FAMILY OF THE YEAR: Meet the Reads of northern California

0

Their 2 sections rotect Spanish villa o Swiss chalet Total exterior facelift

usable space Decorating-the fresh, crisp look hildren's dream-playhouse Cozy breakfast room addition

our Water S afety purity

8 No-Cook Dishes or super summer cool

rochet an eirloom bedsprea

Back then, a woman didn't choose her career.

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

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









August 1975, Vol. 78 No. 8 In This Issue INTERIOR DESIGN AND DECORATING 62 Cooking lesson: **30** Install carpeting Gazpacho yourself and save 50% 52 Today's fresh, crisp look BUILDING AND REMODELING 34 5 homeowner repairs you can handle yourself 65 Great main-dish salads 47 Meet our family of 66 Take a package of the year instant pudding 68 Keep cool with our no-cook dishes AMERICAN HOME GUIDE TO YOUR WATER SUPPLY 49 Spanish villa style into Swiss chalet CRAFTS 29 Build this appealing wall vanity 61 Create an heirloom 17 Special 8-page bedspread square by consumer alert square FEATURES FOOD 8 American Home's 36 Serve a glass of Century Club discoveries wine



14 Best buys in antique painted tinware
28 Water savers and filters
32 Make your own beautiful terrarium
32 A lifesaver in case of accident or emergency
38 Pet owner's guide to commercial dog food



40 Ask us about your antiques84 Shopping information

HOME PROJECTS 6 Family tree sampler kit

16 Kit magic! Floral stitcheries in oval frames

42 The Campbell kids caper in needlepoint kits

SHOP BY MAIL 77 American Home market place



Cover photograph by Jeremiah O. Bragstad; patchwork pillows by Harriet Langmas, Bend, Ore.

ē

Four best-sellers in one big volume only \$595! **Browse here and whet your appetite!**

Easy to read and light on the pocketbook.

Each volume of Newsweek Condensed Books brings you four current nonfiction best sellers. Books chosen for their timeliness, interest, proven appeal. Skillfully edited to give you all the style,

Your first volume contains these four best sellers:

From WIDOW-Lynn Caine's beautifully moving account of her experience with the ultimate desolation: the loss of her husband-

WIDOW is a harsh and hurtful word. It comes from the Sanskrit and it means "empty." I have been empty too long. I do not want to be pigeonholed as a widow. I am alive. I am part of the world. "A fine book by a woman who has

extracted from her pain a message for others."-Philadelphia Bulletin

From THE MOUNTAIN PEOPLE, by Colin M. Turnbull. A terrifying story of an African people isolated in the mountains, whose values have become monstrous beyond belief-

Death is without such beauty to the Ik today, it is as harsh and ugly as life itself. Parents fight over a child's dead body to decide whether to risk just throwing it out and being accused by someone else of not providing the proper ritual feast, or whether to go to the trouble of scooping out a shallow grave ...

"A haunting flower of evil... described with hideous power." New York Times

Your kind of reading?

Then send in the coupon to receive the first volume for a no-risk O-day FREE examination. If not delighted, return the book. If you choose to keep it, we'll bill you for \$5.95 plus postage and handling.

Then, about every other month, you'll receive a new volume containing condensed versions of four important nonfiction books. You'll get the same high caliber nonfiction, on the same FREE-

examination basis — at the same low price! That's it. No tricky conditions. No obligation. No minimum number of books to buy. Send no money now. Simply mail the coupon today.

Your kind of saving!

UI	19.	Ed. Price
Widow	-	. \$ 6.95
The Mountain People.		7.95
Bloodletters and Badmen		16.95
FDR's Last Year		12.50
Total Cost, Orig. Eds.		\$44.35
You Pay.		5.95
YOU SAVE		\$38.40

sense and quality of the originals. Yet, you can read them in a fraction of the time! And each volume costs only \$5.95 plus a modest amount for postage and handling. Less than you'd pay for any of the four selections in the original publisher's edition.

> From BLOODLETTERS AND BADMEN, by Jay Robert Nash. A fresh, fascinating look at America's crimes and criminals-her outlaws, thieves, syndicate gangsters, bankrobbers and hijackers-When completed, this crazy-quilt

structure had hidden rooms, concealed stairways, trap doors, false walls and ceilings. In the basement, Holmes installed a mammoth dissecting table made of huge planks, a giant stove-crematory and yawning pits to fill with quicklime and acid. Now Dr. Harry was ready.

"Probably the most complete book ever concerning crime in this country. Fascinating reading, too." – Houston Post From FDR'S LAST YEAR – Jim

Bishop's intimate portrait of the momentous last year of Franklin D. Roosevelt's life. Includes an absorbing account of Roosevelt's love affair with Lucy Rutherfurd—

Thirty-one years had elapsed since they had clung to each other. It seems strange that, in Washington, the gossip capital of the world, Eleanor had never heard a whisper that her husband's heart was still where it was in 1913, in the snowy palms of Lucy Mercer Rutherfurd's hands.

"Eloquent, deep, detailed...as intimate and powerful as any novel." -L.A. Times

Newsweek Condensed Books

The Newsweek Building, Box 415, Livingston, N.J. 07039

ES, I want to get started reading the finest current nonfiction. Send me the first volume of Newsweek Condensed Books for 10 days' free examination. Enter my subscription to the Newsweek Condensed Book Series If I choose not to keep the book, I may return it within 10 days – without further obligation. If I decide to keep the introductory volume, Newsweek will bill me for \$5.95 plus postage and handling. I will then receive future volumes in the series – one volume at a time – approximately every other month. Each costs \$5.95 plus postage and handling, and each comes on a 10-day free trial basis. I understand I am not required to buy any mini-mum number of volumes and I may cancel my subscription at any time simply broatfrate uses. simply by notifying you.

Name (please print) Address State. Zip.

Note: Available only in U.S. and Canada. Residents of Canada: Add \$1.00 more per book.

CCX25 3



TT I D



anything collectible-from rare bottles to royal beds!

Antique Huntin A Guide for **Freaks and Fanciers** by Anne Gilbert

Veteran collector or novice, interested in Victorian furniture or depression glass, ANTIQUE HUNTING is the only guide you'll ever need.

In her delightfully different, lighthearted style, syndicated columnist Anne Gilbert covers everything about this increasingly popular (and profitable) hobby, including:

- traditional and not so traditional antique hunting grounds
- collectibles often overlooked by
- connoisseurs methods for dating furniture
- trademarks of makers
- European origins of "Oriental" pieces
 Objects hidden in basements, attics and closets

You'll also learn how to make onthe-spot authenticity tests, where to find and how much to pay for "new collectibles" (e.g. barbed wire and old tin boxes), and much, much more.

Illustrated with 175 black-&-white photographs by noted photographer Anthony Hume, ANTIQUE HUNTING is the one guide every antique fancier will want to own. So don't delay; take advantage of this special offer and send for your copy now.



AMERICAN HOME MAGAZINE Department AAH-772

641 Lexington Avenue N.Y., N.Y. 10022

Gentlemen: Please rush me_____Copies of ANTIQUE HUNTING: A Guide For Freaks And Fanciers @ \$7.45 each (regularly \$8.95). My check or money order for \$______(includes 55¢ per book postage and han-dling) is enclosed. I understand that I can examine the book(s) for 10 days, entirely at your risk. If, at the end of that time, I am not completely satisfied, I will return the book(s) to you and receive a full return of my purchase price.

NAME	
	(please print)
ADDRESS	1 Particular
CITY	
STATE	ZIP

American Home

Editor Margaret E. Happel

Executive Editor Jim Liston Art Director Joseph Taveroni Copy Editor Mervyn Kaufman

Interior Design Helene Brown Building and Remodeling Jane Randolph Cary Food and Equipment Lucy Wing Crafts Rachel Newman Market Place Lynn Headley Production Coordinator Ferdinand D'Esposito Production Editor Dorothy B. Humanitzki Reader Reaction Bureau Mary Powers

Associates

Art • Arlene Hayden Building • Siew-Thye Stinson Copy • Phyllis Schiller Crafts . Louise Fiore Jane Luddecke Decorating . Jane L. Lawrence

Assistants

Lynn Bousquet Donna Johnson Jane A. Danley Eileen C. Kearney Colleen E. Wallsh

Reader Service

Patricia A. Pilc

Contributors

Gardening • Lawrence V. Power Antiques • Marvin D. Schwartz West Coast • Muriel Davidson Wine • George Christy Pets • Kurt Unkelbach

> President and Publisher Warren R. Erhardt

Advertising Director Eugene A. Bay, Jr.



American Home Publishing Co., Inc.

Finisher and Home Publishing Co., inc., [9, 1975 American Home Publishing Co., Inc., 0d.1 Lexington Avenue, New York, N.Y. 10022. All rights reserved. Title rec. U.S. Patent Office, Published monthly, sec-ond-class postage paid at New York, N.Y., and at additional mailing offices. Author-bepartment, Ottass will by they for Office ment of postage in cash. All mail concern-ing subscriptions should be addressed to American Home, P.O. Box 4568, Des Montal, Nova 50306, Subscription Price Gasada, 86.94; all other countries, \$7.94. Editorial and advertising offices, American Home, 641 Lexington Avenue, New York, N.T. 10022.

inistration: Warren R. Erhardt, Presi, Aldo Lavarone, Vice President-Fi-

dent: Aldo lavarone, Vice President-Fi-nance. Adverting and Sches Joseph L. Bayrd, West Coast Sales Manager: Sohert Weber. West Coast Sales Manager. San Francisco Southern Territory: Cole. Monger & Water-house, Inc. Atlanta Ga. M. J. Block, Jr., Circulation Director: Elizabeth Riugins, Wer, Marting Director: Elizabeth Riugins, Wer, Marting Director: Manuscripts must be accompanied by self-addressed envelopes and return postage. Publisher assumes no responsibility for re-turn of under circle money of art. Monger envelopes and return postage. Publisher Molnes, Iowa 50306, at least \$ weeks in advance, Send new and old ad-dress foun a recht. Sons. Le. Post-master: Send form 3579 to same address. Other subscription correspondence to P.O. Box 4571, Des Moines, Iowa 50306.

Menu Maker®

All-time favorite recipe file in popular kitchen colors

For over 35 years, homemakers have found this roomy recipe file one of their most reliable kitchen helpers. It's an easy, permanent way to arrange all the food facts and recipes you need for menu making. Made of unbreakable, easy-clean, matfinish polypropylene, it gives you generous space for quickreference filing. The Menu Maker has almost four times the capacity of an ordinary file box, and it contains 24 index cards



Special free offer

Complete 11-piece measuring set is free with every Menu Maker. Measures ¹/₈ teaspoon to 1 cup. Offer limited. Order now. American Home Dept. 9255 4500 N.W. 135th Street Miami, Florida 33059

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

You may	use your charge car urchase over \$4.98.
BankAn Acct. No. Good thru	
Acct. No. Good thru	Charge
Interbank	No. above your name)

tabbed for most-used categories; each card has room for your own notes. You also get: 60 popular recipes, selected by our food editors and all ready to clip; an easy-to-read equivalent chart showing all measurements and equivalent quantities of basic ingredients; 100 clear plastic slip-on jackets to keep recipes clean —plus a shopping-list pad with reminders of food and household products for easy marketing. You can order extra jackets.

Please send the	following items:	
Menu Maker- plus .75 pos	-complete set(s) @	\$5.99 ea.
My color cho Gold 6183 61061 (200 d 1 shopping-lit .35 post. & 1 61062 (500 e 2 shopping-lit	ice isAvocado 61 11Copper 61832 extra recipe jackets a st pad) @ \$2 plus hdlg xtra recipe jackets ar st pads) @ \$3.99	White 61833
plus .35 post Please add sales Total enclosed	s tax (N.Y. and Fla.)	\$
address	the state of the	States and the
city	state	zip

@T.M. Downe Publishing, Inc.



Here's a special gift to commemorate a very special occasion. Our wedding sampler kit contains design stamped on homespun, wool yarn, needle, easy-to-follow instructions and diagram. You can also order a 12-by-16inch handmade gold metal-leaf frame with dark green panel.

Dept. 8-875, Vendor: A.H. Specialties, 689 Front St., Teaneck, N.J. 0766	666
--	-----

Please send me the following items in quantities indicated. (Canada: Add 50 cents for each item ordered.)

A.H. Specialties–American Home Kits Dept. 8-875 P.O. Box 1400, West Englewood, N.J. 07666

Please make check or money order payable to A.H. Specialties-American Home Kits. Items shipped to Canada are subject to Canadian tariffs. Allow at least 4

Kits. Items shipped to Canada are subject to Canadian tartifs. Allow at weeks for delivery.
 #0768 Wedding sampler kit(s) @ \$5.98 plus .50 post. & hdlg. ea.
 #0768 F/O Frame(s) for above @ \$14.98 plus \$1.00 post. & hdlg. ea.
 #0835 Family Tree kit(s) @ \$5.98 plus .50 post. & hdlg. ea.
 #0835 F/O Frame(s) for above @ \$12.98 plus \$1.00 post. & hdlg. ea.

state

I enclose (total amount)\$

print name

address city

zip code



Family Tree Sampler Kit

It's easy as a summer breeze to crewel-stitch this handsome sampler for your child or a new parent in your family. Our kit comes with design stamped on 100 percent linen plus wool

yarn, embroidery thread, needle, complete instructions and simple diagram. Also available for permanence and beauty, is a 16-by-20-inch handmade wood frame, red with blue lip.

The Most Enjoyable Hobby in the World.

COLLECTING... and why people do it

by Lucille Guardala

Some collect for pleasure, others for profit, many crave culture the reasons may vary, but a good time is had by all!

THE URGE TO CREATE things of beauty is age-old. So is the urge to colct them.

Until fairly recently, collecting was merally restricted to the very rich nd powerful. Many of the beautiful jets d'art that now grace museums ere originally commissioned by yalty. The wealthy still collect, of urse, but now individuals of avere means are joining the burgeoning nks of collectors.

Many Americans collect. Some opt r traditional subjects, such as anues, stamps, coins and old firearms. thers search out the unique: Grown en have been known to go mistyed at the sight of a rare Honus agner baseball card. All are bona e collectors. And they collect for a riety of reasons.

Many collectors are attracted by e beauty of the objects they acquire. ne crystal, hand-painted porcelain ates, delicately carved furniture, ct with satin and velvet are, at the ry least, pleasing to the eye.

Collections add character and ice to homes and are often proudly played. A 19th Century walnutished davenport becomes the focal int of a room, plain walls become turesque with the addition of rainw-hued collector plates.

Another big reason people collect that beautiful items can also be uable. Antique furniture, rare oks, prints and paintings may comnd admirable sums. And if pursed at a reasonable price to begin h, the owner realizes a bonanza on resale. This takes knowledge. s a bit of luck, but there are opporities for the average collector.

imited Edition Collector Plates e become quite popular. For example, a 1972 Christmas Plate that originally sold for \$35.00, now sells for about \$275.00. And many collectors are now seeking out new editions in the hope of realizing an increase in value, even if not as dramatic as the Christmas Plate mentioned.

Collecting is adventuresome too. The pulse of many a collector quickens upon finding a long-sought-after treasure in an out-of-the-way antique shop. Collectors thrill to the voice of a rural auctioneer, and they eagerly comb flea markets, fairs, and secondhand shops in search of the unusualand for the joy and surprise of discovering a bargain.

Like all else, collecting is not static. There are fads, and tastes change. A few new trends have emerged.

Coin collectors once limited their acquisitions to coin of the realm. Now, many numismatists are purchasing special commemorative medallions that have been struck by private mints and issued in limited editions. Precious metal ingots are also popular and are enjoyed for their artistic and historic value too.

Stamp collectors are now acquiring first day covers. An envelope bearing a new stamp is postmarked on the exact day of issue, usually at a special post office, in a town that is significant to the stamp's subject matter. These envelopes can be very decorative and are often combined with a medallion commemorating the subject of the stamp.

What will people collect 100 years from now? Probably our furniture. silverware, rugs, jewelry, magazines, books, art, nickels, dimes and - God forbid - our "smile" buttons. And, like today's collectors, they'll be having a good time too.



ARE YOU A COLLECTOR?

Mail this guestionnaire to Collecting Survey, American Home 319 W. University Drive Arlington Heights, Illinois 60004

Please take a few moments to fill in this questionnaire and return it to the editors of *American Home*. We'd like very much to hear from you so that in future issues we can prepare articles on collecting tailored to our readers' interests. In appreciation of your help, we'll send you a bronze commemorative medallion, minted exclusively for those American Home readers who fill in and return this questionnaire.

۱.	Which	of the	following	items	do	you
	collect	t?				
	A A	at an entry				

- . Antiques.
- Β. Figurines.
- C. Bric-a-Brac.
- D. Plates_ Porcelain
- Precious Metal F Stamps____
- U.S. D Foreign F.
- Coins, Medallions, Ingots. G Memorabilia, Americana.
- H. Dolls.
- 1. Autographs.
- 1. Miniatures_
- K Books
- Art Prints 1
- M. Other (please describe)_

2. Do you display your collection? Yes No How?

3. How long have you been a collector?

4. How did you get interested in collecting?

5. What is the thing you enjoy most about your hobby?_

6. Would you be interested in receiving magazines or newsletters about your hobby? _Yes ____ No

7. Would you be interested in belonging to a collectors' club? _Yes ___No

Name	
Address	
City	

State



Zip_ Please send me my free bronze commemorative medal-lion, honoring the great heri-tage of American homes and minted especially for those responding to this survey.

American Home's CENTURY CLUB DISCOVERIES

This month, American Home's Century Club discovers four handsome houses built in the latter half of the 18th century. Many houses of this period have been changed over or added to so that their real identity is hidden. John O. Curtis, curatorial department director of Old Sturbridge Village, Mass., who acted as a consultant to one of the homeowners below, suggests what you should look for in identifying an 18th-century house: braced frame construction; mortise-and-tenon joints; large chimneys with provisions for fireplaces; interior finish work with wood paneling; windows with small panes; handmade wrought iron hardware (latches, hinges, nails) and wide-board floors. —Siew-Thye Stinson



"We put a lot of time and energy into our house, and we don't regret it a bit."

Robert and Marie Daugherty gave themselves 10 years to work on their Kintnersville, Pa., stone farmhouse (circa 1790). The roof and exterior walls were in good condition, but everything else needed attention. Some of the more laborious renovations the Daughertys accomplished included removing whitewash from walls and hand-sanding random-width floorboards. The most exciting part of the project came when a team of balloonists landed on their front lawn, stayed for dinner and then provided their startled hosts with enough sand ballast to set the kitchen and bathroom tiles.

"This is our second restoration, and we are already looking forward to the next!"

Old-house buffs Phil and Jeanette Brick progressed from a Cape Cod to this handsome Georgian house in Newton, N.H., two years ago. So far they have stripped layers of paint from mantels, chair rails, floors and wainscoting with an acetylene torch. "It was dangerous," Jeanette admits. "My father-in-law always stood by with a bucket of water ready." To restore the blackened pine, the Bricks worked painstakingly with three different grades of sandpaper, finishing with an application of sealer over the exposed pine.



The Georgian house (also known as a Four-Square Colonial in New England) is perfectly symmetrical. The Bricks enjoy pointing out the Indian shutters on all the ground floor windows—the shutters slid from the wall across the window originally to protect long-ago homesteaders from arrows. Now they serve effectively as storm windows.

To trace the origin of their house, the Bricks talked to a retired town clerk and tracked down past owners. They learned that their house had been built as a two-family dwelling around 1780 by a farmer for his son.

"Harrington is a living restoration, not a museum."

Dr. Robert L. McParlin and his wife aimed for an authentic restoration, with concessions to modern living made unobtrusively.

Research in the Annapolis Hall of Records disclosed that the McFarlins' Maryland house was built around 1750 by Thomas Holbrook. Tax records of 1798 folksily described the house as "much injured by worms." Dr. McFarlin did have to re-side the house, but the interior woodwork was almost totally intact. To extend living space for their four children, the Mc-



Farlins added a gambrel wing, using a common molding theme to tie the two interior sections together.

"We enjoy the sense of history our old house gives us."

Dr. Lavius A. Robinson, Jr., and his wife Mariorie live in Danielson, Conn., in a restored 1795 farmhouse with mortise-and-tenon joints and no ridge pole. The house underwent a major remodeling in 1870, acquiring "some atrocious Victorian garbnarrow flooring and huge windows." say the Robinsons. With the help of John O. Curtis of Old Sturbridge Village, Mass., they restored original details and dimensions and repaired termite damage. A local technical school dismantled the central chimney and built a new one. Today, all five fireplaces and a brick oven work well.



BE PART OF OUR CENTURY CLUB

Drop us a line

You can enroll in American Home's 18th- or 19th-Century Club, if your restored house is more than 75 years old. Please send us two or more clear black-and-white photographs plus a brief letter detailing the history of your house and the work vou've done on it. In return, vou will receive a handsome certificate of membership in our Century Club. We will share the best photos and letters with other readers in one of our Century Club Discoveries features. Photographs cannot be returned; send only those you can spare.

Address letters containing photographs to: Building/Remodeling Editor, American Home, 641 Lexington Ave., New York, N.Y. 10022.

Come for the filter.



You'll stay for the taste.



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

19 mg."tar,"1.2 mg. nicotine av. per cigarette, FTC Report Apr. 75.

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



It's easy to make your home look like you've had a decorator because...



Q. "What's a Sears House Call?"

A.

A. "It's an easy and reassuring way to order custom-made draperies. You just call Sears Custom Shop for an in-home appointment with one of Sears Decorator Consultants. There's no obligation."

Q. "What does a Sears Decorator Consultant do?" A. "She helps you make the right decisions. It's delightful. No trudging all over town. No confusion. No doubt. Right in

A. "Metropolitan" Antique Satin 60% rayon/40% acetate (#70640) \$4.50 a yd. Other antique satins from \$3.00 a yd. (Custom reupholstery fabrics also available.) your own home, you discuss your decorating plans, your tastes—and she helps out by making the little suggestions that make all your own ideas even better. She brings custom fabric samples galore, takes all the measurements, gives you estimates—no obligation!"

Q."Tell me more..." (continued on next page)



"What are the other advantages of Sears Custom-Made Draperies?"

1. "Incredible Selection"

Custom fabrics in over 2500 different colors, textures and patterns. Window treatments by the hundreds.

2. "Perfect Style and Perfect Fit"

Sears Decorator Consultant really knows what to do to make even an insignificant window a work of art. And you get perfect fit because she takes all the measurements.

3. "Lush Fullness"

There is just lots more fabric in Sears Custom Draperies. Deeper, richer folds. It really makes a difference!

4. "Professional Installation"

Sears Custom Drapery Consultants know all about choosing the right hardware and hanging your draperies beautifully. I never could have done it as well myself.

5. "Sears Quality Craftsmanship"

All the patterns match up at the seams. The hems are doubled-over, weighted and blindstitched. It's the kind of quality I've learned I can expect from Sears.

B. "Darlington" (# 61534) \$5.50 a yd. Other prints from \$4.50 a yd. (Custom quilted bedspreads also available.) C. "Normandy" (# 6678) Prices vary

according to window size. Many other woven-wood designs and colors are available.

D. "Teahouse" (#61512) \$7.00 a yd. Other prints from \$4.50 a yd. E. "Siren" (#61605) \$6.50 a yd. Other

sheers from \$1.50 a yd. F. "Adobe" (#70988) \$7.50 a yd. Other casement fabrics from \$3.50 a yd. G. "Essex" Velvet, 100% cotton (#70916) \$11.00 a yd. Other velvets from \$8.00 a yd.

6. "At a Cost You Can Afford"

You can get many of the same fine quality fabrics you've seen in custom specialty stores—at Sears low prices. You also get Sears free House Call, Sears free estimates and Sears Credit Plans.

Q:"How long does it take for Sears Custom Draperies?"

A. "Any custom work that's properly done takes several weeks. But what's so nice about Sears Custom Shop is that they won't promise a date they can't keep. If your Sears Decorator Consultant says your draperies will be up for a special occasion, they *will* be!"

Q:"How do I make an appointment for a Sears House Call?"

A. "Either drop by or call the Custom Shop in the drapery department of your local Sears, Roebuck and Co. store. They'll set up an appointment with one of Sears 1400 Decorator Consultants for your own free House Call!"





By Marvin D. Schwartz

There is a delightful variety to the form and decoration you can find today in painted tinware, the tin-plated sheet iron that's also known as tole. Decorative boxes, lamps, teapots and plate warmers are just a sampling of what's available. The patterns of these tinware pieces, generally made after 1780, were inspired by Oriental painted lacquerware and the graphic art of the times. Age does not really affect price, as the greatest demand today is for mid 19thcentury American pieces and early 20th-century Art Nouveau styles.

Look for early examples that illustrate the tinsmiths' attention to details, such as elegantly molded rims. More recent reproductions are less distinctive, lacking the charm of the originals. As you shop, check for chipping: It is not easy to restore painted tinware, although you *can* darken the shiny metal where paint is missing. Before you try and convince yourself to buy a particular piece, make sure you like it *as is*.

The American tray shown above, dating from 1830, sells for \$50. Its overlapping corners and center seam suggest that it was the work of a country tinsmith. The black background and floral motif are Oriental influences as interpreted by rural American craftsmen of that period.

\$3 will buy this colorful 1930s English tin biscuit box, a type of tin-



ware to be found in antiques shops and flea markets all over America. The decoration is charming and sentimental; it was probably old-fashioned even when new. Older boxes have elongated patterns associated with Art Nouveau and Edwardian styles, while others have the flamboyant designs of the 1920s Art Deco. Least costly are the conservative designs of the 1920s and 1930s.

\$35 is what you'd spend to buy this set of spice boxes painted black with stenciled gold decoration. It represents the functional aspect of painted tinware. Made in the United



States about 1860 for kitchen storage, its small cylindrical containers are compactly designed. Decoration is restrained, but if you look closely you can see elaborate stenciling. The box cover has a scalloped frame stamped onto it, and the sides are nicely molded subtleties of 1800's workmanship.

\$60 will buy this storage bin with elaborate Chinese decoration. Probably used for tea at one time, it was designed in the 1880s when Oriental styling was in vogue. This bin is large enough to hold logs or serve as an



end table. Floral patterns on the sides add spirit to an essentially lively design. The Chinese scene is similar in subject matter to late 19th-century Oriental lacquerware. We don't know for sure whether this piece was intended for a retail shop or a pantry at home.

\$150 is an acceptable price for a tinware plate warmer that may very well have been made in Wales in the 1830s. The Welsh factory at Usk is known to have produced a quantity of small cupboards that have no backs so they can be filled with plates to be warmed before a fire. The Oriental influence is strongly felt in the use of a black background (taken from



lacquerware) and the addition of handsome flowers (the type of motif often found on porcelain dinnerware). The cast-iron legs have a curving animal form that is reminiscent of 18th-century rococo design.

\$175 is what this tea- or coffeepot of simple American



design would cost. Its original owner would be astonished, since the pot was purchased because it was inexpensive. Today, the simple lines so neatly complemented by the gold and

floral decoration are well respected and much desired. This pot was very likely made about 1830 by a rural tinsmith who knew how to create a simple, basic form that was functional and attractive at the same time.

\$200 is a good price for this 1780 chestnut urn. It may have been made in Pontypool, Wales, or

in one of the Dutch factories that produced painted tinware before the end of the 18th century. There were also factories in Britain, France, the Netherlands and (very likely) Germany. This urn is a neoclassical design that was fashionable in the late 18th century. The paint was applied to



the urn in a pattern adapted from the lacquer technique that was familiar at that time in imports that came from the Orient. \Box



Handy sewing aid

paper and all kinds of fabrics.



Hard-working tool Handles vinyl tiles, linoleum, carpet, wire, other tough material.



Gardening shears Snips flowers and shrubs, does work throughout the garden.



Kitchen helper Useful as poultry shears they'll cut through bones and all.

Yes! A scissors for almost any household job-only \$4.99

They're called Super Scissors because you can use them all through the house, and out in the garden too. The hard, blunt steel blades are tough enough to cut through almost anything, including baling wire, but designed for snipping paper and delicate fabrics as well. One pair can do it all, but for convenience sake you may want to keep one in the kitchen, where it can take on many cutting tasks, another in your tool kit, for tackling the hardest cutting jobs on do-it-yourself projects. They're handy to have with your sewing gear. Wherever you use them, the bright orange plastic handle makes the scissors easy to find, even in a crowded tool chest. And their blunt blades and safe rounded tips mean that children can use

them, too, for school and play projects. Size, 71/4" long. Price, just \$4.99.

	ies, Dept. AHAS 085 , Teaneck, N. J. 07666
please) to GOOD HOL	k or money order (no cash, JSEKEEPING. Please send me at \$4.99 each. Total amount
Name	
Street	
City	
State	ZIP
	le Canadian, foreign or C.O.D. our weeks for delivery.

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

FREE SPEED PHONE SERVICE for our charge-card customers: Call anytime, 7 days a week, 24 hours a day. Dial 800-327-8351. Fla. customers, dial 800-432-7521 (for ordering only). N.Y. and Fla. residents, add appropriate sales tax.

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

American Home, Dept. 9199

4500 N.W. 135th Street, Miami, Florida 33059

Check items desired:	
#67175 First Day sampler	g 5.99 plus .50 post. & hdlg
#61927 Tulip Hearts floss stitch @ #67271 Violet floss stitch @ #67270 Black-eved Susan	2.49 plus .50 post. & hdlg 2.49 plus .50 post. & hdlg 2.49 plus .50 post. & hdlg
floss stitch (not shown)@ #67272 Fasel Frame with glass	
#61014 Colorful catalog of other kits (Please ad Total enc	d sales tax (N.Y. & Fla.)
PRINT NAME	You may use your charge card for any purchase over \$4.98. BankAmericard Master Charge*
ADDRESS	Good thru Interbank No.*
CITY STATE ZIP	(Find above your name)



KEEPSAKE FLORALS 3 by 4 inches, in easy crewel stitch using embroidery floss. Separate glass-faced frames in gold-toned, easel-backed ovals to hang or stand. Make lovely gifts.

Kit Magic! FLORAL STITCHERIES In Rare-Find Oval Frames

TODAY IS THE FIRST DAY OF THE REST OF YOUR LIFE

Tender-hearted touches of Victoriana are never out of style. Here in charming ovals evoking the gentle mood of that period are two easy-to-cross stitch florals, 11 in. x 15 in. Rose spray or posywreathed motto are stamped on homespun in complete kits. Frames, in those often hard-to find ovals, with ready-to-mount backing, are separate. —Ann B. Bradley



A consumer alert

To keep abreast of reader opinion, American Home conducts continuing reader reaction surveys. Some time ago our surveys indicated that readers were becoming increasingly concerned about the quality, price and guarantee of an uninterrupted supply of their water. To examine the problems and provide the forum for discussion of solutions, we cosponsored with the National Bureau of Standards a roundtable conference of leading water experts in Washington, D.C. The keynote speech was made by Dr. John R. Quarles, Jr., Deputy Administrator of the U.S. Environmental Protection Agency. Participants and auditors were specialists from government agencies, university faculty and water utilities. plus real estate developers and equipment manufacturers. Discussions thrust at the need for consumer education concerning the supply of high-quality water to the user. The interdependence between the quality of water supply, pollution impact from waste water discharge and their ecological and environmental impact was clearly defined. In addition, information was presented to inform the homeowner of the need to develop water conserving practices, to help him determine the quality and safety of the water supply and waste water treatment and the true cost of the total water supply and waste water collection system. A summary of highlights of the conference is presented. We also offer a compendium of some of the most important things you should know to reduce the consumption and cost of your water.

Quality and quantity are the two big problems we face

Water quantity, a less pressing problem today, may prove the more disastrous. A nation that runs out of oil can purchase from others...not so with water.

Some experts maintain that we're on the verge of running out of water. Each day, nature provides us with 700 billion gallons to satisfy the needs of industry, agriculture and consumers. We presently consume only half this amount. However, those who have compared population growth and other factors concerning use with our water supplies claim that we will soon exceed nature's daily allotment if our methods of use don't change.

Quality is a problem that has finally been recognized on a national scale, but recognition involved some frightening revelations. One was the announcement in April, 1975, by the Environmental Protection Agency that it had found traces of organic chemicals, including some factors suspected of causing cancer, in the water supplies of 79 cities. The EPA has concluded that most other water supplies in the nation probably contain the same or similar pollutants. It boils down to an irrefutable fact: Water, whether we like it or not, is a finite and limited resource. We cannot continue to use and abuse it recklessly. Water is essential to life; it is used and needed by everyone—so you are directly affected.

John R. Quarles, Jr., deputy administrator of the EPA, states the case for action plainly enough: "Water quality and quantity are critical problems, and they most certainly will continue to remain so in the future. We can no longer use it as we have all our other resources, with no thought of how it is used or how it is affected by our other practices."

This guide contains practical help on how to learn about the safety of your local water supply, how to determine what you pay for water as compared with its true cost, how to conserve it and reduce your water bill, and how to modify your water supply and make it taste better.

We're running our water supply dry

It's hard to conceive that a nation that receives 700 billion gallons from the environment each day could be facing a shortage of consumable water.

Since 1900 the population of the United States has doubled and water usage has increased three-and-a-half times to 400 billion gallons daily. But this is just one factor.

According to the EPA, municipal sewers dump 40 billion gallons of effluent into the nation's water resources each day. Industry discharges 125 billion gallons of wastes into the same water each day, and agriculture adds another 50 billion gallons of mostly untreated waste products each day.

Right now, there are parts of the country—the St. Petersburg and Tampa areas in Florida are examples —where building has been curtailed because water supplies have diminished to critical levels or sewer capacity is limited.

According to Dr. H. E. Bostian of the National Environmental Research Center, EPA, the "total withdrawals" of water in the United States are expected to double from nearly 400 billion gallons daily today to 800 billion gallons daily by 1980, and it is anticipated that they will increase to between 1 and 2 trillion gallons per day by the year 2000.

The consumer alerted to some of the problems can prevent a water crisis from developing. You, the consumer, must play a role, applying the practical techniques presented in this guide. This role is one primarily of conservation. It involves careful practices in the use continued of water and demanding that builders install water-saving fixtures and appliances. It also requires installation of practical cost-reducing devices to control water flow, and replacing outmoded plumbing equipment when it fails.

You can make sure your water bill stacks up right

Knowing exactly what you are paying for water use can help you be a wiser consumer. If you don't know, call your water utility. They're obliged to tell you how their rates are computed.

If you are served by a water company, your water meter is clocked off either in gallons or cubic feet. Some water companies charge a flat rate others bill according to the number of faucets you have in your home. In neither of these instances is a water meter needed.

Each water company charges a different fee for its service. You are probably paying either more or less than people in the next town if they are served by a different company. In most states, the amount that a water company can charge is regulated by a public utility commission.

According to the American Water Works Association, rates nationwide generally run from 30 cents per 1,000 gallons to 85 cents per 1,000 gallons. Large consumers—industrial corporations, say, using between 100,000 and 750,000 gallons quarterly—pay the lower rate.

You and your family use about 60 gallons a day per person, according to average estimates. This increases in the summer, but from surveys made periodically, it's been determined that a family of four uses between 18,000 and 20,000 gallons quarterly.

At the rate of 85 cents per 1,000 gallons, the so-called average family would pay \$15.30 to \$17 for its water every three months.

In some parts of the country, the cost of water is much higher. People in Lansdale, Pa., for example, pay \$1.20 for 1,000 gallons. Residents of Tucson, Ariz., are spending \$2 for 1,000 gallons.

There are 748 gallons of water in every 100 cubic feet. If you are going to calculate your bill to see how it stacks up against the average figures presented here on a gallon basis, consider the fact that there are $7\frac{1}{2}$ gallons in every cubic foot.

Here's what to do when your water meter goes bad

If you should be sent an abnormally high bill, suspect a faulty water meter. Over a period of time, meter gears wear and your meter will run slowly.

You cannot check meter accuracy yourself. This must be done on specially calibrated equipment. Therefore, if you get an abnormally high bill, call your water company; they may replace the meter with a new one.

The old meter will be tested. If found



faulty, an adjustment will be made on your bill. Incidentally, test equipment and procedures in many localities are checked periodically for accuracy by state or local weights and measures agencies.

It is common practice for water companies to replace water meters every 10 years or when 100,000 cubic feet (750,000 gallons) of water have passed through the meter.

Cut your water consumption with new plumbing fixtures

Some new bathroom fixtures can help you use water economically. Consider them when it's time to replace equipment that has failed or lost appeal.

All the major companies, including American Standard, Borg-Warner, Crane, Eljer, Kohler and Speakman, make water-conserving fixtures. For example, there is a water-conserving toilet that works as effectively as a conventional model, yet it uses only half as much water. The total yearly amount you can save, according to a spokesman for Eljer Plumbingware, is about 3,000 gallons.

Another example, the shallow-trap toilet manufactured by American Standard, was designed with the lip on the down-leg of the trap to permit a solic plug of water to form, initiating a sea quickly. (For more about these and other water-saving products, see page 28.)

The cost of a new water-saving toilet is not significantly more than the cost of a conventional one. However replacing a properly functioning toile with a new one is not economically practical—water conservation or not You might, however, want to consider installing a modification kit that give a conventional toilet a dual-flush cycle permitting it to operate on a reduced volume of water for flushing nonsolid waste.

Two such devices, which were in limited production at the time thi article was being prepared, are called Econo-Flush and Duo-Flush. Each costs approximately \$15. If you plumber isn't yet acquainted with these products, tell him that Econo-Flush i made by Water Saver Faucet Co., 70 W. Erie St., Chicago, Ill. 60610. Duo Flush is the invention of a private party, Craig Ramsey of Colorade Springs, Colo.

Econo-Flush calls for installing a plastic reserve tank that is open and inverted in the flush tank. For a "light flush to dispose of nonsolid waste, the flushing handle is lifted up. The wate is then held in the reserve tank b



vacuum. When a "full" flush is needed the flushing handle is pressed down This vents the reserve tank and allow it to empty its contents along with th regular flush tank water.

According to a study done for th EPA by General Dynamics, a modification kit added to a commode car reduce total water usage by about 31/2 percent. Morever, results of a stud made by the Washington, D.C., Subur ban Sanitary Commission show that another water-conserving fixture, a reduced-flow shower head, can effect a saving of as much as 12 percent. It also reduces the use of energy needed to heat the water. Flow from a conventional shower head runs between 6 and 10 gallons a minute. Flow-reducing shower heads cut this to $2\frac{1}{2}$ to $3\frac{1}{2}$ gallons a minute.

To stress its faith in water conservation by using shower head control, WSSC offers customers, free of charge, a plastic shower control that covers the inlets in back of the shower head. Installation is done by simply removing the shower head and inserting one of these plastic sleeves in the shower arm.

This shower head control, manufactured by the Noland Company of Newport News, Va., will soon be available at hardware stores nationwide. Boxed two to a package, the plastic inserts will cost about \$1.50.

You can cut your water consumption ...through thoughtfulness

The following expert suggestions were based on recommendations by Kenneth Miller of the Denver Board of Water Commissioners and by the Sanitary Commission of Washington, D.C.

Each of us can help conserve water. To some it will be like learning to drive at 55 miles per hour again, but the results will be tangible. You will see them reflected as a small decrease in your next bill.

You can save water in the kitchen

More than most people are aware of, the kitchen is often the cause of water squandering. The following are a baker's dozen water-saving alternatives.

 If you wash dishes by hand and have a double-basin sink, "pond" wash water in one basin and rinse water in the other. If you have a single basin sink, reserve wash water in the basin and rinse water in a pan. The alternative is to let water run constantly, which wastes approximately 5 gallons every minute. Since hot water is usually used, you will be wasting a great deal of energy as well.



 Use a nylon net scrubber to remove sticky foods, such as egg, syrup and grease. This makes ponded washing and rinsing less of a chore.

• Another method that reduces labor and the temptation to run rinsing water is to add ¼ to ½ cup of vinegar to wash water ponded in the basin, which keeps grease from clinging to dishes, pots and pans.

• Automatic dishwashers save water, especially if you make every load count. A dishwasher uses about 25 gallons a cycle. You cheat yourself if you don't see that it has a full load before turning it on.

• Read the manual that came with your automatic dishwasher. Some manufacturers recommend shorter washing cycles for some types of loads. A short cycle, of course, takes less water.

• It's not necessary with many automatic dishwashers to pre-rinse dishes before placing them in the unit. Some people are dubious, though. If you're one of the doubters, you can still conserve water. Soak dishes and silverware in a pan or stopped sink full of warm water rather than rinsing them under running water. Fill sticky, hard-toclean pans with warm water and a little liquid detergent, and let them sit for a while. This usually loosens sticky substances, permitting the pan to be placed in the dishwasher without further washing.

 Make limited use of garbage disposers. They use a great amount of water. The unit should be filled to capacity before the "on" switch is thrown.

• Running water is not going to get you a cooler drink. The temperature throughout most public water supply systems is fairly constant. If you like cool water, fill a container and put it in the refrigerator. This method also helps eliminate any chlorine taste you find objectionable.

• Remove ice cube trays from a freezer compartment several minutes before use and let them stand. Room temperature loosens them up, eliminating the need to waste several quarts of hot water to get them loose.

• Take food from a deep freezer in ample time for it to thaw at room temperature. This obviates a need for thawing food by placing it under running hot water.

• To wash vegetables, close the drain and pond water. Use a vegetable brush that does a faster and better cleaning job than if you clean vegetables under running water.

• Food to be cooked requires only a bare covering of water if you use a tight-fitting lid on the pot.

• Keep a pan of sudsy water on a kitchen counter for rinsing your hands as you go from one household task to another. The "rinse" can sanitarily be used many times during the day, avoiding the need for turning on a faucet over and over again.

Here are ways to save water in the laundry

Washers can handle 12 to 16 pounds of clothing, using 42 to 45 gallons of water in a complete wash-rinse cycle. Make every cycle count with a full load --see the manufacturers' instructions.

If you do not load your washing machine to capacity each time you use it, you are cheating yourself of dollars spent on water and electricity.

Investigate the possibility of equipping your machine with a suds-saver attachment. Your laundry area will have to have a built-in tub to accommodate this unit. A suds-saver stores used wash water in the tub during the rinse cycle for reuse during the second wash cycle. You save 42 to 45 gallons a load. If you wash one load five days every week for a year, that saving will add up to a total of 10,920 to 11,700 gallons.

Some newer washing machines have a "small-load" selector switch. This adjustment saves about 12 gallons a washing cycle, and might be a feature continued worth investigating when it comes time for you to buy a new machine.

Be sure your washer isn't leaking water down the drain as the machine is filling. It might need a water level adjustment.



After every use, turn off the faucets connected to your washing machine. This takes pressure off water valves, extending their life and, more important, preventing the possibility of a flood in your laundry area.

Cut your water use in the bathroom

Wasting water in the bath can be easily remedied with a few changes in your bathing habits. The results may be more significant than you imagine.

• A quick shower usually draws less water than a bath, but a bath for those who like to linger is more economical than a shower with a full-flow shower head. A five-minute shower uses 25 to 50 gallons; a tub bath uses 25 gallons.

• You can save many gallons by turning the shower off while soaping up, and then turning it back on for a quick rinse.

• If the shower control has "hot" and "cold" handles, turn on the "hot" first and let the water run until it turns warm. Then, turn on the "cold" to get the desired temperature. This prevents wasting cold water as you wait for hot water to get hot.

• Do not use the toilet as a trash receptacle. Discard facial tissues in a wastebasket, cigarette butts in an ashtray and all other nonhuman waste in the garbage. • The toilet may leak water without your knowing. To find out, pour a few drops of food coloring into the toilet tank. If the color shows up in the bowl without the toilet's being flushed, there's a leak that is wasting gallons of water.

• A pinhole leak from a faucet wastes 170 gallons of water a day at a normal household pressure of 40 pounds. A leak ¹/₁₆ inch long, which is a fast drip, allows 970 gallons to pass needlessly down the drain each day. A ¹/₈-inch opening will waste as much as 3,600 gallons a day. Check all faucets for water loss periodically and replace worn washers or defective fixtures. Naturally, this advice applies to every faucet in and outside your home—not only bathroom spigots.

• Don't let water run while washing hands and face. Pond a small amount in the basin; let it out when you have washed and then refill for rinsing.

Men who shave with razors should pond water for rinsing their razors rather than letting water run for rinsing.
When shampooing, turn off water

during the lathering stages.

• When running water for a bath, use a drain stopper from the start rather than waiting for water temperature to reach a desired temperature. Cold water that's drawn initially will eventually mix with hot water to get the temperature you want.

· You waste water filling a bathtub



to the brim. A tub that is one-quarter filled is usually sufficient.

 Learn the capacity of your home's water heater so that baths may be scheduled without depleting the hot water supply. Much water is wasted by someone wanting to take a bath who runs hot water when none is available.

Water conservation and lawn care can go hand in hand

A bit of planning can keep your lawn green even with less water. Start by seeing that every drop falls on the grass and not on the street or sidewalk.

Ask someone knowledgeable in lawngrowing, if you are not, how long your lawn should be sprinkled. This depends



on the kind of grass you're growing. Keep track of time. A sprinkler left running too long in one spot wastes water, because grass won't absorb it. The water runs off. It's a good idea to set an alarm clock or a timer if you are busy and likely to forget that the sprinkler is on.

Lawns don't need watering after a rain, even if your watering schedule calls for it. Skip a turn. If you have an automatic sprinkler system, know how to shut it off so it doesn't run when it's not needed.

Don't water a lawn on a windy or hot day.

Sprinklers that throw large drops of water do a more effective job than sprays.

Water flow can be controlled at the water tap by the kind of sprinkler you use and by the size of the hose. More water is dispensed faster if you use a larger-diameter hose. A ½-inch hose dispenses 4½ gallons a minute; a 5%- inch hose, 8 gallons a minute; and a 3/4-inch hose, 13 gallons a minute.

If you have an automatic lawn sprinkling system, make sure it is adjusted properly for your lawn. For example, bluegrass lawns generally require 1¹/₂ inches of water a week, usually ¹/₂ inch at a time. If, instead, your system is set to deliver 1 inch of water at a time, you are wasting water.

Less frequent but heavier watering is desirable. It allows grass to develop a deeper rooting system. For example, a bluegrass lawn thrives on a 45-minute watering every two or three days. It won't remain as healthy if you water twice as often for half as long.

Get a feeling for when your lawn

needs watering. It's time to water when the grass turns a dull gray-green and when footprints remain when you walk on the grass. If spots or areas near concrete turn gray-green only, rootwater or hand water them. Placing a sprinkler near concrete wastes water.

Root-watering involves pushing a root feeder or water aerator into the soil about 12 to 16 inches from concrete and forcing water down to a depth of 4 to 6 inches. When grass raises up like a bubble, remove the feeder or aerator and repeat the procedure 12 to 16 inches down the line.

Since tall grass retains moisture longer than short grass, keep the length fairly long. Trim it more frequently.



Make water saving part of everyday life

This is one of the good habits you should cultivate—and apply to every facet of your lifestyle. Here are other helpful ways to save:

Use a broom, not a hose, to clean off sidewalks and driveways.
Rake leaves—don't "blow" them off with a strong spray from a water hose.

 When you wash your car, keep conservation in mind. Give the car



a fast rinsing with a hose. Turn off the hose and wash down a section at a time with a rag or sponge soaked in soapy water from a bucket. Use a brief spray from the hose to rinse away loosened dirt.

When the whole car has been washed, give it another quick rinsing. When the hose is not being used, keep it turned off.

• If the kids have a wading pool, don't waste water after they are through using it and it needs to be changed. Pour remaining water on flower beds and shrubbery.

All you need to know about the Safe Drinking Water Act of 1974

The battle against pollutants that make water unhealthy to drink was joined last December when President Ford signed this landmark bill into law.

The Safe Drinking Water Act, which applies to all community water systems that have 15 or more service connections or serve 25 or more individuals, calls for the federal government, through the EPA, to establish nationwide standards for drinking water. State governments are to supervise and enforce.

The legislation is far-reaching and will be developed over the course of several years. Its ultimate goal, obviously, is to assure that water we receive in our homes from public water supplies is as safe to consume as is humanly possible to make it.

The act, in general, establishes a two-part program. The first part involves identifying contaminants and establishing their maximum acceptable levels in drinking water. It's important to understand, at this point, that all water, even the "purest," contains elements that can be called "contaminants." For example, in some parts of the country, the movement of water through the soil results in acquisition of arsenic. There is then no water that is absolutely free of contaminants. But there are acceptable and unacceptable amounts of each contaminant.

Thus the purpose of this first part of the act's program is to establish the maximum acceptable levels of contaminants in drinking water. EPA investigations will determine how much of each we can consume before we react adversely. The second part of the Safe Drinking Water Act calls for listing all contaminants that science is aware of, but for which there are no maximum acceptable consumption levels. These will be kept under study until some conclusions can be drawn.

The Safe Drinking Water Act, therefore, is a flexible, ongoing law. When new discoveries are made, it will be revised.

The act has a two-part timetable. So-called interim primary regulations presented in June, 1975, will be debated and discussed by scientists until December, 1976, when the regulations go into effect.

These interim primary regulations will remain the basis of the law until June, 1979, although they will be revised as research reveals new scientific and technical knowledge.

In June of that year, the interim primary regulations will be revised to reflect all knowledge gathered since 1974. The revised primary regulations will form the basis of the law from continued then on. Revisions will be made as research reveals new knowledge.

What about enforcement? Where a water company is found in violation of the Safe Drinking Water Act, the state in which the company is located is empowered to enforce the law. Failing this, the federal government will have the power to get the water company to comply.

As a last resort, the EPA is required by the act to bring suit against a reluctant water company. If the court finds against the water company, it may be fined a maximum of \$5,000 per day until it complies with the act's provisions.

And that's not all! When excess contamination is found in a water system, the water company is required to inform its customers and the news media. If the company insists that it cannot afford to modify its equipment or buy new equipment to bring the contaminant level into line, it may give customers the opportunity to vote for or against being charged the needed funds for improvements.

The Safe Drinking Water Act will eventually result in higher costs for many of us. New treatment facilities may be needed by your water company, and research will be a continuing program to find and identify contaminants and the levels at which they are healthy or unhealthy. The alternative, though, will be a deterioration of the water we drink. It is not a pleasant alternative to consider.

Not everyone is covered by the Safe Drinking Water Act. There are 50 million of us who draw water from private sources, such as wells. There is yet no way other than drawing occasional laboratory samples that we can readily provide monitoring to tell if this water is safe.

Furthermore, federal studies show that 25 million of us are consuming substandard water from public systems and that as many as 8 million are getting a supply of water that is potentially dangerous.

Two important considerations remain for all of us, then, until the Safe Drinking Water Act is fully implemented—and for many of us, even after implementation. These considerations are:

• How can you determine if the water you and your family are drinking contains unhealthy amounts of contaminants?

What can you do about it?

These questions are answered in the following sections.

Water quality—what is contamination all about?

Water contaminants take three forms: inorganic contaminants, organic contaminants—which are chemical in nature—and pathogens or extremely harmful bacteria and viruses.

1. Inorganic substances that permeate a water supply are trace metals such as arsenic, asbestos, barium, cadmium, chromium, cyanide, fluoride, lead, mercury, selenium and silver. Your water probably contains one or more of these, because trace metals are in soil and they get into water naturally.

The danger lies not in the presence of these contaminants, but in the quantity, and this quantity is increased in most cases by industrial run-off products that possess trace metals.

How much is too much? This is one aspect that investigations conducted under the Safe Drinking Water Act will establish. Meanwhile, the chart shown here, prepared with the assistance of Dr. Samuel Faust, director of the Department of Environmental Sciences, Rutgers University, lists several commonly found inorganic substances and the maximum safe limits that are presently established for them by the EPA. This chart will help you determine whether the water you and your family are drinking is safe.

	Maximum
	safe limits
Trace metal	(mg per liter)
Asbestos	Not established
Arsenic	0.1
Barium	1
Cadmium	0.010
Chromium	0.05
Cyanide	0.2
Fluoride:	
Average annual	A International
temperature of	1 - 1020 - 10
80°F or more	1.2
Average annual	1
temperature of	
66°F-79°F	1.3
Average annual	States 1
temperature of	1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -
65° or below	1.5
Lead	0.05
Mercury	0.002
Selenium	0.01
Silver	0.05

2. Organic contaminants are manmade substances that find their way into our water sources. They include petroleum products, pesticides and phosphates in detergents. Many times, organic contaminants permeate a water supply as the result of an accident, but most often they get into water because of indiscriminate use.

Consider, for example, termite eradication agents. The EPA has found these poisons in wells where they are introduced innocently enough by homeowners who have interjected the contaminant around their homes' foundations. The poison seeps through the soil and into water tables.

As with inorganic contaminants, a small amount of organic substances is generally not harmful to humans. All in all, though, organic contaminants are more potent than inorganic substances and pose more of a danger to health. They are probably the easiest group of contaminants to combat, since their eradication from water involves wiser employment.

You can help in this by using nonphosphate detergents, by never dumping gasoline or oil on the ground or down a toilet, and by being careful in your use of pesticides.

3. Pathogens are probably the most serious of all contaminants since they can cause serious illnesses, such as cholera, dysentery, infectious hepatitis and typhoid. The greatest threat is to people who draw water from private sources, since these sources are not monitored continuously as are public water supplies. Neither are they protected in many cases by water purification equipment.

Pathogens may enter a private well when a nearby septic system suffers damage or is too close to the water source. A safe distance between well and septic system is 100 feet or more.

You should think twice about drawing untreated water from a surface source, such as a pond or stream. Surface water is particularly susceptible to pathogenic contamination from animal droppings.

You can satisfy your concern about the safety of your drinking water

If identified contaminants in your water supply are in sufficient quantity to be of concern, there may be special-purpose equipment you can buy for home installation that will limit the substance.

Technology is available that will get rid of every known pollutant. The big problem, though, is identification. A complete laboratory analysis costs \$1,000 or more. If you bring a sample of water to a laboratory to have it tested for "everything," or every contaminant known, each substance would have to be tested individually. This requires the use of different analyzation equipment and is a long, complex procedure. The safe levels of human consumption of some substances may not yet be known.

The following guide, developed jointly with Dr. Faust of Rutgers University, will help you decide whether your water should be tested in a private laboratory. These steps will reduce the testing procedures performed.

1. Laboratory analysis for pathogens is performed by most state or local health departments or public water companies free of charge or for a nominal fee. Pathogenic analysis, therefore, presents no financial hardship. In fact, if you draw water from a private source, you should have it tested annually. Water that is pathogenically clean this year might be contaminated next year because of a sudden undetected failure of the septic system.

All you need do is draw a sample of water in a clean jar and bring it to your local health department. If this agency does not perform analysis, it can tell you where to have the job done. A water company serving a nearby town, for example, will certainly have pathogen analysis equipment.

. 2. If you draw water from a private water supply and live within 30 miles



of an industrial zone, it is possible that some trace metal in excess of natural permeation has seeped into your supply. To determine the substance most likely to be present, ask your local or state health officials which trace metals are being employed by industry in your area. If, after consulting with health officials, you feel that there is danger of contamination, you can then have a private laboratory test water for these substances only.

3. If your home is in a present or former farm area, you may want to have water tested for pesticide contamination, regardless of whether farming has been done in many years. In a well-publicized incident, 13 people in a new housing development in Perham, Minn., became critically ill from arsenic poisoning after drinking water. Investigation determined that the arsenic had been discarded in a nearby trench by a farmer who had used it as a pesticide in 1933. It took 40 years for the poison to permeate the soil and seep into the water table.

4. Deciding whether to have water analyzed is more difficult if your water is supplied by a public water company. Supposedly, this water is being monitored constantly, but a study by the EPA shows that many water company testing facilities are lacking. The provisions of the Safe Drinking Water Act are designed to rectify this, but you might want to take steps before the law is implemented.

You may be able to determine if your water is contaminated by writing the U. S. Environmental Protection Agency, 401 M St. S.W., Washington, D. C. 20460; the U. S. Geological Survey, C and 18th Sts. N.W., Washington, D. C. 20240; and your state department of environmental protection. Ask all three for an analysis report of the water supplied by your particular water company. These will tell you if water contains an excessive amount of trace metals or organic contaminants.

Consider hiring your own laboratory

If you have a private water supply and think that it might have inorganic or organic contaminants, you may need the services of a private laboratory.

You can get names and addresses of laboratories experienced in water analysis from your state department of health. The following considerations in selecting a laboratory are important:

1. The laboratory should be primarily oriented to the analysis of water. Ideally, it should have done work in your local area, so it can advise you concerning the pollutants that your water should be tested for.

2. Two pieces of equipment are necessary. They are an atomic absorption spectrophotometer for analyzing inorganic substances and a gas-liquid chromatograph for analyzing organic pollutants. If a laboratory doesn't possess one or the other, you can assume it is not specifically water-oriented and therefore should not be hired.

3. There is no such thing as proper home analysis of water. You should avoid any laboratory which suggests that there is. You cannot analyze water with a portable field kit.

4. A graduate chemist should be in charge of the laboratory you employ.

Here's how you can successfully combat contaminated water in your home

Exercise care in selecting equipment to fight a specific contamination problem. Consult a reputable local supplier of water purification equipment.

The four main types of water purification equipment listed are designed for the particular task described:

1. A reverse osmosis purifier eliminates practically every inorganic contaminant and some organic substances as well. The unit is connected directly into the water supply and employs semipermeable membranes and charcoal filtration to eliminate trace metals and some organics.

To keep the cost of such equipment to a minimum, you can purchase a small unit that provides 3 to 5 gallons of water a day, which is usually sufficient for consumption needs in the average home. Unfiltered water may be used for nonconsumptive functions, such as watering the lawn, washing the car, flushing the toilet and washing clothes.

2. An activated carbon filter eliminates toxic organic pollutants. It absorbs them—that is, impurities in the water passing through the carbon adhere to the pores of the carbon. A carbon filter is also excellent for eliminating nontoxic, objectionable elements, such as hydrogen sulfide odor (sulfur water), chlorine taste and turbidity..

3. Disinfecting chemicals or ultraviolet light treatments are necessary for killing pathogens before they reach the water tap. Automatic feeders pump a chemical into the water supply in an amount sufficient to kill bacteria and viruses, but not in sufficient quantity to harm the consumer. The chemical most frequently used is chlorine, but either bromine, iodine or potassium permanganate may also be used.

Ultraviolet light can be used in place of chemical treatment, but it is far



more expensive. The life of an ultraviolet lamp is about one year, and the replacement cost is approximately \$200. The ultraviolet germicidal lamp is installed right in the water intake line. As water passes through the lamp, bacteria are killed. An ultraviolet light is not recommended if water is turbid. Ultraviolet light cannot adequately penetrate cloudy water to kill pathogens.

Know the facts about hard water

In its trip to your faucets, water comes into contact with limestone rock, which it dissolves and carries with it. This lime, or calcium, cause hard water.

Water hardness cannot be seen, tasted or smelled. It is detected when it begins causing problems in the home, such as dingy-looking clothes from the washing machine, stains and spots on plumbing fixtures, rocky deposits in teapots and scale formation in steam irons and water heaters. In time, if the condition is bad enough, hardness can clog water pipes and valves of washing machines, dishwashers and water heaters, leading to a major expense.

All water possesses some hardness, which generally results from dissolving limestone. The hardness is measured in grains per gallon. In relatively small amounts, it causes no problem. Water hardness in the home usually ranges between three and 30 grains per gallon.

If your water is drawn from a municipal water supply, you can find out its hardness by calling your water company. If you draw water from a private supply, you can have it tested for hardness by a local lab at nominal cost.

Consult your local health authorities for the name of a competent laboratory. A municipal water company serving a nearby town might perform the test for you at little or no cost.

When hardness exceeds a 10-grainper-gallon concentration, it will cause trouble, and you should consider installing a water softener. Salt is the primary ingredient used to soften water. If a member of your family is under doctor's orders to limit his intake of salt, the water softener can be installed to serve only those pipes and fixtures that are used for nondrinking purposes.

Our readers talk about water

The water shortage is a national problem, but that it is also a pressing local problem is soon evident when people are asked their views on it. Last winter, American Home interviewed women from Boston to Seattle. Here, in summary, are some of the findings.

 A family's average annual water bill is \$105; most women guessed it was \$77.

· Nearly three-fourths of those in-

What about bottled water?

Many people don't like the taste or the look of tap water. For those willing to pay the price, bottled water can be purchased in supermarkets and other retail outlets.

Here's what the American Bottled Water Association says about the product sold by its members: "As long as the water is of high quality and bottled under sanitary conditions, the consumer may safely and confidently drink the bottled water of his own taste and preference."

Members of the ABWA are expected to maintain stringent sanitation rules for their plants, equipment and personnel. In addition, the bottled water industry is regulated by federal, state, county and local public health authorities. However, there have been recent reports of failure to comply fully with the required standards.

The ABWA considers that there are four basic types of bottled water: terviewed said hard water was a problem; most said they had neither a water softener nor a purifier in their homes.

 Most agreed that water pollution is a major problem and that the major source of water pollution is industrial waste; less than three-fourths thought detergents that pollute water should be banned.

· A little less than three-fourths believed a severe U.S. water shortage was somewhat likely in the next few years. Consequently, more than three-fourths agreed voters should support all measures aimed at preventing a water shortage and that all water should be metered; that manufacturers of automatic washers and dishwashers should develop machines that use less water; and that the government should establish water recycling plants. More than two-thirds agreed there should be strict restrictions on using water for lawns. More than two-fifths believed people should be encouraged to take showers instead of baths. More than two-fifths opined that private swimming pools should be prohibited or heavily taxed.

• Asked what their families have done to conserve water, more than a quarter said they had done nothing; one-quarter have cut down on lawn watering; one-fifth fill their dish and clothes washers completely before running them.

1. Drinking water. This may come from a spring or well, or may be scientifically prepared water with certain minerals added to improve taste.

2. Distilled drinking water. This is prepared by changing the water to a vapor and permitting it to condense into liquid form, which leaves it free of solids, minerals and trace elements.

3. Fluoridated water. This is bottled drinking water to which a controlled amount of fluoride has been added to help retard tooth decay.

4. Purified water. This is water from which minerals have been removed to less than 10 parts per million by distillation, deionization, reverse osmosis or electrodialysis.

The label on the bottle should accurately specify the type of water in the bottle. If there is doubt, write the ABWA at 1411 W. Olympic Blvd., Los Angeles, Calif. 90015, and ask. The association is composed of approximately 250 member companies representing more than 90 percent of all bottled water sold in the U. S.

"If anyone had told me a few years ago that I would be an Interior Decorator, I would have said *you're crazy*!"

Mrs. Faye C. Haynie An outstanding LaSalle graduate from Madisonville, Kentucky

If you have a natural love for attractive homes, why don't you become an interior decorator? Here's how one woman made her dream of a wonderful career come true.

It seems only yesterday that Mrs. Faye Haynie of Madisonville, Kentucky was working in a job she didn't like . . . as a million other women do.

Today, she enjoys a good income in an exciting career of her own . . . having the time of her life as an interior decorator.

How did Mrs. Haynie accomplish this miracle?

One day she answered an advertisement of LaSalle Extension University, a correspondence institution, describing the attractions of a career in interior decorating.

When she realized how much fun it could be to learn decorating in her spare time at home, she decided to enroll. That was the beginning of a whole new life for her, and one of the reasons for her happiness today.

LaSalle training has helped many women increase their decorating skills. LaSalle could help you do it, too. Why don't you send for the booklet offered below?

An ideal career for women

There are few other fields to match the pleasures and rewards that a woman – whether married or single-can enjoy as an interior decorator. Consider for a moment:

You'll be able to put your natural talents and creative urge to use in designing beautiful and exciting rooms for clients.

Your hours will be spent shopping for the unusual. In glamorous showrooms, antique shops and galleries. Selecting whatever is lovely and unique . . . in fabrics, furniture, and accessories. Applying your "decorator's touch" to beautify a home, a suite of offices, a hotel or apartment house lobby. Whatever your assignment, you'll earn money doing work you enjoy.

You'll enjoy the freedom of not being tied down to a set routine. Or 9 to 5 office grind. You can often choose to work full or part time.

Best of all, in addition to the money and satisfaction in accomplishment, you'll delight in meeting new and interesting

© 1975 LA SALUE EXTENSION UNIVERSITY

LaSalle Extension University



Founded in 1908 • A world leader in home study • Certificate of Approval from the Superintendent of Public Instruction of the State of Illinois • More than 2,000,000 students have enrolled in LaSalle courses



"Less than a month after I mailed my final lesson I was hired by a decorator firm. What makes my career so special is that I choose my own hours ... and I feel so rich when I compare my carnings with what I used to carn," writes LaSalle graduate, Mrs. Faye C. Haynie, "If anyone had told me a few years ago that I would be an Interior Decorator, I would have said "you're crazy!"

people. Clients often become friends.

For a beginning, you may prefer a position in a decorating studio, home furnishing gallery, or smart department store. With experience, you'll have every opportunity to build an independent business of your own.

How you train at home

The LaSalle Course in Interior Decorating has been prepared to give you practical, complete and up-to-date preparation for this exciting modern career. Lessons come to you by mail; they are as fascinating as the work itself. Much of the study material included is unique in a course of this kind. You get fine quality sketching equipment, coloring materials, stencils that make it easy for you to draw room plans, and much more.

Step by step, you are shown how to develop your creative ability. You are taught the principles of color and design and the historic background of today's decoration. You are trained in the selection and use of furniture, fabrics, accessories, lighting. You learn how to achieve beautiful settings to delight your clients and build your reputation.

Even before you have finished the course, you may want to apply your new knowledge to glorifying your own home.

At each step, you are given practical assignments which are then carefully reviewed by your instructors and returned to you. You are coached with care for your work as a decorator.

The LaSalle Course in Interior Decorating is backed by more than sixty years of leadership in the field of home education. More than 2,000,000 people have enrolled for home-study courses with LaSalle.

Mail attached card for free booklet

If you are seriously interested in the opportunities offered by a career in Interior Decorating—if you are prepared to devote a few hours of your spare time each week to conscientious study in order to achieve your goals—send for the free booklet offered by LaSalle. There is no obligation. LaSalle, 417 South Dearborn Street, Chicago, Illinois 60605.

27

If you're serious about Decorating ...send for free booklet.

	IF CARD HAS BEEN REMOVED, MAIL THIS COUPON	
- Anna	LA SALLE EXTENSION UNIVERSITY A Correspondence Institution 417 S. Dearborn Street, Dept. 68-044, Chicago, Illinois 60605	
hur and "	Please send me your free illustrated booklet "Your Caree in Interior Decorating," describing the LaSalle home stud course. Print Name.	y
	Address	
Ci State 26G	tyZip	

Water savers and filters

Water bills getting you down? Consider this: A conventional shower head runs 6 to 10 gallons a minute. But new flow-reducing heads cut this by almost half and new water-saving toilets can save up to 3,000 gallons a year.



SHOWER HEAD INSERT

A small plastic control that covers the inlets in the back of any shower head can reduce water use by as much as 3 gallons per minute. A homeowner can install it by removing the shower head, inserting the control in the shower arm and replacing the head. By Noland Co., Newport News, Va., inserts will be sold in hardware stores.



DO-IT-YOURSELF FILTER New Aqua-Pure water filter from AMF Cuno installs easily under the kitchen sink. A plumber's installation is shown in diagram top, right; unit installed with home handyman's kit is diagrammed above, right. Kit contains two self-tapping valves that can be mounted on 1/4-, 3/8- or 1/2 -inch copper water line; it is not necessary to cut the water pipe. There are also two 20-inch lengths of flexible tubing. Cartridges are easily changed by the homeowner every four to six months. Most objectionable tastes and odors are removed from water by the filter, the company claims, so tea, coffee, ice cubes and cooked vegetables taste better. AMF Cuno also offers a filter for the incoming cold water line to remove rust and sediment from water throughout the house. Home installation kit with self-tapping valves sells for about \$24.50.





WATER-SAVING TOILET

Water-saving Cadet model toilet by American Standard flushes on only 31/2 gallons. A conventional toilet uses 5 to 7 gallons per flush. The cutaway shows the elongated bowl trap that allows a solid plug of water to seal the trapway quickly so the toilet flushes on significantly less. Such major companies as Borg-Warner, Eljer, Kohler, Crane and Speakman also make water-conserving fixtures. A conventional toilet can be modified to flush on a reduced volume of water with Econo-Flush, about \$15, made by Water Saver Faucet Co., Chicago, Ill. 60610. The Cadet toilet shown retails for about \$80.



FLOW CONTROL

Although the streams of water from these two Kohler shower heads look the same, the water is flowing at different rates. The shower head at left delivers 6 to 8 gallons a minute at a water pressure of 40 pounds. The automatic flow control (AFC) shower head at right limits flow to 3 gallons a minute. Kohler estimates that the AFC shower head can save a family of four 20,000 gallons annually if each person takes a daily five-minute shower. The City Club shower head with Flow Control is available for about \$28.50.



New Aqua-Cleer filter by Culligan uses the principle of reverse osmosis—water is forced through a semipermeable membrance under pressure. Unit fits under the kitchen sink and is connected to a pressure tank. Water flows to other faucets through tubes, Price: about \$300.

Build this appealing wall vanity

Our colonial-design vanity is a useful cabinet that adds a rich look to whatever wall it hangs on. You can make it easily by following our instructions.—Don Shiner

1 What makes this miniature vanity different and particularly appealing are the brackets extending from its sides. They provide space for displaying candles, small statuary or bric-a-brac. The drawer holds grooming articles; the open space at bottom is for greenery or small plants.





3 Cut an opening in the rear panel for the mirror, using powered band saw or jigsaw, or a simple coping saw. You'll need a round mirror, the type usually found in hand mirrors on inside-view car mirrors. Cut opening the same size as your mirror; wedge the mirror into place—a force-fit —then fill the crack with wood or all-purpose household glue.

4 Glue mirror panel and drawer supports between the upright side panels. Add wall mounting bracket (a hardware-store item) to the rear of vanity. Position display brackets. Make sure they are both exactly the same height.

2 Here are dimensions for pieces that make up the wall vanity. You will need 6 feet of hardwood lumber in ½-inch thicknesses. Cherry or walnut is preferred, but soft pine makes a satisfactory substitute if you stain it to create a warm, meliow appearance.



Tareyton 10



5 Glue side brackets in place and clamp with Cclamps until dry. Or butt against other boards to apply constant pressure. You can leave finish natural and varnish to protect it; or stain or antique it color of your choice, Brass eagle (from novelty store) adds a colonial look.

OPL photos by Don Shiner

Us Tareyton smokers would rather fight than switch!

Tareyton is better/Charcoal is why Tareyton's activated charcoal delivers a better taste. A taste no plain white filter can match.

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

Install carpeting yourself and save 50%

New indoor/outdoor carpeting is hardy, durable and easy for anyone to put down.

By Richard C. Sickler

Indoor/outdoor carpeting is not new, but it *has* been improved. The colors are brighter, and patterns and textures are now available. Heavy traffic, foul weather and bright sunshine are no trouble, whether you use this carpeting outdoors around a pool or on a patio, or indoors in the kitchen or bath. Best of all, in most cases, you can install it yourself.

Made of tough, nonabsorbent staticfree Olefin-polypropylene, the carpeting is relatively inexpensive, ranging from about \$4 to \$7.95 a square yard. It comes needle-punched, with feltlike or tufted and velvet construction. Foam-rubber backings eliminate a separate underpad and are nonskid, allowing the carpets to lay flat in place.

Carpets used outdoors must have closed-pore rubber or vinyl foam backings that are hard underfoot and won't allow water to pass through. They keep the water on the surface where the sun can quickly remove it. Indoor backings of high-density latex foam rubber are generally softer to stand or walk on and insulate against noise better, but their open pores will accumulate water and keep the surface damp for long periods.

To install indoor/outdoor carpeting, you will need these basic tools: Most importantly, a carpet or razor-sharp knife, scissors and a 48-inch or 60-inch straightedge; also, plenty of doublefaced tape or carpet adhesive, a notched



Use a metal ruler for accurate cuts around projections into the room.

trowel for applying adhesive, string and chalk for snapping a chalk line.

Standard- and special-size rugs are the easiest to put down, and even the most inexperienced do-it-yourselfer can lay tiles. The 6- and 12-foot-wide rolls are hardest because they're generally laid wall to wall and must be trimmed. seamed and cut around corners, projections and between doors. Carpets are fastened to the floor with adhesive or with double-faced tape that has pressure-sensitive adhesive on both sides. Specific types of carpet backing-foam rubber or vinyl-require different adhesives: Many carpet manufacturers recommend their own. There are also releasable-type adhesives suitable for small areas and temporary situations that allow the carpet to be removed easily. (You must scrub the surface with warm water to lift up the carpet.)

Laying carpet in a small area like a bathroom or kitchen is an easy project if you can use a single piece of roll carpet. Buy enough carpet so you can run it up each wall about 1½ inches. Position it in the room. Where there are projections, remove most of the excess carpet with your razor-sharp knife, allowing enough for a final accurate cut. To make the carpet lie flat, make a series of relief cuts. For outside corners make "V" or diagonal cuts from each corner to the carpet edge.

For inside corners, push the carpet snugly into the corner and slit the carpet down to the floor. To fit around pipes and radiators, fold the carpet back flush with pipes or radiator legs, and cut from that point to the carpet's outside edge. The carpet will then fall in place around the obstruction. Use a sharp knife or scissors to make circular or fitting cuts around pipes or legs.

You can leave the carpet loose on the floor, and its heavy backing will keep it flat. But through heavy traffic areas like doorways, use adhesive or attach double-faced tape, 6-inch strips, about 2 feet apart, to the floor around the entire edge of room. Without removing the top paper on the tape, roll the carpet halfway back and put a few more strips at critical spots. Then remove the top paper and press the carpet into position. Repeat for the other



When seaming, make sure both sides line up with straight, clean edges.

half. Using the adhesive method, roll carpet back about halfway and apply a 12-inch strip of adhesive around floor edges and at other critical spots. Roll carpet back halfway; press the first half of the carpet into adhesive and repeat for remaining half.

Finally, remove the 1½-inch excess carpet going up the walls. Use a straightedge to force carpet snugly between wall and floor. Then with straightedge as your guide, remove excess with a razor-sharp knife. You should also allow enough carpet in doorways so it will end directly under the door when it's closed. Finally, replace cove molding.

Larger areas, such as family rooms, patios, porches and areas around swimming pools, may require two or more widths of carpet, which must be seamed to lie flat and look like a single piece. Seaming requires planning, particularly if you're installing straight- or staggered-row designs and patterns. Unroll and lay the pieces side by side; allow about 11/2 inches of excess to project behind the edges of the area or up the walls. You'll remove this excess when you do the final fitting. Important: Make sure the pile of all the pieces is running lengthwise in the same direction; otherwise, each piece will reflect a different color to the eve.

Plain colors are easiest to seam. Very often it's unnecessary to trim the carpet to make a tight seam. Try butting the edges together; if the seam is straight and clean, you're in luck. If you must trim, turn pieces over and snap a chalk line about 1/2 inch from the edges; use your razor-sharp knife and a metal straightedge and make a clean cut for the full length.

To trim straight-row designs, overlap the pieces; be sure that when you trim and butt them together, the rows match the remainder of the pattern. Then snap a chalk line and cut off the excess.

To trim patterns, carefully position the pieces to create the correct design. Then snap a chalk line and cut off parts that overlap. Attach trimmed pieces to the floor by using double-faced tape or adhesive. If tape is your choice, affix it to the floor first so each seam falls in middle of the tape. Then (continued)



To seam with tape, line up pieces so seam falls right in middle of tape.

Special Introductory Offer!

Magnificent Reproductions For Collectors of Miniature **Early American** Wood Furniture

ONLY \$1.99 to \$4.99 EACH BUY SET OF 6 AND SAVE \$7.95 (stores are selling collector-furniture not even as large as ours for \$10 to \$15 apiece!)



SILVER CABINET (5" h. x 3" w. x 1%" d.) 2 drawers, pedestal legs, scalloped top

HIGH BOY (8" h. x 33/4" w x 2" d.) 2 louvered doors 2 drawers, pedestal legs finfal

> (61/s" h. x 4" w. x 11/e" d:) 2 louvered doors 2 shelves, scalloped top

TABLE (23/4" h. x 7" w. x 21/2" d.)

one-piece solid top, 4 wood-turned legs

BREAKFRONT

TRIPLE DRESSER (4" h. x 51/2" w x 21/6" d.) 3 drawers, raised platform, scalloped top

 Solidly constructed, hand-finished and fully assembled! • really large sizes up to 8" high and 7" wide! doors and drawers all open smoothly! detailed with Colonial finials, wood-turned legs and other authentic features!

OPEN HUTCH

12 compartments, finial

w. x 2" d.)

3 drawers.

(71/a" h. x 4"

doors and drawers have been dove- a luxury doll house. tailed to open smoothly just the way they do in your own fine furniture. Knobs are solid metal with an antique brass look. Every feature is authentic including dresser platforms, high legs, wood turnings, even finials. Each piece is fully assembled-these are not kits

These are incredible reproductions of you must put together yourself. Sizes authentic Early American furniture at are really large-much bigger than we truly incredible low prices! They are have room to show-(exact sizes listed really beautifully made of black pine under each illustration). An absolute wood and finished by hand with a joy for collectors and so solidly conglowing walnut wood finish. Careful at- structed, they are perfect for jewelry tention has been paid to every detail- or desk caddies! Superb, of course, for

MAY NEVER BE OFFERED AGAIN AT THESE SPECIAL LOW INTRODUCTORY PRICES - BOUND TO SELL OUT FAST — AVOID DISAPPOINTMENT AND ORDER NOW 1975 MADISON HOUSE Dept. 9349, 4500 N.W. 135th Street, Miami, Florida, 33059 0

MAIL MONEY-BACK GUARANTEE COUPON TODAY MADISON HOUSE, Dept. 9349 4500 N.W. 135th St., Miami, Fla. 33059

Rush the collector-furniture below at prices listed plus 75¢ postage and handling for each piece: _#16366 Open Hutch \$3.99

___#16367 Table\$2.99 #16368 Breakfront ...\$3.99 ____#16369 High Boy ...\$4.99 #16370 Triple #16371 Silver Dresser\$3.99 ...\$1.99 Cabinet SAVE \$7.95 - ALL 6 (#16372) for \$16.99 plus \$1.50 postage and handling (you save \$4.95 on furniture and \$3.00 on postage - a total of \$7.95!)

Orders over Acct. No. Exp. Date_

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

FREE: 24-HOUR 7-DAY-A-WEEK SPEED PHONE SERVICE

for our charge card customers, dial 800-327-8351 Florida customers, dial 800-432-7521 (for ordering only) CALL NOW

(Please Print Cle		
Address		
City	State	Zip

[continued]

remove the paper backing from the tape and press the carpet into the sticky pressure-sensitive adhesive. You can use tape or adhesive around the perimeter of the carpet and at such critical spots as doorways where traffic is heaviest. Do this for each piece before cutting and fitting the edges and shaping around obstructions.

Outdoors, don't lay carpeting on bare earth. Lay it on a clean, hard surface, such as wood or 1½ to 2 inches of cement or asphalt. (Caution: asphalt must be resealed before you lay carpet over it.) The surface must be dry and free of dust, dirt, oil, grease, and all cracks, holes and depressions must be filled with latex caulk. Slope the area so water will drain off. Follow the procedure outlined for large indoor areas. Keep outdoor carpeting clean by sweeping, vacuuming or hosing with a high-pressure nozzle.

Installing carpet tile is easy. Measure the four main sides of the space you're covering. At midway points of opposite sides, snap chalk lines so you can locate the center of the area. You'll note that there's an arrow on the back of each tile to indicate the direction of the carpet pile. Read the instructions that accompany tiles; they'll tell you how to use the arrows to make a design or to complete a pattern that's been apportioned to each tile.

Lay a row of loose tiles along the chalk lines in one quarter of the room, in the shape of a large "L". If you want straight or staggered rows or a pattern, lay the loose tiles in the design you want. The last pieces along the wall will probably be less than a complete tile. Move chalk lines back or forward to make last tile complete.

Some carpet tiles are backed with pressure-sensitive adhesive and can be pressed directly to the floor. For a more permanent job, you can attach the tiles to the floor with double-faced tape or a special adhesive. If you use tape, cover one-quarter of the area first, making sure that the edge of each tile lines up exactly with the center of the tape. When using an adhesive, apply it with a notched trowel over a 4-square-foot area. Allow the adhesive to set a few minutes and then press the tiles into position. Complete remaining threequarters the same way.

Some fitting along borders and around projections and pipes will be necessary before the job is done. To fit the tiles along a border, place a loose tile squarely on top of the last full tile. Then take a second tile and fit it against the wall. Make a pencil line on the first tile. Cut the piece and drop it into place. To fit carpet into or around an irregular area, simply make a paper pattern of the space you must fill or allow for; trace the pattern on the tile and shape tile with scissors or knife.

A lifesaver in case of accident or emergency

One out of every five Americans has a special medical problem, estimates the American Medical Association. If *you* suffer from asthma, diabetes, heart disease, hemophilia, allergies to drugs or any of the other conditions many people are prone to, then you probably take good care of yourself.

But have you thought what would happen if, through accident or seizure, you couldn't communicate your medical situation? Tragic and even fatal mistakes could be made during emergency medical treatment unless your condition was recognized. A heart-attack victim might not get the immediate aid and special drugs his condition calls for. Someone who is allergic might die of an injection of penicillin, morphine or Novocain. A diabetic might be neglected because his insulin shock is taken for intoxication.

A person who is unconscious or in shock must rely on his identification to speak for him. So it may save your life to carry or wear some identification of any chronic medical problem you may have—plus the drugs you need, your allergies (if any), your blood type and RH factor. You can carry this in your

wallet or have it engraved on a tag to wear around your neck. Or you can become affiliated with the Medic Alert identification system: This nonprofit organization's more than 530,000 members wear-on the wrist or around the neck-a special, highly visible stainless-steel emblem with their medical problem engraved on one side: "Allergic to Penicillin," "Diabetic," "Taking Anticoagulants," "Heart Condition." Below this is the member's Medic Alert code number and the California phone number of the organization's central file. This number can be called collect 24 hours a day by police, hospital emergency-room personnel or doctors seeking additional vital medical information. Members also carry a laminated wallet card listing such emergency medical data as blood type, RH factor and names of doctor, next of kin.

The Medic Alert emblem is recognized in the United States and also in many foreign countries. One-time-only membership fee is \$7, which includes emblem, wallet card and central listing. For details, write to: Medic Alert Foundation International, Box K, Turlock, Calif. 95380. —**Eileen Denver**

Make your own beautiful terrarium

Terrariums are a super decorative accessory—easy to care for and fascinating to look at. Really just greenhouses, these mini-environments are the ideal way to grow plants indoors, since they overcome the hazards of draft and low humidity, Here's how to make one.

Choose a container carefully. You'll find a wide variety of them in any wellstocked five-and-dime. Select one with clear glass; tinted glass obscures the light. Seal it to insure proper moisture.

Buy gravel and activated charcoal. Both are available in pet or aquarium shops and five-and-dimes. (Do not use charcoal briquettes; they won't do the job.) Cover the bottom of your terrarium with at least one-inch mix of both.

Use soil that suits the plants you intend to choose. Houseplants need a mix of equal parts garden soil and sand or perlite. Cacti need sandy soil. A terrarium needs only a few inches of soil.

Choose plants scaled to fit your container. For ground cover, you can use moss or lichens, or even colored gravel. Then add your plants: clover, ferns, native plants, houseplants, ivy—whatever you like. For each, make a hole in the soil, set in the plant, then gently close the soil around it and pack firmly. When working with a narrow-necked container, you can use long-handled kitchen utensils to place your plants.

Water your new garden properly. Once you've set the plants in the soil, sprinkle or spray them with tepid water before you cover the terrarium. For the first few weeks, watch the moisture level carefully: A moist—but not soggy atmosphere is required. A fine beading of moisture on the inside walls indicates the right amount of dampness. No beading means not enough; a dense fog means too much—remove the cover so some water can evaporate.

Position your terrarium carefully. It needs bright light but not direct sun (except for cacti, which belong right in the sun). And it needs the correct temperature: cool for a woodsy terrarium, house temperatures for houseplants.

Watch for signs of trouble. White or brown spots are mold, indicating too much water; remove affected plants and let the terrarium dry out. Wilted or shriveled leaves mean lack of moisture; give your terrarium more water.

This Year's great new Decorating "Trend" Handcrafted 3-Dimensional Metal Sculptures

Electroplated with beautiful Copper, then antiqued and color brushed by hand.

> "Fisherman's Wharf" 121/4 "x231/2"

> > Windmill' 19¼"x

1114



Victorian House" 131/4"x 20"



"Railroad Station" (131/2"x191/2")

No Two Exactly Alike-Each an Original Work of Art Each an Impressive Size

Romantic, nostalgic 3-dimensional metal wall sculptures are the very latest decorating trend, and are selling from about 60 up to 100 in better stores. The price tag on a similar piece to "Fisherman's Wharf" (shown at top of ad) is 160! And frankly, if immodestly, we feel our interpretation is prettier – cleaner in line, purer in execution. Each of our versions is guaranteed electroplated with Copper – cut, stamped, hammered, antiqued, welded and color-brushed all by hand and ready to hang. No two are exactly alike, and each is an original work of art. At only 14.99 apiece, they are bound to sell out fast. To avoid disappointment, please order at once.

MADISON HOUSE GIFTS, Dept. 9374 4500 N.W. 135th St., Miami, Fla. 33059 OFFER MAY NOT BE REPEATED AT CURRENT LOW PRICE WHEN LIMITED SUPPLY IS GONE

33

How you can order American Home house plans

Colonials, contemporaries, saltboxes and split-levels, primary homes and vacation cottages—52 houses in all, the best of what's happening in home building today, as seen in the pages of *American Home*—are included in our new catalog of house plans.

Latest catalog of 52 best-selling house plans from American Home is available now for just 75 cents.



Each of the houses you'll find pictured and described in our new catalog exemplifies our continuing aim to bring you top designs and quality methods of construction. You can order house plans right from the catalog. A set of drawings plus materials list costs just \$20 and is all you need for a builder's estimate. Three sets, priced at \$35, will start you on construction.

To receive your copy of "House Plans and Building hints" (catalog #31000), fill out this coupon and enclose a check or money order for 75 cents. Allow three weeks for handling and mailing. To avoid delays or confusion, please include your zip code below.

American Home House Plans Dept. 9496 P.O. Box 1086, Opa-locka, Florida 33054

state

print name

address

city

5 homeowner repairs you can handle yourself

The cost of relving on professional help to make minor household repairs is never very minor. A typical house call costs upward of \$10-that is, if you are fortunate enough to get the repairman when you need him. But, armed with know-how, you can perform many small repair jobs yourself and pocket the money you've saved. Here are five household ills you can learn to cure: 1. Door difficulties. If a door pops open, or fails to close with ease, you can probably assume that one or more of the hinge leaves are set too deep in their mortises. To correct the problem and make the leaves flush with the doorjamb, begin by opening the door fully and shimming it to take the weight off the hinges. Do this by forcing folded newspaper under the open door until it no longer moves. Now back out screws on the errant hinge until you have access to the mortise, but don't remove them completely. Fit at least one wooden pick or match (minus head) under the hinge leaves, alongside each screw. Retighten screws. If leaves are still too deep, repeat the procedure with additional sticks.

Another common door difficulty is

the loose hinge—which occurs when screw holes become enlarged. If the door won't close at the bottom, your bottom hinge is the cause of trouble. If the door sags and scuffs your floor or carpeting, your top hinge is faulty. Shim the door, as above, and *remove* screws from the loose hinge. Your repair "tools" will again be wooden picks or matches: Apply glue and insert them in screw holes. When glue dries, you can replace the screws, driving them in all the way.

zip code

2. Cracked backsplash joint. Whether your bathroom sink surround is ceramic tile or plastic laminate, the joint between sink and backsplash must maintain its waterproof seal. If it doesn't and you must repair the joint, remove the old caulk entirely, using a stiff-bladed putty knife to scrape it all out. Clean the seam thoroughly with alcohol or other solvent, rinse with water and let dry. Repair the seam with a silicone rubber bathtub caulk such as Dow Corning's, which comes in many colors, remains flexible and will not crack.

You apply the caulk with a long, unbroken bead, pushing (not pulling) the tube to force caulk into the joint. Use a moistened fingertip to push in and smooth the caulk. Wipe off any excess quickly with a dry cloth; if it sets for more than a few minutes, you will have to scrape it off with a razor blade. (Note: You can re-caulk the bathtub joint the same way. Do it when the tub is filled: The weight of the water will open the seam to its maximum, assuring the best possible job.)

3. Loose bathroom tiles. You can make this repair by applying the same silicone caulk used on the sink seam (above). Both tiles and wall must be clean: Scrape off all old adhesive and wash both surfaces with alcohol; rinse with water and let dry. Squirt on a dab of bathtub caulk, spread evenly with your fingertip and press the tile into place. Once you've replaced all the tiles, grout the joints to prevent a repeat of the fallout. For such small jobs, ready-touse grout is sold by the tube. Apply this to joints around the tile, forcing it in with a fingertip. When joints are filled with unbroken beads of grout, clean off tiles with a wet sponge. If the replaced tiles are in the shower or tub area, wait 24 hours before exposing them to water.

4. Damaged vinyl floor tiles. First, remove each unwanted tile, using a flameless heater to "soften" it. (A hair dryer set on "high" will do the job.) Once softened, the tiles can be removed with a scraper or stiff-bladed putty knife. While the old adhesive is still soft from the heat, try to remove a small area with a putty knife. If it doesn't come up easily, wait till it cools and rehardens, then remove it.

Next, apply a compatible adhesive or a silicone sealer such as bathtub caulk liberally (but not excessively) to the backs of new tiles; press in place. If any adhesive or caulk oozes up between the tiles, clean it up quickly with a dry cloth before it starts to harden (see above). Finally, make sure all tile edges are pressed down firmly. If any new tiles have a slightly curled edge, apply heat for a short time, then press tile in place.

5. Worn and leaky vacuum hose. Basically, a tank-type vacuum is a very simple machine: As long as its motor runs and the filter isn't clogged with dirt, it will give satisfactory service until its hose deteriorates or is damaged. As a hose ages, it has a tendency to harden and crack. This lets in air and reduces the machine's sucking action and efficiency.

To rejuvenate the tired vacuum, buy a replacement hose (about \$5) and cement it onto the old fittings. Because of its flexibility, silicone rubber bathtub caulk works fine here. Just make certain the bead of the caulk is applied around the *entire* perimeter of the fitting. Then, using a twisting motion, force on the new hose. —Harry Wicks

PATIO TABLE ... ONLY \$3.95!

REDBOOK has discovered the perfect table that has hundreds of everyday uses... yours at an unbelievably low price! Ideal for elegant patio entertaining...barbecues... picnics...TV table...plant stand...for the kitchen, den, bedroom, etc. You'll enjoy using this Patio Table for years and years.

Patio Table is made of sturdy weather-resistant steel...with a unique "instant-fold" feature that sets up in seconds. Table comes ready to use, in attractive white baked enamel, stain-proof finish. Table top is 16 x 16 inches. Height: 16½ inches.

You'll want to order several of these handsome Patio Tables . . . for use outdoors and in the home. Order TODAY!



Serve a glass of wine



Cool and refreshing, white jug wines are the low-cost potables for casual entertaining.

By George Christy

Informal and fairly inexpensive in their economical containers-magnums (about two-fifths of a gallon), half-gallons and gallons-California jug wines, white, red or rosé, are perfect for today's living. Last month, red jug wines were featured; this month, white and rosé wine values will be explored. Served chilled, a glass of white wine makes a cooling refresher on a languid summer day. Compatible with salads, , seafood and fowl-I also like to offer them as an aperitif before a mealwhite wines make delicious spritzers as well (equal portions club soda and wine, over ice).

Winemaster's Guild Mountain Chablis (\$5.49 a gallon; all prices listed here are minimum prices established in California) has a good nose and pleasant dry taste. Korbel's Mountain Chablis (\$3.85 a half-gallon) is delicately colored, with a gentle nose and medium-dry character. Setrakian Mountain White Chablis (\$4.89 a gallon) is pale straw in color, with a tempting fruitiness-this is a good buy. From Sebastiani Vineyards the Chablis (\$4.30 a magnum) has a rich golden color and a distinctive flinty taste. The Mountain Chablis from Sebastiani is more reasonably priced (\$3.29 a half-gallon), lighter in color and nose, crispish on the palate and refreshing when served "on the rocks" as a midday cooler. San Martin's Mountain White Chablis (\$5.39 a gallon) has an attractive pale gold color and a good balance-an excellent value. With its fresh nose and taste, M. LaMont's Chablis (\$2.99 a magnum) is another good choice. An equally super value is Roma's Chablis (\$4.19 a gallon) with its clear straw color and unusual almondlike flavor.

CK Mondavi's Chablis (\$5.50 a gallon-available in most metropolitan areas) is pleasantly tart, nicely sippable. From Paul Masson, the Chablis (\$3.75 a half-gallon) has a beautiful golden color and full, zesty flavor. This is an outstanding purchase. The Chablis from Los Hermanos (Beringer Vineyards, \$4.99 a gallon) has a clean, dry taste. Growers Chablis (\$3.19 a gallon) is a buy for the price. A bit spritzy and dry, with light color and body, it's a drinkable everyday wine. Foppiano's Chablis (\$4,49 a gallon) has a trace of spritziness, too, and is easy to drink. Christian Brothers Chablis (\$5.99 a half-gallon) is pale gold in color, with the fragrance of flowers; it's delightfully tart, a well-made wine. Cresta Blanca's North Coast Chablis (\$3.69 a magnum) is a crisp, dry wine. And Franzia's Chablis Blanc (\$3.69 a gallon) has a light color and mellow taste with more of a Chenin Blanc character.

San Martin's Mountain Rhine (\$5.39 a gallon) offers a light straw color and pleasant grapy taste. From M. LaMont, the Rhine wine (\$2.99 a magnum) enjoys a golden color, good nose, sweetish taste. Christian Brothers Rhine (\$5.99 a half-gallon) has a soft gold color plus sprightly fragrance and flavor. This is another one of cellar master Brother Timothy's well-balanced wines. From Almadén, the Mountain Rhine (\$5.91 a gallon) tastes fruity and sweet. Christian Brothers Sauterne (\$5.99 a halfgallon) has a luscious golden color and rich taste-it's medium dry. M. La-Mont's French Colombard (\$3.69 a magnum) is light in color, gently sweet -pleasant for picnics and patio parties. The French Colombard from E. & J. Gallo (\$3,49 a magnum) is fruity, with a round mellow flavor. Well balanced, it's an excellent buy. From Cresta Blanca, the French Colombard (\$3.89 a magnum) is pale gold in color, lightly fruity, with a clean taste-



drier than most-and a pleasant, lingering aftertaste.

M. LaMont's Chenin Blanc (\$3.69 a magnum) offers a good color, lively nose and a touch of fruitiness. It is nicely dry, more so than most Chenin Blancs, From E. & J. Gallo, the Chenin Blanc (\$3.49 a magnum) is pale in color and nose, but with a distinctive taste that is crisp and bright on the palate a good buy. Inglenook's Navalle Chenin Blanc (\$3.29 a magnum) is another good buy, pale in color, soft and fruity. E, & J. Gallo's Sauvignon Blanc (\$3.69

a magnum) is light in color, with grassy fragrance and dry, flinty characteranother good buy. The Riesling from E. & J. Gallo (\$3.69 a magnum) is drier than most Rieslings-its crisp flavor comes as a surprise. A Semillon from M. LaMont (\$3.69 a magnum) is pale gold, with light bouquet and fruitiness. Cribari's Vino Bianco (\$2.19 a half-gallon, \$3.89 a gallon) is fresh, fruity and mellow-for the price it's an honest jug wine. Villa Armando's Orobianco (\$5.29 a gallon) is available in California, metropolitan New York and New Jersey. It enjoys a brassy gold hue and an unusual apricot nose; its flavor is sweet, with a mouth-filling aftertaste. A wine touted as being "based on a family formula from Italy," it could pass for a dessert wine, and would also make a good punch.



If your family and friends enjoy rosé wines, there are a number of decent examples. Los Hermanos (Beringer Vineyards) makes a Mountain Rosé (\$4.99 a gallon) that is dark pink, with a delicious flavor. Tavola Rosé (\$3.79 a gallon) enjoys a pleasant nose and lightly mellow taste-a good buy for the price. Korbel's Mountain Rosé (\$3.85 a half-gallon) has a lovely salmon color and soft taste. CK Mondavi Vin Rosé (\$5.50 a gallon) is sapphire pink, fresh and mellow on the palate. Winemaster's Guild Vin Rosé (\$5.49 a gallon) has a strawberry fragrance with sweet taste and finish. From Growers, the Vin Rosé (\$3.19 a gallon) is pale pink with medium body a good buy for the price. San Martin's Mountain Vin Rosé (\$5.59 a gallon) is attractively mellow. Sebastiani's Mountain Vin Rosé (\$3.29 a halfgallon) enjoys a good color and is drier than most. Roma's Vin Rosé (\$4.19 a gallon) has a nice color and lightly sweet taste-this is a buy for the price. A striking pink-grapefruit in color, Almadén's Grenache Rosé (\$5.91 a gallon) is young, dryish and delightful to drink. From Italian Swiss Colony, the Grenache Rosé (\$4.19 a gallon) has a pleasant color and flavor-this is another good buy. Cresta Blanca's Grenache Rosé (\$3.69 a magnum) is a lovely pink with fresh dry taste-it's a well-made wine. The Napa Rosé from Christian Brothers (\$5.99 a half-gallon) has good color and mellowness.

Keep in mind that jug wines, no matter what color, are good gulpable wines not to be fussed over. To serve, they may be decanted into chilled carafes or glass pitchers. If all the wine is not consumed, you can pour what remains into a smaller bottle (to lessen the amount of air that comes in contact with the wine), cork tightly and store in the refrigerator or any cool dark place.
We've taken a shine VOL

and your tiles, your copper and your brass. Your bath tub and your oven. In fact, just about anything you can name. Including the kitchen sink. *Especially* the kitchen sink.

BAR KEEPERS FRIEND cleans and polishes. It's been doing it since 1882. You might be missing something if you haven't tried it.

It leaves no chlorine smell, or gritty residue. It's soft and gentle, but it works like a demon BAR KEEPERS FRIEND. You don't stay in business 90 years if you aren't pretty good.

REMOVES RUST



MARBLE PORCELAIN CHROME PLASTIC NET WT. 12 OUNCES



BAR KEEPERS FRIEND is also recommended for cleaning glass ceramic cookin

Pet owner's guide to commercial dog foods

Whatever you buy, know the nutrients it has—read the label.

By Kurt Unkelbach

America's dog owners have already spent more than \$1 billion on commercial dog foods in 1975, and the year is far from over. Total sales will tally close to \$2 billion, with the money divided about 10,000 ways—that many brands of dog food are on the market.

Fortunately, there's no real danger of mass buyer confusion. At most retail outlets the brands competing for shelf space number from five to 20, or as many as local dog owners will support. A brand that does not move in a given store is soon dropped and replaced by another. Often, the brand that doesn't sell is the best one around, in that it has a satisfactory nutritional count and is competitively priced. Brands that do not fulfill a dog's basic requirements often sell like hot cakes.

The main reason for this seeming inconsistency is that about half the people who own dogs pay more attention to price than to labels on cans and bags. Most of them don't really know what to look for, choosing to believe what they hear on television or from their neighbors.

Protein, fat, carbohydrates, specific vitamins and minerals plus water are the essentials a dog needs for growth, health and longevity. It would be very difficult to find a brand, wet (canned) or dry (packaged), that doesn't meet at least some of those requirements.

Almost every type contains sufficient carbohydrates (for calories) and the required vitamins and minerals. The canned foods are about 70 percent water, stated as "moisture" on the label. Some people view this as expensive water, and it certainly *is* costlier than the water a dry food should soak in before being served.

The most relevant aspect of commercial dog food involves protein and fat. The average dog's diet should contain at least 20 percent protein and somewhere between 6 and 10 percent fat, depending on the individual. Producers of the best brands include a nutrient analysis on their labels. That's where to find the protein and fat percentages. The good dry foods run a little better than 20 percent. The best wet foods show only 7 or 8 percent, since water accounts for so much of the net weight of the contents. Forget the water (moisture), and the undiluted or true protein count is about triple the announced percentage. Although a canine can get by as a vegetarian, meat is easier for him to digest, thus is a better protein bet. Cereal grains are important to him as sources of carbohydrates.

A given dog food may contain 10 percent fat, or more than enough for most pets. Still, it may not be enough for some, which is evident from a dry skin or a coat lacking luster. While the tendency is to add more animal fat to the diet, doing that is inadvisable. What the dog's skin and coat really need is more linoleic acid, not fatty acid. Corn, olive, safflower, peanut or soybean oil added to the daily meal (a tablespoon per 30 pounds of dog) should do the trick-not overnight, but in a few weeks. Or if you're willing to pay a little more, linoleic acid in concentrated form is sold at most pet stores. Use two-thirds of the portion recommended on the label.

By law, dog food labels must include a list of all ingredients. Everything that goes into a brand is shown in proper quantitative order. There's more of the first listed ingredient than the second,



Good nutrition, important during puppyhood, should not be neglected at any other time in your dog's life.

more of the seventh than the eighth, and so on down the line to mere *traces* of charcoal and cobalt carbonate. The first thing to look for on the list is the main source of protein. Stay away from the wet food that does not list at least one of these ingredients among the first two: meat, meat by-products or bone meal. In a dry food, at least one of these ingredients should be among the first three listed. A cereal grain should be listed among the first seven ingredients in wet or dry food.

There are certain times in an average dog's life when he burns up more than a normal amount of energy per day. At such times, the canine is operating under obvious stress and needs an extra supply of protein. The most common times for either sex is during the maximum growing period: a pup's first six or seven months. Over that time span, the average pup requires 27 percent protein. The special time for the female sex is during the final three weeks of pregnancy and until the pups are whelped. The brood bitch needs 25 percent protein.

The debate concerning the superiority of wet or dry brands will probably continue as long as man is obliged to feed canine. Excellent brands are available in the can and in the sack, and the choice is pretty much a matter of convenience—price, storage and serving ease. Most veteran dog owners favor dry foods, since the good ones do provide more overall nutrition per pound and, thanks to low moisture, are more economical.

In every breed, happy adult dogs carry different weights, but only the lean ones carry proper weights. Most animals get by on one meal per day after 10 months of age, but there are problem dogs and for them two meals per day represent the solution. Each meal amounts to one-half the usual ration. The first meal remains constant and the second is used as a control. If the problem is underweight, then the control meal is increased. It is decreased, of course, if the dog is overweight. Either way, the change in measurement is about 5 percent. When necessary, it is repeated every four or five days until the dog attains-and retains-the ideal lean state.

Uncle Charlie's poodle

"He was a big dog, stood just over 29 inches at the withers and weighed about 90 pounds-or more than I did at the time. Compared to the poodles you see around today, he was a real powerhouse. Today, the breed lacks his heavy bone, really short coupling, deep brisket, strong quarters and tail. That's the way they bred the pudel in Germany 50 years ago, where it was a no-nonsense sporting breed and a good retriever on both land and sea." This is how Kurt Unkelbach describes Hans, the black standard-bred who is the hero of his delightful new book, Uncle Charlie's Poodle (Dodd, Mead, \$5.50). The book includes a warm and richly detailed account of a young boy's growing up in central Connecticut, half a century ago. Highlight of the book is a hilarious account of how the dog's penchant for chasing squirrels and rabbits was refined-through training-so that Hans became "the world's first pointing poodle."

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

Full flavor to match the best of times.

Zodiac times the action to 1/10 of a second. Yours for free B&W coupons, the valuable extra

This Swiss made Stop watch by

T

on every pack of Raleigh. To see over 1000 gifts, write for your free Gift Catalog: Box 12, Louisville, Ky. 40201.

ter Kings, 16 mg. "tar," 1.0 mg. nicotine, Longs, 17 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report Apr. '75



Q My cast bronze lamp base is decorated to resemble a tree. Its tapering "trunk" has roots extending to a base covered with grasses, pebbles, leaves and fronds. I have not been able to detect any initials, but do you think this could be a Tiffany lamp?

J.E.M.-Coloma, Mich.

A The lamp base in your photograph does look more like those



made for the colorful stainedglass shades of Louis C. Tiffany than the other possibilities that come to mind. The naturalism of the tree form is one that was exploited best by Tiffany, and not all the work from the Tiffany studio was marked.

Q Our glass punch bowl set with separate stand does not exactly follow any pattern I have ever seen. Could you tell me anything about it? C.E.H.—Citra, Fla.





between about 1870 and 1915, the most elegantly patterned glass of its time. One element is puzzling: The base is squatter than usual and may not have come with the set originally. You could test it by seeing how well it fits. Patterns were frequently patented by the manufacturers of cut glass, but a check of our sources does not yield the name of this design.

Q Our family has had this blanket chest for generations. It was made by one of my early relatives, perhaps by a man who had been a young Revolutionary War soldier. Can you tell how old it is?

S.J.-Oklahoma City, Okla.

A Your blanket chest may well date from the early 1800s. It appears to be a Connecticut product, suggesting that the Revolutionary War soldier was the likely maker. The piece's thick



legs are late interpretations of the Sheraton style, which was popular from about 1810 to 1830.

Q The raised letters "Centennial 1876" are the only marks I can find on this crystal satin glass vase. I would appreciate anything you can tell me about it.

W.C.S.-Westville, Okla.



The vase is an example of glass created to commemorate the big 1876 Centennial celebrated Philadelphia. in Pieces like this were made by Gillinder and Sons of that city. The hand holding the idealizing vase. women's hands. was a form used

as early as the 1850s in Parian ware.

Q Our "meat server" set has a cover and frame of a heavy silvery metal. The bottom part, under the platter, has a spigot. When was this made? R.C.D.—Stayton, Ore.

A The platter with receptacle for hot water appears to be an improved 19th-century version of a popular 18th-century food-warming device. Earlier examples were made of pewter



as well as porcelain. Your platter is very likely a combination of the ceramic and a white metal related to pewter. The design of the birds appeared in the mid-1800s when alloys intended to be superior to pewter were introduced. **Q** A family keepsake, this "Tom and Jerry" mug has a rusty brown mark on the bottom with the word "Dresden" in the middle. The names are lettered in gold. We would appreciate any help you can give us in identifying it.

O.V.S.-Muskegon, Mich.

A Squat mugs were a popular form in the late 19th century. The "Dresden" mark was used frequently on works of about 1880 because of a



widespread admiration for the 18th-century products of that area. Although its shape is one commonly used for shaving mugs, the names "Tom and Jer-

ry" refer to a traditional hot rum drink. Dresden mugs were frequently exported undecorated; the names and designs were added by professional decorators or ambitious amateurs.

Q An elderly friend gave me this chair. It has a pedestal base and claw feet and doesn't appear to have nails of any sort. I think it's made of oak and is at least 75 years old. Can you tell me something about its style and origin?

F.L.P.-London, Ohio

A The chair's design is a combination of Renaissance and Empire



styles and is very likely a product of the early 20th century. Its upper portion is based on the Italian folding chair often called a Savonarola, but the base has the characteristic

claw feet and plainness inspired by the early 1800s. The pillar (pedestal support) is an innovation by this particular craftsman, since the chair was very likely intended for use at a desk.

Now you can learn the real story behind that family treasure. We can't appraise an object for you, but we can tell you something of its style and origin. Send letters and **clear black-andwhite photographs** to: Ask Us About Your Antiques, American Home, 641 Lexington Ave., New York, N.Y. 10022. Include complete descriptions plus any details the pictures don't show. Questions of general interest will be published as space permits. Sorry, we are unable to return photos or send personal replies. —Marvin D. Schwartz 200th Anniversary SALE! 54-PIECE SET ONLY \$17.76 THE BUY OF A LIFETIME!

FIDDLEBACK FLATWARE OF 1776

-Reproduced As Authentic Replicas In Satin-Finish Stainless! 48-Piece Service For 8 Plus FREE 6-Piece Hostess Serving Set NOT \$39.95! NOT \$29.95! ONLY \$17.76

Your home can reflect the gracious living of Early American Colonial elegance when you grace your table with this incredibly beautiful service. To celebrate the 200th Anniversary of our country, we are offering the famous Americana Fiddleback Flatware in magnificent, satin-finish stainless steel at just a fraction of what you would expect to pay for such a luxurious matched set. Imagine! 48 piece service for 8 plus a FREE GIFT of 6 Fiddleback Serving Pieces-54 pieces in all and all for the incredibly low price of ONLY \$17.76!

LIMITED SUPPLY AVAILABLE AT THIS \$17.76 SALE PRICE

Don't be disappointed! Take advantage of this amazing low price while our supplies last. Order now and we'll send you the complete service for 8 including 8 Knives; 8 Dinner Forks; 8 Salad Forks; 8 Soup Spoons; 16 Teaspoons PLUS a SPECIAL FREE GIFT of a matching 6-Piece Hostess Serving Set that includes a Pastry Cutter-Server, Gravy or Punch Ladle, Serving Spoon, Serving Fork, Sugar Spoon and a Butter Knife– 54 pieces in all! The entire set is yours for just \$17.76 on full money back guarantee if you are not absolutely delighted. At this special low price, you'll want to order one set for yourself and another as a special gift for a cherished friend. But don't delay. Supplies are truly limited. Mail coupon today to avoid disappointment.

FREE! 6-PIECE HOSTESS SERVING SET!



Crown-Castle, Ltd., Dept. FB-14 51 Bank Street, Stamford, Conn. 06901

Please send me the 48-Piece Stainless Steel Americana Fiddleback Flatware Set plus the FREE 6-Piece Fiddleback Hostess Serving Set for just \$17.76 on full Money Back Guarantee if I am not absolutely delighted. Please add \$2.00 for postage and handling.

Enclosed is \$	
Card No.	BankAmericard
Expiration Date	American Express
Name(Please Address	Print Clearly)
City	
State	Zip
Serving Sets for only \$34.95	ts including two FREE Hostess plus \$2.00 post. & handling. add 7% Sales Tax

		check or money order. Sorry, no C.O.D Check Campbell Kids needlepoint desired 	AMERICANA STENCIL KIT makes it easy and fun to decorate just about any sur- face with a daz- zling variety of folk art-inspired designs. Kit includes transpar- ent, reusable stencil sheets, 3 starter markers and lots of project
1	city		suggestions.



By Ann B. Bradley Hail to those durable darlings, the Campbell Kids[®]. Now they're back to beguile us in easy needlepoint kits, each 12 by 15 inches. This bouncy twosome with "Campbell Kids"[®] is a trademark of the Campbell Soup Co. their jaunty jingles have long delighted the American public. Kits are complete with canvas printed in full color, plus all yarns and instructions. Easy-to-assemble frames are available.



van pyramid from ent Mexico. annica 3 shows what life was in bygone izations.



Male Mandrill. He shows his colors to attract a mate in an article on "Biological Coloration." 0

Butterfly fish. Nature articles explain why creatures look the way they do.



Lightning. Britannica 3's many articles on science give you a new look at natural occurrences.

You and your family are invited to sample the most readable, most understandable encyclopaedia ever created.

One-Volume Outline of Knowledge

19-Volumes of Knowledge in Depth

Space Age clopaedia. innica 3 gives access to the t scientific technological mplishments

olume 🕨

dy Reference



eless masterpiece painted in dots! over the techniques of noted artists Seurat, shown here,



nesian Symphony. The music of gn cultures comes alive through is and pictures in Britannica 3.



vel box made of emeralds! Just one treasures from Britannica 3's on of "Gemstones."

A revolutionary 3-part home learning center. It makes even the most difficult material much easier to understand and use.

Our planet has experienced a "knowledge explosion." In just one generation, man has made incredible forward strides in science and technology. Conventional encyclopaedias simply cannot keep pace. That's why Encyclopaedia Britannica . . . the world's most authoritative reference work . . . was totally redesigned and rewritten to bring you and your family the kind of encyclopaedia you need today.

Britannica 3 . . . more useful . .

in more ways... to more people. The all-new Britannica 3 is a completely redesigned encyclopaedia. It is written in clear, readable language... the language of *today*... so that even the most complex subjects become much easier for your children to understand.

Totally new format.

Britannica 3 is the *only* encyclopaedia divided into three parts. This revolutionary new format creates a home learning center that is far more informative and easier to use.

1. The Ten-Volume Ready Reference. Ideal for finding information quickly. 102,000 articles (each less than 750 words) cover every area of knowledge. Exceptionally helpful in homework... your children will welcome the easily readable style.

2. Nineteen Volumes of Knowledge in Depth. This section is designed for readers who want to explore entire fields of learning. 4,200 authoritative articles provide the detailed coverage that has made Britannica the acknowledged leader in its field. Here, once again, the language is clear, contemporary... intended for every member of your family.

3. The One-Volume Outline of Knowledge. Now, for the first time, the whole of human knowledge has been organized by subject into one readable volume. It serves as a guide to the entire encyclopaedia and permits you to plan your own course of study. There's nothing newer than

Britannica 3.

Here's more good news. When you select Britannica 3, it comes to you with this unqualified assurance: Each year it is kept upto-date with the latest facts in every area of learning. And when you judge by the 43 million words in its 30 beautifully bound volumes, Britannica 3 delivers more value per dollar than any other accepted reference.

FREE Preview Booklet.

You have just read some of the good reasons why Britannica 3 belongs in your home. But there are so many more—all graphically presented in our new Preview Booklet...

filled with colorful pictures and exciting facts. This Preview is yours *free*... no obligation ... so please **the set**

Let us mail you this new Britannica PREVIEW BOOKLET FREE!

If card is detached, write to Britannica 3, Dept. 300-F, 425 N. Michigan Avenue, Chicago, III. 60611

New Exterior Varathane: The best protection for wood since bark.

Varathane Exterior Liquid Plastic. Great protection for wood things that have to stay outside. Great protection for anything that has to stay outside. Things that need some fixing up. It flows on smooth and clear and dries glossy. The coating it leaves helps your finish last years longer.

What interior Varathane finishes did for inside jobs, new Exterior Varathane does outside. New Exterior Varathane. Now you know what to buy next time you've got an outside finishing job. The Flecto Company, Inc., P. O. Box 12955, Oakland, California 94604. Varathane Exterior Liquid Plastic. It protects things.

American Home August, 1975

Like so many of our features, the story of the Peter Reads, which follows, began with a tip mailed to us by a friend. It was followed by an enthusiastic letter from Carol Read, telling how she and her husband and two daughters had completely transformed their California home -plus "before" and "after" snapshots chronicling three years of remodeling and dec-



orating. We applaud the Reads for their efforts and for superlative results. To us they stand in the forefront of American families who, today more than ever before, are using their own energies and talents to personalize their homes. Because of their vision, taste and loving concern for detail, the Reads are our choice of "Family of the Year." — The Editors

Meet our family of the year

ANR MANUL



Building/Remodeling Department

Jane Randolph Cary Siew-Thye Stinson

FAMILY OF THE YEAR

Spanish villa style into Swiss chalet

"When we first saw the house, it was a wan pink Spanish-style villa enveloped by overgrown bushes and shrubs," Carol and Peter Read recall of their now sparkling chalet in California hill country. "For 50 years it had been a little-used summer cottage without personality or purpose." But the Reads loved the location and the European feel of the house. "We moved



into it in December 1972 and quickly learned what problems lay ahead. We needed new wiring, new plumbing, even a new roof." These basics taken care of, Peter enlisted the help of a carpenter; together they shingled the top half of the house and added cutout details to the roof, balcony and window boxes. Carol painted on her edelweiss stencil design (detail, next page). It took almost a year to complete the exterior with its rich charcoal-brown plus powderblue trim. "The interior was an impractical arrangement of small spaces with many doors—some of them fake," Carol remembers. She and Peter knocked out walls to create more openness and flow, and extended the kitchen to accommodate a breakfast nook (page 58). The charm—and the challenge—of the house was its unique shape, and the Reads didn't want to change that. Each room is on a different level, and all open onto an old stone patio or a balcony shaded by live oak trees (above). "We didn't enlarge the place, says Peter. "It's still about 2,000 square feet. But we gave it the look of a chalet in Switzerland."

Shapes, textures and detailing add to the distinct charm of the Read house (left). Young daughters set out for school through the well-tended hillside garden.







Garden gate cut out for fun

Heart-shaped cutout (pattern below)

looks toward breakfast nook. To build

Hand-painted edelweiss decorates roo fascia. As a finishing touch, Peter used exterior varathane clear liquid plastic on trim for year-round gloss. "This trim is two years old," he says, "but people keep asking if we've just painted it



Illustrations by Marye Spot



Sawn-wood ornament sets off pretty, sun-lit front porch. Peter used a hand jigsaw to do cutouts and gingerbread. To make, enlarge squares in pattern to 1 inch; cut 2 per up-right. Place centers together.







"Heidi House"

Backyard playhouse is a special joy for Read children. Exterior echoes Swiss styling of main house: smart dark trim, decorated fascia and mini Dutch door. It's a little

girl's dream house that requires the skills of a pro-or of a highly experienced do-it-yourselfer-to build. To order "Heidi House" plans, see coupon on page 84.

FAMILY OF THE YEAR

In revitalizing their 50-year-old house in California, Carol and Peter Read invested generously of their taste and personality. Outside, the house got a new face (preceding story). Inside, spaces were rearranged and the Reads relied on their individual talents to provide de-



tails that make the place unique. Peter handled much of the heavy carpentry. Carol's handiwork shows up in the Interior Design Department

Helene Brown Jane L. Lawrence

window treatments she created, in the pillows at left, which she designed (howtos, page 73) and in the kitchen and fireplace tiles she meticulously handpainted. Because of house's modest size (2,000 square feet) and open floor plan, interior tones were coordinat-

ed for design unity. Blue, Carol's favorite, became dominant, with apple green a refreshing companion. (continued)



Living room's rich contrasts

Dark wood tones of mantel and antique tables add traditional note to contemporary pieces in cool blue and ed her own for fireplace surround (see coupon page 84).



Latticework walls, wicker furniture and a baker's rack brimming with greenery give family room indoor-outdoor appeal all year.

Perfect spot for family dining and entertaining, California style

By removing a wall, the Reads created a wide-open dining area at far end of living room. They expanded windows to add light and to make the room an extension of the view. Painted country chairs echo lines of handturned newel posts, which help separate dining and living areas. Flowers by Seifert Floral Co., designs



Kitchen's cool efficiency with warm personal touches

Peter's penchant for curves is reflected in cabinet design and in breakfast nook's arched moldings (opposite). Blue and white theme of vinyl flooring recurs in removable gingham panels hung on rods inside wooden cabinets and in ceramic counter tiles, which Carol painted. (To send for pattern, see page 84.)

Custom-built armoire to make up for limited closet space in children's room

Armoire was constructed from design Carol and Peter had once seen and liked. Painting it to complement their interior color scheme, the Reads gave it a built-in look. As a finishing touch, Carol used acrylic colors and freehand flair to paint floral border on armoire and also on bedroom door. (To order armoire how-tos and floral border pattern, see the coupons on page 84.)





Following these step-by-step how-tos, you can construct the breakfast nook that fills the extension to Carol and Peter Read's kitchen (page 56). Study directions carefully before you buy materials or do any work.



Make a full-size pattern of J on heavy paper, using meaurements from diagram 5A. Cut five J; cut notches at top ind bottom of each for K and L. Cut K, L and M to same ength as A; place K on back unit and mark locations of each 3 on K; repeat with L. Using 6d nails, attach K to each J so 1 J is centered on each mark of B; using 4d nails, attach L o top of each J in same manner, then nail M to top of each so back edge of M and L are flush (diagram 5).

Place seat back against back wall; with 6d nails, toenail J nto each B; using 8d nails, nail K and L into wall studs as before (diagram 6). Following same procedure and markng locations of C and E on K and L, make seat back for side nit, but *do not attach across top*. Cut back N to length reuired by 19" high; hold N in place temporarily with a few ails so top of N is flush with top of M; place back of side in osition, lay O on top and mark outline of O on N; remove I and cut notch at each top corner to receive O. Using 6d ails, attach N to J and M (diagram 7).

Toenail J to C and E with 6d nails; nail K and L to wall tuds, as before. Cut O to length to fit from front edge of M o outside edge of J at front corner; nail O to J with 6d nails diagram 7). Make seat back; attach to other side wall the ame way. Measure along front edge of O from front of N o end of O; cut P to this length by 19" wide. Hold P in place emporarily so top edge is flush with top of O; at top corner neasure open space between top of P and top of N; transfer

17"

SIDE OF S

14

16%"

his measurement to bottom of P; raw line connecting top and bottom oints. Remove P; cut along marked ne so P will fit against slanted face f N (diagram 8).

Using 6d nails, attach P to J and Cut and attach P to other (continued on page 72)







Crafts Department Rachel Newman Jane Luddecke Louise Fiore

Bring a touch of the past to your bedroom with a stylish accent, and make it yourself! In the style of fine European crochetwork, this bedspread is easier to do than a first glance reveals. Made of cotton yarn, it's worked in squares that are crocheted together with a delicate allaround border. The size is flexible-our instructions are for single- and double-size spreads-the look is just right. It will soon become a family trea-



sure, adding a traditional note to the most contemporary setting. How-tos on page 74.

> Yarn by Coats & Clark Brava





For no-cook eating

Gazpacho Enjoyed in the sunny south of (derived from the Moorish "soaked bread") makes a lively meal opener. It's a chilled salad-like soup rich in vitamin C from tomatoes, with hints of bread, garlic, oil and vinegar—all whirled in a blender and garnished with chopped vegetables and croutons.

American Home Cooking Lesson



Gazpacho

I small clove of garlic, minced 1¼ teaspoons salt 2 whole pimientos, sliced ¼ cup olive oil ¼ cup fine bread crumbs 2 pounds fresh, ripe tomatoes 2 tablespoons red wine vinegar 2 cups cold tomato juice or ice water 1 green pepper, seeded, chopped 2 tracumber, pared, seeded, chopped 2 bunches green onions, chopped 2 cups plain toasted croutons





In mortar with pestle, 1 pound garlic with salt to make a paste. Add pimientos; pound until thoroughly blended. Work in olive oil and bread crumbs. Or whirl ingredients in blender. Set aside; marinate a few hours. Core and quarter toma-2 toes. Place in blender container. Cover. Puree; stop occasionally to scrape down tomatoes with rubber spatu-la. There should be 3 cups puree when you're finished. Gradually pour pureed 3 Interpretended to the server over large bowl. With rubber spatula, force puree through sieve to remove seeds and skin; discard residue. Add vinegar and marinated paste to puree. Return to blender; cover; blend until thick and smooth. Pour into bowl; cover; chill. When ready to serve, stir in cold tomato juice or ice water. (A thicker, richer, deeper red soup will result when juice is used rather than water.) Put vegetables and croutons in separate bowls. Ladle soup into serving bowls. Pass garnishes. Makes 6 to 8 servings.

Photographs by Lynn St. John Shopping Information, page 84 - FC

Great main-dish salads

When the mercury goes up and your cooking energy goes down, serve one of these cool-for-summer salads. Each gets a nutritious and satisfying protein boost from supermarket ready-to-eat meat, poultry, fish or cheese—along with a variety of vitamin-laden canned or fresh vegetables and greens. To make these and other main-dish delights, see recipe section beginning on page 68.

Sliced Meat-Cheese Salad Platter has blue cheese dressing and parsley sprinkles.



green goddess dressing tops a serving of Avocado Seafood Salad.

A swirl of fresh dill crowns quickand-easy Dill Macaroni Tuna Salad.



Meat wedges coated with curried cream cheese are the focus of Curried Luncheon Meat Salad garnished with green pepper shapes.



Sardine Bean Salad, a meatless meal-in-one, is layers of proteinrich beans and onions, ending with sardines, olives, French dressing mix.

For no-cook eating ...

Instant Pudding

Take a package of

You can save time and effort and still make luscious desserts: Start with versatile instant pudding, available in a range of flavors. We've teamed some of them with fruit and nuts, cakes, cookies—and milk products for a nutrition plus. To make the creamy quartet shown, and more, see recipe section, page 68.

Try one of our easy, do-ahead desserts to complement your next family meal. Pictured are: Banana Rum Charlotte, Chocolate Cheese Pie, Frozen Peaches and Cream Sandwiches, Pistachio Mint Dessert.

and and the

There's a little Eve in every woman.

FVF

20 FILTER

ILTER CIGAL

RESER

CIGARETTES

Try today's Eve. Flowers on the outside. Flavor on the inside.

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

er and Menthol: 18mg. "tar," 1.3mg. nicotine av. per cigarette by FTC Method

Keep cool with our no-cook 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.

Main-dish salads

continued from page 65

The smart shopper says:

· Our salads are so substantial that a light appetizer, bread and dessert are all you need to round out a meal.

· We suggest serving our cold salads with one hot or warm item on the menu. Rely on a microwave oven or small appliances such as a toaster-oven, toaster or electric skillet to warm soup, rolls, breads or desserts.

· Be flexible when making salad meal purchases. Let price be your chief deciding factor. Example: For canned meat you can use chopped ham or chopped luncheon meat; use boned turkey instead of chicken. Bologna and American cheese, or any type of sliced meat or cheese will do fine in our salad platter recipe.

· Fresh vegetables that need no cooking, salad greens and canned vegetables are recommended for our recipes. They offer the best price, nutrition and flavor value at this time of year.

Sliced Meat-Cheese Salad Platter

(pictured on page 65)

Makes 4 servings. Each serving without dressing: 376 cal.; 22.9 gms. P.; 25.4 gms. F.; 25.3 gms. C. Blue Cheese Dressing per tablespoon: 96 cal.; .3 gm. P.; 9.2 gms. F.; .9 gm. C. Source of vitamins A and C.

- 1/2 of twin-pack envelope (3/4 ounce) or 1 envelope (0.7 ounce) creamy blue cheese salad dressing mix
- 1 package (12 ounces) variety-pack, sliced round cold meats
- 2 rectangular slices Muenster cheese 1 head romaine
- 12 cherry tomatoes, halved
- pitted colossal ripe olives, quartered 3
- small head cauliflower

tablespoon chopped parsley

1. Prepare salad dressing mix according to envelope directions. Chill.

2. Just before serving, arrange salad on platter. Fold sliced meats in half. Alternately arrange varieties around edge of platter. Cut cheese in half crosswise. Cut half-slices diagonally into triangles, then cut triangles in half. Place triangles on top of sliced meats. 3. Remove outer leaves of romaine;

use in sandwiches or other recipes. With the small inner leaves, line center 68

of platter. Arrange a ring of tomato halves next to sliced meats. Arrange olive quarters next.

4. Separate cauliflower into flowerets: reassemble in center of platter. Top with some dressing; pass remainder in bowl. Sprinkle cauliflower with parsley. 5. American Home's Suggested Menu:

Sliced Meat-Cheese Salad Platter

with Blue Cheese Dressing Crusty French Bread Thawed Frozen Layer Cake

Avocado Seafood Salad

(pictured on page 65) Makes 4 servings. Each serving: 395 cal.; 17 gms. P.; 31.75 gms. F.; 12.5 gms. C. Source of thiamine, niacin, vitamins A and C.

- 1/2 cup bottled green goddess dressing
- 1/2 cup fresh parsley leaves
- 1/4 cup heavy cream, whipped 1 large avocado, chilled (about 12 ounces)
- 1 tablespoon lemon juice
- 1/2 cantaloupe, seeded
- 2 packages (6 ounces each) frozen snow crabmeat or crabmeat with tiny shrimp, thawed
- 1/2 cup sliced celery

Boston lettuce leaves

1. In blender container, place goddess dressing and parsley. Cover; blend until smooth. Pour into small bowl; fold in whipped cream. Cover. Chill.

2. Cut avocado lengthwise in half. Remove pit. With small melon-ball cutter or 1/2 -teaspoon metal measuring spoon, scoop avocado into 3/4 -inch balls. Place in bowl; add lemon juice to keep from discoloring. Scoop cantaloupe into balls; add to avocado.

3. Drain off liquid from seafood, Add seafood and celery to bowl. Toss very gently. Line 4 scallop shells or salad plates with lettuce leaves. Spoon avocado mixture into each. Top with some dressing; serve rest separately.

4. American Home's Suggested Menu:

Iced Cream of Chicken Soup Avocado Seafood Salad

Toaster Corn Cakes

Applesauce on Warm Gingerbread

Dill Macaroni Tuna Salad

(pictured on page 65) Makes 4 servings. Each serving: 295 cal.; 22 gms. P.; 12.4 gms. F.; 23 gms. C. Source of thiamine and niacin.

- 2 cans (143/4 ounces each) elbow
- macaroni and cheese

1 can (61/2 to 7 ounces) tuna, drained

- 1/2 cup diced celery
- 2 tablespoons snipped chives
- 2 tablespoons lemon juice

11/2 teaspoons chopped fresh dill or 1/2 teaspoon dried dill weed

- 1 teaspoon dry mustard
- 1/8 teaspoon pepper

1. In large bowl gently toss macaroni and cheese, tuna, celery, chives, lemon juice, dill, mustard and pepper. Cover. Refrigerate until cold.

2. Before serving, spoon into serving

bowl. Garnish with garland of fresh dill, if desired. Serve over iceberg lettuce leaves, if desired.

3. American Home's Suggested Menu: **Dill Macaroni Tuna Salad**

on Iceberg Lettuce Leaves Warm Brown & Serve Rolls Peach Melba

Curried Luncheon Meat Salad

(pictured on page 64)

Makes 4 servings. Each serving: 506 cal.; 19.8 gms. P.; 43.4 gms. F.; 10.6 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 1 package (8 ounces) cream cheese
- cup milk
- 2 tablespoons cider vinegar 1 teaspoon curry powder
- can (12 ounces) luncheon meat, 1
- chilled
- 1/2 teaspoon salt
- 1 green pepper
- 1 head iceberg lettuce, about 11/2 pounds
- 1 small cucumber, sliced
- 1/4 cup sliced radishes

1. In small bowl beat cream cheese until fluffy. Add milk, 1 tablespoon vinegar and curry. Mix until blended. 2. Cut luncheon meat crosswise into 4

even slices, about 3/4 inch thick. Cut slices diagonally into halves; place on wire rack over wax paper. Using small spatula, coat each piece with thin layer of curried cream cheese. Allow excess to drip onto paper.

3. Return any drippings to bowl. (You should have half of curried cheese left in bowl.) Add remaining tablespoon vinegar and salt. Stir until blended.

4. Cut slice off top of green pepper; remove seeds and membranes. Cut edge of pepper in sawtooth design. Using cutaway green pepper pieces, cut into eight 1/4-inch diamonds and 16 crescent shapes.

5. Arrange pepper shapes on top of coated luncheon meat. Shred lettuce; place on large platter. With spatula lift luncheon meat onto bed of lettuce. Place green pepper cup at one end.

6. Fill pepper cup with remaining curried cheese. Arrange cucumber around edge of platter. Place sliced radishes in several areas. Garnish with whole, decorated radishes, if desired.

7. American Home's Suggested Menu: Hot Parsley-Beef Broth

Curried Luncheon Meat Salad Buttered Toast Points Pear Compote

Sardine Bean Salad Bowl (pictured on page 64)

Makes 4 servings. Each serving without dressing: 415 cal.; 26 gms. P.; 7.7 gms. F.; 63.9 gms. C. Chili French Dressing per tablespoon: 86 cal.; .3 gm. P.; 9 gms. F.; 1.2 gms. C. Source of thiamine, niacin and vitamin C. 1 can (16 ounces) pinto beans, drained

can (16 ounces) cut golden wax beans, drained

- 2 medium-size red onions, sliced
- 1 can (16 to 20 ounces) garbanzos or chick-peas, drained
- can (33/4 ounces) Norwegian sardines 1 in oil, drained
- 6 pimiento-stuffed green olives, halved
- 1 envelope (0.9 ounce) French salad dressing mix or 1 envelope (0.6 ounce) old fashion French salad dressing mix
- 1 can (8 ounces) tomato sauce
- 1 teaspoon chili powder

1. In straight-sided clear bowl, layer pinto beans, wax beans, onions and garbanzos. Top with sardines and olives. Cover. Chill until serving time.

2. Prepare salad dressing mix according to package directions, adding tomato sauce and chili. Chill.

3. Before serving, shake dressing; pour some on salad. Serve rest separately.

4. American Home's Suggested Menu: Sardine Bean Salad Bowl with Chili French Dressing Watercress Finger Sandwiches Warm Plum Cobbler

Ham and Cheese Fruit Salad

Makes 4 servings. Each serving: 547 cal.; 25.3 gms. P.; 27.6 gms. F.; 52.9 gms. C. Source of thiamine, riboflavin, vitamins A and C.

- 2 cans (41/2 ounces each) deviled ham 1 carton (12 ounces) pot-style cottage cheese (11/2 cups)
- 1/4 cup bottled Thousand Island dressing
- 1/2 teaspoon salt
- 1/8 teaspoon hot-pepper sauce
- 1 can (20 ounces) sliced pineapple in pineapple juice, chilled
- 1 pound fresh nectarines, chilled
- 1/2 pound seedless grapes, chilled
- Leaf lettuce leaves

1. In large bowl combine deviled ham, pot cheese, dressing, salt and hot-pepper sauce until well mixed. Cover. Chill. 2. Drain pineapple; use juice for beverages. Cut nectarines into slices; discard pits. Remove grapes from stems. 3. Line 4 individual salad plates with lettuce leaves. Arrange sliced pineap-ple in center. Top with mound of ham and cheese mixture. Surround with sliced nectarines and grapes. 4. American Home's Suggested Menu:

Tomato Juice with Celery Stalk Ham and Cheese Fruit Salad Canned Brown Bread Slices Ready-to-Serve Rice Pudding

Chicken Salad Oriental

Makes 4 servings. Each serving: 309 cal.; 30.5 gms. P.; 13 gms. F.; 21.6 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C.

- 1/4 cup soy sauce
- 2 tablespoons lemon juice
- 4 teaspoons sugar
- tablespoon pure vegetable oil 1
- 2 teaspoons sesame seeds
- 1 teaspoon ground ginger
- 3 cans (5 ounces each) boned chicken can (16 ounces) bean sprouts, 1
- chilled, drained and rinsed
- 1 can (6 ounces) sliced bamboo shoots, chilled and drained
- 1 head iceberg lettuce
- 1/4 cup finely shredded carrots

1. In large bowl combine soy sauce, lemon juice, sugar, oil, sesame seeds and ginger. Drain chicken on paper towels. Cut into chunks; add to soy mixture. Cover. Chill until cold.

2. Just before serving, add bean sprouts and bamboo shoots. Cut lettuce crosswise into 1-inch slices to form rafts. Place lettuce rafts on large serving plate. Top with chicken mixture. Garnish with shredded carrots.

3. American Home's Suggested Menu: Summer Potato Soup **Chicken Salad Oriental Refrigerated Crescent Rolls** Chilled Pineapple Chunks

Vegetable Chef Salad

Makes 4 servings. Each serving: 775 cal.; 16.5 gms. P.; 69 gms. F.; 23.3 gms. C. Source of vitamins A and C. 3/4 cup pure vegetable oil

- 1/4 cup tarragon vinegar
- 1 tablespoon Dijon-style mustard
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/4 teaspoon pepper
- 3 cans (5 ounces each) Vienna sausages, drained and sliced diagonally
- 1/2 pound zucchini, cut into julienne strips (11/2 cups)
- 1 can (141/2 or 16 ounces) cooked and peeled whole new potatoes, drained and sliced
- 1 can (16 or 17 ounces) peas and diced carrots, drained
- 1 can (3 ounces) sliced broiled mushrooms or 1 jar (21/2 ounces) sliced mushrooms, drained **Escarole or romaine leaves**

1. In jar put oil, vinegar, mustard, salt, sugar and pepper. Cover; shake.

2. In separate bowls, place sausages, zucchini, potatoes, peas and carrots and mushrooms. Add some dressing to each; toss. Cover. Chill.

3. Before serving, line large bowl with leaves. Spoon sausages and vegetables in separate mounds over leaves.

4. American Home's Suggested Menu: Honeydew Fruit Cup

Vegetable Chef Salad Herbed Buttermilk Biscuits No-Cook Lemon Chiffon Pie

Beef and Cabbage Slaw

Makes 4 servings. Each serving: 396 cal.; 21.3 gms. P.; 23.5 gms. F.; 25.8 gms. C. Source of thiamine, riboflavin, niacin, vintamins A and C.

1 head green cabbage, about 3 pounds, finely shredded

1/2 cup bottled creamy onion dressing 1 teaspoon salt

- 1/4 teaspoon pepper
- 1 can (12 ounces) corned beef, chilled
- 1 can (16 ounces) sliced carrots,
- chilled and drained

1. In large bowl combine shredded cabbage, onion dressing, salt and pepper until well mixed.

2. Cut beef into 1-inch chunks. Add beef and carrots to cabbage mixture. Toss gently to mix. Serve immediately. 3. American Home's Suggested Menu:

Bagna Cauda

(Italian Vegetable Fondue) **Beef and Cabbage Slaw** Whole Wheat Rolls No-Bake Cheesecake

Instant Pudding

continued from page 66

The smart shopper says:

· When shopping for instant puddings, read the labels to be certain that you're buying "instant" instead of "regular" cook-variety puddings. They're often displayed on the same shelf.

· Calorie and budget watchers, use reconstituted nonfat dry milk, skim milk or skim milk products to make instant puddings instead of fresh, whole milk. Results will be just as nutritious but with a soft consistency.

· To save time preparing instant pudding, put dry mix and cold milk in a quart jar with tight-fitting lid. Seal jar and shake vigorously until blended-1 to 2 minutes. Pour into serving dishes; let stand 5 minutes until set.

· When preparing instant pudding to eat as is, do not overbeat; beat only until blended. Beating at high speeds may prevent pudding from setting. When incorporating instant puddings into our recipes, follow instructions carefully. When combined with other products, it is sometimes necessary to increase beating speed.

· Once pudding has been served or pie cut, weeping or separating may occur. This will not affect the flavor, just the appearance. You can stir pudding until creamy again, but the set will be soft.

Banana Rum Charlotte

(pictured on page 66)

Makes 12 servings. Each serving: 307 cal.; 6.6 gms. P.; 7 gms. F.; 43 gms. C.

- 2 packages (3 ounces each) ladyfingers (24)
- 2 packages (31/2 ounces each) banana cream instant pudding or 2 packages (33/4 ounces each) banana cream instant pudding and pie filling
- 2 packages (13/4 ounces each) whipped topping mix
- 23/4 cups milk

2 tablespoons dark rum

3 medium-size bananas, about 1 pound 1/2 cup salt-free dry roasted peanuts

1. Open ladyfingers into halves; do not separate into pieces. Arrange 24 halves upright around sides of 9-inch springform pan, cut side toward center. Separate and press remaining halves into bottom of pan to form compact layer. Cover with plastic wrap to keep moist. 2. Into medium-size bowl place instant pudding or instant pudding and pie filling, topping mix, milk and rum. Beat on low speed of mixer until well blended. Increasing speed gradually, beat 5 minutes or until soft peaks form. 3. Peel and cut bananas crosswise into 1/4-inch-thick slices. Fold bananas and peanuts into pudding mixture. Turn into cake-lined pan; chill until firm.

4. If desired, pipe whipped cream from aerosol can around top edge of charlotte and stud with candied lilacs. To serve, remove sides of pan; cut into wedges.

5. American Home's Suggested Menu: Creamy Noodles 'n Tuna Meal

Stir-Fried Zucchini Stuffed Celery . Cucumber Spears **Banana Rum Charlotte**

continued

[continued]

Chocolate Cheese Pie (pictured on page 66)

Makes 8 servings. Each serving: 391 cal.; 6 gms. P.; 25.5 gms. F.; 40 gms. C.

- 11/2 cups graham cracker crumbs
- 1/4 cup sugar
- 1/2 cup liquid margarine
- 1 package (8 ounces) cream cheese, softened
- 1 carton (8 ounces) plain yogurt
- 1 cup milk
- package (4¹/₄ ounces) chocolate instant pudding or 1 package (4¹/₂ ounces) chocolate instant pudding and pie filling

1. In small bowl combine graham cracker crumbs, sugar and liquid margarine thoroughly. Press mixture firmly and evenly against bottom, sides and rim of 9-inch pie plate. With bowl of small spoon (a teaspoon is excellent) on inside of rim, and with thumb and index finger on outside of crust, shape crust around spoon. Repeat around rim to make a scalloped edge. Chill.

2. In large bowl of mixer, beat cream cheese and yogurt together until smooth. Beat in milk gradually. Add instant pudding or instant pudding and pie filling; beat on low speed until well blended. Spoon into crumb crust; chill until firm. Garnish with whipped cream and sliced natural almonds, if desired.

3. American Home's Suggested Menu: Barbecued Lamb Shish Kebabs Mushroom Rice Pilaf Pear-Lime Gelatin Salad

Chocolate Cheese Pie

Frozen Peaches and Cream Sandwiches

(pictured on page 66)

Makes 9 sandwiches. Each one: 148.5 cal.; 1.6 gms. P.; 4.4 gms. F.; 25 gms. C.

- 1 can (15 to 17 ounces) sliced cling peaches
- 1 cup light cream or half-and-half

2 teaspoons grated lemon peel

1 package (3¾ ounces) French vanilla instant pudding and pie filling

18 tea cookies

1. Drain peaches (reserve ¹/₂ cup liquid); chop into ¹/₂-inch chunks. In bowl, combine ¹/₂ cup peach liquid, light cream or half-and-half and grated lemon peel. Add instant pudding and pie filling; beat on low speed 1 to 2 minutes. Fold in peaches.

2. Pour pudding mixture into foillined 9x5x2³/₄-inch loaf pan. To make cookies fit evenly in pan, have 5-inch side nearest you. Beginning at top of pan, place 3 cookies lengthwise and 1 crosswise, flat sides down, along left side. On right side beginning at top, place 4 cookies crosswise and 1 lengthwise. Freeze overnight.

3. Using foil, lift frozen pudding out of pan. With sharp knife, cut around cookies to make 9 pieces; cover bottom of each with remaining cookies. Wrap individual sandwiches in aluminum foil and freeze until serving time.

4. American Home's Suggested Menu: Cream of Onion Soup Chef's Salad • Italian Dressing

Chef's Salad • Italian Dressing Bread Sticks

Frozen Peaches and Cream Sandwiches 70

Pistachio Mint Dessert

(pictured on page 66) Makes 4 servings. Each serving: 309 cal.; 4.1 gms. P.; 4.5 gms. F.; 35.5 gms. C.

1 package (3¹/₂ ounces) pistachio instant pudding

13/4 cups milk

- 1 cup marshmallow cream
- 1 tablespoon green crème de menthe

1. In small bowl of mixer, prepare instant pudding according to package directions, using 1³/₄ cups milk. With mixer set on low speed, beat in marshmallow cream and crème de menthe until well blended. Pour into small pan; freeze 3 hours or until solid.

2. At serving time, spoon into tall glasses. Top with additional crème de menthe, if desired.

3. American Home's Suggested Menu: Antipasto with Salami

Cheese Pizza on English Muffin Spinach Salad with Garlic Dressing Pistachio Mint Dessert

Brandied Strawberry Shortcake

Makes 6 servings. Each serving: 242 cal.; 4.8 gms. P.; 6.4 gms. F.; 36 gms. C. Source of vitamin C.

- 1 package (3¹/₂ ounces) vanilla instant pudding or 1 package (3³/₄ ounces) vanilla instant pudding and pie filling 1 cup milk
- 2 egg whites
- 1 cup thawed, frozen whipped topping

2 tablespoons brandy

- 1 pint strawberries
- 1 package (about 5 ounces) sponge cake dessert shells (6)

 Prepare instant pudding or instant pudding and pie filling according to package directions, using 1 cup milk.
 Beat egg whites until stiff but not dry. Fold whites and thawed topping into pudding; chill.

3. Just before serving, stir brandy into chilled pudding mixture. Wash, hull and slice berries. Place dessert shells in individual dishes. Spoon half of sliced strawberries evenly over shells, top with half of brandied topping; repeat.

4. American Home's Suggested Menu: Cocktail Vegetable Juice

Charcoal Grilled Ham Slice Hot Pork & Beans • Chicory Salad Brandied Strawberry Shortcake

Fruit 'n Coconut Ambrosia

Makes 8 servings. Each serving: 255 cal.; 4.5 gms. P.; 11 gms. F.; 32 gms. C. Source of vitamin C.

- 1 package (13/4 ounces) whipped topping mix
- 1 package (3³/₄ ounces) coconut cream instant pudding and pie filling
- 1 can (11 ounces) mandarin oranges, well drained
- 2 cups seedless grapes, stemmed and cut in half
- 1 cup blueberries
- 1/2 cup coarsely chopped walnuts

 In separate bowls prepare whipped topping mix and instant pudding and pie filling according to package directions; fold together.

2. Fold in drained oranges, grapes, blueberries and walnuts. Chill. Spoon into serving dishes; sprinkle with toasted coconut, if desired. 3. American Home's Suggested Menu: Sliced Cold Meat Loaf Wilted Lattuce Select Option Picewite

Wilted Lettuce Salad • Onion Biscuits Fruit 'n Coconut Ambrosia Sugar Cookies

Butterscotch Applesauce Log

Makes 10 servings. Each serving: 193 cal.; 2 gms. P.; 7 gms. F.; 30 gms. C. 1 cup milk

1/2 cup applesauce

1 package (31/2 ounces) butterscotch instant pudding

36 brown edge wafers

1 cup thawed, frozen whipped topping 1. In small bowl of mixer, combine milk and applesauce. Add instant pudding and beat on low speed 2 minutes. Let stand 5 minutes.

2. Spread wafer tops with pudding mixture. Stack to make 6 groups. Place stacks end to end lengthwise on a 20-inch piece of wax paper to make log. Wrap securely in paper and then in aluminum foil. Freeze 2 to 3 hours or until slightly firm. Transfer to refrigerator.

3. At serving time, unwrap log and place on plate. Frost log with thawed topping; sprinkle with multicolored nonpareils, if desired. To serve, slice diagonally.

4. American Home's Suggested Menu: Turkey Salad on Lettuce Leaves Vegetable Relishes Sour Dough Rolls

Butterscotch Applesauce Log

Tropical Trifle

Makes 10 servings. Each serving: 279 cal.; 6.6 gms. P.; 10 gms. F.; 42 gms.

- C. Source of vitamin C.
- 1/2 cup instant nonfat dry milk
- 1/2 cup ice water
- 2 tablespoons lemon juice
- 1 package (3¹/₂ ounces) vanilla instant pudding or 1 package (3³/₄ ounces) vanilla instant pudding and pie filling
- 1 thawed, frozen pound cake, about 103/4 ounces, cut into bite-size pieces
- 2 tablespoons sherry
- 1 papaya, about 14 ounces, peeled, seeded, cut into ½-inch chunks
- 1 package (10 ounces) frozen raspberries in quick thaw pouch, thawed, well drained

1. In small, deep bowl combine dry milk and ice water. Beat with mixer on medium speed until soft peaks form. Add lemon juice; continue beating until stiff peaks form.

2. Prepare instant pudding or instant pudding and pie filling according to package directions. Fold into whipped milk just until mixed.

3. In 2-quart glass bowl layer half of cake pieces; sprinkle with 1 tablespoon sherry. Add half of papaya pieces, raspberries and pudding mixture. Repeat. Chill at least 1 hour before serving to blend flavors.

4. American Home's Suggested Menu: Cold Crisp Fried Chicken

Topical Trifle



Finishing your breakfast nook

side unit. Cut Q to 14³/₄" width by length to fit across back unit; with back edge of Q against N and using 6d nails, attach Q to A, B, C and F. Cut R to 14³/₄" width by length to fit from front edge of Q to outside face of E at front corner, cut rounded corner at front; nail R to D and E. Hold plywood panel in place against end of unit at front corner, with one edge on floor and one against side wall. Mark outline of O, P, R and G on panel; mark angle from top of R to bottom edge (side view of S). Cut S along marked lines; nail in place to E, J, O, P and R with 6d nails (diagram 9).

Cut and attach seat R and end S to other side unit the same way. Countersink all nailheads slightly; fill with wood filler. Fill holes along edges of N, P, Q, R and S. Sand all surfaces and edges smooth, rounding off sharp corners along edges of seats. Following manufacturer's instructions, apply stain or plywood primer and paint.

SEAT CUSHIONS for breakfast nook

What you will need

10¹/₂ yds. 45" wide fabric 27 yds. of cording to cover Polyester fiberfill 76 buttons with shanks for front 76 small 2-hole flat buttons for back Carpet thread Small cup hooks Paper to make patterns



Seat cushions will be 14" deep when finished. Cut pattern paper to 14" width; place on seat across back so edge of paper is along front edge of seat; mark diagonal lines at each end from corner of seat back to corner of front edge. Make a similar pattern for side seat, having same angle at one end so cushions will meet at corners. Place patterns on fabric; cut two pieces for back seat and four for side seats, allowing 1/2" outside of patterns on all edges of each piece for seams (see cutting layout, top). Reverse two side seat patterns when cutting.

Mark lengths for backs of seats on fabric (they will be same length as longest edge of each seat piece; the width will vary, depending on size of your nook). From remaining fabric, cut 2" wide bias strips for cording (cutting layout).

As in diagram 1, seam strips together; trim fabric 1/2" outside of seam. Press seams open. Place cording along center of wrong side of fabric. Fold fabric over cording so raw edges meet; using zipper foot on machine, stitch close to cording; trim seam allowance evenly 1/2" outside of stitching line. On one piece of fabric for back seat, mark positions of buttons so they are 4" in from front and back edges and spaced in rows about 9" apart. Pin cording to right side; stitching line of cording should be 1/2" in from fabric edge. Clip seam allowance of cording to go around corners; allow extra fullness at each corner (diagram 2). Turn seam allowance to wrong side so all cording will lie flat once cushions are finished; adjust, if needed. Return cording to original position (diagram 2), then stitch to fabric; follow stitching line of cording. Place second piece of fabric over first so right sides are together, with all edges even and cording between them. Stitch together, following same stitching line as before; leave a 24" opening along center of back edge.

Turn right side out; stuff with 2" of fiberfill; turn raw edges of opening to inside and close opening with slip-stitch. Using needle with double strand of carpet thread, place needle through one eye of flat button, through cushion at mark (working from back to front), through shank of top button, back through cushion at same mark and through second eye of flat button; tie securely. Repeat for all buttons to tuft cushions (diagram 3).

Make cushions for side seats the same way, spacing buttons as in diagram 4.

Put cushions on seats; measure from top of cushion to top of back for width. Cut two pieces for each back 1" wider than measurement and same length as longest part of seat cushions. Mark positions of buttons 5" from top and bottom





edges and using same spacing across as for seats, so buttons will line up. Pin cording around all four edges of one piece for back. Cut $1\frac{1}{2}$ "x4" pieces for loops; fold in half lengthwise to $\frac{3}{4}$ " width with right sides together; stitch $\frac{1}{2}$ " from fold; turn right side out; press so seam is along center. Fold loops in half so raw ends are together; pin to fabric on top of cording, spacing them 9" to 10" apart (diagram 5).

Stitch cording and loops to fabric; follow stitching line of cording. Finish cushions as for seat; place opening along bottom edge. Make backs for side seats the same way. Hold backs in place; mark positions of tops of loops along back of nook. Attach a cup hook at each mark; hook loops over cup hooks to hold cushions in place.

PILLOWS shown on page 52

Materials needed: Fabric for background; flat or ruffled lace, ribbon, rickrack or other trim; fabric, eyelet or lace for ruffle; fabric for designs on front; hooks and eyes, or snaps.



Pillow fronts: Draw pattern on paper 1" bigger than pillow to allow $\frac{1}{2}$ " seams on all sides.

Patchwork front: Divide measurement across front, seam to seam, into 3 or 4 equal parts for finished size of each square; draw 1 square on paper; mark $\frac{1}{2}$ " seam allowance on all sides. Using pattern, cut 9 or 16 squares. Taking $\frac{1}{2}$ " seams, join squares into strips; join strips for front.

Diamond front: Use print fabric for background; mark center of each edge on seam line; cut 2" wide strip of light solid fabric; place across corner, wrong side up (1); turn strip back, press; place large-size rickrack along strip (2); place triangle of dark solid wrong side up over rickrack; stitch (3); turn triangle back, press; baste edges and trim flush with background. Repeat at other corners so light strips meet at seam lines (4).

Yo-yo front: Use solid color for background, fabrics of same weight for yo-yos; cut 3" circle to make 1¹/₂" diameter Yo-yo; turn ¹/₄" to wrong side around edge; with double thread and small running stitches, sew around 1/8" from fold edge; pull into tight gathers to form small hole at center—secure with small backstitches; spread gathers evenly, press to make round patch; make additional patches, arrange with gathered side up; join with tiny overcast stitches to form rows; sew rows together,

Trimmed fronts: Mark position for trim so rows are spaced evenly. Place rows of lace, ribbon or rickrack along lines; stitch in place. **Ruffles:** Ruffling should be twice total length of all sides. Use eyelet or cut fabric 6" wide for $2\frac{1}{2}$ " wide finished ruffle. Fold fabric in half, wrong sides together; gather along edge, place around right side of front; stitch $\frac{1}{2}$ " in from edge. Gather and attach eyelet ruffle.

Pillow backs: Cut fabric same height as front, 3" wider; cut length into 2 equal parts. On 1 long edge of each piece, turn $\frac{1}{4}$ " to wrong side, then turn $\frac{1}{2}$ " hem; stitch. Place back on front, wrong side up, covering ruffle, so seamed edges overlap at center and other edges are flush with front. Stitch on. Turn right side out; sew hooks and eyes, or snaps, to back.



Draw the Boxer

Let the Boxer help you test your talent. You may win one of five \$845.00 Commercial Art Scholarships or any one of seventyfive \$10.00 cash prizes!

Draw the Boxer any size except like a tracing. Use pencil. Every qualified entrant receives a free professional estimate of his drawing.

Scholarship winners will receive Fundamentals of Commercial Art taught by Art Instruction Schools, Inc., one of America's leading home study art schools.

Try for an art scholarship that may lead you into the exciting fields of advertising art and illustrating, cartooning or painting. Your entry will be judged in the month received. Prizes awarded for best drawings of various subjects received from qualified entrants age 14 and over. One \$25 cash award for the best drawing from entrants age 12 and 13. No drawings can be returned. Our students and professional artists not eligible. Contest winners will be notified. Send your entry today.

MAIL THIS COUPON TO ENTER CONTEST

ART INSTRUCTION SCHOOLS, INC. Studio 5G-1000 • 500 South Fourth Street Minneapolis, Minnesota 55415

Please enter my drawing in your monthly contest. (PLEASE PRINT)

Occupation	Age
Address	Apt
City	State
County	Zip Code



Higher in Canada

"Feminine Itching Was Making My Life Miserable."

"I was constantly worried about my itching problem. I tried so many things, and nothing really helped. Feminine itching was making my life miserable. Then I saw an ad in the newspaper for Vagisil, a new way to help stop feminine itching. I tried it and it really worked.

Mrs. S. T., Richmond, Virginia

If you suffer from external vaginal itching, there is now a creme medication specifically formulated to bring fast, temporary relief. It's called VagisilTM and is available without a prescription.

Doctor-tested Vagisil is a gentle, easy-to-apply medication that helps stop external vaginal itching almost instantly. Vagisil leaves a cooling, protective film to help check bacteria, soothe irritated membranes, and so speed natural healing.Get Vagisil at all drug counters. Delicately scented. Greaseless. For trial tube, send 25¢ to Vagisil, Box 328 AR, White Vagisil

Here's how to make the heirloom bedspread pictured on pages 60-61.

titch

pace

ound

skip

ing)

peat

loop

Abbreviations

specified

CEDUIC / Intions	
ch chain	sl st slip s
sc single crochet	sp s
dc double crochet	rnd ro
tr treble	sk
* Repeat whatever	rem remain(
follows the *	rep re
as indicated	lp
() Do what is in	
parentheses the	
number of times	

MATERIALS: J. & P. Coats "Knit-Cro-Sheen," Art. A. 64. For single-size spread 74" x 90": 43 (250-yd) balls of No. 1 White, No. 61 Ecru or No. 42 Cream. For double-size spread-88" x 90": 52 (250-yd) balls of No. 1 White, No. 61 Ecru or No. 42 Cream. Steel crochet hook No. 7 or size to obtain gauge.

GAUGE: Each square measures 71/2" x 71/2"

For border-4 sps=1"; 4 rows=1" Width of border is about 9"

SOUARE (make 70 for single-size, 90 for double-size): Starting at center, ch 12. Join with sl st to form ring. Rnd 1 (right side): Ch 1, 24 sc in ring. Join with sl st to first sc. Rnd 2: Ch 8, * sk next 2 sc, dc in next sc, ch 5. Rep from * 6 more times; sk last 2 sc. Join with sl st to 3rd ch of ch 8-8 lps. Rnd 3: In each lp around make 3 sc, ch 3 and 3 sc. Join to first sc. Ch 1, turn. Rnd 4: Working in back lp only of each sc, sk joining, sc in each of next 3 sc, * in next ch-3 sp make sc, ch 3 and sc; sc in each of next 6 sc. Rep from * around, end last rep with sc in next 2 sc, sc in same sc as joining of previous rnd. Join to first sc. Ch 1, turn. Rnd 5: Working in the back lp only of each sc, sk joining and following sc, * sc in each of next 3 sc, in next ch-3 sp make sc, ch 3 and sc; sc in next 3 sc, sk next 2 sc. Rep from * around. Join to first sc. Ch 1, turn. Rnd 6: Working in back lp only of each sc, sk joining, * sc in each sc to next ch-3, in ch-3 sp make sc, ch 3 and sc. Rep from * around, end with sc in each rem sc, sc in same sc used for joining on previous rnd. Join to first sc-80 sc in rnd. Ch 1, turn. Rnd 7: Making sc in each of 4 sc, instead of 3 sc, work same as for Rnd 5. Ch 1, turn. Rnd 8: Rep Rnd 6-96 sc in rnd. Ch 1, turn. Rnd 9: Making sc in each of 5 sc, instead of 3 sc, work same as for Rnd 5. Ch 1, turn-96 sc. Rnd 10: Rep Rnd 6. Ch 1, turn. Rnd 11: Making sc in each of 6 sc, instead of 3 sc, work same as for Rnd 5. Do not turn. Rem rnds are all worked from right side. Rnd 12: S1 st in each of next 6 sc, ch 1, sc in next ch-3 sp, (ch 4, sk next 4 sc, working through both top lps of sts, tr in next sc) twice; ch 4, sk next 4 sc, in next ch-3 sp make dc, ch 7 and dc-corner; (ch 4, sk next 4 sts, tr in next sc) twice; ch 4, sk 4 sc. Rep from * 3 more times. Join to first sc-4 corners. Rnd 13: Ch 1, sc in same sc as joining, * sc in each ch and in each st across to within next corner lp, along corner lp make sc in each ch to center ch st, in center ch make sc, ch 3 and sc, sc in each rem ch on same lp, sc

in next st. Rep from * 3 more times: in each rem ch and in each st. Join to fir sc. Rnd 14: Ch 1, working in the bac Ip only of each sc, make sc in same sc : joining, sc in each sc around and sc, ch and sc in each corner ch-3 sp. Join. Rnd 1. Ch 4, sk next sc, dc in next sc, * ch 1,. next sc, dc in next sc-ch-1 sp made; mal ch-1 sps across to next corner ch-3 s ch 1, in corner sp make (dc and ch 1) times; dc in next sc. Rep from * 3 mol times; make ch-1 sps to end of rnd, en with ch 1, sk last sc. Join to 3rd ch ch-4-96 ch-1 sps. Rnd 16: Ch 1, sc same ch as joining, * sc in each ch and each dc across to within center dc of 3group at next corner, in corner dc mal sc, ch 2 and sc. Rep from * 3 more time sc in each ch and in each dc to end of rn Join. Rnd 17: Ch 1, working in back only of each sc, sc in same sc as joinin sc in each sc and 2 sc in each corner around. Join to first sc. Rnd 18: Ch 4, joining, tr in next sc, (ch 2, sk next 2 : tr in each of next 2 sc) 6 times; * ch for corner, sk next sc, tr in each of ne 2 sc, (ch 2, sk next 2 sc, tr in each of ne. 2 sc) 12 times. Rep from * around, er last rep with (ch 2, sk next 2 sc, tr in east of next 2 sc) 5 times; ch 2. Join to top ch-4. Rnds 19-20: Rep Rnds 13-14. Rr 21: Ch 4, sk next sc, dc in next sc, * mal ch-1 sps as before across to within 1 before next corner sp, ch 1, sk next sc, corner sp make (dc and ch 1) 3 times; in next sc. Rep from * 3 more times; mal ch-1 sps to end of rnd, end with ch 1, last sc. Join to 3rd ch of ch-4. Rnds 22-2 Rep Rnds 16-17-284 sc on last rn Break off and fasten. Block each square measure 71/2

JOINING OF SQUARES: Pick up fit square and with right side facing, sk t 2-sc group at any corner, attach thread next sc, ch 4, pick up second square, dry lp from hook, from right side insert hoe from front to back in first sc after any 2 group on second square and draw dropp lp through-first joining made; tr in ne sc on first square, drop Ip from hook, sert hook in next sc on second square before and draw dropped lp through another joining made; * from wrong si sl st in each of next 3 sc on second squar sk next 3 sc on first square, (tr in next on first square, join to next free sc second square) twice; from wrong side st in each of next 2 sc on second square sk next 2 sc on first square, (tr in next on first square, join to next free sc second square) twice. Rep from * acro making last tr and joining in first sc corner 2-sc group-16 (2-tr) group Break off and fasten. Working along of posite edge (from joining row) of seco square, join next square to last squa joined same as second square was joined first square. Continue to join squares in t manner until 10 squares in all have be joined. Join 6 more rows of 10 squares a row for Single Size Spread or 8 mo rows for Double Size Spread; then jo rows together same as joining of squar Border: Starting at a short edge, ch 79 measure 9". Row 1: Dc in 4th ch fro hook, ch 2, sk next 2 ch, dc in next ch sp made; make 4 more sps in same w (ch 2, sk next 2 ch, dc in each of next ch) twice; (ch 2, sk next 2 ch, dc in no ch) 12 times; (ch 2, sk next 2 ch, dc (continue

Now available the new, revised

American Home Cookbook

NEW

Over 2,000 recipes in 29 big chapters encompass the whole world of food-from appetizers to desserts, sandwiches to barbecues to wines. Whatever your question, the *American Home Cookbook* is like having an expert from the American Home Test Kitchens to help and advise. 16 full pages in color, and over 250 black-and-white how-to illustrations. Plus: dictionary

Easy-to-read large type... conveniently indexed for quick reference



YOUR COMPLETE GUIDE TO SUCCESSFUL COOKING

of cooking terms, pan and can-size guide, how-tos on cutting and carving, nutrition and diets, seasonal cookery. Whether you're an expert or a beginner, make this your book to work with and grow with. Perfect for gift giving or for your own cookbook library.

Publisher's suggested price \$7.95 Special to our readers \$6.95

The greatest reference book and guide to the how-tos and whys of cooking for your family—and for special occasions. Chapters include: Quick Breads; Stuffings; Salads and Dressings; Sauces, Marinades and Bastes; Spice and Herb Guide; Wines and Wine Cookery; Cookies; Cakes; Pies and Pastry along with 20 other helpful categories.

Fill out coupon and enclose check or money order. Sorry, no C.	.O.D., Canadian or foreign orders.
American Home Publishing Co., Dept. 875, 641 Lexingto	n Ave., New York, N.Y. 10022

Please send me:

copy(s) #61614 American Home Cookbook @ \$6.95 ea\$
Postage and handling .50 each
New York residents, add sales tax
Total enclosed\$

print nam		
address		
city	state	zip code

[continued]

each of next 4 ch) twice. Ch 10, turn. Row 2: Dc in 8th ch from hook, dc in each of next 2 ch, dc in first dc, ch 4, sk 3 dc, dc in next sp, ch 4, sk next 3 dc, dc in next dc, 2 dc in next sp, dc in next dcblock over sp made; ch 2, dc in next dcsp over sp made; make 11 more sps, ch 2, sk next 2 dc, dc in next dc-sp over block made; 2 dc in next sp, dc in next dc, ch 2, sk next 2 dc, dc in next dc, 6 more sps, dc in top of turning chain. Ch 3, turn. Row 3: Sk first dc, dc in next dc, make 6 sps, 2 dc in next sp, dc in next dc, ch 2, sk 2 dc, dc in next dc, 2 dc in next sp, dc in next dc, 11 sps, 1 block, ch 5, sk 3 dc, sc over end of next ch-4 lp, sc in next dc, sc in next lp, ch 5, sk next 3 dc, dc in next dc, 3 dc in turning chain sp. Ch 10, turn. Row 4: Dc in 8th ch from hook, dc in each of

next 2 ch, dc in next dc, ch 7, sk next ch-5 lp, sc in each of next 3 sc, ch 7, sk next 3 dc, dc in next dc, 2 dc in next sp, de in next de, 9 sps, 2 de in next sp, de in next dc, ch 4, sk 3 dc, dc in next sp, ch 4, sk 3 dc, dc in next dc, 2 dc in next sp, dc in next dc, 5 sps, dc in top of ch-3. Ch 3, turn. Row 5: Sk first dc, dc in next dc, 4 sps, block over next sp, ch 5, sk 3 dc, sc over last ch of next lp, sc in next dc, sc in next lp, ch 5, sk next 3 dc, dc in next dc, 1 block, 7 sps, 1 block, ch 2, sk 2 dc, dc in next dc, 3 dc in next lp, ch 5, sc in each of next 3 sc, ch 5, 3 dc over end of next lp, dc in next dc, ch 2, sk 2 dc, dc in next dc, 3 dc in turning chain sp. Ch 10, turn. Row 6: Dc in 8th ch from hook, dc in each of next 2 ch, dc in first dc, ch 4, sk 3 dc, dc in next sp, ch 4, sk next 3 dc, dc in next dc, 3 dc in next lp, ch 4, sk next



Just a quarter cup of Dynamo[®] cleans a whole wash—clean!

That's all you need for a regular washload — even in hard water. (That's why Dynamo costs the same to use as powders.) So measure exactly a quarter cup. Rub a little directly into any greasy spots you have, and pour the rest in your washer. You'll find out. Dynamo works better on greasy stains — so your whole wash comes cleaner than powders would get it.

The little blue jug is...Dynamo © 1975, Colgate-Palmolive Co

sc, dc in next sc, ch 4, 3 dc over end of next lp, dc in next dc, ch 4, sk 3 dc, dc in next sp, ch 4, sk 3 dc, dc in next dc, 1 block, 5 sps, 1 block, ch 7, sk 3 dc, sc in each of next 3 sc, ch 7, sk 3 dc, dc in next dc, 1 block, 3 sps, dc in top of ch-3. Ch 3, turn. Row 7: Sk first dc, dc in next dc, 4 sps, 3 dc in next lp, ch 5, sc in each of next 3 sc, ch 5, dc over end of next lp, dc in next dc, 5 sps, 1 block, ch 5, sc over end of next lp, sc in next dc, sc in next lp, ch 5, sk 3 dc, dc in next dc, 3 dc in next lp, ch 2, 3 dc over end of next lp, dc in next dc, ch 5, sk 3 dc, sc over end of next lp, sc in next dc, sc in next lp, ch 5, sk 3 dc, dc in next dc, 3 dc in turning chain sp. Ch 10, turn. Row 8: Dc in 8th ch from hook, dc in next 2 ch, dc in first dc (ch 7, sk 3 dc, sc in next 3 sc, ch 7, sk 3 dc, dc in next dc, 1 block) twice; 5 sps, 3 dc in next lp, ch 4, sk next sc, dc in next sc, ch 4, 3 dc over end of next lp, dc in next dc, 5 sps, dc in top of ch-3. Ch 3, turn. Row 9: Sk first dc, dc in next dc, 6 sps, 3 dc in next lp, ch 2, 3 dc over end of next lp, dc in next dc, 7 sps, 3 dc in next lp, ch 5, sc in each of next 3 sc, ch 5, 3 dc over end of next lp, dc in next dc, ch 2, sk 2 dc, dc in next dc, 3 dc in next lp, ch 5, sc in each of next 3 sc, ch 5, 3 dc over end of next lp, dc in next dc; do not work over rem sts. Ch 4, turn. Row 10: Sk first 3 dc, dc in next dc, 3 dc in next lp, ch 4, sk next sc, dc in next sc, ch 4, 3 dc over end of next lp, dc in next dc, ch 4, sk 3 dc, dc in next sp, ch 4, sk next 3 dc, dc in next dc, 3 dc in next lp, ch 4, sk next sc, dc in next sc, ch 4, 3 dc over end of next lp, dc in next dc, 7 sps, 1 block, ch 4, sk 3 dc, dc in next sp, ch 4, sk 3 dc, dc in next dc, 1 block, 5 sps, dc in top of ch-3. Ch 3, turn. Row 11: Sk first dc, dc in next dc, 4 sps, 1 block, ch 5, sc over end of next lp, sc in next dc, sc in next lp, ch 5, sk 3 dc, de in next de, 1 block, 7 sps, 3 de in next lp, ch 2, 3 dc over end of next lp, dc in next dc, ch 5, sc over end of lp, sc in next dc, sc in next lp, ch 5, sk 3 dc, dc in next dc, 3 dc in next lp, ch 2, 3 dc over end of next lp, dc in next dc. Ch 4, turn. Row 12: Sk first 3 dc, dc in next dc, 2 dc in sp, dc in next dc, ch 7, sc in next 3 sc, ch 7, sk 3 dc, dc in next dc, 1 block, 7 sps, 1 block, ch 7, sc in next 3 sc, ch 7, sk 3 dc, dc in next dc, 1 block, 3 sps, dc in top of ch-3. Ch 3, turn. Row 13: Sk first dc, dc in next dc, 4 sps, 3 dc in next lp, ch 5, sc in next 3 sc, ch 5, 3 dc over end of next lp, dc in next dc, 9 sps, 3 dc in next lp, ch 5, sc in next 3 sc, ch 5, 3 dc over end of next lp, dc in next dc. Ch 4, turn. Row 14: Sk first 3 dc, dc in next dc, 3 dc in next lp, ch 4, sk next sc, dc in next sc, ch 4, 3 dc over end of next lp, dc in next dc, 11 sps, 3 dc in next lp, ch 4, sk next sc, dc in next sc, ch 4, 3 dc over end of next lp, dc in next dc, 5 sps, dc in top of turning chain. Ch 3, turn. Row 15: Sk first dc, dc in next dc, 6 sps, 3 dc in next lp, ch 2, 3 dc over end of next lp, dc in next dc, 13 sps, 3 dc in next lp, ch 2, 3 dc over end of next lp, dc in next dc. Ch 10, turn. Rep last 14 rows (Rows 2 through 15) for pattern. Work in pattern until border fits along 3 sides (2 long and 1 short edge) of spread, allowing 4" extra for each of the 2 corners and ending with Row 15 of pattern.

Block border to measurement. Using a darning needle and same material, sew border along 2 long and one short edge of joined squares, making a large pleat at each corner with extra length.

Yippee!

"Go west" and suit yourself in this smashing jac-shirt and pants tie-dyed in forest green or denim blue (specify). Top's sassy with silver nailhead studs front and back, cuffs and collar. Polyester knit. Machine wash, dry; no ironing needed. Pull-on pants. Sizes 8-20; 121/2-241/2. \$43 plus \$1 hdlg. Vicki Wayne, 610 S. Country Club, A8F, Tucson, AZ 85716.

Mantel clock kit

Lovely replica of Bracket clock is easy to assemble and finish. All wood parts are solid walnut, precision cut and pre-drilled. Embossed metal face. Solid brass hardware, 101/2x81/2x45%". With Urgos bell chime movement, \$59; battery movement, \$39.95. Catalog of hard-to-find kits, 25¢. Kits Crafts, AH8, Appleton St., 'n Holyoke, MA 01040.

Sewer's "3rd hand"

This clever gadget holds your material taut and completely frees both hands to make stitching, hemming, mending, braiding and macrame easy and even-going. Just clamp "3rd hand" onto any standard table. Nickelplated metal. \$1.95. "Everything to Enhance the Art of Homesewing" catalog. 25¢. The Sewing Corner, Dept. AHE, Whitestone, NY 11357.

Tureen treasure!

Delicately styled with a Chinese "flavor," this beautiful, ceramic "Blue Willow" tureen is guestperfect to fill with your favorite soup or stew. When not in use, it makes a very clever container for flowers! Holds 11/2 qts. 10" long plate. 3-piece tureen set is \$6.95 plus 50¢ hdlg. The Added Touch, 12 A Water St., Bryn Mawr, PA 19010.

It's copper!

Yes, this pretty, lacy bracelet is scrumptiously crafted in solid copper. Delightfully delicate, feminine and flexible to circle any pretty wrist. 3/4" wide! Magic curing powers? Who knows, but it surely is what the fashion doctor ordered! Great for gifting. \$1.98; 2 for \$3.50. Add 45¢ hdlg. Ferry House, Dept. AH8, Briarcliff Manor, NY 10510.

Bedtime story

And so the king said, "Turn your twin beds into king-size quick as a wink." Span-A-Bed is an "in-stant" King Bed Converter that fits snugly between your twin-size beds. Made of comfortable polyurethane, it requires no special bedding. 6' long; 14" wide, \$6.98 plus 75¢ hdlg. From Holiday Gifts, Dept. 608-B, Wheatridge, CO 80033.







SUPERSOFT - LIGHT AS AIR!

SUPERSOFT — LIGHT AS AIM! "JACKIE" — a joy to wear! Tricot-lined, crushable-as-kidskin uppers, foam-cush-ioned insoles and crepe soles. Rope-covered, 1½ inch heels. In White, Beige, Navy or Brown, \$12.95. Sizes: 4 through 12; Narrow, Medium or Wide widths. No half sizes over 10. Add 90¢ postage for each pair ordered, Refund if not delighted. Free catalog. SOFWEAR SHOES, Dept. JA., 1711 Main, Houston. Texas 7702.

Houston, Texas 77002.



Demi Tasse Spoon Ring \$2.98 SOLID STERLING SILVER-PERSONALIZED! The dainty demi-tasse spoon becomes a ring-personalized just for you with one script initial! Floral motif, richly antiqued. #1019-Spoon Ring. Adjusts to fit ..

PRINT initial, add 35¢ post. & hdlo.





50 YARDS LACE \$1.25 LACE - LACE - LACE . . . 50 yards of Lace in delightful patterns. Edgings, inser-Lace in delightful patterns. Edgings, inser-tions, etc. Assorted beautiful designs, colors and widths. Pieces at least 10 yards in length — none smaller. Marvelous for dresses, pillow cases, etc. Terrific as hem facing on new double knit fabrics. Only \$1.25 plus 25¢ pstg., double order \$2.39 plus 35¢ pstg. Satisfaction guaranteed! FREE with lace 50 BUTTONS! 50 New, High Quality Buttons. Assorted colors, sizes, and shapes. Many compete sets. Free with each Lace Order. Order Now! LACE LADY DEPT. IN.239



一次

CANDY MOLDS

Now! You can make professional-looking candy mints by using these pure rubber candy molds. Make inexpensive candies in minutes with our FREE no-cook recipes included with your order. The mints are perfect for showers, weddings, receptions, parties, or hostess gifts. Give the molds as a unique gift. Order Rose, Leaf, Fancy Mint, Plain Mint, Daisy or Corrugated Mint. Each mold in ft 10 med Each mold is \$1.90 ppd

3 for \$3.50 ppd 6 for \$5.75 ppd Ca. Res. add Sales Tax Color Catalog — .25 or FREE with Order Judy's of California





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

USED BY THOUSANDS: CARDIAC PATIENTS, ARTHRITICS, SENIOR CITIZENS, RESTRICTED PHYSICAL ACTIVITIES, POST OPERATIVES . . . and household convenience.

THE FOR FREE BROCHURE AND NAME DEALER NEAREST YOU. WRITE AMERICAN STAIR-GLIDE® CORP.

4001 East 138th Street, Dept. AH-85



merican

Home

Market

Place

ynn Headley-Editor





2-CARAT SIMULATED MOR NGS SAVE \$40, \$50, \$60 OR MORE! MARQUISE

PURE WHITE! FLAWLESS!

FABULOUS OPPORTUNITY! We offer our man-made two carat simulated diamond rings at the unheard of price of only \$6 each. You have seen these superb quality stones advertised under fancy names, at fancy prices. Now you can take advantage of this once-in-a-lifetime opportunity to own a fiery, fabulous, breathtakingly beautiful ring of your very own. Each is a full two carats, each is pure white and each is flawless. They are made to exacting standards and are precision cut and polished with 58 Facets . . . just like real diamonds. We dare you to tell the difference . . . only an expert can.

These rings are heavy gold electroplated, with the incomparable Tiffany Setting, a perfect showcase for the sparkle and brilliance of these magnificent gems.

Remember, whatever style you choose, round, pear, marquise or emerald, these man-made beauties are the same fabulous fakes you would expect to pay \$40, \$50, \$60 for in stores.

Comes complete in luxurious gift case . . . order yours today, supply limited.



EMERALD

(Ontario Residents Add Sales Tax). © 1975 ACI Add Sales Tax Where Applicable ------

COMES IN **GIFT CASE!**

ONCE-IN-A-LIFETIME

ROUND

PEAR

UNCONDITIONAL LIFETIME GUARANTEE

MAN-MADE!

against chipping, scratching, loss of color or brilliance, and at anytime, for any reason you are not completely satisfied return ring for a full refund.

78

How to collect from Social Security at any age!

Would you like to know how much noney you have invested in Social Security right to the penny? Then would you like to know how to get the most from that investment including all the brand new Social Security benefits? Now you can do both by using the short easy coupon at the bottom of this page. Here is the way it works. The left half of the coupon will be sent to the proper government office. They will run a check on your account and then send you a report in a confidential sealed envelope. This report will tell you how much of your earnings have been recorded in your Social Security account year by year. There is no charge for this service, not even postage.

The right half of the coupon will be used as a shipping label to send you a copy of a new book entitled, "How to collect from Social Security at any age." If you think that you have to wait until retirement age to start collecting your Social Security benefits, this book will really open your eyes. Here are some of the little-known facts about Social Security you will find out about in this book.

 How to increase the amount of your payment if you are already on Social Security.

• How to collect your share of the brand new Social Security benefits just passed by Congress.

• How to qualify for Social Security disability pensions at any age.

 How to increase your Social Security benefits.

 How to report your Farm income for Social Security.

 How your whole family is eligible for Social Security benefits, even your youngest children.

 How to replace a lost Social Security check.



Updated 1975 Edition © 1975, Good News Publishing Co.

 How to get a refund if you have overpaid your Social Security taxes. (Studies show that two out of three people overpay.)

 How to figure out what your Social Security retirement payments should be.

 Should you tatoo your Social Security number on your body?

 What papers do you need in order to file a Social Security claim?

 How ten million people who are only 30 years old, on the average, collect Social Security.

 Should you get a divorce in order to get more Social Security? (a lot of people already have.)

 How to get free services which are available from Social Security.

 How to make sure your employer is not cheating you on your Social Security.

 How you may be cheating yourself out of your Social Security benefits. • When are the five times you should get in touch with your Social Security office.?

 How to work and still get Social Security benefits.

 How to cash in on Social Security even if you've never paid a penny into it.

 How to get hospital and medical insurance for the aged.

 How students between the ages of 18 and 22 can get Social Security cash benefits.

 How to get the special Social Security benefits that are only for veterans.

Although this book can mean hundreds and perhaps thousands of dollars to you, it is priced at only \$3.00. Remember, it is not enough to qualify for your Social Security benefits. To get your benefits you must know how to apply for them. The book tells you how to qualify, who to contact — including all necessary addresses, and what to say. This is a 100% no risk offer. If you do not like the book, return it and your \$3.00 will be immediately refunded. You will still get the confidential report on your Social Security account.

If you do not take advantage of your new Social Security benefits, you are only cheating yourself, after all, you have already paid for them. It is easy to start getting your new Social Security benefits. Just fill out both parts of the coupon below. Mail the coupon and \$3.00 in a cash, check or money order to The Good News Publishing Co., 515 Galveston St., Fort Worth, Texas 76104. The book will be sent to you immediately by return mail. Your confidential Social Security report will be mailed to you separately as soon as the government has finished checking on your account. Checks and money orders should be made payable to The Good News Publishing Company.

		10	DET	ACH ON DOTTE	ED LINE		10W 515 T			
il.	REQUEST FOR STATEMENT						00 each "HOW to the address LISHING, 515 DT			Ē
Alt is	OF EARNINGS		MONTH	DAY	YEAR		(a \$3.0 Y AGE" S PUBL		ZIP	ABI
Please send a	statement of my Socia	al Security e	arnings to	:		Print	your report RITY AT AN GOOD NEW exas 76104			1
STREET & NUMBER_						and Address In Ink Or Use Type- writer	copies of SOCIAL SECU payable to for ourt Worth, T			SHIPPING
SIGN YOUR NAME							FROM S FROM S treet. Fo			P
is confidentia If you have o	in name only. Under il and anyone who sig hanged your name from me below exactly as it	ns another om that sho	person's na	ame can be jur social seco	prosecuted.		Please send TO COLLECT below: Make Galveston S	ADDRESS	STATE	SH



Happy outlook

Windows brighten gaily with these perma-press tiebacks of cotton and polyester. Simply sassy with ball fringe trim! Specify natural or white. 90" wide a pair. 45", 54", 63" long, \$8.50 a pair. 72". 81", 90", \$10.50 a pair. 10"x80" valance, \$2.75 each. Add \$1.75 hdlg. Free brochure and swatches. Country Curtains, Dept. AH8, Stockbridge, MA 01262.

Look ma, no moistening!

Press On Address Labels stick to any smooth surface. Peel off strip 'n place 'em on letters, cameras anything! Any message to 4 lines, 26 spaces each. Printed in black ink on your choice of white, gold, silver; or, blue, pink, yellow pastel labels. Alike: 225 for \$3; 450 for \$5; 1000 for \$10. Send your order to Bruce Bolind, AH8, Boulder, CO 80302.

Butterfly batik prints

You'll receive four beautiful full color prints of butterflies with wings unfurled savoring the nectar of lovely flowers. Printed on finely grained art paper. Each print, 9"x12", is different. Nice to mount as they are, frame, or decoupage. Set of four, \$1 plus 35¢ hdlg. Cadlyn's, Dept. AH8, 2077 New York Ave., Huntington Station, NY 11746.

Americana dinnerware

Hip hooray for this great set made of dishwasher proof "Melamie." Plate design in muted gold, green and red on all white background. Accessory pieces in muted gold. 16-piece service for 4, \$10.95 plus \$1.50 hdlg. 45-piece for 8 (with platter, "veg," creamer and sugar bowl), \$32.95 plus \$3. Heritage Collection, AH8, 3375 Park Ave., Wantagh, NY 11793.

Easy on the eye

And comfortable on the foot is the "Stroller" with soft leatherlike uppers. Now, *this* is a shoe that promises easy walking! Note the sensible $\frac{3}{4}$ " heel, too. A beauty in black, tan, red, or navy. Comes in Narrow, 6 through 10; Medium in 5 through 10. \$12.95 plus 90¢ hdlg. Send order to Sofwear Shoes, Dept. AH8, 1711 Main, Houston, TX 77002.

Identification marker

Guard against theft and help recover stolen articles with Brink's Security Marking System: marker with invisible fluid, window warning stickers and marking guide. Marker shows up only under ultra-violet light (at law enforcement agencies). Identifies TV's, bikes, etc. \$2.75 plus 25¢ hdlg. Montgomery House, AH8, Box 42306, Cincinnati, OH 45242.

Bird thimbles

No collector's shelf would be complete without these beautiful white porcelain thimbles decorated with birds in vibrant, natural colors. 1" each. Pretty collector's thimbles depict a bluebird, cardinal, or robin, identified by name. Lovely gifts or party favors. \$1.98 each. All 3, \$5. Add 45¢ hdlg. Ferry House, Dept. H85, Briarcliff Manor, NY 10510.











Thousands Sold At \$10.98 \$7.98 \$5.98

Lets You Lie Down, Relax And Lose Pounds And Inches! **10-MINUTE BODY CYCLE** Fabulous New LAZY Way To Trim Your Hips, Flatten Your Tummy And Get Back Into Shape

OWERST SALE \$198

Amazing 10-Minute Body Cycle GUARANTEE

Relax and use our Body Cycle for 10-short minutes a day...even while reading a book, watching TV or listening to music. In TWO WEEKS you will have seen pounds and inches melt away, feel an increase in stamina and endurance. If you do not see measurable results in all of these areas, simply return Body Cycle for a full refund of purchase price, no questions asked! Now, that's a guarantee in writing!

NOW! LIE DOWN, RELAX AND PEDAL AWAY INCHES, EXCESS FLAB, UNWANTED POUNDS!

Here's the "smart set" way, the easy, lazy way to a new, flattering silhouette that's used by famous personalities, businessmen and women throughout the country. All you do is rest on the clothbacked vinyl mat and start pedalling! You'll be thrilled with the invigorating resurgence of energy you'll experience with just a 10-minute cycling period a day. Tummy muscles will firm up, hips and thighs slim down, waistline shrink...and soon that paunchy, bulgy feeling disappears! Leg muscles get stronger, digestion improves, heart and lungs are strengthened, too.

CYCLE INDOORS OR OUT WHILE YOU ENJOY THE SUNSHINE This easy-carry. lightweight cycle can be used anywhere...on floor in bedroom. any room indoors...or, tan up in the sun outdoors while you pedal on lawn or patio. Enjoy yourself...read a book, watch TV, listen to stereo while your leg muscles do all the work... without strain or fatigue.

TEN-MINUTE BODY CYCLE (Z386763) SALE \$4.98

HANOVER HOUSE Dept. Z-3065 Hanover, Penna. 17331

FOLDS FLAT FOR TUCK-AWAY STORAGE

That's the beauty of it . . . always ready for instant use, yet out of sight in any space when not in use. Folds to an almost flat 28" by 20" by 1%" to hide behind door, slip under bed, tuck in closet. Includes booklet with exercise programs to get you started. But hurry, you must order now! At this tremendous savings from the original price, our BODY CYCLES are sure to go fast. And remember, our money back guarantee is in writing to insure satisfaction.

and the second
HANOVER HOUSE Dept. Z-3065 Hanover, Penna. 17331
Yes, I want to lose pounds and inches the LAZY way. Kindly rush TEN-MINUTE BODY CYCLE for the special introductory price of just \$4.98 each plus \$2.50 to help cover heavy- weight shipping and handling costs. I understand that if after using for two weeks, I am not totally delighted with the results, I will return for a full refund of purchase price, no questions asked. Z386763
CHARGE IT: Diners Club American Express Master Charge BankAmericard Interbank #
Acc't # Date Expires
Enclosed is \$Penna. & Md. residents add sales tax.
NAME
(please print)
ADDRESS
CITY
STATE ZIP



Magic Focus standing mirror was developed by a noted eye doctor for the woman who can't see what she is doing without glasses, and can't do what she is seeing without glasses, and can't do what she is seeing with glasses. It's really mar-velous! Distortion-free, optically perfect mirror has a flexible brass gooseneck arm for hands-free grooming: adjusts to perfect focus for your eyes. Tweeze or apply makeup WITHOUT GLASSES, regardless of your prescription or need for bi-focals. 4" mirror; white frame & base. \$14.95 plus \$1.50 postage. Money-back guarantee. FERRY HOUSE, H-8, Briarcliff Manor, NY 10510



100 TABLETS

Regularly 2.98

NOW 2 S299 Bottles for 299

NUTRITION HEADQUARTERS

104 W. Jackson Carbondale, Illinois 62901

N2991

CONTACT ON

City

ONE CENT SALE



SALE

Mortar-and-pestle set

You'll receive three of them in gleamy white ceramic. A treasured treat for many gourmet chores-crushing and mashing garlic herbs and spices, etc. When not in use, they're decorative on a counter or shelf! Set of 3: 13/4", 35/8", and 43/4" diameter bowls. 35%", and 434" diameter bowls. Set, \$4.98 plus 80¢ hdlg. Country Gourmet, Dept. A8E, 510 S. Ful-ton Ave., Mt. Vernon, NY 10550.

Paint a mural

Place it, trace it, paint it-foolproof, simple, paint-by-the-number method guarantees profession-al results. 74 designs up to 12' wide; up to 3 color schemes. Kits, from \$4.95 to \$49.95, have all you need. Color catalog with decorator guide, color chart, instruc-tions, 25¢. Double M Marketing, AH-508E, 18103 Mt. Washington St., Fountain Valley, CA 92708.

Birthday? Anniversary?

Then, why not celebrate it by getting or giving a "back then" dated front page copy of the New York Herald Tribune! You pick the date -any day from January 1, 1900 through December 31, 1964. It's great fun to recall or find out the other big news of that special day. Marvelous gifts. \$2.25 each. Holiday Gifts, Dept. 608-C, Wheatridge, CO 80033.





Herald Chilles Trit Lindbergh Lands Safely in Paris 3.800Mile Flight in 331 Hope The Internet States The I THE DAY WERE





Imported from strange lar mysterious Far East – this collection of 53 genuine stamps from Borneo, Bur Kong, Malaysia, Nepal, Si wak, Singapore, Viet N Supernatural Demon-God half bird), ferocious wil ceremonial dancers, weird idols, many others. G idols, many others. Gi worth over \$1.50 at standa prices - all for 10¢! Also, fil from our approval service cancel service at any time-FREE Illustrated Catalog. Jamestown C85AH, Jamestown,



Now! Giow Longer, Moré Beautiful Nails in as Little as 5 to 7 Days

even if right now your nails are too short to even manicure!

ew wonder-discovery is not a gelatin inditioner — not a false-nail builder ot an ordinary nail hardener — but an credible new formula that actually enetrates your nails . . . takes up where ture left off . . . promotes full beautil growth as it helps your nails "drink" emselves longer, "drink" themselves ronger in just a matter of days.

Yes, if all your life it's just been imssible to ever grow long beautiful ils – then here's news of an exciting eakthrough that should absolutely rill you. Look:

Do you know that thanks to a recent poratory development your nails can w be coaxed to actually "DRINK" HEMSELVES LONG? Yes, it's a fact the main reason you've never been le to grow long beautiful nails is a k of essential nutrients in your nails. is lack of liquid nutrients is what uses your nails to dry out... become ak and brittle... to break, crack and it before they have a chance to reach l, beautiful size ... and to stay long d beautiful all the time!

NOW! THRILL TO CLAMOROUS GROWTH IN JUST A MATTER OF DAYS!

t now comes news of a wondrous trient formula for the nails, called ong 'n Strong" that actually penetes into your nails . . . and lets your nails "drink" in this vital amino "liquid diet" so important to long, strong growth. Yes, does for your nails what your own system denies you: the ability to promote and maintain the growth of long magnificent nails FAST.

The result: Just one week from today your nails start to grow longer, stronger, more glamorous than you've ever seen them before. No cracking. No peeling. No chipped or broken nail tips due to lack of vital long-growth protein fortifiers.

Best of all, "Long 'n Strong" is so easy to use. Simply brush on . . . and it penetrates into your nails. Then, like magic you'll see even the most embarrassing short and stubby nails actually "drink" in this new nail formula and grow forth longer, stronger, in less time than you ever dreamed possible.

SO FAST, that in just days you can actually measure the dramatic difference. SO FAST, that in less time than you've ever dreamed possible your nails should actually need cutting, filing, shaping – yes, a real beauty-parlor manicure for perhaps the first time in your entire life!

NOW! ENJOY MOVIE-STAR HANDS – END "SHORT-NAIL BLUES" FOREVER!

So why continue to be embarrassed by short, stubby nails when NOW it's so easy to grow long, glamorous nails with new wonder-formula "Long 'n Strong." Remember – you must see visible results in just days – longer, stronger, more beautiful nails or it costs you nothing. So order today on guarantee of satisfaction or money back. Full 60-day supply only \$2.98. Use handy no-risk coupon below.

DON'T DELAY! FILL-OUT AND MAIL COUPON TODAY!

LONG 'N STRONG, Dept. JNP-9 Caroline Road, Phila., PA 19176

Yes, rush me full 60-day supply of LONG 'N STRONG on full money back guarantee.

I enclose \$2.98 (plus 25¢ for post. & handling) in
cash
check
M.O. (add sales tax where applicable)

Save! Order one as a gift or to take on a trip. Only \$4.98 plus 35¢ postage and handling. You save \$1.06.

Name	The state of the state
Address	
City	
State	Zip

© Int'l Marketing, Ltd., 1975



"EVER-SAFE" is Cool, Undetectable, Comfortable & Effective. Weighs only 7 oz. Novel "fluid barriers" with heat-welded seams enclosing absorbent launderable liners in soft vinyl, prevent escape of any moisture. Clothes, bedding stay escape of any moisture. Clothes, bedding stay dry. Use 2 sets of liners for full nights sleep without change. Moneyback guar. Sizes for all ages, adults & children. ORDER BY WAIST SIZE. Complete with liner, \$7.95; extra liner, \$3.95; 50 disposable liners, \$8.95. RALCO MFG. CO., Dept. 373 1534 E. Edinger, Santa Ana, Calif. 92705 (Sold by Mail Since 1965)

ZIP CODE HELPS KEEP POSTA
COSTS DOWN
BUT ONLY IF YOU USE IT.

To change or correct your address

Attach label from your latest copy here and show new address below— include zip code. When changing address, please give 8 weeks notice.

All correspondence relating to your subscription should be accompanied by your address label. If you are receiving duplicate copies, please send both labels.

Send address changes to: American Home, P.O. Box 4568 Des Moines, Iowa 50306

Subscription prices:

U.S. and Possessions: One year \$5.94. Canada: One year \$6.94. All other countries: One year \$7.94.

			-
ame_			
	_	 	

Address

N

City_ State_ Zip Postmaster: Send form 3579 to American Home, P.O. Box 4568, Des Moines, Iowa 50306

Shopping Information

Merchandise listed is available in leading department and specialty stores. Items not listed may be privately owned or cus-tom made-or one-of-a-kind antiques.

SPANISH VILLA INTO SWISS CHALET

Pages 48-51: Exterior stain, Olympic Stain Div., Comerco, Inc., Seattle, Wash.; exterior Varathane[®] clear liquid plastic, Flecto Co., Inc., Oakland, Calif.

THE FRESH, CRISP LOOK Pages 52-57: Interior stain, Pratt & Lambert, Inc., Buffalo, N.Y.

GAZPACHO

Pages 62-63: Glass soup bowl, Creative Glass by Corning Glass Works, Corning, N.Y.; 8-speed push-button blender, Sun-beam Corp., Oak Brook, Ill.

GREAT MAIN DISH SALADS

GREAT MAIN DISH SALADS Pages 64-65: Glass baskets, "Kitchen Chemistry," Pilgrim Glass Corp., Moon-achie, N.J.; "Roman Flask," Alfred E. Knobler & Co., Inc., Moonachie, N.J.; round white plastic plate, Heller Designs, Inc., Mamaroneck, N.Y.; rectangular white platter, Arabia, Inc., Kansas City, Mo Mo.

TAKE A PACKAGE OF INSTANT PUDDING

Page 66: Goblets, "Kent," Alfred E. Knobler & Co., Inc., Moonachie, N.J.; silver spoons, pie server, "Thread & Shell," Royal Worcester Porcelain Co., Inc., N.Y.C.; glass plate, "Candlewick," Imperial Glass Corp., Bellaire, Ohio; footed cake plate, "Silver Crest," Fenton Art Glass Co., Williamstown, W.Va.

Order plans to build the "Heidi House" pictured on page 51

Our adaptation of the Reads's back playhouse measures 8 by 8 feet to sin fy purchase and use of materials. project requires the skills of a pro highly experienced do-it-yourselfer building permits are required in your munity, we suggest ordering more one set of plans. Fill out coupon and close check or money order plus addressed, stamped 10^{1/2}-in. envel Sorry, no C.O.D., Canadian or foreign ders. Allow at least 4 weeks for deliv

American Home, Dept. HPH 641 Lexington Ave., N.Y., N.Y. 10022

	e" plans @ \$3.9	
	-2 Two sets "He	
Hous	e" plans @ \$5.	95 ea\$_
N.Y.	residents, add :	sales tax
	Total enclose	d\$_
print nam	ne	
address		
city	state	zin code

Tile, floral border and edelweiss designs

Each set of instructions includes ac size patterns for Carol Read's edel (page 50), tile (pages 52 and 57) floral border designs (page 57). You also use these as attractive embro patterns. Instructions contain color (for border) and techniques for tran ring and painting designs. Fill out co and enclose check or money order self-addressed, stamped 10^{1/2}-inch ness-size envelope. Allow at least 4 for delivery. Sorry, no C.O.D. orders

American Home, Dept. TS 641 Lexington Ave., N.Y., N.Y. 1002

	edelweiss design patterns @ \$1.00 ea.
	N.Y. residents, add sales tax Total enclosed\$.
or	int name

address	L. ILE	
city	state	zip code
Plans f	or arm	oire

pictured on page 57

To receive plans and instructions for Reads's special-built armoire, fill out pon and enclose check or money plus self-addressed, stamped 101/2 business-size envelope. Allow at le weeks for delivery. Sorry, no C.O.I ders. Keep in mind that this is a p for the experienced do-it-yourselfer.

	Home, Dept. gton Ave., N.	
	for armoire @ esidents, add	
10	Total enclos	ed\$_
print name	50.000	
address		
city	state	zip code

Admiral's 3-door refrigerator gives you all these conveniences.



21.7 cu. ft. of food keeping space in this slim-line design.



Chilled Water Dispenser puts cold water at your fingertips.



Adjustable tempered glass shelves end messy drip-through spills.



Third door for easy access to the frozen foods you use most often.



Waist-high Frigid Meat Keeper keeps meat fresh and moist longer.



Pick-off Egg Trays save space and give you extra convenience.



Automatic Ice Maker keeps you stocked up with ice.



Large See-Through Vegetable Crisper keeps vegetables crispy fresh.



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 #1ND 2259 saves up to 900 kwh per year. (Average home uses 1300 kwh for lighting a year. Source: Better Light Better Sight Institute.)



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

Start fresh with Belair.

Light menthol to make your smoking fresh and free again.



His and Her watches from Timex to keep you up to the minute. Yours for free B&W coupons, the valuable extra on every pack of Belair. To see over 1000 gifts, write for your free Gift Catalog: Box 12, Louisville, Ky. 40201.

