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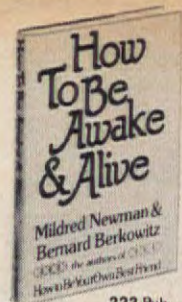
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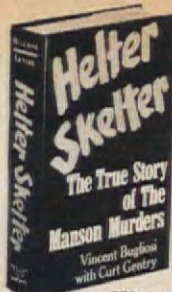
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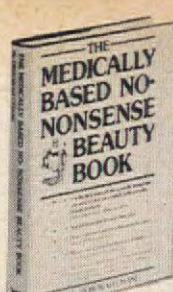
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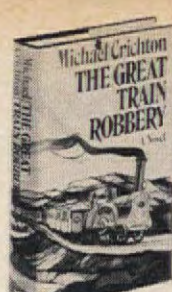
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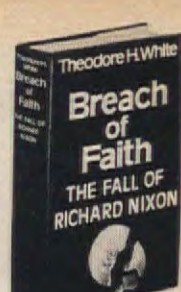
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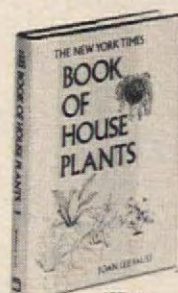
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Jane Luddecke
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Lynn Bousquet Eileen C. Kearney
Jane A. Danley Patricia A. Pilc
Donna Johnson Colleen E. Wallsh

Contributors

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

Publisher and Editor-in-Chief
Leda Sanford

Advertising Director
Eugene A. Bay, Jr.

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American Home Publishing Co., Inc.

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Administration: Leda Sanford, President; Aldo Iavarone, Vice President-Finance. Advertising and Sales: Joseph L. Bayard, Western Sales Manager; Robert Weber, West Coast Sales Manager, San Francisco; Southern Territory: Cole, Monger & Waterhouse, Inc., Atlanta, Ga.; M. J. Block, Jr., Circulation Director; Elizabeth Riggs, Manager Special Services; Stephen E. Silver, Marketing Director.
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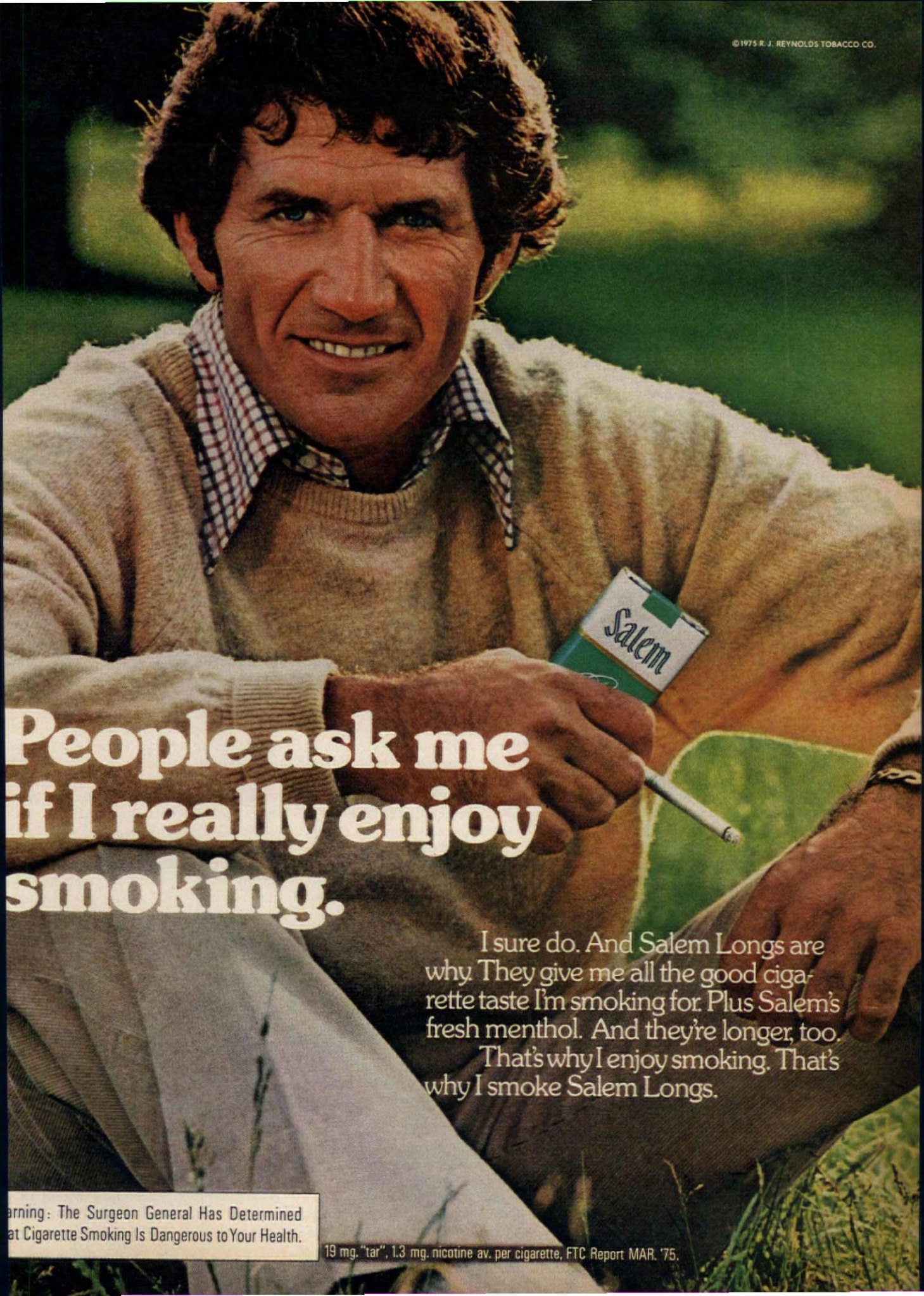
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3 ways to get a new house

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 new house with convenient appliances, 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 cost factors:

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 conservative 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 resale. 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 scrounged 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 refurnishes 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 staking 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, a 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.

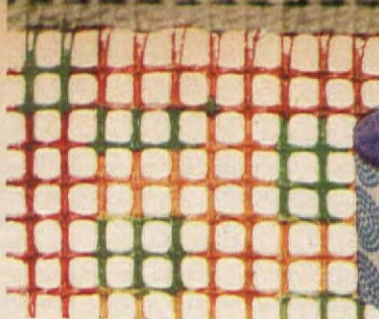
Important to the pocketbook are these restoration pluses:

- You can live in the project while work 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 scrounged 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

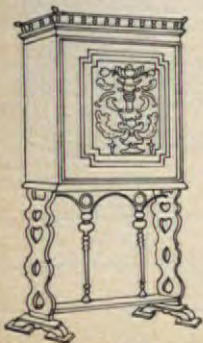
By Marvin D. Schwartz

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 golden color or stained 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 roll-top desk, a very popular form. Made from the late 19th century

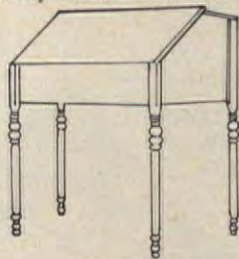
to the 1920s and even later, rolltops are functional and most often are plain in detail. More common in offices than in homes originally, they now have appeal as den or living room pieces as much for the



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 knowing 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.

Since Turkish Angora breeders are few in number, you may have to search awhile to locate a kitten. Turkish Angora kittens are ready for their new homes at 10 to 12 weeks, with price tags ranging from \$75 up. They still come in the familiar white, but other colors (solid, mixed, tabby) can now be registered. The first solid blue in the U.S. was born last Christmas Eve.

A good Turkish Angora has a wedge-shaped head, high-set upright ears and big eyes (almond to round). The body tends to be long and lithe, and thanks to longer hind legs, the rump is a little higher than the shoulders. For a close, first-hand look at this beautiful and exotic breed, visit a cat show.

Angora or otherwise, the domestic cat is best known as a pet, and that's reason enough for his inclusion in a new book, *Your Pet's Secret Language* (Peter H. Wyden/Publisher, \$6.95). Author Jhan Robbins, who has owned three cats, presents the views of various feline authorities—some recognized, some self-appointed—and comes to the conclusion that cats are not quite on a par with dogs in understanding people. It's not a cat's fault if people don't understand him.

The author explains that your cat "talks" to you by means of more than 15 sounds, or at least five variations of meows, purrs and hisses. Your pet also employs body language, a nonverbal form of communication that amounts to using his head, tail, feet and ears. The more you try, the more you'll be able to understand what he's saying (verbally and nonverbally), or so these authorities claim.

On the other hand, your cat doesn't understand as many of *your* words as your dog does. A dog learns the meaning of such words as "mailman," "book" or "car." Not so a cat. A cat will pick up *some* of your nonverbal signals just as a dog can; it will just take him longer. Cats and dogs are about equal at understanding hand signals. Unfortunately, the pros quoted in the book seem to think that such talent is automatic.

The author doesn't mention Brian Vesey-Fitzgerald, who said it all more than two decades ago. "Some cats are certainly capable of learning quite astonishing things when it is to their advantage to do so." This noted British authority was also convinced that cats are more intelligent than dogs: "For the dog, man is god. No cat ever made a silly mistake like that." □

12



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Shopping Information, page 6



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In 1774, when Patrick Henry, George Washington, John Jay and the other delegates assembled in Philadelphia for the First Continental Congress, they met at Carpenters' Hall. The room in which they held their urgent sessions was lit with mirrored sconces. Until now, however, these historic sconces have never been reproduced.

Our scaled-down replica is made of shaped sheet iron, hand-soldered, as were the originals. The back holds five separate pieces of mirror. It measures 17 inches high, 7½ inches wide with a candle holder that extends 5½ inches. The finish is antique black.

Auctions: fun for the money



As far back as ancient Rome, auctions have been a highly efficient, highly dramatic way to dispose of assorted goods. There's an air of excitement and a sense of the Great Bargain Search when you enter the world of auctions.

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? Making a whole new easy, no-knead recipe 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 the ingredients into mouthwatering Cinnamon Coffeecakes, or Apricot Go Rounds, or Cinnamon Coffeecakes—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. Sign. Create! And pretty soon you'll find there's no more fun than baking, especially if you're baking with Fleischmann's Yeast. So much fun, you'll want to try our big, economical 4 oz. jar—same fine Fleischmann's Yeast at 20% savings.

Basic Recipe: Mix 1 c. flour, $\frac{1}{3}$ c. sugar, 1 tsp. salt and 2 pkgs. undissolved Fleischmann's Active Dry Yeast.

Heat $\frac{3}{4}$ c. milk, $\frac{1}{2}$ c. water and $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ c. flour, $\frac{1}{3}$ c. sugar, 1 tsp. cinnamon and $\frac{1}{4}$ 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 $\frac{1}{3}$ c. apricot preserves, $\frac{1}{3}$ 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 Coffeecake: Combine $\frac{1}{4}$ c. raisins, $\frac{1}{4}$ c. sugar, $\frac{1}{4}$ c. chopped walnuts, 1 tbsp. margarine and $\frac{1}{2}$ 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.

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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 sing-song 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

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.

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.

A city auction, on the whole, is run rather formally, with sales proceeding at a fairly uniform rate. Every item is numbered and auctioned in that order, the bidding generally advancing in standard steps—\$5, 10, 25, etc. The items sold tend to be more expensive. Here you'll have a better chance at finding antiques.

Antique dealers 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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Cincinnati .. Pat and Joe's
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Lancaster .. Buchanan's Furniture-
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Lorain .. T. N. Molas & Sons
 Mansfield .. Tucker Interior

Furnishings
 Mayfield Heights .. J. L. Goodman

Furniture
 Medina .. Lexington House

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 Mentor .. Higbee's

Monroe .. Gracious Living
 Niles .. Carlisle's

Niles .. Strouss (Eastwood Mall)
 Painesville .. Carlisle's

Parma .. Higbee's
 Parma Heights .. J. L. Goodman

Furniture
 Rocky River .. J. L. Goodman

Furniture
 Springfield .. Rike's

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 Steuben Mall)

Steubenville .. The Hub
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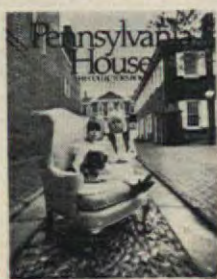
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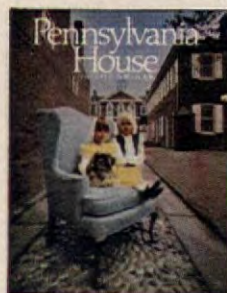
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YESTERDAY
TODAY and
TOMORROW



American Home Guide To Preserving Foods

By Stanley Schuler and the American Home Food Department

Not since colonial times have so many Americans been so actively involved in "putting up foods." No innate talent, no prior experience is necessary. Anyone who can follow simple directions and read a timer can do it. For the novice and long-time enthusiast alike, we offer the following tips.

Surefire ways to cut food costs



Last year set new records for the number of families who put up some of their own foods. This year, the records are about to be broken. The energy crunch and ever rising food costs have turned more and more people to growing and preserving fruits and vegetables.

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 some 30 million families economize by raising their own tomatoes, lettuce, beans and broccoli. Millions of others choose to save by haunting produce markets and by picking fruits and vegetables on farms where they can be harvested 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 in to 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:

Cost of freezer amortized over 15 years (average life span, USDA)	\$20.00
Repairs (3% of purchase price per year)	9.00
Electricity for freezer (at 1,200 kwh/yr., 4.5¢/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—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 unpressurized for tomatoes and fruits) would cost considerably less:

Cost of pressure canner amortized over 15 years	\$4.33
Replacement parts (gasket, handles) over 15 years	1.00
Packaging (287 qt.-size Mason jars amortized over 5 years)	13.00
Water and fuel to prepare foods for packaging	5.10
Seeds and plants	25.00
Fertilizer and insecticides	20.00
Total	\$68.43

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).

Freezing and canning are the most popular ways of putting up food. 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 seals 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. High-acid foods, including all fruits, tomatoes and pickled vegetables or relishes, can be canned safely at the temperature of boiling water, processed in a water-bath canner. 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.

Type of syrup	Cups of sugar	Cups of water	Cups of syrup
#1	1	4	4
#2	1½	4	4¾
#3	2	4	5

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

Altitude	If normal processing time is:	
	20 min. or less, add	over 20 min., add
2,000 ft.	2 min.	4 min.
4,000 ft.	4 min.	8 min.
6,000 ft.	6 min.	12 min.
8,000 ft.	8 min.	16 min.
10,000 ft.	10 min.	20 min.

To process fruits and tomatoes

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

*Raw: raw, prepared food packed in boiling liquid. Hot: precooked food packed in own boiled cooking liquid.
 ** () processing time for pts.

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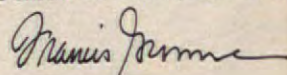
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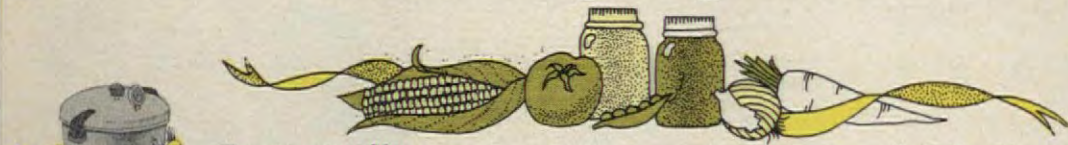
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Canning Vegetables



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 auto-



matic 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

Vegetable	Preparation	Type pack	Minutes to process	
			Qts.	Pts.
Beans, green or wax	Trim ends; cut in 1-inch pieces; pack; add salt; cover with boiling water. Prepare as above; boil in water 5 minutes; pack; add salt, cover with cooking water.	Raw	25	20
		Hot	25	20
Beets	Cut off tops, boil till tender; skin; slice or dice, pack. Salt, cover with cooking water.	Hot	35	30
Carrots	Peel; slice, dice or leave whole. Pack; add salt. Cover with boiling water. Prepare as above; boil 3 minutes. Pack; add salt; cover with cooking water.	Raw	30	25
		Hot	30	25
Corn, whole kernel	Husk, de-silk, wash. Cut off kernels; pack; salt, cover with boiling water. Prepare as raw. For each qt. corn, boil in 2 cups boiling water 1 minute. Pack; salt; cover with cooking water.	Raw	85	55
		Hot	85	55
Peas, green	Shell, wash again. Pack; add salt. Cover with boiling water. Prepare as above. Boil small peas 3 minutes; large, 5 minutes. Pack as above.	Raw	40	40
		Hot	40	40
Spinach and other greens	Cut out tough stems. Boil in small amount water; pack; salt. Cover with boiling water.	Hot	90	70
Squash, summer	Trim ends; dice or slice. Pack; salt. Cover with boiling water. Prepare as above. Boil for 3 minutes; pack. Salt; cover with cooking water.	Raw	30	25
		Hot	40	30

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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, crisper 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 dairy 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 minerals in 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 enamelware 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 enamelware. 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 in each recipe are for sea level processing. Add one minute for each 1,000 feet above sea level.

Pickled Cantaloupe

2 medium-size cantaloupes
1 qt. water
¼ cup salt
1 cup cider vinegar
2 cups sugar
1 cup water
6 whole cloves
6 whole allspice
3-inch piece of stick cinnamon
3 thin, unpeeled lemon slices

1. Select firm cantaloupes. Quarter melons; remove seeds and rind. Cut into ¾-inch cubes. Combine cubes, 1 qt. water and salt. Soak 12 hours or overnight. Drain; rinse well.

2. In large kettle, combine vinegar, sugar, 1 cup water, cloves, allspice and cinnamon. Boil 20 minutes or until a thick syrup forms. Add lemon and drained cantaloupe. Simmer 25 minutes or until tender and translucent. Remove spices.

3. Pack boiling hot into drained hot jars, leaving ½-inch space at top. Make sure vinegar solution covers melon. If not, prepare more. Wipe jar; seal. Process 5 minutes in boiling water. Cool. Remove bands; check seal. Clean jars; label. Makes 2 pts.



Genuine Dill Pickles

(recipe from the Ball Corporation)

18 to 20 lbs. pickling cucumbers, each 3 to 5 inches long
1¾ cups granulated pickling salt
1½ cups vinegar
3 or 4 tbs. mixed pickling spice
¼ cup sugar
10 qts. water
2 or 3 bunches dill with fully developed seeds or 8 tbs. 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 under brine. 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.)

5. Pack pickles to ½ inch of top of jar. Strain brine. Boil 5 minutes; pour over pickles. Wipe clean threads of jar. Put lid on jar; screw band tight. Process 15 minutes in boiling water in water-bath canner, to further insure safety from bacteria growth. Makes 8 to 10 qts.

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-size onion, thinly sliced
2 cups cooked lima beans
2 cups cooked cauliflower flowerets
2 cups cooked cut green beans
1 cup cooked sliced carrots
3 cups cider vinegar
2 cups water
1 cup sugar
2 tbs. mustard seeds
1 tbs. celery seeds
1 tbs. salt

1. In large bowl combine cabbage, celery, tomatoes, cucumber, red and green peppers and onion. Cover with salted water (¼ cup salt per qt. of water); let stand 12 hours or overnight. Drain. Rinse in fresh water.

2. In kettle combine brined and cooked vegetables plus remaining ingredients. Bring to boiling; boil 10 minutes. Pack into hot jars, leaving ½-inch space at top. Seal. Process 5 minutes in boiling water. Cool; remove bands. Test seal. Clean jars; label. Makes 4 pts.



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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.

Jellies, made from fruit juice, are clear spreads that have a firm set when unmolded. Jams, made from chopped or crushed fruit, have a soft set. Preserves, similar to jams, are made with whole or large chunks of fruit. Marmalades are clear, jellylike mixtures with slivers of citrus fruit peel evenly suspended in the jelly. Conserves are made with chopped or crushed fruits, raisins, nuts and sometimes coconut.



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 jelly.

Fruit acid is necessary for a quality jelly. Insure proper setting by adding 2 tbs. lemon juice to any recipe.

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 ⅛-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 ⅛-inch space at top. Place lid on jar, screw band on tightly and invert jar. Repeat. When all jars are filled, stand upright and cool. After 30 minutes shake gently to prevent floating fruit (except with jelly). Store in a cool dry place.

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, 250 North St., White Plains, N.Y. 10625.



Spicy Plum Conserve

- 1 orange, seeded, finely chopped
- 2 cups water
- 2 lbs. Italian prune plums, pitted, finely chopped
- ½ cup seedless raisins
- ½ cup coarsely chopped walnuts
- ¼ to ½ tsp. ground cinnamon
- ¼ to ½ tsp. ground cloves
- ¼ to ½ tsp. ground allspice
- 1 box (1¾ oz.) powdered fruit pectin
- 6 cups sugar

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 4½ cups fruit mixture; add raisins, walnuts, cinnamon, cloves and allspice.
3. Stir powdered fruit 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

- 1½ lbs. loose-skinned grapes
- 2 lbs. peaches, peeled, pitted, finely chopped
- 8 cups sugar
- ½ of a 6-oz. bottle liquid fruit pectin

1. Prepare twelve 6-oz. jelly jars and lids.
2. Slip skins from grapes; reserve. In saucepan bring pulp to boiling; reduce heat. Cover; simmer 5 minutes. Sieve to remove seeds. Chop skins and add to pulp. Add chopped peaches.
3. Into large saucepot measure 5 cups fruit mixture; add some water, if necessary. 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

- 6¾ cups sugar
- 1¾ cups water
- 2 tbs. grated orange peel
- 1 tbs. grated lemon peel
- ⅓ cup orange juice
- 3 tbs. lemon juice
- 1 tbs. ground ginger
- 3 lbs. apples, peeled, cored, diced
- 3 tbs. 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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Freezing fruits and vegetables

 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 freezable-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. Syrup pack is preferred for fruit to be served uncooked: To make syrup, boil sugar in water. Fill 1/3 of container with cold syrup; pack fruit to one inch of top. Use sugar pack or unsweetened for fruit to be enjoyed cooked as in pies, jam. For sugar pack: Spread fruit in shallow pan; cover with sugar. Gently turn until coated. Pack into containers, leaving 1/2 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 cooker/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.

Type of syrup	Cups of sugar	Cups of water	Cups of syrup
#1	1	4	4
#2	1 1/2	4	4 2/3
#3	2	4	5

How to prepare vegetables for freezing

Vegetable	Preparation after washing	Blanching time in min.*
Beans, green or wax	Trim off ends; cut in 1-in. pieces or lengthwise for French style; blanch; cool; pack	3
Beans, lima	Shell, sort according to size. Discard old, starchy beans; blanch; cool; pack	small-1 medium-1 1/2 large-2
Beets	Trim tops. Cook until tender. Drain. Cool. Slip off skin; slice or dice; pack	not needed
Broccoli	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	3
Brussels sprouts	Remove outer leaves; sort into 2 sizes. Blanch and cool; pack	small-3 large-4
Corn	For kernels, husk, desilk, wash. Blanch; cool. Cut off top 2/3 of kernels; pack. For corn-on-the-cob, husk, desilk, wash. Blanch; cool. Pack in bags or wrap in foil or plastic.	5 small-7 medium-9 large-11
Peas, green	Shell, pick over; wash. Blanch; cool; pack	1
Spinach and other greens	Use only young tender leaves. Blanch with extra water; cool. Press out all water. Pack.	2 (collards-3)
Summer squash	Trim ends. Slice. Blanch; cool; pack	3 1/2
Winter squash and pumpkin	Cut in pieces, remove seeds. Cook until tender. Cool. Remove rind; put pulp through food mill or sieve	not needed

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

To prepare fruit for freezing		
Fruit	Preparation	Type pack
Apples	Core; peel; slice; treat to prevent darkening; pack	#2 syrup or 1/2 cup sugar* or unsweetened
Apricots	Peel, pit; halve, treat; pack	#2 syrup or 1/2 cup sugar*
Berries	Hull. Slice or leave whole; pack	#3 syrup or 3/4 cup sugar* or unsweetened
Cherries, sour	Stem; pit; pack	#3 syrup or 3/4 cup sugar*
Figs	Stem; slice or leave whole. Treat light-color figs; pack in syrup. Pack dark figs unsweetened	#2 syrup or unsweetened
Grapes	Stem; leave seedless whole; seed others	#2 syrup or unsweetened
Melons	Cut in half, seed; cut into balls	#2 syrup
Peaches	Peel, pit; halve or slice, treat	#2 syrup or 2/3 cup sugar/qt.
Pears	Peel, halve, core, slice, treat. Par-boil 1 min. in #3 syrup. Drain, cool, pack in syrup	#3 syrup
Plums	Leave whole; or halve and pit. Treat halves	#3 syrup or unsweetened

*per qt. of prepared fruit

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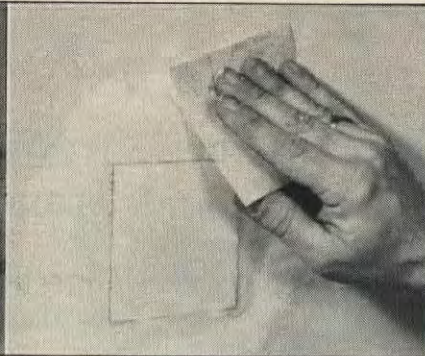
RIVER SUNSET



CLIPPER SHIP

What's New

By Bernard Gladstone



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.

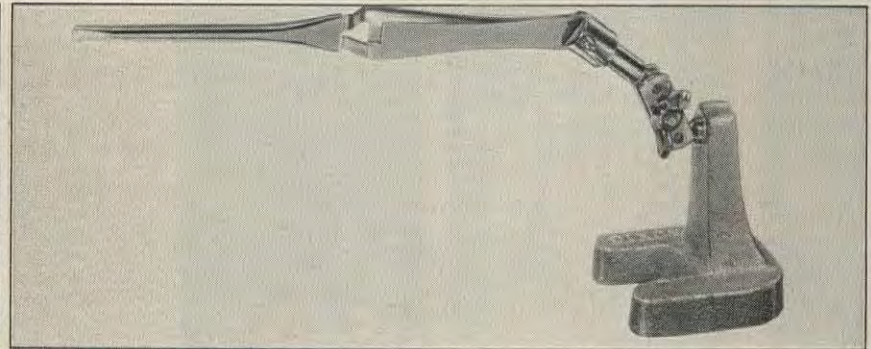
Water-base varnish

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



Easy foam insulation

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



Helping hand The Third Hand is great for holding small parts while gluing, soldering, making repairs. Its spring-lock tweezer positions at any angle. Made by William Dixon Co., Carlstadt, N.J. 07072. Price: \$5.65.



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.

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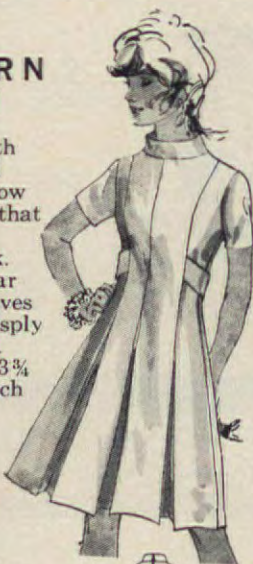
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Near 'n' far photos

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, Suffern, N.Y. 10901, it's \$7



Before: "When you're 180 lbs., you have to 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.

Now Shirley Badders got fat having 3 babies, took 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! Intelligent. Articulate. Clothes-conscious. Happy with her husband and proud of her five children. Why she's even eight pounds slimmer and lost one inch taller since the last time I saw her. Yes, Shirley Badders came a long way in the past few years.

At our first meeting, she had lost 10 pounds—or what she called her "ame fat." You see, Shirley came from a large family, so she'd learned to eat enormous meals. When she married, in her teens, she had a hard time cutting down on the amount of food she cooked. If it wasn't all eaten, she'd feel so ashamed about wasting good food that she'd stuff herself with it.

As a result, each time she became pregnant, she had to wear maternity clothes in her second month. By the time her third child was born, Shirley was carrying around 180 pounds, mostly from the waist down. Why, it was almost impossible for her to find pantyhose that fit. So she wore elastic stockings with the fat bulge over the top.

It was a party joke about her "goover" knees that finally jolted her into doing something about her weight. Luckily, she remembered her mother had once used those "losing plan candies, Ayds®," with

great success. So Shirley picked up a box of the vanilla caramel kind at a drug counter and started on the plan. She took Ayds as directed, and they really helped her cut back on what she ate. On the Ayds plan, Shirley was able to go from 180 to 125 pounds.

Although Shirley said little about her marriage at our first meeting, there were problems. Unfortunately, they didn't go away even after she'd slimmed down. So eventually Shirley and her husband separated.

During my recent meeting with Shirley, I learned she had married again. And happily so to Larry Badders. Shirley said that Larry had never seen her heavy, except when she was pregnant with their twins. And even then, she apparently had held her weight down. Because Shirley told of a sight-seeing trip to Rock City when she was seven months "big," and she was still able to squeeze through Thin Man's Pass.

Shirley weighed only 121 pounds the day she left the hospital (in Muncie, Indiana) with the twins. And she's now a trim 117 pounds. "I no longer have to worry about willpower," said Shirley. "Thanks to the Ayds plan, the willpower is 'there' now."

Shirley, with five children and a figure like yours, you must have something going for you. *Must be Ayds!*



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

	Before	After	Now
Height	5'2"	5'2"	5'2 3/4" *
Weight	180 lbs.	125 lbs.	117 lbs.
Bust	40"	35"	34"
Waist	34"	27"	25 1/2"
Hips	42"	35"	33 1/3"
Dress	18-20	11	7-8

*Yes, Shirley grew 3/4" after she lost more weight.



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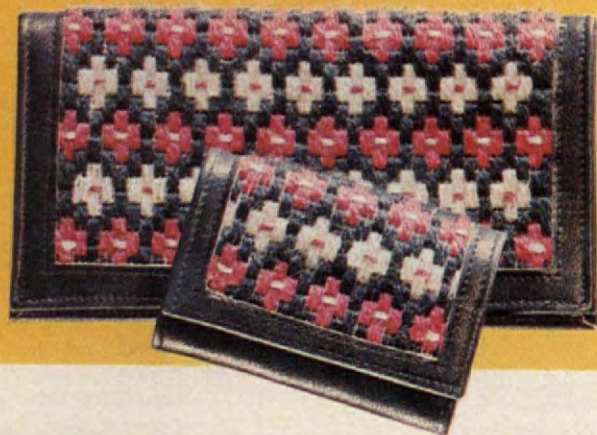
Or stitch a crewel picture of our little miss "Sitting Pretty." This Holly Hobbie® design is 15 by 19 inches—kit includes stamped linen, all yarns and simple instructions. Wood frame similar to one shown, but with addition of narrow gilt border, assembles easily.



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Ask us about your antiques

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 17th-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 17th-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**

A man with light brown hair and a serious expression is shown from the chest up. He is wearing a tan-colored zip-up jacket over a red button-down shirt. He is holding a yellow and red Winston Super King cigarette pack in his left hand and a single cigarette in his right hand. The background is a soft-focus green field.

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.

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

19 mg. "tar", 1.3 mg. nicotine av.
per cigarette, FTC Report
MAR. '75.

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.

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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 6565). D. Spice Chest (Model 6563). *Not in Spice Chest. E. STAR™ System (Model 4885). All cabinets crafted of solid wood and non-wood materials.

Magnavox. Quality in every detail.

The positive side of no-frills housing

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

A modular in two sections. At your lot, they can be assembled in a week. Floor plan and details follow.

**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

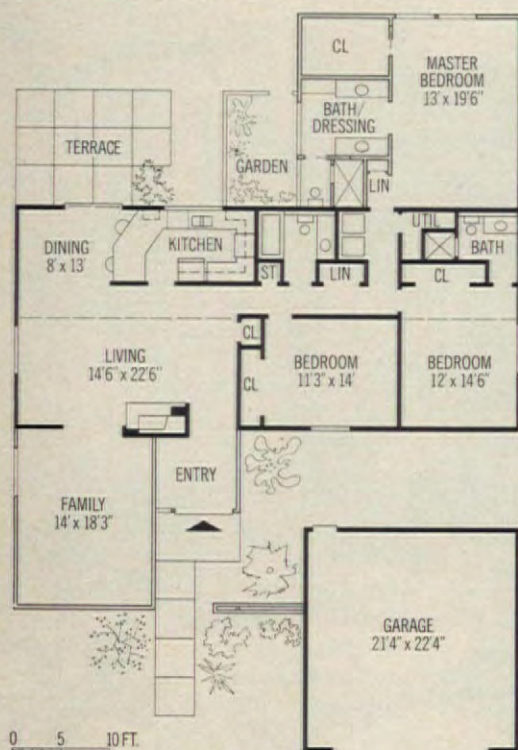
The costliest way, though still bargain priced, gives you the most finished house. The more work you are willing to take on, the more money you can save.

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.

If you live in the West and desire more information, write: American Home Industries Corp., Box 1560, Bakersfield, Calif. 93302. East of the Rockies, write: Atlas Homes Corp., Box 1550, North End Station, Wilkes-Barre, Pa. 18705.



If expanding family needs call for more living space, two additions to the basic house are available (double lines on floor plan) for on-site assembly: a master bedroom-and-bath materials package (\$7,880) and a family room materials package (\$3,920). Both are shipped f.o.b. factory, and all prices are subject to change.

Richard Meek



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 Demenkoff 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.



Interior Design Department

Helene Brown
Jane L. Lawrence

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 focus when painted tan and spattered with brown varnish.





Edward Oleksak



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.



Mattresses on easy-to-build banquettes (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.

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 banquettes (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.

Crafts Department
Rachel Newman
Jane Luddecke
Louise Fiore

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.

PREMIUM WINES (\$2.75 to \$6.50 on the West Coast), from left to center: Almadén Vineyards Blanc de Blancs 1972, Simi Gewürz Traminer 1973, Wente Brothers Pinot Chardonnay 1973, Mirassou Chenin Blanc 1973, Charles Krug Johannisberg Riesling (nonvintage), Robert



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

award-winning wines

Mondavi Gamay 1973, Christian Brothers Pinot Saint George (nonvintage), Robert Mondavi Pinot Noir 1971, Louis M. Martini Zinfandel 1971, Beaulieu Vineyards Cabernet Sauvignon 1972, Inglenook Cabernet Sauvignon 1970, Sebastiani Amore Cream Sherry.

EVERYDAY WINES (\$1.89 to \$2.85), from center: Cresta Blanca Dry Watch Sherry, Concannon Vineyard Semillon 1973, Inglenook Navalle French Colombard (nonvintage), Beaulieu Vineyards Chablis 1973, Paul Masson Emerald Dry (nonvintage), Almadén Vineyards Grenache Rose (nonvintage), Wente Brothers Le Blanc de Blancs (nonvintage), Beaulieu Vineyards Burgundy 1972, Louis M. Martini Claret (nonvintage), Inglenook Navalle Ruby Cabernet (nonvintage), E. & J. Gallo Barbera (nonvintage), Christian Brothers Black Label Treasure Port.

continued on page 70

Food Department
Lucy Wing
Colleen E. Walsh
Donna Johnson

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 54 cents a serving.

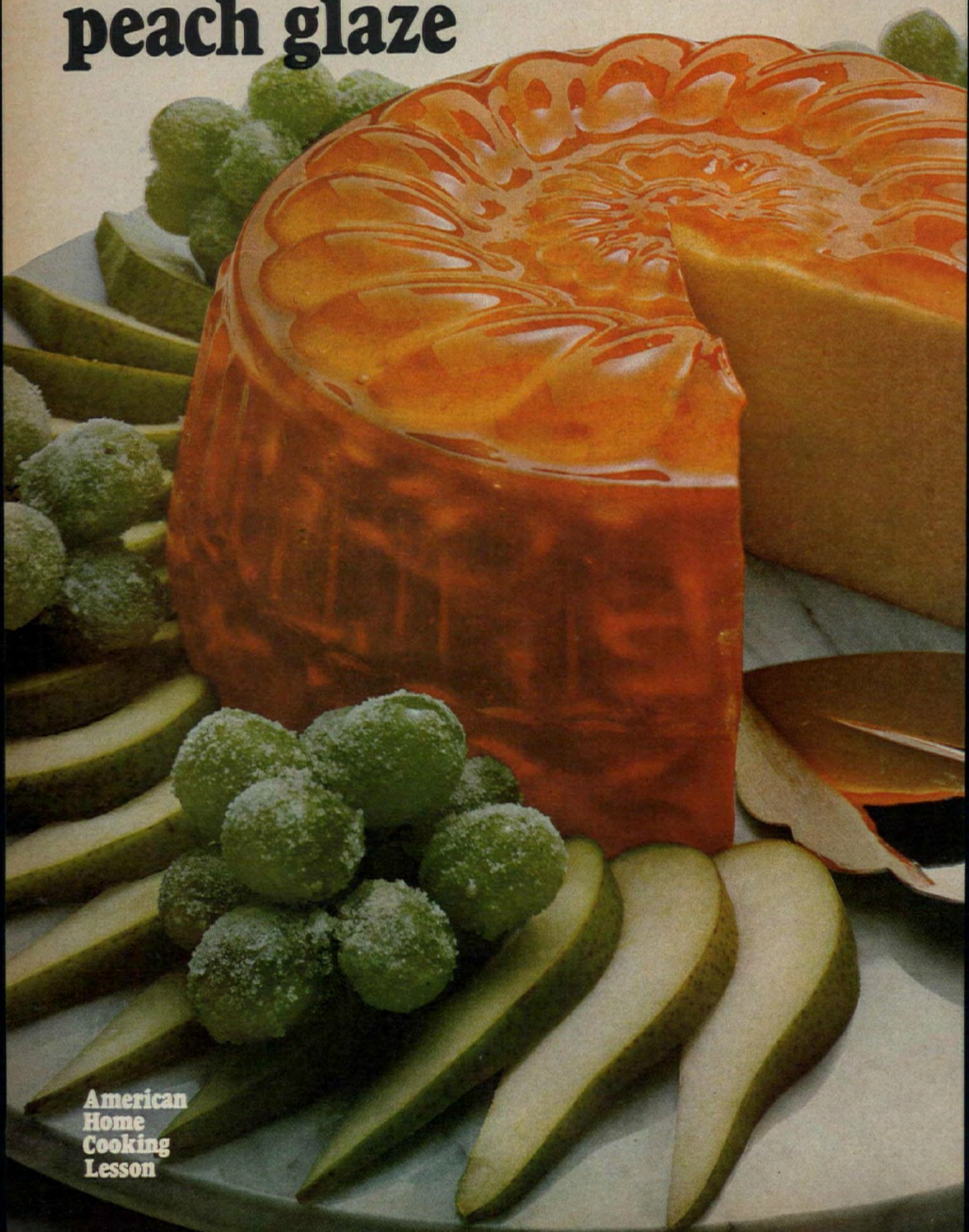


No ball game or circus is complete without frankfurters—and no market basket either. No matter what you call them, they're all sausages, equally wholesome—a smart, practical buy. They come fully cooked, made from bits of meat or poultry ground to a paste, then seasoned, cured, smoked and ready to use, 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



American
Home
Cooking
Lesson

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 $\frac{1}{2}$ 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

- 1 package (3 ounces) peach or orange flavor gelatin
- Water
- 4 egg yolks
- $\frac{3}{4}$ cup sugar
- 1 cup milk
- 2 envelopes unflavored gelatin
- 2 teaspoons vanilla
- $\frac{1}{2}$ cup instant nonfat dry milk
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{2}$ pound seedless grapes
- 2 egg whites
- 3 Bartlett pears

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.

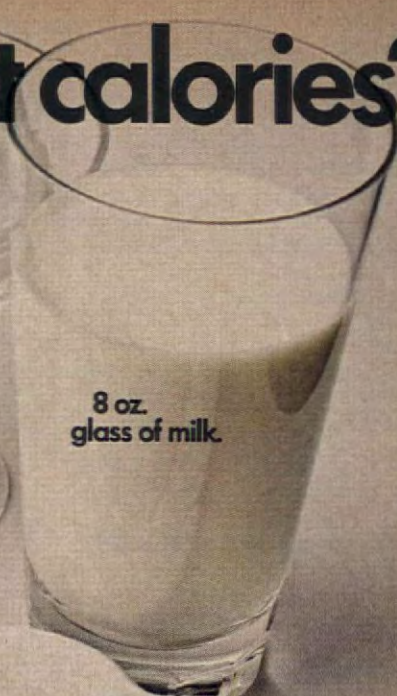
What has the fewest calories?




Butterhead lettuce
with $1\frac{1}{2}$ tablespoons
Roquefort dressing.



4 oz. serving
of sherbet.



8 oz.
glass of milk.



Two 4 oz. lean
lamb chops.

$\frac{2}{3}$ cup glazed carrots.

2 oz. hard roll.

$\frac{2}{3}$ 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; sherbet - 130.

Sources: Food Values of Portions Commonly Used, Bowes & Church, 11th Edition, 1970; Nutritive Value of Foods, USDA, 1971; The Brand-name Calorie Counter, C. T. Netzer, 1969.

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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 a serving supplies 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 detailed information 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 exclusively 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 of 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 the 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 nonkosher all beef frankfurters.

Frankfurter Hero

(pictured on pages 54-55)

Makes 6 servings. Each serving: 528 cal.; 18.53 gms. P.; 30 gms. F.; 50 gms. C. Source of thiamine, riboflavin, niacin, vitamins A and C. Cost per serving: 54 cents.

- 1/4 cup mayonnaise
- 1/4 cup chili sauce
- 1 tablespoon lemon juice
- 1 teaspoon chili powder
- 1 loaf French bread with seeds, 18 inches long, cut in half horizontally
- 4 large leaf lettuce leaves
- 1 package (16 ounces) frankfurters, 6 cut in half lengthwise and in half crosswise (24 quarters); use remainder for another meal
- 6 slices American cheese, cut in half diagonally
- 1 large tomato, sliced
- 16 kosher dill pickle slices
- 6 Spanish onion rings
- 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.
- 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 on remaining sauce; add top half of French bread. Cut sandwich crosswise into 6 pieces.
- 3. American Home's Suggested Menu for Lunch:
 - Mug of Vegetable Soup
 - Frankfurter Hero
 - Potato Chips
 - Mixed Fruit Ambrosia

Scalloped Frank and Potato Bake

Makes 4 servings. Each serving: 664 cal.; 20.8 gms. P.; 41 gms. F.; 52 gms. C. Source of thiamine, riboflavin, niacin and vitamin C. Cost per serving: 28 cents.

- 1 package (16 ounces) frankfurters
- 1 can (10 1/2 ounces) condensed cream of onion soup, undiluted
- 1/2 cup milk
- 1/2 teaspoon salt
- 4 cups sliced all-purpose potatoes (about 1 1/2 to 2 pounds)
- 1. Heat oven to 350°. Cut frankfurters lengthwise into quarters and crosswise into thirds. Each frankfurter should make 12 pieces.
- 2. In small bowl thoroughly combine soup, milk and salt.
- 3. In 2-quart buttered casserole combine potato slices and frankfurter sticks. Add soup mixture; cover. Bake 1 1/4 hours. Garnish with chopped parsley, if desired.
- 4. American Home's Suggested Menu: Scalloped Frank and Potato Bake
 - Buttered Italian Green Beans
 - Celery-Tomato Aspic Salad
 - Sherbet • Applesauce Cookies

Hot Dog Nibblers

Makes 40 nibblers. Each one: 60 cal.; 1.7 gms. P.; 4.5 gms. F.; 3.49 gms. C. Cost per serving: 3.6 cents.


- 1 cup unsifted all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 3 tablespoons shortening
- 1/3 cup milk
- 1 package (16 ounces) frankfurters (10), cut crosswise into quarters
- 1/2 cup catsup
- 2 tablespoons chopped onion
- 2 teaspoons Worcestershire sauce
- 1 teaspoon prepared mustard
- 1 teaspoon wine vinegar
- 1. Heat oven to 450°. In mixing bowl combine flour, baking powder and salt. With pastry blender cut in shortening until mixture resembles coarse crumbs. Add milk. Stir quickly with fork just until dough clings together in a ball.
- 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 a lightly greased baking sheet; bake 12 minutes.
- 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.
- 4. American Home's Suggested Menu: Hot Dog Nibblers
 - Fried Chicken
 - Hot German Potato Salad • Broccoli
 - Lemon Chiffon Pie

Frankfurter Brunch Pie

Makes 6 servings. Each serving: 496 cal.; 18.38 gms. P.; 33 gms. F.; 30.97 gms. C. Source of thiamine, riboflavin and vitamin C. Cost per serving: 26 cents.

- 2 cups unsifted all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup shortening
- 3/4 cup milk
- 1 package (16 ounces) frankfurters, 6 cut lengthwise into halves; use remainder for another meal
- 6 eggs, well beaten
- 1/2 cup shredded pasteurized process American cheese loaf
- 1. Heat oven to 450°. Into mixing bowl sift flour, baking powder and salt. With pastry blender cut in shortening until mixture resembles cornmeal. Add milk; stir quickly with fork just until dough clings together in a ball.
- 2. Turn dough out onto lightly floured board. Knead 10 times. Roll dough out to a 15-inch circle. Roll edges of dough toward center; pinch to make 3/4-inch-high rim. Finished circle should measure 13 inches in diameter.
- 3. Transfer dough to pizza pan or large baking sheet. Arrange 6 frankfurter halves around inner edge of dough, 6 in spoke fashion from center of dough.

continued



**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.**



[continued]

Bake 5 minutes. Remove from oven; reduce oven temperature to 375°.

4. Pour beaten eggs over frankfurter pie. Bake 8 to 10 minutes more or until set. Sprinkle with shredded cheese; bake 1 to 2 minutes or until melted.

5. American Home's Suggested Menu for Brunch:

Broiled Grapefruit Halves
Frankfurter Brunch Pie
Caramel Coffee Cake
Austrian-Style Instant Coffee

Frankfurter Pilaf in Tomato Cups

Makes 8 servings. Each serving: 307 cal.; 10.2 gms. P.; 20 gms. F.; 23.5 gms. C. *Source of thiamine, niacin, vitamins A and C. Cost per serving: 70 cents (calculations based on hothouse tomatoes; cost will be less now that tomatoes are in season).*

8 large tomatoes, about 4 pounds

Salt

2 tablespoons butter or margarine

1 small onion, chopped

$\frac{3}{4}$ cup long-grain rice

1 package (16 ounces) frankfurters, cut into $\frac{1}{2}$ -inch slices

1 can (8 $\frac{1}{2}$ ounces) small early peas, drained, or 1 cup cooked, frozen green peas

1. Wash tomatoes; cut thin slice from top of each and discard. Scoop pulp and juice into blender container. Cover. Puree on medium speed; strain to remove seeds. Lightly salt inside of tomato cups; invert over paper towels to drain.

2. In saucepan melt butter or margarine. Add onion; sauté until transparent. Add 2 cups tomato puree and 1 $\frac{1}{2}$ teaspoons salt. Bring to boiling. Add rice; cover. Simmer 20 minutes, stirring frequently until liquid is absorbed.

3. Heat oven to 350°. Add frankfurters and peas to rice mixture; mix gently.

4. Stuff tomato cups with rice mixture. Place cups in 2 small oval baking dishes or in 13x9x2 $\frac{1}{4}$ -inch baking pan. Bake 25 minutes.

5. American Home's Suggested Menu:

Vegetable Sticks • Anchovy Dip
Frankfurter Pilaf in Tomato Cups
Zucchini-Yellow Squash Casserole
Brownies à la Mode

Caraway Cheese Appetizers

Makes 48 appetizers. Each one: 27 cal.; .8 gm. P.; 2.4 gms. F.; .6 gm. C. *Cost per serving: 3 cents.*

2 tablespoons milk

2 packages (3 ounces each) cream cheese, softened

1 package (16 ounces) frankfurters, 4 finely chopped; use remainder for another meal

2 tablespoons dried chives

2 teaspoons caraway seeds

$\frac{1}{8}$ teaspoon garlic salt

4 zucchini or cucumbers (each about 4 to 5 inches long)

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.

4. American Home's Suggested Menu: Caraway Cheese Appetizers

Italian Spaghetti with Meat Sauce
Mushroom-Spinach Salad
Garlic Bread
Biscuit Tortoni

Curried Frankfurters

Makes 6 servings. Each serving: 440 cal.; 11 gms. P.; 22 gms. F.; 49 gms. C. *Source of niacin and vitamin C. Cost per serving: 38 cents.*

1 can (15 to 17 ounces) sliced cling peaches

1 can (5 $\frac{1}{2}$ ounces) peach nectar

3 tablespoons cornstarch

1 $\frac{1}{2}$ teaspoons curry powder

1 package (16 ounces) frankfurters, cut diagonally into $\frac{1}{4}$ -inch slices

4 $\frac{1}{2}$ cups cooked rice

1. Into saucepan drain liquid from peaches. Add peach nectar, cornstarch and curry powder; stir until mixed. Bring to boiling, stirring constantly. Cook until thick and clear. Add frankfurters and peach slices; heat through. Serve over hot fluffy rice.

2. American Home's Suggested Menu: Curried Frankfurters

Fluffy Rice • Peas and Carrots
Hearts of Lettuce • Vinegar and Oil
Pears in Wine

Skillet Franks and Applekraut

Makes 4 servings. Each serving: 479 cal.; 14.6 gms. P.; 35 gms. F.; 28 gms. C. *Source of niacin and vitamin C. Cost per serving: 60 cents.*

1 package (16 ounces) frankfurters (8)

2 tablespoons butter or margarine

1 small onion, sliced and separated into rings

1 cup applesauce

$\frac{3}{4}$ cup water

1 beef bouillon cube

2 cans (14 to 16 ounces each) sauerkraut, well drained

1 teaspoon celery seeds

1. Slash frankfurters crosswise 8 times, cutting $\frac{3}{4}$ of the way through. In large skillet fry frankfurters in butter or margarine until slightly browned and curved in shape. With tongs remove frankfurters from skillet; reserve.

2. Add onion rings to butter or margarine remaining in skillet; sauté until transparent. Add applesauce, water and bouillon cube. Simmer, stirring frequently until bouillon cube dissolves. Add sauerkraut and celery seeds; mix well. Arrange frankfurters on top of sauerkraut mixture. Cover; simmer 25 to 30 minutes.

3. American Home's Suggested Menu: Skillet Franks and Applekraut

Green Beans • Acorn Squash
Warm Rye Rolls
Gingerbread with Whipped Cream

Make and freeze

continued from page 58

Helpful tips on home freezing:

- Ideally a freezer should maintain a temperature of 0°. The lower the temperature, the longer foods can be stored. Check the temperature with a special freezer thermometer.

- Frozen foods should be used within the allotted time; otherwise the quality of food begins to deteriorate.

- Use proper airtight packaging materials for freezing because any air left in the package will draw juices from the food and form frost within the package. To protect foods from the drying effect of freezer air, use heavy-duty aluminum foil, heavy plastic wrap, moisture/vaporproof paper, freezer jars or plastic containers.

- For combination foods like casseroles, freezer-to-oven-to-table ware is ideal if overwrapped with freezer paper or heavy-duty aluminum foil. Or line dish with foil; add foods; freeze. When frozen, lift food with foil and wrap; retrieve the dish for other use. When ready to serve, remove frozen food from foil, return to the same dish to bake.

- To help you compare cost and nutritional return, we include costs per serving based on New York City prices at the time of recipe development.

Sliced Vegetable Meat Loaf

(pictured on page 58)

Makes 2 meat loaves, 8 servings each. Each serving: 212 cal.; 20 gms. P.; 10.3 gms. F.; 8.4 gms. C. *Source of vitamin A and niacin. Cost per serving: 30 cents.*

3 pounds ground chuck

2 cups fresh bread crumbs (4 slices)

1 tablespoon salt

1 $\frac{1}{2}$ teaspoons Italian seasoning

$\frac{1}{4}$ teaspoon garlic salt

4 large eggs, well beaten

1 pound carrots, pared

4 long stalks celery

$\frac{1}{2}$ cup catsup

1. In bowl combine ground chuck, bread crumbs, salt, seasoning and garlic salt with fork until well mixed. Add eggs. Stir until blended.

2. Cut carrots and celery lengthwise into $\frac{1}{4}$ x5-inch strips. Divide meat mixture in half. Place each half on 16-inch sheet of aluminum foil. Cover with sheet of wax paper. Roll into 12x15-inch rectangle. Repeat with other half.

3. Remove wax paper. Place carrot and celery strips alternately over meat surface, beginning along short side. Roll up, starting with short side. Press firmly at each turn and lift away foil, but don't remove. Using foil, lift roll onto jelly-roll pan. Chill rolls 1 hour.

4. Heat oven to 375°. Reshape rolls if they have flattened. Leave on foil and bring edges of foil together over each roll. Crimp to seal. Bake rolls 50 minutes. Unwrap rolls; brush with catsup. Bake 10 minutes more.

5. Just before serving, cut 1 meat loaf into 8 slices. Arrange on serving platter. Serve with Parmesan Potato Dumplings (recipe below), if desired;

continued

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[continued]

garnish platter with celery leaves.
6. Wrap other loaf securely in more aluminum foil. Label, freeze and use within 2 months. When ready to serve, reheat in oven until hot.

7. American Home's Suggested Menu:

Sliced Vegetable Meat Loaf

Parmesan Potato Dumplings

(recipe below)

or Mashed Potatoes

Tossed Green Salad • Italian Dressing

Glazed Grape Kuchen

Parmesan Potato Dumplings

(pictured on page 58)

Makes 12 servings, 6 each time. Each serving: 302 cal.; 7.5 gms. P.; 9 gms. F.; 47.5 gms. C. Source of thiamine, niacin and vitamin C. Cost per serving: 10 cents.

3 pounds all-purpose potatoes, pared

3 to 4 cups unsifted all-purpose flour

½ cup butter or margarine, melted

2 tablespoons instant minced onion

1 tablespoon salt

¼ cup grated Parmesan cheese

1. In kettle with 1 inch boiling water, cook potatoes until tender. Drain well. Return to pan; mash until smooth. Add 2 cups flour, ¼ cup butter or margarine and onion. Stir until well mixed.

2. Add more flour gradually to make a dough you can knead. The amount will depend on the moisture of the potatoes. Divide dough in half; turn 1 half onto floured board. Knead in more flour until dough is smooth and elastic.

3. Cut kneaded dough into 8 pieces. Roll each piece with palms of hands to ½-inch-thick strip. Cut strip into ¾-inch lengths. Repeat with all pieces.

4. To shape each dumpling, hold fork in one hand. With fingertip from other hand, place a dumpling on the inside curve of fork just below the prong-tip. Gently roll and press the dumpling toward handle of fork. The dumpling should have ridges on one side from the fork-prongs and a depression on the other side formed by your fingertip. Dust hands, fork and dumplings with flour to prevent sticking.

5. Knead and shape other half of dough as above. In kettle bring 3 inches water to boiling. Add salt and a small amount of pure vegetable oil, if desired. Drop dumplings, about 2 dozen at a time, into boiling, salted water. Cook until dumplings float. With slotted spoon, lift to shallow baking pan for freezing or to heated platter for immediate eating. Repeat until all are cooked.

6. Sprinkle remaining ¼ cup melted butter or margarine over dumplings. Toss gently until all are coated. Sprinkle with cheese. Serve half immediately. Freeze other half in pan until firm; place in freezer container. Seal, label and freeze.

7. Use frozen dumplings within 2 months. When ready to serve, thaw in refrigerator; place in buttered baking dish. Cover. Bake in 350° oven until heated through.

8. American Home's Suggested Menu:

Osso Buco (Braised Veal Shanks)

or Sliced Vegetable Meat Loaf

Parmesan Potato Dumplings

Zucchini-Romaine Salad

Vanilla Cream Puffs

Orange Mousse Square

(pictured on page 58)

Makes 2 squares, 9 servings each. Each serving: 161 cal.; 4.5 gms. P.; 5.4 gms. F.; 24 gms. C. Source of vitamin C. Cost per serving: 12 cents.

¼ cup butter or margarine

1½ cups graham cracker crumbs

6 large eggs, separated

½ teaspoon cream of tartar

⅓ 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.

3. Place yolks in small bowl of mixer. Beat on high speed until thick and pale yellow. Fold beaten yolks and orange juice gently into beaten egg whites.

4. Wash and dry the beaters. Beat dry milk and water until frothy. Beat on high speed until stiff peaks form. Fold whipped milk into egg mixture. Spoon half into each pan. Score top of orange mixture in diamond pattern, if desired. Freeze until firm.

5. Just before serving, lift one square from pan, using foil overhang. Remove foil. Place on serving plate. Garnish with a slice of orange and a sprig of mint, if desired. Overwrap other square with more foil or plastic freezer wrap; label. Use within 1 month.

6. American Home's Suggested Menu:

Baked Short Ribs

Corn • Creamed Kohlrabi

Cucumber Salad Mold

Orange Mousse Square

Frozen Apple Cheese Salad

(pictured on page 58)

Makes 2 molds, 8 servings each. Each serving: 116 cal.; 7.3 gms. P.; 2 gms. F.; 17 gms. C. Cost per serving: 18 cents.

1 can (20 ounces) crushed pineapple in pineapple juice

1 package (3 ounces) lime flavor gelatin

1 carton (12 ounces) pot-style or dry cottage cheese

1 can (13 fluid ounces) evaporated milk, undiluted

1 pound small red apples

1. Place pineapple in sieve over small saucepan. Press out all juice into pan. Place drained pineapple in bowl; set aside. Bring juice to boiling. Add gelatin. Stir until dissolved. Remove from heat. Add cottage cheese.

2. Pour cheese mixture into blender container. Cover. Blend until smooth. Return to pan. Chill until thickened.

3. Pour milk into shallow baking pan. Freeze 1 hour or until ½-inch layer of crystals forms around sides of pan.

Scrape milk into large bowl. Beat on high speed of mixer until fluffy and stiff peaks form.

4. Core and dice apples. Place in bowl with pineapple; toss. Stir in chilled gelatin mixture. Stir about 1 cup whipped milk into fruit mixture to lighten it. Fold mixture gently into remaining whipped milk.

5. Spoon mixture gently into two 6-cup plastic ring molds with removable bottom seal or 6-cup metal ring molds. Cover with aluminum foil. Freeze until firm.

6. To serve 1 mold, let stand 10 minutes to soften; unmold onto serving plate. Garnish with chicory leaves, if desired. Label and freeze other salad no longer than 1 month.

7. American Home's Suggested Menu:

Tuna Macaroni Casserole

Broiled Tomato Halves

Frozen Apple Cheese Salad

Peanut Spice Cake

Cabbage Rolls with Cauliflower

(pictured on page 58)

Makes 2 dishes, 6 servings each. Each serving: 108 cal.; 4.3 gms. P.; 5.4 gms. F.; 13 gms. C. Source of vitamin C. Cost per serving: 22 cents.

1 head green cabbage, about 3½ pounds

1 head cauliflower, about 2 pounds

1 tablespoon lemon juice

4 chicken bouillon cubes

⅓ cup butter or margarine

⅓ cup unsifted all-purpose flour

1 teaspoon salt

¼ teaspoon 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 out 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. Reserve 4 cups cooking liquid. Add bouillon cubes; stir until dissolved. In saucepan melt butter or margarine over medium heat. Stir in flour. Cook 1 minute. Remove from heat. Stir in chicken broth gradually. Return to heat. Cook, stirring constantly, until sauce bubbles and thickens. Stir in salt and pepper. Remove from heat.

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.

5. Place 6 cabbage rolls in each dish diagonally. Arrange cauliflowerets 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.

- 7. American Home's Suggested Menu:**
Roast Chicken
Cornbread Stuffing • Giblet Gravy
Cabbage Rolls with Cauliflower
Cold Peach Soufflé

Garlic Egg Bread

Makes 2 loaves, 12 slices each. Each slice: 137 cal.; 4 gms. P.; 2 gms. F.; 24.9 gms. C. Cost per slice: 3.6 cents.

- 5 to 6 cups unsifted all-purpose flour**
- 2 tablespoons sugar**
- 1 tablespoon salt**
- 2 packages active dry yeast**
- 2 tablespoons butter or margarine, softened**
- 2 cups hot water (120° to 130°)**
- 3 large eggs, at room temperature**
- 2 large cloves of garlic, pressed**
- Pure vegetable oil**

1. In large bowl combine $\frac{1}{2}$ cups flour, sugar, salt and undissolved yeast. Add butter or margarine and water.

2. Beat mixture on medium speed of mixer 2 minutes, scraping bowl with rubber spatula occasionally. Add eggs, garlic and $\frac{1}{2}$ cup more flour. Beat on high speed 2 minutes.

3. With spoon, stir in enough additional flour to make a soft dough, about 3 to 4 cups. Dough will be sticky. Grease top of dough and sides of bowl with oil. Cover bowl with damp towel. Let rise in warm place (85°), free from draft, until doubled in bulk (about 45 minutes).

4. Stir dough down. With well-floured hands, divide dough in half. Put into two well-greased $\frac{1}{2}$ -quart casseroles. Cover with towels. Let rise in warm place until doubled in bulk.

5. Heat oven to 375°. Bake breads 35 minutes or until breads sound hollow when tapped lightly. Remove from casseroles immediately to wire rack. Cool. Wrap in plastic wrap, bags or aluminum foil. Label and freeze 1 loaf for up to 3 months.

- 6. American Home's Suggested Menu:**
Beef Liver and Onions
Sliced Carrots • Green Lima Beans
Garlic Egg Bread
Mixed Fruit Bowl

Beans Americanne

Makes 8 servings, 4 each time. Each serving: 275 cal.; 15.3 gms. P.; 5 gms. F.; 44 gms. C. Source of thiamine and vitamin C. Cost per serving: 17 cents.

- 1 pound dried pea or navy beans**
- $\frac{1}{2}$ quarts water (6 cups)**
- 2 tablespoons pure vegetable oil**
- 1 cup chopped onion (1 large)**
- 1 green pepper, seeded and chopped**
- 2 tablespoons sugar**
- 1 tablespoon Worcestershire sauce**
- 4 chicken bouillon cubes**
- 1 can (10 $\frac{3}{4}$ ounces) condensed tomato soup, undiluted**
- $\frac{1}{4}$ teaspoon ground cloves**

1. Rinse beans. Put into saucepot or kettle with water. Bring to boiling. Boil 2 minutes. Remove from heat. Cover. Soak beans 1 hour.

2. Return beans to boiling. Cover. Simmer over low heat 1 hour, stirring occasionally. Pour beans into colander over large bowl. Set aside.

3. Heat oil in same pan. Add onion

and green pepper. Sauté 2 minutes. Add drained beans and just enough bean cooking liquid to cover. Stir in sugar, Worcestershire, bouillon cubes, soup, cloves. Bring to boiling. Cover.

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. To reheat, thaw in refrigerator overnight. Reheat in saucepan or in oven.

- 6. American Home's Suggested Menu:**
Broiled Beef Patties • Coleslaw
Beans Americanne
Poppy Seed Rolls • Apple Tart

Turkey and Green Peppers

Makes 20 servings, 10 each time. Each serving: 431 cal.; 33.9 gms. P.; 29 gms. F.; 7 gms. C. Source of vitamin C. Cost per serving: 43 cents.

- 1 frozen turkey, about 10 to 12 pounds, thawed, or use turkey parts**
- 2 quarts water (8 cups)**
- $\frac{1}{2}$ cup butter or margarine**
- $\frac{1}{2}$ pounds green peppers, seeded and cut into slivers**
- $\frac{1}{2}$ pound small onions, peeled and cut into wedges**
- 2 cups sliced celery**
- $\frac{1}{2}$ cup cornstarch**
- 1 tablespoon salt**
- 1 teaspoon poultry seasoning**
- $\frac{1}{4}$ teaspoon pepper**

1. Rinse turkey; cut into pieces for cooking and handling ease. Put pieces or parts (if used) in 1 large saucepot or 2 kettles. Add water. If desired, add bits of celery leaves, carrots or onion to flavor broth. Bring to boiling. Cover. Simmer turkey over low heat until tender, about $2\frac{1}{2}$ hours.

2. With slotted spoon remove turkey to large bowl. Strain broth; reserve. Cool turkey until easy to handle; bone and skin. Cut turkey into 1-inch chunks.

3. In kettle melt butter or margarine over medium heat. Add green peppers, onions and celery. Sauté until vegetables are tender-crisp. Remove with slotted spoon to bowl. Add cornstarch to fat left in pan. Cook 1 minute.

4. Remove pan from heat. Gradually stir in 6 cups strained turkey broth. (Use any remaining broth for soup.) Return to heat. Bring to boiling, stirring constantly. Add turkey chunks, salt, poultry seasoning and pepper. Add vegetables. Toss gently. Remove half of mixture to freezer containers, allowing 1 inch headspace. Or put into 3-quart casserole lined with heavy-duty aluminum foil. Heat remaining mixture until hot. Serve over toast points, if desired.

5. To freeze turkey mixture, cover containers or wrap casserole; cool in water bath or refrigerator. Label and freeze. Use within 2 months. When ready to serve frozen mixture, thaw and reheat over very low heat or place in covered casserole and heat in 350° oven.

- 6. American Home's Suggested Menu:**
Turkey and Green Peppers
Buttered Toast Points or Crisp Noodles
Radish-Green Bean Vinaigrette
Yogurt Plum Parfait

Get more useful aids on preserving foods

Whether you choose to freeze an extra portion of a dish you prepare or preserve a large quantity of fruits and vegetables, as in "Guide to Preserving Foods," page 22, write for a number of informative booklets. Send name, address and check or money order. **Mirro-Matic Pressure Cooker/Canner Directions** S-9897 (\$1); **Water Bath Canner Directions** 550-2530 (15 cents); **Food Talks (Home Canning—Summer Harvest, Winter Feast)** Vol. 49, No. 1 (15 cents); **Mirro Aluminum Company, Manitowac, Wisc.** 54220.

The "Blue Book," 29th edition including up-to-date home canning methods (\$1); **Ball Freezer Book** (50 cents); **Ball Corp., Consumer Publications, Box 2005, Muncie, Ind.** 47302.

Kerr Home Canning and Freezing Book (\$1); **Kerr Glass Mfg. Corp., Consumer Products Divisions, Sand Springs, Okla.** 74063.

Bernardin Home Canning Guide (\$1); **Bernardin, Inc., P.O. Box 725, Evansville, Ind.** 47705.

Heinz Guide to Successful Pickling (free); **Pickling Information Center, Heinz U.S.A., P.O. Box 28, D-17V, Pittsburgh, Pa.** 15230.

U.S. Department of Agriculture booklets: **Home Canning of Fruits & Vegetables G8** (45 cents); **Home Freezing of Fruits & Vegetables G10** (55 cents); **How to Make Jellies, Jams and Preserves at Home G56** (40 cents); **Storing Perishable Foods in the Home G78** (25 cents); **Making Pickles & Relishes at Home G92** (45 cents); **Write to Consumer Product Information Center, Pueblo, Colo.** 81009 (make check payable to Public Printer).

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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 selvedge 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 1/2" between all pieces to permit a 1/4" 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 bind as follows: Cut away selvages on two 90" lengths of lining; join with a 1/4" 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 lining WRONG SIDE UP on sheet; hold with pushpins. Spread batting smoothly on lining; stretch top over batting RIGHT SIDE UP. Pin three layers together; baste with large stitches through all layers—from center to each edge, from center to each corner and around outside edge.

We recommend using a full-size quilting frame for best results, but a large-size quilting hoop may be used instead.

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 1/4" 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.

STARS OF ALABAMA QUILT:

44" wide fabric:
10 yds. natural for top and lining
1 yd. each light orange, orange
1 1/2 yds. light blue
2 1/2 yds. blue

approximately
72" x 88"

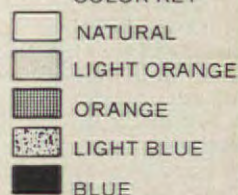
Cut two 90" lengths natural; cut a 5" and a 1" strip along one side of each for side borders and binding; save rest for lining. Cut a 78" length of natural; cut two 5" and two 1" strips along one side for end borders and binding; use rest for patches. Before cutting all parts, we recommend cutting diamonds for one block and assembling star design first, then checking sizes for squares and triangles to complete the block.

The following are FINISHED SIZES; draw patterns on sandpaper and cut number required, allowing for 1/4" seams around each:

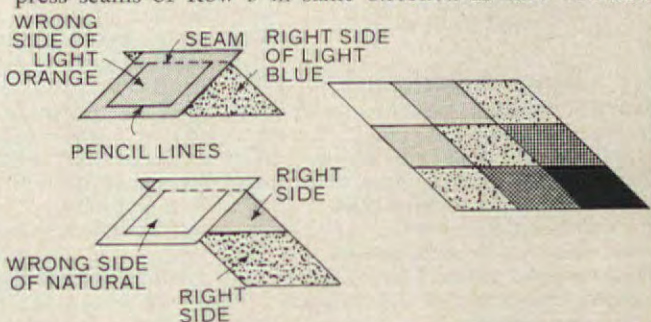
4 1/4" x 4 1/4" squares—80 natural
4" x 4" triangles—80 natural
1 1/4" x 1 1/4" squares—241 natural
1 1/4" x 1 1/4" triangles—38 natural,
520 blue
diamonds from pattern—
160 each natural, blue
320 each orange, light orange
480 light blue

FULL-SIZE
PATTERN
FOR
DIAMOND

COLOR KEY



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 light orange. Form third row from blue, orange and light blue. 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

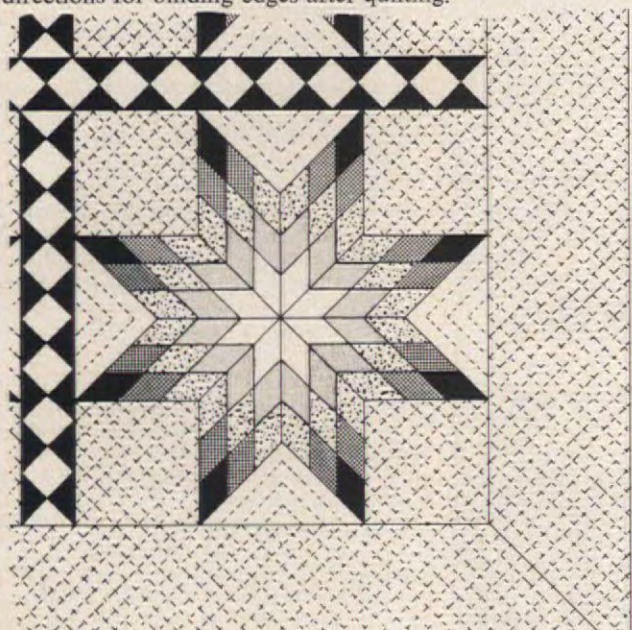


three rows together to form one point of star, matching corners (above, right).

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 1 1/4" 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 $\frac{1}{8}$ " 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

$\frac{1}{4}$ yds. light green

$\frac{3}{8}$ yd. each red, red dot

10 yds. $\frac{1}{2}$ " wide single fold bias tape

8"x12" pc. green fabric to match tape

COLOR KEY

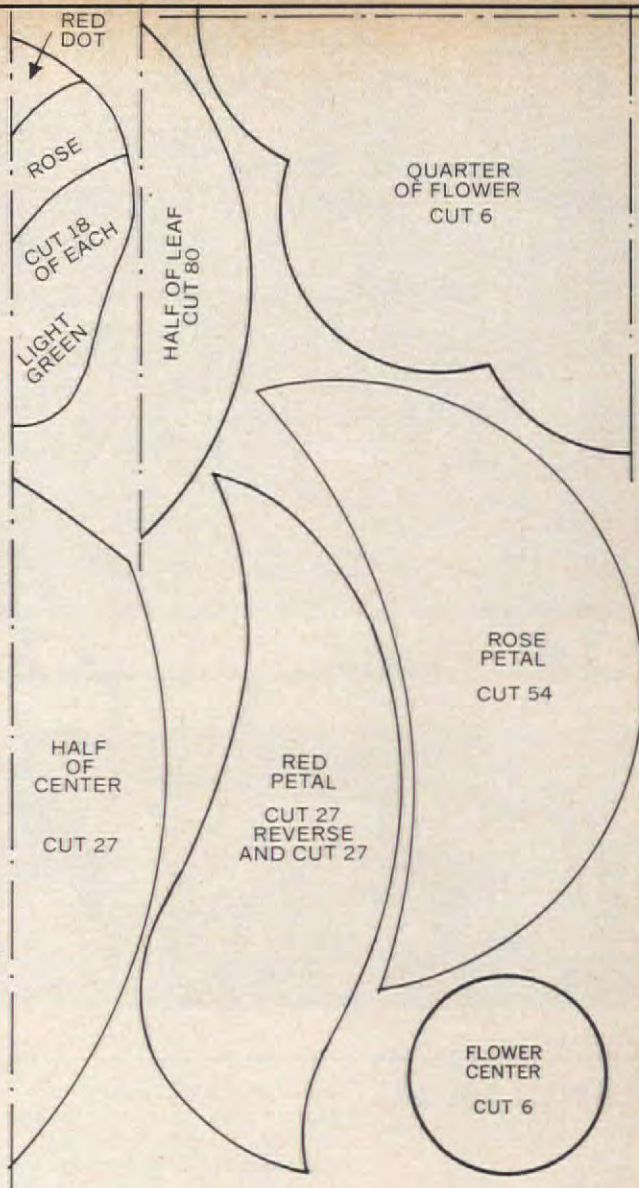
	RED		LIGHT GREEN
	ROSE		DARK GREEN
	RED DOT		

Note: Bias tape is easier to use, but fabric may be used for stems if you prefer.

Cut two 90" lengths of natural; cut a 5" and a 1" strip along one side of each for side borders and binding; save the rest for lining. Cut a 76" length of natural; cut two 5" and two 1" strips along one side for end borders and binding. Draw a 14" square pattern. Allowing $\frac{1}{4}$ " for seams on all pieces, cut 15 squares. Cut pattern in half diagonally and cut 12 triangles; cut one triangle in half for two top corners.

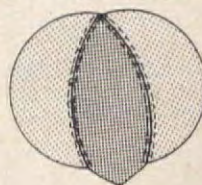
Make patterns (top, right) for patches from fine sandpaper: trace four quarters to make a whole flower; trace two halves to make a whole leaf; trace two halves to make a pomegranate center; trace each of three sections twice for buds. Trace around patterns on wrong side of fabric, marking each quantity needed as shown on patterns. Allow for $\frac{1}{4}$ " seams on all sides of leaves, flowers and centers, each part of buds and red petals; allow for $\frac{1}{4}$ " seams on TOP EDGE ONLY of red dot center and on outside CURVED EDGE ONLY of rose sections (see top, right). Cut nine green $2\frac{3}{4}$ " right-angle triangles with $\frac{1}{4}$ " seam allowance on longest edge.

To appliqué, try each of these two methods to determine the one you find easiest: (1) Cut out patch; clip seam allowance; turn to wrong side along marked lines; baste; press. (2) Using fine machine-stitch and matching thread, stitch along marked line first, then cut out and continue as above. Apply patches; use matching thread, tiny overcast stitches.



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 $\frac{1}{4}$ " 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 $\frac{1}{4}$ " wide. Appliqué



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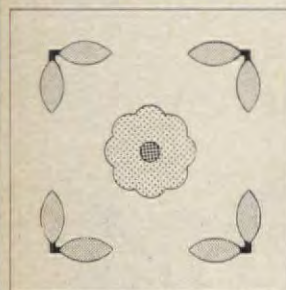
SPECIAL COUPON OFFER.

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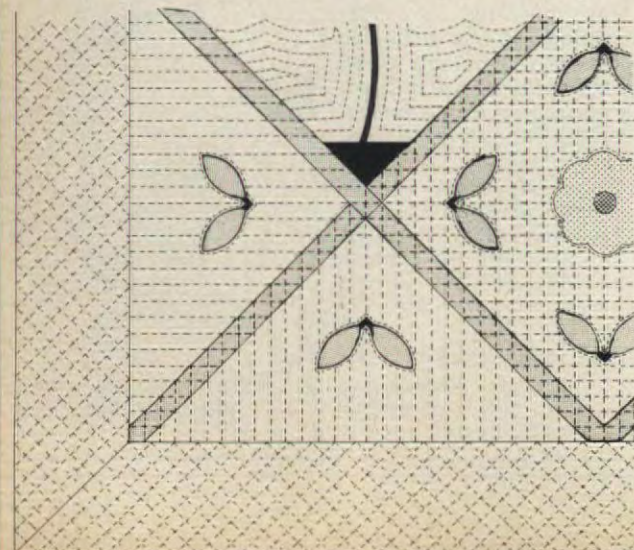


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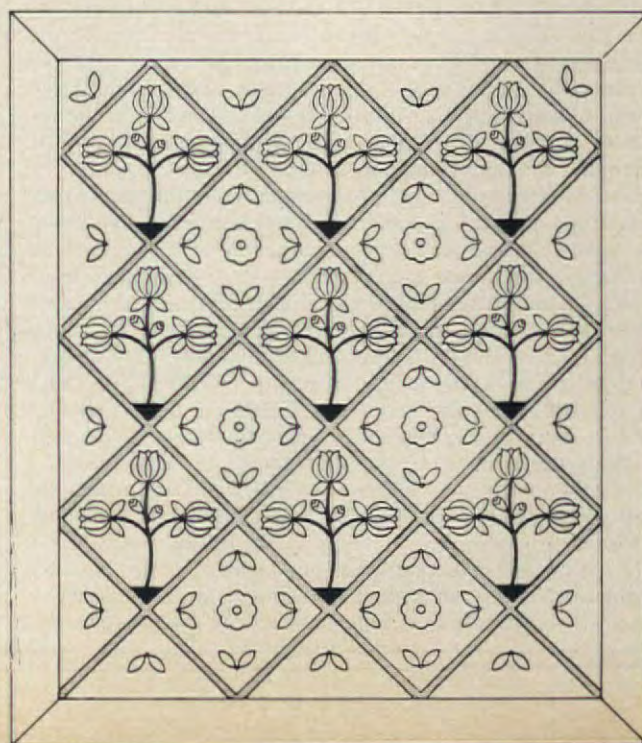
FLOWER SQUARE



stems 3" in from each corner, then leaves on top. Make five more squares this way. Appliqué stems and leaves to each triangle in same way; repeat at center of each corner triangle (below). Join squares and triangles with light-green strips (1" finished width), having as few seams as possible placed at corners of squares. Sew borders around edge, mitering corners as in diagram of finished quilt top, as shown at right.



Follow general directions for attaching lining and quilting; quilt as close as possible around all appliquéd 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.

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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

Page 56: Deluxe Portable Mixer, Model M68, General Electric Co., Bridgeport, Conn.; saucepan, Pantry Arts™ Cookware in Nutmeg Brown, The West Bend Co., West Bend, Wis.

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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"Stars of Alabama" pillow kit(s)
@ \$17.95 plus .50 post.

& hdlg. ea. \$

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& hdlg. ea. \$

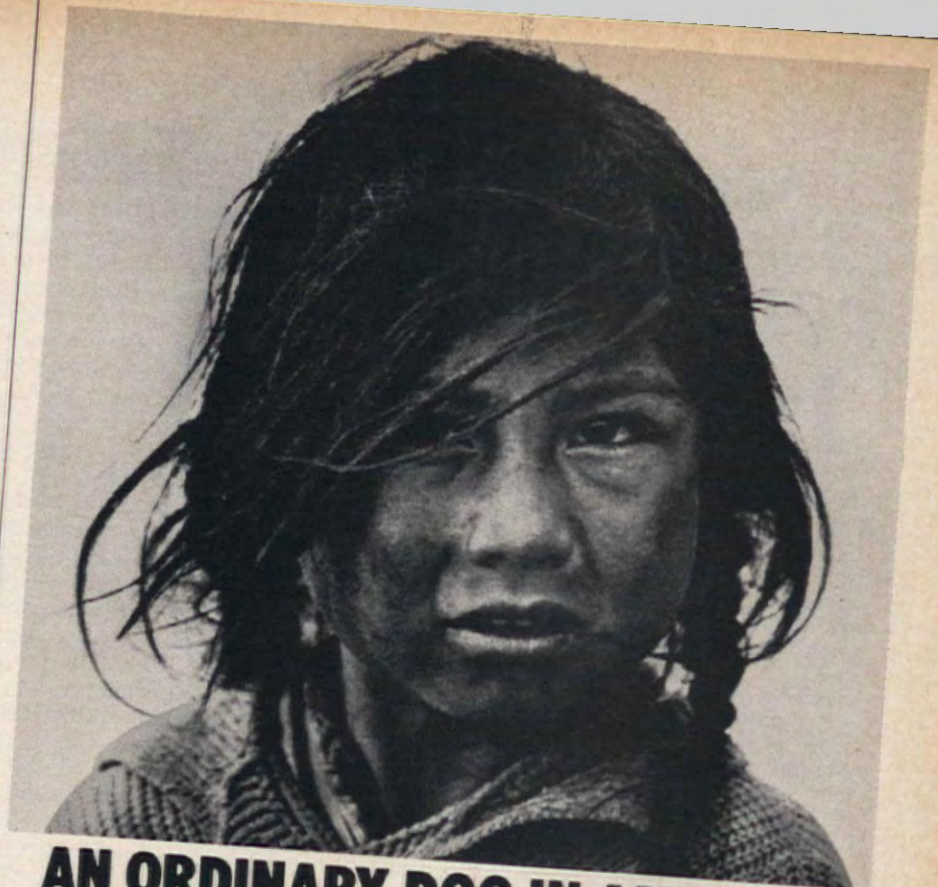
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☐ Or, I will pledge \$ _____ per month.

☐ Please send me further information.

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[continued from page 53]

Our choices represent the best California wines widely available.

The American Home Wine Award winners comprise a variety of wines to complement any taste or need: white, red and rosé wines; champagne, sherry and port. All are pictured on pages 52-53. A brief description of each wine follows, along with the minimum price per fifth established on the West Coast this summer.

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 Alsatian 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 freshwater 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.

- **Robert Mondavi Pinot Noir 1972 (\$5.25).** A brilliant red-purple, with rich fragrance, this is an excellent example of a well-made California Pinot Noir. You can actually taste the fruit. It makes a fine accompaniment to rare prime ribs, rack of lamb, strong cheese.
- **Louis M. Martini Zinfandel 1972 (\$2.75).** Ruby-colored, this is a laudably consistent wine, with spicy, fruity nose and flavor. Highly versatile, makes a marvelous partner to Italian foods, chops, steaks, rare meats, game.
- **Beaulieu Vineyards Cabernet Sauvignon 1972 (\$4.50).** Medium red color, with a tantalizing bouquet redolent of oak, Beaulieu Vineyards Cabernet Sauvignon is a favorite with wine lovers. It has a desirable tannin taste and may be enjoyed with all meat, chicken, cheese.
- **Inglennook Cabernet Sauvignon 1972 (\$6.50).** Rich ruby in hue, with a full nose offering evidence of wood aging and a pronounced Cabernet Sauvignon aroma, this wine has a strong varietal character, is nicely balanced and can be cellared under proper conditions for five years or more, if you desire. It is fine with meats, game, strong cheese.
- **Sebastiani Amore Cream Sherry (\$3.75).** Golden nougat in color, with a leaping sweet nose, here is a smooth, mouth-filling wine—the desired aging is evident once you taste it. It makes a sensually mellow drink after dinner with chocolates or almonds.

EVERYDAY WINES

- **Cresta Blanca Dry White Sherry (\$2.70).** Amber in color, nutlike in nose and flavor, this is a fine dry sherry whose price is unbeatable. It makes a dandy aperitif and has a delightful aftertaste.
- **Concannon Vineyard Semillon 1972 (\$2.50).** Pale gold, with a soft fruit flavor, Concannon's Semillon has a medium/almost-rich flavor that lingers nicely on the palate. Serve with cracked crab, veal, white meat of turkey, chicken breasts, macaroni with cheese.
- **Inglennook Navale French Colombard (nonvintage, \$1.99).** Straw-colored and clear, with a fruity nose, the French Colombard is delicately dry and goes well with chicken salad, vegetable dishes, fresh fruit snacks.
- **Beaulieu Vineyards Chablis 1972 (\$2.75).** Lovely soft color, with a frankly grassy aroma, the Beaulieu Chablis is crisp and dry, somewhat tart. A good choice for fish dishes, it also a delightful pre-dinner libation.
- **Paul Masson Emerald Dry (nonvintage, \$2.25).** Pale yellow, with a fruity—almost grapy—nose, this proprietary California wine has a captivating trace of mellowness that goes with light meals, seafoods.
- **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.

- **Inglennook Naville 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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- **E. & J. Gallo Barbera (nonvintage, \$1.99).** Good color, light nose and medium body mark this Gallo wine with a lingering fruity/tart aftertaste. It's young and interesting—excellent with spicy Mediterranean-style dishes, stews, casseroles.

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

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Lynn Headley—Editor



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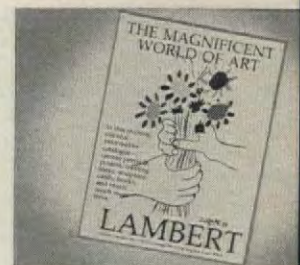
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Wooden apple tea set

Any tiny hostess will adore this precious tea set. All hand-crafted of hardwood and beautifully painted, the rosy apple houses a table, 2 cups, 2 plates, tea pot and sugar bowl with lids, and a serving bowl with 3 mini apples! 3 1/2". A must for any little miss. \$4.98 plus 50¢ hdlg. From Lillian Vernon, Dept. A9E, 510 S. Fulton Ave., Mt. Vernon, NY 10550.



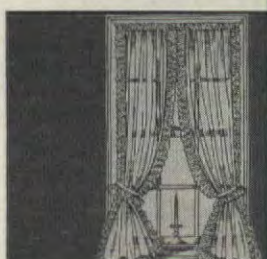
Genuine turquoise ring

Indian jewelry, real treasures from the Southwest, is handcrafted of sterling silver and features genuine turquoise stones. Ring with 1" oval stone in full and 1/2 sizes 5-9, \$16 plus 40¢ hdlg. Matching clip back earrings with 1/2" oval stones, \$16 plus 40¢. Sensational gifts! Southwestern Gifts, 620 So. Country Club A9J, Tucson, AZ 85716.



Pretty eyelet ruffles

Tieback curtains of 100% polyester permanent press are 80" wide with 2" eyelet ruffles on 3 sides. Simply machine wash and dry. Specify cream or white. 45", 54", 63", \$11 per pair. 72", 81", 90", \$14 per pair. 10" x 72" valance, \$3.50 each. Add \$1.75 for hdlg. per order. Free catalog. Country Curtains, Dept. AH9, Stockbridge, MA 01262.



"Kathy"

Slip into this open-toe, open-heel foot flatterer. It's snuggy soft and topped with a pert belt 'n buckle for easy wearing. Cushioned insoles. 1 1/2" stained wood heels. Crepe soles. White, bone, navy, gold, black, or red. Sizes 4 through 12, N,M,W. \$9.95 plus 90¢ hdlg. Over size 10, add \$1. Softwear Shoes, Dept. AH9, 1711 Main, Houston, TX 77002.



Sewer's treasure chest

Precious is the word for this tiny gem of a chest in gilded metal and leather! Holds not a pirate's but a sewer's handy treasure: golden thimble, 2 mini-spools of thread, several pins and needles. Made in Italy. 1 1/4" x 3/4" x 1". Great find for collectors, too! \$1.98; 2, \$3.50. Add 45¢ hdlg. Ferry House, Dept. H95, Briarcliff Manor, NY 10510.



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New! Wilton's Cake Decorating Yearbook: Teaches you everything you need to decorate beautiful cakes.



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A magnificent replica of the Liberty Bell. Made by American craftsmen and hallmarked. A "must" for your Bicentennial collection.
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Braided stair treads

Tough, durable, family-wise practical stair treads of 9x27" tightly braided nylon, take the wear off the stair and the worry from your mind. Functional yet homey touches for any decor, stair treads are literally step-savers! \$3.50 each. Set of 13, \$34.50. From Yield House, Dept. A59X, No. Conway, NH 03860.

"Butterfly palms"

Lush, lovely tropical palm trees are ideal for patio and garden—and indoors in winter. Thrive in sun or shade with little care. Can grow up to 6' tall. Receive up to 2' tall. 3 palms in a pot, \$3.95 plus 50¢ hdlg. 6 palms in 2 pots, \$6 plus \$1. 9 palms in 3 pots, \$8 plus \$1. Palm Nursery Sales, Dept. AH9, Box 383, Westport, CT 06880.

24 color wallet photos

New borderless, silk-textured and smudgeproof photos in color make welcome gifts for friends and family. Send Polaroid color print, photo (5x7" or smaller), negative, or slide. 24 color photos, \$2. For 36 black and white, \$1. Free bonus photo in plastic. Add 45¢ hdlg. Roxanne Studios, Dept. F-55, Box 1012, Long Island City, NY 11101.



CRINKLE DEMI BOOT

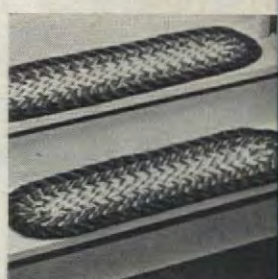
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Now anyone can restore his favorite antique and heirloom chairs easily and inexpensively with a Newell Caning Kit, tools, natural cane, and easy-to-follow instructions, all ppd. for only \$4.00; extra cane \$2.00 per chair-lot. (Ill. res. add 5% tax)

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The Lazy Way to Lose Weight Fast

'Most Men and Women Are Too Busy Dieting To Ever Get Slim'

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 it's 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 uncashed 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, 100-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 to assure you that sending me 10 dollars for my secret . . . which I'll hold until you are slim . . . 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 weaved 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.

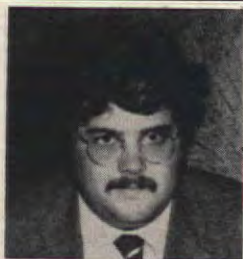
It doesn't take *exercise*. You don't have to move a muscle — your changed metabolism does the work for you.

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.

A very smart doctor once told me: "Most men and women are too busy dieting to ever get slim."

Don't waste the best, years of your life as a fat person to find out that he was right.

Prove it to yourself when you complete and mail the coupon now. Don't take my word for it, try it. If I'm wrong, you've lost just a few minutes and a 10 cent stamp but what if I'm right?



Certified Statement

"These photos of Mr. Lynn are unretouched. I have known him for over 10 years. I remember when he weighed 260 pounds. I certify that this morning he weighed just 174 pounds."

(Name available upon request)



Christopher Lynn, 4444 So. Sheridan, Tulsa, Oklahoma 74145

Chris, you may be crazy, but I suppose I've nothing to lose. Send me The Lazy Way to Lose Weight Fast. But don't cash my check or money order until I lose weight — 14 days after I mail it.

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Print name _____

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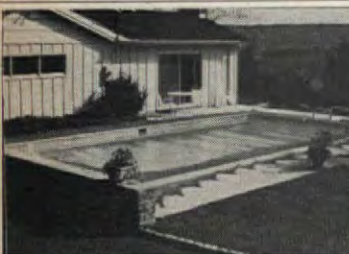
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1950 Waldorf N.W., Grand Rapids, MI 49550

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Any collector will treasure these lovely white porcelain thimbles, truly in the spirit of America's 200th anniversary. Tomorrow's heirlooms, they are hand finished in full color with a handsome portrait of Benjamin Franklin, Betsy Ross, or the Liberty Bell. \$1.98 each. All 3 for \$5. Add 45¢ hdlg. Ferry House, Dept. AH9, Briarcliff Manor, NY 10510.

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It's great to find relief for aching joints. Warm-Ease pad seals in body heat and concentrates it where you need it most. Can relieve aches, pains, strains, stiffness. Soft foam-filled jersey covered pad. Washable. Fits snugly around knee, elbow, or ankle for quick, soothing comfort. \$2.29 plus 35¢ hdlg. From Holiday Gifts. Dept. 609-B, Wheatridge, CO 80033.

Candy molds

Make "professional" candy mints simply and quickly with these rubber candy molds. Comes with free, easy no-cook recipes. Mints sweeten any party! Ideal hostess gifts. Order bell, daisy, tree, star, leaf, or rose. Each mold is \$1.90; 3 for \$3.50; 6 for \$5.75. Catalog with order; or, 25¢. Judy's of California, Dept. 395, 1206 W. Ocean, Long Beach, CA 90803.

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Twin-Rest seat cushion gives relief to sensitive areas. Designed to hide its comfort purpose, each half inflates separately for proper support. Use anywhere; deflate for travel. Handsome vinyl, 16x17". Great as a back cushion, too, it conforms to firm support. \$6.95. Green percale zipper cover, \$2.19 extra. Better Sleep, Dept. AH9, New Providence, NJ 07974.

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You get 50 yards of new lace in delightful patterns and designs—edgings, insertions, etc. Lovely colors and full widths. Great for dresses, pillow cases, as hem facings, etc. Pieces at least 10 yds. in length. \$1.45 plus 30¢ hdlg. Double order, \$2.79 plus 50¢. Comes with 50 buttons free. Lace Lady, Dept. LN-240, 808 Washington, St. Louis, MO 63101.

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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 Edu-

cation classes. Invite guest speakers—a local hardware merchant might agree to familiarize your group with the many helpful gadgets that can be used in "mini" fix-it 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 Blair
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 a good-quality photograph to Sotheby Park 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 awards in the home-improvement category but if you do, I feel my husband deserves one. Our kitchen was 11½ 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. At 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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