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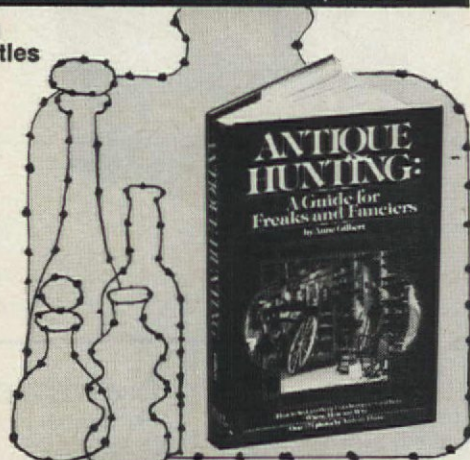
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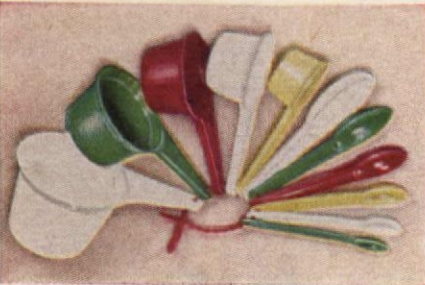
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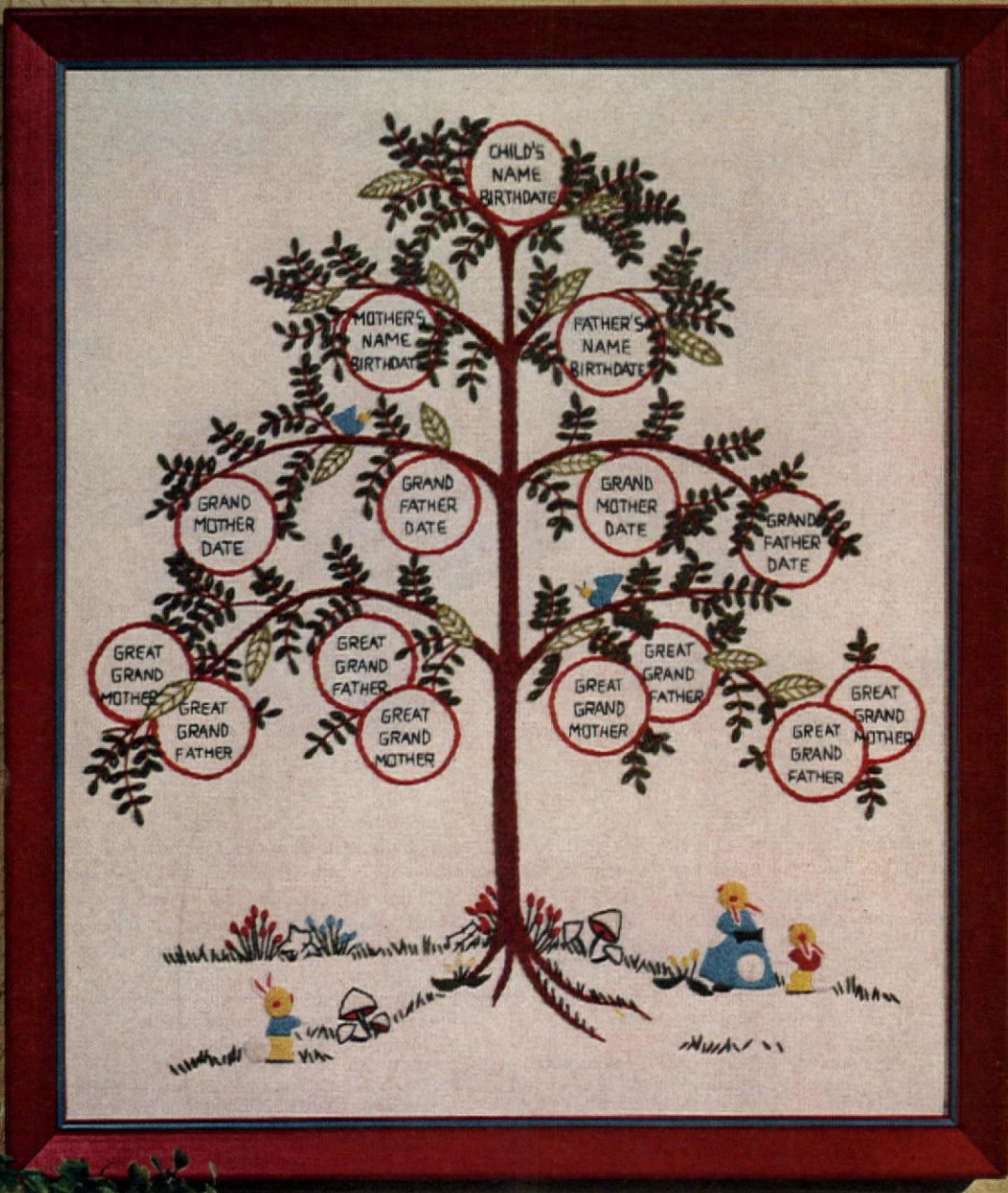
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The Most Enjoyable Hobby in the World.

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 collect them.

Until fairly recently, collecting was generally restricted to the very rich and powerful. Many of the beautiful *objets d'art* that now grace museums were originally commissioned by royalty. The wealthy still collect, of course, but now individuals of average means are joining the burgeoning ranks of collectors.

Many Americans collect. Some opt for traditional subjects, such as antiques, stamps, coins and old firearms. Others search out the unique: Grown men have been known to go misty-eyed at the sight of a rare Honus Wagner baseball card. All are bona fide collectors. And they collect for a variety of reasons.

Many collectors are attracted by the beauty of the objects they acquire. The crystal, hand-painted porcelain plates, delicately carved furniture, velvet with satin and velvet are, at the very least, pleasing to the eye.

Collections add character and grace to homes and are often proudly displayed. A 19th Century walnut-finished davenport becomes the focal point of a room, plain walls become picturesque with the addition of rain-hued collector plates.

Another big reason people collect that beautiful items can also be valuable. Antique furniture, rare books, prints and paintings may command admirable sums. And if purchased at a reasonable price to begin with, the owner realizes a bonanza on resale. This takes knowledge, a bit of luck, but there are opportunities for the average collector.

Limited Edition Collector Plates have become quite popular. For ex-

ample, 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 second-hand shops in search of the unusual—and 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 questionnaire to
Collecting Survey, American Home
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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.

1. Which of the following items do you collect?

- A. Antiques _____
- B. Figurines _____
- C. Bric-a-Brac _____
- D. Plates _____ Porcelain
- Precious Metal
- E. Stamps _____ U.S. Foreign
- F. Coins, Medallions, Ingots _____
- G. Memorabilia, Americana _____
- H. Dolls _____
- I. Autographs _____
- J. Miniatures _____
- K. Books _____
- L. Art Prints _____
- 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 _____

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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. McFarlin 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 Marjorie 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 garb—narrow 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.



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(continued on next page)

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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!”

Only at **Sears**



G.

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.

Best buys in antique painted tinware



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 19th-century 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-



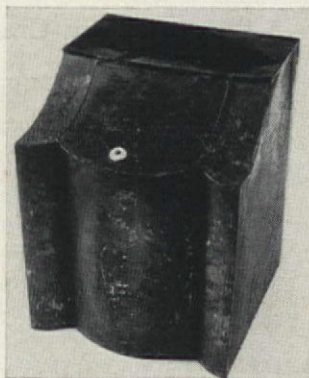
ware to be found in antiques shops and flea markets all over America. The decoration is charming and sentimental; it was probably old-fashioned even when new. Older boxes have elongated patterns associated with Art Nouveau and Edwardian styles, while others have the flamboyant designs of the 1920s Art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



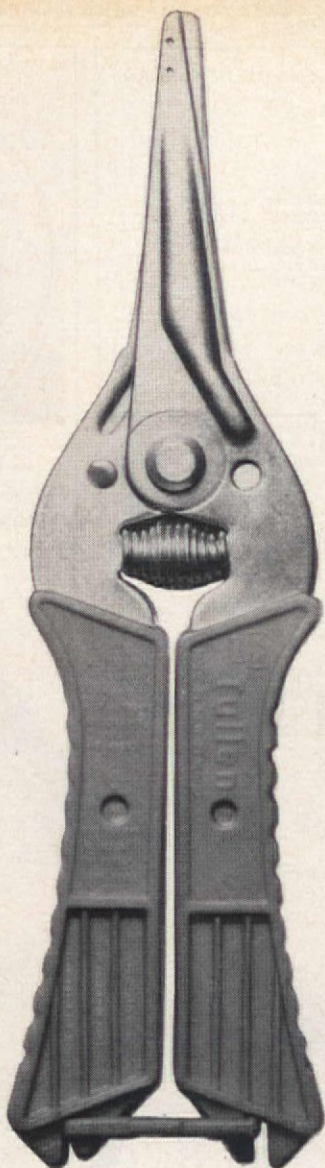
Handy sewing aid

They're versatile, can cut paper and all kinds of fabrics.



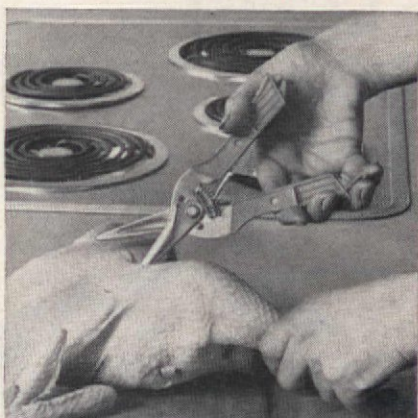
Hard-working tool

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, 7¼" long. Price, just \$4.99.

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| — #61926 Oval molded frame for samplers | @ 5.99 plus .85 post. & hdlg. | _____ |
| — #61927 Tulip Hearts floss stitch | @ 2.49 plus .50 post. & hdlg. | _____ |
| — #67271 Violet floss stitch | @ 2.49 plus .50 post. & hdlg. | _____ |
| — #67270 Black-eyed Susan floss stitch (not shown) | @ 2.49 plus .50 post. & hdlg. | _____ |
| — #67272 Easel Frame with glass for floss stitch | @ 2.99 plus .55 post. & hdlg. | _____ |
| — #61014 Colorful catalog of other kits | @ .50 each | _____ |
| | Please add sales tax (N.Y. & Fla.) | _____ |
| | Total enclosed | \$ _____ |

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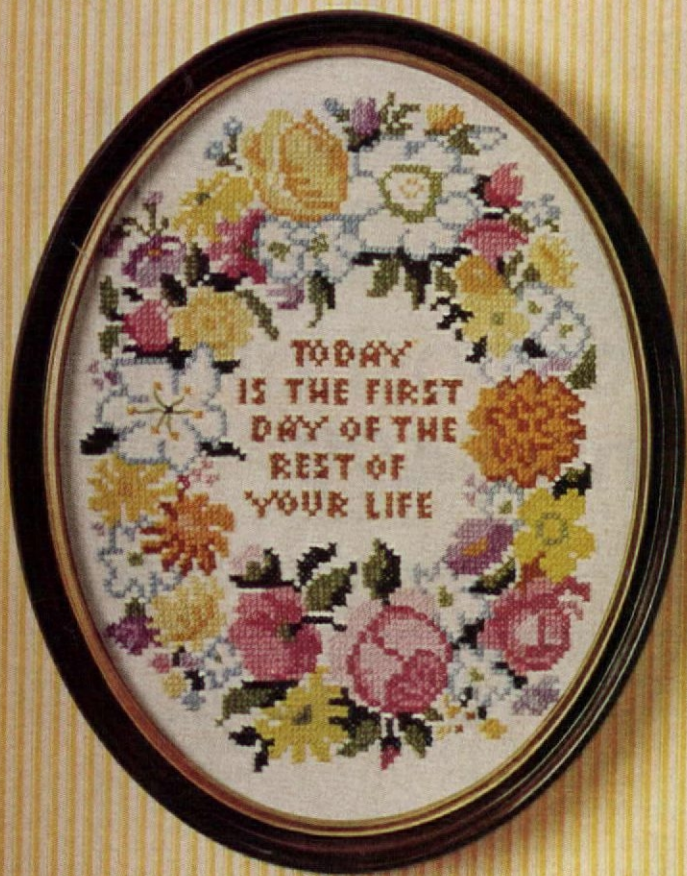
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KEEPSAKE FLORALS 3 by 4 inches, in easy crewel stitch using embroidery floss. Separate glass-faced frames in gold-toned, easel-backed ovals to hang or stand. Make lovely gifts.

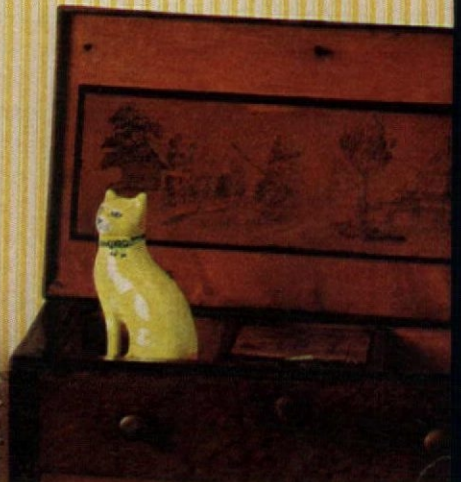
Photographs by Ben Sredowsky

Kit Magic! FLORAL STITCHERIES In Rare-Find Oval Frames



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 posy-wreathed 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



American Home Guide to Your water supply

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 co-sponsored 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 7½ 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 solid plug of water to form, initiating a seal 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 toilet with a new one is not economically practical—water conservation or not. You might, however, want to consider installing a modification kit that gives 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 this article was being prepared, are called Econo-Flush and Duo-Flush. Each costs approximately \$15. If your plumber isn't yet acquainted with these products, tell him that Econo-Flush is 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 Colorado 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 water is then held in the reserve tank by



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

According to a study done for the EPA by General Dynamics, a modification kit added to a commode can reduce total water usage by about 3½ percent. Moreover, results of a study 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 2½ to 3½ 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-to-clean 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 $\frac{1}{16}$ inch long, which is a fast drip, allows 970 gallons to pass needlessly down the drain each day. A $\frac{1}{8}$ -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 sched-

uled 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 lawn-growing, 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 $\frac{1}{2}$ -inch hose dispenses $4\frac{1}{2}$ gallons a minute; a $\frac{5}{8}$ -

inch hose, 8 gallons a minute; and a ¾-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 1½ inches of water a week, usually ½ 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, root-water 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.

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

2. Organic contaminants are man-made 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 non-phosphate 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 pol-

lutants. 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.

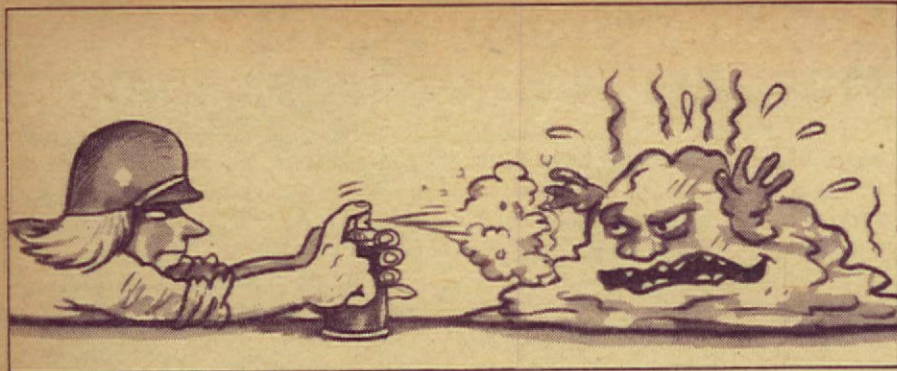
To keep the cost of such equipment to a minimum, you can purchase a small unit that provides 3 to 5 gallons of water a day, which is usually sufficient for consumption needs in the average home. Unfiltered water may be used for nonconsumptive functions, such as watering the lawn, washing the car, flushing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

continued



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-grain-per-gallon concentration, it will cause trouble, and you should consider installing a water softener. Salt is the pri-

mary 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 electro dialysis.

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



"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 earnings with what I used to earn," 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!'"

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

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.

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

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Please send me your free illustrated booklet "Your Career in Interior Decorating," describing the LaSalle home study course.

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LaSalle Extension University

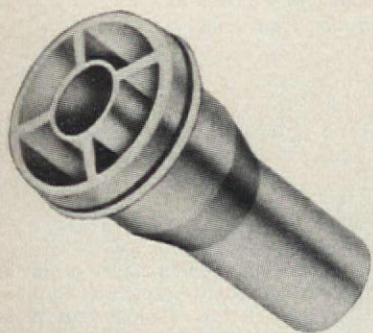
A Correspondence Institution

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



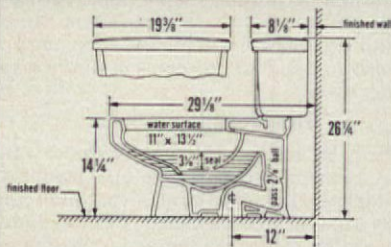
Water savers and filters

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.



WATER-SAVING TOILET

Water-saving Cadet model toilet by American Standard flushes on only 3½ 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.



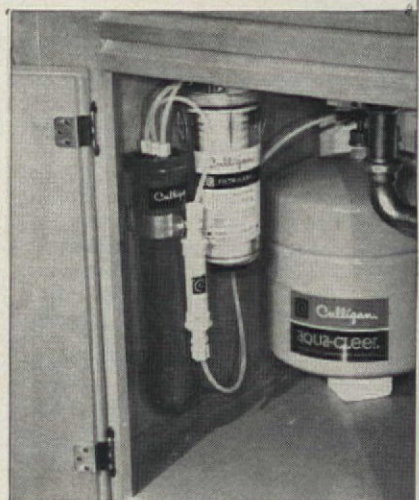
FLOW CONTROL

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.



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 ¼-, ⅜- or ½-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.



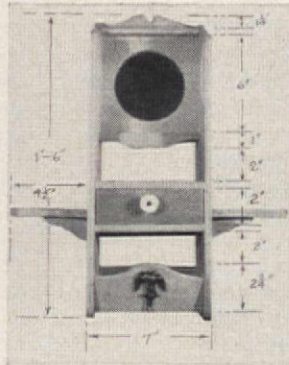
PRESSURIZED FILTER

New Aqua-Clear filter by Culligan uses the principle of reverse osmosis—water is forced through a semipermeable membrane 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.

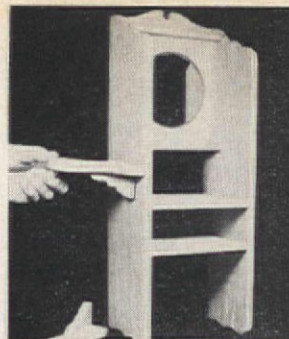
Build this appealing wall vanity

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

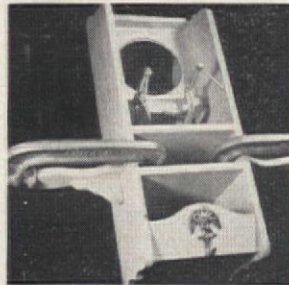
1 What makes this miniature vanity different and particularly appealing are the brackets extending from its sides. They provide space for displaying candles, small statuary or bric-a-brac. The drawer holds grooming articles; the open space at bottom is for greenery or small plants.



2 Here are dimensions for pieces that make up the wall vanity. You will need 6 feet of hardwood lumber in 1/2-inch thicknesses. Cherry or walnut is preferred, but soft pine makes a satisfactory substitute if you stain it to create a warm, mellow appearance.



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 or 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.



5 Glue side brackets in place and clamp with C-clamps 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.

King Size: 20 mg. "tar", 1.3 mg. nicotine; 100 mm. 19 mg. "tar", 1.3 mg. nicotine, av. per cigarette. FTC Report 4-75

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 static-free 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 double-faced tape or carpet adhesive, a notched

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

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.

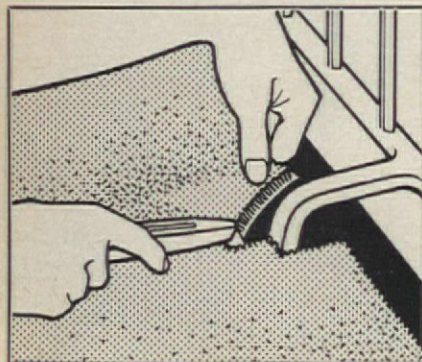
Finally, remove the 1½-inch excess carpet going up the walls. Use a straightedge to force carpet snugly between wall and floor. Then with straightedge as your guide, remove excess with a razor-sharp knife. You should also allow enough carpet in doorways so it will end directly under the door when it's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

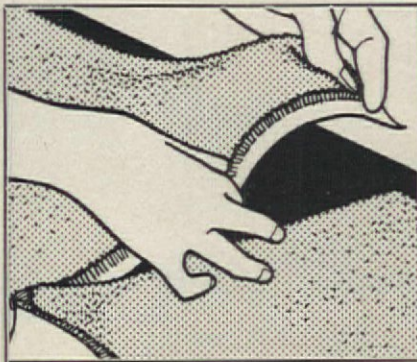
Plain colors are easiest to seam. Very often it's unnecessary to trim the carpet to make a tight seam. Try butting the edges together; if the seam is straight and clean, you're in luck. If you must trim, turn pieces over and snap a chalk line about ½ inch from the edges; use your razor-sharp knife and 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.

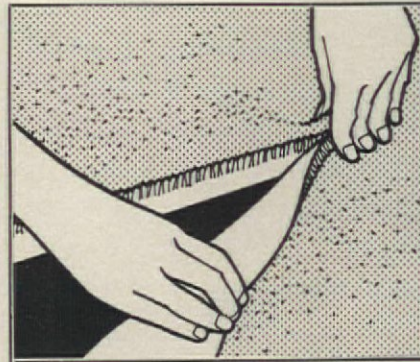
To trim patterns, carefully position the pieces to create the correct design. Then snap a chalk line and cut off parts that overlap. Attach trimmed pieces to the floor by using double-faced tape or adhesive. If tape is your choice, affix it to the floor first so each seam falls in middle of the tape.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



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



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



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

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[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 three-quarters 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 well-stocked 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.

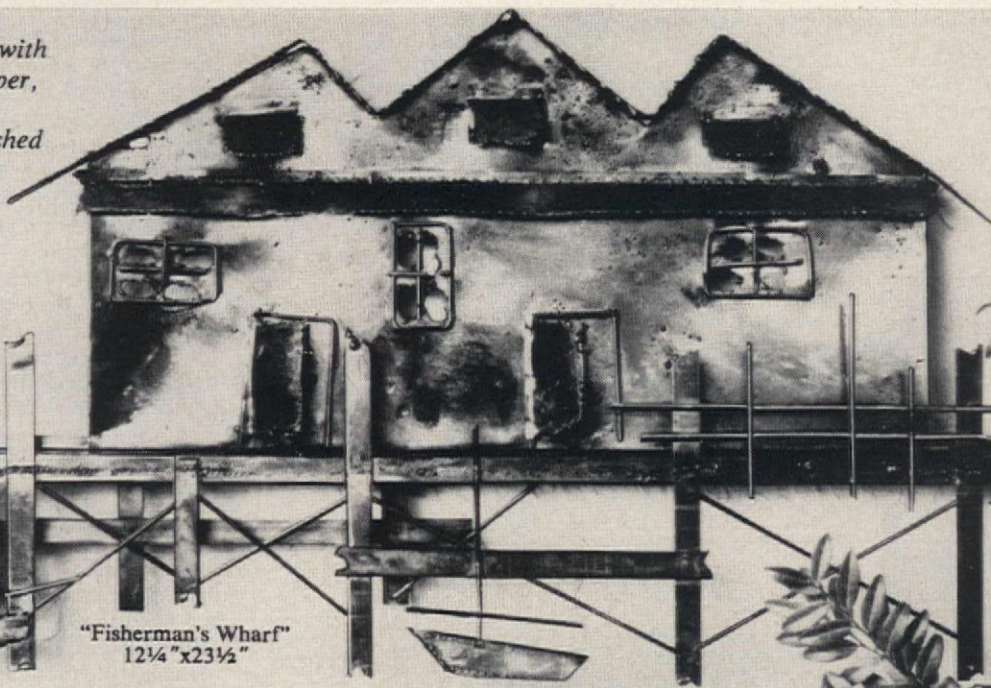
Position your terrarium carefully. It needs bright light but not direct sun (except for cacti, which belong right in the sun). And it needs the correct temperature: cool for a woody terrarium, house temperatures for houseplants.

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. □

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"Victorian House" 13¼" x 20"



"Windmill"
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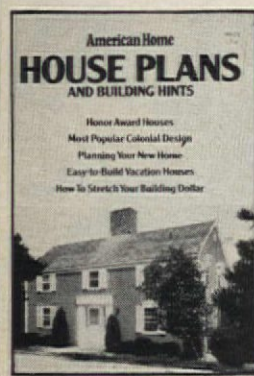
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5 homeowner repairs you can handle yourself

The cost of relying 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 door-jamb, begin by opening the door fully and shiming 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.

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-to-use 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

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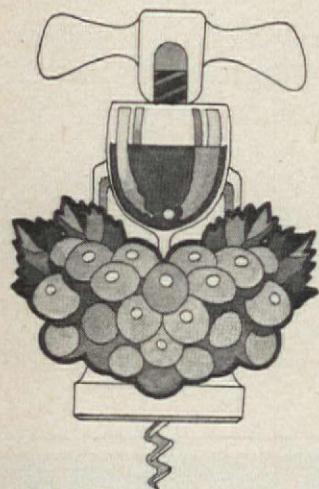
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Serve a glass of wine



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 meal—white 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 ex-

cellent 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 spritzzy 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 half-gallon) has a luscious golden color and rich taste—it's medium dry. M. LaMont'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 character—another 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 Oro bianco (\$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 half-gallon) 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.

Illustrations by Bob Pepper

We've taken a shine to you...

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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 dog 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." □

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Ask us about your antiques

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.

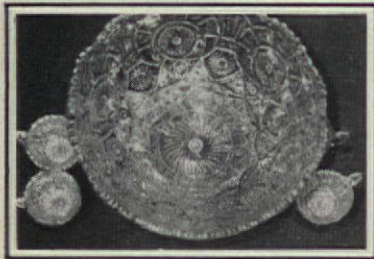
A The lamp base in your photograph does look more like those made for the colorful stained-glass shades of Louis C. Tiffany than the other possibilities that come to mind. The naturalism of the tree form is one that was exploited best by Tiffany, and not all the work from the Tiffany studio was marked.



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.

A Your punch bowl and cups are examples of bright-cut glass made

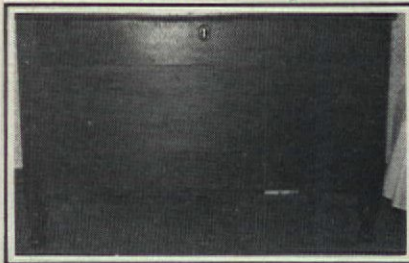


between about 1870 and 1915, the most elegantly patterned glass of its time. One element is puzzling: The base is squatter than usual and may not have come with the set originally. You could test it by seeing how well it fits. Patterns were frequently patented by the manufacturers of cut glass, but a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



A The vase is an example of glass created to commemorate the big 1876 Centennial celebrated in Philadelphia. Pieces like this were made by Gillinder and Sons of that city. The hand holding the vase, idealizing 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

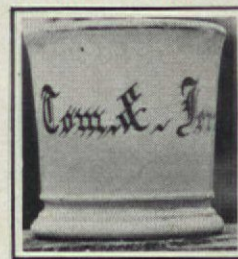


as well as porcelain. Your platter is very likely a combination of the ceramic and a white metal related to pewter. The design of the birds appeared in the mid-1800s when alloys intended to be superior to pewter were introduced.

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



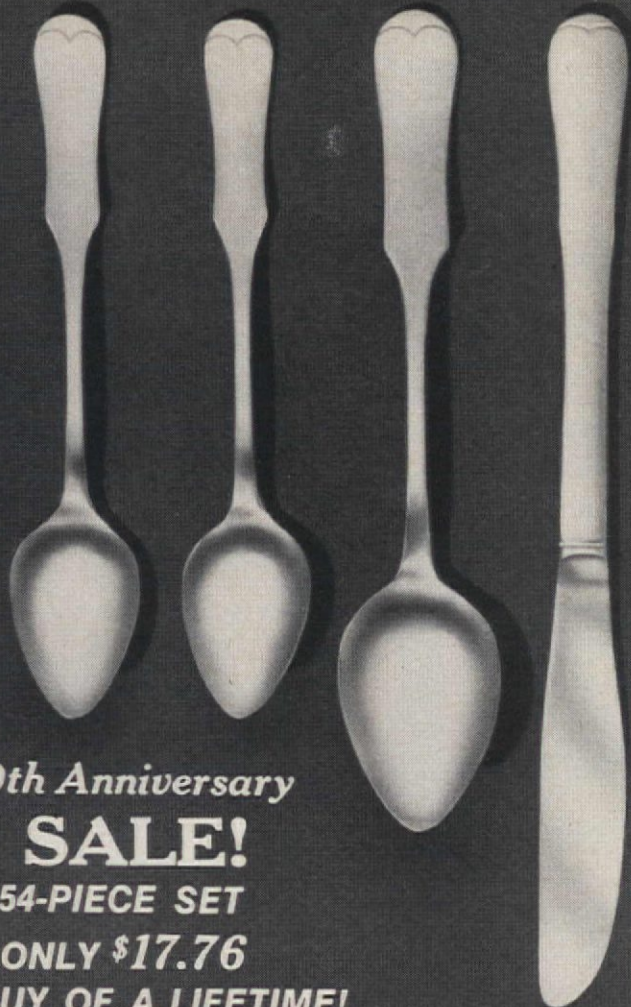
widespread admiration for the 18th-century products of that area. Although its shape is one commonly used for shaving mugs, the names "Tom and Jerry" refer to a traditional hot rum drink. Dresden mugs were frequently exported undecorated; the names and designs were added by professional decorators or 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-and-white photographs** to: Ask Us About Your Antiques, American Home, 641 Lexington Ave., New York, N.Y. 10022. Include complete descriptions plus any details the pictures don't show. Questions of general interest will be published as space permits. Sorry, we are unable to return photos or send personal replies. —**Marvin D. Schwartz**



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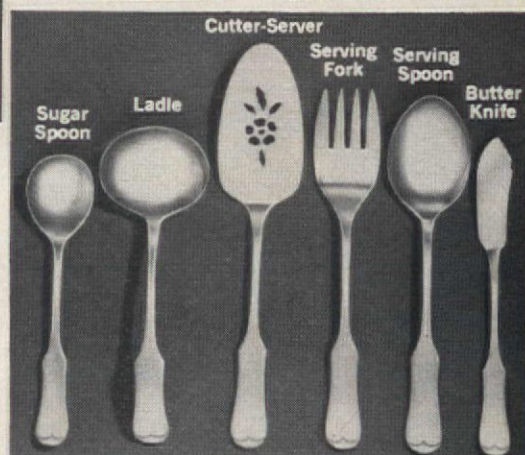
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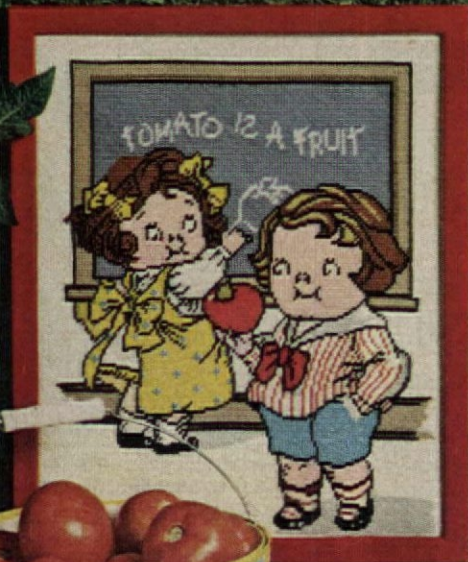
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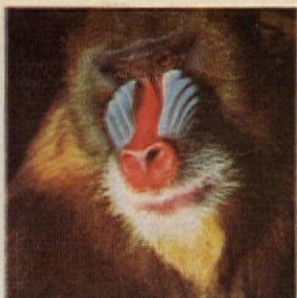
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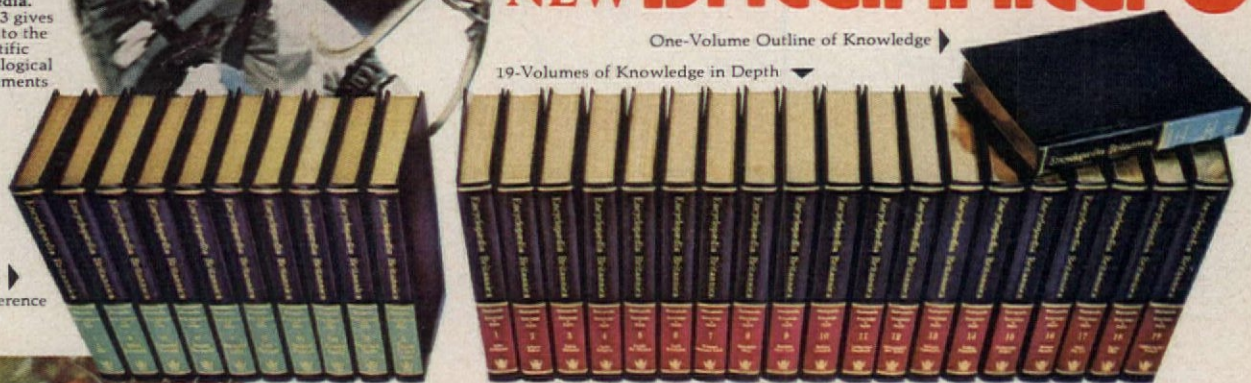
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Like so many of our features, the story of the Peter Reads, which follows, began with a tip mailed to us by a friend. It was followed by an enthusiastic letter from Carol Read, telling how she and her husband and two daughters had completely transformed 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

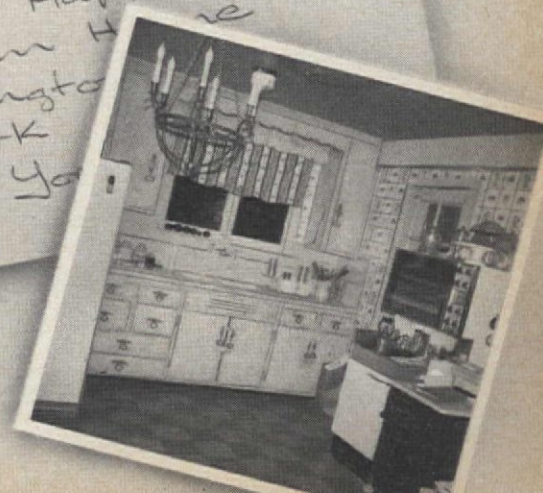
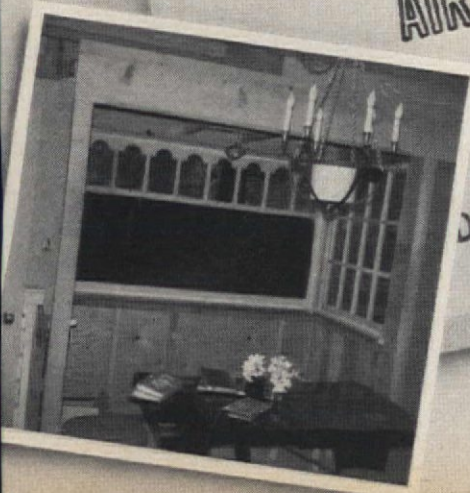
Meet our family of the year



AIR MAIL

Margaret Happel
American Home
641 Lexington
New York
New York

AIR MAIL

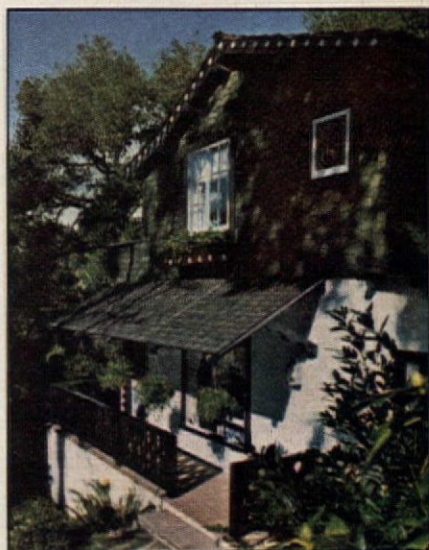




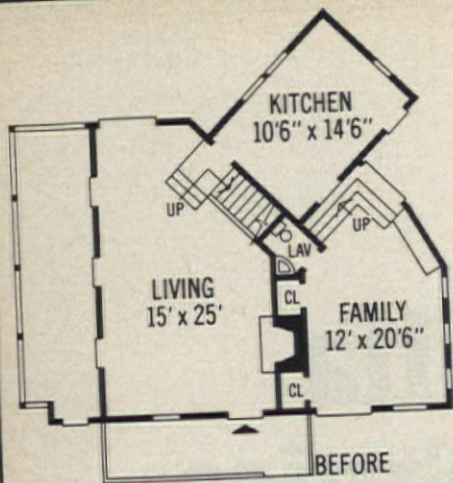
FAMILY OF THE YEAR

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 powder-blue 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."

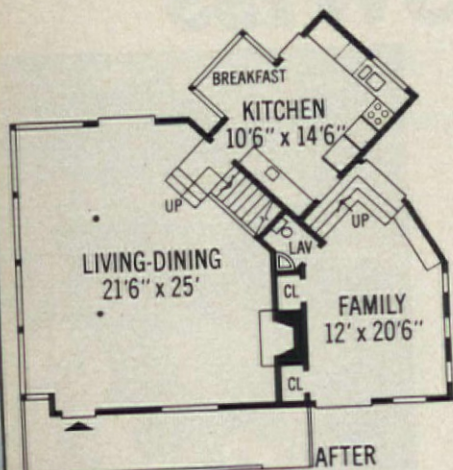


Shapes, textures and detailing add to the distinct charm of the Read house (left). Young daughters set out for school through the well-tended hillside garden.



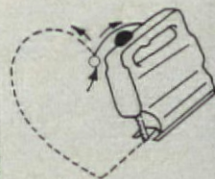
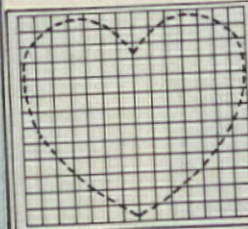
Making the most of space

The Reads didn't add rooms. They achieved more usable space by merging some existing rooms and extending the kitchen to create a comfortable breakfast nook, as you can see in "before" and "after" plans of first floor, left. House's alpine theme is winningly carried out in its exterior details and interior decor.



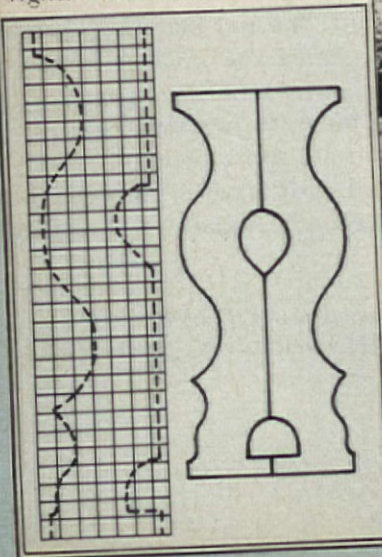
Garden gate cut out for fun

Heart-shaped cutout (pattern below) looks toward breakfast nook. To build, enlarge pattern until heart shape is the size you want. Bore a 1-inch hole at top center; cut curve to bottom point on each side, then file and sand the edges.



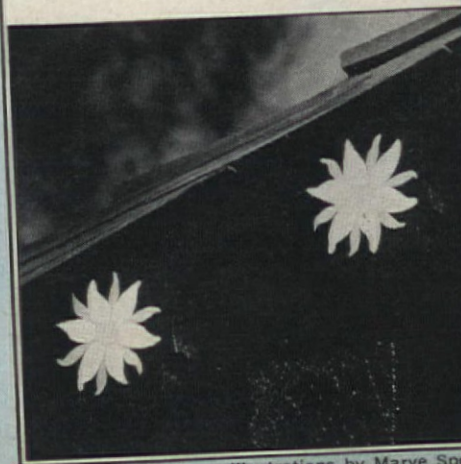
Lacy front porch

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.



Painted Swiss details

Hand-painted edelweiss decorates roof 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."





“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.

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 details 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

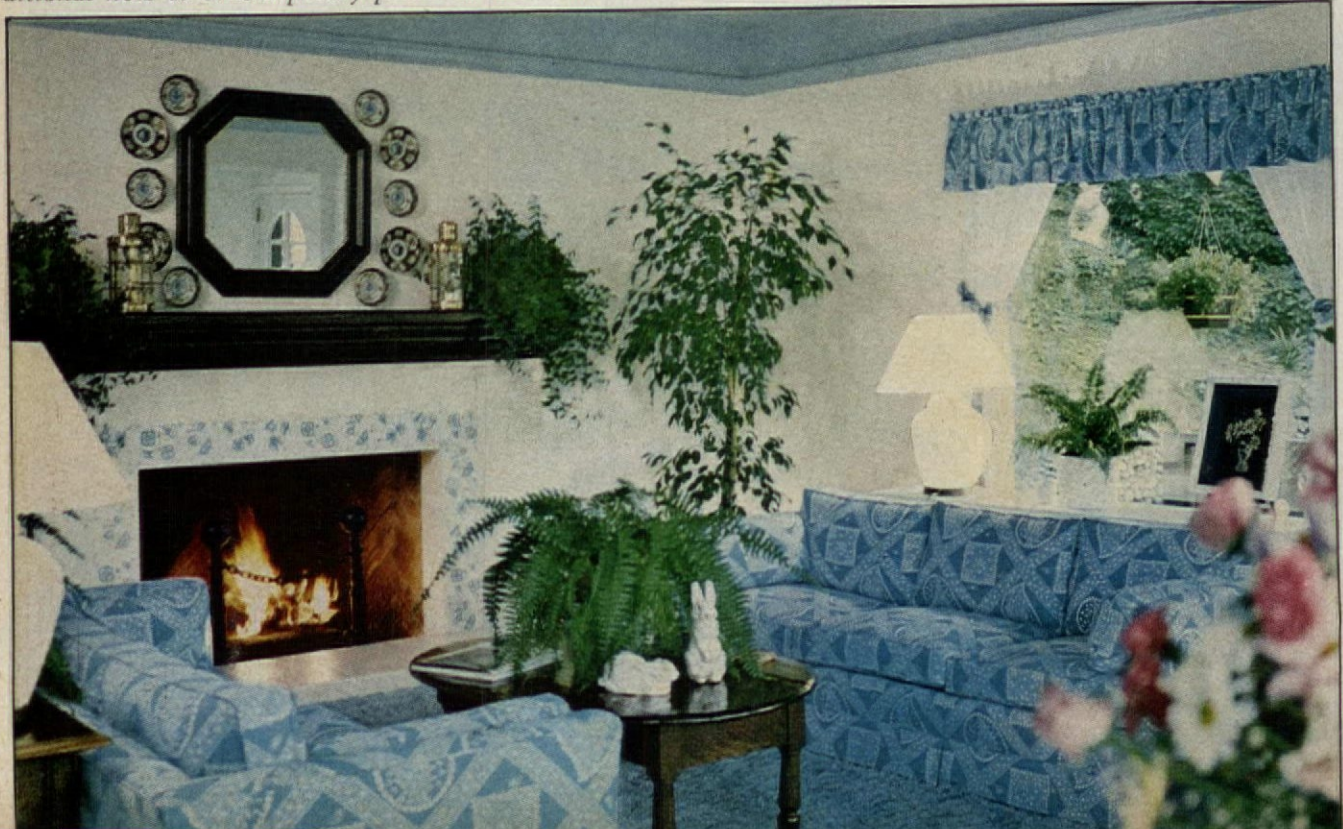
window treatments she created, in the pillows at left, which she designed (how-tos, page 73) and in the kitchen and fireplace tiles she meticulously handpainted. Because of house's modest size (2,000 square feet) and open floor plan, interior tones were coordinated for design unity. Blue, Carol's favorite, became dominant, with apple green a refreshing companion. (continued)

Today's fresh, crisp look

Living room's rich contrasts

Dark wood tones of mantel and antique tables add traditional note to contemporary pieces in cool blue and

white setting. Unable to find tiles she liked, Carol painted her own for fireplace surround (see coupon page 84).





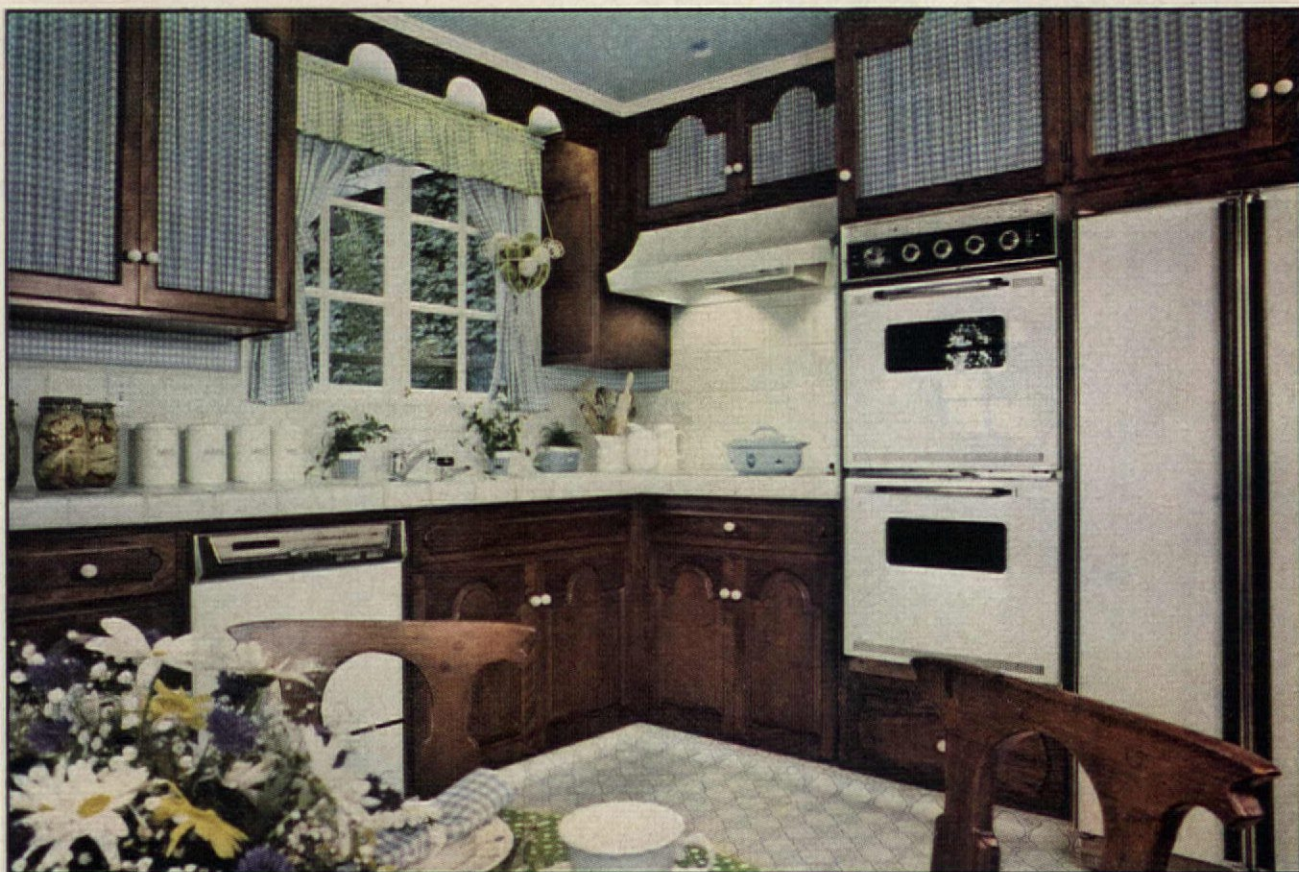
**Latticework walls,
wicker furniture
and a baker's rack
brimming with greenery
give family
room indoor-outdoor
appeal all year.**

A photograph of a dining area. In the foreground, a white wooden table is partially visible, surrounded by white wooden chairs with curved backs and checkered seat cushions. To the left, a decorative white pillar stands. In the background, a large window is framed by a patterned valance and sheer curtains, offering a view of lush green trees. A bouquet of flowers sits on the table to the right.

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 hand-turned 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 re-

curs 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.)



BREAKFAST NOOK ADDITION to build from our plans and instructions

Materials for unit 72" on each side:

- 1 panel $\frac{3}{4}$ " lumber-core plywood: 4'x8' for G, H, S
- 3 panels $\frac{3}{4}$ " lumber-core plywood: 4'x6' for B, E, N, P, Q, R
- 3 - 1x2 clear pine: 6' for M, O
- 6 - 1x3 common pine: 6' for K, L
- 8 - 1x4 common pine: 6' for A, C, D, F
- 4 - 1x4 common pine: 5' for J
- 2 - 1x6 common pine: 8' for J
- 1 - 1x6 common pine: 5' for J
- 8 doz. $1\frac{1}{4}$ " flat-head No. 8 wood screws
- 1 lb. ea. 8d common nails, 4d and 6d finishing nails
- Wood filler, wood glue
- Stain or plywood primer and paint

CUTTING LAYOUTS

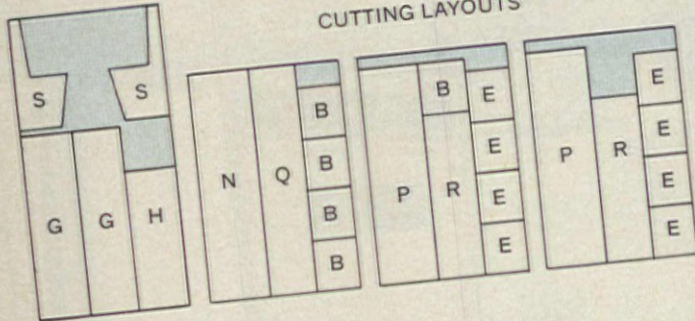


DIAGRAM 1

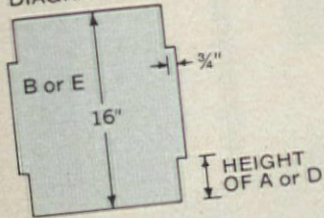


DIAGRAM 2

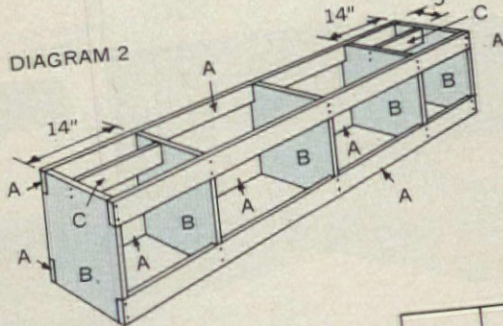
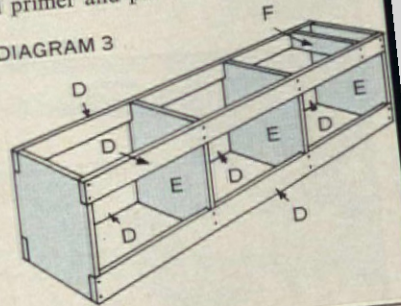


DIAGRAM 3



Use glue on all wood-to-wood contacts during assembly. Measure and cut parts as you use them; check dimensions carefully against parts already in place. If unit is to be painted, you can economize and use fir plywood instead of lumber-core; even if you stain it, the 4'x6' panels can be finished with cushions will cover most pieces cut from these panels. Seats may be cut shorter and hinged to backs with $1\frac{1}{4}$ " continuous hinges before backs are attached—to provide access to storage space in base units. If backs are too high, cut parts J shorter at bottom edge, then cut N and P as required.

Cut four A to length to fit across back of nook. Following cutting layouts (top), cut thirteen $13\frac{1}{4}$ "x16" pieces for B and E; cut a $\frac{3}{4}$ " deep notch at each corner to receive 1x4, so top edges will be flush (diagram 1). If a longer unit is being built, add B or E, spacing them no more than 30" apart.

Bore ten pilot holes for shanks of screws in each A; place them $\frac{3}{4}$ " from top and bottom edges with two $\frac{3}{8}$ " and two $14\frac{3}{8}$ " from each end and two at center of length. Attach each A to five B so all edges are flush. Cut two C to fit between B; using 8d nails, nail B to C so top edges are flush and back edge of C is 5" from back edge of A (diagram 2). Place unit against back wall.

Cut four D to reach from front of A to $\frac{3}{4}$ " from front corner of nook (top view, opposite). Bore eight pilot holes in each D. Space all of them $\frac{3}{4}$ " from top and bottom edges; two of them should be $\frac{3}{8}$ " from top and bottom edges; equally along length. Attach each D to four E so all edges are flush. Cut F to fit between D; using 8d nails, nail D to F so top edges are flush and center of F is $5\frac{7}{8}$ " from end of unit (diagram 3 and top view).

Make second unit the same for other side of nook. Place side units against walls and back unit, so ends with F are next to back unit (top view); using 8d nails, nail through A and D into wall studs where possible. Cut two G to 16" high by length to cover front of side unit; with 6d nails, attach D and E so all edges are flush. Cut H to 16" by length to fit between two G; nail to A and B (diagram 4).

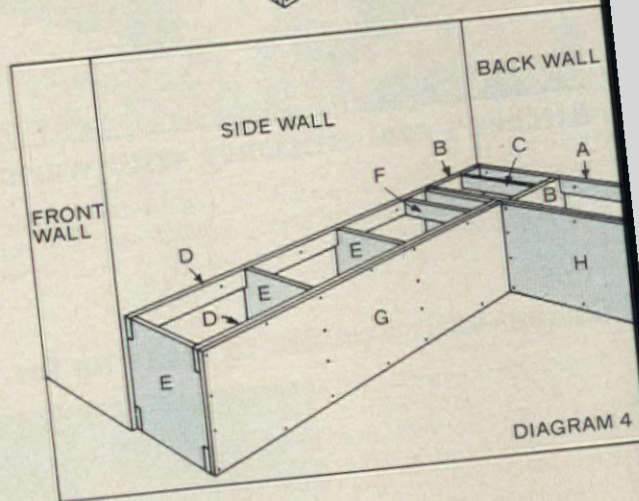


DIAGRAM 4

DIAGRAM 5

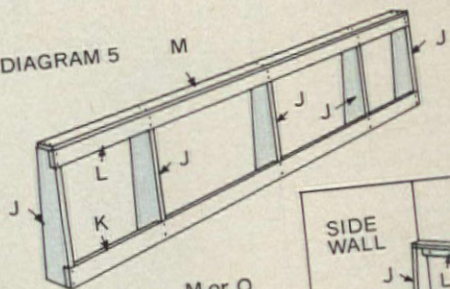


DIAGRAM 5A

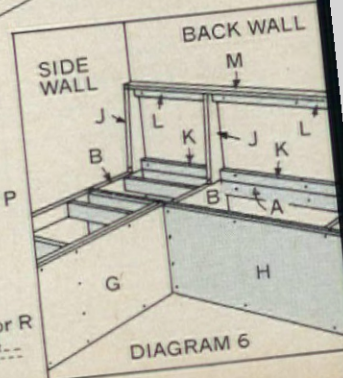
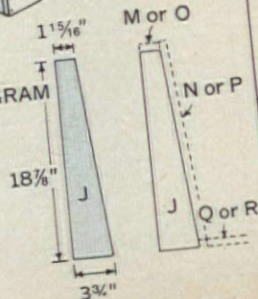
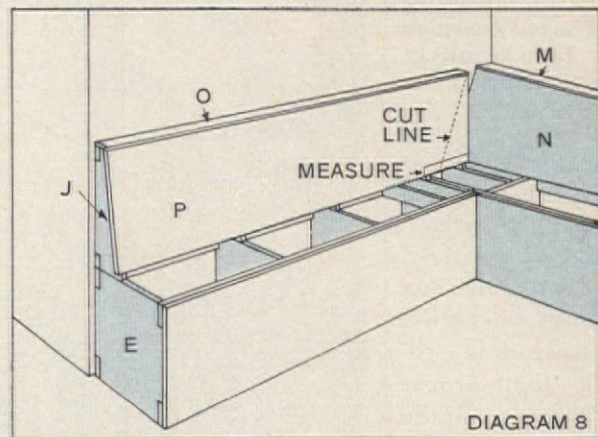
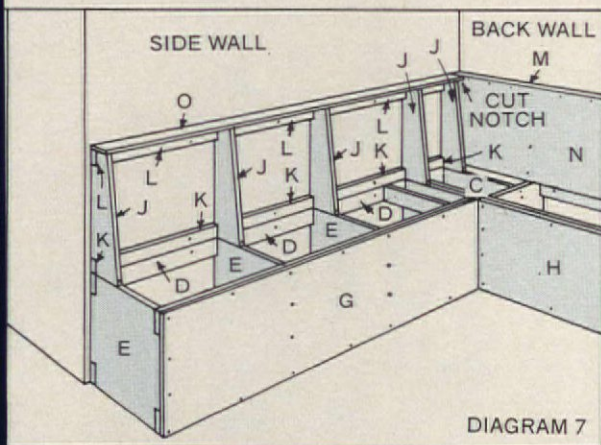


DIAGRAM 6

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.

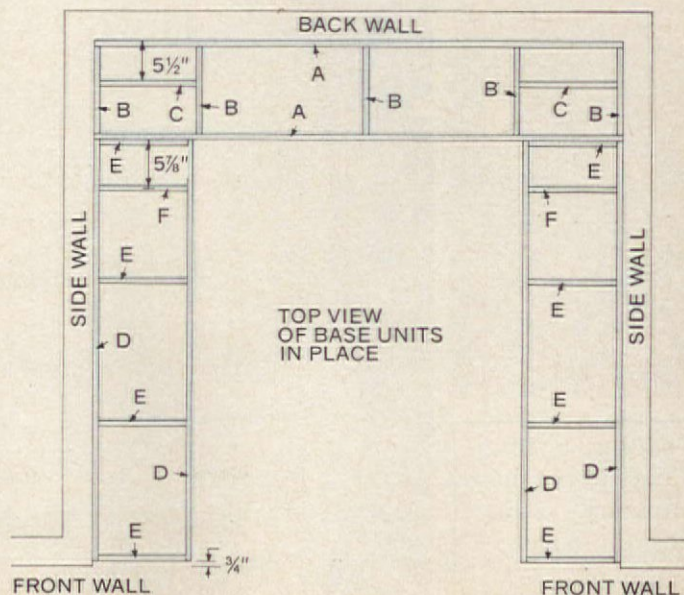
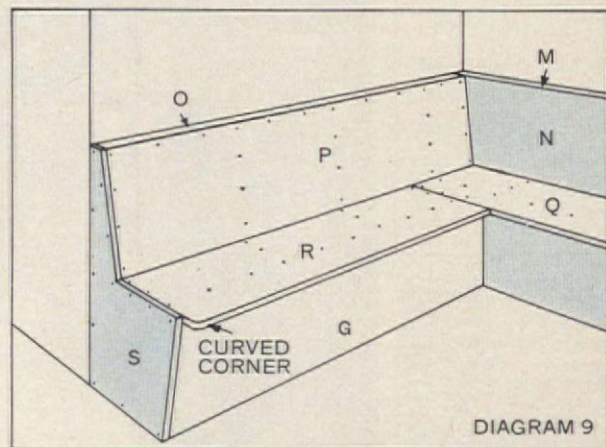
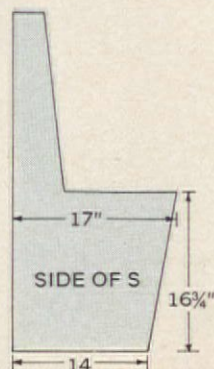


Make a full-size pattern of J on heavy paper, using measurements from diagram 5A. Cut five J; cut notches at top and bottom of each for K and L. Cut K, L and M to same length as A; place K on back unit and mark locations of each B on K; repeat with L. Using 6d nails, attach K to each J so A is centered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

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

Toenail J to C and E with 6d nails; nail K and L to wall studs, as before. Cut O to length to fit from front edge of M to 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 same way. Measure along front edge of O from front of N to end of O; cut P to this length by 19" wide. Hold P in place temporarily so top edge is flush with top of O; at top corner measure open space between top of P and top of N; transfer this measurement to bottom of P; draw line connecting top and bottom points. Remove P; cut along marked line so P will fit against slanted face of N (diagram 8).

Using 6d nails, attach P to J and O. Cut and attach P to other side wall (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 all-around 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-



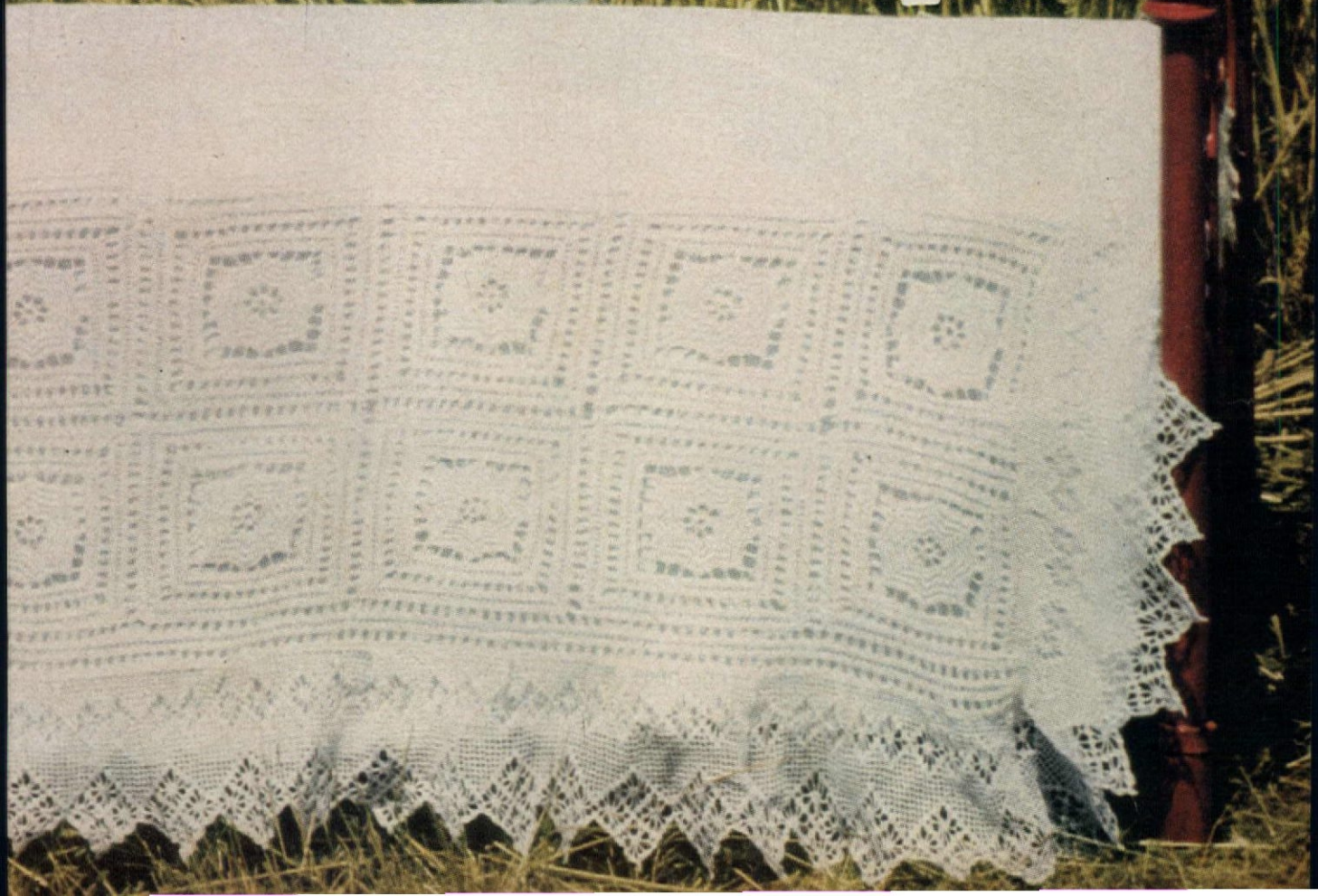
sure, adding a traditional note to the most contemporary setting. How-tos on page 74.

Yarn by Coats & Clark
Brava





**Create
an
heirloom
bedspread
square by
square**

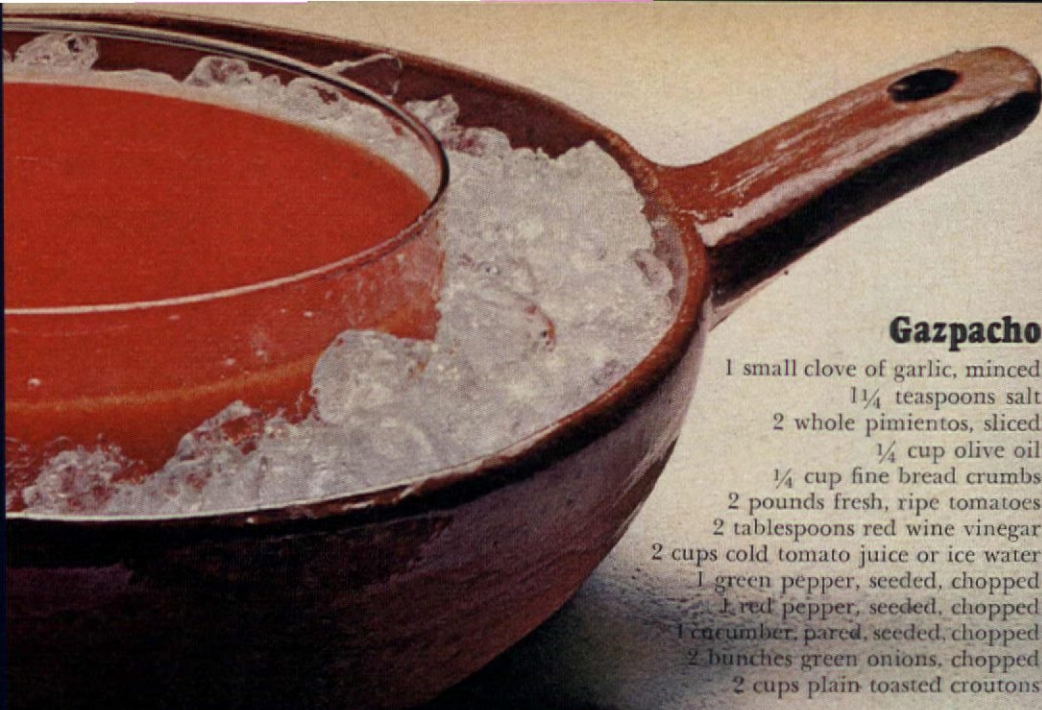


For no-cook eating

Gazpacho Enjoyed in the sunny south of Spain, gazpacho (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

- 1 small clove of garlic, minced
- 1 1/4 teaspoons salt
- 2 whole pimientos, sliced
- 1/4 cup olive oil
- 1/4 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
- 1 red pepper, seeded, chopped
- 1 cucumber, pared, seeded, chopped
- 2 bunches green onions, chopped
- 2 cups plain toasted croutons



1 In mortar with pestle, 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.

2 Core and quarter tomatoes. Place in blender container. Cover. Puree; stop occasionally to scrape down tomatoes with rubber spatula. There should be 3 cups puree when you're finished.

3 Gradually pour pureed tomatoes into sieve 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.

5



4



For no-cook eating

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.



1

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

2

Fluffy bottled green goddess dressing tops a serving of Avocado Seafood Salad.

3

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

4

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

5

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



3



2

For no-cook eating . . .

Take a
package of

Instant Pudding

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.

There's a little Eve in every woman.



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
- 3 pitted colossal ripe olives, quartered
- 1 small head cauliflower
- 1 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

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 (14 3/4 ounces each) elbow macaroni and cheese
- 1 can (6 1/2 to 7 ounces) tuna, drained
- 1/2 cup diced celery
- 2 tablespoons snipped chives
- 2 tablespoons lemon juice
- 1 1/2 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
- 1/4 cup milk
- 2 tablespoons cider vinegar
- 1 teaspoon curry powder
- 1 can (12 ounces) luncheon meat, chilled
- 1/2 teaspoon salt
- 1 green pepper
- 1 head iceberg lettuce, about 1 1/2 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
- 1 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
- 1 can (3¾ ounces) Norwegian sardines 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 to 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 (4½ ounces each) deviled ham
- 1 carton (12 ounces) pot-style cottage cheese (1½ cups)

¼ cup bottled Thousand Island dressing

½ teaspoon salt

⅛ teaspoon hot-pepper sauce

1 can (20 ounces) sliced pineapple in pineapple juice, chilled

1 pound fresh nectarines, chilled

½ 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 pineapple 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.

¼ cup soy sauce

2 tablespoons lemon juice

4 teaspoons sugar

1 tablespoon pure vegetable oil

2 teaspoons sesame seeds

1 teaspoon ground ginger

3 cans (5 ounces each) boned chicken

1 can (16 ounces) bean sprouts, chilled, drained and rinsed

1 can (6 ounces) sliced bamboo shoots, chilled and drained

1 head iceberg lettuce

¼ 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.

¾ cup pure vegetable oil

¼ cup tarragon vinegar

1 tablespoon Dijon-style mustard

1 teaspoon salt

1 teaspoon sugar

¼ teaspoon pepper

3 cans (5 ounces each) Vienna sausages, drained and sliced diagonally

½ pound zucchini, cut into julienne strips (1½ cups)

1 can (14½ 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 (2½ 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, vitamins A and C.

1 head green cabbage, about 3 pounds, finely shredded

½ cup bottled creamy onion dressing

1 teaspoon salt

¼ 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 (3½ ounces each) banana cream instant pudding or 2 packages (3¾ ounces each) banana cream instant pudding and pie filling

2 packages (1¾ ounces each) whipped topping mix

2¾ cups milk

2 tablespoons dark rum

3 medium-size bananas, about 1 pound

½ 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 spring-form 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 ¼-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

Chocolate Cheese Pie

(pictured on page 66)

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

- 1½ cups graham cracker crumbs
- ¼ cup sugar
- ½ cup liquid margarine
- 1 package (8 ounces) cream cheese, softened
- 1 carton (8 ounces) plain yogurt
- 1 cup milk
- 1 package (4¼ ounces) chocolate instant pudding or 1 package (4½ 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 ½ cup liquid); chop into ½-inch chunks. In bowl, combine ½ 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 foil-lined 9x5x2¾-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
 Bread Sticks

Frozen Peaches and Cream Sandwiches**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 (3½ ounces) pistachio instant pudding
- 1¾ 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 1¾ 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 (3½ ounces) vanilla instant pudding or 1 package (3¾ 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)

1. Prepare instant pudding or instant pudding and pie filling according to package directions, using 1 cup milk.

2. 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 (1¾ ounces) whipped topping mix
- 1 package (3¾ 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
- ½ cup coarsely chopped walnuts

1. 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 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
- ½ cup applesauce
- 1 package (3½ ounces) butterscotch instant pudding
- 36 brown edge wafers

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.

- ½ cup instant nonfat dry milk
- ½ cup ice water
- 2 tablespoons lemon juice

- 1 package (3½ ounces) vanilla instant pudding or 1 package (3¾ ounces) vanilla instant pudding and pie filling
- 1 thawed, frozen pound cake, about 10¾ 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
 Macaroni and Cheese Bake
 Tomatoes Stuffed with Coleslaw
 Tropical Trifle

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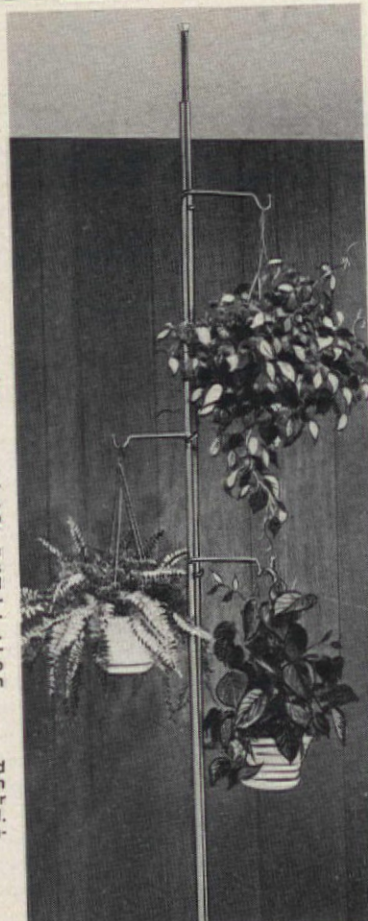
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Finishing your breakfast nook

side unit. Cut Q to 14 $\frac{3}{4}$ " 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 14 $\frac{3}{4}$ " 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.

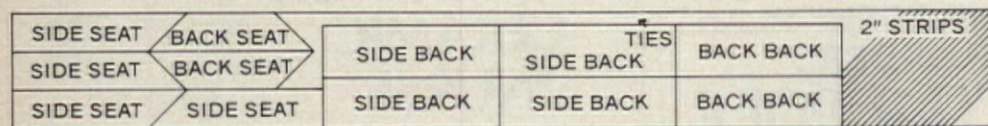
SEAT CUSHIONS for breakfast nook

What you will need

10 $\frac{1}{2}$ 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 $\frac{1}{2}$ " outside of patterns on all edges of each piece for seams (see cutting layout, top). Reverse two side seat patterns when cutting.

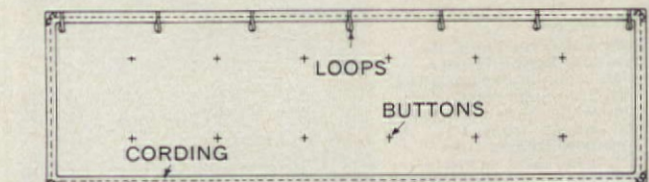
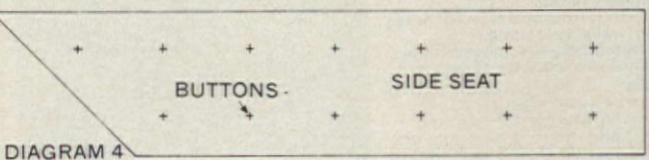
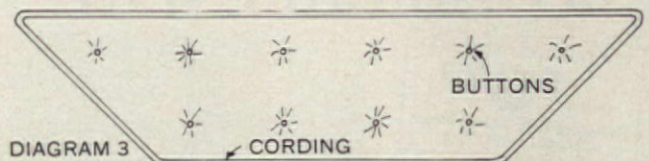
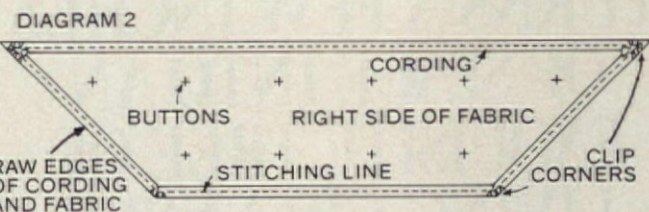
Mark lengths for backs of seats on fabric (they will be same length as longest edge of each seat piece; the width will vary, depending on size of your nook). From remaining fabric, cut 2" wide bias strips for cording (cutting layout).

As in diagram 1, seam strips together; trim fabric $\frac{1}{2}$ " 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 $\frac{1}{2}$ " 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 $\frac{1}{2}$ " 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



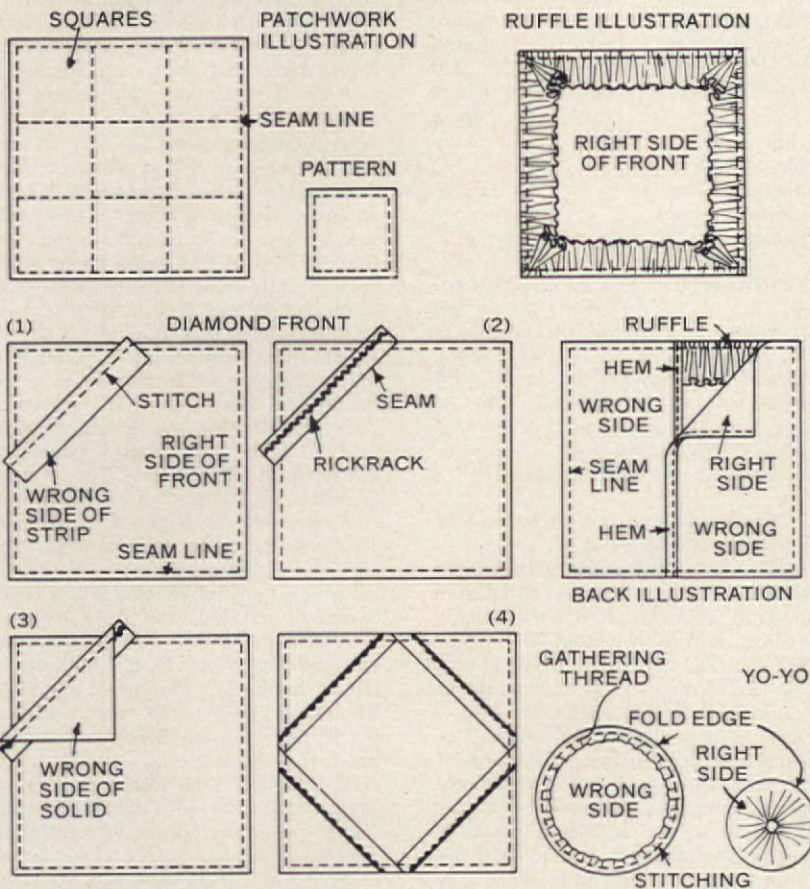
edges and using same spacing across as for seats, so buttons will line up. Pin cording around all four edges of one piece for back. Cut 1 $\frac{1}{2}$ "x4" pieces for loops; fold in half lengthwise to $\frac{3}{4}$ " width with right sides together; stitch $\frac{1}{2}$ " from fold; turn right side 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.



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Pillow fronts: Draw pattern on paper 1" bigger than pillow to allow 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 1/2" seam allowance on all sides. Using pattern, cut 9 or 16 squares. Taking 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 1 1/2" diameter Yo-yo; turn 1/4" to wrong side around edge; with double thread and small running stitch-

es, 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 1/2" wide finished ruffle. Fold fabric in half, wrong sides together; gather along edge, place around right side of front; stitch 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 1/4" to wrong side, then turn 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.

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

Abbreviations

ch	chain	sl st	slip stitch
sc	single crochet	sp	space
dc ..	double crochet	rnd	round
tr	treble	sk	skip
* Repeat whatever follows the * as indicated		rem ..	remain(ing)
()	Do what is in parentheses the number of times specified	rep	repeat
		lp	loop

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 7½" x 7½".

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

SQUARE (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:* Sl 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; sc in each rem ch and in each st. Join to first sc. *Rnd 14:* Ch 1, working in the back lp only of each sc, make sc in same sc as joining, sc in each sc around and sc, ch 1 and sc in each corner ch-3 sp. Join. *Rnd 15:* Ch 4, sk next sc, dc in next sc, * ch 1, sc next sc, dc in next sc—ch-1 sp made; make ch-1 sps across to next corner ch-3 sp. Ch 1, in corner sp make (dc and ch 1) times; dc in next sc. Rep from * 3 more times; make ch-1 sps to end of rnd, end with ch 1, sk last sc. Join to 3rd ch of ch-4—96 ch-1 sps. *Rnd 16:* Ch 1, sc in same ch as joining, * sc in each ch and in each dc across to within center dc of 3-c group at next corner, in corner dc make sc, ch 2 and sc. Rep from * 3 more times sc in each ch and in each dc to end of rnd. Join. *Rnd 17:* Ch 1, working in back lp only of each sc, sc in same sc as joining sc in each sc and 2 sc in each corner sp around. Join to first sc. *Rnd 18:* Ch 4, sc joining, tr in next sc, (ch 2, sk next 2 sc, tr in each of next 2 sc) 6 times; ch 4 for corner, sk next sc, tr in each of next 2 sc, (ch 2, sk next 2 sc, tr in each of next 2 sc) 12 times. Rep from * around, end last rep with (ch 2, sk next 2 sc, tr in each of next 2 sc) 5 times; ch 2. Join to top corner. *Rnds 19-20:* Rep Rnds 13-14. *Rnd 21:* Ch 4, sk next sc, dc in next sc, * make ch-1 sps as before across to within 1 sc before next corner sp, ch 1, sk next sc, corner sp make (dc and ch 1) 3 times; dc in next sc. Rep from * 3 more times; make ch-1 sps to end of rnd, end with ch 1, sk last sc. Join to 3rd ch of ch-4. *Rnds 22-23:* Rep Rnds 16-17—284 sc on last rnd. Break off and fasten. Block each square to measure 7½".

JOINING OF SQUARES: Pick up first square and with right side facing, sk 1 of 2-sc group at any corner, attach thread to next sc, ch 4, pick up second square, draw lp from hook, from right side insert hook from front to back in first sc after any 2-sc group on second square and draw dropped lp through—first joining made; tr in next sc on first square, drop lp from hook, insert hook in next sc on second square before and draw dropped lp through—another joining made; * from wrong side sl st in each of next 3 sc on second square, sk next 3 sc on first square, (tr in next sc on first square, join to next free sc of second square) twice; from wrong side sl st in each of next 2 sc on second square, sk next 2 sc on first square, (tr in next sc on first square, join to next free sc of second square) twice. Rep from * across making last tr and joining in first sc corner 2-sc group—16 (2-tr) groups. Break off and fasten. Working along opposite edge (from joining row) of second square, join next square to last square joined same as second square was joined to first square. Continue to join squares in the manner until 10 squares in all have been joined. Join 6 more rows of 10 squares a row for Single Size Spread or 8 more rows for Double Size Spread; then join rows together same as joining of squares. **Border:** Starting at a short edge, ch 79, measure 9". *Row 1:* Dc in 4th ch from hook, ch 2, sk next 2 ch, dc in next ch—sp made; make 4 more sps in same way (ch 2, sk next 2 ch, dc in each of next ch) twice; (ch 2, sk next 2 ch, dc in next ch) 12 times; (ch 2, sk next 2 ch, dc

(continues)

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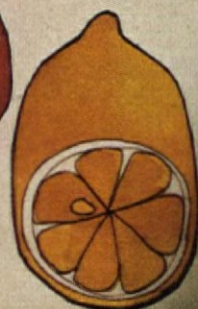
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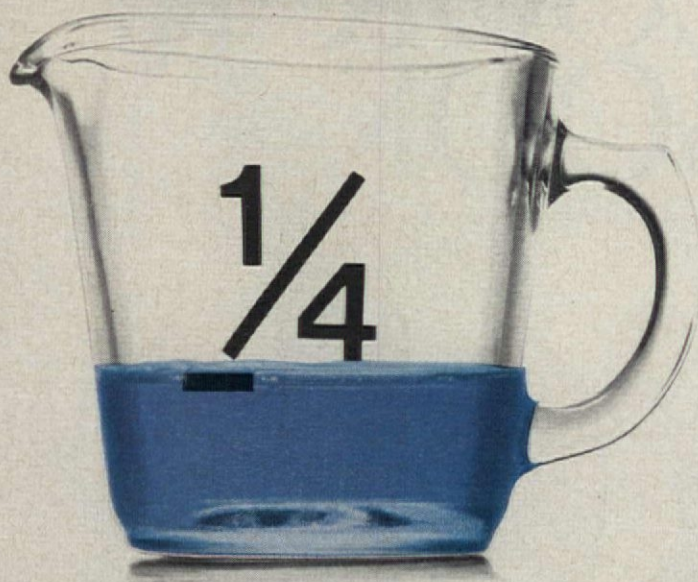
each of next 4 ch) twice. Ch 10, turn. Row 2: Dc in 8th ch from hook, dc in each of next 2 ch, dc in first dc, ch 4, sk 3 dc, dc in next sp, ch 4, sk next 3 dc, dc in next dc, 2 dc in next sp, dc in next dc—**block over sp made**; ch 2, dc in next dc—**sp over sp made**; make 11 more sps. ch 2, sk next 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, dc in next dc, 9 sps, 2 dc in next sp, dc 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

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, dc in next dc, 1 block, 7 sps, 3 dc 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.

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Lynn Headley—Editor

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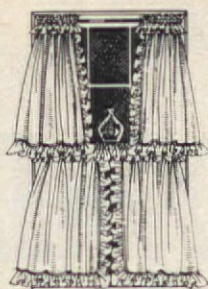
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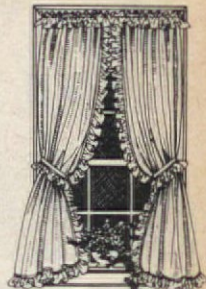
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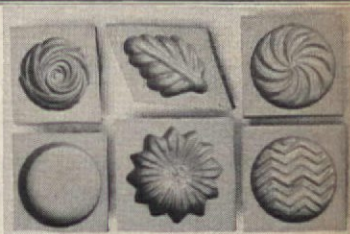
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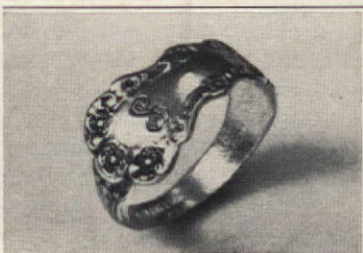
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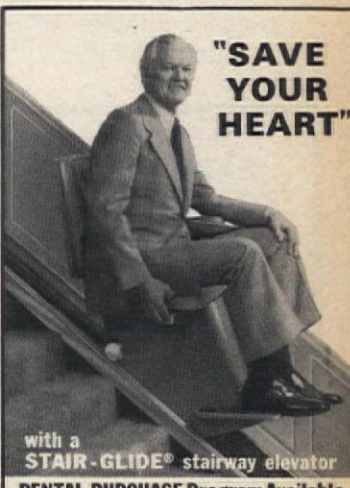


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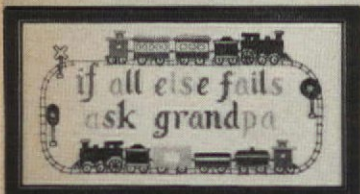


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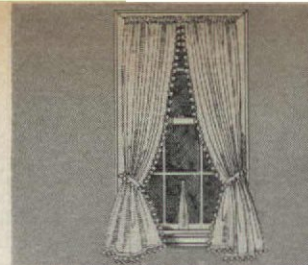
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Windows brighten gaily with these perma-press tiebacks of cotton and polyester. Simply sassy with ball fringe trim! Specify natural or white. 90" wide a pair. 45", 54", 63" long, \$8.50 a pair. 72", 81", 90", \$10.50 a pair. 10"x80" valance, \$2.75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



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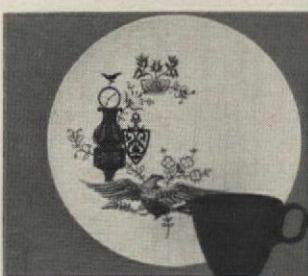
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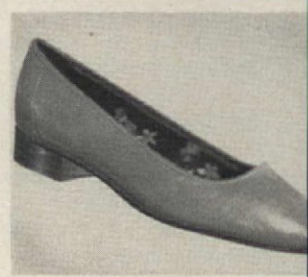
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Hip hooray for this great set made of dishwasher proof "Melamie." Plate design in muted gold, green and red on all white background. Accessory pieces in muted gold. 16-piece service for 4, \$10.95 plus \$1.50 hdlg. 45-piece for 8 (with platter, "veg."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



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Enclosed is \$ _____ Penna. & Md. residents add sales tax.

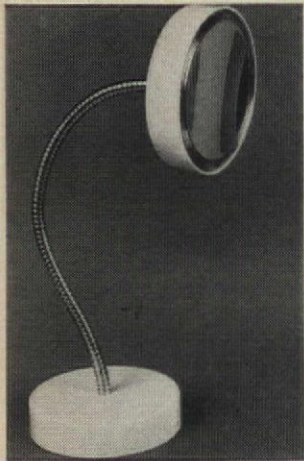
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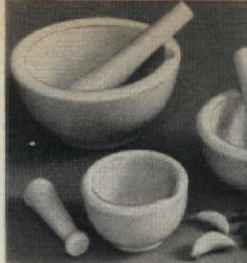
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You'll receive three of them in gleamy white ceramic. A treasured treat for many gourmet chores—crushing and mashing garlic herbs and spices, etc. When not in use, they're decorative on a counter or shelf! Set of 3: 1 3/4", 3 3/8", and 4 3/4" diameter bowls. Set, \$4.98 plus 80¢ hdlg. Country Gourmet, Dept. A8E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



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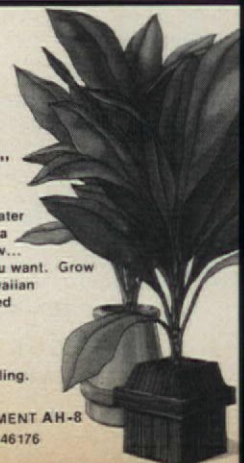
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even if right now your nails are too short to even manicure!

New wonder-discovery is not a gelatin conditioner — not a false-nail builder — not an ordinary nail hardener — but an incredible new formula that actually penetrates your nails . . . takes up where nature left off . . . promotes full beautiful growth as it helps your nails “drink” themselves longer, “drink” themselves longer in just a matter of days.

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**NOW! THRILL TO
GLAMOROUS GROWTH IN
JUST A MATTER OF DAYS!**

Now comes news of a wondrous nutrient formula for the nails, called “Long 'n Strong” that actually penetrates into your nails . . . and lets your

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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.

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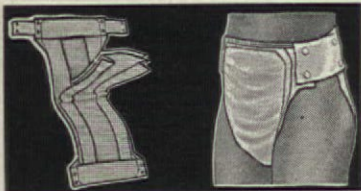
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SPANISH VILLA INTO SWISS CHALET

Pages 48-51: Exterior stain, Olympic Stain Div., Comercio, 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, Sunbeam Corp., Oak Brook, Ill.

GREAT MAIN DISH SALADS

Pages 64-65: Glass baskets, "Kitchen Chemistry," Pilgrim Glass Corp., Moonachie, 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.

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 simplify purchase and use of materials. project requires the skills of a pro highly experienced do-it-yourselfer building permits are required in your community, we suggest ordering more one set of plans. Fill out coupon and close check or money order plus addressed, stamped 10 1/2-in. envelope. Sorry, no C.O.D., Canadian or foreign orders. Allow at least 4 weeks for delivery.

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Plans for armoire pictured on page 57

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Admiral's 3-door refrigerator gives you all these conveniences.



21.7 cu. ft. of food keeping space in this slim-line design.



Third door for easy access to the frozen foods you use most often.



Automatic Ice Maker keeps you stocked up with ice.



Chilled Water Dispenser puts cold water at your fingertips.



Waist-high Frigid Meat Keeper keeps meat fresh and moist longer.



Large See-Through Vegetable Crisper keeps vegetables crispy fresh.



Adjustable tempered glass shelves end messy drip-through spills.



Pick-off Egg Trays save space and give you extra convenience.



All these conveniences plus one hidden benefit.

Saves electric energy, too.

**Energy
Saver**

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 #IND 2259 saves up to 900 kwh per year. (Average home uses 1300 kwh for lighting a year. Source: Better Light Better Sight Institute.)



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