 weeks after planting. When harvesting ends, these same rows can be turned over and readied for new crops that will continue their yield through summer. Our chart shows how much produce you can expect from a 9 1/2-by-25 foot garden (see plan, next page). Here's how to plant.

ROW 1: In early spring plant the row in radishes, one-third of a packet every 10 days—the harvest will span 20 to 30 days and you'll avoid having masses of radishes all ready at about the same time. When radishes are through, plant summer squash, which will continue producing until the first big frost of autumn. (Where partial packets are called for, why not give the remainder to a gardening neighbor?)

Plant the second half of Row 1 with garden cress, a peppery salad green. Follow with a sowing of loose-head lettuce (Salad Bowl is a good variety). As the young lettuces grow, thin the rows and use thinnings for salads. Plant cos or romaine along the outer edge of this row. Slow-growing, these lettuces will mature after summer heat has discouraged further loose-head produce.

ROW 2: In early spring plant bush peas of a variety like Blue Bantam, which needs no staking. Follow with New Zealand spinach, and you'll have crops all summer. Regular spinach is harvested by cutting the top from the root; with the New Zealand type, you merely break off its 6-inch tips.

ROW 3: Beets go here as an early spring crop. They can be harvested over a period of several weeks after maturity. As you clear the row of beets, plant bush-type snap green beans, such as Tenderpod, in the empty spaces—until the row is void of beets and filled with young bean plants. Pick beans when pencil-slim and 6 or 8 inches long. Keep young beans picked to encourage continued yield.

ROWS 4 & 5: Plant a row of carrots (Short 'n Sweet, for instance) and a second row of bush peas (sown 10 days after you've planted Row 2). When harvesting is done, replace carrots and peas with tomato plants and cucumber seedlings you've started indoors earlier (or bought from a nursery or garden supply center). Low-growing cucumber vines do well at the feet of tall, staked tomatoes. Plant cucumber seeds near the growing seedlings, so that when the first vines have completed their yield, a second crop will be well under way. Keep young cucumbers and ripe tomatoes picked to encourage production. Select small cherry tomatoes (such as Tiny Tim) as well as regular-size ones; the cherries ripen earliest.

SOIL PREPARATION: The soil must be well dug and well fed if your garden is to produce lavishly. In early spring strip your vegetable garden area of sod. Spread 1 or 2 bales of peat moss over the soil; use a spading fork to dig the peat into the soil, 20 to 24 inches deep. Break lumps and clogs of soil as you work. The soil must be loose and crumbly before you can plant. If damp soil lumps into a hard ball when you squeeze it, the clay content is high—and sand should be added. Cover the garden surface with 1 or 2 inches of sharp builder's sand and dig it into the soil. The sand will make your soil porous enough to create good drainage.

Mark and measure off the garden rows. Fertilize according to package instructions, but only in those areas where seeds will be sown: there's no point making unplanted soil fertile for weeds. After seeds are sown, mulch between planted drills (where the seeds are) with hay, black plastic, peat moss, buckwheat hulls, seaweed or, in a pinch, grass clippings—to a depth of 3 or 4 inches. This will inhibit weed growth and make watering a once-a-week chore.

### Vegetable planting and yield chart

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Seeds or plants</th>
<th>Days to maturity (approx.)</th>
<th>Yield 25' row</th>
</tr>
</thead>
<tbody>
<tr>
<td>Radishes</td>
<td>1 pkt.</td>
<td>20-60 days</td>
<td>25 bunches</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>1/4 pkt.</td>
<td>45-50 days</td>
<td>35 lbs.</td>
</tr>
<tr>
<td>Lettuce</td>
<td>1/2 pkt.</td>
<td>20-70 days</td>
<td>25 lbs.</td>
</tr>
<tr>
<td>Bush peas</td>
<td>4 oz.</td>
<td>60 days</td>
<td>1/2 bushel</td>
</tr>
<tr>
<td>Spinach, New Zealand</td>
<td>1/4 oz.</td>
<td>70 days</td>
<td>1/4 bushel</td>
</tr>
<tr>
<td>Beets</td>
<td>1/4 oz.</td>
<td>45-60 days</td>
<td>1/2 bushel</td>
</tr>
<tr>
<td>Snap beans</td>
<td>2 oz.</td>
<td>55-65 days</td>
<td>12 qts.</td>
</tr>
<tr>
<td>Carrots</td>
<td>3/8 oz.</td>
<td>65-75 days</td>
<td>1/2 bushel</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>8 plants</td>
<td>70-80 days</td>
<td>35 lbs.</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>1/4 pkt.</td>
<td>50 days</td>
<td>35 lbs.</td>
</tr>
</tbody>
</table>

*Plant in early spring  **Plant in late spring
Turn lawnwork into 'yawn' work...

With a new Tru-Test mower or Lawn Chief Tractor... power and performance proven for easy going on any lawn.

A real powerhouse. 8 hp Lawn Chief pulls a 36,000 pound loaded semi-trailer truck from a standing start.

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COTTER & COMPANY, Warehouse Distribution, 10015, Member-Owned; Chicago; Cleveland; Dallas; Philadelphia; Los Angeles; Portland, Ore.; Manchester, N.H.; Kansas City; Atlanta. Serving over 4800 True Value Hardware Members who own their stores, set their prices and reserve the right to limit quantities. Prices may vary and are subject to change without notice. Space may prevent some participating True Value Hardware Stores from stocking all items.

Tru-Test lawn mowers are sold only by True Value Hardware Stores who own their own lawn mower factories. Prices expire May 10, 1976.
Here's how to lay out the money-saving vegetable garden described on the previous page. Our plan calls for a modest 91⁄2 by 25 feet and is set up so your garden yields vegetables by the bushel (and 3 varieties of lettuce) from spring until autumn's first frost. You can grow America's 10 favorite vegetables in a space only 250 feet square.

### VEGETABLE GARDEN PLAN

<table>
<thead>
<tr>
<th>Width</th>
<th>Radishes; follow with summer squash</th>
<th>Bush peas; follow with New Zealand spinach</th>
<th>Cress and lettuce</th>
</tr>
</thead>
<tbody>
<tr>
<td>18&quot;</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>30&quot;</td>
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<td>24&quot;</td>
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</table>

10 all-summer blooms for less than $20

Heaven is a flower border that blooms profusely for little cost and little effort. It'll be yours if you choose these sun lovers and grow them from seed.

Take a look at our garden plan for annuals (right). It contains 10 flowers in varying sizes and shapes that bloom from mid-spring to mid-autumn. All you need do to sustain the blooming is keep blossoms from going to seed on the plants. You can pinch blossoms off as they fade, or cut the flowers (on 6- to 8-inch stems) as their petals are opening to full blooming size, and use these prunings to make indoor bouquets.

Blossoming borders are most exciting when they include flowers in colors that mix and match, such as we have selected. To encourage the earliest possible blooms, start some—or all—of your seeds indoors. Seed packets tell how early to do this. Generally, you

Sow seeds indoors 4 to 8 weeks before it's warm enough for you to set them outside. You can set them outdoors in mid-spring, when there's no longer a chill in the air.

Fill flats or peat pots to within an inch of the rims; use a potting mixture made of half garden soil and half vermiculite (growing cubes have their own growing medium). Set containers in the sink, in a few inches of lukewarm water, to moisten the soil; then set on a waterproof tray. Drop the seeds 1 or 2 inches apart on potting mixture. Sift

To prolong blooming life, pinch off blossoms as they fade. an inch of vermiculite over seeds. Cover containers with plastic film to keep warmth and moisture in; set in a warm room (sunlight not needed) to germinate.

When seedlings appear, remove the plastic film and place flats in sunny windows. Turn your containers every few days so all the seedlings have equal amounts of sun. Keep soil damp, but not soaked. If the little plants should start to yellow, let the soil dry out, but not enough to wilt the plants; then water them lightly with a solution of ammonium nitrate (sold at garden centers) at half strength.

When planting weather arrives, mark out a border measuring 5 by 25 feet in full sunlight. Remove the sod and turn the soil to a depth of 18 to 20 inches. Break caked lumps by knocking with a shovel. If the soil is claylike, add enough sand to insure good drainage. Dig in and mix well with a bale of peat moss and the amount of fertilizer recommended on a package. Rake border smooth. Following our plan, mark out with string, gravel or pebbles the areas in which each type of flower is to be set.

If seedlings are growing together in flats, cut roots apart with a sharp knife. Dip each seedling in starter solution before planting. Dig holes a half-inch deeper than the root ball, and fill with lukewarm starter solution. Allow liquid to drain; plant seedlings; water and let drain again, fill holes with soil. Make sure border is watered once a week. Grass clippings piled 3 to 4 inches deep between maturing plants act as no-cost mulch to keep weeds out, moisture in.

According to late-winter estimates, the cost of seed for this garden will be $7.45. To that amount add $4 for peat starter pots or flats (or growing cubes); 95 cents for vermiculite; $1.95 for starter solution; $2 for peat moss; $1.10 for fertilizer. Grand total: $17.45.
Terra-Lite® soils and soil conditioners help nature give you the flowers, vegetables, shrubs and lawn you've always wanted. Quality growing media. Developed by Grace research. Proven by professional growers.

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There's Tomato Soil, Rosebush Planting Soil, African Violet Soil, Seed Starter Soil, Terrarium Soil and Terra-Lite Redi-Earth®, the all purpose favorite. Each is a perfectly balanced mixture. Sterile, free of weeds, parasites and disease organisms, there's no healthier environment for your favorites.

There are two Terra-Lite soil conditioners for lawns and gardens, too. Terra-Lite Vermiculite promotes drainage, makes soil lighter and loamier, and actually attracts fertilizer and releases it on demand. Terra-Lite Perlite helps improve drainage and aeration to create a better soil structure, eliminate compacting and surface crusting.

This year get in on the secret. Ask your garden supply dealer about Terra-Lite products. Chances are he uses them himself.


TERRA-LITE

Share a Growing Secret.
Plant a portable rose garden

Planting roses in containers is a novel idea that offers practical and aesthetic pluses to the adventurous gardener.

Portable rose gardens brought to bloom in full sun can be used to spruce up a dull corner of your house or garden. Containerizing is also an ideal way to grow roses where wetness or lack of drainage makes in-ground planting difficult. For gardeners in the northern part of the country, containerizing solves the problem of how to grow roses in cold climates. In moderate climates, bringing roses into some sort of shelter or protection during the winter means no more concern about winter kill or ground heaving, no more need for mounding or covering plants in late fall and, best of all, no more worry each time the temperature makes a sudden change upward or downward.

Almost any rose—miniature, grandiflora, floribunda or tea—can be container-grown. The ideal container for a full-size specimen is 24 inches square and about 18 inches high. A container this size could also be used to grow 2 or 3 fairly small floribundas, so be sure to check the ultimate height, as well as the growing characteristics, of plants before you buy. Any material—concrete, wood, ceramic—will work as a container; you need not limit your choice to the oversized clay pots so prevalent in the past. Whatever you use must have good drainage, and even if your container has drain holes that seem adequate, you should still layer the bottom with pebbles or pieces of broken clay pots.

Miniature roses are particularly well suited to container growing. Their small size means they can be grown singly or grouped in a wide variety of containers. They need little pruning and, of course, are easily transported. Lined up in a window box, for instance, they make a delightful display. A strawberry barrel can be a superb holder for miniature roses, since they can be planted in holes on the sides as well as at the top.

Roses are heavy feeders, so a super-rich potting soil is best to insure maximum bloom. Mix equal parts of good topsoil, medium vermiculite and either well-rotted manure or coarse peat moss. Add the equivalent of 1 pint of superphosphate and 1 pint of cottonseed meal to each bushel of potting mixture.

Plant roses in this mixture in early spring, just as you would in your garden. Once plants are settled in, begin feeding with liquid fertilizer every 2 weeks: 1 tablespoon diluted in 1 gallon of water. Continue feeding until fall weather begins; resume the following spring. Unless rainfall is plentiful, water regularly; soil dries out much faster in a container than it does in the ground. Throughout the summer, spray each week with an all-purpose aerosol formulated especially to control insects and diseases that attack roses.

Prune your roses to keep them blooming continuously. For a hybrid tea, which produces individual blossoms rather than clusters, here's what to do: Move your hand down a stem until you come to a leaf stem with 5 leaflets growing from it. This leaf stem is likely to contain a bud, or eye, that will develop and bear 1 or more flowers. Prune about a quarter-inch above this leaf stem to direct energy as well as sunlight into the bud and encourage it to bloom. Grandifloras and floribundas, which flower in clusters, should be similarly pruned. As each bloom in a cluster fades, remove it. When the last blossom is gone, cut stem back to a point about 1 inch above the first 5-leaflet stem.

Hybrid plants frequently develop suckers—fast-growing shoots that emerge just below the bud joint where the cultivated upper plant was budded onto the rootstock. Allowed to grow, these suckers weaken and kill the hybrid top of the bush. At first signs of a sucker, cut it off flush with the rootstock.

Stop pruning your roses when the blooming season begins to wane. By leaving a few roses on your plant, you'll allow seed pods, or hips, to develop. This maturation signals the plant to settle into the gentle dormancy that allows it to survive winter, indoors or out.

<table>
<thead>
<tr>
<th>CHOICE ROSES FOR CONTAINER GROWING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type and name</strong></td>
</tr>
<tr>
<td>HYBRID TEA</td>
</tr>
<tr>
<td>Chrysler Imperial</td>
</tr>
<tr>
<td>Aztec</td>
</tr>
<tr>
<td>Michèle Meilland</td>
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<tr>
<td>Frau Karl Druschki</td>
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<tr>
<td>FLORIBUNDA</td>
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<tr>
<td>Red Pinocchio</td>
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<tr>
<td>Fashion</td>
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<tr>
<td>Sunspot</td>
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<tr>
<td>Gaytime</td>
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<tr>
<td>GRANDIFLORA</td>
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<tr>
<td>Carrousel</td>
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<tr>
<td>Queen Elizabeth</td>
</tr>
<tr>
<td>Golden Girl</td>
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<tr>
<td>Starburst</td>
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<tr>
<td>MINIATURE</td>
</tr>
<tr>
<td>Red Imp</td>
</tr>
<tr>
<td>Scarlet Gem</td>
</tr>
<tr>
<td>Sweet Fairy</td>
</tr>
<tr>
<td>Cinderella</td>
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You want to set up housekeeping right. But you’re already learning about life with a budget. So you buy Esmond blankets.

You shop with two guides; your taste and your pocketbook. And you’ll please both with the handsome value of Esmond’s brand new “Country Patchwork”.

Here’s all the old-fashioned color and charm of a patchwork design, with all the modern convenience of machine washing and drying.

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

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

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

Anything worth covering is worth Chatham
How to have the lawn you always wanted

Follow our year-round regimen and the grass on your side of the fence will be greener—a lawn you’ll be proud of.

Good maintenance is your first line of defense against lawn pests, weeds and diseases.

One way to have a healthy lawn is to apply a complete fertilizer—one that contains nitrogen, phosphorous and potash—in early spring and again in the fall. Read the instructions carefully and apply evenly so you don’t “burn” the lawn. Follow with an extra application of nitrogen in late spring for cool-season grasses. Warm-climate (southern) grasses will require repeated feedings of nitrogen every 4 to 6 weeks, through the summer. Most lawns, particularly those in homes east of the

Mississippi, should receive treatments of lime every 2 or 3 years. When applying fertilizer or lime to your lawn, use a mechanical spreader (above) and follow a pattern that will insure even distribution.

Cut cool-climate (northern) grasses to a height of about 1 1/2 inches each spring; this will thicken the turf so it can combat the spread of crabgrass more effectively. As warm weather sets in, raise the height-of-cut to a 2 1/4-inch maximum, and maintain it at this level for the rest of the growing season.

Cut warm-climate grasses normally to about 1 inch in spring, letting them grow taller during late July and August. Water all grasses regularly throughout the hot summer months. Water deeply to encourage deep rooting of the grass. Frequent shallow waterings draw roots to the surface, weakening the plants and encouraging weed growth.
It was a simpler, more natural, less complicated time. And perhaps your mother had you brush your teeth with baking soda. Now there's Peak, the baking soda toothpaste. Modern. Pleasant-tasting. Yet 97% natural ingredients. To leave teeth, breath, even mouth tissues and gums feeling naturally cleansed, sweetened, refreshed.

Uncomplicate. Try Peak.

Peak. With the natural goodness of baking soda.
INSTEAD OF BUILDING AN AMUSEMENT PARK, WE'RE BUILDING A LITTLE EUROPE.

We started with a centuries-old forest just a few miles east of Williamsburg, Va. Into it, we tucked the best of England, France and Germany. We call it The Old Country. And when it opens at Busch Gardens in the spring of 1975, you'll discover all the spirit and romance of America's mother countries.

You'll enter through the heather-strewn countryside into a world of Elizabethan England. Stroll the cobbled streets, shop for antiques, and see a show in the
Shakespearean Globe Theatre. Then take a live-steam train into France. Here, you can watch resident artists at work. Linger over lunch in a sidewalk café. Drive a Le Mans-style race car. And zoom into a whirring sawmill on the thrilling log flume ride.

On to Germany: a land of enchantment and excitement. There’s old-world hospitality and oompah music in the famed Willkommenhaus. And plenty of European-style rides in the nearby forest enclave.

Plan a visit for the spring of 1975. One daily admission covers it all—adults, $6.50; children 4-11, $5.50; under 4, free. Just take Highway 60, five miles east of Williamsburg, Virginia. Just 150 miles from our nation’s capital.

Your travel agent can help. So can our free travel book on The Old Country. Send for it. It’ll give you a good idea of just how much Europe you’ll see. And just how much amusement park you won’t.

Please send me a free, full-color travel book on The Old Country.
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Address ___________________________
City ____________________________
State ____________________________
Zip ______________________________

Busch Gardens
Williamsburg, Va.
Del Monte® Pineapple in its own juice. Sounds delicious.
Unless it drains improperly, is weed-choked and dotted with bare spots, the lawn that makes you cringe can be saved.

Your ailing lawn is worth renovating if less than 50 percent of it is bare or host to weeds. Renovate southern grasses in spring, northern grasses in spring—never summer—or early fall. First, cut your lawn as short as you can; catch and remove the clippings, if possible. Proper cutting may require several mowings, spaced a few days apart, but do not remove more than a quarter of the leaf surface at any single time. Next, applying a bamboo or steel rake vigorously, remove the dead grass. If the soil is so compacted that air, water and fertilizer cannot penetrate, rent an aerator (from your local nursery) that lifts soil out, instead of just punching holes. The result will be a patchwork of weeds and sparse grass, but your lawn will be on its way to becoming beautiful.

To treat your lawn properly, you must be able to recognize the 2 basic types of weeds: broad-leaf (dandelions) and grassy (crabgrass and other weeds that closely resemble grass). Each type requires special treatment.

Chemical weed killers are the prime labor-savers of lawn care. They knock out weeds by speeding up the growth process, and leave no long-term residue. When treating a large area with chemicals, buy or rent a pressure sprayer with hose-end attachment. For small areas or spot use, an aerosol spray will work fine: Hold the nozzle close to the weeds and spray. Repeat 2 to 4 weeks later.

Among the grassy weeds, crabgrass is your lawn's worst enemy. It is best controlled in the spring with a preemergent compound containing DCPA that kills the weeds before they appear above ground. The so-called postemergent compounds (applied when crabgrass seedlings have 2 to 4 leaves) are very strong and should be handled carefully. Follow package directions to the letter. For early summer applications, use compounds containing amine methyl arsenate or calcium methyl arsenate.

There's something kind of nice about picking your own vegetables for dinner. Everything tastes better, and the savings don't hurt a bit (as lots of new backyard farmers are finding out).

But if you want a better crop you have to fertilize. Scotts' new Vegetable Garden Fertilizer will give you more lettuce, tomatoes, sweet corn and beans. It has both fast-release nutrients to get your plants off to a strong start and slow-release nitrogen for a balanced, prolonged feeding.

Introducing Scotts new Vegetable Garden Fertilizer. It will give you more lettuce, tomatoes and beans and that's a promise.

Our slow-release formula lasts longer than the water-soluble, quick-release brands. Some of these suggest 2 or 3 feedings per crop. With Scotts, once is usually enough. It can be used on all vegetables, and there's no risk of injury to your plants if you just do what it says on the package.

We've been in the business of growing things for one hundred years. You'll see the difference our new Vegetable Garden Fertilizer will make.
Perk up a corner of your kitchen with our intriguing spice cabinet. It's big enough to hold 12 jars of spices, but small enough (9 by 15 by 3 1/4 inches) to hang almost anywhere. You can make this attractive kitchen convenience from one of our two kits.

The Basic Cabinet kit gives you the unpainted cabinet already assembled, all hardware (including hinges, screws, fastener and catch), glass, glue, precut dividers painted white and ready for gluing, plus easy instructions. To finish the cabinet yourself, coordinating it with the decor of your kitchen, use remnants of your own wallpaper and/or a matching or complementary paint. If you'd like your spice cabinet to resemble those pictured, with gingham accents, order our Basic-Plus-Accessory kit (details below). Decorative spices, herbs, beans and jars are not part of either kit.

A.H. Specialties—American Home Kits
Dept. 4-475, P.O. Box 1400, West Englewood, N.J. 07666

Please send me the following items in the quantities indicated.
(Canada: Add $1 for each item ordered.)

#A940 Basic Cabinet kit(s) @ $8.98 plus $1.25 post. & hdlg. ea. $
#A941 Basic-Plus-Accessory kit(s) @ $10.98 plus $1.25 post. & hdlg. ea. (Check desired color, right, for gingham background and matching paint.)

I enclose (total amount) $.

print name
address
city state zip code

Please make check or money order payable to A.H. Specialties—American Home Kits. Items shipped to Canada are subject to Canadian tariffs. Allow up to four weeks for delivery.
In 1914 after 6 years' psychotherapy with the famous Viennese analyst, Frederick Schlinger, Mrs. Ruth Thornburg felt free enough to smoke in his presence. Dr. Schlinger straightened her out.

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

You've come a long way, baby.

VIRGINIA SLIMS
Slimmer than the fat cigarettes men smoke.

Regular: 16 mg. tar, 1.0 mg. nicotine — Menthol:
15 mg. tar, 1.0 mg. nicotine av. per cigarette, FTC Report Oct.'74
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Do-it-Yourself Case Kit

SOLID 3/4"
BLACK WALNUT

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MOVEMENT EXTRA

Assemble your own grandfather clock, complete with movement, for only $214.00. Compare with clocks retailing up to $800.00. SAVE OVER $550.00!

Emperor is the world's largest manufacturer of grandfather clocks. This tremendous buying power enables Emperor to purchase large stocks of quality lumber for less. High volume sales, combined with efficient production methods, mean even more savings to you. However, this offer will completely exhaust our supply of Black Walnut bought before recent price increases. This is absolutely your last chance to buy Black Walnut at this amazingly low price!

Classic Model 120 in solid black walnut

Our most popular Model 120 features four full turned hood columns, crowned by a breakfront swan neck with ornamental finial. Both the dial face door and full-length waist door are highlighted by curved arches. The decorator sculptured base has the practical convenience of built-in floor levelers. Black Walnut, the most highly prized native hardwood, is a perfect complement to the Model 120. The rich beauty of its grain and deep brown hue assures that your clock will become a cherished heirloom.

Features and Details of Model 120

- All pieces, including tenons and mortises, pre-sanded and pre-cut.
- Breakfront swan neck and finial, waist and dial doors, dial frame and sculptured basefront pre-assembled.
- Complete hardware and assembly instructions furnished.
- Each piece may be reordered separately.
- No woodworking experience necessary.

Model 120
Solid 3/4" Black Walnut
74" x 16 3/4" x 10"

BUY NOW BLACK WALNUT PRICES UP...
THIS OFFER WILL NEVER BE REPEATED!

OFFER GOOD THROUGH JUNE 30, 1975
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Emperor Movement for Model 120

Eight-Day • Weight Driven • Westminster Chimes

Emperor’s 100-M grandfather clock movement is produced in West Germany, the proud work of famous clocksmiths who follow a hundred-year-old tradition of manufacturing the world’s finest movements. When received at our plant, all Emperor movements are thoroughly inspected and tested in our quality control room by factory-trained clocksmiths. This insures lasting accuracy and dependability.

Embossed overlays surround the solid brass dial. The face has a high, permanent polish and serpentine hands. You can select from two dial versions. One has the words “Tempus Fugit” (Time Flies) inscribed in black enamel on a shaped world in the arch above the dial face. The other has the classic Moving Moon with a lunar calendar.

The completely weight-driven movement strikes the famous, melodious Westminster chimes on four musically-tuned rods; four notes on the quarter-hour; eight on the half-hour; twelve on the three-quarter-hour and sixteen on the hour. The hour is struck on four additional tuned rods. The Emperor movement includes weights, solid brass weight shells, brass bob, pendulum and chimes. All plates are solid brass, and pinions are hardened steel. Installation and adjustment of the movement is simple, following the step-by-step instructions.

Money Back Guarantee

If for any reason you are not completely satisfied, return in original shipping carton within 30 days for prompt refund . . . no questions, no excuses.

Use This Form to Order Direct From Factory

Offer Expires June 30, 1975

EMPEROR CLOCK COMPANY, Dept. 40-D
Emperor Industrial Park, Fairhope, Alabama 36532

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We accept personal checks:

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Please send free color brochure □

Alabama residents only add 4% sales tax $ __________

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Visit our Factory Showrooms Mon. - Fri., 8 A.M. to 5 P.M., Emperor Industrial Park, Fairhope, Alabama.
Build Our Wishing-Well Barbecue

It looks like an old-time country well, but our do-it-yourself project is really a generous-size barbecue—the perfect finishing touch for your yard or patio. Easy and fun to build, the “wishing well” is a dream to work at: The ledge gives you counter space aplenty; the roof shades you comfortably as you cook.

And there’s a custom-built plus: The plan lets you add or subtract bricks to arrive at the cooking height that’s best for you.
The California Johannisberg Riesling wines—generally light in body, with a genial trace of mellowness—are well suited to the joys of spring. They are elegant with shellfish, snapper and abalone—and would be superb with our Turban of Sole, pictured on pages 46-47. They also make a delightful aperitif. We suggest chilling these wines about an hour before serving—to enhance their flavor.

The California Johannisberg Riesling grapes—its color a shimmering gold with a glint of green. The fragrance is pleasant and charming, and the taste delightful—a nice sippable wine available in about 40 states. Christian Brothers' Johannisberg Riesling ($3.50) is an outstanding buy, with its spring-moon coloring, pale nose, deliciously dry taste. This is the kind of wine we recommend purchasing in quantity, to keep on hand.

Among the 1972 vintages, Beaulieu Vineyard's Beauclair Johannisberg Riesling ($4.50) has a clean green-gold color, beckoning bouquet, soft taste. It's superb—and available in major metropolitan areas coast to coast. Louis M. Martini's Johannisberg Riesling 1972 ($3.50) comes in a brown hock bottle. A fine wine, with light gold color and a bouquet reminiscent of a flower-fragrant night, it offers a pleasantly mellow taste. Mirassou's Johannisberg Riesling 1972 ($4.50) has a lovely gold color (with a hint of green), perfume-y nose and almondlike taste that make it a winner.

There are numerous 1973 bottlings: some, outstanding. Beringer Vineyards produce a Johannisberg Riesling with light color, flowery nose, pleasant taste—a good buy at $3.25, available in California and in some metropolitan areas nationally. Chateau Montelena's Auslese Johannisberg Riesling 1973 ($5.50) is light yellow, soft in body, with depth of flavor and sweetish aftertaste. Concanon Vineyard's 1973 Johannisberg Riesling ($5) is an exceptional wine, with a gloriously golden color, rich aroma, medium body. From Ingleook, the wine ($4.50) is pale gold, with fruity nose, light body and flavor. Kenwood Vineyards' current varietal ($4.50) has a charming, flowery nose and tartness—a wine that goes well with dishes spiced with herbs. A honey-wildflower bouquet describes Robert Mondavi Winery's 1973 Johannisberg Riesling ($4.50), which is soft to taste, but with a complex edge and mellow aftertaste. Simi Winery's White Riesling 1973 ($4) from the Alexander Valley has a spring-meadow nose and delightful taste. Sonoma Vineyards' Johannisberg Riesling 1973 Spatlese ($5) enjoys a magnificent amber color, fascinating grassy bouquet—and is soft, mellow, intense. It would go well with fruit after dinner. Impressive, it's a wine we would enjoy sipping leisurely on a spring afternoon.

Do you think your medicated dandruff shampoo dries out your hair?

Does it leave your hair dull, dry and unmanageable? Then what you need is a medicated dandruff shampoo with conditioners... Psorex. It adds body, manageability and lustre because it has protein conditioners.

At the same time Psorex helps relieve scalp problems like dandruff scaling, flaking and itching.

Just because you need a medicated shampoo doesn't mean you have to have dull, dry bodiless hair. Get Psorex medicated shampoo with conditioners.
Here's a chance to do something nice for your table without doing in your budget. These beautiful lead crystal candle holders add a touch of romance to any occasion. And they're yours, at this very special price.

The candle holders are part of our Great American Lead Crystal collection. Companion pieces can be found in gift shops, jewelry and department stores wherever nice things are sold.

Order your lead crystal candle holders today. Some for yourself, some for gifts. A little romance never hurt anybody.

Fostoria
We've been working on your crystal for 88 years.
The Sears Kenmore Compactor turns this much nasty garbage into this neat little package.

Fifteen bags full. As much—or more than the weekly garbage collection of an average family of four. Sears Kenmore Compactor takes the whole mess and compacts it all into one neat little package. This heavy duty compactor crushes bottles, cans and cartons; gobbles up all that wet, messy, smelly stuff, too—deodorizes and compacts all of it into one neat, leak-resistant package! What’s more, Sears Kenmore won’t work until the hidden key-lock is turned on. And no special wiring is required. Any adequate 115-volt outlet will do. With a Sears Compactor, you really don’t need a garbage disposer, and you can throw the garbage cans out with the garbage! It means one bag once a week, instead of fifteen. Isn’t that worth the money? Enough people think so, because Sears Kenmore Compactor is the Number One Clean-up Machine.

Sears Kenmore Compactors clean up after more American families than any other compactor.

Demonstration certified by the Nationwide Consumer Testing Institute.

Full flavor to match the best of times.

RALEIGH

Filter Kings, 15 mg. tar, 1 mg. nicotine; Longs, 17 mg. tar, 1 mg. nicotine, av. per cigarette, FTC Report Oct. '74

Men's slim Tri-fold billfold by Amity comes in brown or black cowhide. Yours for free B&W coupons, the valuable extra on every pack of Raleigh. To see over 1000 gifts, write for your free Gift Catalog: Box 12, Louisville, Ky. 40201.
"... the best possible food our money can buy to nourish our families in the best possible manner. It need not be complicated once reduced to practical terms." So states nutrition authority Philip L. White, Sc.D., Secretary of the Council on Foods and Nutrition and Director of the Department of Foods and Nutrition for the American Medical Association.

In difficult times, families gather their forces around them as though fortifying against their enemies. Today, these enemies are not only inflation, unemployment and energy shortages but also a serious food crisis.

Because of this crisis, a lot of people are becoming interested in nutrition for the first time, determined to get the most for the food dollars they spend. Unfortunately, many have become confused by the diversity of information they are exposed to. In truth, nutrition need not be complicated once it is reduced to practical terms.

Good nutrition provides the spark of vitality that enables you to be alert and energetic. It means your body has the nutrients needed to perform all of its functions and help protect you from infection and illness. Good nutrition also means appropriate caloric intake. Eating too much in relation to energy needs creates unwanted weight gain and is not good nutrition. It is malanutrition. Learn to judge the amounts of food that will maintain weight or permit slow weight loss.

The best way to obtain the nutrients you need is to select from a wide variety of food sources. Meats of all kinds are a valuable supply of protein, B vitamins and iron. Vegetables and fruits form an important supply of vitamins A and C. Sugar and cereals provide carbohydrates for energy, and cereals (particularly whole-grain or enriched) are also a supplemental source of protein, B vitamins and iron. Dairy foods contribute protein (milk, eggs and cheese) and fat (butter and margarine).

Learn the words. Proteins, carbohydrates, fats, vitamins and the minerals iron and calcium appear on many food labels and also in the nutritional analysis of AH recipes and are a guide to good nutrition. As you plan nutrition- and budget-wise purchases, note that meats are probably the most expensive item. You can save, however, without sacrificing good nutrition. While the American diet features an abundance of meat, six ounces (about the amount of meat in two hamburgers) or its daily equivalent is ample, from a nutritional point of view. Other foods, such as cereal products, dried beans, cheese and eggs, will add enough protein to make up daily needs. Cheaper cuts of meat provide the same nutritional values as more expensive lean meat: Longer chewing does not mean less nutrition.

We often overlook the great variety of fruits and vegetables available to us. We think that if we eat potatoes, we have paid sufficient homage to the vegetable kingdom; or we restrict ourselves to lettuce and citrus juices. Government dietary studies consistently find that the nutrients most often lacking in diets are those contained in fruits and vegetables. We don't eat enough of them. Eat more and not only will your family's health benefit, the rest of the world will too, because fruits and vegetables (and cereals) represent the most efficient use of land resources.

The best investment of your food dollar may require a little more time to prepare for shopping, but that time will be well spent. Make a careful list of the items you need and then stick to it. Review your food budget, particularly for nonessential items masquerading as food. Search the market advertisements for specials and coupon items. Proper use of coupons can mean a real saving to the conscientious shopper. Look for in-store sales; ask the store manager for ideas about saving money. He should be able to help you; it's his business.

Learn to read labels and understand unit pricing to get the most for your money. The price you pay for super-convenience is only justified if it fits your lifestyle and budget. Think twice about buying the huge economy package of perishable items. You lose money if you don't eat it all and it spoils because of improper storage. Buy in quantity because the price per pound is less, but don't lose your investment through spoilage.

The greatest drain on your food dollar is food waste due to careless food preparation and careless food storage. Preparing more food than is needed and then permitting it to spoil squanders nutritional resources and threatens our health. In this day of world food hunger, such squandering is really a crime.
For a main dish as wholesome as it is flavor-rich, try wine-laced Cornish hens on rice-vermicelli and a ring of broccoli.

Nutrition is...

Count on this beautifully meringued strawberry confection to add a lot to a meal—except empty calories.

Rudy Muller
Menu planning for a balanced diet

Dinner, the big meal of any day, should supply your biggest nutritional boost. This month, we feature a week of well-balanced dinner menus and tell how to make important dishes in each, beginning on page 62.

Good nutrition means eating a balanced diet, your daily investment in optimum health. You achieve this balance through smart meal and menu planning to include the essential nutrients: proteins, carbohydrates, fats, vitamins and minerals. All foods contain calories, but calories are not nutrients—only a measure of the energy obtained from food. Avoid foods that provide energy but no nutrition.

Each day's dinner should contain half your family's daily nutritional needs. Pictured are three dishes from the first of seven menus you will find in our recipe section. We have planned each dish with servings for an average woman on a daily diet of 2,000 calories. Men will consume more; children, less. Special diet problems—solved through polyunsaturated products and low-cholesterol and saltfree foods—need special counseling.

Here's a great beginning to any dinner: garden-fresh asparagus soup subtly seasoned with chives.

Food Department
Margaret E. Happel
Lucy Wing
Colleen E. Wallsh
Donna Johnson
Nutrition is...

Turban of Sole

2 1/2 pounds filet of sole
1/2 cup chicken or clam broth
1/2 cup raw long-grain rice
1 cup finely chopped parsley
1 teaspoon salt
1 teaspoon grated lemon peel
1/4 teaspoon mace or nutmeg
1/4 teaspoon pepper
1/4 cup butter or margarine
2 tablespoons lemon juice
1 1/2 pounds asparagus
1 1/2 pounds baby carrots

1. In lightly greased skillet, place 1/2 pound filet of sole (1 large filet). Add chicken or clam broth. Cover skillet; simmer over low heat 6 to 8 minutes or until fish is fork-tender. Drain well. (Reserve broth for a sauce or fish chowder.) Cool and flake fish medium-fine to measure 1 cup. Set aside; prepare rest of filling.

2. In large pan, cook rice according to package directions. Keep cooked rice in same pan, stir in cooked flaked fish, parsley, salt, lemon peel, mace or nutmeg and pepper. Toss gently with 2 tablespoons butter or margarine and lemon juice. Re-warm filling; stir gently with rubber spatula to prevent sticking.

3. Grease a 1 1/2- to 5-cup ring mold well. Line with remaining fish filets. Place whitest sides of filets against mold. Tail ends of filets should be toward center, widest parts at outer edge (pictured, left). Overlap each filet slightly. If filets are thick, press with broad-blade knife to flatten.

American Home Cooking Lesson
Too often, that culinary triumph you've prepared so lovingly is also a dietary disaster: too many calories, too much cholesterol. Neutralize this double negative; make our positively classic, yet nutrition-wise fish entrée the star of your next special occasion. Simple seasonal vegetables are a luxurious, vitamin-sensible garnish.

1. Top with one 12-inch square of foil with same size wax paper. Grease wax paper well. Holding squares together, place wax paper greased-side down on mold (pictured, above). Twist to seal or tie with string. Heat oven to 400°. Set mold in 3-inch-deep pan; place in oven. Add 1-inch hot water. Bake 20 minutes.

2. Meanwhile, prepare vegetable garnish. Wash, trim and cut asparagus Chinese-style. Pare and rinse baby carrots. Cook separately in boiling salted water until tender. Asparagus will take 5 minutes; baby carrots, 10. Drain, toss vegetables together with remaining butter or margarine. Keep warm while unmolding fish.

3. Gently press in warm filling to fill mold completely (pictured left). To seal filling, first cover with tail of filet from center of mold; then cover with widest part of filet from outer edge. Use a small spatula to tuck filet into inner side of mold (right). Finished raw dish will mound slightly above rim of mold.

Texture makes decorating news, giving the impact of color to a new wave of naturals

Natural materials, blends and synthetics in neutral colors—all new but with an old-fashioned look—are today's widely available standouts. Here are our top choices:

1. acetate-blend drapery fabric
2. rush-seat ed oak chair
3. patchwork quilt
4. wool rug
5. acrylic carpeting
6. wool/mohair carpeting
7. sisal rug
8. acrylic carpeting
9. wool carpeting
10. Dacron upholstery fabric
11. cotton upholstery fabric
12. cotton/rayon/polyester fabric
13 & 14. wool/cotton upholstery fabrics
15. rayon/Verel casement fabric
16. rayon/cotton casement fabric

To see how a neutral color scheme works decorating magic, turn the page.
Camel walls accented with white strike a crisp contrast in living room (above). Furnishings are a comfortable, provocative mix of styles, the touches of green adding a bright note to dark wood tones.

The new-look neutrals

By Helene Brown

Consider the fresh, inviting appeal of a monochromatic neutral color scheme for your next decorating venture.

In the hands of an expert like California designer Ron Collier, whose home is pictured, these serene colors gain excitement when used in different ways, with differing emphasis, in each room. Throughout, Ron creates interest by mixing textures and adding an occasional spark of sharp, contrasting color.
Chocolate brown and white flowered chintz dominates seating area (above). Part of a larger bed/sitting room (bedroom section is at left), this area had its ceiling handsomely raised, paneled and beamed. Decor is rich in pattern and texture, with cocoa carpeting a base for highly personal collection of furnishings and antiques.

Pristine white keynotes the bedroom area with its luxurious canopied brass bed (left). Practical white sheets trimmed with brown and beige grosgrain ribbon make the bed coverings and the hangings, which are prettily shirred at top. White walls, pale cocoa carpeting and bleached pine shutters create continuity between bedroom section and seating area (top).
“Storybook” patterns to paint

The Pennsylvania Dutch lived “plain,” but graced their barns and belongings with painted “fancies.” Here, in their spirited folk-art tradition, are winsome characters and motifs reminiscent of a child’s storybook—yours to paint on any wood surface, using American Home patterns. We brought these stencil-look designs to life on an unpainted toy-chest bench. See coupon on page 68 to order patterns and instructions.
Carleton Varney's Room of the Month

Everyone dreams of having a beautiful bathroom, and I am no exception. So for April I’ve planned a luxury bath—one my wife and I would enjoy—yet filled with adaptable ideas and conveniences you can apply to your own decorating or remodeling.

My dream bath is alive with color—I chose a springtime-green washable wall covering printed with Chinese calligraphy and lotus blossoms. Kohler fixtures are all warm toned; towels provide colorful accents. I wanted a sunken tub and a separate molded shower compartment with Teledyne's invigorating massage unit. And there are His and Hers sinks—his in rich chocolate brown, hers in beige, both with chunky bronze knobs. For details and closeups of this showcase room, see page 16.
Relaxation area inspired by the tropics (below) is another luxury plus of my dream bathroom. Natural wicker furnishings, zebra-look rug, a variety of humidity-loving plants and huge, white lowered shutter-doors contribute to the languid mood. The setting is great for reading while your hair dries, soaking up the morning sun, watching a bit of late-evening TV—or just lounging after a refreshing shower or bath.

Privacy is a must in my His and Hers bathroom (above). I achieved it by setting tub, toilet and sinks in separate areas. And by placing the tub/shower area on a raised platform, thickly carpeted, I’ve set it apart from the rest of the white-tiled room.

Rich beige sunken tub (right) seems to be set in a tropical rain forest. The illusion comes from the leafy wall covering, earthy brown shag carpeting and live green plants arranged on the platform.
Charles Bronson

He has many houses and lives wherever film-making takes him, but this superstar is most "at home" in his Vermont farmhouse. "Off-screen, Charlie is a gentle family man," says actress-wife Jill Ireland. (continued on page 71)

Above, left: "Charlie and I enjoy being here alone," says Jill. "We rarely bring guests, just the children."

Above: Bronson delights in searching out antiques, such as this carrousel horse he bought for his daughter.

Left: Jill and Zuleika, age 3, have lunch in the family's favorite spot, the dining room. Bronson insists on a round table, saying "In this family no one sits at the head of the table."

Opposite, top: U.S., Vermont and British flags fly when the Bronsons, shown with Zuleika, visit their New England retreat. The two-story house has six bedrooms, guest wing and, according to Jill, "rooms I haven't even counted."

Opposite: The Bronsons' yellow clapboard farmhouse, set on 260 acres, is tucked behind white birches in the Green Mountains. It was built in 1791 by an English Tory who remained in Vermont after the Revolutionary War.
Starting out with a collection of old wicker furniture and a longing for a lush indoor garden, the L. N. Baers added the sunny Victorian garden room shown here and in two stages below. The Ohio couple's 1880s home is narrow and their backyard add-on is only 12 by 22 feet. But it was planned and furnished with such finesse that the vintage mood is delightfully preserved. The addition comprises masonry foundation, insulated asphalt-shingle roof and walls of insulating sliding glass doors. Five sets of doors, with screens, create a room that can be opened to the breezes or closed for greenhouse warmth. Electric baseboard heat is separate from house heating system.

A garden-room addition

By Jane Randolph Cary
The Baers love this old Gothic window (right), one of many 19th-century pieces they've collected. So their contractor built the roof pitch to accommodate it. An ingenious touch, the window gives the garden room a nice Victorian flavor, outside and in.

White gazebo fretwork accents Gothic window (above) and makes a plant stand (opposite). Both were found objects.

Airy wicker sets garden mood (above). Pieces belonged to Mr. Baer's family. Most went out for repairs and painting, but the couple painted the floor lamp themselves. Her next project: to make a traditional silk lining for lampshade. She created the pillows, some woven from ribbons.

Natural slate makes handsome floor (left). It is laid over particleboard supported by subflooring over joists. Adding to room's freshness, barn-siding wall panels were stained soft blue-green, and ceiling boards were given wash of thinned white paint. Old-time ceiling fan stirs air.
Nutrition is...

Take a package of

Cereal

Today's ready-to-eat cereals are reaching new popularity highs because they're convenient, economical and super nutritious. They provide carbohydrates for energy—plus vitamins, minerals and proteins for a balanced diet. Presweetened cereals, though costlier to buy, save money in the long run because you conserve precious granulated sugar. Serve cereals with milk, or use them as we have to make a surprising variety of dishes. Learn how in our recipe section, beginning on page 62.

Layers of cocoa rice cereal in three luscious lemon-lime parfaits

Crisp wheat flakes sprinkled around tuna-vegetable casserole

Bran flakes with raisins blended into loaf studded with walnuts, dried figs

Cornflakes baked onto classic Reuben sandwiches

Ben Swedowsky
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*SOURCE: FTC Report October '74.
Of all domestic brands, lowest yield... 2 mg. tar, 0.2 mg. nicotine.
TRUE 100's Regular and 100's Menthol, 12 mg. "tar", 0.7 mg. nicotine. av. per cigarette, by FTC method.

Try these nutrition-wise recipes

**Glazed Cornish Hens**

- 1½ pounds fresh hens
- 3 tablespoons prepared mustard
- 2 teaspoons whole grain mustard
- 4 tablespoons grated Parmesan cheese
- 2 tablespoons chopped parsley
- 2 tablespoons lemon juice
- 1 cup barren cream
- 1 cup milk
- Salt
- Pepper

1. Wash and dry hens. Pat dry with paper towels. Split into halves. In large bowl, combine wine, syrup, lemon juice and peel, salt and pepper. Add hens; toss to coat on all sides. Cover. Chill at least 1 hour.
2. Heat oven to 350°. Remove hens from marinade. Arrange hens, skin side down, in large roasting pan. Bake 30 minutes. Turn; brush with reserved marinade. Bake 30 minutes more or until hens are tender and glazed, brushing occasionally with marinade.
3. If desired, arrange hens over prepared package shredded chicken. Garnish with broccoli spears and parsley. Heat any leftover marinade with pan drippings; skill off; serve with hens.

**Strawberry Fluff Dessert**

- 2 cups pitted strawberries
- 1 cup sliced strawberries
- 1 cup orange juice
- 1/2 cup sugar
- 1/2 cup milk
- 1 tablespoon gelatin
- 1 egg white
- 1/2 teaspoon salt
- 1'4 teaspoon vanilla extract
- 2 tablespoons chopped chives

1. Put berries in colander or large sieve. Run cold water over them; drain well. Set aside 10 whole berries for garnish. Remove stems of remaining. Place hulled berries in large bowl; crush well.
2. Sprinkle gelatin over water in small saucepan. Heat over low heat until gelatin dissolves. Add to crushed berries. Stir in orange juice, 1/4 cup sugar and milk mixture until slightly thickened.
3. Beat egg white and salt until foamy. Add hens; toss to coat on all sides. Cover. Chill at least 1 hour.
4. Toss with reserved marinade. Place in baking pan. Bake 30 minutes or until lightly glazed, basting occasionally with sauce. Slice and serve with sauce from pan.

**American Home's Suggested Menu #3**

- Ham and Cheese Cucumber Boats
- Hot Refrigerated Buttermilk Biscuits
- Banana Jelly-Roll Cake

**Ham and Cheese Cucumber Boats**

- 1/2 pound cooked ham, ground or minced
- 1/2 pound Cheddar cheese, finely shredded
- 1 package (8 ounces) cream cheese
- 1/4 cup chopped parsley
- 1/4 cup milk
- 1 tablespoon prepared mustard
- 1 tablespoon prepared horseradish
- 2 teaspoons salt
- 3 cucumbers (each about 7 inches long)

1. In large bowl, combine hams, cream cheese, parsley, milk, mustard and salt until creamy. 2. Pare cucumbers, if desired. Cut cucumbers lengthwise into halves. Scoop out seeds; discard. Cut thin slice off cut surface, mounding slightly in center. 3. If desired, arrange hens over prepared package shredded chicken. Garnish with broccoli spears and parsley. Heat any leftover marinade with pan drippings; skill off; serve with hens.

**Banana Jelly-Roll Cake**

- 1 cup sifted cake flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 3 large eggs, at room temperature
- 1 cup sugar
- 3/4 cup mashed ripe banana (2 medium)
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel
- 1 cup currant jelly

1. Heat oven to 375°. Grease 1 1/2 x 1-inch jelly-roll pan. Line bottom (continued on page 66)
How to eat well in spite of it all,

Tonight’s dinner doesn’t have to look like today’s economy. Not with Kraft Dinners and a few touches of your own. Like adding some snipped parsley to Kraft Macaroni and Cheese Dinner and serving it with sausage and tomato wedges.
Kraft Tangy Italian Style Spaghetti Dinner is the start of a thrifty Italian dinner. Add meatballs and sliced mushrooms. Green onions and black olives are colorful on the side.

For pennies, you can garnish Kraft Noodle with Chicken Dinner with hard boiled eggs. Then round out the meal with cranberry sauce and carrot sticks.
Make Kraft Deluxe Macaroni and Cheese Dinner a hearty and economical casserole with some frankfurter slices and sautéed breadcrumbs. Pickles add the final touch.

Put mozzarella cheese strips over Kraft Spaghetti with Meat Sauce Dinner. Spice up each plate with a sweet cherry pepper and eat well in spite of it all.

Kraft Dinners make ends meet.
Manhattan Fish Chowder

1 envelope French’s Seasoning Mix for Sloppy Joes
1 cup catchup
1/2 cup vinegar
2 teaspoons salt
1 teaspoon dried basil, crumbled
3 tablespoons catsup
1 tablespoon cornstarch
1/4 teaspoon pepper
3 cups water
2 cups finely shredded green cabbage
2 cups finely shredded red cabbage
2 cups sliced celery
1/4 cup chopped green pepper
2 cups water
2 1/2 cups clam juice
2 cups finely chopped onion
1 envelope unflavored gelatin
1 package (3 ounces) lemon flavor gelatin
2 teaspoons salt
14 1/2 teaspoons sugar
1 tablespoon cornstarch
1/2 cup boiling water
1/2 cup cold water
6 medium potatoes, peeled and diced
1/2 cup fresh or frozen sweet corn
1 can (4 cups) water
1 envelope French’s Seasoning Gem
1/2 cup grated cheddar cheese
1/2 cup grated Swiss cheese
1/2 cup shredded mozzarella cheese
Chopped parsley, if desired

1. In large bowl, combine lemon and vinegar with water. Stir until gelatin is dissolved. Add ice
   for Sloppy Joes. Stir in gelatin mix, if desired.

2. Add fish and seasonings. Continue to cook only until fish flakes easily.

3. Ladle into soup bowls. Sprinkle with chopped parsley, if desired. Serve
   immediately.

American Home’s Suggested Menu #5
Herbed Crown of Lamb Ribs

Herbed Crown of Lamb Ribs

1/2 cup maple sugar
1/2 cup honey or light corn syrup
2 tablespoons cider vinegar
1/4 cup catsup
1/4 cup migrant
5 tablespoons flour
3 teaspoons salt
3 cloves garlic, minced
2 cups grated cheddar cheese
2 cups grated Swiss cheese
2 cups grated Mozzarella cheese
Chopped parsley, if desired

Frank Kabobs

Whoever said you couldn’t turn a frank into a feast? French’s knows how. Try this tasty new
way to cut down food costs while adding more pizzazz to just an ordinary frankfurter.

Frank Kabobs

1 envelope French’s Seasoning Mix for Sloppy Joes
1/4 cup catchup
1/4 cup vinegar
2 tablespoons honey or light corn syrup
8-10 frankfurters, cut in thirds
Pickle slices
Cherry tomatoes or tomato wedges
8-10 bacon slices
8-10 frankfurter rolls

Combine contents of seasoning mix envelope, catchup, vinegar and honey in a small mixing bowl. Alternate
Frankfurter, pickle and tomatoes on 8 to 10 skewers, weaving bacon around them. Brush with seasoning mixture.
Grill over coals or broil for 8 to 10 minutes, turning once and brushing with remaining seasoning mixture. Serve on
frankfurter rolls. 8 to 10 servings.

Another tasty idea from the
R. T. French
Recipe Series.
water and vinegar. Chill mixture until slightly thickened.

2. Lightly oil a 4- or 6-cup mold. Add red and green cabbages, green pepper and salt to chilled gelatin. Spoon into prepared mold. Cover with plastic wrap. Refrigerate until set.

3. Loosen gelatin from sides of mold. Place inverted plate over mold. Bring plate upright. Lift off mold. Serve with mayonnaise or salad dressing, if desired.

American Home’s Suggested Menu #7

Instant Green Pea Soup

Baked Cheese-and-Bread Strata

Carrot-Parsnip Salad on Romaine

Biscuit Tortoni*

Biscuit Tortoni


1 cup instant nonfat dry milk
1 cup ice cold water
2 tablespoons lemon juice
1 cup light corn syrup
4 large egg yolks
¾ cup sweet sherry
½ teaspoon almond extract
2 tablespoons ground toasted almonds

1. In small bowl, combine dry milk and water. Beat with mixer set on high speed until thickened. Add lemon juice. Continue to beat until mixture doubles in volume and attains consistency of whipped cream. Refrigerate 10 minutes while preparing next step.

2. In small saucepan, bring corn syrup just to boiling over medium heat. In another small bowl, beat yolks with mixer until foamy. Add hot syrup to yolks in a fine, thin stream while beating constantly. Continue to beat until yolks are thick and pale yellow.


Turban of Sole

continued from page 47

Budget and nutrition tips:

1. Fish: Sole is the traditional (premium-priced) fish for this dish. You may substitute less costly filet of flounder, or use 2½ pounds frozen fish filets.

2. Frozen or canned vegetables may be substituted for fresh. Allow 2 packages (10 ounces each) frozen asparagus spears and 1 bag (16 ounces) frozen baby carrots, or 1 can (15 ounces) asparagus tips and 1 can (16 ounces) baby carrots.

3. Nutrition: Turban of Sole, with accompanying vegetables, is an ideal nutritionally balanced entrée. The fish is pure protein with associated B vitamins. It is low in cholesterol, since there is no saturated fat, and little, if any, need be added to the recipe. The lemon juice and peel add a trace of vitamin C. Rice contributes the necessary carbohydrate element.

Cereals

continued from page 60

The Smart Shopper Says:

- When buying packaged cereals, read labels thoroughly. “Vitamin fortified” means the product provides 20 percent or more of the Recommended Daily Allowance (RDA) for thiamine, riboflavin, niacin, vitamins B₆ and B₁₂ — and frequently vitamins A, C and D.

- “Multivitamin and iron supplement” means the product contains 50 to 150 percent of the RDA for the vitamins and minerals you’ll find listed.

- Use presweetened, enriched cereals, as we did in our recipes, to add nutrition and reduce the amount of granulated sugar.

- Open cereal packages carefully; reseat after use and store in a clean, cool, dry place to maintain freshness.

Tuna Vegetable Casserole

(pictured on page 60)


½ cups diagonally sliced celery, 
¾ inch thick
3 cups diagonally sliced carrots, 
½ inch thick
4 cans (6 to 7½ ounces each) tuna, drained and flaked
2 cans (10½ ounces each) condensed cream of mushroom soup
¾ cup dry sherry
½ teaspoon almond extract
2 tablespoons ground toasted almonds

1. In small bowl, combine dry milk and water. Beat with mixer set on high speed until thickened. Add lemon juice. Continue to beat until mixture doubles in volume and attains consistency of whipped cream. Refrigerate 10 minutes while preparing next step.

2. In small saucepan, bring corn syrup just to boiling over medium heat. In another small bowl, beat yolks with mixer until foamy. Add hot syrup to yolks in a fine, thin stream while beating constantly. Continue to beat until yolks are thick and pale yellow.


Turban of Sole

continued from page 47

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At 26¢ a serving, Tuna Helper proves economy can be delicious.

One box of Tuna Helper mixed with a 6½ oz. can of tuna gives you a sizzling, hearty main dish that comes to about 26¢ a serving.

And that’s including the cost of the tuna. There are five varieties, each with its own special blend of Betty Crocker seasonings and sauce mix.

Tuna Helper: Economy dishes are no longer a bore.
Crunchy Reuben Sandwiches
(pictured on page 60)
4 teaspoons mild prepared mustard
8 slices rye bread
4 slices natural Swiss cheese
1/2 pound sliced cooked corned beef
1 cup (8 ounces) sauerkraut, well drained
1 egg
1/2 cup milk
3 cups cornflakes, crumbled
(1 1/2 cups crumbs)

1. Heat oven to 450°. Spread 1 teaspoon mustard on each of 4 slices of bread. Top each with 1 slice Swiss cheese, 1/4 of corned beef, about 1/4 cup drained sauerkraut and 1 slice of rye bread. Cut each sandwich in half crosswise.

2. In a shallow pan, combine eggs and milk thoroughly. Dip sandwiches in egg mixture, turning once and allowing time for both sides to absorb liquid.

3. Transfer to wire rack placed on cookie sheet. Bake 10 minutes. Serve immediately.

4. Wrap any leftover sandwiches in aluminum foil and store in refrigerator. To reheat, remove foil and bake in preheated 450° oven as in step #3.

5. American Home's Suggested Menu:
Cream of Celery Soup
Crunchy Reuben Sandwiches*  
Dill Pickles • Carrot Sticks • Olives
Apple Pie

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American Home's Suggested Menu;
Crunchy Reuben Sandwiches*
Fig-Raisin Nut Bread*
Whole Wheat Muffins
Roast Chicken with Giblet Stuffing

Fig-Raisin Nut Bread
(pictured on page 60)

2 eggs
1/2 cup honey
1/4 cup light brown sugar, firmly packed
3 tablespoons butter or margarine, melted
1 cup bran flakes with raisins
2 1/2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
3/4 cup orange juice
3/4 cup milk
1 cup cut dried figs
1/2 cup coarsely chopped walnuts

1. Heat oven to 350°. Grease and flour 9x5x3-inch loaf pan. In large mixing bowl, beat together eggs, honey, brown sugar and melted butter or margarine. Stir in bran flakes.

2. Sift together flour, baking powder, salt and baking soda. Add flour mixture to egg mixture alternately with orange juice and milk; beat well after each addition.

3. Fold in figs and walnuts. Pour into loaf pan and bake 1 hour 20 minutes or until done.

4. Remove bread from pan; cool on wire rack. Wrap in aluminum foil or store in covered container at least 12 hours before serving.

5. American Home's Suggested Menu:
Braised Pork Chops
Peas • Glazed Baby Carrots
Tossed Salad with Italian Dressing

Lemon-Lime Cocoa Parfait
(pictured on page 60)

1 can (14 ounces) sweetened condensed milk
1 tablespoon grated lemon peel
1/2 cup lemon juice
4 eggs, separated
2 tablespoons lemon juice
4 drops green food color
1/2 teaspoon cream of tartar
1/4 teaspoon salt
3 cups cocoa flavored oven toasted rice cereal
1/4 cup light corn syrup

1. In small saucepan, combine condensed milk, lemon and lime peel and egg yolks. In deep bowl, reserve whites at room temperature. Cook milk mixture over medium heat, stirring quickly with wire whisk until very thick. Remove from heat; gradually beat in lime and lemon juice and food color. Pour into bowl; refrigerate until cold (about 2 hours).

2. Beat egg whites until foamy. Continue beating while gradually adding cream of tartar and salt. Beat until stiff.

3. Fold lemon-lime mixture into beaten egg whites. Set aside.

4. Combine cereal and corn syrup. Fill each of 6 large parfait glasses with 1/2 cup cereal mixture and 1/2 cup lemon-lime mixture in alternating layers. Garnish each with mint, if desired.

5. American Home's Suggested Menu:
For Breakfast:
Chilled Orange Juice
Smoked Sausage Links
Whole Wheat Muffins*

Roast Chicken with Giblet Stuffing

1 whole broiler-fryer chicken, about 4 pounds
Salt
Pepper
1/2 cups oat flakes
2 cups cubed day-old bread
Chopped cooked giblets
2 tablespoons poultry seasoning
1 teaspoon parsley
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons butter or margarine
1 tablespoon pure vegetable oil
1. Rinse chicken under cold water. Drain; pat dry. Sprinkle chicken with salt and pepper.

2. In large bowl, combine oat flakes, bread cubes, giblets, parsley, poultry seasoning, 1/2 teaspoon each salt and pepper. Melt butter or margarine in
**Buckwheat Pancakes**

**Makes 4 servings. Each serving: 420 cal.; 21A cups crunchy, sweet, vitamin **

- 1 egg, slightly beaten
- 1 1/2 cups milk
- 2. Pour about 1/4 cup batter for each pancake onto hot griddle. Cook pancakes until puffed and full of unbroken bubbles; turn to brown other side. Keep hot in warm oven. Serve with butter or margarine and warm syrup.

**American Home's Suggested Menu for Breakfast:**

- Fresh Grapefruit Half
- Buckwheat Pancakes
- Buttered Brussels Sprouts
- Cucumber-Tomato Vinaigrette
- Hot Fudge Sundaes

---

**Peachy Peanut Nuggets**

**Makes 2 dozen. Each nugget: 87 cal.; 9.5 gms. P.; 3.8 gms. F.; 6.4 gms. C.**

- 2 cups buttermilk baking mix
- 2 cups maple-flavored wheat and buckwheat flake cereal, crushed (3/4 cup crumbs)
- 1 egg, slightly beaten
- 1 1/2 cups milk
- 2. Pour about 1/4 cup batter for each pancake onto hot griddle. Cook pancakes until puffed and full of unbroken bubbles; turn to brown other side. Keep hot in warm oven. Serve with butter or margarine and warm syrup.

**American Home's Suggested Menu for Breakfast:**

- Fresh Grapefruit Half
- Buckwheat Pancakes
- Buttered Brussels Sprouts
- Cucumber-Tomato Vinaigrette
- Hot Fudge Sundaes

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**Back pain.** Lumbago, the term that covers all sorts of back problems, is often associated with drafts or becoming chilled, or with exercise where you've put particular strain on the muscles of the lower back. Lumbago responds well to heat applications, massage (with liniment, if you like) and gentle exercise. In serious cases, sleeping on a hard, flat mattress over a large piece of plywood will help.

**Sciatica** is a back or leg pain resulting from some problem with the sciatic nerve—the motor and sensory nerve for the leg. A slipped disk can be a cause. What happens is that one of the disks that keeps your vertebrae from grinding together develops a flaw: The soft, cartilaginous material inside the disk pushes through a worn spot on the hard outer covering. When this bulge puts pressure on the sciatic nerve in the spinal cord, pain occurs in the back and leg. See a doctor. As a matter of fact, see a doctor if any pain in muscles, joints, neck or back—is exceptionally severe or persists for a long time.

---

**4 best remedies for sore muscles**

1. **Heat applications.** For those all-over aches, wet heat—in the form of a hot soak—is the best bet. Have the water as hot as you can stand it, but don't stay in the tub longer than 20 minutes. Hot, wet towels are useful for localized aches, as are hot-water bottles, although these cool quickly.

   Dry heat can be administered with an electric heater or a heat lamp placed 18 inches from the body. Electric heating pads should be used at low heat; never go to sleep with one on; there is danger of fire or burns.

2. **Analgesics.** Any analgesic—acetaminophen, salicylate and ACT compound (aspirin/phenacetin/caffein preparations)—is suitable for osteoarthritis. But for a soreness involving inflammation, you need real aspirin or salicylamide; both are anti-inflammatory as well as analgesic. Timed-release aspirin don't provide the initial clout of regular tablets even though their effect may last longer. Buffered aspirin reduce stomach irritation. (Dosage: 10 grains of most analgesics three or four times daily or as doctor recommends.)

3. **Cold applications.** Use a regular ice bag, or simply wrap ice in a plastic bag. Cold applications for such problems as severe muscle strain should be used for only 24 hours; then switch to heat applications.

4. **Balms, ointments, liniments.** These preparations provide the small blood vessels in the outer layer of the skin and produce a feeling of comforting warmth, especially when accompanied by massage. Oil of wintergreen is the most common ingredient, because of its analgesic properties.
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TEXTURE MAKES NEWS

THE NEW-LOOK NEUTRALS

ROOM OF THE MONTH

A GARDEN-ROOM ADDITION
For Charles Bronson and his family, “home” is an 18th-century farmhouse in Vermont.

Why Vermont? I wondered. Perhaps the serenity of the Green Mountains was the fulfillment of a dream. Bronson was raised in other mountains, equally beautiful but harsh in the context of his lifestyle. The Alleghenies of Pennsylvania rose menacingly around his family’s ramshackle dwelling in coal-mine country. He was the 11th of 15 children in a household so poor that when he was 10, his mother “sold” him to a farmer to buy food.

The fierceness he projects in films serves him well in such hits as the soon-to-be released Breakout. Yet Bronson is sweet-natured and humorous, a dedicated family man. Especially when he is home in Vermont, the “fierce” Bronson loves scouring antiques shops, picking up oddities. Hanging upstairs, near the Chipendale desk where Jill does her correspondence, is a handworked sampler, dated 1838, that reads: “I ought always to be steadily inculcated that virtue is the highest proof of understanding, and the only solid basis of greatness. And that vice is the natural consequence of narrow thoughts; that it begins in mistake and ends in ignominy. It is harder to avoid censure than to gain applause. A man must pass his whole life without saying or doing one foolish thing. Support the dignity of your nature.”

Reflecting their feelings about life in this Vermont hideaway is the favorite among the Bronsons’ collection of antiques. Hanging upstairs, near the Chipendale desk where Jill does her correspondence, is a handworked sampler, dated 1838, that reads: “I ought always to be steadily inculcated that virtue is the highest proof of understanding, and the only solid basis of greatness. And that vice is the natural consequence of narrow thoughts; that it begins in mistake and ends in ignominy. It is harder to avoid censure than to gain applause. A man must pass his whole life without saying or doing one foolish thing. Support the dignity of your nature.”

Pondering it, Jill says, “In this house and especially when we read this sampler, we try. We really try.”

At times, there are six youngsters in the Bronson household, all but Zuleika from previous marriages. The clan gathers in Vermont whenever Bronson is working within easy airplane commuting distance of the farm. The place is so beautiful that the family is always reluctant to leave when film-world pressures compel them to move on.

The Bronsons had nothing to do with restoring their 184-year-old farmhouse—or with choosing its bright yellow-painted exterior. But the decorating is theirs—and very much in keeping with the house’s own tradition. Dominant colors are pale blue, avocado and cream. Handloomed rugs reflecting this color scheme define the setting in almost every room. The breakfast room has an antique braid rug in brilliant primary colors, pointing up an oval-shaped colonial table, eight ladder-back chairs and a magnificent early American desk. And as in every other major room, there is a brick fireplace.

“There’s even a fireplace upstairs in our bathroom,” says Jill—sounding incredulous, and she has a right to be. For the master bath is one of the wonders of this classic house. Definitely unclassical, it is so huge that in addition to what you would expect to find in a bathroom, there are two antique armchairs, a couch and a row of plants in front of what may be the largest fireplace in the house. “It’s not what you would call ‘intimate,’ but it’s really the best place in the world to take a bath,” Jill insists.

Downstairs, the living room features handmade crewel curtains and two rather bizarre antiques of Bronson’s own choosing: a 250-year-old wooden grain shovel that stands in a corner as a kind of primitive sculpture; and an old butcher table with handsome inserts of handworked leather used by some long-forgotten hog farmer. Its legs sawed down, this six-foot table stands low in front of natural leather couches. The Bronsons delight in describing its gory origins, which no one could easily trace, except those who climb up into canopied four-poster beds. The four-poster in Zuleika’s room should have a canopy, but Jill maintains that the “hand-turned posts are so beautiful, I don’t want to cover any part of them with a canopy.”

Most of the Bronsons’ Vermont lifestyle is outdoor-oriented, no matter when they visit the house. There is a stable for six horses that Jill and the younger children ride along the country lanes crisscrossing their property. Bronson and the older children use these same lanes at different times—for trail-bike riding on motorcycles they keep in the garage. Zuleika, perennial “baby” of the family, divides her time riding her own white Welsh pony and playing in a miniature house built to the same scale as the big house.

At night, whatever Bronsons are in residence gather at the round dining table for simple family dinners. Afterward, they are likely to watch TV in the sitting room or retire upstairs to the library to read. There, Jill enjoys stretching out on a rare Queen Anne chair that opens like a chaise longue. Zuleika has a diminutive version of the same chair in her own little house.

The house has other dramatic and unexpected touches. For example, downstairs in the sitting room, three ladders serve as end tables. They are the type once used by early Americans to climb up into canopied four-poster beds. The four-poster in Zuleika’s room...
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The price of this supertree is not $20 or $30 but mere $3.95... yes, only $3.95 for this magnificent shade tree that rewards you with such a glorious display of growth in **JUST ONE SINGLE YEAR**! However, supply is limited... so we cannot guarantee these trees again this year. And since now is the time to plant, you must act now!

Never Has There Been A Faster Growing, Flowering Shade Tree Introduced To America — **Royal Paulownia**

Yes, plant now — see it soar forth in a tower of beauty in just one year! It’s the most spectacular splurge of both growth and beauty of any shade tree ever brought to this country. And it’s so easy to grow even a child can do it.

And Remember: Satisfaction is guaranteed. You must be thrilled in every way with this wondrous flowering shade tree or RETURN AT ANY TIME within 90 days for a full refund of your purchase price. Use the No-Risk Coupon below.

**SATISFACTION GUARANTEED OR MONEY BACK**

WEST-BOND NURSERY SALES CO., Dept. T-16
50 Bond Street, Westbury, New York 11590

Please rush on Full Money Back Guarantee the tree(s) indicated below:

- 1 Flowering Shade Tree only $3.95
- 2 Flowering Shade Trees only $6.95 (a savings of $4)
- 4 Flowering Shade Trees only $10.00 (a savings of $8)
- 10 Flowering Shade Trees only $20.00 (a savings of $4)

I enclose $... (in ) Cash ( ) Check ( ) Money Order

Name ____________________________

Address ___________________________

City State Zip

( ) SEND COD. I enclose $2 deposit. Same Money back Guarantee, of course.

---

**VITAL STATISTICS FROM LEADING EXPERTS**

**MATURE GROWTH SIZE — 45 to 60 feet**

**MATURE GROWTH SPREAD — 35 to 50 feet**

**ZONE OF HARDINESSES — completely root-hardy from deepest south to as far north as Canada.**

Flowers beautifully even after 10 below zero winter freeze.

**ONE YEAR GROWTH RATE — Experts report growth range of up to 22 feet the first year after planting specimen trees under optimum conditions, up to 15 to 18 feet under poorer conditions when pruned for foliage growth only.**

**FLOWERS — When tree is at blooming size... you’ll enjoy thick panicles of fragrant lavender blooms. Highly recommended by landscape artists as specimen planting for front lawns or back yards.**

**SOIL REQUIREMENTS — Natural strength and vigor allow it to soar forth in even poor soil. You can plant it anywhere.**

**CARE — No special care whatsoever. No spraying. No dusting. No special feeding. Naturally resistant to most every disease, pest or insect.**

**TAKES BUT 10 MINUTES TO PLANT — REWARDS YOU WITH A LIFETIME OF BEAUTY STARTING THIS VERY YEAR!**

**ONLY A LIMITED SUPPLY YET AVAILABLE FOR RELEASE TO THE PUBLIC**

**FULL SUPPLY WON’T BE READY UNTIL 1975... SO ACT NOW!**

Now, the price of this super-growing shade tree is not $20 or $30 but mere $3.95... yes, only $3.95 for this magnificent shade tree that rewards you with such a glorious display of growth in **JUST ONE SINGLE YEAR**! However, supply is limited... so we cannot offer these trees again this year. And since now is the time to plant, you must act now!

**Here’s a luxury sight you don’t have to wait half a lifetime growing — a matched pair of flowering showpieces, so strong and sturdy you can actually sling a hammock between them.**

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**Picture your patio bathed in the cool, fragrant beauty of this show-stopping miracle-tree from early spring to the first snows of winter.**

---

**LIKE A TOWER OF BEAUTY IN JUST ONE SINGLE YEAR!**

Yes, who says you have to spend a small fortune for a flowering shade tree? — and then spend half a lifetime waiting for it to grow? It used to be that way... but NOT ANY LONGER. Not since we have finally tracked down the one single tree in all of nature that boasts itself high, so fast you can literally measure the difference in both height and spread from week to week... or take a yardstick and measure the incredible difference in feet from month to month.

**BEST OF ALL, UNLIKE MOST TREES THAT DEMAND CONSTANT PAMPERING... THE ONLY THING YOU DO WHEN YOU PLANT PAULOWNIA IS WATER IT AND ENJOY IT. THAT’S WHY LEADING BOTANICAL GARDENS... LANDSCAPE ARTISTS... GARDEN EDITORS... RECOMMEND IT AGAIN AND AGAIN FOR HOME-OWNERS WHO WANT A STUNNING DISPLAY OF BOTH BEAUTY AND SHADE...**

And practically no more work than a couple of sprinkles a season.

---

**TWO GROWING SEASONS — ONE YEAR GROWTH RATE**

18 to 22 feet in one year.

**FULL SUPPLY WON’T BE READY UNTIL 1975... SO ACT NOW!**

Now, the price of this super-growing shade tree is not $20 or $30 but mere $3.95... yes, only $3.95 for this magnificent shade tree that rewards you with such a glorious display of growth in **JUST ONE SINGLE YEAR**! However, supply is limited... so we cannot offer these trees again this year. And since now is the time to plant, you must act now!

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I enclose $... (in ) Cash ( ) Check ( ) Money Order

Name ____________________________

Address ___________________________

City State Zip

( ) SEND COD. I enclose $2 deposit. Same Money back Guarantee, of course.
**FACIAL HAIR PROBLEM?**

Esthetic of London have introduced a revolutionary cosmetic, Hairstop, that gradually cuts back unwanted facial hair growth, gently but effectively. Used like a moisturizer, it weakens the roots of superfluous hair to cut back growth. From Esthetic Ltd., 111, Fulham Road, London S.W.3. England, it costs $7.95 plus $1 hdg. Send for free leaflet.

**Now! Grow Hundreds of Pounds of Delicious Giant Beans That Grow 4 Feet Long and Weigh Up to 75 Pounds Each!**

From the Pacific Island of New Guinea, comes the most exciting vegetable ever made. Yes, here is your opportunity to grow one of the most unusual and hard to find vegetables ever offered. Yes friends, these jumbo beans, shaped like a giant banana, can actually feed an entire family meal after meal. These amazing beans are healthy, tasty and rich in nutrition. Kids and adults alike love them.

Plant and just watch them grow to giant sizes. Yes, up to 4 feet long and weighing as much as 75 pounds each. You must be completely satisfied with this wonderful package or you can return it for a full refund. Sorry, No C.O.D.'s.

Single Order — Only $2.98
Double Order — Only $5.00 (Save $1.00)
Triple Order — Only $7.00 (Save $2.00)

Send $5.00 for your **"COUNTRY CHARM"** Appliance Folder and Gift Catalog.
From Four World-Famous Museums...

A MILLIONAIRE'S COLLECTION OF PRICELESS ANCIENT DYNASTY PANELS.

Green Mountain
30" x 11 1/2"
Yuan Yao
Museum Fur Kunst und Gowerba-Hamburg

Birds
29" x 8 3/4"
Wang Yuan
John Harron
Art Institute-Indianapolis

Horseman in Lake
30" x 11 1/2"
Ch'in Ying
National Gallery of Canada-Ottawa

Bamboo Shoots
29" x 8 3/4"
Ku Arl
Cincinnati Art Museum

Decorating Quality Lithographs in Breathtaking Color—Publishers List Price $20.00—Yours for only $3.00 complete set of 4!

Now enjoy your own private art gallery without paying high art gallery prices!

You'll appreciate instantly why these centuries-old Chinese masters hang in those famous museums the moment you see these gorgeous lithographs. Only then can you fully appreciate the beauty of nature around him—the springlike green of the foliage, the awe-inspiring mountains towering above, the crystal water and virgin snow, the pastel blending of color and beauty of form which marks the best in oriental art. And only then can you appreciate the skill of the lithographer who lovingly reproduced the delicate shading and intricate detail in every tiny leaf, feather and petal with such accuracy!

And only when you place them on your own walls can you fully appreciate the beauty you can bring to your home for such a tiny price! Each panel is approximately 2 feet long—displayed together they can form an eye-catching mural covering about 10 square feet!

Limited Edition—so order now!

This is one of the most outstanding art print values we've ever been privileged to offer, and we expect our supply to go fast, so regretfully we must limit orders to 2 sets per customer. To avoid disappointment, mail coupon now.

—MAIL NO-RISK COUPON—

American Consumer, Dept. DY 6
Caroline Road, Philadelphia, PA 19176

Please send me the set of 4 museum quality Ancient Dynasty Panels lithographed in full color:

[ ] One set of 4 $3.00 plus 25¢ postage and handling
[ ] Two sets $5.50 plus 50¢ postage (save 50¢)

(Sorry—only 2 sets to a customer. Money refunded (except postage and handling) if you're not delighted)

Amount Enclosed $________

Check or money order, no CODs, please.

Name_________________________________________

Street_________________________________________

City________________________State________Apt.____

(Add Sales Tax Where Applicable)
HOLIDAY DELIGHTS
I have been an “egger” for about three years and I really enjoyed your article on decorative eggs in the December issue.

Helen Reichart
New Castle, Ind.

MONTHLY MIRACLE
Thank you for producing a monthly miracle. Years ago as a little girl, I started reading my aunt’s copies of AH. The habit continues with my own long-time subscription. Every issue has, for me, a recipe, craft idea, house plan, etc., that is incorporated in my scrapbook or put to immediate use. I’m looking forward to spending many more years with you.

Patricia A. Dooley
Orient Point, N.Y.

I have been an interested and happy subscriber to AH for about two years. I’m a new housewife with a seven-room house to redecorate. I find your magazine a godsend of helpful facts and ideas.

Keep your standards as fine as I’ve known them to be. The practicality with which ideas are presented is head and shoulders above all the other magazines in the decorating field, and I certainly appreciate it.

Kathleen A. Daniels
Southgate, Ky.

You may be interested to know that I have clipped items from AH for years. When my husband and I built our home in the ’50s, most of the ideas were used in our plans. Thank you!

Mrs. Lester H. Wand
Austin, Texas

I love your magazine—especially the crafts. I also enjoy the decorating ideas and antiques.

Mrs. Morton Weiss
Minnetonka, Minn.

I feel I can call you “friends” because your magazine is such a help and delight—almost as a friend can be. Many hours are happily spent reading the features presented each month.

Mrs. John G. Musso
East Earl, Pa.

I love your column “Ask Us About Your Antiques” and anxiously await each issue. I also thoroughly enjoy the magazine—it’s so good in all ways.

Mrs. James W. Bonds
Las Vegas, Nev.

I enjoy your antiques column, as I have enjoyed your magazine for years.

Mrs. Joe Bonuccelli
Stockton, Calif.

SPACE SAVERS
We have finally succeeded in having our old wardrobes converted into practical clothing closets and are most grateful to AH and Stanley Schuler’s article “Increase Storage,” May ’74.

I had hunted through many stores in the East for closet carriers to no avail. When I read Mr. Schuler’s article I wrote to you asking for information. Your reply arrived complete with telephone number of the supplier. I phoned the company that week and then sent a check for six carriers and measure- ments for same. They are wonderful. Our converted wardrobes are now useful clothes closets with no damage to their image.

Mrs. T. Benchoff
Chambersburg, Pa.

Address all letters to the editors to Dear American Home, 641 Lexington Ave., New York, N.Y. 10022.
Remember your doll house? It was a dream world where everything was possible. And it wasn't important that the draperies didn't match the rugs. Or that the tiny rocking chair didn't go with the miniature dressing table.

But today your doll house is gone. Your childhood dreams have become realities. And making a decorating mistake could be very expensive.

Still, a little girl's dream never dies. And at your Ethan Allen Gallery we respect the little girl that lives on in every woman. That's why we make decorating a home as uncomplicated as possible.

Which is why you'll find that we have no salesmen. Only expert Home Planners who are trained to help you avoid making costly decorating mistakes. And all of the furniture that you see is expertly arranged in beautifully decorated rooms. So our Home Planners can give you a better idea of how the sofa or desk or lamp you fall in love with in the Gallery will work with the furniture you have at home.

And our Home Planners can help you choose from the wide selection of draperies, carpets, upholstery and wallpaper found in the Home Fashion Center. And it's quite a convenience—like having many different stores under one roof.

And finally, when you visit our Gallery, we will give you the new Ethan Allen Treasury of American Traditional Interiors. Its 408 pages show the vast Ethan Allen collection and hundreds of full color decorating ideas. You can get it free (no purchase required) at our Gallery or by sending $7.50 to Box 1066, Danbury, Connecticut 06810.

So visit our Ethan Allen Gallery. And with the help of our trained Home Planners you'll be able to make a little girl's dream come true.
Of all filter kings tested:

Carlton is lowest.

Look at the latest U.S. Government figures for other brands that call themselves low in tar.

<table>
<thead>
<tr>
<th>Brand</th>
<th>tar, mg/cig</th>
<th>nicotine, mg/cig</th>
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<td>Carlton Menthol</td>
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</tr>
</tbody>
</table>

Carlton 70’s (lowest of all brands)—
2 mg. “tar”, 0.2 mg. nicotine

Warning: The Surgeon General has determined that cigarette smoking is dangerous to your health.

Filter and Menthol: 4 mg. “tar”, 0.3 mg. nicotine per cigarette, FTC report Oct. ’74.