Your Kitchen: Today’s Best Investment

Barleton Varney’s Total-Idea Kitchen

Plus: 17 ways to

Add work surfaces
Increase storage space
Improve lighting
Create eating places

Virginia Knauer: Straight Talk on Air Conditioners

Rosemaling
Patterns you can buy:

Old World Decorative Painting on Wood
How to eat well while pinching pennies.

Just add some green pepper strips to Kraft Spaghetti with Meat Sauce Dinner. Then garnish each plate with stuffed green olives and breadsticks, and enjoy a budget meal that doesn't look like one.
Admiral's 3-door refrigerator gives you all these conveniences.

- Automatic Ice Maker keeps you stocked up with ice.
- Third door for easy access to the frozen foods you use most often.
- Large See-Through Vegetable Crisper keeps vegetables crispy fresh.
- Waist-high Frigid Meat Keeper keeps meat fresh and moist longer.
- Chilled Water Dispenser puts cold water at your fingertips.
- Adjustable tempered glass shelves end messy drip-through spills.
- Pick-off Egg Trays save space and give you extra convenience.
- All these conveniences plus one hidden benefit.

Saves electric energy, too.

Now you can enjoy all the conveniences of a deluxe refrigerator and still enjoy low operating costs. Because compared to previous models, this '75 Admiral refrigerator uses up to 30% less electricity.

In one year that could add up to enough energy saved to light the average home for 8 months!* We've re-engineered the 3-door Admiral with a built-in Energy Saving System. There are no switches or buttons to remember. The Admiral Energy Saving System automatically lowers operating costs for you.

If you're looking for a refrigerator built for today's living and today's concern for energy, look at the 3-door Admiral. It's just one of our full line of quality-built refrigerators. Admiral quality... it deserves a closer look for your home.

Appliance Division, Admiral Group, Rockwell International.

*Admiral refrigerator Model ZIND 2259 saves up to 900 kw h per year. (Average home uses 1300 kw h for lighting a year. Source: Better Light Better Sight Institute.)

Rockwell International
Your best entertainment buy for under $1.

Any 6 for 99¢ with membership

Laughter. Romance. Adventure. Suspense. You'll find the best of each among today's best sellers. The kind of books offered here at 6 for just 99¢. And that's not the end of this big entertainment bargain. As a member, you'll keep on getting irresistible books like these at savings averaging 50%. For details, keep reading.

HOW OUR CLUB PLAN WORKS

Once you're accepted as a member, you'll get the six best sellers you've chosen for only 99¢, plus a charge for shipping and handling. If you're not satisfied for any reason at all, just return the books within 10 days and cancel your membership. You won't owe us anything.

If you decide to remain in the Club, you'll receive the Bargain Bulletin about every four weeks (14 times a year) describing the Club Selections and at least 60 Alternates. Our Regular Selection is always just $1.98. The Extra-Value Selection saves you 50% off the price of the publisher's edition. And Alternates save you an average of 50%, too. A charge for shipping and handling will be added to each shipment.

If you want both Club Selections, do nothing. The books will be shipped to you automatically. But you can refuse either one or both by just checking the appropriate boxes on the form and telling us your alternate choice(s). Just return the form so that we receive it by the specified date. You'll have at least 10 days to decide. If for some reason you do not have 10 days, and we send you Selections you don't want, just ship them back at our expense.

As a member, you need take only one book from each of the next six Announcements, or a total of six books, at regular low Club prices. You may resign at any time thereafter or continue without further purchase obligation.

The Doubleday Bargain Book Club offers its own complete hard-bound editions, sometimes altered in size to fit special presses and save members even more.

DOUBLEDAY BARGAIN BOOK CLUB
GARDEN CITY, N.Y. 11530

Please accept me as a member and send the six books whose numbers I have marked in the boxes. Bill me just 99¢ plus shipping and handling. I agree to take at least one book from each Announcement for as little as $1.98 each. I have bought six at regular low Club prices, under the Club Plan described in this ad.

MR
MRS
MISS

ADDRESS ____________________________________________________________

CITY & STATE _______________________________________________________

APR
ZIP
COD

If under 18, parent must sign here.

Do you have a telephone?

MEMBERSHIP ACCEPTED IN U.S.A. and Canada only. Canadian members will be served from Toronto. Offer slightly different in Canada.

3
COLUMBIA RECORD
& TAPE CLUB'S
20th ANNIVERSARY
CELEBRATION OFFER

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Take your pick

| 12" stereo records | OR | Small cartridges | OR | Large cartridges | OR | reel tapes |

26 Selections marked with a star are not available in reel tapes

Yes, it's 20 years since Columbia started the first major record club - and we must have done it right. for in all that time Columbia has continued to be the biggest club of its kind in the world. Now you can enjoy all the benefits of membership by starting off with 13 records or tapes for only $1.97. Just mail the application, together with check or money order for $1.97. That is all you pay for your first 13 selections - there are no additional membership dues or fees for joining. In exchange you agree to buy 9 more selections (at regular Club prices) in the next three years. That's right! - three full years in which to buy nine selections, so you do not have to buy a record or tape every month, or even every other month! And you may cancel membership at any time after purchasing nine selections.

Your own charge account will be opened upon enrollment... the selections you order as a member will be mailed and billed at regular Club prices: cartridges, $6.96 or $7.98; reel tapes, $7.98; records, $5.98 or $6.98 - plus processing and postage. (Multiple unit sets and Double Selections may be somewhat higher.)

You may accept or reject selections as follows:

Every four weeks (13 times a year) you will receive a new copy of the Club's music magazine, which describes the Selection of the Month for each musical interest... plus hundreds of alternate selections from every field of music. In addition, about six times a year we will offer some Special Selections (usually at a discount off regular Club prices). A response card will always be enclosed with each magazine.

If you do not want any selection offered, mail the response card by the date specified.

If you want only the Selection of the Month or Special Selection, you need do nothing - it will be shipped to you automatically.

If you want any of the other selections offered, just order them on the response card and mail it by the date specified.

You will also have at least 10 days in which to make a decision. If you ever receive any Selection without having had at least 10 days to decide, you may return it at our expense, for full credit.

You'll be eligible for our bonus plan upon completing your enrollment agreement - a plan which enables you to save at least 33% on all your future purchases.
**Bargain of the month**

**Superain® Oscillating Sprinkler**
6.99 value, now only **2.99**

By Melnor. Set 4-position dial to water wide or narrow areas, or right or left side only. True-Seal motor keeps dirt and sand out, keeps lubrication in.

There are over 4800 True Value Hardware Stores in 50 states. For one near you look under "Hardware" in the classified phone directory.

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Cover photograph by Charles Gold
Now the man who knows all about plants and gardens wants to share his knowledge with you!

Horticulturist JAMES UNDERWOOD CROCKETT has helped thousands of home gardeners achieve beautiful results with his clear, friendly, down-to-earth advice. Now, in the remarkable TIME-LIFE ENCYCLOPEDIA OF GARDENING, he gives you all his trade secrets, tips, pointers, shortcuts and long-term solutions to gardening problems, so that you can enjoy flourishing success with everything you grow!

The Time-Life Encyclopedia of GARDENING

PROPAGATING THICK-LEAVED PLANTS FROM LEAF CUTTINGS

Choose healthy, medium-sized leaves, removing them at the points where they meet the stem.

Insert the stem of each leaf at an angle into equal parts of moistened peat moss and sharp sand; bury one edge of the leaf to support it. Angled planting keeps the leaf from shading new growth when it appears.

Set the pot in bright indirect light until the new leaves are about one third the size of the parent. Then gently lift and separate the old growth from the new and transplant the shoots to potting mixtures.

Enjoy FOLIAGE HOUSE PLANTS for 10 days free!

Now, for home gardeners everywhere in the U.S. and Canada, there's a series that can help you turn your gardening dreams into reality! No matter how much or how little time you have... whatever your gardening tastes, goals, problems or experience... whatever your soil or climate conditions... The TIME-LIFE ENCYCLOPEDIA OF GARDENING will help you achieve magnificent results. It gives you the no-nonsense advice, specific directions, proved methods and techniques that suit your individual needs.

Thousands of illustrations SHOW YOU what to do!

Want to plant spring-flowering bulbs? Rebuild an ailing lawn? Prune trees and shrubs? Make a cold frame for out-of-season vegetables? Turn an inexpensive evergreen into a valuable bonsai? Step-by-step illustrations make these and dozens of other gardening projects as easy as 1, 2, 3 — even if you've never held a trowel before! Thousands of line drawings, charts, diagrams and full-color photographs and paintings, plus clear words, guide you to success in every phase of gardening—from the basics of planting, fertilizing and mulching all kinds of plants and flowers to growing prize-winning roses and orchids!

Enjoy Foliage House Plants, free!

You'll discover how to give your ailing house plants a new lease on life from a "First Aid Chart" in the book that shows the symptoms, tells you the cures. You'll see over 100 recommended varieties of foliage house plants in full color and learn which ones will do best in your home; what to look for when buying plants; how to pot and repot; feed; water; provide proper light (natural or artificial); start new plants from cuttings, seeds or air-layering; make a terrarium or dish garden; get unusual decorative effects with plants; and much more!

Read the details of this offer in the order form and mail it today, to borrow Foliage House Plants for 10 days with our compliments and no obligation.

TIME-LIFE BOOKS

Yes, I would like to examine Foliage House Plants. Please send it to me for 10 days' free examination and enter my subscription to The TIME-LIFE ENCYCLOPEDIA OF GARDENING. If I decide to keep Foliage House Plants, I will pay $6.95 plus shipping and handling. I then will receive future volumes in The TIME-LIFE ENCYCLOPEDIA OF GARDENING series, shipped at a volume at a time approximately every other month. Each is $6.95 plus shipping and handling and comes on a 10-day free examination basis. There is no minimum number of books that I must buy, and I may cancel my subscription at any time simply by notifying you.

If I do not choose to keep Foliage House Plants, I will return the book within 10 days, my subscription for future volumes will be canceled, and I will not be under any further obligation.

Name (please print) _________________________________
Address __________________________________________
City __________ State ______ Zip ________________
If you’re shopping for a new air conditioner, the first thing to consider is cooling capacity—the amount of heat that it will remove from the air. This is expressed in British Thermal Units (BTU’s). Cooling capacity is important because neither an undersized nor an oversized unit will do a satisfactory job for you. An undersized air conditioner can’t cool a room adequately. An oversized unit is not only inefficient and expensive to operate; it lowers the temperature without staying in operation long enough to dehumidify, and air in a room stays cold and clammy.

To avoid these problems, measure the approximate ceiling height, the amount of insulation and exposure to the sun. Give this information to your dealer. He may also want to know how many people generally use the room, whether any doors are open continually, and if there are open archways between conditioned and nonconditioned areas. With these facts, a dealer can help you narrow the selection to units the right size for your needs.

Next, compare the energy efficiency of units you’re considering. To help you are these new initials—EER—which stand for Energy Efficiency Ratio. Unlike BTU’s, which are expressed in thousands, EER is a single number that’s obtained by dividing the BTU’s per hour by the wattage required to run a unit. The higher the number, the more efficient the appliance—and the easier it will be on your electricity bill. Thus if you have narrowed your choices to two air conditioners with a cooling capacity of 8,000 BTU’s, a big factor in selecting one over the other will be energy efficiency. If the first unit uses 860 watts and the second one uses 1,380 for the same cooling output, the first will have an EER of 9.3, the second a much less efficient EER of 5.8.

The difference in EER’s can mean big savings on electricity. The National Bureau of Standards has computed this formula to use in determining how much it will cost you in electricity to operate your air conditioner: Cost equals your electric rate (per kilowatt hour) times the hours of operation per season times the wattage rating divided by 1,000. Here’s how to apply this formula to the two air conditioners described above: If your electricity costs 4 cents an hour (the national average) for 1,400 hours of operation, the unit using 860 watts will cost you $48.16 a summer; the model using 1,380 watts will cost $77.28. Thus even if the more efficient unit happens to be more costly, it will save you money in the long run.

Now that you know what EER is, here’s where you can find it. Under a voluntary program sponsored by the Department of Commerce, manufacturers can put a special EER label on their room air conditioners (shown below) or include EER data on their own labels or hangtags. But even if the appliance you’re considering has no special label or tag, you can still compute the EER by dividing BTU’s by watts. Both figures appear on the nameplates or serial plates of all units. For example, if the model you like has a cooling capacity of 7,500 BTU’s per hour and uses 1,000 watts of power, you can determine the EER by dividing 7,500 BTU’s by 1,000, arriving at an energy efficiency ratio of 7.5.

The EER on this sample is 9.3 based on 8,000 BTU’s and 860 watts. Room air conditioners are classified by their BTU range; this one is comparable to other 115-volt models offering 7,500 to 8,500 BTU’s. EER’s for all models in this class vary from 5.4 to 9.9; thus this air conditioner has a notably high efficiency rating.
Put your money in a La-Z-Boy
It’s the best investment you can make

This Father’s Day, one of the smartest things you can do for Dad is to get him a La-Z-Boy chair. Because this year, when prices rise daily and quality apparently no longer counts, you can still count on the comfort, the quality, the craftsmanship of La-Z-Boy.

And we can back that claim up. With a name that’s the best known in the business. Because you’ve made us the largest chair company in the business. And for good reason. Our chairs are made with the finest materials available. Like a beautiful selection of colorful, fashionable fabrics made of dirt-resistant, stain-resistant Vectra fiber. That’s why we sell more of them than anyone else. That’s why our customers are La-Z-Boy fans for life. And they spread the good word around. Because when you’re onto a good thing, you want your friends to know about it, too.

So when you’re in the market for comfort, put your money in a La-Z-Boy for Father’s Day.

LA-Z-BOY
The Chair People™

For free color brochure and nearest dealer write La-Z-Boy, Dept. 42A, Monroe, Michigan 48161.
When I purchased this terracotta plaque in England in 1945, I was told that it was part of a set made by Doulton for a Paris fair, about 1812. Can you confirm this information for me?

T.B.—Hemet, Calif.

The Doulton Pottery was in business in Lambeth, England, from the early 1800s until 1956. One of their sculptors, George Tinworth, did plaques of religious subjects—his may be the monogram above the name "Rebekah." However, Tinworth did not begin work till just before 1900.

J.C.—Wilmington, Del.

My long-legged teakwood table [pictured top, right] is 36 inches tall; the circular top, with its inlaid marble center, measures 10 1/2 inches. The piece is unusual looking—is there anything you can tell me about it?

R.B.—Lynchburg, Va.

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, 6 Lexington Ave., New York, N.Y. 10022. Include details the picture doesn't show. Questions of general interest will be published as space permits. Sorry, we're unable to return photos, send personal replies or make appraisals.

—Marvin D. Schwa
Start fresh with Belair. And enjoy fresh coffee with this Mr. Coffee II special offer, $23.99 plus one Belair carton or ten Belair labels.

Now you can enjoy light menthol Belair's fresh taste and the freshest tasting cup of coffee you can make.

- Mr. Coffee II features fast brewing...one cup in seconds, ten cups in five minutes.
- Never bitter. Always hot.
- Delivers fresh flavor—like Belair.
- Guaranteed for one year.
- Start enjoying light menthol Belair and order your Mr. Coffee II today.

Belair Mr. Coffee II offer! Special $23.99 price includes delivery—allow 4-6 weeks. Offer good through 9/30/75, (or while supply lasts). Offer limited to U.S.A. Void where regulated or prohibited. Make check or money order payable to Belair Mr. Coffee II Offer. Mail to Box 3000 BCO, Louisville, KY 40201.

Please send me____Mr. Coffee II(s). For each one I enclose one Belair carton end or ten Belair labels (any style) plus $____

☐ Check ☐ Money Order

Name_________ (I am 21 years of age or over.)

Address______________

City_________ State____ Zip_________ (required)

☐ Yes, send me my free Gift Catalog showing over 1000 gifts I can receive free for B&W coupons.

Free B&W gift coupons, too, on every pack of Belair.
Elegantly casual sweaters to make

Above are two versions of the same crocheted sweater, each versatile enough to suit any occasion. The design comes fresh from Vermont's Frog Run Farm, where Lucy Horton created this free-flowing, casual style. We are making it available to you in kit form because its uniqueness depends so much on use of specific yarns and colors. Each kit contains Berga/Ullman wool yarns in one of the two color schemes pictured—plus our easy-to-follow crochet instructions. You can make this sweater in small or medium/large sizes. To order kits, see coupon on page 38.
Now You Don't Have to Be a Millionaire to Own This Simulated Diamond Ring

AMAZING OFFER to readers of this magazine

FULL ONE CARAT ZOLATRON SIMULATED DIAMOND RING

599

Did you know that only a diamond expert can tell the difference between a Zolatron and a costly diamond?

Absolutely beautiful. Like precious hard, dense stones are diamond and hand set into heavy duty rings. Now you don't have to be a millionaire to own this mond expert grip hold of a fabulous full carat diamond ring costing $1000.00 and we add a copy of IT. A copy so clever... so plastic... and so precise that only a diamond expert could ever tell it apart from the original $1000.00 ring. We make it from luxurious silver electroplated and burnished by jewelry craftsman. Then we mounted it with an imported full carat Zolatron— the finest simulated diamond that lasts a lifetime. Now we offer it for only $5.99. Imagine it—about a half percent of original!

PLEASE DON'T JUDGE IT BY ITS LOW $5.99 PRICE!

We don't think that because it's so inexpensive, this must be a cheap, inferior imitation. Far from it! We offer you a superior, quality-made ring. We simply refuse to use the soft, plastic "diamonds" found low-cost rings. Instead we use LATRONS exclusively—because they are amongst the world's most convincing simulations. One hard, dense stones are diamond— and hand set into heavy duty rings of exquisite beauty. Like precious diamonds, Zolatrons are free from flaws and cracks. Like diamonds, they possess high density and are cut with dazzling facets. Yes, Zolatrons glow and feel like diamonds. And like diamonds, they sure do impress people! But let's face it. Zolatrons are different from regular diamonds. However, the most thrilling difference that you get for only a few dollars of thousands!

PROVE IT YOURSELF WITH DARING SULPHURIC ACID TEST!

A truly remarkable experiment. Take a loose Diamond, Zolatron and a Plastic Stone (used in expensive clothing) and drop them into mugging sulphuric acid. Next day carefully remove them from the acid. Note how both the diamond and the Zolatron come out unharmed. But the plastic stone has disintegrated into a mushy mass. Hard, dense Zolatrons easily pass this corrosive acid test. Just like diamonds they don't break down. CAUTION: Sulphuric Acid is a dangerous substance. Avoid getting onto skin or clothing.

WEAR ZOLATRONS WITH CONFIDENCE!

Yes, wear this magnificent man-made stone with pride and assurance—just like a diamond costing thousands. Keep the secret to yourself. After all, it takes a real diamond expert to detect it from a natural diamond.

THE GIFT OF A LIFETIME FOR SOMEONE SPECIAL!

Zolatrons make thrilling, lifetime gifts for special occasions… a wonderful surprise for Someone Special. He or she will never know it isn't a diamond worth a fortune—unless you tell. You don't have to go broke for a man-made stone either. A Magnificent Zolatron Ring can now be yours for only a few dollars—rushed by return mail to your home. If you prefer you may order Zolatrons in 2 or 3 carat sizes at slight extra cost. By choosing man-made Zolatrons instead of regular diamonds, you save plenty for a down payment on a car, real estate or a terrific vacation. Many millionaires and movie stars are amongst the world's most convincing simulations. One hard, dense stones are diamond— and hand set into heavy duty rings of exquisite beauty. Like precious diamonds, Zolatrons are free from flaws and cracks. Like diamonds, they possess high density and are cut with dazzling facets. Yes, Zolatrons glow and feel like diamonds. And like diamonds, they sure do impress people! But let's face it. Zolatrons are different from regular diamonds. However, the most thrilling difference that you get for only a few dollars of thousands!

STONECRAFT DIVISION 5776
4649 Sunrise St. Ft Lauderdale, Florida 33304

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How to cope with a dog who's shy

By Kurt Unkelbach

The chance that your puppy will develop into a nuisance rather than a satisfactory pet is about 50-50. The worst shortcoming he can develop is a personality trait known as shyness.

Canine shyness comes in many forms. The dog doesn't always put his tail between his legs and run for cover. His shyness could be mistaken for aggression, as in the case of the pet who reacts to a friendly gesture from a stranger by biting the proffered hand. That's acute shyness, or fear biting. On another day, the same dog might react to another stranger by piddling on the rug. That's fear wetting.

A shy dog often refuses to eat on a daily basis, or won't eat certain things, or prefers pillows, chair legs, slippers—anything reachable. For no obvious reason, he may dig holes in the garden; when the garden is fenced, he digs holes in the lawn.

Shyness is inevitable when it's a family trait, inherited from the sire or dam or both. For that reason, a wise puppy buyer tries to get a good look at a pup's parents before writing a check. This precaution can usually be practiced at a breeder's home, rarely in a pet shop.

Dedicated breeders have always done their best to eliminate shyness. But unfortunately, some breeders don't know what they're doing; others are in business for the money; still others are short-termers—hence the abundance of shy Shetland sheepdogs, German shepherds and other breeds.

Moreover, some of the most dedicated breeders may be determined to produce the best-looking Afghans or Belgian sheepdogs in the history of the world—in a hurry. To achieve this, a handsome dog who was once mated to his sister is now wedded to a stunning daughter of that union. This is inbreeding, or the mating of closely related animals, and the result is a litter of very beautiful but often very emotionally unsteady puppies.

While shyness can be inherited, it doesn't necessarily follow that the pup will display the trait in his first 12 weeks. By then, he's been in his new home a few weeks, and his first signs of shyness are either overlooked or excused on such grounds as youth or inexperience in the world of people. When the pup matures into a shy adult, it's too late for excuses and far too late to remedy his shyness.

Shyness is not always inherited, however, and it's probably true that breeders are guilty far fewer times than critics imagine. The personality fault can be induced, as in the case of the rough collie pup whose family tree has never, never sheltered a shy member. At eight weeks, this collie was healthy, active and normal in all canine ways. Then he was introduced to a strange environment, his new home. There, despite ample attention and good food, the pup became a shy dog.

This happens all the time. The pup's owner is usually a genuine dog lover who knows that the canine is not a stupid animal. It's easy for him to overrate the bouncing pup's capabilities. With the best of intentions, the ambitious owner rushes the puppy's training, exposes him to sounds and experiences that would frighten children, and scolds him for social behavior that is normal for canines until they are old enough to accept man's odd notions.

If too much is thrown at him day after day, a pup will become confused, frightened and shy—as surely as if he had been continually mistreated.

With induced shyness, the pup is often a nervous wreck by six months. Though it is not too late to turn him into a worthy canine pet, his lifestyle must be changed. Give him a few peaceful or quiet weeks, followed by slow-and-easy training and cautious introductions to all new experiences. He should not be forced to swim when he objects to getting his feet wet, and he should not be dragged across a threshold, boosted into a car or booted on the ramp. As his confidence returns, his shyness will disappear—entirely in some cases, almost so in others.

Breeds that were originally developed to herd and guard livestock are susceptible to shyness when improperly bred or trained. To function efficiently, it was necessary for them to be wary of both wild animals and strange men. Now after many, many generations as pets, the herding breeds are no longer as wary, but the trait or instinct remains, often in lesser degrees. The breed standards approve this trait and permit reserved, aloof and suspicious dogs. But there's a very fine line between a shy and a suspicious dog. If improperly bred, a watchdog such as a pulli, can be foolishly suspicious or shy.

An innocent dog lover, or the person who is about to buy his first pup, should try to avoid impulse buying and take plenty of time looking around if he desires a pup in one of the following breeds.

Herding breeds. Yes, it is OK for any of these to be a little on the reserved, aloof or suspicious side, but not as very young pups. When a poorly bred litter is eight weeks old and aware of your presence, several or all of the pups will crawl over and under each other in attempts to hide—clear indications that you should not buy them.

Popular breeds. All of the very popular breeds have an abundance of breeders. Since there are many more beagle breeders than otter hound breeders, there are, consequently, more careless beagle breeders. Thus it is easier to buy a shy beagle pup than it is to find a shy otter hound pup.

It is safe to assume that a one-year-old dog who has shown no signs of shyness has been properly bred and rationally raised. He should be steady for the rest of his life, and will be unless he is victimized by an unusual type of shyness that remains unclassified but has something to do with the canine's senses and mentality. For lack of a formal term, call it transferrable shyness. It occurs at any adult age and in a variety of ways.

Unless all canine authorities are wrong, a dog can sense fear in man or another animal. For example, watching an owner who is frightened of lightning and thunder react every time there is a storm, the dog will begin to relate storm with fear and panic along with the owner. Similarly, a dog who is boarded at a kennel next to a nervous dog can develop the trait. That is the beginning of shyness, and it will grow. Transferrable shyness can be cured, and should be, by keeping things rational from the canine's point of view.
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American Home Guide to a

More livable kitchen

Whatever you invest to improve your kitchen pays off in convenience and comfort in this most-used room in a home. Here and following are 17 ways to make your kitchen easier to live with.

More work surface where and when you need it

Short on work surface and nowhere to turn? A mobile “island” work center (below) can be the solution. The island can be used for meal preparation—then rolled from refrigerator or range to clean-up area. By also providing storage room with drawers and deep shelves, it lets you clear portable appliances from counter tops to make the most of essential surfaces. Parked at the end of a counter, it extends work space; at right angles to it or in the center of the room, it can serve as a breakfast bar. You can buy a rolling cart or build a mobile island suited to your needs.

Mobile “island”

An island work center offers added work space where you need it—next to range, refrigerator or clean-up areas. Its surface can be butcher block or laminated plastic (now available in a butcher-block pattern). A ready-made base cabinet will serve nicely as the drawer unit. Dimensions—25” wide, 36” high (length optional)—match standard kitchen base cabinets. Shelf heights should be set after determining which electric appliances you will store on them.

Work space that won’t be in the way

When there’s a frequent need for more work surface in an area of your kitchen where adding base cabinets is impractical or out of the question, consider a counter-top extension you can flip up as you need it and store easily by simply closing a hinge (right). Such an extension can be attached to the end of a counter hung on a wall. It can serve as a convenient landing space next to a freezer or refrigerator, especially if you lack counter space adjoining the opening side of the refrigerator door. Laminated plastic can match or complement your counter. Double card-table hinges permit longer extensions.

Illustrations by Adolph Brotman

continued
Del Monte Pineapple in its own juice. Sounds delicious.
More storage is often a matter of distribution

Pots and pans and large utensils are stored in base cabinets; dishes, glassware and canned goods in wall cabinets, right? Not necessarily, especially if you’re tired of reaching and don’t relish step stools. The usual shelf arrangement in base cabinets hides what you’re looking for and also wastes space. An alternative is offered by the various organizers for drawers and cabinets (available in housewares departments) that let you store more in less space. You can use ready-made pull-out organizers to store your canned goods and most-used dishes in base cabinets.

Pull-out bin

Much more efficient use of base cabinet space can be made with a pull-out bin (right). It can be built as simply as a box. Remove hinges from cabinet door and use it as the front; sides, back and bottom can be of 3/8" plywood. Partitions can be of pegboard. Cut baseboard and attach new insert to front of bin to hide casters. Smaller casters on rear of bin roll on bottom shelf of base cabinet. To make bottom of bin level, you may have to shim front casters.

Roll-out rack

Narrow lost space next to a refrigerator, broom closet or wall can often be the ideal spot for storing canned goods (left). Space shelves exactly to accommodate most commonly used can sizes. Shelves need only be deep enough to hold a single can so contents of rack can be seen at a glance. Unit should be mounted on 6" rollers—not casters—for easy movement and to prevent denting the floor. Store tall items on top and bottom shelves.

Guides

To stabilize the canned goods rack, attach small ball-type casters (left) to the edge of one or more of the middle shelves. If necessary, provide suitable rub strips (metal or linoleum) on adjoining walls. Also provide a stop for inside bottom roller so rack can be pulled out about a foot less than full length.
Under-cabinet storage

Ready-made under-cabinet storage units (right) help you utilize all the space available under wall cabinets. A towel and wrap dispenser, bread drawer and utility drawer are offered in these units. With these and other accessories for organizing storage in your kitchen, you’ll find room you never knew you had. What’s more, these conveniences can be taken with you if you move to another home.

Space-saver

Maximize your wall space with a cabinet only 6" deep—great for canned goods. Screw and glue corners (with cleats), forming a rectangle (no back). Support on 6" corner braces attached to studs. Use stock shutter or panel doors. Shelves can be fixed or set on adjustable shelf clips. Curved top piece can be added for style.

Additional shelves

Space wasted between shelves in your cabinets may total more than you’re using. You can have additional shelves cut to fit at a lumberyard. Use shelf clips, drill holes and the added shelves will be adjustable.

Fluorescent lighting: less heat, less money

There’s no substitute for good illumination in the kitchen, but you can substitute fluorescent fixtures for incandescent ones and do the same job with less energy, thus more economically. A double 40-watt fluorescent fixture gives off three times the light of one 150-watt incandescent bulb, or two 75-watt bulbs, or three 60-watt bulbs. What’s more, fluorescents—available in “warm white”—won’t heat up your rooms. They’ll also last up to 20 times longer.

New fixtures

If your kitchen needs better lighting, plan to locate fixtures directly over work areas. (If fixture is behind you when you’re at sink or range, your shadow will interfere.) Surface-mounted fluorescent fixtures can be installed where you need them, but if the ceiling needs repair, the wiring job can be simplified with a new suspended acoustic tile ceiling, and recessed units can be used. Lighting fixtures with specially designed mounting brackets are needed for various ceiling systems, so if you’re considering a new ceiling, it would be wise to combine these jobs. For ways to build a suspended ceiling in your kitchen, see page 44.
As long as you have children, pets and property, trouble can pop up. It could happen when your toddler wanders off, or when your dog strays into other yards. It can come from outside, from short-cutters, flower-pickers, other people's pets.

Nothing stops all these troubles like an Anchor Fence. A lot of its features just aren't available in any other fence. Square posts at ends, corners and gates look neat. They get rid of those climbable wraparounds that give conventional round posts an unsightly ladder effect. Square frame gates have welded corners that won't loosen or sag.

Then there's Anchor Permafused® fabric. Anchor thermally fuses durable vinyl to a steel core to resist chipping, peeling and cracking for years and years. Its mellow green color matches landscaping beautifully.

Your trouble stopper comes only from your Anchor man (listed in the adjacent column). Call him today for information on the full Anchor line, plus a free, no obligation estimate. Or mail the coupon below for a color brochure and Permafused sample.

You buy good fence by the year. Not by the foot.
Counter-top lighting

Need more light on counter-top work surfaces? Easily installed plug-in fluorescent fixtures can be mounted under your wall cabinets. These will often provide sufficient light so you don't have to use your ceiling fixtures. An under-cabinet unit can also serve as a night-light before the family retires. Plug-in fixtures should not exceed 20 watts. A 15-watt fixture is 18" long; a 20-watt unit is usually 24".

A place to eat in the heart of your own kitchen

Breakfast, after-school snacks, kaffee-klatsch with a neighbor—all point up the need for a place to eat in your kitchen. But if there isn't room for a table, and you need all the cabinet space you can get, perhaps a fold-away breakfast bar is the answer. Shown here and on page 26 are two drop-down snack bars, one you can build and one you can buy. The unit you build has simple lines for ease of construction and flexible, go anywhere design. Stain it or paint it to match your cabinets. The commercial unit resembles a traditional pine hutch with raised panel doors.

Build it yourself

Use 3/4" lumber-core plywood to build cabinet and table. If you prefer a natural finish or plan to stain and varnish, choose plywood with a hardwood veneer. If you paint, use more economical fir plywood. “Picture frame” is made of 1x4 white pine. Add molding to create the illusion of a real frame. Build the cabinets as you would bookshelves. Make one fixed shelf table height—30". Determine ideal table length. Make the “frame” and connect it to the table. Next, attach the table to the shelf with continuous (piano) hinges. Make table and cabinet doors fit flush with outside of cabinet. Hold table in closed position with double magnetic catches. Surface of table can be finished with wood-grained laminated plastic or matched to material used on counter tops.
Concealed counter

Designed as a dual-purpose unit for a small, single-wall kitchen, this pine hutch has good storage space plus a pull-down breakfast bar. When it's not being used, the bar folds neatly back in place, presenting a corkboard for notes and memos. In kitchens where countertop spaces are minimal, the breakfast bar will provide a welcome bonus of work surface without ever crowding the room when the additional space is not needed. In any kitchen, this fold-down bar can also be a handy desk for menu planning or settling family accounts.

Kitchen flooring in easy-care materials

Vinyl flooring is one of the nicest things you can do for your kitchen. It offers a wide range of colors and designs, easy care, good sound absorption, warmth retention and comfort underfoot.

Sheet vinyl, which comes in continuous sheets or rolls 6, 9 or 12 feet wide, is a wise choice for the kitchen. It can be installed with a minimum of dirt and water-trapping seams. For the do-it-yourselfer, solid vinyl tiles are an easy way to create original custom effects. Tiles offer a smooth, dense surface, intricate designs and bright colors. Moreover, they’re easy to replace if a section becomes worn or damaged.

How well a vinyl floor stands up is determined in part by its wear layer—the portion that can be worn away without actually damaging the pattern. The design elements of one type of flooring, inlaid vinyl, extend through the entire thickness of the material to the backing, creating a thick wear layer suitable for heavy-traffic areas such as the kitchen. The other type, rotogravure vinyl, consists of a printed surface design bonded to a coating of transparent vinyl. Roto vinyl is cheaper, but does not wear so well under long-term hard daily use.

Cushioned vinyl flooring can be a plus for your kitchen. It has a layer of resilient material beneath the vinyl wear surface that provides greater comfort, sound absorbency and scuff resistance. Its only drawback is its susceptibility to indentations.

What goes on the back of vinyl flooring determines where you can lay it. Sheet vinyl is usually backed with asbestos fiber and can be used on any grade level. A foam or latex backing limits the flooring solely to above-grade (any suspended floor) locations. Manufacturers do specify where their flooring can be used—not only above-grade, but also on grade (directly at ground level, with no air space or basement underneath) or below grade (below ground level).

Just out! Tredway, a brand-new cushioned vinyl sheet flooring (from Armstrong Cork Co.) can be cut, fit and installed with ease. Its elasticity allows a tight, smooth fit on any subfloor and at any grade level. Priced about $8.50 a square yard, uninstalled, it comes in 6- or 12-foot widths.

No-wax vinyl floors keep their special built-in finish without the tedious cycle of waxing-stripping-rewaxing. However, they do need regular upkeep. Manufacturers recommend daily light dusting, plus an occasional damp mopping and washing. You can restore the gloss of surfaces dulled by heavy traffic with special cleaning products.

Texture, color and pattern are other factors to consider when you choose vinyl flooring. A textured surface will help mask indentations that show up on smooth floorings. Surface configurations also help give a realistic, three-dimensional look to brick, mosaic or cobblestone designs. However, embossed designs tend to allow dirt to accumulate in the depressed areas, making frequent vacuuming necessary. With smooth surfaces, less work is required. Medium tones show soil the least; light and dark tones show it the most.

Other floor options include linoleum, which remains popular because of its durability, economy and resistance to stains. It does have drawbacks, however. More effort is needed to maintain linoleum than vinyl—regular waxing is necessary to protect its surface. It does not resist alkaline substances and it can be used above ground only.

Vinyl asbestos tile is highly durable and resistant to grease and stains. Though not as comfortable or scratch-resistant as vinyl, it appeals to homeowners because it is budget-priced and suitable for do-it-yourself installation. Some types have a self-adhering back.

Ceramic tile will last the lifetime of your house. It comes in long-lasting colors and cleans easily. However, it has no “give,” and tends to be cold and slippery to walk on.

Carpeting takes more care to maintain, but provides good insulation and super comfort underfoot. It’s also supremely quiet. A synthetic carpet with low, dense pile is the most practical type for kitchen use.

continued on page 30
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Don't you wait for septic tank or cesspool trouble to start. Use Rid-X now. 5¢ worth once a month can save you hundreds of dollars.

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Self-stick coverings: super-bright results in no time at all

If your once-gleaming kitchen has lost its glow and you have the inclination to redecorate but not a lot of time and money to invest, don't despair. There is a solution. Decorative self-adhesive coverings plus your creative talents and about $3 can give that tired room a quick and low-cost makeover. In one afternoon, you can dress up cabinets and cupboards, and give your kitchen a cheery new lease on good looks. The work is easy—all you need do is cut the vinyl or paper to size, peel off the protective backing and press in place. Your only limit is your imagination!

As simple as cut, peel and press
To redecorate cabinets and cupboards with self-stick, you need only a pencil, ruler and scissors—plus strips of 18- or 27-inch-wide covering. You can make panel insets for cabinet door fronts (left), create fancy cutouts for pantry cupboards or refrigerator doors, dress up back splashes or add bright color to the back of open shelving. Choose from traditional kitchen patterns; the natural look of cork, marble, wood or wicker; and thoroughly modern geometric and chrome patterns. All are made of washable, waterproof and stain-resistant plastics ideal for kitchen decorating. Available for 60 cents a yard at hardware and dime stores, these coverings can help you achieve a quick, dramatic and inexpensive new look for your kitchen.

You might also consider peel-and-stick tile appliques; they're 4½ inches square, $2 for a set of 12.
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Plant some Planters in a bowl of raisins.
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Plant some Planters in a cream cheesed celery stick.
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Plant some Planters in some Cheddar cheese.
Crumble 4 oz. blue cheese, and mix well with 4 oz. finely grated Cheddar cheese, 3 oz. cream cheese, 2 tablespoons chopped parsley, and ½ teaspoon grated onion. Shape into a ball, wrap, and refrigerate until firm. Reshape ball and roll in chopped Planters Dry Roasted Peanuts.

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By Bernard Gladstone

Commemorative bell
Clear-glass canister shaped like Philadelphia's famed Liberty Bell makes a nice touch for your own Bicentennial observance. By Libbey Glass, it stands 7 1/4 inches high and holds 42 1/2 ounces. Use to store candy or cookies, display shells, hold plants or decorate a tabletop. Price: about $2.50.

Speedy sander
Sand-O-Flex 300 Contour Sander has strips of sandpaper, backed by flexible brushes, that sand contoured surfaces as wheel spins. When abrasive wears down, fresh paper is fed out from center coil. It's made by Merit Abrasive Products, Inc., 201 W. Manville, Compton, Calif. 90224. Price: $13.

Easy-on filtration
Aqua-Pure AP100 home water filter needs no separate shut-off valves—they're built into the head of the unit. To change filter cartridge, which removes dirt and rust particles as small as talcum powder, turn handle to shut off water; unscrew housing. It's made by AMF Cuno. Cost: about $36.50.

Mow in silence
Weighing only 55 pounds, the 16-inch rotary "Carefree Electric" mower from Toro is powered by a built-in rechargeable battery that runs 45 minutes on 1 charge—enough to cut 7,000 square feet of lawn. Handle folds to store. Safety features include key switch, automatic stop when hand is released, flexible safety shield and protective deflector bar. Battery can be recharged without being removed. Price: $170, including charger.

Peel-and-stick floor

Extendible pruner
Teflon-S coated blades on Snap-Cut tree pruner from Seymour Smith & Sons cuts branches up to 1 3/4 inches thick; saw blade does larger limbs. Handle extends 6 to 12 feet. Price: about $22.
In 1910 Mrs. Mullins never understood why her husband wouldn't let her smoke. Mr. Mullins never understood why his wife wouldn't let him install indoor plumbing.

You've come a long way, baby.

VIRGINIA SLIMS
With rich Virginia flavor women like.

Regular: 16 mg. tar, 1.0 mg. nicotine
Menthol: 15 mg. tar, 1.0 mg. nicotine
av. per cigarette, FTC Report Oct. '74

Warning: The Surgeon General Has Determined Cigarette Smoking Is Dangerous to Your Health.
Serve a glass of wine

Serve a glass of wine securely, twist the cork gently and slowly until you hear a slight popping noise. Easing the cork out this way prevents the ear-splitting pop that make so many would-be champagne lovers gun-shy. Be sure to maintain a firm grasp so the cork doesn’t fly off; it can be a dangerous weapon when it does. Above all, by not jiggling the bottle you avoid the wasteful—and annoying—gush of wine that often occurs when the cork comes out.

An all-purpose wineglass is fine for serving champagne as other wines, but a flute shape shows off the bubbles stylishly. Never fill a glass all the way to the rim. If you’re using an all-purpose glass, fill it no more than half with a flute shape, which generally holds less wine, you can fill it about two-thirds. (For a catalog of sensibly priced glasses and servers, send 25 cents to Marjorie Lamm’s Wine Glasses, P.O. Box 732, Sausalito, Calif. 94965.)

Among the most reasonable California champagnes available nationally is Franzia’s Extra Dry ($1.99 a fifth, the minimum retail price when last checked on the West Coast; all other prices are minimum retail prices for fifths in California). It has a light color and pleasant nose, is sweetish and makes a punch wine. Gallo’s champagne ($2.29) enjoys a nice gold color and an attractive crispness and sweetness—this is a good buy. Growers (California Growers Winery—$1.99) has a grapey taste. While I might not choose it for an intimate dinner party, I would serve it to a large, informal gathering. Lejon ($2.99) offers a pale color and sweet aftertaste. Winemaster’s Guild ($2.99) has a grapey nose and taste.

In the Extra Dry category, Christian Brothers produces an excellent champagne ($4.99) with a lovely gold color, crisp nose and delicate sweetness. It is too, is a good buy. M. Lamont makes an Extra Dry ($3.10), sold in some parts of the country, that has a fruit characteristic. Soft color and nose describe the Cresta Blanca Extra Dry bubbly ($4.95). It’s medium dry and mouth-filling, a well-made wine. Llord and Elwood offers an Extra Dry ($5.50) that has a pale straw color, full body and sweet aftertaste. This is a memorable champagne, available in metropolitan areas. Another excellent buy, Paul Masson’s Extra Dry Champagne ($5.35) boasts a beautiful gold color, bright inviting nose and rich taste. York Mountain Champagne ($4.91), sold only in California, brings with it a Chardonnay-ish bouquet. It lightly sweet with a full flavor, delightful with ice cream or sherbet.

In the Brut category, Almadén Champagne ($5.25) is (continued)
We're going to the Bicentennial. Can your kids come?


There'll be parades, history, fun. A look back at the past. A look ahead into the future. Your children won't be learning about history. They'll be living it.

The Bicentennial will be a glorious experience for the entire family. But, not an expensive one. It's a party that everyone can afford to attend.

So plan ahead now. Send in this coupon. Don't let your family miss the birthday party of a lifetime.
American Eagle sampler measures 17 by 9 inches. Design is stamped on linen, and kit includes appliqué embroidery floss and all instructions.

The age of the clipper ships is beautifully recalled in the crewel embroidery above, portraying a gallant three-master sailing on the wind. Design measuring 24 by 16 inches is stamped on homespun; the kit comes with yarn plus instructions. At top is our American Eagle sampler done in cross stitch with blue appliqué banner and the U.S. motto, "E pluribus unum." A frame with gold-metal leaf is available preassembled for each kit. 

Please send me the following items in the quantity indicated. (Canada: Add $1.00 for each item ordered.)

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P.O. Box 1400, West Englewood, N.J. 07666

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- 0176 Eagle Sampler kit(s) @ $3.98 plus .50 post. & hdg. ea.
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Treasure our heritage
in two inspiring stitchery kits
you'll find easy to work up, frame and enjoy

Ben Swedocksky

It needn’t cost a lot to make an event a special occasion by serving champagne. Jcaulicu's Brut Champagne ($6) is wonderfully bubby, with a delicate gold color and trace of sweetness. It's an impressively made wine, also a worthwhile buy. Good color and good body characterize Buena Vista’s Sonoma Brut Champagne ($5.95), sold in selected metropolitan markets. This is a super value, drier than you might expect, a finely made wine.

"Outstanding" describes Korbel Brut ($5.80), with its summer-moon gold color, crisply sweet nose and full body. If you are among those who appreciate a truly dry wine, this one is notable. Hanns Kornell’s Brut Champagne ($5.75), offered in more than 40 states, has a nice color and gently sweet fragrance; also, it's pleasantly crisp to taste. Mira’s Brut 1971 ($6) is another good buy, with a white-gold color and rich flavor, but in my opinion more bottle age will enhance its taste. From Sonoma Vineyards the Brut Champagne ($7.95) is a winner with its superb color, refreshing nose reminiscent of a soft breeze in springtime woods—plus rich taste. (Any of these premium champagnes would be appropriate to serve with Veal Croute, this month’s American Home Cooking Lesson, featured on pages 54-55.)

Natural, or completely dry, champagne is brilliantly exemplified by Korbel’s Natural ($6.70), with its beautiful straw color, clean nose and taste. Mira’s Au Natural 1971 ($7) is pale straw-colored, complex in bouquet, alive with bubbles and a little tart. Classic” describes the Almadén Blanc de Blancs ($6.50)—a recent tasting of the 1968 cuvée (blend) was impressive—with its glorious golden hue and luscious taste. It’s a great buy for the price. Hanns Kornell’s Sehr Trocken 1968 ($6.95), available in more than 40 states, has a lovely color and balanced taste. It’s well made but not as dry as I anticipated. Schramsberg’s Cuvée de Gamay 1972 ($6.95)—sold in various parts of the country—is a unique bubbly. Made in the champagne style, it enjoys a pinkish color not unlike the blush of a peach, with a fruity nose and fresh taste. A charmer, it makes a lively aperitif—and “shines” with fresh fruits, cheeses and shellfish, at brunch and special luncheon occasions.
5 bookshelf aids for the handy homeowner

Walk in any bookstore and you'll see dozens of books aimed at do-it-yourselfers. We've reviewed the current crop for you—here are the helpful best.

GoWell—The Story of a House by Jo Coudert, Stein and Day, $7.95. If you've always dreamed of finding an abandoned cottage and transforming it into a haven, you will enjoy reading GoWell—an informative, often humorous account of how two women did both. You learn painlessly about each phase of remodeling (from obtaining a mortgage to refinishing wood trim), the work you can do yourself and the people you must work with. GoWell provides costs and time schedules, but it does not attempt to be a construction manual. The most important insight it gives the potential old-house remodeler is the realization that you must have total commitment in time, money, energy.

Nomadic Furniture #2 by James Hennessey and Victor Papanek, Pantheon Books, $4.95. This is a furniture building and buying guide that's not the usual kind: Part manual, part catalog, it advocates lightweight furniture for today's mobile society. There are easy-to-follow instructions for building wall systems, chairs, tables, space dividers, tree houses. Inexpensive to make, the units can always be folded or stacked or simply knocked down, if necessary. The book encourages do-it-yourselfers to be imaginative and adapt ideas to their special needs.

Home Renovation—Making Your Home More Attractive, Modern & Valuable by Stanley Schuler, Reston Publishing Co., Inc., $9.95. You can improve your house in many ways, from adding a bathroom to replacing the gutters. Stanley Schuler, who provides the expertise in our "Help About the House" feature, tells you how to tackle most of these projects yourself: which ones you shouldn't undertake, who to turn to for help and how to deal with the people you hire. Instructions for making repairs—on holes in plaster walls, on sagging floors—help you extend the life of existing materials. If you prefer to start afresh, there are explicit and illustrated directions for tearing down walls, installing new paneling, laying floors, hanging doors and resurfacing roofs. The book encourages you to take a new look at your house. Is the lighting adequate? Is the kitchen well planned? Should the trees close to the house be chopped down? Improvements Schuler deems will add to your comfort and may increase the resale value of your home.

Everyone's Book of Hand and Shop Power Tools by George R. Driscoll, Reston Publishing Co., Inc., $10.95. If you are a do-it-yourselfer, you will find this tool handbook invaluable. It is packed with information about more than 160 tools, systematically organized into 16 basic "families," alphabetized and amply illustrated. Each typical section, on the circular saw, for example, is a well-organized reference source. A technical section, on the circular saw, is the how the saw works; when it comes a necessary tool; how to care for it; which size, blade and attachments to use for different jobs and what safety precautions to take. Practical book "problems" help increase expertise. Terms are clearly explained in a glossary. The book also deals with workshop layout, lighting and storage.

The Early American Furniture Maker's Manual by A. W. Marlow, Millan, $7.95. For the hobbyist who already has the basic hand and power tools, this is a good practical guide to building early American furniture. 16 plans cover the most popular colonial designs, including the table, the cove cupboard and the sink. There are also suggestions for varying each basic design. To simplify the work, this book provides specific materials lists, step-by-step instructions, photographs, working drawings, cross-sections, detailed explanations of difficult features and special "recipes." A brief run-through on materials and finishing methods gives moderately experienced furniture makers all the information he needs to do the job done. The novice might profit first to read a basic tool handbook, such as the Drake book (above), to learn the fundamentals.—Siew-Thye Sin

Order our sweater kit

To order kits for crocheted sweaters shown on page 12, fill out coupon and enclose check or money order, Please allow 4-6 weeks for delivery. Items shipped to Canada are subject to Canadian tariffs.

Indicate quantity, size(s) and color(s) desired. (Canada: Add $1.00 for each item ordered.)

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38
Astrology reveals - Mary Tyler Moore and Rhoda were destined to reach superstardom after 30!

By Tom Kennedy

Don't trust anyone over 30 - to make it big? It sure hasn't stopped 27-year old Mary Tyler Moore from becoming a famous 34-year old Mary Harper. Astrology proves that you have a teenage body. To be successful in today's world, you must have some, and most of your old friends have thrown up their hands and given in. This powerful planet positions produces a special situation which gives great strength to a person's birth chart. In the case of Mary Harper, this planet is considered TV's newest icon, certainly evidence of Astrology's accuracy!

At 34, Mary Harper is in the prime rays of Saturn, and ever, forming a sex rebirth and the success shown in Natal charts. Astrologers have questioned the compatibility of Mary and T.C. Seelig. Mary's Earth sign, Capricorn, and T.C.'s Virgo, mean that their relationship is just right. When casting your horoscope, we conform to the strictest astrological standards. First the longitude and latitude of your place of birth will be charted down to the hundredth degree. Then, you will be asked to tell us what your exact time of birth was. This information may change due to World Time, and if you know your exact time of birth we'll use 12:00 noon. You may change this later. Mary Harper has received over 24 million bits of authentic astrological data through our computer, which contains over 24 million bits of authentic astrology. There is something negative in your chart, which contains over 24 million bits of authentic astrology. There is something negative in your chart, but that's what's frustrating. We may never get that way.

Your horoscope analyzes your personality, and then tells you what you're most likely to happen. But remember, your free will will override events in your life, if you put your mind to it. So why beat your brains out on an area that you're not talented in? In an equal amount of time spent on something you're good at, you'd put much further ahead. Not only will you get ahead, but you'll be relaxed and happy while you're doing it.

Your horoscope will give you an in-depth analysis of your personality. It will point out your strengths and show you how to utilize them. It will also discuss your weaker areas, and allow you to compensate for them. Because your natal horoscope is such a sophisticated analysis of your personality, it will probe your subconscious mind and seek out your hidden talents. This is the area where you thought you had talent (writing, E.P.S., sex appeal, public relations, etc.) that that's what's frustrating. We may never get that way. When casting your horoscope, we conform to the strictest astrological standards. First the longitude and latitude of your place of birth will be charted down to the hundredth degree. Then, you will be asked to tell us what your exact time of birth was. This information may change due to World Time, and if you know your exact time of birth we'll use 12:00 noon. You may change this later. Mary Harper has received over 24 million bits of authentic astrology. There is something negative in your chart, but that's what's frustrating. We may never get that way.

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For a limited time, during this special research project, you can get your personal natal horoscope for only a copying cost. You get the expensive casting and analyzing process FREE. And you can use your horoscope for a full year on an absolutely no risk guarantee. The article below will tell you how to order your horoscope. For your own sake, please don't pass up this once in a lifetime opportunity.

To get your Personal Natal Horoscope for only a copying cost

By John F. Ford

Send me your exact time and place of birth, I'll cast and analyze your personal horoscope. You may have this private copy for only $3.00 to cover the plus $50 postage and handling. You get the expensive casting and analyzing process FREE - because of the fact we must prove that your horoscope is such a sophisticated analysis of your personality, it will probe your subconscious mind and seek out your hidden talents. This is the area where you thought you had talent (writing, E.P.S., sex appeal, public relations, etc.) that that's what's frustrating. We may never get that way.

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* Celebrity Star Portrait

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THE AMERICAN ASTROLOGICAL ASSOCIATION
The Nation's Largest Astrological Society

featuring
Valerie Harper
Mary Tyler Moore

Valerie Harper, Leo—Mary Tyler Moore, Capricorn. Their Sun signs—love say they won't get along. Their complete horoscopes show they do and why real success came after 30!

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Full flavor to match the best of times.

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This Swiss made Stop watch by Zodiac times the action to 1/10 of a second. Yours for free B&W coupons, the valuable extra on every pack of Raleigh.

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The best home investment

Our new editor, Margaret E. Happel, comes to us by way of Good Food, Ladies' Home Journal and McCall's, having earned the American equivalent of a master's degree in advanced food and nutrition from the Birmingham College of Domestic Arts in her native England. She joined our staff as food editor last fall.

When I was a young editor just learning my trade, I worked for a famous man who had a reputation for making pungent, penetrating and very truthful statements. One of his most accurate and memorable remarks concerned the importance of kitchens. True, I gained knowledge of his words from hearsay, but they were shattering enough, even indirectly—considering the times and his fame—to have remained in my memory all these many years: “Consumers of America, invest not in a second automobile but in a better kitchen.” Such were his sentiments, the thrust of his speech, if not his exact words. He urged his audience to understand that an automobile depreciated in value the moment its wheels left the showroom floor. A kitchen, he is said to have emphasized, can only gain in value, enhancing the total appeal and salability of a home.

Today, his words seem even more relevant. We, too, urge you to consider some investment in and improvement of your kitchen, no matter how tight your budget. Monetary value aside, a good kitchen is an “investment plus” beyond solid, returnable dollars. Kitchens, to me, are fantastic and fascinating. The warmth and bustle, the hiss of escaping steam, the bubble of a simmering pot, the glint and gleam of burnished metals—all have held more magical allure for me than tales of Aladdin and his secret cave.

As a child, I stood on a crate in the kitchen of my mother's hotel. My eyes just crested a high worktable where a new, exciting world swam into view. My childhood knights were not dressed in shining armor; they wore white, with tall pleated hats. Swords were shiny, swiftly maneuvered knives, and the prize to be won was the perfect soufflé or the tenderest puff pastry. Defeat manifested itself in the infrequent leaden mistake of the apprentice cook. I have remained fascinated ever since—enough to make the knowledge of good food and wine a career, and kitchen design a necessary passion.

What is a good kitchen? Here is one person’s admittedly subjective opinion:

A good kitchen should be clean but not sterile. It should be a room that suggests activity, rather than the remote and forbidding territory of one specialist. It should be a world of pleasant sight and sound, of inviting taste and aroma, of humanity as well as functionality.

Within the pages of this issue of American Home, you’ll find helpful ways to make your kitchen easier and more satisfying to work and live in, tips on getting the most kitchen out of the space you have—and making new spaces where you didn’t think you had any, aids for improving your lighting and expanding work surfaces for greater meal preparation efficiency: in short, how to make the kitchen the hub of your home.
Picture window frames eat-in area, furnished in dining room comfort: built-in banquette and cushioned ladder-back chairs (top). Wood paneling adds warmth to cool efficiency of food center and laundry island (opposite and above, left). Strawberry theme is echoed in tableware, curtains and upholstery (above, right).

Carleton Varney’s Room of the Month

Old-fashioned country charm and the latest conveniences, a super space-conscious design and the summery freshness of strawberry colors, lighting that barely shows but works beautifully where needed: These are not contrasts, but major elements of a total-idea kitchen anyone can have. Authentic look of “weathered wood” beams and “rough” ceilings results from simulations that come with today’s easy-care features. How-tos follow.
You quickly get the hang of it

A suspended ceiling is used to lower a ceiling that's too high, to cover pipes or ducts, to gain room for recessed lighting. (Otherwise, an Integrid system is attached directly to existing ceiling.)

Suspension installation consists of wall molding for perimeter of room, screw eyes and hanger wires that support main runners to which cross tees are attached. Tees fit into tongue-and-flange tiles, each of which has a slot (kerf) that accepts and conceals the tee. Light fixtures rest on main runners, have attached lens and trim strips.

A ceiling any homeowner can install

The ceiling in the total-idea kitchen was designed for ease of stallation by the average home handyman. The Integrid Suspension System, a lightweight interlocking framework that can suspended at any height from an existing ceiling, has grid coments that snap together and can be adjusted to compensate leveling errors. The system makes possible a quick, profession looking installation. Patented tongue-and-flange tile design eliminates bevel lines between tiles and conceals the metal strips home owners dislike. (The three main steps are shown left, from putting up hanger wires to suspending lighting fixtures.)

Another advantage of the system is that it's designed so light fixtures may be positioned virtually anywhere in a room. A 2' four-lamp fluorescent and a 1'x4' two-lamp fluorescent recessed fixtures designed for use with the system. Incandescent "high hat” floodlights (see page 42) are also easily installed. In grid light fixtures use two (or four) 40-watt rapid-start lamps a are to be wired into normal 110- to 120-volt circuits. They require a clearance of 5 1/2" from the existing ceiling. If wiring leads must be made for the new fixtures, work should be done by a qualifi electrician to satisfy local building code restrictions.
Achieving a wood-beam look

Incredibly authentic "weathered-wood" beams and post (right) are of lightweight urethane. They can be glued, nailed, or attached with special clips to suspended ceiling grid. Beams, available at building-supply stores, are in standard lengths (6' to 18') and thicknesses (6x6, 8x6, 8x12), and can be cut with cross-cut saw or any knife with serrated edge.

Make beams: Cut material to desired length and use a caulking gun to apply a bead of manufacturer's adhesive to edges that will come in contact with ceiling or wall. Press beam to ceiling; glue will bond immediately.

Make post: For the effect shown at right, 1) trim 3" off each of two 6x6 posts; 2) glue beams together. Make brace the same way, then do as follows: make 45-degree cuts and glue brace to post and ceiling.

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Cheery red sink is set into gleaming white scratch- and stain-resistant "Corian" counter top—so tough it can withstand food cutting, chopping and slicing.

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Work-space extension of laundry island, near eat-in area for snack and breakfast needs—is equipped with automatic coffee maker and four-slice toaster.

---

Coordinator, Susanne Earls Carr; editor, Madeline Rogers; photographer, C. Philip Roedel
Teach yourself rosemaling—flower painting on wood

One of the most beautiful folk art traditions America has inherited from its immigrants is the elegant craft of rosemaling—painting flowers on wood. Brought here from Norway, this technique calls for sure, flowing brush strokes and color contouring to create the decorative look of wood carving. Breadboards and boxes, cupboards, bowls—even clocks—can achieve this richly glowing patina. To learn basic rosemaling techniques, plus how to order designs shown here and on our cover, see page 70.
Decorate with new pastel-print sheets

A profusion of delicately patterned bed linens awaits your home this summer. But beautiful sheets are more than just a pretty bonus for your bed. They can be one of the best decorating values for the money. A king-sized flat sheet provides a seamless expanse of exciting fabric, 108 by 110 inches, that averages less than $2 a yard. Sheets are a natural for refurbishing your bathroom and living room, offering instant coordination of walls, pillows, custom-look slipcovers—even a one-of-a-kind shower curtain and wooden paneled screen. Treatment with a spray-on fabric protector if the sheets are colorfast (you can test a small area with a damp cloth) helps maintain them. Cover a window by making pretty cafe curtains or laminating a window shade. Personalize a picture or mirror frame. Add zest to your table settings with place mats made from one pattern, napkins from a companion design. Or reupholster tired furniture. Shown here and on the next page is a sampling of sheet stitchery; our detailed installation how-tos follow.

BEAUTIFUL BATH
Step into the inviting, airy cool of this peach and blue bathroom (opposite). "Pull-over Stripe" sheeting made into a handsome shower curtain coordinates with matching towels and "Diagonal Dot" sheets on the wall (right).

BEDROOM MAGIC
Crisp white is a perfect background for yellow-hued sheets (above). Patterns on bed, in variations of bathroom colors (left), are repeated in alternating panels on wooden screen to unify room. All linens you see are Missoni by Fieldcrest.
The softness of “Porcelain Medallion” sheet pattern (right) teams with the natural prettiness of wicker to create sitting room charm. Informal Turkish-cornered floor pillows augment seating. Blue-and-white Tibetan Dhurrie rug, “Grandmother's Garden” quilt and botanical prints complement the sheet-covered daybed. Linens are by Wamsutta.

Shopping Information, page 77
Charles Gold
SAVING WITH SHEETS
Low-cost ways to get a high-quality look

**Shower curtain (72''x72'')**
Cut away selvage along one edge of full-size sheet; measure across 75" and cut along length of sheet. Measure 78" from fold edge to top hem (above, left); cut across. (Shaded areas show right side of fabric.)
Along bottom edge, fold 3" to wrong side then fold again to form 3" double hem; stitch in place. Along one side, turn ½" to wrong side, then turn 1" for 1" side hem; stitch in place. Repeat for other side hem. Place plastic curtain liner on fabric; mark positions of holes in liner along top of curtain. Apply grommets or large eyelets, or make ¾" buttonholes at each mark (see above). To hang, put shower curtain hooks through both curtain and liner. Use a spray-on fabric protector to make curtain water-resistant.

**Paneled screen**
You will need thin tension rods to fit inside the very top and bottom of each frame opening of screen (pictured on page 49). To determine length of sheet required, measure from top to bottom inside each frame. Add 1⅛" for top rod pocket and use small hem of sheet for bottom rod pocket. Determine width of fabric required for each opening, measure the width inside the frame and multiply by 2½. These are standard sheet sizes: twin, 66''x104''; full, 81''x104''; queen, 90''x110''; king, 108''x110''.
Cut sheet for each panel to size required. Remove about 2" of stitching on each side of small hem on bottom of sheet. Form side hems by turning ¼" to wrong side, then turn under ¼" again and stitch. Replace stitching in bottom hem.
Place one rod through bottom pocket and put inside frame. Place top rod in position inside frame. To be sure length of fabric is correct, stretch fabric taut to top rod and wrap over rod to wrong side; pin to hold in place. Remove rod from fabric carefully without disturbing pins. Repin along top fold edge. Measure down 1" from top fold; turn under raw edge and stitch in place to form 1" top rod pocket. Replace rods and place in position in frame. Make panels for other openings in same manner.

Illustrations by Marye Spofford
Sheets present endless possibilities. As pictured on preceding pages, you can whip up shower curtains or pillows, cover walls or upholstery. If you can sew a seam, you can decorate with sheets.

**Fabric-covered walls**

The easiest method is applying fabric with staples then covering the staples with decorative braid or ribbon. Use sheets with small, all-over patterns or narrow stripes to make matching easier. Measure room and plan sheet sizes so there will be the least number of seams: A twin size will cover up to approximately 62" of wall space, a full size up to 78", a queen size up to 86" and a king size up to 104". Pieces for small areas above doors and windows or under windows may be cut separately and joined to full-length panels, if desired. On long walls without openings, plan panels of equal width.

Attach ¼" x ½" lath strips along top and bottom of wall at ceiling and floor line. Attach vertical strips where seams will be located at sides of door and window frames. Attach strips across top of doors and windows and under windows. Cut away selvage edges and hems on sheets or remove stitching of hems if extra length is needed. Start by turning under 1" along top edge and stapling temporarily to lath strip across top of wall at left corner. Staple down left edge from top to bottom, turning under 1" hem at bottom. Bring fabric across to next lath strip and staple right edge of fabric in place, keeping tension even and checking pattern alignment; adjust at top edge as necessary and staple in place; staple bottom edge. Use just enough staples to hold fabric in place. Continue around room, cutting fabric around openings as fabric is being stapled in place. When all fabric is in place, cover meeting of stapled edges with desired trim. For self-fabric trim, cut 1" wide strips; turn edges under ¼" on each side; press (makes ¼" wide fabric ribbon).

**Turkish-cornered pillows**

To make a pillow from unbleached muslin or other closely woven fabric (finished size of 24" x 24"), cut two 29" squares for inner pillow. Place together and stitch ½" seam around, leaving an 18" side opening. Turn inside out; stuff firmly until about 6". Slip-stitch closed.

From sheet, cut two 29" squares for cover. Draw a paper pattern as shown in Diagram 1; use to mark pleats at all four corners of each piece. To pleat corner, with right side of fabric facing you, fold up along line A, bringing fold over line B to meet line C (Diagram 2); fold up along line D and bring fold to line C so folds A and D meet (Diagram 3); fold up along line E and bring fold over on top of A; cut away excess fabric at bottom of pleats (Diagram 4).

Baste pleats in place, then place other corners in same manner. Place two pieces with right sides together and all edges even; stitch ½" seam around three sides; end stitching 3" from corners to leave a 30" opening. Turn right side out; turn edges under ½" along opening; baste; place two 16" zippers in opening with pull tabs together at center and fold edges meeting at center of zipper; stitch along each edge of zipper; open one to stitch on other. (Diagram 5.)
Veal en Croute

2 large eggs
Cold water
2 packages (10 or 11 ounces each) pie-crust mix
2 pounds boneless veal shoulder
1 pound boneless cooked ham
½ cup brandy
½ cup finely chopped shallots or green onions
¼ teaspoon dried thyme leaves, crumbled
Dash of pepper
¼ cup shelled pistachio nuts
1 envelope unflavored gelatin
½ cup chicken broth


2. Cut veal and ham into strips ¼ inch thick, 3 to 5 inches long. Put in bowl with brandy. Chill 1 hour. Drain; reserve marinade. Set aside 10 strips each of veal and ham. Put remainder through electric food grinder; stir in shallots or onions, thyme, pepper and marinade.

3. Cut off ¼ of pastry; reserve. Roll out remainder to rectangle ¼ inch thick, 1 inch larger than bottom and sides of a 9x3-inch loaf pan with nonstick finish or greased, floured 12½x4-inch pâte terrine. Line pan with pastry; use pastry ball to press firmly into corners and sides of pan.
Put 1/4 of ground mixture in lined pan. Place 1/2 of veal and ham strips down length of pan. Sprinkle with 1/2 of nuts; repeat; end with ground mixture. Bring pastry edge over meat; cut off excess for a 1/2-inch edge; brush with reserved egg mixture. Heat oven to 375°.

Roll 1/4 of pastry 1/4 inch thick. Cut to fit pan top. Save trimmings. Place rectangle over meat; press along edge to seal. Brush with egg. Roll out trimmings. Cut shapes; press onto top; brush with egg. With knife tip, make hole in pastry; insert metal funnel for steam to escape.

Bake 1 1/2 hours. Cool loaf 15 minutes on rack. Sprinkle gelatin over broth in saucepan; heat to dissolve. Pour through funnel into loaf. Chill overnight. To serve, run metal spatula around edge of pan. Unmold onto platter. Garnish with watercress, if desired. Makes 8 servings.

For great outdoor eating

Veal en Croûte

Veal and ham studded with pistachio nuts, then enclosed in a crust, is the exalted cold meat loaf of French cuisine. It can be served at a summer champagne buffet or wrapped and carried along on an informal picnic. You can enjoy this make-ahead loaf at any outdoor dining occasion. It's easy to prepare with our step-by-step instructions. Accompany Veal en Croûte with tiny sour pickles, crisp radishes, avocado-romaine salad with red-wine dressing and chocolate mousse. For an economical alternative using turkey, plus our special loaf-making tips, see recipe section, page 60.

Food Department
Lucy Wing
Colleen E. Walsh
Donna Johnson
For great outdoor eating

Easy summer menus

Warm weather means easy menus: meals you can cook and carry with you—on a picnic, hike or bike outing—or enjoy in your own backyard. Here's beef chuck, always a best-buy cut, tenderized by seasonings and surrounded by summer-priced vegetables. To make this budget-minded meal and others, see recipe section, page 60.
For great outdoor eating

Take a can of

Frozen orange juice

A favorite breakfast drink, orange juice from frozen concentrate is also a recipe-making bargain. It's less costly than freshly squeezed, but just as tasty and nutritious. Delicate processing turns the oranges' natural sweetness, vitamins and minerals into triple-strength juice in easy-to-open cans. Enjoy it as a beverage or in a variety of ways. To make our indoor/outdoor dishes based on concentrated juice, see recipe section, page 60.

Here is a sampling of orange-rich delights, clockwise from center: country-style spareribs, glazed ham, creamy fruit dip, low-calorie sherbet and tart melon cooler.
Beat 2 eggs slightly; add 2 teaspoons sugar; then add 1 cup milk. Sift 1 cup all-purpose flour and ½ teaspoon salt; stir into the egg mixture and beat until smooth (should be about the consistency of heavy cream). Add 1 tablespoon lemon extract.

Put enough salad oil (about 2½ quarts) in a 5-quart deep fryer to fill it about 2/3 full and heat to 400°F. Dip rosette forms into the hot oil to heat them; drain excess oil on paper towels. Dip heated forms into the batter to not more than 3/4 their depth. If only a thin layer of batter adheres to the forms, dip them again until a smooth layer adheres. Plunge batter-coated forms into hot oil and cook until active bubbling ceases. With fork, ease rosettes off forms and onto paper towels to drain. While still warm, dip in confectioners' sugar or sift sugar over them. Makes 6 dozen.

As seen in McCall's
INSTANT COOKIES
only $3.75

Recently featured in the McCall's article "Flourishes with Food", this mouthwatering confection is so much fun to make, even more fun to serve to delighted family, surprised friends. And you can get in on the fun for a mere $3.75—an incredibly low cost of this complete Rosette Set.

Swedish Rosettes are light, crisp, delectably alt-in-the-mouth puffs of deep-fried pastry, lightly coated with confectioners' sugar. A truly exquisite taste experience for everything from morning coffee to midnight snacks, the kind of treat you associate with quaint European cafes, or shelves of elaborate patisseries.

Taste them, and you'd think they could only be created by hands of a fine pastry chef. But now you can make them at home, easily, and in seconds, with this Swedish Rosette Iron.

The Rosette Iron, complete with three cast-aluminum forms in different designs, features a double handle so you can make two okies at once. Simply heat your oil in a deep-fat fryer, or any deep pot on top of your range. Dip the forms in the hot oil, then in thin batter (recipe above) and fry them until fried, flakey, golden brown. Each cookie will be perfect, perfectly beautiful every time.

So hurry. Supplies are limited. Orders will be filled a first-come, first-served basis. Clip and return coupon at right and send it along with your check money order as indicated. Do it today!
How to make our indoor/outdoor dishes

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

Veal en Crouîte
continued from page 55

The smart shopper says:
1. A frozen 3-pound breast of turkey may be substituted for veal shoulder. To prepare turkey, thaw; remove skin and bone (use in soup recipe); then cut boneless turkey into strips as for veal. Reduce broth called for in recipe to 1/4 cup, as turkey is juicier than veal.
2. When preparing meat to be ground, be sure to remove as much gristle as possible from meat. Grind strips of meat first through coarse cutter, then through fine cutter.
3. If the pan you use lacks a nonstick finish, line it with strips of aluminum foil cut to fit bottom and sides for easy unmolding. Or apply one of the nonstick cooking sprays.
4. If you don’t have a metal funnel, use a plain-tipped metal pastry tube or stick cooking sprays.
5. To prepare loaf for picnic, slice cold loaf, wrap in aluminum foil. Transport to picnic site in insulated food carrier or plastic carry-all.

Easy summer menus
continued from page 57

PATIO BARBECUE MENU
(pictured on pages 56-57)

Seasoned Chuck Steak
Breaded Vegetable Medley
Corn-on-the-Cob • Crisp Green Salad
Whole Wheat Rolls
Peach Ice Cream

Seasoned Chuck Steak

1/2 cup red wine vinegar
1 tablespoon instant minced onion
1 tablespoon Italian seasoning mix
1 tablespoon pure vegetable oil
1 tablespoon soy sauce
1/2 teaspoon dry mustard
1 clove of garlic, finely chopped
3/4-pound beef chuck blade steak or roast, about 1 1/2 inches thick
1/2 teaspoons unseasoned meat tenderizer
1. In large shallow dish, combine vinegar, oil, soy, mustard and garlic. Add steak. Coat with mixture. Cover. Marinate steak in refrigerator overnight or about 8 hours.
2. About 20 minutes before cooking, drain steak; reserve marinade. Sprinkle meat tenderizer on both sides of steak. Pierce with 2-tine fork. Let stand 15 minutes.
3. Place steak on grill over hot charcoal or on rack over broiler pan in oven. Brown quickly on both sides. Raise grill or lower broiler pan from heat about 6 inches, if possible. Continue to grill or broil steak to desired doneness. Brush with reserved marinade occasionally.
4. Transfer steak to carving board or heated platter. Garnish with sautéed fluted mushrooms and green onion curls, if desired. Cut steak into thin slices to serve.

Breaded Vegetable Medley

5 large tomatoes, halved crosswise
2 green peppers, halved lengthwise
1/2 cups fresh bread crumbs
1/2 cup finely chopped parsley
3/4 teaspoon salt
3/4 teaspoon pepper
1/2 cup butter or margarine
1 small clove of garlic, finely chopped
2 tablespoons olive or pure vegetable oil
1 large onion, halved crosswise
2 carrots, about 1/2 pound, pared
1 stalk celery with leaves, if desired

1. In large saucepan, bring 2 inches water to boiling. Lower onions into water, Cook until just tender, about 10 minutes. Remove onions with slotted spoon. Drain on paper towels.
2. Remove and discard seeds of green peppers. Parboil peppers 3 minutes in boiling water. Drain.
3. Roll out remaining dough into 10 inch circle or one large enough to cover pie plate. Brush edge of dough in pie plate with egg white. Place dough circle over filling. Fold under excess dough even with edge of plate. Flute edge.
4. Heat oven to 375°. In pie plate or shallow baking dish, drizzle with any leftover crumbs and butter; roll in crumbs until coated. Place in buttered shallow baking dish. Drizzle top with any leftover crumbs and butter mixture. Bake 20 minutes or until lightly browned. Serve warm.

Frosty Celery Soup

2 cans (10 1/4 ounces each) condensed cream of celery soup
2 cups milk
3/4 teaspoon grated lemon peel
3/4 teaspoon ground nutmeg
1. In blender container, combine undiluted soup, milk, lemon peel and nutmeg. Cover. Blend until smooth. Chill until cold.
2. For picnic, pour soup into insulated beverage container. Serve in tall paper or plastic cups. Garnish each with small stalk of celery with leaves, if desired.

Franks 'n Cornbread Pie

1 package (13 3/4 ounces) hot roll mix
2 large eggs
1/4 cup milk
1 cup cornmeal
2 tablespoons pure vegetable oil
1 pound frankfurters, sliced
1 cup sliced onion rings (1 large)
1/2 cup catsup
1/4 cup chopped parsley
1 egg white, beaten with fork

1. In large bowl, dissolve yeast from package of hot roll mix, according to package directions. Add eggs and milk. Stir until blended. Stir in dry mix and cornmeal. Scrape dough down from sides of bowl with rubber spatula.
2. Grease sides of bowl and top of dough. Cover bowl with damp towel. Let rise in warm place (85°). After 1 hour, fold dough in half. Roll dough in flour on lightly floured board to a 12-inch circle. Fit dough circle into lightly oiled deep 9 or 10-inch pie plate. Trim overhanging edge with scissors, leaving 1/2-inch overhang. Spoon in fruiterfilling.
3. Roll out remaining dough into 10 inch circle or one large enough to cover pie plate. Brush edge of dough in pie plate with egg white. Place dough circle over filling. Fold under excess dough even with edge of plate. Flute edge.
4. Heat oven to 350°. Cut vents to steam to escape. Brush top crust with egg white. Bake 25 to 30 minutes or until golden brown. Cool on wire rack 15 minutes before slicing.
5. For picnic, chill pie; cover with aluminum foil and carry in large, flat basket or container.

Julienne Vegetable Salad

2 small zucchini, about 1/2 pound
2 small yellow squash, about 1/2 pound
3 carrots, about 1/2 pound, pared
2 1/4 cup pure vegetable oil
1/4 cup tarragon vinegar
1 1/2 teaspoons salt
2 teaspoons sugar
1/4 teaspoon pepper

1. Cut off 1/2 of squash and zucchini into matchlike pieces; cut carrots into julienne strips. In separate bowls, toss vegetables carefully. Serve in clear straight-sided bowl. For picnic, layer in container with lid. Carry in insulated tote bag.
2. In jar, place oil, vinegar, salt, sugar and pepper. Cover. Shake. Pour 1/4 into each bowl. Cover. Chill at least 1 hour before serving.
3. Before serving, drain and layer vegetables in clear straight-sided bowl. For picnic, layer in container with lid. Carry in insulated tote bag.
What we do for Coq au Vin

Peanut oil is the secret ingredient of gourmet dishes the world over. Because peanut oil brings out the natural flavor of foods cooked in it. And Planters® Oil is 100% pure peanut oil. See what it can do for Coq au Vin.

The recipe. Marinate one 21/2 lb. frying chicken in 1/3 c. dry white wine at least 2 hours. Remove chicken and blot thoroughly using paper towels. Reserve marinade. Dredge chicken in 1/2 c. flour.

Heat 3 tbsp. Planters Peanut Oil in skillet. Add chicken and brown lightly. Remove chicken pieces. Add 1/2 c. diced salt pork, 8 small white onions, 4 thickly sliced carrots, 4 sliced scallions and 1 clove garlic, crushed; brown lightly. Reduce heat. Return chicken pieces to pan and blaze with 1/4 c. warm cognac. Toss well; add 1/4 c. chopped parsley, 1 tsp. salt and 1/2 tsp. pepper. Add wine and simmer, covered, for 40 minutes. Add 1/2 lb. fresh button mushrooms and turn chicken pieces. Continue simmering until chicken is tender, about 20 minutes. Makes 4 servings.

We also do for plain ole fried chicken

Whether you're cooking a fancy international recipe, or a simple everyday dish like fried chicken, use Planters Oil. It'll taste the way it was meant to. Because Planters Oil is the gourmet oil, that's not just for gourmet dishes.

The recipe. Combine 1/2 c. flour, 1 tsp. salt, 1/4 tsp. pepper; use to coat one 3-4 lb. frying chicken, cut in pieces. Heat 1/4 c. Planters Oil in skillet over medium heat. Add chicken and brown. Add 1/4 c. water; cover tightly and cook over low heat about 30 minutes or until tender. Uncover and cook 10 minutes longer to crisp skin. Makes 4-6 servings.

Planters Oil makes cooking...cuisine.


**Two to be admired...from**

**FASHIONETTE PRINTED PATTERNS**

**PATTERN F-1425**

A perfect day-time dress for any occasion. Unusual contrast collar accents front closing. Skirt is gently and attractively flared. Sew with short sleeves or sleeveless. Size 12 takes 2½ yards of 44-inch fabric with sleeves, 2½ yards sleeveless.

Mariner's Skillet Meal

**Makes 6 servings.**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>QUANTITY</th>
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<tbody>
<tr>
<td>2 cups small shell macaroni (4 ounces)</td>
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<tr>
<td>¼ cup bacon drippings or butter or margarine</td>
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<tr>
<td>1 package (8 ounces) frozen shelled and deveined shrimp, thawed and drained</td>
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<tr>
<td>½ cup all-purpose flour</td>
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<tr>
<td>2½ cups clam juice</td>
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<td>½ cup instant nonfat dry milk</td>
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<tr>
<td>1 package (10 ounces) frozen green peas</td>
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<tr>
<td>1 can (10½ ounces) minced clams</td>
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<tr>
<td>1. In large skillet or kettle, bring 1 inch water to boiling. Add macaroni. Cook until just tender, about 12 minutes. Drain. Set aside.</td>
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<tr>
<td>2. In same skillet, over medium heat, melt drippings or butter or margarine. Add shrimp. Sauté 5 minutes, stirring constantly. Remove to dish with slotted spoon. Set aside.</td>
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<tr>
<td>3. Add flour to fat left in skillet. Cook 1 minute; remove from heat. Blend clam juice and dry milk. Stir into flour mixture in skillet with wire whisk until smooth. Return to heat. Cook, stirring constantly, until thick.</td>
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<tr>
<td>4. Add peas, cooked shrimp, cooked macaroni and clams with their liquid to skillet. Cook until peas are tender. Correct seasoning.</td>
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**Chiffonade Salad**

**Makes 6 servings.**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>1 bunch small beets or 2 cans (16 ounces each) small beets, chilled</td>
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<td>2 medium-size cucumbers, pared</td>
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<tr>
<td>¼ cup bottled Italian salad dressing</td>
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<td>1 tablespoon mild prepared mustard</td>
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<tr>
<td>½ teaspoon salt</td>
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**BACKYARD SUPPER MENU**

**American Cheese Spread • Crackers**

**Mariner's Skillet Meal**

**Butters, Steaks, Grilled Luns**

**Chiffonade Salad**

**Cherries in Wine Gelatin**

**Vegetable Beef Logs**

**Spiced Cereal Nibbler**

**Spiced Cereal Nibbler**


<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>½ cup popcorn</td>
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<tr>
<td>2 cups bite-size shredded wheat cereal</td>
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<tr>
<td>2 cups crisp rice cereal</td>
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<tr>
<td>¾ cup butter or margarine</td>
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<tr>
<td>¾ cup sesame seeds</td>
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<td>1 teaspoon salt</td>
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<tr>
<td>1 teaspoon barbecue spice</td>
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<tr>
<td>1. In large saucepan, place unopened popcorn. Cover. Heat over medium heat until popping begins. Shells covered pan vigorously to distribute kernels. Remove from heat when popping stops. (Yield should be about cups fluffly popped popcorn. Use on freshest popcorn for no-oil puff method.) Pour into large bowl; add wheat and rice cereals.</td>
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<tr>
<td>2. Melt butter or margarine in saucenp over low heat. Add sesame seeds. Cook until lightly browned. Pour over popped popcorn and drizzle with salt and spice. To prevent until well mixed.</td>
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<td>3. For day-packing or biking, put in individual plastic bags; seal.</td>
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**Mariner's Skillet Meal**


**Butters, Steaks, Grilled Luns**

**Chiffonade Salad**

**Cherries in Wine Gelatin**

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**Spiced Cereal Nibbler**


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**Vegetable Beef Logs**

**Makes 6 servings. Each serving: 7 cal.; 32.5 gms. P.; 57.6 gms. F.; 16.4 gms. C. Source of riboflavin and niacin.**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>1 tablespoon pure vegetable oil</td>
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<tr>
<td>18 zucchini sticks, each 5x¾ inch</td>
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<tr>
<td>12 celery sticks, each 5x¾ inch</td>
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<tr>
<td>1 teaspoon soy sauce</td>
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<tr>
<td>2 pounds ground chuck</td>
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<tr>
<td>1 cup instant mashed potato flakes</td>
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<tr>
<td>½ cup milk</td>
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<td>2 teaspoons salt</td>
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<tr>
<td>¼ cup packaged bread crumbs</td>
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<tr>
<td>2 eggs</td>
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<tr>
<td>2 tablespoons water</td>
<td></td>
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<tr>
<td>¼ cup pure vegetable oil</td>
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<tr>
<td>1. In skillet, heat 1 tablespoon oil over medium heat. Add zucchini and celery sticks. Cook until just tender, stirri carefully. Stir in soy sauce. Remove from heat.</td>
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<tr>
<td>2. In large bowl, combine chuck, potato flakes, milk and salt with fork up well mixed. Divide mixture into 6 portions. Shape each portion into a 3½ x 1-inch rectangular pattie between 2 sheets wax paper.</td>
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<tr>
<td>3. Remove top sheet of paper from each pattie. Place 3 zucchini and 2 celery sticks along 6-inch edge. Roll up jelly-roll fashion tightly over vegetables, lifting away bottom sheet of paper. Press seam and mold ends of long seal and enclose vegetables. Repeat with remaining meat and vegetables. Chill 1 hour, then roll for final shaping.</td>
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<tr>
<td>4. Place crumbs on wax paper. Breakfast eggs with water in shallow dish.</td>
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</table>
| 5. In large skillet, heat 2 tablespoons oil over medium heat. Add 2 or 3 b
Serve warm or cold. For day-packaging or biking, refrigerate beef logs until needed. Wrap each with aluminum foil, serve with catsup from individual pack, if desired.

Italian-Style Potato Salad


- 6 pounds all-purpose potatoes
- 1 package (0.6 ounce) Italian salad dressing mix
- 3 cups cider vinegar
- 3 tablespoons water
- 1 cup pure vegetable oil
- 1 can (4 ounces) mushroom stems and pieces, drained
- 1 cup sliced pitted ripe olives
- 1 cup diced pimiento
- 1 tablespoon chopped anchovy fillets

In kettle, add potatoes to 1 inch boiling salted water. Bring back to boiling. Cook 20 minutes or until just tender, drain. Cool until easy to handle. Peel. Slice into 1/4-inch slices.

In large bowl, combine salad dressing mix, vinegar and water until blended. Stir in oil. Add mushrooms, olives, pimiento, anchovies and sliced potatoes. Toss carefully until well mixed. Cover and refrigerate until cold.

For day-packaging or biking, wrap each serving-size portion in aluminum foil. Refrigerate until cold.

---

In a recent survey of Sunsweet Prune Juice users, 74% said they drink Sunsweet to help keep regular.*

*Based on a survey of 1,379 Sunsweet users of whom 74% indicated that they drink Sunsweet Prune Juice to help keep regular, among other reasons. Write for more details.

---

Get it on your chest — tell it like you feel it is!
Little known secrets about perfume every man and woman should know

READ THE FACTS
If you would rather pay for the “sizzle” than the steak or the “label” instead of the garment, you probably will never get rich unless you catch onto the everyday facts about how big business operates.

Almost every product you buy such as vodka, vitamins, aspirin, and gasoline are sold under “brand name” and also “private label.” When you buy the “brand name” you not only have to pay for the product but you must also pay for the cost of promoting and advertising the name, plus dozens of other overhead factors that DRIVE THE PRICE UP as much as 2 or 3 times.

When it comes to Fragrances — both men’s and women’s, all of the above facts still hold true.

SHERRELL, Perfumers of Beverly Hills superbly and faithfully copied the world’s most famous fragrances like Joy, Norell, Aramis, Jade East, etc. We sell them directly to you at savings up to 60%. You are buying the “garment” without the expensive “Label.” You don’t have to pay us for high priced executives, fancy packaging, department store markups or P.M.’s (push money for store personnel).

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Order one of SHERRELL’s fragrances copies to-day and deposit the savings into your bank account.

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**FREE PERFUME FUNNEL**

With Special Trial Offer

are you paying for the fragrance inside the bottle? or the fancy package and advertising too?

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For Men

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**Check Here for Free Perfume Funnel**

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**For Men**

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there's a nutritional bonus of vitamins and minerals. A normal 4-ounce serving provides most of the Recommended Daily Allowance of 60 milligrams of vitamin C. It also supplies a good measure of vitamin A, certain B vitamins and minerals.

**Orange Country-Style Ribs**

(pictured on page 58)


6 to 6½ pounds country-style ribs, about 16 ribs, cut into 8 pieces
1 tablespoon salt
6 to 7 cups water
1 teaspoon dried basil leaves
1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted
½ teaspoon garlic salt
1 tablespoon Worcestershire sauce
1 tablespoon brown sugar, firmly packed
1 teaspoon cornstarch
1 tablespoon water

1. Place ribs in large saucepot; sprinkle with salt; add water to cover. Bring to boiling. Cover; simmer over low heat 1 hour.


3. Meanwhile, in small bowl, combine concentrated orange juice, garlic salt, Worcestershire sauce and reserved liquid. Pour over ribs. Bake 15 minutes more, basting frequently.

4. Transfer ribs to serving platter. Keep warm in hot oven. Pour orange sauce from baking pan into small saucepan. Add brown sugar; heat to boiling. Mix cornstarch and 1 tablespoon water. Add to boiling orange mixture. Cook, stirring constantly, until thickened.

5. Garnish ribs with parsley and radish roses, if desired. Serve with sauce.

6. To grill country-style ribs: Parboil ribs. Drain; reserve ¼ cup cooking liquid in small saucepan. Add brown sugar; heat to boiling. Mix cornstarch and 1 tablespoon water. Add to boiling orange mixture. Cook, stirring constantly, until thickened.

7. **American Home's Suggested Menu:**

   * Cream of Asparagus Soup
   * Tangy Orange Glazed Ham (pictured on page 58)
   * Charcoal Baked Potatoes • Bibb Salad
   * Fresh Apricot Mousse

**Tangy Orange Glazed Ham**

(pictured on page 58)


1 can (5 pounds) fully cooked ham
23 whole cloves
1 can (6 ounces) frozen concentrated orange juice, thawed, undiluted
2 tablespoons light brown sugar, firmly packed
1 tablespoon wine vinegar
2 teaspoons mild prepared mustard
1 teaspoon prepared horseradish

1. Enclosed is my check or money order (no cash, please) to GOOD HOUSEKEEPING. Please send me Window Trellis (es) at $9.95 each. Total amount enclosed, $

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7. Sorry, we cannot handle Canadian, foreign or C.O.D. orders. Please allow 4 weeks for delivery.
6. American Home's Suggested Menu:
Chive Deviled Eggs
Submarine Sandwiches
Raw Vegetables and Relishes
Orange-Sour Cream Dip for Fruit

Low-Cal Orange Sherbet
(pictured on page 58)
1 can (12 ounces) frozen concentrated orange juice, thawed, undiluted
2 cups skim milk
1/2 cup instant nonfat dry milk
1/2 cup ice water
2 tablespoons lemon juice
1/2 cup confectioners' sugar
1. In a large mixing bowl, combine concentrated orange juice and skim milk. Set aside.
2. In a small deep bowl, combine dry milk and ice water. Beat with electric mixer on medium speed until thickened. Add lemon juice; continue beating until stiff. Beat in confectioners' sugar.
3. Fold whipped milk into orange juice mixture. Pour into 9x9x2-inch pan. Freeze 2 to 3 hours or until mushy. Mix well with fork to break ice crystals. Smooth surface with spatula. Refreeze until firm. Scoop sherbet into glasses. Garnish with mint sprig, if desired.

4. American Home's Suggested Menu:
Shrimp Creole
Refrigerated Biscuits • Eggplant Cucumber Salad

Low-Cal Orange Sherbet
Orange Melon Cooler
(pictured on page 58)
1 watermelon, about 10 pounds, cut in half
1 can (12 ounces) frozen concentrated orange juice, thawed
1/2 cup sugar
1/4 cup water
1 quart ginger ale, chilled
1 envelope unflavored gelatin
4 large eggs, separated
3 cups cold water
1 teaspoon salt
1 tablespoon water
1 teaspoon cornstarch
1. Rinse chicken; pat dry with paper towels. In 13x9x2-inch baking pan, combine chicken, ginger, soy sauce and oil. Marinate in refrigerator overnight.
2. Heat oven to 350°. Add water to marinated chicken; bake chicken 35 minutes. Remove pan from oven.
3. Add concentrated orange juice to liquid in baking pan. Return to oven. Bake chicken 15 minutes more, basting frequently.
4. Transfer chicken pieces to serving platter. Keep warm in hot oven. Pour orange mixture from baking pan into small saucepan. Mix cornstarch and water; stir into orange mixture. Cook stirring constantly, until sauce thickens. Serve orange sauce with chicken.
5. To grill Orange Chicken Teriyaki, place marinated chicken on grill over hot charcoal; reserve soy marinade in small saucepan. Grill chicken until almost done. Add 1/4 cup water and remaining ingredients to soy marinade. Serve orange sauce with chicken.
6. American Home's Suggested Menu:
Orange Chicken Teriyaki
Japanese-style Vegetables in Sauce
Fluffy White Rice
Coleslaw
Strawberry Bavarian Cream

Orange Melon Cooler

1. Rinse chicken; pat dry with paper towels. In 13x9x2-inch baking pan, combine chicken, ginger, soy sauce and oil. Marinate in refrigerator overnight.
2. Heat oven to 350°. Add water to marinated chicken; bake chicken 35 minutes. Remove pan from oven.
3. Add concentrated orange juice to liquid in baking pan. Return to oven. Bake chicken 15 minutes more, basting frequently.
4. Transfer chicken pieces to serving platter. Keep warm in hot oven. Pour orange mixture from baking pan into small saucepan. Mix cornstarch and water; stir into orange mixture. Cook stirring constantly, until sauce thickens. Serve orange sauce with chicken.
5. To grill Orange Chicken Teriyaki, place marinated chicken on grill over hot charcoal; reserve soy marinade in small saucepan. Grill chicken until almost done. Add 1/4 cup water and remaining ingredients to soy marinade. Serve orange sauce with chicken.
6. American Home's Suggested Menu:
Orange Chicken Teriyaki
Japanese-style Vegetables in Sauce
Fluffy White Rice
Coleslaw
Strawberry Bavarian Cream

Orange Dessert Soufflé
(pictured on page 58)
1 can (6 ounces) frozen concentrated orange juice, thawed
1 envelope unflavored gelatin
4 large eggs, separated
1/4 cup sugar
1 cup heavy cream
1. Fold a 20-inch-long piece of aluminum foil in half lengthwise. Tie securely around 1-quart soufflé dish to form collar that extends 2\1/2 inches above dish.
2. Pour 1/4 cup concentrated orange juice into small bowl. (Set aside remaining.) Sprinkle with gelatin; let stand until softened.
3. In top of double boiler, combine egg yolks, reserved orange juice, salt and 1/4 cup sugar. Cook over hot (not boiling) water, stirring constantly, until slightly thickened and the consistency of custard. Stir in orange juice-gelatin mixture. Turn into large bowl; cool to room temperature.
4. Beat egg whites until soft peaks form. Add remaining 1/2 cup sugar gradually, while beating constantly until stiff. Fold in orange mixture; set aside.
5. In small chilled bowl, whip heavy cream until stiff. Fold whites into orange mixture; fold in whipped cream until completely blended.
6. Pour into prepared soufflé dish; refrigerate at least 3 hours. Before serving, gently reroll collars.

7. American Home's Suggested Menu:
Beef Stroganoff
Hot Buttered Noodles
Garden Green Peas
Stuffed Celery and Cucumber Spears
Orange Dessert Soufflé
The famous Norman Rockwell edition “Me and My Pal” NOT AVAILABLE BEFORE now yours by return mail. Authentically reproduced on fine Gorham China!

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SUMMER: “Fishermen's Paradise”
WINTER: “A Lickin' Good Bath”
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Ice bag, heat packs or heating pad:

Left alone, minor bruises will soon go away, but healing them can be speeded by applying an ice bag every three to four hours the first day to slow under-the-skin bleeding that leaves black-and-blue marks. After that, apply heat packs or a heating pad for about 20 minutes, three or four times a day, to speed absorption of clotted blood under the skin. For extensive bruises, call a doctor.

Sterile cotton, cotton-tipped swabs:

If a bug gets into your ear, try to attract it by shining a light near your ear or by holding a piece of cotton soaked in sugar water outside your ear. If the insect is actually visible, try dripping warm water into the ear until the bug can be wiped out gently with a cotton-tipped swab. Do not, under any circumstances, poke and prod inside the ear. If you can’t remove the bug, see your doctor or got to a hospital.

A tiny object may fly into your eye. If you can see it, moisten a cotton-tipped swab or the corner of a clean Band-Aid and remove gently. Do not rub the eye. If you can’t see anything, or if the object is too hard to get out, cover your eye with a gauze pad, and visit your doctor.

Good pointed-end tweezers, pack of needles plus matches for sterilizing, moleskin:

Pull out a splinter with tweezers, or use a sterilized needle to break the top layer of skin and lift the splinter out. Wash well with soap and water. To get rid of a blister, pop it at the edge with a sterilized needle; press out the fluid gently, using a clean cloth or sterile dressing; wash with soap and water and cover with an adhesive bandage. Be sure to keep the area clean, and change the covering often to avoid any danger of infection. When you must wear shoes, place one or two layers of moleskin:

Antichap stick:

The pain of a mild sunburn can be eased by long cold showers or cold-tu-soaks and using any of a number of special sunburn remedies, most of which contain some kind of surfactant with aloe vera extract. If you can see it, moisten a cotton-tipped swab.

Hot dry winds are as irritating to your lips as cold ones. Keep an antichap stick handy and use it when outdoors all day, especially when eating.

Bath powder or talc:

Chafing results when moist surface of the body rub together all day. To relieve the burning and itching, take frequent cool showers on hot days. Dr. Off well afterward and dust liberally with bath powder or talc. The irritation caused by chafing may leave your skin susceptible to bacterial infections, or a ringworm, athlete’s foot or other fung.

If an infection does develop, buy powdered antifungal agent instead. The key is avoidance.
I Fill out coupon and enclose check or money order. Sorry, no C.O.D., Canadian or foreign orders.

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$13.99 ea. plus 1.00
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Please add sales tax (N.Y. & Fla.)
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Pillow potpourri
kits in 3 stitchery styles

Pick a pretty pillow from our garden of nature's delights. Stitchery fans are bound to fall in love with at least one among this sparkling variety of crewel, needlepoint and cross-stitch designs. Choose your favorite technique—or try your hand at something different. These kits in liltling colors and charming patterns make it easy and fun. Our needlepoint kits include painted canvas. All kits are complete with yarns, floss and full instructions, plus back and zipper—no filler. —Ann B. Bradley

Imari—antique Japanese porcelain pattern—is a magnificent needlepoint pillow.
Here are the tricks you need to know to work the Old World magic of rosemaling.

Traditionally, rosemaling was done on painted wood chests, cupboards, walls and ceilings, but you can paint your designs on any old furniture or new raw wood furniture you purchase. If you use new wood, it must be well sealed with sealer and stain (if its grain is worth preserving) or at least 2 coats of background paint, before you can decorate it. An old piece should be clean—free of grease and wax—before you work on it.

Materials: You will need pointed round sable brushes in sizes 5 and 6 for the design plus a size 2 or 3 scroller for outlining. And you will need tube oils in Titanium White, Yellow Ochre, Raw Umber, Raw Sienna, Yellow Medium, Cadmium Yellow Light, Ivory Black, Prussian Blue and Vermilion Red. The painting medium is boiled linseed oil and turpentine. If raw linseed oil is used, you will need a few drops of Cobalt or Japan drier to hasten drying time. You will also need a palette for mixing paints (wax paper or an old plate will do), tracing paper, medium and hard lead pencils, graphite paper, masking tape, wooden picks, paper towels...

Practicing basic strokes: When working with oil paints, know the proper way to handle the brush. Here’s how to learn.

Squeeze out a cap-size dot of black; using a wooden pick—not one of your brushes—mix in a bit of linseed oil and a drop of turpentine. Your paint should be thin, but not runny or sloppy. Wet your larger brush in turpentine; wipe clean and load the brush with paint.

Stroke into the paint—do not dab—and fill the brush evenly, almost up to the metal ferrule. Never attempt to stroke with gobs of paint on your brush. Turn the brush on the palette, in the paint, to create a point at the tip. You’ll need a point to begin all strokes; shape brush back to a point each time you fill it.

Hold your brush with little finger resting on the paper (#1, below). By holding the brush between thumb and forefinger, as shown, you can swirl it right or left. Practice a teardrop stroke as follows: Touch the flat side of the brush to the paper (#1, below); push brush to one side (#2, below); draw brush toward you slowly, swinging it left or right; raise brush slowly to a perpendicular position (#3 and #4, below). Let the ends of the hairs fall naturally into a knife-edge shape to complete the fine tail. Practice these strokes until you can control the brush easily.

Scroller technique: The scroller is used for outlining or overlay—strokes done on top of your basic design. Oil paint used in overlay should be considerably thinner in consistency than that used in basic painting. To practice strokes with scroller, wet brush in turpentine; wipe off; stroke into paint and twirl into a point. A very delicate touch is needed. To paint freehand, always stroke lightly and away from yourself. Press a little heavier, widening out the stroke, then release pressure; tail off with a fine line. This creates a thin line about 1/2 inches long, curved from right to left and back to right.

Caution: If you apply overlay lines too rapidly, the paint can’t flow to the tip of the brush fast enough and your stroke will not be continuous. Learn to relax your hand; do the overlay slowly but not stiffly. The brush will paint the curve if you don’t rush it.

Transferring designs: Using tracing paper and a medium lead pencil, trace only the basic shape of each flower and scroll, omitting all detail that’s painted freehand on top of the flower forms. Tape your tracing to the plain side of graphite paper. Then tape both in place on the piece you’re decorating, with the graphite side facing the wood. Trace over lines with a sharp, hard lead pencil or ball-point pen. Do not press too hard with the ball-point or you’ll leave a dented line the paint won’t cover. Lift tracing paper occasionally to make sure you’ve transferred all of the design. Remove paper when you’re through.

Painting actual designs: To achieve the colors you see in our pictures, follow the color key and mix colors according to instructions accompanying individual patterns (to order patterns, see coupon at bottom of page).

Antiquing and finishing: After your decorated piece is completely dry and all paint feels hard, even in the heavy tear-drops, you can “age” your work if that is the effect you wish.

With a piece of #400 or #600 wet or dry sandpaper, rub over the painted area. Some of the decoration may come off, but this will contribute to the worn look you want. Wipe off the dust and prepare a solution of green umber powder or raw umber oil in linseed oil. Mix well and rub the solution into and all over your decoration. Wipe off excess and give some areas a lighter, more worn look. After the piece dries, if you want to add further protection, apply 2 coats of clear high gloss varnish to seal the surface. Finish with a good rubbing with #0000 steel wool, which will not only smooth but also dull the finish.

Decorated wood articles shown on pages 46-47 and on our cover are available unfinished, sanded and ready for background paint. To receive a catalog listing patterns, books, paints, varnishes and other rosemaling supplies—as well as wood articles—send 50 cents to: Traditional Norwegian Rosemaling, Dept. AH, 1506 Lynn Ave., Marquette, Mich. 49855. Be sure to include your full mailing address.

How to send for rosemaling patterns

Now you can order patterns for decorating the wooden objects pictured on our cover and on pages 46-47. Rosemaling patterns will be sent to you on sheets. The minimum order is 3 sheets. Fill out coupon and be sure to indicate at least 3 sheets ($3.95). If you want more than 3, additional sheets are available at $1.00 each. You can also order a copy of the book Traditional Norwegian Rosemaling* by Pat Virch for $3.25. Enclose check or money order. Please allow 4 to 6 weeks for delivery. Canada: Add $1.00 for each item ordered; items shipped to Canada are subject to Canadian tariff. Sorry, no C.O.D. orders.

American Home, Dept. PLK, 641 Lexington Ave., New York, N.Y. 10022

name ____________________________
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Please send me sheets # ______ # ______ # _______
@ $3.95 (minimum order is 3 sheets) plus .35 post. & hdig. $ _______

Send additional sheets @ $1.00 ea. plus .35 post. & hdig. Sheet(s) # ______

Send me ______ copy(ies) of the book @ $3.25 plus .35
post. & hdig. ea. $ _______

*Knife holder and hanging cutting board patterns are in book. Please add sales tax (N.Y. residents).

Total enclosed $ ______

Send this coupon when possible. If not possible, please enclose a separate sheet of paper with your order. Include your mailing address. Only one order will be filled per coupon.
From GH: Quick, easy-to-use cooking thermometers

These thermometers combined with a spoon or a fork bring new convenience and accuracy to cooking. The easy-to-read dials register in a matter of seconds. And both tools can be used for serving, too. Use the "Thermo-Probe" fork to check meat or poultry as it comes from the oven. You don't leave the thermometer in the oven, so it's fine for use with microwave as well as regular ovens. "Thermo-Spoon" is great for deep-frying, making candy or frosting, testing scalded milk and for many other uses. Both tools are made of chrome with phenolic handles and non-breakable plastic viewers, and are dishwasher-safe. Prices: "Thermo-Probe," $7.95; "Thermo-Spoon," $7.95; both, $15. Prices include postage, handling.

GH Specialties, Dept. AHTT 065
P.O. Box 888
Teaneck, N.J. 07666

Enclosed is my check or money order (no cash, please) for $______ to GOOD HOUSEKEEPING. Please send:
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Allow 4 weeks for delivery. (Sorry, we cannot handle Canadian, foreign or C.O.D orders.)

H.M. Specialties
Good Housekeeping, 959 8th Ave., NYC, N.Y. 10019

Help about the house

BRUSH AND BLEACH OFF MILDEW

How do I get mildew off my refrigerator gasket? (Mrs.) Mary Loncar
Rankin, Pa.

A mild chlorine bleach solution (¾ cup per gallon of warm water) will remove the mildew and also lessen the chance of its recurring. Use a brush to get into the gasket crevices; rinse with clean water and dry thoroughly.

WARPING IS CURABLE

Is it possible to straighten a piece of wood that's become warped?

Oliver Sherman
Little Rock, Ark.

Try laying the wood, concave side down, on a bench or floor and cover it with several thicknesses of damp cloth. Center a weight on top, and direct one or two heat lamps on it. Keep lamps lit and cloths wet until wood straightens. The wood is likely to warp again, but you might prevent this by drying it thoroughly, then sealing all surfaces with several coats of paint, varnish, shellac or lacquer.

RENEW WORN COATING

How can I restore the worn Teflon coating of my iron's soleplate?
(Mrs.) Joan Bloom
Anaheim, Calif.

The soleplate can be resurfaced, but only by the manufacturer. Take your iron to an authorized service dealer; he'll send it on to the factory. Total cost to you: about $2.
Popular demand brings back 3 house plans

Last year, when we revived our offer of house plans for this trio of all-time American Home favorites, we were deluged with orders. If the recipients of these plans were lucky enough to begin building by last March 26, they were eligible to receive a 5 percent tax rebate as a result of the law President Ford signed into law then. We offer these perennials again, in the hope that the President and the banking and housing industries will continue to seek ways to pump new incentives into the sagging home-building market. Each of the houses you see has roots in the American past. The Virginia Colonial in weathered brick (below) boasts useful extra spaces and expansion possibilities. The Cape Cod and saltbox (opposite) derive from the same set of plans. You'll find floor plans and order form for all three houses on the following page.
The Cape Cod (below), a slightly smaller version of the saltbox (bottom), has handy storage areas tucked under its broad, sloping roof. Both are shingle-sided, and both were inspired by beloved New England styles that have endured throughout the country since the 17th century.
Our most sought-after house plans return

A spacious Virginia colonial, an inviting New England saltbox plus a smaller, similar Cape Cod—all pictured on the preceding pages—have proved our most popular American Home house plans ever. Each typifies our continuing aim to bring you top designs and low-cost construction methods. Use the coupon below to order house plans. A complete set of drawings plus materials list costs $20 and is all you need for a builder's estimate. Three sets ($25) start you on construction. Plans for saltbox and Cape Cod are combined; you get two for the price of one. Also available is a new catalog of 52 AH house plans.

Virginia Colonial

This is a 2,485-square-foot family-size house with such conveniences as a functional utility room behind the garage and fireplaces in the master bedroom, family and living rooms. In addition to three upstairs bedrooms, it boasts a sizable fourth bedroom downstairs that is completely flexible and adaptable. It could be a guest room, study, sewing room, hobby room, maid's room, library—or an all-purpose "extra" room.

Saltbox or Cape Cod

These two houses look different, but both the traditional saltbox and the Cape Cod versions are based on the same overall design. The first floor of each is identical, containing a bedroom, dining room, two-story living room, kitchen, bath. Upstairs, the two plans differ.

The saltbox, whose total area adds up to 1,755 square feet, is the larger of the two designs. Its upper floor (see plan, above) comprises a second master bedroom suite (including bath) plus two more bedrooms and a relatively spacious all-occasion studio.

The Cape Cod, with a total area of 1,670 square feet, is more compactly designed. Its upper floor (see plan, above), with less space than the saltbox, has two bedrooms, a bath, storage space under the slope of the roof and an alcove usable as a children's playroom.
Collectors’ delights!

Rare & UNUSUAL STAMPS in Needlepoint Kits

By Ann B. Bradley

Philatelic fans and needlepoint lovers alike will want to add these fascinating stitchery stamps to their collections. All are attractive and famous. The original of the 24-cent inverted-center Airmail, for example, was sold recently for $40,000! We show the Grandma Moses canvas unstitched, with design screened in full color. You can see how easy it is to work these needlepoint replicas of some of our most popular U.S. postal issues. All kits are complete with yarn and instructions. Order two or more of the stamps for a handsome grouping. Easily assembled frames are also available. See coupon at right for sizes and prices.

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

American Home, Dept. 8719
4500 N.W. 135th Street, Miami, Florida 33059

Check needlepoint stamp items desired:  
- #61929 24¢ Airmail (11½"x10")  
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- #61932 Tom Sawyer (10½"x15½")  
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The new ToothFlosser keeps teeth really clean where brushing can’t. And it’s completely sanitary as it reaches in between and around teeth. Uses only 4” of floss each time and stores a 40-yd. supply in the easy-grip handle. And, with an extra 40-yd. refill included in the low $2.99 price, that’s a TWO-YEAR supply of daily flossing! But hurry, order now while supplies last, on our full money-back guarantee if you’re not completely satisfied.

The regular use of dental floss aids the removal of bacterial plaque, the major cause of gum infection, and tooth loss.

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Now your prized crystal and cut glass can glow with a dramatic and luminous look! The SHOW-OFF ILLUMINATOR radiates soft light up, around and through glass objects making them appear to glow from within. American walnut finished metal with 6 ft. cord, on-off switch and built-in switch not included. American craftsmanship. $13.95 plus postage. We ship in 24 hrs. Exclusively for Higher ceiling, and $2.00

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**BICENTENNIAL THIMBLES**

Natural enamelled thimbles capture the spirit of America's 200th anniversary. Tomorrow's heirlooms, they are hand finished with handsome portraits of Washington or Jefferson in blue, or crested flags in red, white, and blue. An array of sizes: 1976, $1.76 each; all 3 for $5.00. Mail order well in advance. FERRY HOUSE, Dept. H, Briarcliff Manor, N.Y. 10510

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Hold your portable T.V. right where you want it without awkward tables or stands. Takes any width, up to 14" deep, 17" high. Black, designer finish. New tension pole has spring tension rod to adjust to 7 1/2 to 8 1/2 ft. ceiling heights. Can be set up in Hi or Low position. Hi position is great for reclining watchers! Made in U.S.A. $13.95 plus postage. We ship in 24 hrs. Exclusivity for High ceiling, and $2.00

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Hiding something? Whatever the reason, you're comfortable in this high-fashion bathing suit. Softly shirred yoke; step-in ease; button closing. Built-in bra. Elasticized-leg panty. 28" from shoulder. Silky nylon (no cling) jersey, Coral/white; blue/white; 10-100 $36 plus $1.50 postage. Vicki Wayne, 610 S. Country Club Ave., Tucson, AZ 85716

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Lynn Headley—Editor
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But many users of the Gyro-Gym claim the greatest function of all is that it seems to have an almost hypnotic effect on the person using it. Although it gives them a really tough workout, they just can't seem to put it down until their 5 minutes or more are up.

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"I have lost over 30 pounds by combining diet with a program of regular use of the Gyro-Gym. I have absolutely no flab and feel wonderful." Barbara H.

"I didn't know where to start to tell you about your great Gym and the things it really can do for you. The Gyro-Gym with a little effort can change your whole life. It gives you self-confidence and improves your appearance." Richard B.

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"It can be used by the aged as well as the young, and it has equal application for men and women. Most importantly, the Gyro-Gym works. Whether as a weight reducer, strength builder, or an aid for improving circulation, it's completely safe and extremely enjoyable to use. The Gyro-Gym is the most valuable device of its type that I know of. I wholeheartedly recommend it to anyone interested in improving their physical condition." Sincerely, Dr. J. P. L.

"I have observed my wife and several of her friends use your fantastic Gyro-Gym. Since they have attained a trim and firm condition, I am now using and enjoying its benefits myself. I am delighted at the ease with which I achieved great results." Yours truly, L. J. P.

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For the Gyro-Gym and physical fitness course I enclose $14.95 which includes all postage and handling.

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Business Card Money Clip makes a sterling gift for the career man or woman. His or her business card can be reproduced on a sterling money clip! The card you send is photographed. A handsome (or pretty) and individualized way to carry bills. ⅛" x ⅛"$. $22.98 plus 50¢ for hdig. Holiday Gifts, Dept. 606-B, Wheatridge, CO 80033.

The Admiral's lamp
Light your "quarters" with this magnificent reproduction of lamps originally found on old-time ships. Reproduced in Denmark of solid polished and lacquered brass. A cozy touch for your home or boat! 1¼" tall; 5½" base. Burns regular or odorless kerosene only. $29.98 plus $2.50 hdig. Catalog. 50¢. House of Minnel, Dept. 165, Deerpath Rd., Batavia, IL 60510.

Norman Rockwell
You'll treasure four full color prints of nostalgic masterpieces by this beloved artist who fairly captures the soul of his subjects with his talented brush. Each print, 9" x 12". Set of 4 plus free "Spoonin's" print, $1 plus 25¢ hdig. 3 sets with 3 free "Spoonin's",$2 plus 25¢. American Consumer, Dept. NS51, Caroline Rd., Philadelphia, PA 19176.

By gin, it's Joe!
Whoever is your tender barkeep, his name is hand lettered on a wood grain Bartender Plaque, plus a caricature drawing from photo you send (original returned unharmed). Be sure to state name, color of eyes and hair. Plaque measures 10 x 15". Cheers to a smashing gift! $15. From Bruce Bolind, Dept. AH6, Boulder, CO 80302.

Sandal sensation!
"Sharon" is a stunning shoe with 1" crepe wedge soles that sets the fashion stage for your casual outfits. A "footlight" success in soft leather in tan, white, or brown. Whole sizes 4 through 12. Medium width (straps adjust to fit any width). $11.95 plus 90¢ hdig. Sizes 11 & 12, $1 extra. Softwear Shoes, Dept. AH6, 1711 Main, Houston, TX 77002.

Good-bye tarnish
Gorham silverware drawer pads of Pacific Silvercloth will keep your silverware neat, clean, and handy. And, you'll always be ready for last-minute company! Standard size (14 x 2½") holds 108 pieces, $12.95. The jambo size (17½ x 14 x 2½") holds 120 pieces, $14.95. Add 95¢ hdig. each. Holiday Gifts, Dept. 606-C, Wheatridge, CO 80033.

7 Magnificent "Rainbow" Colors!
Huge price cut on popular perennials. Save 57¢ on hardy, fully guaranteed and easily grown Iris! Leveler each year. 1 each amethyst, pink, black, bi-color, plicata, red and yellow. $3.99 ppd. price in 48 States includes ALL 7 Iris plus 94-page color catalog free. C.O.D. Offer ends Aug. 1. Or send $1 for catalog only.

GILBERT H. WILD & SON, INC.
AH-675 JOPLIN ST.
Sorrento, Mo. 64662

CARPETS RUINED BY PET STAINS?
NO LONGER! Two chemical miracles PERMANENTLY REMOVE pet stains OR odors from carpets safely ... for pennies compared to carpet replacement. ORDER: (#1 ... URINE) ... removes even years old oxidized pet stains. ONLY $5.95. OR, for odors only, (#2 ... KO-ODM, also ONLY $5.95). Add $3.50 for handling. SATISFACTION OR MONEY BACK.

CLENACRAFT, 2792 Santa Monica Blvd., Dept. AH6, Santa Monica, CA 90404. SHIPPED BY AIR.

7 FAMOUS $3 VARIETIES
(Min. $7 Value)

7 Magnificent "Rainbow" Colors!
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7 FAMOUS $3 VARIETIES
(Min. $7 Value)
How YOU Can Win At Least One Sweepstakes or Lottery Prize - Guaranteed!

by Gerald Pope

Yes! Here is the most powerful Guarantee ever offered. YOU MUST win at least one Sweepstakes or Lottery Prize in 1975 using my guaranteed methods — or they are YOURS ABSOLUTELY FREE!

If YOU want to know EXACTLY how to win BIG MONEY and hundreds of other terrific prizes in Sweepstakes and Lotteries — without risking a single red cent — take a few minutes to read this. First, to prove to you beyond the shadow of a doubt that people just like you — men, women and even children — win BIG prizes in Sweepstakes and Lotteries — here are some real life examples.

Their stories can be your story — soon!

***John Clinton won $100,000 in a Sweepstakes sponsored by a magazine subscription service. He was only 15 years old when he won!

***R. L. Pelson won 42 prizes in 18 months, including 1 TV's, kitchen appliances, cameras, a tape recorder, a bicycle, and many more.

***Rose Ann Sutton won $1,000,000 (that's right — a million dollars) in a state lottery.

Mrs. Sutton is a grandmother.

***Doug Thompson — a 21-year-old real estate man won the New Jersey state lottery nine times in two years — his total of prizes was $9,000,000.

***Benjamin Kruger won $10,000 in the Philip Morris Tobacco Sweepstakes.

***John Davis won $20,000 in the Pennsylvania lottery.

In fact, thirty people who have won a million dollars or more — in Sweepstakes and Lotteries — here are some real life examples. Their stories can be your story — soon!

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And here's what the Lottery Section tells you: All the States Where Legal Lotteries are Held — Rules and Pay-Offs of Each State Lottery — How to Enter Out-Of-State Lotteries — Secrets and Tips from Big Winners — Guidance from Multiple Repeat Winners — Lotteries in Other Countries!

Most important of all, I've put everything in my book in simple, everyday language. Since I'm not much of a writer myself, I've hired a terrific editor to do the job for me. It came out just about perfect. Another thing. Don't think that CASH PRIZES are the only thing you'll be able to win once you've read my book and followed my step-by-step methods and instructions.

Every year thousands upon thousands of smaller prizes are carried home by winners. Wouldn't you like to win one of these prizes; a Waring Blender — a Winchester Rifle — perfumes — lingerie — records — a Kodak Super-8 Movie Camera and Projector — a 14-K gold charm bracelet — a G.E. transistor radio — even a year's supply of bacon? All these (and thousands more) were given away last year!

The list of prizes that you can win could go on forever. But there's one thing I'd like to make perfectly clear — if you don't have the step-by-step methods and secrets of the experts that you'll find in my book — your chances of winning are pretty slim. You really won't have a prayer!

And the ONLY way to get your copy of my book is to order it NOW, by mail. It's not for sale at any bookstore or newsstand in the world — at any price.

You GET 3 FREE BONUS EXTRAS WHEN YOU ORDER RIGHT AWAY

Yes! When you order your guaranteed copy of "How YOU Can Win Sweepstakes and Lotteries," you'll get 3 FREE BONUS EXTRAS as a gift:

***Free Bonus #1: New Sweepstakes and Lotteries come out all the time that you can enter — and WIN! The best of all new Sweepstakes and Lotteries are included in a monthly report called the "How To News." Your first gift is a FREE three month subscription to this newsletter!

***Free Bonus #2: "How YOU Can Win at Bingo!" Here's a terrific EXTRA FREE BONUS for everyone who plays Bingo. It includes the winning secrets of dozens of experts!

***Free Bonus #3: "Worldwide Lottery News" — a rundown of dozens of BIG MONEY Sweepstakes, Lotteries and Soccer Pools including the world-famous Irish Sweepstakes.

Complete names and addresses from around the world — with rules and regulations for American citizens!

YOUR DOUBLE GUARANTEE!

So, let me say once again — the ONLY way to get your guaranteed copy of my book: "How YOU Can Win Sweepstakes and Lotteries" (and all the 3 FREE BONUS EXTRAS listed above) is to order it now by mail. In fact, you might be interested to know that the book has been Registered and Copyrighted with the U.S. Government so that the information within it cannot be stolen or copied.

And, you can order your copy without a single worry in the world because you are completely protected by an ironclad, 100% no-risk Double Guarantee of satisfaction.

1. If you don't like the book when it arrives — for any reason under the sun — send it back for a full and immediate refund of your money with absolutely no questions asked.

2. Or, keep and use the book (and the 3 FREE BONUS EXTRAS) for a full year. You are still protected. YOU MUST WIN at least one Sweepstakes or Lottery prize during the year — or you may return the book next year. You still get every penny of your money back without quibble or question. Isn't that the fairest guarantee you've ever seen?

Although "How YOU Can Win Sweepstakes and Lotteries" (and the 3 FREE BONUS EXTRAS) may well mean thousands of dollars to you and your family — the price of the book is only $10 — not the $25 or $50 you might expect to pay. To get your guaranteed copy of the book:

1. Mail your name and address on Prize-winner's coupon below.

2. Attach just $10 cash, check or money order.

3. Mail to Prize Headquarters at Lincoln Press, 4444 So. Sheridan, Tulsa, Ok. 74145.

I promise repeat — it makes no difference if you've never won an average year your TIME for winning has come.

Start cashing in right now. Send for your copy of "How YOU Can Win Sweepstakes and Lotteries" as soon as you can — TODAY if at all possible.

Please remember — when you use the coupon below — you won't have to sit back and watch OTHER PEOPLE win all those wonderful prizes. It's YOUR turn now!

Mail Prize-winner's Coupon Today

----- Make check payable and mail to: -----

Prize Headquarters — Lincoln Press, 4444 South Sheridan, Tulsa, Ok. 74145

Yes! I want to be a Prize-winner at last! Rush me my guaranteed copy of "How YOU Can Win Sweepstakes & Lotteries." Here is my $10. Also send me my 3 FREE Extra Bonus Reports. I am fully protected by your Double Guarantee shown above. Thanks for this chance to be a Big Winner!

Cash, check or money order $___ enclosed.

Name _______________________________________________________

Address ____________________________________________________

City _________________________________________________________

State ______________ Zip ____________

□ I'm in a hurry. Enclosed is an extra $10 (total of $12.00) to send my book via air mail.

1975, Lincoln Press
BUSY QUILTER

I was glad to see your articles about quilting. I've been making 'scrap' and "pieced" quilts for several years, and just recently began working with appliqué. For my first major project in appliqué, I improvised a "memory" quilt (above), which I gave as a gift to a special friend.

Mrs. David Leak
San Antonio, Tex.

CAUGHT BY THE NET

I was very interested in your charming February AH. My home is decorated primarily in the colonial style, and I love new ideas for adapting old treasures to contemporary living. In the February issue there is a picture of a fishnet canopy — similar to the one photographed in Dorothy Brightbill's saltbox. Is there any way to obtain instructions so I can try to make it?

Joan Switzer

Our sister magazine, American Home Crafts, is offering complete instructions for a crocheted fishnet canopy in its Fall/Winter 1975 issue. This magazine will be available in July for $1.50. If sold out at your local newsstand, send a check or money order to:

American Home Crafts
641 Lexington Ave.
New York, N.Y. 10022

Dear American Home

We're delighted that our Maine box pleased so many readers. No 400 have ordered plans ... a happy declaration that country living know boundaries.

TRADITIONAL TREASURE

I would like to thank Norma G. Smith for her fantastic "Painting Calico" (see October '74 AH). Thanksgiving, I took pictures of relatives' homes and by Christmas I was able to make 11 calico "painti Each was thrilled with her gift, as was pleased to give something unhandmade.

(Mrs.) Kim Craig
Coatesville, Pa.

GIFT OF LOVE

My husband and I just received beautiful dower chest (January AH). We were thrilled the thoughtfulness of our friends put so much time and effort into it. We think them too, for havincluded such a lovely idea in your lication.

(Mrs.) Roberta Mast
Huntington, W. Va.

ANTIGUETR FANS

The column "Ask Us About Antiques" is so interesting and helpful. Trying to identify and date articles from the past is challenging and a part of the fun of collecting them.

Marion Jol
Syracuse, N.Y.

I very much look forward to an joy each issue of your magazine. I have devoured them, they are p on at least two more times. Since an antiques appetite and a flea-mark budget, I have used some of your and filed others away for future. (Mrs.) Helen I Port Angeles, Wash.

BARGAIN FINDERS

My husband and I are do-it-yourselfers by choice, but it has also been a necessity, as prices and labor increase daily. We've furnished our entire home only—no appliances! This been done by buying antiques and plain old furniture at auctions, sales and on trips throughout the

Dianne G.
York
The Lasting Impressions of Fieldcrest

The Royal Velvet towel, a lasting fashion favorite.
Come for the filter.

You'll stay for the taste.

A lot of good taste that comes easy through the Micronite filter.

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