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3 ways to get a new house
how do-it-yourself work pays off in tax-free benefits and increased equity.

By Merle E. Dowd

1 Remodeling: the house grows new again.

The idea of moving into a spanking easy-upkeep floors and walls can be mighty appealing. But the difference in cost between remodeling and buying new can be chilling. Consider exchange costs and high interest among many costs:

- Exchange costs for selling one house and buying another can run into thousands of dollars. When you sell and rebuy, you engage in two transactions. As a seller, you pay two-thirds to three-fourths the total settlement costs, including:
  - Real-estate agent's commission. The commission on houses is usually 6 to 7 percent of the sale price.
  - Prepayment penalty. If you have been living in your house for only a few years, the penalty assessed by the mortgage loan company may vary from 1 to 3 percent of the loan amount or remaining principal. Prepayment penalties are spelled out in your mortgage loan papers and vary widely according to lender and type of loan.
  - Discount points. When mortgage money is short and rates are high, lenders typically discount housing loans by a one-time charge at the outset to increase their yield. A point is 1 percent of the loan amount.

A mortgage loan in the 8 to 9½ percent bracket can increase monthly payments considerably. If you moved up to a modest house with a $30,000 loan at 8½ percent, monthly payments would jump to $241.57 on a 25-year loan. At 9 percent, monthly payments would reach $251.76. On an original house loan of $18,000 at 6¼ percent, monthly payments for principal and interest only totaled $118.74.

Compared to the sell-and-rebuy plan, remodeling lets you apply to new construction the amount you would pay for settlement costs. In addition, you would need to borrow only $5,000 to $10,000 at the higher interest rates instead of $30,000. These figures represent one example only, but they outline a path for you to follow when pricing trade-offs.

Looking at the cost advantages of remodeling, you can afford to think big. Consider more than new paint or a built-in oven; think of a complete remodeling. A small house can be restructured so extensively it can pass for a new house. Doing part of the work yourself offers cost-cutting opportunities in remodeling.

2 Renovating: swinging it with "sweat equity."

Today's young families desiring a home of their own face high purchase prices, interest rates near 9 or 10 percent and competitive down-payment requirements. Taken together, these seem formidable obstacles. But there is a way to avoid them—by buying a small, sound house and renovating it for re-sale. Most of the increased value of the house results from "sweat equity." For example:

Nancy and Greg couldn't afford their dream home right away. But Greg was handy with tools. The two of them decided to buy a rundown house and fix it up for resale. They bought a house for $16,000—knocked down from $19,000. With a 95 percent loan, monthly payments for principal and interest totaled $112. Adding taxes, insurance and utilities, their housing costs exceeded the $150 a month they had been paying in rent by only $6.

The couple set to work rebuilding the house. Since there was only one bath and two bedrooms, they decided to add another bedroom, a second bath and a family room. They scavenged for used materials where possible, worked at the foundations and structure on weekends and added the new wing in less than six months. Since they did most of the work themselves, costs were primarily for materials. Then, rather than sell and rebuy, they scouted for a real-estate agent willing to arrange a trade and reduce settlement costs.

After appraising house prices in the area, they figured they could net out at $28,000. They chose a split-level house in a new development and knocked that price down to $39,500 by agreeing to finish much of the interior themselves. After paying off the remaining $14,733 on the old mortgage, they were able to pay $12,000 down on the split-level. Since their down payment was more than 30 percent of the sales price, they negotiated a mortgage loan for 8½ percent—½ percent less than the lender required for minimum down financing.

During the two years Nancy and Greg had occupied the small house, they avoided paying apartment rent and gained deductions for interest and taxes. (They paid $4,000 for the materials needed out of current income.) In two years they added the equivalent of about $8,000 tax-free income in the form of sweat equity and bought their dream house sooner and for less than they would have if they had waited, saving for a down payment.

3 Restoring: a place to live while you work at it.

Restoring an old house offers low-cost shelter plus an opportunity to turn time and energy into a fat, long-term dollar profit. Hours of effort and ingenuity invested in an old house can pay dividends—with the added bonus of providing housing while you work. Restoration is quite different from remodeling, however. The remodeler tears out, eliminates and redesigns ruthlessly. The successful restorer replaces, rebuilds and refurbishes with loving care.

The Old-House Journal, a monthly newsletter excerpted in AH February '75 (pages 19-26), is designed to help neophyte restorers with more energy than talent. (Sample copies are available free from The Old-House Journal, 199 Berkeley Pl., Brooklyn, N.Y. 11217.)

The general approach to restoring an antique house involves taking out a small area of the house for living while work progresses on the other parts of the structure. A cluster of rooms with the kitchen and a bath as the core forms the beachhead. Space heaters, even an old Franklin stove, heat the living core to eliminate the need for rebuilding an antiquated heating system immediately. Kitchen and bath may need quick attention to put them into working order. While fixing and patching will work wonders on certain parts, complete rebuilding is usually necessary for electrical and heating systems. Even when new, neither operated originally as efficiently as systems today.

Most old houses need and may be required by local codes to have a completely modern electrical system, including new wiring. An old heating system can be replaced with a modern forced-air system. Insulation will help keep your heating bills tolerable. The floor joists and rafters may need reinforcement.

Important to the pocketbook are these restoration pluses:

- You can live in the project while working on the old house goes forward.
- Original cost can be minimal, sometimes little more than the land cost.
- Parts and materials can be salvaged or scavenged to reduce costs.
- As a personal residence a restored house qualifies for favorable capital gains tax treatment. The full price may be applied to another house within 18 months to defer tax on the profit made.

This is one way to gain tax-free benefits from do-it-yourself labors.
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Best buys in antique desks

By Marvin D. Schwartz

If you yearn to own a desk with a past, you'll find there is a large selection to choose from. For the price of a contemporary piece, you can find such varied examples as a simple, rustic late 18th-century desk or something more spectacular in the Victorian or Edwardian style, dating from about 1910. A buyer with a budget scaled to $1,000 can find a restrained early American desk or one of the lavishly decorated pieces of later years. An elegantly crafted 18th-century example can cost as much as a house in the suburbs, but even a person with only $50 to spend can find something appealing.

Prices and dates do not necessarily relate. A Sears, Roebuck catalog desk may cost $350 or more, for instance, while an 1870s example of the Renaissance Revival style might be $100.

For the highly decorative turn-of-the-century oak desk shown above, $180 would be on the low side. Such pieces sell for as much as $500. Generally small in scale, they were decorated with ornamental motifs, invariably machine-carved from one or more 17th- or 18th-century designs. Often quite extravagant, the decorations form a striking contrast with the coarse oak graining, a contrast not everyone may like. Factory-made, they are small and sturdy, usually providing good storage space, and are a reminder of how practical late-Victorian furniture can be.

$65 is a bargain for this variation of an Eastlake-type lady's desk (just about any small desk was called a "lady's desk"). The style, which was in vogue between 1870 and 1890, is named for Charles Eastlake, a reformer and author of a book on household design that decried the "sham" of machine carving and veneers. This compact desk has the gallery of turned spindles characteristic of Eastlake models, but it also has machine carving and looks as if the stain were meant to suggest a finer wood—mahogany, perhaps—than the cherry it is made of. Eastlake furniture is often cherry, maple or walnut and stained to show the grain. Eastlake desks tend to be relatively inexpensive.

$90 can buy a large, practical oak desk in the turn-of-the-century Mission style. The name "Mission" stems from the fact that this oak furniture has a slightly tenuous connection with the California missions. It is known also as Craftsman's furniture: Many of the plain, functional designs appeared first in The Craftsman, a magazine published at the beginning of the century by Gustave Stickley. When a piece bears the label of United Crafts or Craftsman Workshops, its price tag is likely to be much higher, though the design may not be very different. Stickley, like Eastlake, was a reformer. Oak was the preferred wood because it was sturdy and had been used by medieval craftsmen. Pieces were either simply varnished or polished to a dark tone. The best examples have hammered copper or wrought-iron pulls, plus details that suggest it was of mortise-and-tenon construction.

$250 is the cost of this Empire-style secretary made about 1840. Here is a poor man's version of the stylish design of the period, with carving omitted and bold moldings and heavy turned legs the major decorative details. There were a few books of furniture design published about that time to guide cabinetmakers and amateurs who wanted or needed inspiration. Mahogany, mahogany veneer or rosewood veneer were the usual wood for secretaries that sometimes can be rather large. Although not too common these days, Empire secretaries of the simplest variety are rarely expensive. But variations that have exquisite carving do get costly.

$475 is the price tag on this rolltop desk, a very popular form. Made from the late 19th century to the 1920s and even later, rolltops are functional and most often are plain in detail. More common in offices than in homes originally, they now have appeal as den or living room pieces as much for the contrast they provide as for their intrinsic beauty. Desks like these are strong and spare enough to stand out. The tambour construction will be in good working order more often than not. Oak examples are in the greatest demand, but rolltop desks were made in mahogany and walnut as well, and some have solid rolling cylinder tops.

$600 is the going price for this slant-top schoolmaster's desk from the early 1800s. Made for a standing person or one seated on a high stool, the desk was designed for use in commercial establishments and in the classroom. Unlike most slant-tops that open for writing, work is done on the top of the desk and the area underneath is used for storage. Most commonly made of pine—stained or painted—the costliest examples have grained or marbled surfaces. Look for subtle details and good workmanship. Round legs turned with rows or circular moldings are more desirable than the plain, tapering straight legs so often seen. The top should have rounded edges.

$1,000 is now considered a bargain for a plain early American maple or cherry desk. It has simple straight lines and straight bracket feet plus many details that reveal the hand of a know­ ing craftsman. Desks of this type were made between about 1730 and 1800. The finest examples can be dated more closely, but the ordinary ones are not easy to pin down. Good craftsmen planed borders around drawer fronts and the slant top. Supports for the top when it is opened slide out on either side of the top drawer, within which are pigeonholes and small drawers. More elaborate examples have decorative details and secret drawers, but unfortunately you must be content these days with a fairly undecorated interior.
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The Turkish Angora—a very regal cat

By Kurt Unkelbach

Last April, we stated that the true Angora was a breed of cat long gone in this country and that it had also faded out in Turkey, its original habitat. Since then, we’ve learned we were only half right. The American Angora has been extinct since about 1900, but the Turkish Angora is alive, well and here.

The contemporary Turkish Angora reappeared in this country about 12 years ago when a few American cat fanciers managed to locate, purchase and bring home some adults of the breed. Two sources were the Ankara and Istanbul zoos. Since then, dedicated breeders have formed the National Turkish Angora Cat Club. On the cat show circuit, the breed can already boast of having some 50 champions and a first Grand Champion. It’s safe to say that the breed is here to stay.

You’re not likely to find a genuine Turkish Angora kitten in a pet store. Those dedicated breeders are doing their utmost to preserve quality, so you can bet that a kitten of the breed who lacks registration papers is a fraud. The ancestry of a proper kitten goes back to one of the imports.

Now, about the breed—

**The Breed**

The Turkish Angora was brought to America about 1910 from the original breeders in Turkey. It is a small, agile breed with a distinctive appearance. The coat is long, silky and very plush. The Angora is one of the few breeds that do not shed. The eyes are almond-shaped and can be blue, green, or yellow. The Angora is known for its docile and affectionate nature. It is a good choice for children and people with allergies.

**Price Range**

The price of a Turkish Angora kitten can vary depending on the breeder and the quality of the kitten. On average, the price ranges from $75 to $500.

**Registry**

The breed is registered with the CFA (Cat Fanciers’ Association) and TICA (The International Cat Association). It is also registered with the American Cat Club (ACC) and the National Turkish Angora Cat Club (NTACC).

**Summary**

The Turkish Angora is a breed that is not often found in pet stores. It is a small, agile cat with a distinctive appearance and a long, silky coat. The breed is known for its docile and affectionate nature. The price range for a Turkish Angora kitten can vary depending on the breeder and the quality of the kitten. The breed is registered with several major cat registries, including the CFA and TICA. The Turkish Angora is a beautiful and exotic breed that is sure to make a lasting impression on any cat lover.
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Part theater, part carnival, auctions offer an enjoyable outing with the chance to buy at low or at least reasonable prices a variety of items—paintings to plumbing fixtures. Often, whole estates are auctioned, providing an inexpensive source of furniture and household accessories.

Don’t be put off by visions of jet-set bidders with gilt-edged checkbooks. Those types exist, of course, but most auctions attract more casual bidders. There is, too, the tantalizing possibility that you may find a genuine antique for just a few dollars’ investment. It doesn’t happen very often, but it is a possibility.

Whether you attend a city gallery or a country auction, get there early. You’ll want ample time to examine the items before the bidding starts. This is a very important procedure and involves some research on your part. How are you going to know an original Louis XIV from an “original” reproduction, if you don’t know what the real thing should look like?

Even before you get to the auction, if you are interested in a specific type of merchandise, check out examples at museums and perhaps even as a spectator at other auctions. That’s the only way to learn what the going rates are and what hallmarks you should watch for.

Most city galleries offer catalogs of important collections and estate contents, often staging presale inspection exhibitions. And while country auctioneers rarely hold previews, they do offer well-detailed listings in their announcements.

When you examine an item, check it carefully for both damage and authenticity. Remember to look behind, around and under; don’t merely glance at it. Carrying a small flashlight, tape measure and magnifying glass can be a big help. Check even those parts that are hidden from view. The underside of a wooden piece will often reveal the type of wood it’s really made of. If a piece of furniture is coated with multiple layers of paint, check for any scratches that might show the original surface.

Above all, evaluate what you feel the piece is worth to you. Include the cost of repairs, if they will be necessary. If you are at all handy, a damaged but fixable item might turn out to be a real bargain.

Go to the auction with a definite budget in mind and stick to it. Otherwise, you might find your money “going, going, gone” for a dust-collecting monstrosity bought in the heat of bidding. Buy only what you really like and can really use. Leave yourself just the merest flexibility for that once-in-a-lifetime, can’t-resist-it find. Two general conditions of sale are that everything is sold “as is” and every sale goes to the highest bidder. Most galleries demand cash or a certified check to pay for all merchandise that you buy, and will ask you to remove your purchase quickly. (continued)
Express yourself, sweetly.

What’s more creative than baking? King a whole new easy, no-knead and start with Fleischmann’s Basic refrigerator Dough. It’s one simple, nutritious recipe that lets you feed your family economically and have fun at the same time. Because this dough turns into mouthwatering muffins, or Apricot Go Rounds, cinnamon Coffee cakes — or all three. Just open a package of Fleischmann’s® Yeast and start with the basic recipe. Then divide it up to make any of our tempting ideas. But don’t stop there. Because creativity’s the whole idea behind our basic recipes. Experiment. Create! And pretty soon you’ll find no more fun than baking, especially if you’re baking with Fleischmann’s Yeast. So much fun, I’ll want to try our big, economical 4 jar—same fine Fleischmann’s Yeast 20% savings.

Basic Recipe: Mix 1 c. flour, ½ c. sugar, 1 tsp. salt and 2 pkgs. undissolved Fleischmann’s Active Dry Yeast.

Heat ¾ c. milk, ½ c. water and ½ c. margarine until liquids are very warm (120°-130°F.). Add to dry ingredients and beat 2 mins. at medium speed, scraping bowl occasionally. Add ½ c. flour and 2 eggs. Beat at high speed 2 mins. Stir in enough flour (about 3 cups) to make a very stiff batter. Cover tightly. Refrigerate 2 hours to 2 days. Turn onto floured board, divide in 3 pieces. Shape and fill as desired.

Crumb Cake: Blend until crumbly ½ c. flour, ⅔ c. sugar, 1 tsp. cinnamon and ⅛ c. margarine. Press one piece dough into greased 8” x 8” pan, sprinkle with crumbs. Cover; let rise until doubled, about 45 mins. Bake at 375°F. 20 mins, or until done. Cool. Sprinkle with confectioners’ sugar if desired.

Apricot Go Round: Combine ½ c. apricot preserves, ½ c. chopped walnuts and 1 tsp. grated lemon peel. Divide one piece dough into 9 pieces. Roll each into 10” ropes, loosely coil. Place 2 coils in center of greased baking sheet. Surround with remaining coils. Cover; let rise until doubled, about 45 mins. Press indentation into center of each coil. Spoon 1 tbsp. filling into indentations.

Bake at 375°F. 20 mins. or until done.

Cinnamon Coffee cake: Combine ¼ c. raisins, ⅛ c. sugar, ⅛ c. chopped walnuts, 1 tbsp. margarine and ⅛ tsp. cinnamon. Roll one piece dough to 8” x 12”. Put on greased baking sheet. Spread filling down center third. Slash dough on both sides cutting from filling to outer edges. Fold strips at an angle across filling, alternating from side to side. Cover; let rise until doubled, about 1 hour. Bake at 375°F. 20 mins. or until done. Decorate with icing.

For lots of other baking ideas, send your name, address and 50¢ (no stamps, please) for a copy of Fleischmann’s Bake-It-Easy Yeast Book to: Fleischmann’s Yeast, Box 1396, Elm City, North Carolina 27898. Allow 4-6 weeks for delivery. No orders accepted without Zip Code. Offer good only in U.S.A while supply lasts. Void where prohibited or restricted.
Auctions offer keen excitement and a chance to find bargains.

Sales are final, unless you can prove deliberate misrepresentation. Again, it is wise to think before you bid.

Contrary to those old jokes, you don’t have to worry if you wipe your head or blow your nose. It won’t mean you have automatically bid $500. Modern auctioneers are more able to tell a real bid from a wayward scratch or nod. Private signals are sometimes arranged in advance. They may range from winks, blinks, taps and nods to putting on a hat or lighting a cigar.

When the auctioneer begins his singing chant, it is often hard to resist bidding. But you don’t have to accept his starting call. If he starts off at $25 for a piece you’d love to own for $10, wait a minute or two. If there are no other offers, bid the $10. While an auctioneer can reject a starting bid he considers too low and withdraw the item from sale, if there is no other taker you might get the piece at your price.

Don’t be shy about stating your bids. Make sure they can be heard or seen.

Auctioneers needn’t scare you. They generally have a very specific budget in mind and won’t bid past the point where they can resell and still make a profit. You might be able to outbid them for a reasonable amount and still end up with a good buy.

Country auctions are less formal, and often more entertaining in the long run, especially if getting there involves a pleasant excursion. But no matter which type you choose, auctions are fun. Finding a piece of beautifully made glassware or finely crafted furniture is an education in appreciation that can turn a casual afternoon into time well spent. 

—Phyllis Schiller

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Baltimore County
Baltimore

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<table>
<thead>
<tr>
<th>Illinois</th>
<th>Ohio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aurora ... St. Clair's Home Furnishings</td>
<td>Alliance .......... Cope Furniture</td>
</tr>
<tr>
<td>Charleston ... Carter's Furniture</td>
<td>Astatula .......... Carlisle's</td>
</tr>
<tr>
<td>Chicago .... Fradell Classic Americana</td>
<td>Boardman .......... Strouse</td>
</tr>
<tr>
<td>Chicago Heights .... Joe Pressendo's</td>
<td>Canton .......... Higbee's</td>
</tr>
<tr>
<td>Interiors</td>
<td>Canton .......... The R &amp; J Furniture Co.</td>
</tr>
<tr>
<td>Clinton .......... Wayside Furniture</td>
<td>Canton .......... Thrush's Home Furnishings</td>
</tr>
<tr>
<td>Danville .......... Carter's Furniture</td>
<td>Chardon .......... Brown Living</td>
</tr>
<tr>
<td>Decatur .......... Carter's Furniture</td>
<td>Chillicothe .......... Ebenhack &amp; Son</td>
</tr>
<tr>
<td>Elgin .......... Ackerman's</td>
<td>Cincinnati .......... Pat &amp; Joe's</td>
</tr>
<tr>
<td>Gatesburg .......... Ferris Furniture</td>
<td>Cleveland .......... Higbee's</td>
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<tr>
<td>Highland Park .......... J. Cotey Furniture</td>
<td>Cleveland Heights .... Columbus</td>
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<td>Kankakee .......... Lassers Furniture</td>
<td>Columbus .......... F &amp; R Lazarus</td>
</tr>
<tr>
<td>Morton Grove .... Gann's Suburban House</td>
<td>Columbus .......... Lombard's Furniture</td>
</tr>
<tr>
<td>Mt. Carmel .......... Cowling Co.</td>
<td>Costhucion .......... Darr Designed Interiors</td>
</tr>
<tr>
<td>Murphyboro .......... DeGasper's Furniture</td>
<td>Dayton .......... Dayton Town &amp; Country Furn. (E. Stroop Rd.; Dayton Mall)</td>
</tr>
<tr>
<td>Palatine .... Fradell Classic Americana</td>
<td>Dayton .......... Rike's Furniture</td>
</tr>
<tr>
<td>Peoria .......... Lippman's Furniture</td>
<td>Dewey Park .......... Fremont</td>
</tr>
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<td>Urbana .......... Carter's Furniture</td>
<td>Hudson .......... Tallmadge Furniture</td>
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<tr>
<td>Wheaton .......... The Toms-Price Co.</td>
<td>Lancaster .......... Buchanan's Furniture Interiors</td>
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<tr>
<td>Woodlawn .......... Edictor Furniture</td>
<td>Lorain .......... T. N. Mois &amp; Sons</td>
</tr>
<tr>
<td>Indiana</td>
<td>Mansfield .......... Tucker Interior Furnishings</td>
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<tr>
<td>Anderson .......... Miller's North Town Furniture</td>
<td>Mayfield Heights .... J. L. Goodman Furniture</td>
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<tr>
<td>Bloomington .......... Buchanan &amp; Sons Castleton ...... Kittle's Home Furnishings Center</td>
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<td>Columbus .......... Buchanan &amp; Sons Fort Wayne .......... Adams &amp; Walda Furn.</td>
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<tr>
<td>Fort Wayne .......... George &amp; Kate's Furniture</td>
<td>Hammond .......... Karline House</td>
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<td>Hammond .......... Calumet Furniture</td>
<td>Indianapolis .......... Kittle's Home Furnishings Center</td>
</tr>
<tr>
<td>Kokomo .......... Shirley Home Furnishings</td>
<td>Kokomo .......... Kittle's Home Furnishings</td>
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<tr>
<td>Lafayette .......... Kittle's Home Furnishings Center</td>
<td>Muncie .......... Country House Furniture</td>
</tr>
<tr>
<td>Waukegan .......... Ries Furniture</td>
<td>Nappanee .......... South Bend</td>
</tr>
<tr>
<td>South Bend .......... Ries Furniture</td>
<td>South Bend .......... Ries Furniture</td>
</tr>
<tr>
<td>Terre Haute ....... The House of Interiors</td>
<td>Wakarusa .......... Lienharts Furniture</td>
</tr>
<tr>
<td>Kentucky</td>
<td>Kentucky</td>
</tr>
<tr>
<td>Ashland .......... Parsons Furniture Store</td>
<td>Lexington .......... McAlpin's</td>
</tr>
<tr>
<td>Danville .......... Parks-Belk Fmblingsburg ...... Campbell's Home Furnishings</td>
<td></td>
</tr>
<tr>
<td>Hopkinsville ...... Keach Furniture</td>
<td>Louisville .......... Helingers'</td>
</tr>
<tr>
<td>Harrodsburg .......... Olde Towne Lexington</td>
<td>Mayville .......... Campbell's Home Furn.</td>
</tr>
<tr>
<td>Lawrenceburg .......... McAlpin's</td>
<td>Prestonburg .......... Ray Howard Furniture Raddenfield's</td>
</tr>
<tr>
<td>Michigan</td>
<td>Michigan</td>
</tr>
<tr>
<td>Chelsea .......... Merkel Bros. Furn.</td>
<td>Detroit .......... Colonial Furniture</td>
</tr>
<tr>
<td>Frankenmuth .......... Oscar Rau Home Center</td>
<td>Frankenmuth .......... Oscar Rau Home Center</td>
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<tr>
<td>Mt. Clemens .......... Dopp Furniture Pontiac .......... Steward-Glenn Saginaw</td>
<td>McAlpin's Furniture Saginaw</td>
</tr>
<tr>
<td>Saginaw .......... Carriage House Southgate .......... McLaughlin's American Furniture</td>
<td></td>
</tr>
</tbody>
</table>

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**SOME TERMS TO KNOW**

**Book or sealed bid:** a price left by a bidder not present, representing his maximum bid.

**Knocked down:** sold.

**Lot:** several items grouped together for sale as a unit.

**Preview:** presale inspection period for examining items to be auctioned.

**Reserve:** a price the seller predetermines to be the lowest he'll accept.

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Pennsylvania House
Rising prices in a recession economy have forced just about everyone to take steps to reduce the cost of the food they eat. The desire to stay close to home and cultivate vegetables and fruits in the backyard has taken hold. Surveys show that millions of other people are initially interested only in fruits and vegetables for packaging at the supermarket for the least cost. But once they discover how to process depends on acidity, High-acid foods, including all fruits, tomatoes and pickled vegetables or relishes, can be canned safely at rock-bottom prices.

True, a sizable percentage of such people are initially interested only in the savings they can realize in the summer. But once they discover how much their budget can be cut during the season, they take the next logical step—putting up foods so the savings can be extended all through the winter, with the pleasure of biting into fruits and vegetables as fresh as the day they were picked.

How well does this work out? Suppose you filled a new $300, 17-cu. ft. freezer to maximum capacity (about 575 lbs. of food) with fruits and vegetables you grew yourself, and had consumed its contents completely, without adding anything new, 12 months from the time you turned it on. The cost of operation for the year would work out roughly as in chart that follows:

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost of pressure canner amortized over 15 years</td>
<td>$4.33</td>
</tr>
<tr>
<td>Replacement parts (gasket, handles) over 15 years</td>
<td>1.00</td>
</tr>
<tr>
<td>Packaging (287 qt-size Mason jars amortized over 5 years)</td>
<td>13.00</td>
</tr>
<tr>
<td>Water and fuel to prepare foods for packaging</td>
<td>5.10</td>
</tr>
<tr>
<td>Seeds and plants</td>
<td>25.00</td>
</tr>
<tr>
<td>Fertilizer and insecticides</td>
<td>20.00</td>
</tr>
<tr>
<td>Total</td>
<td>$68.43</td>
</tr>
</tbody>
</table>

This method figures out to an average of 12 cents a lb. during the first year. Thereafter, the cost will vary because of the need to replace Mason jar lids annually (jars are reusable).

Surefire ways to cut food costs

Cost of freezer amortized over 15 years (average life span, USDA) | $20.00
Repair (3% of purchase price per year) | 9.00
Electricity for freezer (at 1.200 kwh/yr., 4.0e/kwh) | 54.00
Packaging (using the least costly plastic bags) | 8.75
Water and fuel to prepare foods for packaging | 2.25
Seeds and plants | 25.00
Fertilizer and insecticides | 20.00
Total | $139.00

The cost per lb. would be 24 cents—all about what you are probably paying at the supermarket for the least expensive frozen vegetables. Canning the same amount of food in a $65 pressure canner (which can also be used unpresurized for tomatoes and fruits) would cost considerably less:

Freezing and canning are the most popular ways of putting up foods. They're effortless and fast, providing packaged foods that are easy to store, have excellent nutritive values and retain much of their original flavor. Freezing preserves food by delaying the action of enzymes. Canning destroys microorganisms with heat and seeds the jar. Pickle, jam- and jelly-making offer a more costly use of excess produce.

Canned foods are processed by heating to a high temperature long enough to destroy harmful organisms and stop the enzyme action that causes decay. How to process depends on acidity. Low-acid foods—all other vegetables, meats, poultry, fish—must be processed at above-boiling temperatures in a steam-pressure canner. Jams and jellies require no processing because sugar is the preserving agent.

Other methods, which are not covered in this section, include drying (fruits and vegetables are dehydrated and the flavor and texture can change somewhat) and dry storing (storing foods in a cool closet or attic, where their own natural keeping characteristics preserve them, or using root cellars that provide storage temperatures of 33° to 44° for such foods as white potatoes, carrots and beets.) These are the older methods of preserving. They cut costs to the bone, but in recent years have proved less popular. If you decide to try any one of them, be sure to research the procedures thoroughly beforehand.

Illustrations by Helen Weekley

continued
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Canning fruits and tomatoes

Fruits and tomatoes are the safest foods to can at home. Their high acid content does not support botulism-causing bacteria. They are processed in boiling water; follow the general instructions below exactly.

Equipment. A water-bath canner with its handled metal basket and cover is best for processing, but you can also use a kettle that is so deep you can safely cover the jars with an inch of water—use wire rack to keep jars off bottom. Use only tempered glass Mason jars made for home canning. They are available in several sizes, regular and wide-mouth. Mason jars have two-piece caps—a flat lid with a sealing compound around its edges and a metal band. The lids can be used only once, but the bands are reusable. First wash jars well and rinse; keep hot until packed. Cover lids with boiling water until needed.

General steps. Fruit can be canned in syrup, its own juice or water. Syrup is prepared by boiling sugar in water (see chart below). Keep hot. Use 1 to 1½ cups per qt.

<table>
<thead>
<tr>
<th>Type of syrup</th>
<th>Cups of sugar</th>
<th>Cups of water</th>
<th>Cups of syrup</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>1</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>#2</td>
<td>1½</td>
<td>4</td>
<td>4½</td>
</tr>
<tr>
<td>#3</td>
<td>2</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Use fruit in perfect condition. Wash; prepare. To prevent darkening of some fruits, treat with ascorbic acid mixture or drop into salt-vinegar water (2 tbs. each in 1 gal. water). Rinse.

Pack jars; cover with boiling hot liquid, leaving ½-inch space at top.

Run spatula around inside of jar to work out bubbles. Wipe jar rim. Put on lid and band tightly.

Place jars in canner, half filled with very hot water. Add boiling water to cover jars 1 inch. Cover; boil. Process as in chart (right). Lift jars from canner. Cool on rack. Then check for seal.

If center of lid is down and won't move, jar is sealed. If not, refrigerate jar and use as soon as possible. Remove bands of sealed jars. Wipe jars: label and store. With tomatoes, follow same steps as above, but omit the syrup. Cut off the stem end. To skin tomatoes or peaches, dip in boiling, then cold, water.

Time adjustments for higher altitudes

<table>
<thead>
<tr>
<th>Altitude</th>
<th>If normal processing time is</th>
<th>Over 20 min., less add</th>
</tr>
</thead>
<tbody>
<tr>
<td>2,000 ft</td>
<td>2 min.</td>
<td>4 min.</td>
</tr>
<tr>
<td>4,000 ft</td>
<td>4 min.</td>
<td>8 min.</td>
</tr>
<tr>
<td>6,000 ft</td>
<td>6 min.</td>
<td>12 min.</td>
</tr>
<tr>
<td>8,000 ft</td>
<td>8 min.</td>
<td>16 min.</td>
</tr>
<tr>
<td>10,000 ft</td>
<td>10 min.</td>
<td>20 min.</td>
</tr>
</tbody>
</table>

To process fruits and tomatoes

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Preparation after washing</th>
<th>Type pack</th>
<th>Time min./qts.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Peel, core, slice, treat</td>
<td>Hot*</td>
<td>20 (15)**</td>
</tr>
<tr>
<td></td>
<td>Boil 5 min. in water or #2 syrup, pack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple-sauce</td>
<td>Quarter, cook until soft,</td>
<td>Hot*</td>
<td>10 (10)**</td>
</tr>
<tr>
<td></td>
<td>sieve, season, reheat, pack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apricots</td>
<td>Peel, halve, pit, pack</td>
<td>Raw*</td>
<td>30 (25)**</td>
</tr>
<tr>
<td></td>
<td>in #2 syrup, pack</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Same as raw; boil halves in #3 syrup, pack</td>
<td>Hot*</td>
<td>25 (20)**</td>
</tr>
<tr>
<td>Berries, except straw-berries</td>
<td>Mix ½ cup sugar per qt; boil, pack</td>
<td>Hot*</td>
<td>15 (10)**</td>
</tr>
<tr>
<td>Peaches</td>
<td>Skin, halve, pit, Treat, pack in #2 syrup</td>
<td>Raw*</td>
<td>30 (25)**</td>
</tr>
<tr>
<td></td>
<td>Same as raw, but boil in syrup; pack</td>
<td>Hot*</td>
<td>25 (20)**</td>
</tr>
<tr>
<td>Pears</td>
<td>Peel, halve, core, treat, Pack; cover with #2 syrup</td>
<td>Raw*</td>
<td>30 (25)**</td>
</tr>
<tr>
<td></td>
<td>Same as raw, but boil in syrup; pack</td>
<td>Hot*</td>
<td>25 (20)**</td>
</tr>
<tr>
<td>Plums</td>
<td>Halve, pit, or leave whole and prick skin. Pack, cover with #2 syrup</td>
<td>Raw*</td>
<td>25 (20)**</td>
</tr>
<tr>
<td></td>
<td>Same as raw, but boil in syrup; pack</td>
<td>Hot*</td>
<td>25 (20)**</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>Skin, leave whole or halve. Pack tightly, don't add liquid. Add ½ tsp. salt, 1 tbs. vinegar or lemon juice per qt. jar</td>
<td>Raw*</td>
<td>45 (35)**</td>
</tr>
<tr>
<td></td>
<td>Same as raw, but quarter; bring to boil. Pack with own juice; add salt and vinegar or juice as with raw</td>
<td>Hot*</td>
<td>10 (10)**</td>
</tr>
</tbody>
</table>

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MRS.
MS.

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25
To can vegetables you must have a pressure canner, the only kitchen utensil which supplies enough heat to destroy bacteria. With it and careful preparation, you needn’t worry about botulism.

**Equipment.** The pressure canner must be able to heat jars of low-acid foods to 240°F., maintaining 10 lbs. of pressure. Canner types include dial-gauge pressure-control and automatic pressure-selective control. Sizes range from 4 qt. (holds 4 pt. jars) to 22 qt. (holds 7 qt. jars or 18 pts.). To assure safe operation of the canner, follow manufacturer’s directions. Use Mason jars with two-piece caps; don’t attempt to use substitutes.

**Procedure.** Freshest vegetables work best. Wash and drain. Prepare according to chart only enough for one canner load at a time. Wash and rinse jars; drain just before using. Cover lids with boiling water. Pack vegetables into jars raw or hot (partly cooked). Add 1 tsp. salt per qt. jar; ½ tsp. per pt. Cover with boiling water, leaving 1-inch space at top. Remove bubbles, Wipe rims. Put lid on jar with sealing compound next to glass; screw on band. Fill canner with 2 to 3 inches boiling water. Lower in rack of jars. Fasten cover securely; put canner on high heat. Follow manufacturer’s instructions for using pressure controls. Start timing when pressure is maintained; at end of time, turn off heat. Let pressure drop to zero. Wait two minutes; remove control or open vent. Remove cover; tilt far side up so steam escapes away from you. Lift out jars; let stand on rack or cloth. After 12 hours, test seal by tapping with spoon—a clear ring is a good seal. If not, use contents as soon as possible or reprocess with new lid. Remove bands and wipe jars. Label and store in a cool, dry, dark place. Boil contents 10 minutes before eating—20 minutes for corn and spinach. Don’t open or taste foods in jars with bulging lids—throw out: Food has spoiled.

**Altitude.** Chart processing times (below) are sea level to 2,000 ft. For higher altitudes: With a selective-control canner, use 15 instead of 10 lbs. of pressure. With a dial-gauge canner, for every additional 2,000 ft. of elevation, add 1 lb. of pressure.

### CANNING LOW-ACID VEGETABLES

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Preparation</th>
<th>Type pack</th>
<th>Qts.</th>
<th>Pts.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, green or wax</td>
<td>Trim ends; cut in 1-inch pieces; pack; add salt; cover with boiling water.</td>
<td>Raw</td>
<td>25</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hot</td>
<td>25</td>
<td>20</td>
</tr>
<tr>
<td>Beets</td>
<td>Cut off tops, boil till tender; skin; slice or dice, pack. Salt, cover with cooking water.</td>
<td>Hot</td>
<td>35</td>
<td>30</td>
</tr>
<tr>
<td>Carrots</td>
<td>Peel; slice, dice or leave whole. Pack; add salt. Cover with boiling water.</td>
<td>Raw</td>
<td>30</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hot</td>
<td>30</td>
<td>25</td>
</tr>
<tr>
<td>Corn, whole kernel</td>
<td>Husk, de-silk, wash. Cut off kernels; pack; salt, cover with boiling water.</td>
<td>Raw</td>
<td>85</td>
<td>55</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hot</td>
<td>85</td>
<td>55</td>
</tr>
<tr>
<td>Peas, green</td>
<td>Shell, wash again. Pack; add salt. Cover with boiling water.</td>
<td>Raw</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hot</td>
<td>40</td>
<td>40</td>
</tr>
<tr>
<td>Spinach and other greens</td>
<td>Cut out tough stems. Boil in small amount water; pack; salt. Cover with boiling water.</td>
<td>Hot</td>
<td>90</td>
<td>70</td>
</tr>
<tr>
<td>Squash, summer</td>
<td>Trim ends; dice or slice. Pack; salt. Cover with boiling water.</td>
<td>Raw</td>
<td>30</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Hot</td>
<td>40</td>
<td>30</td>
</tr>
</tbody>
</table>

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Raleigh Kings, 16 mg. "tar," 1.0 mg. nicotine; Longs, 17 mg. "tar," 1.2 mg. nicotine, av. per cigarette, FTC Report Apr. '75
How to make pickles and relishes

Vegetables and fruits can be preserved with salt, vinegar, and the heat of processing.

Kinds of pickles. There are three main types of pickles grouped by ingredients and preparation methods.
1. Brined pickles—dills, some sweet pickles, sauerkraut—are cured more than three weeks in brine (salt solution), then packed, covered, processed.
2. Fresh-pack, quick-process pickles are cured or soaked in brine for several hours or overnight before processing. This easy method is ideal for vegetables and fruits.
3. Relishes and chutney are made from a variety of chopped vegetables or fruits cooked and seasoned—sweet, or hot and spicy—in vinegar solution before processing.

Pickling Ingredients
Vegetables or fruits: Cucumbers are the vegetables most often pickled. Whether home-grown or bought, use the smaller, crispier varieties grown especially for pickling. (Don't use waxed cucumbers; brine cannot penetrate skin.) Sort as to size, according to recipes. Remove blossoms from home-grown cucumbers; they make pickles soft.

Fruits such as peaches, pears, cantaloupe—even watermelon rind—make excellent fruit pickles. Choose slightly underripe fruit, not soft or bruised, and sort for similar size.

Salt: Use only pure granulated salt, also called pickling, kosher or dainty salt, or uniodized table salt if pure salt is unavailable. Iodized salt can cause pickles to darken.

Vinegar: Use either cider or distilled white vinegar of 4 to 6 percent acidity. This acidity is extremely important in preservation because pickles and relishes are made from low-acid vegetables. Never dilute vinegar other than where indicated in a tested recipe. If you want a less tart pickle, use more sugar.

Sugar: Granulated sugar should be used for most recipes; use brown sugar, corn syrup, molasses or honey only if recipes call for it. Sugar substitutes require special recipes.

Water: Soft water is preferable, since hard water may interfere with the pickling process or cause pickles to darken. If your water is naturally hard, boil; cool overnight and remove scum. Add 1 tbs. vinegar per gal. of boiled water before using.

Equipment needed for pickling:
- Use stoneware, glass, pottery or unchipped enamelled metal containers or bowls for curing foods in brine or a vinegar solution for any length of time.
- Cookware of unchipped enamel, stainless-steel, aluminum or glass should be used to heat pickling liquids. Do not use copper, brass, iron, chipped enamelled. They react chemically with the vinegar and salt to form toxic compounds or other undesirable products.
- For processing, use water-bath canner or kettle large enough to hold jars on rack; boil an inch of water over tops of jars.
- Use standard canning jars and lids. Do not use jars from commercially canned foods. Wash canning jars; rinse. Keep in hot water until ready to pack. Pour boiling water on lids just before using.

Remember: The times noted are for sea level processing. Add one minute for each 1,000 feet above sea level.

Genuine Dill Pickles
(recipe from the Ball Corporation)
18 to 20 lbs. pickling cucumbers, each 3 to 5 inches long
1/2 cup granulated pickling salt
1/2 cup vinegar
3 or 4 lbs. mixed pickling spice
1/2 cup sugar
10 qts. water
2 or 3 bunches dill with fully developed seeds or 8 lbs. dill seeds
8 or 10 grape leaves, if available (prevents soft pickles)

1. Wash and drain cucumbers. Add salt, vinegar, spice and sugar to water. Stir to dissolve salt. In large crock or jar, put 1 or 2 layers of cucumbers.
2. Add some of the dill plus 3 or 4 grape leaves, if used. Continue to layer until all cucumbers are used. Leave 3 or more inches headspace.
3. Add brine to cover cucumbers. They will spoil if not completely covered. Use glass plate that will fit inside container to hold cucumbers submerged. Fill a jar with water; use as weight to hold plate down.
4. Cover container with a thin cloth; put in dry, ventilated place. Check container every day. Remove scum. If needed, add more brine to keep cucumbers submerged. Leave for 3 to 4 weeks. (It takes that long for pickles to develop an even olive color and good flavor.)

Mixed Vegetable Relish
2 cups shredded cabbage
2 cups sliced celery
2 green tomatoes, seeded and chopped
1 cucumber, thinly sliced
1 red pepper, seeded and chopped
1 green pepper, seeded and chopped
1 medium-sliced onion, thinly sliced
2 cups cooked lima beans
2 cups cooked corn
1 cup sugar
2 cups water
1 cup vinegar
1 tsp. salt
1 tbsp. mustard seeds
1 tsp. celery seeds
1 tsp. dill seeds
1 tsp. sugar
2 cups water

In large bowl combine cabbage, celery, tomatoes, cucumber, red and green peppers and onion. Cover with salted water (1/2 cup salt per qt. of water); let stand 12 hours or overnight. Drain. Rinse in fresh water.

Now you can order kits for making this Bicentennial Star Quilt (in single, double or queen size), and matching pillow and pillow sham. • In quilt kit: design-stamped polyester/cotton quilt top; stamped fabric pieces for appliqué and patchwork; quilting diagram. Backing fabric, batting not included. Single size: 54" by 84". Double: 84" by 104". Queen: 96" by 116". • In kit for one 14" square pillow: stamped polyester/cotton fabric, and stamped fabric pieces for appliqué and patchwork, for pillow front; white fabric and quilting diagram for star motif, for pillow back. Pillow form not included. • In kit for 21" X 31" sham: stamped polyester/cotton fabric, stamped fabric pieces for appliqué and patchwork, and white fabric and quilting diagram for star motif, for pillow front; white fabric for back (no pillow).
Jams and Jellies

Jellies, jams, preserves, marmalades, conserves—all are made from acid fruits by the open-kettle canning method that destroys microorganisms which cause spoilage. Fruit, sugar, pectin and acid are cooked, packed boiling hot in sterilized jars and sealed without further processing.

Principal ingredients:

**Fruits** such as berries, apples, rhubarb, etc., may be used for jellied products.

**Pectin**, required for thickening, is available commercially in liquid or dry powder form which can keep for about a year. Do not interchange or combine in recipes. You can make jams and jellies without commercial pectin since pectin is found naturally in underripe fruit. These recipes, however, must be cooked longer to produce a "set."

**Sugar** sweetens and aids in preserving and producing a jellied consistency. While you should never reduce sugar, if a recipe requires 4 to 5 cups sugar, you can substitute a maximum of 2 cups light corn syrup for 2 of the cups of sugar. The product will "weep" (exude liquid). Honey may be used the same way but will cause flavor changes. Molasses is not recommended—it will alter flavor and appearance. Artificial sweeteners cannot be used as they do not react to produce the jell.

**Fruit acid** is necessary for a quality jell. Insure proper setting by adding 2 tsps. lemon juice to any recipe.

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### General steps:

For best results, follow procedures exactly.

**Prepare jars:** Select smooth-sided glass jars—no nicks, cracks or sharp edges—with tight-fitting lids, no more than pint capacity. Wash jars and lids in hot, soapy water. Rinse. Put in large kettle and boil 10 minutes. Turn off heat. Before filling, remove with tongs from water, inverting on towel to drain. Jars should be hot and dry when filled.

**To fill and seal jars with paraffin:** Melt paraffin in small, clean double boiler or empty metal coffee or shortening can over boiling water. (Never melt over direct heat.) Remove fruit mixture from heat; with metal spoon skim foam from top. Stir and skim foam by turns, 5 minutes, to cool slightly and prevent floating fruit. Ladle into jars, leaving ½-inch space at top. Cover with ½-inch melted paraffin. Cool; cover jars. Store in cool, dry place.

**To fill & seal jars without paraffin:** Use jars with 2-piece metal lids. Remove fruit mixture from heat. With metal spoon quickly skim off foam. Ladle into jars leaving ½-inch space at top. Place lid on jar, screw band on tightly and invert jar. Repeat. When all jars are filled, stand upright when filled.

No-cook freezer fruit spreads:

In this method uncooked crushed or chopped fruit, sugar, commercial pectin and fruit acid are combined, poured into sterilized jars and frozen until ready to use. Once thawed and opened, the product must be used within three weeks.

### What to do if jams fail to jell:

Most jellied products made with commercial pectin that do not set can be salvaged. If, after one week, your product is not set, contact General Foods, Consumer Response, 25 North St., White Plains, N.Y. 10625.

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### Spicy Plum Conserve

1. Prepare ten 6-oz. jelly jars and lids.
2. In saucepan combine chopped orange and water. Cover; simmer 20 minutes. Add plums. Into large saucepot measure ½ cups fruit mixture; add raisins, walnuts, cinnamon, cloves and allspice.
3. Stir powdered pectin into fruit mixture. Stirring constantly, bring to boiling. Add sugar all at once and stir. Bring to full rolling boil and boil hard 1 minute, stirring constantly. Fill and seal jars.

### Grape and Peach Jam

1. Prepare twelve 8-oz. jelly jars and lids.
2. Slip skins from grapes; reserve. In saucepan bring pulp to boiling; reduce heat. Cover; simmer 7 minutes. Add sugar. Stirring constantly, bring mixture to full rolling boil; boil hard 1 minute. Remove from heat; stir in liquid fruit pectin. Fill and seal jars.

Above recipes are from a General Foods booklet. To receive a copy of your own, send 50 cents to The Wonderland of Homemade Jams and Jellies, P.O. Box 4104, Kankakee, Ill. 60901.

### Gingered Marmalade

6¼ cups sugar
1½ cups water
2 lbs. grated lemon peel
1 cup orange juice
3 lbs. lemon juice
1 lbs. ground ginger
3 lbs. apples, peeled, cored, diced
3 lbs. chopped candied ginger
1. Prepare twelve 8-oz. jelly jars and lids.
2. In 6-qt. saucepot combine sugar and water. Add orange and lemon peel, orange and lemon juice and ground ginger. Bring to boiling; boil 5 minutes. Add apples and candied ginger; bring to boiling, stirring slowly. Reduce temperature; simmer 1 hour or until 8° above the boiling point of water in your locality, stirring occasionally. Fill and seal jars.

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30

continued
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La Cotta
Recipe Collection
Freezing is the No. 1 method of home preserving fruits, vegetables—even meats and fish. It's easy and faster than canning: Follow instructions for excellent results.

To begin: Choose fruits and vegetables at their prime. Freeze immediately—prepare, package and reduce their temperature to 0°. Freeze up to 3 lbs. food per cu. ft. freezer space at a time, placing packages close to freezer coils. When frozen, stack packages.

Packaging: To maintain the quality of frozen foods, airtight, leakproof containers or wrappings must be used. Polyethylene boxes, easy to fill and stack, puncture-proof and reusable, are most satisfactory. Wrappings such as polyethylene bags are the cheapest packaging materials for fruits and vegetables, but are difficult to fill. Use heavy aluminum foil or plastic freezer wrap for dry vegetables such as corn-on-the-cob, broccoli. Another way of packaging are freezeable-boilable plastic bags. You can use these bags not only to store foods, but to cook in as well. The bags are neat, but they can't be used without a heat-sealing appliance and are usable only once. Mark the name and processing date on pack-
ages with indelible marking pen or wax-china marking pencil.

How to freeze fruits: Pick over fruits; wash and drain. Prepare according to chart at right. Depending upon fruit and its intended use, freeze in sugar syrup (chart below), in sugar or in an unsweetened state. Sugar pack is preferred for fruit to be served uncooked. To make syrup, boil sugar in water. Fill 1/2 of container with cold syrup; pack fruit to one inch of top. Use sugar pack or unsweetened for fruit to be enjoyed cooked as pies, jam. For sugar pack: Spread fruit in shallow pan; cover with sugar. Gently turn until coated. Pack into containers, leaving ½ inch at top. If using bags, press out air above fruit; close. To keep fruit from darkening, use ascorbic acid preparation like Fruit Fresh according to package directions.

To freeze vegetables: Most vegetables except lettuce, radishes, green onions, potatoes and tomatoes freeze well. Before freezing, all must be blanched to inactivate enzymes in foods (to prevent flavor and color changes during storage) and cooled to stop further cooking after blanching. Blanch with a coocker/steamer that has a flat-bottomed wire basket or a kettle with any flat-bottomed strainer—even a basket from deep-fryer cooker. Lower no more than 1 lb. of vegetables in basket into 1 gal. boiling water. Start timing when water returns to boiling. At end of time, dip vegetables in cold or iced water. Drain and pack. Freeze rapidly. Properly processed and packaged fruits and vegetables can be stored up to a year at 0°.

Packaging materials: Use freezer boxes like Freezettes by Republic Molding Corp. or Tupperware, or Ball Corp. boxes, jars and freezer bags. For freezer wrappings, use Reynolds' heavy aluminum foil; Glad plastic freezer wrap, Ziploc bags and Saran, Baggies, Magic Bags or Marcal’s Poly Coated Freezer paper. Special heat-sealing appliances are made by Oster and Dazey.

### How to prepare vegetables for freezing

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Preparation after washing</th>
<th>Blanching time in min.*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans, green or wax</td>
<td>Trim off ends; cut in 1-in. pieces or lengthwise for French style; blanch; cool; pack</td>
<td>3</td>
</tr>
<tr>
<td>Beans, lima</td>
<td>Shell, sort according to size. Discard old, starchy beans; blanch; cool; pack</td>
<td>small-1 medium-1 1/2 large-2</td>
</tr>
<tr>
<td>Beets</td>
<td>Trim tops. Cook until tender. Drain. Cool. Slip off skin; slice or dice; pack</td>
<td>not needed</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Trim; peel, cut into spears or pieces. Blanch and cool. Pack spears in foil or plastic wrap alternating tops and ends; pack pieces in boxes</td>
<td>3</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Remove outer leaves; sort into 2 sizes. Blanch and cool; pack</td>
<td>small-3 large-4</td>
</tr>
<tr>
<td>Corn</td>
<td>For kernels, husk, desilk, wash. Blanch. Cool. Cut off top 3/4 of kernels; pack. For corn-on-the-cob, husk, desilk, wash. Blanch; cool. Pack in bags or wrap in foil or plastic.</td>
<td>5 small-3 medium-9 large-11</td>
</tr>
<tr>
<td>Peas, green</td>
<td>Shell, pick over; wash. Blanch; cool; pack.</td>
<td>1 (or less -3)</td>
</tr>
<tr>
<td>Spinach and other greens</td>
<td>Use only young tender leaves. Blanch with extra water; cool. Press out all water. Pack.</td>
<td>2 (collars -3)</td>
</tr>
<tr>
<td>Summer squash</td>
<td>Trim ends. Slice. Blanch; cool; pack</td>
<td>3 1/2</td>
</tr>
<tr>
<td>Winter squash and pumpkin</td>
<td>Cut in pieces, remove seeds. Cook until tender. Cool. Remove rind; put pulp through food mill or sieve</td>
<td>not needed</td>
</tr>
</tbody>
</table>

---

*If you live more than 5,000 ft. above sea level, add 1 minute to time.

---

<table>
<thead>
<tr>
<th>Fruits</th>
<th>Preparation</th>
<th>Type pack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Core; peel; slice; treat to prevent darkening; pack in sugar or unsweetened</td>
<td>#2 syrup or 1/4 cup sugar* unsweetened</td>
</tr>
<tr>
<td>Apricots</td>
<td>Peel, pit; halve; treat; pack</td>
<td>#2 syrup or 1/2 cup sugar* unsweetened</td>
</tr>
<tr>
<td>Berries</td>
<td>Hull. Slice or leave whole; pack</td>
<td>#3 syrup or 1/4 cup sugar* or unsweetened</td>
</tr>
<tr>
<td>Cherries</td>
<td>Stem; pit; pack in #3 syrup or unsweetened</td>
<td>#3 syrup or unsweetened</td>
</tr>
<tr>
<td>Figs</td>
<td>Stem; slice or leave whole. Treat light color; pack in syrup. dark figs unsweetened</td>
<td>#2 syrup or unsweetened</td>
</tr>
<tr>
<td>Grapes</td>
<td>Stem; leave seedless whole; seed others</td>
<td>#3 syrup or 1/4 cup sugar* unsweetened</td>
</tr>
<tr>
<td>Melons</td>
<td>Cut in half; seed; cut into balls</td>
<td>#2 syrup</td>
</tr>
<tr>
<td>Peaches</td>
<td>Peel; halve; slice or treatment</td>
<td>#2 syrup or 1/2 cup sugar* or unsweetened</td>
</tr>
<tr>
<td>Pears</td>
<td>Peel, halve, core, slice, treat. Par-boil 1 min. in #3 syrup. Drain, cool, pack in syrup</td>
<td>#3 syrup</td>
</tr>
<tr>
<td>Plums</td>
<td>Leave whole; or half and pit. Treat halves</td>
<td>#3 syrup or 1/4 cup sugar* unsweetened</td>
</tr>
</tbody>
</table>

---

*per qt. of prepared fruit

---

### To prepare fruit for freezing

<table>
<thead>
<tr>
<th>Type of syrup</th>
<th>Cups of sugar</th>
<th>Cups of water</th>
<th>Cups of syrup</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1</td>
<td>1</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>#2</td>
<td>1 1/2</td>
<td>4</td>
<td>4 1/2</td>
</tr>
<tr>
<td>#3</td>
<td>2</td>
<td>4</td>
<td>4</td>
</tr>
</tbody>
</table>

---

**Notes:**
- Sugar pack: 2 to 3 cups sugar per qt. of prepared fruit.
- Syrup pack: 4 cups sugar per pt. fruit. Syrup pack is preferred for fruit to be served uncooked.
- Use only young tender leaves. Blanch with extra water; cool. Press out all water. Pack.
- For kernels, husk, desilk, wash. Blanch; cool. Pack in bags or wrap in foil or plastic.
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So Easy It Practically Puts Itself Up!

Even if you have trouble tying your shoelaces, you'll do a great job with PHOTO-DOOR. Comes in 2 pre-glued sections with simple instructions. You just moisten the backs, press into place. No mess, no fuss. Fast, clean, easy. Measures 33 3/4 inches wide by 84 inches high, but easily trimmed to fit smaller doors. Coated with a special lacquer so it wipes clean with a damp sponge. A joy! So get rid of dull doors forever. Turn them into exciting panoramas of nature, glowing romantic dreams. Order your PHOTO-DOORS now!

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4500 N.W. 135th St., Miami, Fla. 33185

Please send PHOTO-DOOR(s) indicated below @ only $17.99 plus $1.50 postage & handling each. If I am not pleased-as-punch, I may return my order for a complete refund or cancellation of charges.

□ #70373 — Waterfall
□ #70374 — Clipper Ship
□ #70375 — River Sunset

SAVE $2.00. Order any two photo murals for only $31.98 plus $1.50 postage & handling each.

Please send me Stitchery & Craft catalog #6100 @ $0.

Enclosed is check or m.o. for $ (N.Y. & Fla. residents add appropriate sales tax) or charge my:

□ Master Charge □ BankAmericard

Acct. # Exp. Date

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

NAME
ADDRESS
CITY, STATE ZIP

FREE 24-HOUR 7-DAY-A-WEEK SPEED PHONE SERVICE for our charge card customers. Dial 800-327-8351; Fla. customers dial 800-432-7521 (for ordering only)

CALL NOW!
Patch plasterboard  Perfect Patch kit contains all tools and materials needed to repair holes up to 4 inches square in gypsum board when a switch or ceiling fixture is moved, or when a doorknob or table corner mars the wall. With disposable saw, cut hole the size of 4-inch patch, then use clips to secure patch in opening (above, left). Apply spackling compound with disposable spatula; allow to harden, then sand smooth (above, right). Made by Mechanical Plastic Corp., Deer Park, N.Y. 11729. Price is about $3.50.


Easy foam insulation  Rapco-Foam pumps thermal insulation into any wall to fill all voids, does not settle or absorb water. From Raperswill Corp., 305 E. 40th St., New York, N.Y. 10016.

Water-base varnish  Rez satin-gloss latex varnish from PPG Industries thins and cleans off with water. Price: $4.49 a quart.

Stubborn spots out  Mini washboard attached to lid of Hotpoint's new 18-pound automatic washer is ideal for scrubbing stains out of collars and cuffs. Machine, with choice of five wash actions, sells for under $300.
Capture OWL MAGIC in 3 easy kits

Consider the owl. Especially idolized by artists and collectors, this droll and endearing bird has held a unique fascination for mankind over the centuries. All its mystery and humor is reflected here in our gallery of owl portraits, yours to "paint" in easy crewel stitchery kits. At right (top) designer Erica Wilson's favorite "Sunset Owl" (14 by 10 inches) intrigues us with its golden-eyed glaze. Kit includes stamped fabric, all yarns and instructions. Separate frame is easy to put together. Below it, a delightful pair of little "Saw Whet" owls (each 9 by 11 inches) wear a look of permanent surprise on their tufted faces. This two-in-one kit comes complete with frames.

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

American Home Dept. 9470
4500 N.W. 135th Street, Miami, Florida 33059

Please indicate quantity desired:

<table>
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<th>Item</th>
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<td>$7.99 ea.</td>
<td>.75 post. &amp; hdig.</td>
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<tr>
<td>#67544 Frame for above</td>
<td>@ $2.99 ea.</td>
<td>.75 post. &amp; hdig.</td>
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<tr>
<td>#67082 Sunset Owl</td>
<td>@ $4.99 ea.</td>
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<td>#66898 Owl Pair-incl. frames</td>
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<tr>
<td>#61014 Colorful catalog of other kits</td>
<td>@ .50</td>
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Total enclosed

You may use your charge card for any purchase over $4.98.

Acct. No. ____________________________

Interbank No. * (find above your name)

Please add sales tax (N.Y. & Fla.).

Total enclosed

□ BankAmericard □ Master Charge

Print Name ____________________________

Address ____________________________________________

City ____________________________ State ______ ZIP __________

FREE: 24 Hour 7-Day-A-Week Speed Service for our charge card customers. Dial 800-327-8351. Fla. customers dial 800-432-7521 (for ordering only).
**What's New**

**All-year gardening**

Easy-to-assemble Planetarium greenhouse, 8 by 8 by 8 feet, has heater, exhaust fan. By Coghill Industries, 4320 Papermill Rd., Knoxville, Tenn. 37919, it's under $400.

**Improved tile grout**

Silicone Tile Grout from GE is waterproof and will not crack, shrink or stain. It's a moist paste containing silicone rubber that sets up quickly and can be damp-sponged clean. There's a 14-ounce can that covers 16 to 20 square feet (about $2); a 28-ounce can covers up to 40 square feet (about $3.50).

**Near 'n' far photos**

Tele-Instamatic 608 camera from Kodak has two built-in lenses: "normal" and "tele" (for 72 percent bigger image). Switch changes from one to another; mask in viewfinder shows field of view. Price: $35.95.

**Emergency light**

Travel 'N' Trouble Lite plugs into car/boat cigarette lighter. By Metropolitan Vacuum Cleaner Co., 19 Wayne, Sufren, N.Y. 10901, it's $7.
When you're 180 lbs., you have grin and bear it—or lose weight.

After: "Look at me at 125 lbs., after three children."

She had five children and lost 63 pounds.

Shirley Badders got fat having 3 babies, ok it off, then slimmed down even more having twins.

By Ruth L. McCarthy

Shirley is quite a woman. You could even say she's a knockout! Articulate. Clothes-conscious. Happy with her husband, dad of her five children. Why she's even eight pounds slimmer and lost one inch taller since the last 1 saw her. Yes, Shirley Badders came a long way in the past nine years. At our first meeting, she had lost pounds—or what she called her "ame fat." You see, Shirley came in a large family, so she'd learned book enormous meals. When she tried, in her teens, she had a devil time cutting down on the amount of food she cooked. If it n't all eaten, she'd feel soomed about wasting good food she'd stuff herself with it. As a result, each time she became pregnant, she had to wear maternity suits in her second month. By the her third child was born, Shir­ley was carrying around 180 pounds ostmly from the waist down. Why, as almost impossible for her to pantyhose that fit. So she wore far stockings with the fat bulg­ver the top.

"Yes, Shirley grew after she lost more weight."

"As the mother of five, I put on a body shirt so you could see my new figure—117 lbs."

Now: "As the mother of five, I put on a body shirt so you could see my new figure—117 lbs."

BEFORE AND AFTER MEASUREMENTS

<table>
<thead>
<tr>
<th>Before</th>
<th>After</th>
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<tr>
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<tr>
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<td>35&quot;</td>
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<tr>
<td>Dress</td>
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<td>11</td>
</tr>
</tbody>
</table>

"Yes, Shirley grew ¾ after she lost more weight."
Ever hanker for yesteryear's innocent country ways? Our demure old-fashioned lasses are charming reminders of that happy past and yours to create in two easy kits. Doll kit lets you put together a kissable "Country Cousin," 21 inches tall, just as you see her here with all the quaint details. Kit is complete except for body filler. Or stitch a crewel picture of our little miss "Sitting Pretty." This Holly Hobble® design is 15 by 19 inches—kit includes stamped linen, all yarns and simple instructions. Wood frame similar to one shown, but with addition of narrow gilt border, assembles easily.
Easy-to-make needlepoint checkbook covers and key cases

These exclusive Checkbook covers and Key Cases of real honest-to-goodness leather come pre-assembled. To complete them, you simply do the needle point, guided by our easy, color-keyed design chart which we supply. No additional work is needed! Smart, chic designs like these will make reaching for your checkbook an unaccustomed pleasure.

THREE BEAUTIFUL DESIGNS
The Key Case holds six keys and the Checkbook cover can be used with either top-bound or side-bound checks and check registers. Choose from three delicious designs, each bound in a different color leather. Top Left: Blue Wicker, Top Right: Red Floral, Bottom: Brown Multi-Stripe. Each kit includes the making for one Checkbook Cover or Key Case; a leather cover or case with needlepoint canvas insert; color-keyed design chart; wool tapestry yarn; needle and directions.

SATISFACTION GUARANTEED
Accessories of such fine quality and outstanding design sell in stores for much more than the low price offered here. Checkbook only $7.00 and Key Case only $6.00, or any two items only $12.00. Money back if not absolutely delighted, but you must order now because supplies are truly limited. Send Coupon today.

Crown Castle, Ltd. Dept. CK-3
51 Bank Street, Stamford, Conn. 06901

Please send me the following needlepoint purse accessories listed below under full money back guarantee if I am not absolutely delighted. (Add .35¢ per item for postage and handling.)

Enclosed is $......................................

Checkbook Cover @ $7.00 (Quantity) ................. Blue Red Brown
Key Case @ $6.00 (Quantity) ..............................

SAVE MORE: Take any two items for only $12.00. We pay all postage.

NAME__________________________
ADDRESS_________________________
CITY__________________________ STATE__________ ZIP__________

(Connecticut residents add 7% sales tax)
Q This clock belonged to my grandmother. It stands 17 inches high and chimes on the half-hour and hour. The words ‘New Haven’ are written on its face. We were told it was called a ‘Lady’s Banjo.’ Do you know its age? M.E.C.—Sacramento, Calif.

A The banjo clock is a rare form of timepiece that first appeared on the scene in the early 19th century. It has been copied and reproduced frequently since the 1890s. Your grandmother’s clock looks like a later example—perhaps from the 1920s. The decorative painting is more complex than found on early versions, and the numbers are in a relatively modern type face.

Q We acquired this chair in New York about 15 years ago. It’s made of walnut and has carving on the back in shell, basket and rose patterns. The seat is covered with needlepoint in a floral pattern with a griffin-like creature done in petitpoint. Do you know anything of its age and origin? J.D.—Scottsdale, Ariz.

A Although your chair is of an elegant 18th-century English design, there is a strong possibility that it was made in the 1880s or even more recently. Walnut was used in both periods. It is not easy to tell from the photo, but if the carving is crude and flat in some places and finely detailed in others, your chair is of 19th- rather than 18th-century manufacture.

Q My favorite aunt had this full-size quilt more than 50 years, and before that it was in her husband’s family for a similar span of time. I am told the name worked into the pattern was that of the weaver, who worked for the Stephenson Company. Is this true, and is the spread really 113 years old? V.McM.—Gainsville, Ga.

A You have a spectacular coverlet, with a geometric pattern that is most unusual. It was made by Ph. Rassweiler of Stephenson County (state unknown). The corner signature and date are characteristic of coverlets produced during the 19th century.

Q I have had this wooden cabinet, a gift for five years. It has a mirror back, beveled glass at the sides and front and a small brass rail around the top. There are four porcelain inserts in the door and two in the bottom drawer; the legs are curved and brass trimmed. I can find no marks; is there any information you could give me? Mrs. G.R.—Allen Park, Mich.

A Your piece is a typical example of curio cabinets to be found in elegant parlors from 1880 to 1920. The brass and enamel trimmings are rococo revival elements that were fashionable for decades, so it is difficult to date the cabinet more specifically than the 1890s.

Q This commode, which my father refinished, is solid chestnut with porcelain knobs. Could you tell me when it was made and is it rare? S.M.—Colorado Springs, Colo.

A Your commode was more than likely first used to hold a pitcher and bowl. The side rods were for towels. The turned spindle posts in the corners suggest that it was to accompany a bed of similar style, and very likely dates from about 1850. The skirt across the bottom (front) and the splashboard (rear) make it rare.

Q The figure of a man with a goblet sits on top of the cover of this pitcher. There are carvings on two sides and on the handle. The pitcher looks like pewter, though part of it is gold-toned. Patent dates are June 13, 1868, and November 3, 1868, and the words “Meriden B. Company” also appear. Can you tell me its origin? L.G.—Vermilion, Ohio

A Your covered pitcher was once plated with an attractive coating of silver, made by the Meriden Britannia Company. The patent dates show that the piece was made after 1868, but it is hard to state exactly when. The toasting figure and flat etched decoration suggest sometime before 1880.

Q I found this blue “milk glass” candle holder in an “antique-junk” shop in Germany about 20 years ago. It has raised symbols in a gold oblong on each side. What can you tell me about it? E.C.—Clarks Mills, Pa.

A The candlestick is a fascinating example of pressed glass that looks as though it had been made about 1880 when the Egyptian Revival was in fashion. The characteristic hieroglyphics and leaf patterns are found on a variety of objects in that style, which flourished on both sides of the Atlantic. Your candlestick could have been made in Germany, where you found it, or in France. It seems somewhat different from American examples exported at the time.

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 photos to: American Home, 641 Lexington Ave., New York, N.Y. 10022. Include complete descriptions. We cannot return photos or send personal replies.—Marvin D. Schwartz
I like Winston Super King for one reason.

Winston Super King gives me more of what counts: taste. A lot of extra-long cigarettes give you more length, but less taste. Real taste is what smoking's all about. For me, Winston Super King is for real.

Enjoy award-winning styling and the excellence of Magnavox sound.

Spirit of '76 from Magnavox. Design so authentic, it's been awarded the Early American Society Commendation. Faithful reproduction—of beautiful design and beautiful music—was never more evident than in this heirloom stereo and color TV collection.

Every carving, panel, moulding and decorative element has been thoroughly researched for authenticity. And every electronic component engineered for superb listening.

Advanced stereo and color TV...in the Magnavox tradition. Each console contains a stereo FM/AM radio, automatic record changer*, 8-track tape player and four high-fidelity speakers.

And behind the double-eagle doors (E) stands the STAR™ System, the most-advanced color TV in the world.

Visit your Magnavox dealer today and get the Spirit. It's a beautiful way to take pride in America's heritage. And your home. For the name of the dealer nearest you, call 800-243-610 toll-free. (In Conn.: 1-800-882-6500)

A. Dry Sink (Model 6564) B. Blanket Chest (Model 6561) C. Queen Anne (Model 6561) D. Spice Chest (Model 6563) E. STAR™ System (Model 4885). All cabinets crafted of solid wood and non-wood materials.

Magnavox. Quality in every detail.

Commended for AUTHENTIC DESIGN

Early American Society
At American Home, our greatest concern in recent months has been that most American families cannot afford the $41,300 median price of today's new home. Between 1971 and 1974, inflation caused housing costs to rise 53.5 percent. By the first quarter of this year, the average price of new homes in major U.S. cities had soared to more than $50,000. Consumer income simply could not keep pace with this sharp rise. The result: 85 percent of the potential home buyers were priced out of the market. Today, those families are ready and eager to buy, as enterprising builders who can produce good housing at reasonable prices will find.

The American dream—a rose-bordered ranch or split-level in suburbia—is, according to some experts, buried in a thicket of Housing and Urban Development Department regulations and local codes. There's no denying that problems exist, but we at American Home are concerned mainly with solutions and—far from being remote and unattainable—there are good ones available today. Granted, the house may have to shrink somewhat, but owning it is not the impossible dream. Builders and buyers alike will have to make concessions to the times. Builders will have to fit a functional, no-frills house to a family's income. (A well-designed compact house, like a compact car, cannot be had simply by cutting a larger model in half.) And buyers must realize that land and construction costs—plus their own need to economize on heating and cooling—must dictate a back-to-basics house with multipurpose rooms.

On the pages that follow, you will find one practical solution to the dilemma defined: the expandable, panelized or modular house. Next month, we'll publish a house you can build for $30,000. And in future issues we'll offer other solutions to show that "no-frills" need not mean ugly housing, but more affordable, more attractive, more efficient homes.
Is it still possible to find a practical, attractive house made of quality materials at an affordable price? Searching for an answer, American Home turned to a manufacturer of precrafted homes, and what had been just an idea became reality. The modular two-bedroom, two-bathroom house shown here features a sensible, flexible layout that can grow with a family’s needs by adding a bedroom and/or family room. Encompassing 1,196 square feet of living space, the basic house costs $19,000 to $25,000, depending on extras. Built by American Home Industries Corp. of Bakersfield, Calif., in cooperation with American Plywood Association, our house is prepackaged in two sections. At your lot, they can be assembled in a week. Floor plan and details follow.

A modular house for under $25,000—order now, expand as your needs grow.
Entry into future family room would be made through window opening in living room. Fireplace is an optional feature you can order, as we did, without exceeding the $25,000 maximum.

To save money, we chose an open floor plan whose living and dining areas flow together, as above.

Building/Remodeling Department

Jane Randolph Cary
Patricia A. Pilc
3 ways to own our modular house

The costliest way, though still bargain priced, gives you the most finished house. The more work you are willing to take on, the more money you can save.

Order the house in two complete sections. The first—the plumbing core—has two bathrooms, utility room, kitchen and dining area; cabinets, fixtures, range, wiring and plumbing lines are in place. The second section has two bedrooms and a living room. Price, without frills or land, is $19,000 plus delivery. (We added cedar-shingled roof, fireplace, garage and $300 for delivery. Total: $24,095.)

Another possibility: Order plumbing core intact and get the rest in a materials package for on-site assembly at a cost of $18,000 plus delivery.

With the third possibility you can save even more. A total materials package, ready to assemble, is $16,500. For delivery within 300 miles of the factory, add $3 per mile. Check local bank and building code requirements for modular houses before you order. Also, be aware that prices can change and that options can raise or lower prices mentioned. The cost of the land is not included.

With pioneer determination, handy Americans are investing their own "sweat equity" in an expanding technology— the partially finished, panelized house. One good example is this Nutshell 1500 by Acorn Structures, Inc., Box 250, Concord, Mass. 01742.

A shell to finish yourself—for $22,000

Janette and John Demenkov chose the Nutshell because "it's soundly built and very flexible. We could buy just the standard package or opt for extras, which we did." They extended the kitchen 4 feet, finished the basement, added closets and a powder room, and included a fireplace in the living room (top). Plan of first floor is at right.
Garden-fresh greens make a low-cost centerpiece on table topped with antique quilt. Pale blue on baseboards, trim and ceiling rafters helps unify room. Armoire, a thrift shop storage find, gained focal point when painted tan and spattered with brown varnish.
Remodel a room 9 ways

Investing more ingenuity than money, you can turn a room into multipurpose living space as designer Ray Kohn did, making the most of his one-room-plus-bath vacation house in Bridgehampton, N.Y. Ray did some carpentry—built-in banquets (covered with sinkably soft quilts) for sitting, sleeping and storage—but relied mostly on paint, fabric and ready-made cabinets to divide the 18-by-30-foot room without interrupting the flow of space.

Mattresses on easy-to-build banquets (top) are attractively camouflaged with pale-blue sailcloth tufted over quilt batting. White ceramic tile on floor as well as counter tops (above) defines kitchen; the track lighting is clutter-free.

Functional but outmoded bath has been transformed completely without major construction (top to bottom). Magic ingredients included pink paint in three vibrant shades plus eyelet fabric to cover window and attach with Velcro to tub.

Remodel a room 9 ways

Investing more ingenuity than money, you can turn a room into multipurpose living space as designer Ray Kohn did, making the most of his one-room-plus-bath vacation house in Bridgehampton, N.Y. Ray did some carpentry—built-in banquets (covered with sinkably soft quilts) for sitting, sleeping and storage—but relied mostly on paint, fabric and ready-made cabinets to divide the 18-by-30-foot room without interrupting the flow of space.
Quilts with pillows to match

You can recreate the timeless beauty of these antique "Stars of Alabama" (above) and "Pomegranate" (right) quilts. Their traditional designs exemplify a revered craft worked with love and pride. Full instructions for making quilts, plus patterns and materials lists, follow on page 66. Two matching needlepoint pillow kits (left) are available—to use with quilts or as decorative accents. See coupon on page 69 and find out how to order.

Quilts from the antique quilt collection of The Stearns & Foster Co.
By George Christy

Our expert selects the best California wine buys that are available nationwide.

The 24 American Home

The West Coast is producing wines of such quality to make the California wine “explosion” the most exciting wine world occurrence in a century. To honor some of these dedicated vintners, we’ve singled out a dozen choices each of premium and everyday wines from the Golden State for our first American Home Wine Awards. All lend support to our belief that to know California wines is a treat for the palate and a bonus for the pocketbook.

All have been judged for their color, aroma and bouquet, flavor and aftertaste.

award-winning wines


continued on page 70
Make our Frankfurter Hero, a sesame seed loaf piled high with curled-leaf lettuce, frankfurters, cheese triangles, tomato slices, dill pickles, onion rings and chili-mayonnaise sauce—all for just 34 cents a serving.
No ball game or circus is complete without frankfurters—and no market basket either. No matter what you call them, they're all sausages, equally wholesome—a smart, practical buy. They come fully cooked, made from bits of meat or poultry ground to a paste, then seasoned, cured, smoked and ready to use, as pictured in our hearty cold sandwich. To serve hot, you need only heat them through. Frankfurt and Vienna lay claim to the original frankfurters, but their fame spread from Coney Island, where a clever vendor had buns made to hold them. To create other tasty dishes from this all-American favorite, see recipe section, page 60.

Take a package of Frankfurters
Vanilla Bavarian cream in peach glaze
You won’t have to splurge on this beautiful, luscious dessert. It’s the essence of practicality. And you can cut calories, too. A classic Bavarian cream, popular in the 19th century—the golden age of extravagant desserts—is made with eggs, sugar, milk and whipped cream. To make ours, we’ve whipped instant nonfat dry milk in place of heavy cream to fold in for a deliciously light Bavarian. To glaze our mold, we’ve used packaged peach flavor gelatin, though any flavor will do, for a shimmering touch and taste lift. Add sensibly priced fruits in season—sliced pears and frosted grapes were our choices—for an elegant border.

1 In bowl dissolve peach or orange gelatin with \( \frac{1}{2} \) cup boiling water; add \( \frac{1}{2} \) cup cold water. Set 6-cup straight-sided mold in bowl half filled with ice cubes and cold water. Pour gelatin into mold. When gelatin is the consistency of raw egg whites, rotate mold slowly to coat bottom and sides evenly. Chill until well set.

2 While gelatin-coated mold chills, prepare custard: In heavy saucepan or top of double boiler, beat egg yolks. Beat in \( \frac{1}{4} \) cup sugar. Gradually add milk, stirring constantly. Place saucepan over very low heat or simmering water. Cook, stirring constantly, until custard coats back of metal spoon. Remove from heat.

3 Soften unflavored gelatin in \( \frac{1}{2} \) cup cold water. With wire whisk, stir gelatin into custard. Add vanilla. Cool, stirring occasionally, until custard begins to thicken. In small, deep bowl, add nonfat dry milk and \( \frac{1}{2} \) cup ice water. Beat on high speed of mixer until soft peaks begin to form. Add 2 tablespoons juice. Continue to beat until firm peaks form.

4 Gently fold whipped milk into cooled custard. Pour Bavarian cream into gelatin-lined mold. Cover. Chill 4 to 5 hours or until well set. To unmold, run blade of spatula or small knife around edge of mold. Dip mold in warm (not hot) water, just to depth of gelatin. Remove quickly; dry. Shake gently to loosen. Place serving platter over mold. Invert; unmold. Lift off mold.

5 Break grapes into small clusters. Dip into slightly beaten egg whites, then into \( \frac{1}{4} \) cup sugar. Cut pears into halves. Remove core; slice into thin wedges. Sprinkle with remaining juice to prevent darkening. Arrange on platter. Makes 6 servings.

Bavarian Cream

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<tr>
<td>1 package (3 ounces) peach or orange flavor gelatin</td>
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<tr>
<td>Water</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>4 egg yolks</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>( \frac{1}{4} ) cup sugar</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>1 cup milk</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>2 envelopes unflavored gelatin</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>2 teaspoons vanilla</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>( \frac{1}{2} ) cup instant nonfat dry milk</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>( \frac{1}{4} ) cup lemon juice</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>( \frac{1}{2} ) pound seedless grapes</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>2 egg whites</td>
<td>( \text{as needed} )</td>
</tr>
<tr>
<td>3 Bartlett pears</td>
<td>( \text{as needed} )</td>
</tr>
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Shopping Information, page 69
Make 2 and freeze 1

Be practical—use your freezer to store foods you've bought at the best prices. Cooking a duplicate takes only a little more effort and yields a meal in reserve. You take advantage of food bargains and get nutritional as well as top dollar value. Pictured are the perennial best buys in meats, produce, dairy and staples teamed with seasonal—and usually lower-priced—foods. To make these dishes and more, see our recipe section, page 60.

From top, right: cabbage rolls & cauliflower; vegetable meat loaf & dumplings; orange mousse; frozen apple cheese salad.
What has the fewest calories?

Butterhead lettuce with 1/2 tablespoons Roquefort dressing.

4 oz. serving of sherbet.

8 oz. glass of milk.

2 oz. hard roll.

3/4 cup glazed carrots.

2 oz. hard roll.

Two 4 oz. lean lamb chops.

3/4 cup mashed potatoes with butter.

Unless you said the potato, you were wrong. But don’t feel badly. Lots of people make the same mistake. They think that carbohydrate foods are really a luxury, with little or no nutritional return. But actually, the body needs more carbohydrates than fats and proteins put together, so carbohydrates are really the biggest single need in a well-balanced diet. 2/3 of a cup of potatoes mashed with milk is a surprisingly low 87 calories, topped with a pat of butter (35 calories) only 122 calories total. In addition, the potato provides you with significant amounts of Vitamin B1, iron, niacin and close to 1/3 the recommended daily allowance of Vitamin C.

So next time you sit down to a really terrific meal like this one, don’t look askance at the potato. It’s really something good that’s good for you.

Caloric contents: lamb chops- 210; potato-122; carrots-149; salad-127; hard roll-175; milk-160; sherbert-130.

Make our super-practical dishes

Each complete with nutrition ratings and cost per serving

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 it contains 20 percent or more of the recommended daily allowance.

Frankfurters
continued from page 55

The smart shopper says:
• You'll find considerable differences among the frankfurters sold in your supermarket, because packers make them to meet different price and flavor standards. No matter how a frankfurter is made, it cannot exceed 30 percent fat. Minimum standards for the types of ingredients used are set by the federal government.
• Read frankfurter package labels for details about the contents. All ingredients are listed in descending order of use by weight.
• If the package says all meat, the frankfurters are made from skeletal meats, usually beef and pork. Seasonings are added, but no fillers are permitted. All beef means frankfurters made of beef; no other meats or fillers are permitted. The term frankfurter, wiener or hot dog without either of those designations indicates the use of a combination of meats, even poultry, plus seasonings and such fillers as milk powder and soy flour.
• Current reports indicate that the nitrite level in frankfurters is not a potential health hazard. Sodium nitrite, a curing agent present in all frankfurters in the amount of 200 parts per million, performs 4 essential functions. It produces the characteristic color and flavor of cured meats, inhibits rancidity and, most important, inhibits the growth of potentially harmful microorganisms—especially clostridium botulinum, which produces the deadly botulinal toxin. The U.S. Department of Agriculture Expert Panel on Nitrates and Nitrosamines is presently investigating the nitrite level in all cured meats.
• Since all beef and all meat frankfurters contain about the same amount of protein, you can stretch your food dollar by purchasing the least expensive of the two.
• Store frankfurters in their original wrapper in the refrigerator up to 2 weeks if storage temperature is 40° or cooler. The sealed package should not be opened or taken from the refrigerator until just before using. Generally, freezing is not recommended, but if necessary, freeze only 1 to 2 months. Longer storage may alter flavor.
• Our cost per serving calculations are based on the average price per pound for nonkasher all beef frankfurters.

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Nutrition Rating</th>
<th>Cost per Serving</th>
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</thead>
<tbody>
<tr>
<td>Frankfurter Hero</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 teaspoon lemon juice</td>
<td>1 tablespoon lemon juice</td>
<td>1 teaspoon chili powder</td>
</tr>
<tr>
<td>1 loaf French bread with seeds, 18 inches long, cut in half horizontally</td>
<td>4 large leaf lettuce leaves</td>
<td>1 package (16 ounces) frankfurters, 6 cut in half lengthwise and in half crosswise (24 quarters); use remainder for another meal</td>
</tr>
<tr>
<td>6 slices American cheese, cut in half</td>
<td>1 large tomato, sliced</td>
<td>16 kasher dill pickle slices</td>
</tr>
<tr>
<td>6 Spanish onion rings</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. In small bowl combine mayonnaise, chili sauce, lemon juice and chili powder. Spread 1/4 cup sauce on lower half of French bread. Cover bread half with lettuce leaves.</td>
<td>2. Add alternate layers of 12 frankfurter quarters, 6 cheese triangles, tomato slices, 8 pickle slices, onion rings. Repeat layers with frankfurters, cheese and pickles. Pour remaining sauce; add top half of French bread. Cut sandwich into 6 pieces.</td>
<td>3. American Home's Suggested Menu for Lunch:</td>
</tr>
<tr>
<td>Mug of Vegetable Soup</td>
<td>Frankfurter Hero</td>
<td>Potato Chips</td>
</tr>
<tr>
<td>Mixed Fruit Ambrosia</td>
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<tr>
<th>Recipe</th>
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<tbody>
<tr>
<td>Scallop Frank and Potato Bake</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/2 cup milk</td>
<td>1/2 teaspoon salt</td>
<td>1/2 cup shortening</td>
</tr>
<tr>
<td>4 cups all-purpose potatoes (about 1 1/2 to 2 pounds)</td>
<td></td>
<td>3/4 cup milk</td>
</tr>
<tr>
<td>1. Heat oven to 350°. Cut frankfurters lengthwise into quarters and crosswise into thirds. Each frankfurter should make 12 pieces.</td>
<td>2. In small bowl thoroughly combine soup, milk and salt.</td>
<td>1 package (16 ounces) frankfurters, 6 cut lengthwise into halves; use remainder for another meal</td>
</tr>
<tr>
<td>3. In 2-quart saucepan add water and chicken broth to almost cover frankfurter chunks; secure with pick. Place on lightly greased baking sheet; bake 12 minutes.</td>
<td>4. While hot dog nibblers are cooking, make dough:</td>
<td>6 eggs, well beaten</td>
</tr>
<tr>
<td>1/2 cup shortening</td>
<td>1/2 cup flour</td>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>1 package (16 ounces) frankfurters</td>
<td>1/4 cup shortening</td>
<td>1/2 cup milk</td>
</tr>
<tr>
<td>1 can (10 1/2 ounces) condensed cream of onion soup, undiluted</td>
<td>1 tablespoon baking powder</td>
<td>1/2 cup shortening</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1/4 cup shortening</td>
<td>3/4 cup milk</td>
</tr>
<tr>
<td>4 cups all-purpose potatoes (about 1 1/2 to 2 pounds)</td>
<td></td>
<td>1 package (16 ounces) frankfurters, 6 cut lengthwise into halves; use remainder for another meal</td>
</tr>
<tr>
<td>1. Heat oven to 350°. Into mixing bowl sift flour, baking powder and salt. With pastry blender cut in shortening until mixture resembles crumb meal. Add milk; stir quickly with fork just until dough clings together in a ball.</td>
<td>2. Turn dough out onto floured board. Knead 10 times. Roll dough out to 6x10-inch rectangle. Cut crosswise at 1/2-inch intervals to make 20 strips. Cut strips crosswise in half; wrap one around each frankfurter chunk; secure with pick. Place on lightly greased baking sheet; bake 12 minutes.</td>
<td>6 eggs, well beaten</td>
</tr>
<tr>
<td>3. Meanwhile, in small saucepan combine catsup, onion, Worcestershire sauce, mustard and vinegar. Cook over medium heat 5 minutes. Serve as dip for Hot Dog Nibblers.</td>
<td></td>
<td>1/2 cup milk</td>
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</tbody>
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<tr>
<td>American Home's Suggested Menu:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Dog Nibblers</td>
<td>Fried Chicken</td>
<td>Hot German Potato Salad • Broccoli • Lemon Chiffon Pie</td>
</tr>
</tbody>
</table>

Frankfurter Brunch Pie


1/2 cup milk
1/2 teaspoon salt
1 tablespoon shortening


1/2 cup milk
1/2 teaspoon salt
1 tablespoon shortening

This is pineapple in its own juice.

And this is pineapple in its own juice.

And that makes a better tuna salad.

At Dole, sweetness comes naturally.
Caraway Cheese Appetizers
Makes 48 appetizers. Each one: 27 cal.; .8 gm. P.; .24 gm. F.; .6 gm C.
Cost per serving: 3 cents.

1. In small bowl combine milk and cream cheese until smooth. Add chopped frankfurters, chives, caraway seeds and garlic salt; mix well.

2. Cut zucchini or cucumbers lengthwise into halves. Scoop out seeds; discard. Pat dry with paper towels; stuff with cheese mixture. Wrap securely in plastic wrap. Chill up to 3 hours.

3. At serving time, cut into 1-inch slices. Arrange some on serving plate; garnish with parsley and carrot curls, if desired. Replenish plate as needed.

Historical note: Frankfurter cheeses are named for the German city of Frankfurt, where the traditional frankfurters were made. The word "cheese" may date back to the 14th century.
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A—Sunny Seating
Chair and love seat richly tufted in yellow vinyl. Cushions give form-fitting support. Arm Chair, 27¼” h. x 23¾” square. Love Seat, 27¾” h. x 46¼” w. x 23¾” d.

B—Silent Look Shelves
Shelving and table tops have simulated slate finish. Won’t scratch stain. End Table, 20” h. x 23¼” square. Coffee Table, 16” h. x 30” w. x 17¾” d. 5-Shelf Etagere, 5½” h. x 30” w. x 14¾” d.

C—Tubular Construction
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FREE 24-HOUR SPEED PHONE SERVICE for our charge card customers. Dial 800-327-8351, Fla. customers dial 800-432-7521 (for ordering only). CALL NOW!
Orange Mousse Square
(pictured on page 58)
¼ cup butter or margarine
1½ cups graham cracker crumbs
6 large eggs, separated
½ teaspoon cream of tartar
½ cup sugar
1 can (12 ounces) frozen concentrated orange juice, thawed and undiluted
1 cup instant nonfat dry milk
1 cup ice water
1. In small saucepan melt butter or margarine. Add cracker crumbs; toss with fork until well mixed. Remove from heat. Line two 8x8x2-inch baking pans with heavy-duty aluminum foil cut to fit pans smoothly on all sides.
2. Place half of crumbs in each pan. Pat evenly into bottoms of pans. Place egg whites in large bowl of mixer. Add cream of tartar. Beat on high speed until foamy. Add sugar, 1 tablespoon at a time. Continue to beat until stiff peaks form, Set aside.

Cabbage Rolls with Cauliflower
(pictured on page 58)
head green cabbage, about 3½ pounds
head cauliflower, about 2 pounds
tablespoon lemon juice
4 chicken bouillon cubes
⅜ cup butter or margarine
⅓ cup unsifted all-purpose flour
tablespoon salt
tablespoon pepper
1. With paring knife, cut out core of cabbage. Remove 12 outer leaves from head. Wash leaves and heart of cabbage. In large kettle or saucepot bring 3 inches water to boiling. Add cabbage and leaves. Cook just until wilted. Remove with slotted spoon to bowl.
2. Remove green leaves from cauliflower; discard. Cut outer core; separate head into flowerets. Wash well. Add flowerets and lemon juice to boiling water remaining in same pan. Bring back to boiling. Cook 5 minutes or until just tender. Remove with slotted spoon to bowl.
3. Preheat oven to 350°. Grease two 14x12x2-inch baking dishes. Or line 1 dish with heavy-duty aluminum foil. Trim thick center vein from cabbage leaves. Shred heart of cabbage. Fill each leaf with shredded cabbage. Roll leaves into a tight roll; tuck in ends. Place 6 rolls in each dish.
4. Heat oven to 350°. Grease two 14x12x2-inch baking dishes. Or line 1 dish with heavy-duty aluminum foil. Trim thick center vein from cabbage leaves. Shred heart of cabbage. Fill each leaf with shredded cabbage. Roll leaves into a tight roll; tuck in ends. Place 6 rolls in each dish. Arrange cauliflowers around rolls. Pour half of sauce over each dish. Bake 1 dish 30 to 35 minutes. Serve immediately.
5. Place 6 cabbage rolls in each dish diagonally. Arrange cauliflowers around rolls. Pour half of sauce over each dish. Bake 1 dish 30 to 35 minutes. Serve immediately.
6. Wrap, label and freeze other dish. When ready to serve, thaw in refrigerator. Bake until heated through.
**Garlic Egg Bread**


1. Rinse beans. Put into saucepot or kettle with water. Bring to boiling. Boil 10 minutes. Remove from heat. Cover, let stand for up to 3 months.
2. Return beans to boiling. Cover, let stand for up to 3 months.
4. Simmer bean mixture over low heat until beans are tender and sauce is thickened, stirring occasionally. Serve half now; freeze remainder.
5. Spoon half of bean mixture into freezer container, allowing 1 inch headspace. Cool quickly. Seal; label. Freeze. Use within 2 months.
6. Return beans to boiling. Cover, let stand for up to 3 months.

**American Home’s Suggested Menu:**

Broiled Beef Patties • Coleslaw

**Beans Americana**

Poppy Seed Rolls • Apple Tart

**Turkey and Green Peppers**


1. In large bowl combine 1 1/2 cups flour, sugar, salt and unsweetened yogurt. Add egg and milk and stir well. Stir in 6 cups strained turkey broth. Bring to boiling, stirring constantly. Add turkey chunks, simmer over low heat until tender, about 2/2 hours.
2. With slotted spoon remove turkey to large bowl. Strain broth; reserve. Cool turkey until easy to handle; bone and skin.
4. Simmer bean mixture over low heat until beans are tender and sauce is thickened, stirring occasionally. Serve half now; freeze remainder.
5. Spoon half of bean mixture into freezer container, allowing 1 inch headspace. Cool quickly. Seal; label. Freeze. Use within 2 months.
6. Return beans to boiling. Cover, let stand for up to 3 months.

**American Home’s Suggested Menu:**

Turkey and Green Peppers

**Broiled Beef Patties**

**Coleslaw**

**Beans Americana**

Poppy Seed Rolls • Apple Tart

**Turkey and Green Peppers**


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2. With slotted spoon remove turkey to large bowl. Strain broth; reserve. Cool turkey until easy to handle; bone and skin.
4. Simmer bean mixture over low heat until beans are tender and sauce is thickened, stirring occasionally. Serve half now; freeze remainder.
5. Spoon half of bean mixture into freezer container, allowing 1 inch headspace. Cool quickly. Seal; label. Freeze. Use within 2 months.
6. Return beans to boiling. Cover, let stand for up to 3 months.
QUILTS

Here’s how to make the handsome pair pictured on pages 50-51.

MATERIALS YOU WILL NEED

Fabric as listed for each quilt top and lining
Thread: No. 50 for basting
No. 70 in each color for sewing and quilting
One pkg. 70” x 90” quilt batting
Short, sharp No. 8 or 9 needles
Fine sandpaper, sharp pencils, pushpins, old sheets, 12 large safety pins, several pkgs. cotton tape

GENERAL DIRECTIONS

Read instructions carefully before starting. Use colorfast, closely woven cotton or cotton-polyester fabric; do not use selvage edge on any parts. Trace patterns onto smooth side of sandpaper, using ruler for straight lines. Cut patterns carefully to EXACT FINISHED SIZES; make several of each as edges become frayed during marking. Place grit side of pattern on wrong side of fabric to prevent pattern from slipping; mark around edges with very sharp pencil. Pencil lines will be SEWING GUIDE LINES, so be sure they are straight and even, especially corners. Allow a full ½” between all pieces to permit a ¼” seam on all sides of each one. Grain lines of fabric run parallel to selvages and across fabric. Squares and oblongs must be placed with all edges on grain; diamond-shaped patches need two sides on grain; right-angle triangles should have two sides on grain; curved pieces have grain along center of longest length. Space as close as possible to make sure you have enough fabric.

Make tops for each quilt as directed. Attach lining, quilt and binding as follows: Cut away selvages on two 90” lengths of lining; join with a ¼” seam; press seam open. Press completed top carefully. Mark curved and diagonal quilting lines on each block, using ruler and making tiny pencil dots as guides for sewing straight lines. Lay clean sheet on floor: hold in place with pushpins; stretch top over batting RIGHT SIDE UP. Pin or baste pieces together; sew with liny running stitches, allowing for ¼” seams around each:

- 4½” x 4½” squares—80 natural
- 4” x 4” triangles—80 natural
- ¾” x ¾” squares—241 natural
- ¾” x 1¼” triangles—38 natural, 520 blue

diamonds from pattern—160 each natural, blue
320 each orange, light orange
480 light blue

Pin or baste pieces together; sew with tiny running stitches, starting and ending with small back stitches instead of knots.

To attach to quilting frame, baste strips of sheet around all sides of quilt; cover about 1” on front and back. Wrap strips of sheet around side pieces of frame; baste sides of quilt to sheet on frame. Roll so center of quilt will be in center of frame (roll from both sides to center). Pin six safety pins across ends of quilt, face up, spaced evenly; slip lengths of tape through pins; tie over ends of frame, pulling quilt taut.

Start quilting at center; work out to top, bottom and each side edge. Use an up and down stitch with one hand under quilt to guide needle and one on top to stitch. Use small, even stitches. See individual quilts for additional directions.

After quilting, trim edges evenly. Place binding strip along one side edge of top; sew ¼” from edge; turn strip over edge of quilt; turn under raw edge. Blind-stitch to lining along fold so binding is an even width on right side of quilt top. Attach binding to other side and each end in same manner, turning ends of binding under at each corner on ends.

The following are FINISHED SIZES; draw patterns on sandpaper and cut number required, allowing for ¼” seams around each:

- 4½” x 4½” squares—80 natural
- 4” x 4” triangles—80 natural
- ¾” x ¾” squares—241 natural
- ¾” x 1¼” triangles—38 natural, 520 blue

diamonds from pattern—160 each natural, blue
320 each orange, light orange
480 light blue

Pin or baste pieces together; sew with tiny running stitches, starting and ending with small back stitches instead of knots.

Row 1: With right sides together, seam a light blue to a light orange (below). Seam a natural to the light orange (bottom). Form second row from orange, light blue and orange. Press seams of Row 1 in same directions (press both seam allowances to one side, as open seams weaken construction); press seams of Row 2 in opposite direction from Row 1; press seams of Row 3 in same direction as Row 1. Seam three rows together to form one point of star, matching corners (above, right).

Make seven more points EXACTLY the same. Join four points for each half of star with points of natural diamonds meeting at center; then join star halves. Sew squares and triangles alternately between points to form complete block. Press carefully. Make 19 more blocks the same way.

Form short joining strips from two natural triangles, 16 blue triangles and seven natural 1¼” squares. Make 11 more strips the same way.
Join five blocks with a short joining strip between each. Do this three more times. Make three long joining strips as before, starting and ending each with a natural triangle. Connect the four sections of joined blocks with a long strip between each for complete quilt top. Sew borders around all sides, mitering corners carefully. Follow general directions for attaching lining and quilting; quilt ¼” inside each diamond with matching color; quilt large triangles and squares of each block and border as shown by dash lines. See general directions for binding edges after quilting.

**POMEGRANATE QUILT:** approximately 72” x 84”

44” wide fabric:
- 10 yds. natural
- 1¼ yds. light green
- ½ yd. each red, red dot
- 10 yds. ½” wide single fold bias tape
- 8” x 12” pc. green fabric to match tape

**COLOR KEY**
- FLOWER
- CENTER
- LIGHT GREEN
- RED
- DARK GREEN

**POMEGRANATE SQUARE**

Place patches on paper pattern; draw lines for stems (as at right). Place pattern on fabric; mark positions of stems; appliqué stems in place (cutting away one fold edge and turning under to ¼” width). Place red dot center in position with rose section on each side so edges meet (right, below); appliqué around outside edges, then sew raw edges in place with small running stitches. Appliqué red petals in place. Seam a green triangle at corner along long edge; turn back to cover raw edge; press seam; baste side edges in place. Make 8 more squares the same; press.

**Flower Square (pictured next page)**

How you begin: Appliqué red dot center to flower, then appliqué to center of square. Cut 2” pieces of tape; cut away one fold edge; turn under to ¼” wide. Appliqué

continued
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SPECIAL COUPON OFFER.
Get a discount coupon worth $5 towards your purchase of Rid-X (it's like getting the first month's supply free)—plus a free 16-page booklet on septic tank and cesspool maintenance. Send name and address to Rid-X, P.O. Box 225, White Plains, N.Y. 10606.

FLOWER SQUARE

Follow general directions for attaching lining and quilting; quilt as close as possible around all appliqued parts; quilt pomegranate squares with rows ½" apart, following designs; quilt flower squares, triangles and borders with rows ½" apart as shown by dash lines (below, left), using matching thread. See directions for binding edges after quilting.
Shopping Information

Merchandise listed is available in leading department and specialty stores. Items not included may be privately owned or custom-made—or one-of-a-kind antiques.

A COLONIAL DRY SINK
FOR $120
Cover and page 14: Wallpaper, “Guilford” pineapple stencil, Greeff Fabrics, Inc., N.Y.C.; antique wood pitcher with brass trim, Charles Deacon & Son Antiques, N.Y.C.

VANILLA BAVARIAN CREAM
IN PEACH GLAZE

MAKE 2 AND FREEZE 1
Page 58: Frozen Apple Cheese Salad, shown in fluted white platter, was frozen in 6-cup plastic ring mold with removable bottom seal, Tupperware, Orlando, Fla.; Orange Mousse Square in “Blue Line” serving dish, Royal Copenhagen, Elmsford, N.Y.

Order our needlepoint pillow kits

You can make 16½-inch-square needlepoint pillows to match the magnificent antique quilts shown on pages 50-51. To order, fill out coupon and enclose check or money order. You will receive a hand-painted 10-mesh-to-the-inch canvas, tapestry yarn plus complete instructions. Backing and filling are not included. Please allow at least 4 weeks for delivery. (Canada: Send International Money Order in U.S. currency from any Canadian post office. Add $1.00 for each item ordered; items shipped to Canada are subject to Canadian tariff.) No C.O.D. orders.

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& hdg. ea. $
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@ $17.95 plus .50 post.
& hdg. ea. $
J.Y. residents, add sales tax
Total enclosed $  

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I understand that I can correspond with my child, and continue the “adoption” longer than one year if I wish.

☐ I cannot “adopt” a child, but want to help $ _________
☐ Or, I will pledge $ ___________ a month.
☐ Please send me further information.
☐ If for a group, please specify Church, Club, School, Business, etc.

Name
Address
City state zip

You can “adopt” a child in any of the following countries: Argentina, Bolivia, Chile, Colombia, Dominican Republic, El Salvador, France, Guatemala, Honduras, Hong Kong, India, Iran, Japan, Jordan, Kenya, Lebanon, Mexico, Nicaragua, Paraguay, Peru, Sri Lanka, Thailand, Syria, Thailand, Uganda, U.S.A. — Appalachian Children’s, American Indians, Orphans of great need — U.S. gifts post-fully to Deductible.

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PREMIUM WINES

- Almadén Vineyards Blanc de Blancs 1972 ($6.50). With its soft golden color, this champagne is a California classic: crisp, delicate, flavorful and light on the palate. It makes an appetite-teasing aperitif, but it also may be served during a meal as well as with dessert. It is the perfect all-around wine.

- Simi Gewürz Traminer 1973 ($4). A pale green-gold in color, with an elegantly spicy aroma you would expect from the more expensive Alsation wines, Simi's Gewürz Traminer is light-bodied, with a pleasantly tart finish. Sip it on a leisurely afternoon; serve with seafood or mild cheese.

- Wente Brothers Pinot Chardonnay 1973 ($3.75). Golden and clear, with a grassy nose that is enhanced by opening the bottle 30 to 45 minutes before serving, this Pinot Chardonnay has some oak in the taste plus a noticeable flavor of fruit. It's a stunning white wine for its price, ideal with light fish dishes, white meats, roast chicken.

- Mirassou Chenin Blanc 1973 ($3.25). Green-gold in hue, this is a lively wine, with a luscious fruitiness that leaps out of the glass. Its tingling freshness results from grapes that are crushed eight seconds after they are picked. Mirassou's Chenin Blanc is pleasant to drink by itself, with vegetarian dishes or with fruit and cheese.

- Charles Krug Johannisberg Riesling (nonvintage, $3.75). Straw-colored, with a greenish glow, this wine is made after the fashion of the Moselle-style Rieslings, and enjoys a fruity nose and flavor. It's nicely balanced, with a delicate aftertaste. Sip it with an omelette or salad luncheon or with a fresh-water fish such as trout.

- Robert Mondavi Gamay 1973 ($3.25). Deep garnet in color, here's a Gamay that offers an intensely fruity flavor. It is also youthfully assertive, which adds to its charm. Enjoy it with ham, veal, turkey.

- Christian Brothers Pinot Saint George (nonvintage, $4). A royal red, with an enticing bouquet and taste, this wine is soft, graceful, refined—and subtle in its finish. Serve it with chicken pot pie, moussaka, roasted meats.

- Louis M. Martini Zinfandel 1972 ($7.50). Ruby-colored, this is a lusciously sweet nose, here is a smooth mouth-filling wine—the desired aperitif and has a delightfully mellow aftertaste.

EVERYDAY WINES

- Cresta Blanca Dry Watch Sherry ($2.70). Amber in color, not unlike in nose and flavor, this is a fine dry sherry whose price is unbeatable. It makes a dandy aperitif and has a delightful aftertaste.

- Inglenook Napa Valley Red 1973 ($2.50). Pale gold, with a soft fruity nose, Inglenook’s Napa Valley has a medium/almost-rich flavor that lingers nicely on the palate. Serve with tackle crab, veal, white meat of turkey, chicken breasts, mackerel with cheese.

- Almadén Vineyards Grenache Rosé (nonvintage, $1.89). A beautiful orange-pink, with good varietal character.
acter, this makes a pleasant choice for anyone just beginning to enjoy wine. It's amiable as an aperitif, but is also so versatile you can serve it with lighter meats, fish, fowl, fruit.

- **Wente Brothers Le Blanc de Blancs** (nonvintage, $2.50). Yellow-gold, with a fresh fruity fragrance, this Le Blanc de Blancs is crisp, with a grapy taste and noticeable residual sugar. It's wonderful with barbecued chicken, seafood salads, tuna or salmon.

- **Beaulieu Vineyards Burgundy 1972** ($2.75). Deep red, it has a distinguished character for a generic wine: robust, rich and full. This is a great buy that goes well with meats, cheeses, anything a red wine complements.

- **Louis M. Martini Claret** (nonvintage, $2.25). With its smooth garnet color and woodlike nose, this is a tart, flavorful claret that's wonderful with rare meats, lamb, Italian dishes.

- **Inglenook Navelle Ruby Cabernet** (nonvintage, $1.99). Dark red, with what some buffs call a “toasted” nose, this is a full-flavored wine that's fine with meats, cheeses.

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**Christian Brothers Black Label Port** ($2.85). Dark colored, with a complex nose, this is a medium-sweet port with an impressive balance of subtle tastes. It's good with sweet, creamy cheeses, walnuts and almonds, and fruits such as raisins and apricots, stuffed fruits.

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LILIAN VENON
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The Lazy Way to Lose Weight Fast
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I used to starve myself and exercise to lose weight. Every day — even on weekends.

But I didn't start to lose a lot of weight until I ate more — and stopped exercising.

Quite by accident I stumbled on the real secret of fast and permanent weight loss.

And I'm going to ask you to send me 10 dollars for the secret, even though its only a few minutes worth of reading material. I hope to make it so appealing that you'd be crazy not to do it.

What difference does it make if it takes you only a few minutes to learn the secret — if it works?

And suppose, I'm so sure my Lazy Way to Lose Weight Fast will work for you too — that I'll make you an ironclad, no-risk guarantee?

Here it is.

I won't even cash your check for 14 days — until you've lost the weight you want to lose.

If my secret weight loss plan doesn't take off your pounds and inches faster than anything you've ever tried, send the plan back. Your incashed check will be returned that very day.

Sorry but I can't send the plan and bill you later, or send it C.O.D.

That takes too much bookkeeping and it's a bother. And anyway, I'm about to give you what you've wanted all your life — a foolproof method of fast weight loss that's guaranteed to work.

Frankly I'm not sure of the technical reasons that my weight loss plan makes ugly fat disappear into thin air. It just does. It's a simple new way of eating and thinking.

I'm the living, breathing, happy, 00-pounds-lighter proof that my plan really works. It works for women too. A friend of mine who tried my plan lost 17 pounds and 3 dress sizes. She looks terrific . . . and eats more than ever and never exercises either.

Now, that may sound like a boast, but I want you to assure you that ending me 10 dollars for my secret . . . which I'll hold until you are thinner than I am . . . is the wisest thing you've ever done.

Because, if you are anything like me you've spent half your life starving, the other half feeling guilty about eating. Never again, I promise!

For years I struggled and starved to lose weight. I tried everything — fad diets — jogging — aerobics — went to diet doctors — took pills — read dozens of so-called miracle-diet books. Nothing worked for me.

Then I discovered the real secret of losing weight and keeping it off — The Lazy Way. I did better in the first two weeks than I had the whole two years before.

It's a pleasure to wake up in the morning and look in the mirror. I've got a whole new wardrobe — my sex life is better than ever — I feel younger than I did at 20.

And I'll show you just how I did it — The Lazy Way — a secret I've shared with my wife and just a few close friends until now.

When you follow my simple A-B-C weight loss plan, I'll guarantee that . . .

If you're a man you'll never again lack zest and energy to do things and go places . . . never again put extra strain on heart, arteries and lungs . . . never again feel embarrassed when you go swimming because of your spare tire. If you're a woman you'll never again have to avoid looking in the mirror . . . never again look ten years older than you really are . . . never again have to spend extra money for large size clothing . . . never again see that look in your husband's eyes because you are overweight.

And, perhaps most important of all . . . whether you are young or old . . . man or woman . . . 10 pounds overweight or 100 pounds overweight like I was . . . The Lazy Way to Lose Weight Fast MUST work for you or it won't cost you a single penny.

It doesn't take willpower. You never feel hungry because you can eat a great deal of food. Before it seemed everything I ate turned to fat — now everything I eat turns to energy. The weight comes off so fast you don't have a chance to quit.

It doesn't take exercise. You don't have to move a muscle — your changed metabolism does the work for you.

What does it take to lose all the weight you want to lose? Trust. Just enough trust to read my plan twice and put it into practice. When you do that, nothing more or less, the results will amaze you. I'll guarantee that.

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By Mrs. Paula Williams
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Letters

AN INVITATION TO MINI-MAINTENANCE

Perhaps some of your readers would be able and willing to establish “mini-maintenance” classes in their own communities. It really amounts to a program of sharing with other women what I have learned in 25 years of “Do-It-Myself Home Maintenance.”

Kay Keating
Bethesda, Md.

The editors of American Home think do-it-yourself maintenance is an excellent idea. Today, more and more women are realizing that they can solve home repair problems themselves—and take great pride in doing it. Kay Keating is one of them. She has been teaching classes in the Washington, D.C., area for the past two years, having learned “at my father’s knee.”

According to Mrs. Keating, 30 to 50 percent of all service calls made by repairmen are unnecessary. And one of her students, Helen Jackson (wife of Sen. Henry M. Jackson), logically points out that it’s far less costly and time-consuming to repair an appliance yourself than run back and forth to a shop.

Mrs. Keating offers two 20-hour courses—Basic and Intermediate. To dispel fears and boost confidence, class opens with a lecture on preventive maintenance—location of: the master electrical switch and/or gas valve plus the main water valve. As the course continues, students learn how to stop leaky faucets, silence noisy toilets, rewire, weatherstrip, plaster and repair items they bring from home. This last project is infectious—students become entranced with the challenge of repair while watching Mrs. Keating confidently disassemble a vacuum cleaner or mixer during one of her “magic shows.”

With these thoughts in mind, American Home would like to see its readers pick up that Phillips screwdriver and join the march. Why not establish a course in your community for men as well as for women? Perhaps the local board of education would consider adding it to their roster of Adult Education classes. Invite guest speakers—local hardware merchant might agree to familiarize your group with the many helpful gadgets that can be used in “mini-fix” situations. And don’t forget to write to manufacturers of the appliances in your home specifically to request available manuals for each piece. If you are able to start a “mini-maintenance” class, let us know so that we can tell our readers about it and help them get a smoother-running safer home.

ANTIQUE APPRAISAL

I really enjoy American Home—especially “Ask Us About Your Antiques” by Marvin D. Schwartz. But I think most people would like to know the monetary value of their pieces.

Mrs. Arnold Blau
Sitka, Ky.

Many people have written requesting appraisals, but we are not able to make them. To obtain accurate estimates, pieces must be studied firsthand and AH does not have manpower to undertake this project. However, if you desire an appraisal and can’t obtain one in your area, Sotheby Park Bernet will try to give you the approximate value of your antique. Send good-quality photograph to Sotheby Parke Bernet, Appraisals Dept., 98 Madison Ave., New York, N.Y. 10021. Please note that this free, informal evaluation is not good for insurance purposes.

HOW ABOUT HOME IMPROVEMENT?

I don’t know if you folks give away in the home-improvement category, but if you do, I feel my husband deserves one. Our kitchen was 1½ feet square with two small windows. Jack knocked out a wall and added a 9-by-9-foot step-down dining area. The walls are done in ponderosa pine, and the windows on two sides give a feeling of spaciousness. The floor covering is a patchwork of carpet remnants—red orange, yellow, brown, green.

Mrs. Jack G. Miller
Villa Park, Calif.

The new addition (pictured above) is lovely, and if we offered awards your husband would receive one. A present, AH doesn’t have such a program, but it’s a good idea we’d like to consider. Thank you for suggesting it.
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