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Home-work

February is the month when you feel not that spring is around the corner but that winter will never end. Nothing happens in February except Groundhog Day—and that's no fun, except, of course, if the weather's good and you're a groundhog. And what could be worse than Valentine's Day if you don't have one?

What everybody needs right now is a big, happy boost over the February blahs. And that's why we've all been working our typewriters to the bone in order to give you a big, happy issue. Color's the answer. In a gray month, color's the solution, and we think our cover speaks for itself. And inside, there's a lot more of the same. We call it *citrus power*, and talk about everything from bath oil to recipes

and cooking tips to face masks.

Or consider the major part of this issue, an in-depth report on the American kitchen and what makes it so great. There is news on appliances, decorating and remodeling. And as a change of pace, we've included a particularly inept staffer's disasters in the kitchen.

And we thought, just for the fun of it, you might enjoy a peek behind the scenes. It's always fairly hectic at a magazine, and this month, here, it was particularly so. There was "The Home Front News," our newspaper-within-a-magazine, to be pulled together. Under the Features Editor's direction, four young, journeymen writers, Janis Bernstein, Nancy D'Ambrosio, Joanne Johnston and Judith Kleinman—known around the office as "The Junior League"—in addition to performing their regular duties, made it all happen. It was also a zany sort of month for the features department, too. Ann Scharffenberger had the fabu-

lous luck to interview Jacques Cousteau. Some man! Jil Curry had an enlightening visit to a convent to interview this month's "Emerging Woman," Sister Melanie. And Keitha McLean, in what seemed like a good idea at the time, took to the road for four days with a team of professional truckers. Do they earn their money!

Meanwhile, back at American Home, everybody was busy at work on our March issue. Publisher Leda Sanford covering the California vineyards and the famed spa, La Costa (that's work?); Editor Helene Brown checking out a crafts fair in Florida; and the crafts, decorating, gardening and art departments wrapping up a great big spring package for you. So, until then, Happy February. —The Editors



Jil Curry wraps up her interview with Sister Melanie, in Oshkosh airport.



Ann Scharffenberger gets the word from Jacques Cousteau, in New York.



Keitha McLean soaks up the trucking lifestyle with Nicholaas Knaap.

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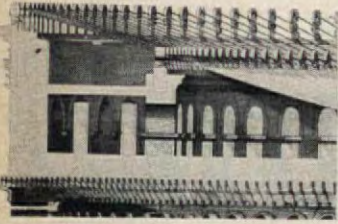
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The clownish but dangerous emperor Commodus once shot a hundred bears during a single day's festivities. He also loved to compete as a gladiator—while

Roman senators, fearing for their lives, struggled to keep from laughing!



St. Ignatius, 2nd-century Bishop of Antioch, became the first Christian to die in the Colosseum. Persecution of Christians began under Nero in A.D. 64, and continued until 330, when Constantine made Christianity the official state religion.



Symmachus, a 4th-century Roman noble, sponsored a notably ill-fated series of gladiatorial games. Among other calamities, the German prisoners he had imported as gladiators strangled each other rather than die in the arena.

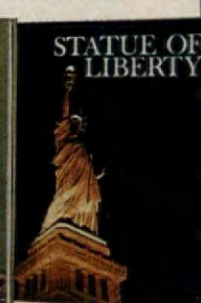
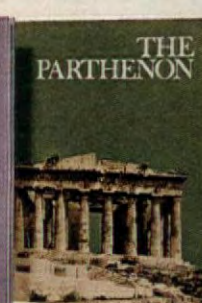
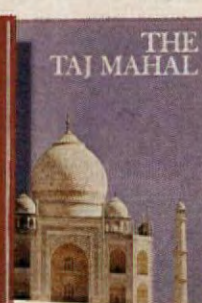
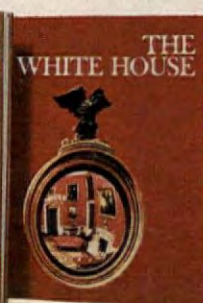
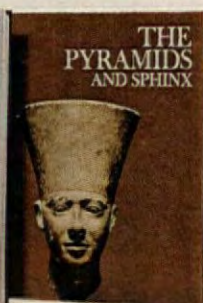
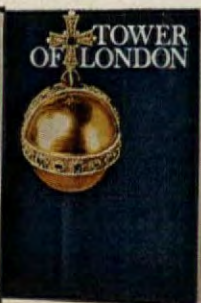


By the 19th century, the ruined Colosseum had become overgrown with more than 400 varieties of shrubs, weeds, and plants—some found nowhere else in Europe! The Italian archeologist Pietro Rosa finally received permission to strip the ruins bare in 1871.



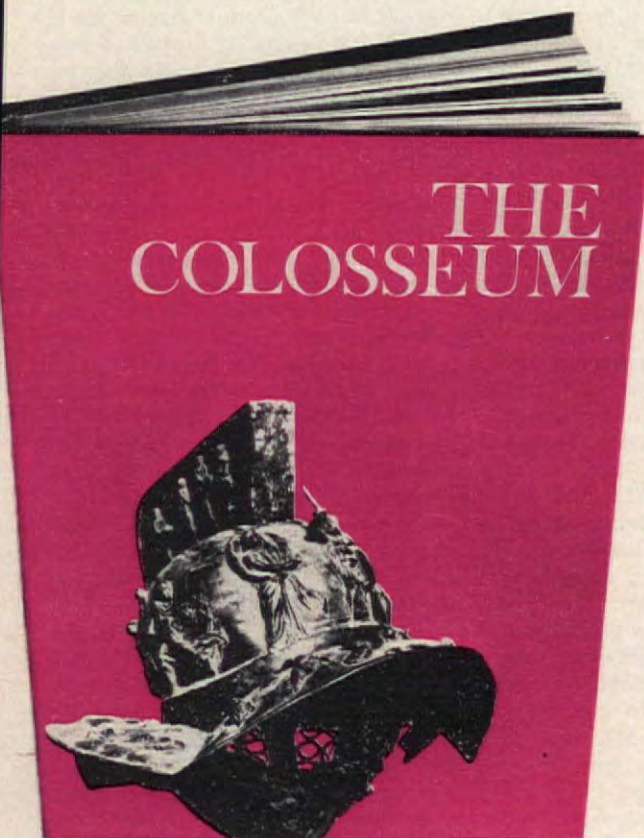
Nature and man have worked together to reduce the Colosseum to a ruin. Earthquake parts of its massive masonry crashing to the ground. The master architects of the Renaissance carried off many huge fallen stones to build palaces and churches of Renaissance present glory.

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COMING CLEAN ABOUT SOAPS AND DETERGENTS

Between the razzle-dazzle additives and the snappy packaging, there's a lot you probably don't know — and should.

By KAREN CURE

Cleaning products are everywhere—and so are the myths and misconceptions about them. Here are answers to all the most frequently asked questions about these household basics.

What's the difference between soaps and detergents?

Both clean in the same manner—they help wet a dirty object thoroughly; then their molecules collect, surround and tie up particles of soil and the minerals in your water.

One big difference, however, is that soap molecules combine with the hardness minerals in water to form "lime soap," "soap scum" or "soap curd"—that "ring" around the inside of your bathtub. No detergent, whether it's a shampoo or a dishwashing product, will do that. Laundry detergents contain *builders* specifically designed to tie up water's hardness minerals and keep them in suspension.

Can you use one soap or detergent to do the job of another?

You might; it depends on the product. Hand dishwashing liquids can also be used for hosiery, for example. Bar soap or shampoo would work on lingerie, in a pinch. Granular laundry detergents can be used for other household chores, though you may not get the results you would with a product especially formulated for the tasks.

Automatic dishwasher powders, however, are extremely alkaline and would be too hard on the skin for ordinary hand dishwashing. But you can use them with good results to get stains and odors out of your coffeepot or for soaking off baked-on, grilled-on, browned-on, burnt-on or dried-on foods from items you'd ordinarily put into your dishwasher.

On the other hand, there is no substitute for automatic dishwasher powders in your dishwasher. The suds that would be created by any other product would interfere with the ma-

chine's effective cleaning. If you run out of dishwasher powder, do dishes by hand. By the same token, dishwashing liquids produce too much suds to use in your washing machine. Also, they're not formulated to handle the kinds of soil they would be up against in a machine full of clothes.

How do you know if a cleansing product is a soap or detergent?

A distinction is made fairly clear on laundry products, less so on other cleansing agents. A label on a soap product will usually indicate what it is. References to *surfactants* and *builders* on laundry products or other household cleaning agents are your clue that a product is a detergent.

Most shampoos are detergent-based. "Castile" shampoos are the most common soap-based products.

Why can't you use soap all the time?

You may not get the results you want with soap. To be sure, a ring around your bathtub or scum in your sink isn't a problem; once you have rinsed off, you're clean enough, and the sink or tub can be swished out later. Soap-based shampoos that tend to raise the hair's cuticles and give tresses a dull appearance can be particularly troublesome if you have hard water. The scum ends up on your hair.

Washing your clothes with soap can be an even bigger problem, because here the lime curd is deposited on fabric as an undesirable gray film. While soap works fine in soft water to launder lightly soiled clothes, it can develop lime curd all over the place if you have a moderately dirty load and water of medium hardness. The whole load will become gray and film over. You'll find the curd turning up between double layers of fabric on pockets or in diapers as "grease balls," which can only be dissolved with a nonprecipitating water softener or phosphate detergent. Soap-curd deposits can also cause washing machine problems.

It's not surprising, then, that detergents make up 94 percent of all cleansing products you see on the market for shampooing, doing laundry and the like. Soaps still have their place—for light laundry and for hand-washing and bathing; it's for these purposes that soaps are being sold today.

How do individual detergents differ from one another?

Each is formulated for a specific purpose. A laundry product has to work on soil and stains in fabrics. Hand dishwashing liquids must be able to cut grease and still be mild to hands. Shampoos have to clean without stripping away the natural oils and giving you dry, fly-away hair; they must also score extremely well on eye and skin tests.

Even within use categories there are big differences. Some shampoos, for example, are effective in removing cosmetics and tonics; others, formulated especially for frequent shampooers, don't tackle cosmetic coatings quite so well.

In laundry products, the very least important difference is the one you'd probably notice first—the kind of special-purpose additives that are included: enzymes to work on protein-based stains, fabric brighteners, bleaches, scents. More important are the differences in the kind of ingredients incorporated as surfactants (also called wetting agents), which help water permeate the thing you're cleaning, and as builders to keep the water's hardness minerals tied up in suspension. Some detergents use phosphates as builders, for example; some don't.

As a result of the varying composition, laundry detergents suds differently, and vary in density. A heavy-duty liquid may call for a fourth of a cup to do the same kind of wash for which you might use a cup and a fourth of a granular product. You will, of course, vary the recommended use according to the hardness of your water, how dirty your clothes are and

how much water your washing machine holds. If you've got soft water and a lightly soiled wash, you'll use less product than you would on a big dirty wash in hard water.

Other kinds of detergents have still different formulas. Liquid household cleansers, for example, have less builder and more surfactant than crystalline household cleaners, which go heavy on the builder and light on the surfactant.

Are laundry detergents containing enzymes more effective than those without them?

Products containing enzymes work well to help get rid of protein-based stains, such as those caused by gravy, blood and body soil. If there's not very much stain, normal use of an enzyme detergent will take care of it.

However, if the item is heavily stained, an enzyme soak would be the answer. Length of soaking time and water temperature depend on the fabric and the type of protein-based stain; follow back-of-package directions.

Enzyme products do not work on inorganic stains such as those caused by rust and inks. Special rust- and ink-removers are available; check for colorfastness on a fabric swatch.

Are phosphates really bad?

These compounds—found in all dishwasher detergents, in some water softeners and bubble baths, and in many laundry detergents—have been accused of causing an overgrowth of algae that accelerates eutrophication, death of lakes and ponds. When in the course of their life cycle the algae die and biodegrade, they use up significant amounts of the oxygen that fish need to live. Indeed, where the waters are stagnant or sluggish, eutrophication is hastened by phosphates. If you live in an environmentally sensitive area, not even a septic tank will lessen your laundry's impact; the phosphates will eventually get into the water. (continued on page 16)

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WINES: A BEFORE-AND-AFTER STORY

A quiet revolution is under way today in the dining rooms of America: a movement dedicated to drinking wine as a pre- and post-dinner alternative to hard liquor.

By MARTIN DRAKE

Unlike the dulling effect of hard liquor, an aperitif can wake up your taste buds for a meal that promises to be a culinary event. Afterwards, a soothing dessert wine provides the final touch—that's the before-and-after story of dinner wines. The best of both are listed below.

Sherry is a classic aperitif. Of the two main types, dry, pale Fino rather than sweet, dark Oloroso, is the one to sip before a meal. It should always be chilled prior to serving—about a half-hour in the refrigerator. Three of the better Finos that are readily available throughout the United States are Gonzales & Byass' Tio Pepe, Pedro Domecq's La Ina and Sandeman's Aperitif. The three average about \$6 a bottle. If you find these too dry, try Amontillado, a blend of the Fino and Oloroso types in color and dryness.

Amontillado can be served chilled, on the rocks or at room temperature. Three of the best Amontillado sherries generally available are Harvey's Amontillado, Pedro Domecq's Ideal Pale-Medium Dry Sherry and Williams' and Humbert's Dry Sack. The first two cost around \$4.50, Dry Sack a little more.

Sherry is also a fine after-dinner drink. As opposed to the dry aperitif sherries, cream sherry is similar to but sweeter than Oloroso. Look for cream sherries of the same brands as for dry. Prices range from \$5 to \$8.50.

Vermouth is another excellent aperitif. The name is derived from the German word "Wermut," which means wormwood, an ingredient found in all vermouths. Like sherry, vermouth comes in two varieties, dry and sweet, also known as French and Italian vermouth, respectively. The best dry white vermouths to look for are Boissière Dry, Noilly Prat, Cinzano French Dry and Martini and Ros-

si Dry. If you find a dry vermouth too bitter for your taste, mix it with sweet. All of these brands also produce the sweet variety. They will cost about \$3 to \$3.50 a bottle.

Madeira has been popular since the middle of the 18th century. There are four main types. Only the drier ones—Sercial and Verdelho Madeira—can be considered aperitifs. Rainwater Madeira is a blend of the two dry wines. Aperitif Madeiras should be chilled about a half-hour before drinking. Unfinished bottles can be recorked and will survive with no ill effects to the flavor. The best dry Madeira available in American is Leacock's Fine Dry Sercial and Cossart Gordon's Original 13 Colonies Rainwater. The cost is about \$5.50 per bottle.

After-dinner Madeiras include Mahmsey and Bual. Of the two, Mahmsey is darker and richer in flavor. Bual is softer in color and flavor, but is equally good as an after-dinner wine. Cossart Gordon and Sandeman are the names to look for; their prices range from \$5 to \$6 per bottle.

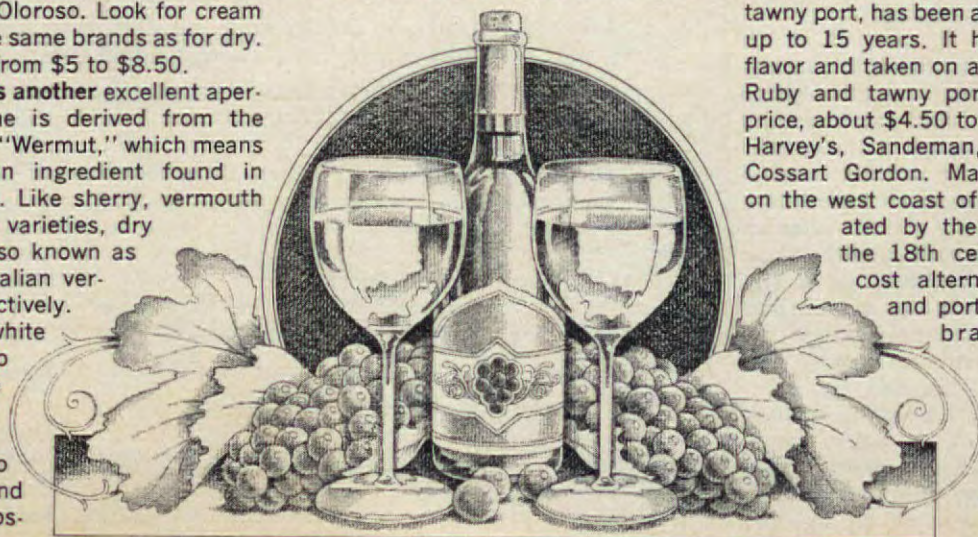
Dry white wine is fast becoming an alternative to hard liquor before a meal. In this category, my favorites are Paul Masson's Pinot Blanc, Joseph Drouhin's Soleil Blanc, Almadén's Johannisberg Riesling, Sichel's Graves Supérieures, Christian Broth-

ers Napa Valley Chenin Blanc and Bolla's Soave Classico—all \$2.50 to \$4.


Here are a few more aperitifs that I find satisfactory. Punt E Mes by Carpano is vermouth-based, flavored with quinine. It has an interesting taste that's both bitter and sweet. It should be served on the rocks, with soda and orange peel. Lillet White is a dry aperitif made from white wine and herbs. Serve on the rocks with a twist of lemon. Byrrh (pronounced beer) is a red wine-based aperitif that's also flavored with quinine. Serve over ice. All are priced at about \$4 to \$4.50.

Only four different after-dinner wines are available in most American wine shops: port and Marsala, as well as sherry and Madeira.


Port, produced in the Douro Valley of Portugal, is the best-known after-dinner wine. It is made by adding brandy halfway through the fermentation of the grapes, when sugar is still left. The wine at this point is quite harsh and needs aging. The finest port is called "vintage port," although "vintage" is rarely found on the label. Usually, the year is given. Port is bottled after two or three years in the barrel, and allowed to age 15 years or more. It is expensive, ranging from \$9 to \$60 a bottle. The two types of port you're most likely to find locally are ruby and tawny port. My personal favorite, tawny port, has been aged in the barrel up to 15 years. It has mellowed in flavor and taken on a brownish color. Ruby and tawny port are the same price, about \$4.50 to \$5.50. Look for Harvey's, Sandeman, Cockburn and Cossart Gordon. Marsala, produced on the west coast of Sicily, was created by the English during the 18th century as a low-cost alternative to sherry and port. Florio Marsala brand is widely available. Their Dry Golden Cream and Sweet and Dry White both cost \$3.50 to \$3.75. □




How far can you go with Sherry?



Some people drink *Almadén Cocktail Sherry* on the rocks before dinner. It's light, dry, a perfect appetizer, and made in the old Spanish solera method. An ideal beginning to dinner, delicious with lightly-salted nuts. Or try our new, drier sherry, *Flor Fino*.



Appropriate anytime — before, during, or after the meal, is *Almadén Golden Sherry*. A medium-dry, nutty sherry, Golden is aged and blended in a true solera.



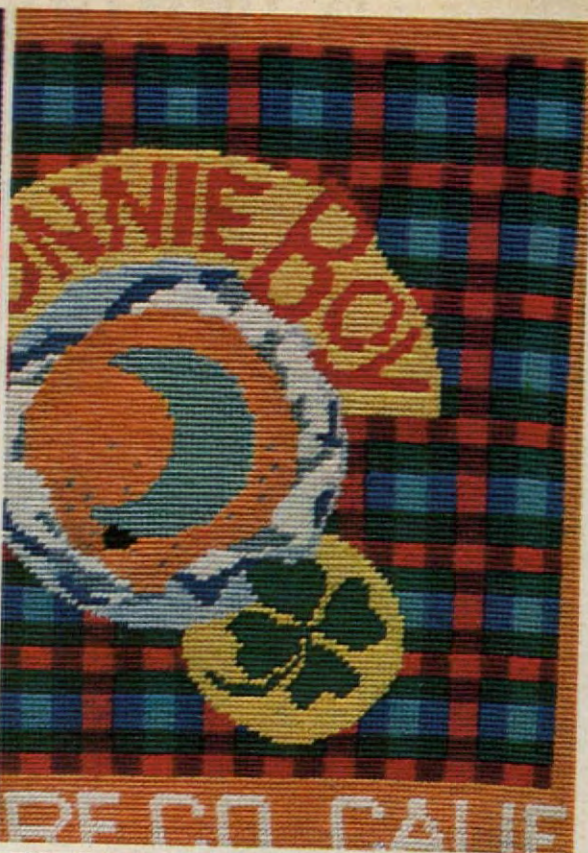
After dinner, bring out the *Almadén Cream Sherry*, for those who prefer a rich, smooth taste after a meal. Made in the manner of the Spanish masters, it is particularly exquisite with fruit or cheese.

When friends come to dinner, come to us. Come to Almadén.



Almadén Solera Sherries

A family of fine wines since 1852.



Photography by Herb Bleiweis

ORANGE CRATE ART

Citrus power in the art world: For years, American orange growers have plastered their packing crates with delightfully bold, bright-colored labels, and nobody thought much about them. Now these designs are

folk art, and people are taking a second look. Designer Lynn Perrella has chosen four to needlepoint on 12½-inch 12-mesh canvas squares, using D.M.C. Floralia Persian Yarn. To order, see coupon, page 68.



IF YOU CAN'T STAND THE KITCHEN,

stay out of the heat

(with apologies to Harry Truman)

I concede defeat. After 15 adult years of battle, I am beaten, ground into the dust, vanquished by my kitchen and my recalcitrant refrigerator. Invincible, they have not only taken the last battle, they have won the war.

This issue of *American Home*—with its emphasis on the kitchen and the story on “The Intimate Refrigerator”—put me in a mood of if-I-were-famous-what-would-they-find-in-mine? I spot-checked. I found: three unopened jars of Major Grey’s Sweet Mango Chutney; one half-jar of lecithin granules, left over from a diet; a half-bag of flour, left over from a non-diet; a square of what was once Cheddar cheese; two slices of very cold, very old pizza; and a bottle of beef stock that had taken on alarming characteristics of primordial life.

“The best thing about an undefrosted fridge is that you can’t open it”

In an effort to give my fridge the same sort of spiffy chic as that shown in the magazine, I bought a honeydew melon, some Perrier water and a jar of snails. The same day, the fridge—in savage retaliation—froze them . . . plus everything else inside still capable of freezing . . . rock hard. And I hadn’t even changed the burned-out light bulb, much less tampered with the cold-colder-coldest dial.

My refrigerator, in concept and working, has always been a mystery to me, and a source of derision to my family and friends. My sister, whose sense of humor exceeds her sense of familial devotion, has even worked up a moderately amusing dialogue, delivered as she conducts her friends on a refrigerator “tour.”

“Hacking a path between the co-

agulated corn oil and the month-old chicken curry trying to crawl out of its pot incorporates all the adventure of hiking barefoot through the Amazon jungle,” she says.

This same sister, once caretaking (for reasons best lost to time) my apartment when I was out of town on assignment, whipped up a batch of spaghetti and left the remains in the fridge—“for decorative purposes only,” she now insists. Returning three weeks later, I, delighted at the unexpected largesse, tucked into it. My subsequent survival was termed a minor miracle.

From that point on, it was war. Me versus refrigerated technology—automatic ice cubes at 20 paces.

I admit I wield a mean spatula. However, I belong to the rare species known as “social cooks,” those who sauté for accolades alone. Therefore my culinary expertise is geared to dinner parties of no less than 10 people. And since I live alone and am usually too busy to entertain, I tend to excel at leftovers.

Dealing with dishes blessed with a refrigerated longevity, such as Irish stew, my method is superb: I simply hack off a chunk when I’m desperately famished or when I’m out of chow for my cats. With other, more perishable items—my somewhat special shrimp creole, for example—my procedure can be genuinely lethal.

It has not always been thus. In the beginning, I, like other people, shopped and stocked my larder in the accepted manner. Then as the demands of career increased, the orderly pattern wavered like an erratic pulse, then quietly died. Some career-oriented people can pace themselves and integrate their jobs and their personal lives. These are targets I have yet to hit.

Journalism, particularly, is a turn-on-a-dime profession, and as turns—

or dimes—increase, a lifestyle pattern evolves, one that’s either planned or hit-or-miss.

Mine, so far, has been the latter. Even so, the motivation for my household shopping and cleaning are anything but complex. I simply suffer from wild bursts of premenstrual domesticity, during which I blitz both the tradespeople of my district and my apartment in one revved-up Saturday morning of housewifery over-kill.

“It’s a mistake to assume all products are multi-purpose. An oven cleanser, for example, will not work on the kitchen sink”

This method has worked in its fashion, except for two things. Since the hormonal rush is a monthly phenomenon, the cleaning of my personal world is limited to 12 assaults per year.

And the system breaks down in the kitchen where, because I have absolutely no interest in the place once the urge has passed, the mountain of provisions I have bought (classic behavior, psychiatrists say, of a woman wanting to mother, feed, nurse) sit in the monster refrigerator in a state of quiet decomposition.

Until, that is, 1) a compulsively tidy houseguest throws everything out; 2) the killer fridge decides to defrost itself and floods the kitchen with mixed vegetables and ice water; or 3) a month passes and The Great Mother in the Sky smites me into action once more.

Another curious aspect of these grocery-buying binges is that no matter what I actually need, I consistently buy the same things over and over. And—an apparent bastion against the

Special 'dogs' for special dogs.

MILK-BONE® Dog Treats. The hot dog shaped treat for dogs.

No dog is more special than your dog. And no treats are more special than MILK-BONE Brand Dog Treats. They look different—like miniature hot dogs.

They taste different—baked crispy outsides, meaty flavor insides. They are different. They're special. And your special dog deserves 'em.



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onslaught of television advertising—I invariably buy the brands my mother bought.

Currently, this mild eccentricity accounts for the aforementioned jars of chutney in the dreaded fridge, to say nothing of the three half-gallon tins of floor polish, two bottles of window cleaner, two boxes of soap pads, two jars of silver polish and 15 pounds of cat litter that clutter the area under the kitchen sink.

During these recurring paroxysms of consumerism-on-parade, my kitchen and its insidious contents have dealt other blows to the order of my life. For as I rush, shopping list in hand, to the supermarket, I pass the paint store, and the primeval urge to refurbish my nest takes control.

Again there's the unwavering, illogical pattern, repeating what has gone before. I see red for my kitchen. I've seen red for every kitchen I've ever had—it matches my pot-holder and dust pan.

My current kitchen, however, is now riot red, a result of over-achieving and bad painting. I had planned on subtle red accents, but as paint dripped, I kept rolling until the entire room was covered and sink, stove, fridge glittered in a Jackson Pollack-like spatter.

Moreover, I'd bought the type of paint apparently formulated for the hulls of ocean-going freighters—a molasses-like variety requiring a distressing number of days to dry. As a result, great armies of Raid-stunned beasties (a breed indigenous to genteely-squalid New York apartments) staggered onto the tacky surfaces.

Unfortunately, by then, the monthly mood had passed. As a result, now while other people have cunning stencils on their walls, I have a free-form mosaic of Chinese red *cucarachas*.

"The solution to the battle with my refrigerator is to spray it gold and turn it into a lamp."

The horror goes on. Beseached by a friend to actually try a new multi-purpose, hard-as-nails floor product, I tried, but the cats kicked litter all over it as it was drying. The result—a hard-as-nails, stucco floor covering, removable (the following month) only with pure ammonia that altered the color of the floor.

Then there were the kitchen plants—elephant ears. "Lady, you couldn't

kill these things with a stick," I was assured. I couldn't, perhaps, but with my heinous stove's pilot light constantly going out, they were gassed in a week.

The coup de grace, came, however, when, again, I was out of town on assignment. At my apartment, a friend was trying to shore up the kitchen sink—a relic that, regardless of scrubbing, resembles the gray, pitted crater of an extinct volcano. Momentarily leaning on it for support, he ripped it right off the wall. The following phone conversation ensued.

Him: "Ah . . . your sink fell off the wall."

Me: "Did it say why?"

Him (Ignoring me): "The valves were rusted shut so there was a lot of water."

Me: "Meaning . . . ?"

Him: "Ah . . . the man downstairs says his ceiling is soggy. Oh yeh, and saggy. 'As for your foam banquette . . . it's no joke trying to wring out a banquette."

"Oh yeh, the killer fridge is at it again. The door won't close, it's defrosting itself, and something smells funny."

Me: "Throw everything away . . . I never liked truffles, anyway."

. . . To be continued. —Keitha McLean

SOAPS AND DETERGENTS

continued from page 9

On the other hand, phosphates do not contribute to eutrophication when they're put into the ocean untreated, into waters that are cold and fast-flowing or into swift, muddy water where sunlight can't get much below the surface. Algae does not grow in those conditions.

How pure is pure?

Very early soap manufacturers used more or less the same formula as housewives then used in home soap-making—grease and lye. As production improved, the basic composition was refined, and perfumes were added to mask unpleasant smells. But soaps were still harsh on the skin. The formula, which left a lot of pockets of unneutralized alkali, was bad enough, but the high concentration of perfume also led to skin irritation.

Today, all soap-making has improved to a point where uncombined alkali are virtually nonexistent. The first soap-maker who succeeded in perfecting a process to minimize free alkali called his soap "pure," and the name stuck.

How natural are the "natural" soaps and detergents?

Even detergents come from substances in nature—petroleum, minerals and the like. Soaps, in particular, have always been made of coconut oil, olive oil, palm oil, palm kernel oil and tallow, among others. Often, various kinds of oils are added to take advantage of the best properties of each—better lathering, for example, or creamier suds. Products like oatmeal soap and avocado soap, two of the many "naturals" on the market, are still basically soaps. As in the case of cold-cream soaps, you may get some benefit from the special additives. Oatmeal soap will help rub off dead dry skin, for example, but no "natural" will nourish the skin.

Do soaps and detergents disinfect?

Any soap or detergent is designed to remove soil and foreign matter, and in doing that quite naturally reduces the growth medium for bacteria. However, if you want disinfectant properties, as when there's been sickness in the house, you need a special-purpose additive such as chlorine bleach.

What causes dishpan hands?

The detergents themselves aren't so

much at fault as the temperature of the water. Sensitivity varies. Mildness has to do with alkalinity, and hand dishwashing detergents are extremely low in alkalines. Rubber gloves offer some protection against hot water, but if you do dishes often, your best bet is to give them a good hot-water soak before you put your hands in.

What soaps, if any, soften skin?

If you want a skin softener, try one of the superfatted soaps, which have cold cream or such other special ingredients as cocoa butter as additives, or a transparent soap that contains a nonfatty emollient called glycerine. Some sudsing emollient liquid cleansers are specially designed for people who have to wash their hands often. More important is the temperature of your wash water: Very cold and very hot temperatures are definitely drying.

Does frequent cleansing prevent acne?

No. Acne sets in when excessive production of androgen, a sex hormone, triggers excessive production of oil in the sebaceous glands of the skin. The oil ducts get plugged with dirt and waxy oil, and bacteria on the skin inflame the area around these sebaceous glands. Frequent cleansing will reduce the severity of the condition and help control it, but will neither prevent nor cure it. See a doctor.

What's the difference between baby and adult shampoo?

Baby shampoos have always been formulated with particular regard for their mildness to the eyes and skin. The surfactants used, as a rule, do not foam particularly well, and are not as effective as others in removing oils, hair sprays, tonics. Adult shampoos, while still mild and gentle, have traditionally been formulated to handle those adult problems; the ingredients tend to foam better, too.

With shampoo patterns changing—more and more people shampooing more often, hair-spray use decreasing—a great many more manufacturers of adult shampoos are using the surfactant systems that were previously found almost solely in baby shampoos. Now, too, some shampoos made for adults contain ingredients to deposit a thin film on the hair, something like a setting lotion. This mends damaged ends and gives hair body. □

Karen Cure has written extensively on first aid and preventive medicine for American Home.

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What is the most abused part of your body?

Your hands. Just think of everything they've gone through. All the work they do for you.

No wonder they hurt sometimes. And feel red, rough, and painfully dry.

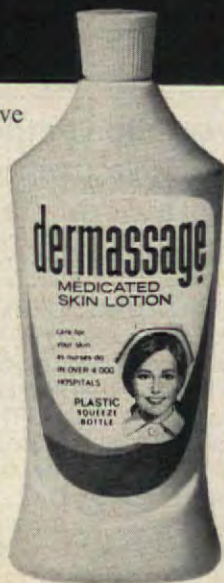
They need Dermassage.

Dermassage is medicated relief for abused hands. Its cooling formula goes to work immediately.

Soothing. Smoothing. Working deep into pores to replace lost moisture.

Dermassage actually helps heal the hurt. It's the medicated skin lotion that's used in over 4,000 hospitals.

For a free brochure, "How to Care For Your Skin," send name, address and 10¢ for handling to Dermassage, P.O. Box 776, Darien, Conn. 06820.



Medicated Dermassage for abused hands.

Who makes news? What's the word? Where do you buy? And why?

The Home Front News

HEART ATTACK!

February is the month of hearts gone wild...



HEARTS OF GOLD

And silver. And ivory. Elsa Peretti, star designer for Tiffany's, has created a whole precious collection of hearts: hearts to hang in your ears, around your neck, on your belt. Pictured here is an 18-karat gold pendant on a 15-inch chain (\$148), guaranteed to melt even the hardest heart. It also comes in sterling silver (\$34). At Tiffany's New York, San Francisco, Beverly Hills, Houston, Chicago, Atlanta. For more about hearts, see page 23.



CHIANTI— STRAW GONE

Those who buy Chianti for the straw-covered bottle had better stock up quickly. This traditional bottle (how many candles have dripped over it?) is being phased out in the next 18 months and replaced by an all-glass version.

Importers of Italian wines say that the straw now costs as much as everything else—the case, the glass and the wine. Each straw-covered bottle costs 70 cents today, compared to 8 cents in 1968.

Another factor contributing to the phase-out decision is Italy's increasing industrialization. Many of the women who used to hand-weave the straw have gone to better-paying factory jobs.

HOUSE DRESSINGS

Martex is moving out of the bedroom with "Kitchen Wear," a new collection of coordinated aprons, towels and oven mitts. The "Home Sweet Home" terry tea apron (above) by Gloria Vanderbilt is available at Lord & Taylor, New York. New: an 80-page magazine from Martex, *About the House* (available on newsstands in March for \$1.50), will be filled with ideas for decorating with sheets and towels.

CAPTAIN COUSTEAU SURFACES

Captain Jacques-Yves Cousteau, hero to millions for his *Undersea World of Jacques Cousteau* series for ABC News, is talking about a lot more than just fish these days. His most recent projects include collaboration with NASA on a project to monitor the oceans and participation in the UN conference on the law of the Sea.

Preparing his next ABC season on underwater archeology, Cousteau plans an odyssey in the Mediterranean

that will take him in search of the lost continent of Atlantis. Where does he think Atlantis really lies? "I have my ideas, but it's too soon to say."



JUMP RIGHT IN

The jumpsuit is the one-piece solution to easy-going dressing. A standout in the best-looking American spring sportswear collections, the button- or zip-front pull-on is shaping up in everything from chiffon to corduroy. Dress it up with a silky shirt or blazer for a spiffy city look; layer it over sweaters for weekend lounging. And with a change of scarf or jewelry, it moves right through the day into evening. Here, the black and white, polyester and cotton workman's cloth top-stitched in white (\$70), by Gayle Kirkpatrick for Tudor Square.



MALE ORDER MASSAGE

"I've Got You Under My Skin" was the song on the stereo...I was the victim on the massage table awaiting my first massage at an all male-staffed spa.

As my treatment at Janice Carr's Spa in Manhattan began, worldly tensions faded. After I'd had a warm bath, the masseur kneaded me from face to feet, then escorted me to a whirlpool bath.

A \$35 massage is a luxury. But when you leave, you'll know you're worth it. —Joanne Johnston

The Home Front News

BOOKS



'THE VINTAGE WINE BOOK'

One of the best guides for wine buffs and novices has just come out in revised paperback form. Author William S. Leedom discusses both the great and lesser-known wines of the world, and begins his book with advice for all those baffled by too much mystery and snobbism on the subject of wines:

"If wine drinking could be made as simple as opening a can of beer or pouring out a shot of whiskey, it would certainly have become even more popular than it already has. Unfortunately...it is necessary to know something about wine if one is to enjoy it fully and get proper value for the money spent. We

often tend to forget that Europeans have a long history of wine drinking behind them, and that their habits and practices in the serving and drinking of various wines are simply common knowledge and established tradition. These same practices and habits when brought to America, however, often seem like affectations and useless folderol, mainly because we don't understand the reasons for them...A basic knowledge of wine is necessary not only to be able to enjoy various types of wine to their fullest, but, even more important, to be able to avoid being cheated or disappointed when purchasing a bottle in a shop or restaurant....Just as with buying any other product, it is a case of caveat emptor. With wines perhaps...more so!"

Copyright ©1963, 1975 by William S. Leedom. Excerpted from *The Vintage Wine Book* by W. S. Leedom, printed by permission of Random House, Inc. Revised edition, \$2.45.

'YOUR BABY'S BRAIN BEFORE BIRTH'

What's unfortunate about this book is that its thesis is based, for the most part, upon speculation. In describing the development of the fetus, authors Mortimer G. Rosen M.D., and his wife, Lynn Rosen Ed. D., "observe" the reactions of the fetus to stimuli inside and outside the womb. This is provocative, but because experimentation and observation on fetuses in utero are restricted, nothing is fully researched or completely known. The only advice to be gleaned is the notion that to eat right and keep fit will make a healthy baby. Granny could have told us that (NAL Plume Books, \$3.95).

'BOSS PSYCHOLOGY'

This book tells you how to deal with your boss before he deals with you. With some 25 years' experience in the newspaper and business fields, author Charles Vance urges you to "help your boss manage you because he probably does not know how." Most bosses, according to Vance, become bosses because of their ability to perform not because of their capability to manage. By making yourself visible and your ideas heard, you become an asset to your boss and a potential boss yourself. His book, which is filled with good common sense philosophy that applies as well to husband/wife or parent/child relationships, treats such tender topics as the insensitive boss, hostility toward your boss and office interaction.

Vance's advice to the working woman: Remember, when your boss criticizes you, the criticism is not directed at you, but at your *ideas* (McGraw Hill, \$8.95).

'MARY POPPINS IN THE KITCHEN'

A Cookery Book with a Story

The magic of Mary Poppins fills the kitchen at Cherry Lane—and yours, too—with a fine mingling of fantasy and food. In this, the newest of the Mary Poppins series, P.L. Travers has turned her unflappable heroine and her spirited charges, the Banks children, to coping with cooking.

Aided by Mary's ever-helpful assortment of friends and relations—Mrs. Corry, Admiral Boom, Mr. and Mrs. Turvey and the Bird Woman—a week's worth of delightfully traditional English meals are prepared.

Laced with Mary Poppins' own personal helpful hints, the recipes have been gleaned from Ms. Travers' youthful memories, with an assist from "culinary consultant" Maurice Moore-Betty. They are alphabetically listed in a separate section, "Mary Poppins' Cookery Book from A to Z"

The result is a delicate blend of whimsy and culinary tips—the perfect way to introduce a child to the wonderful world of cooking (Harcourt Brace Jovanovich, \$6.95).

Illustration copyright ©1975 by Mary Shepard Knox.



MOVIES

IMPORTS: A NIGHT AT THE OPERA

Ingmar Bergman's extravagant film of Mozart's *The Magic Flute* is a good way to introduce children to opera, despite one caveat: The Swedish director's drab approach to fairy tale dragons and abducted princesses pales in comparison to last year's phantasmagorical film of the rock opera *Tommy*.

FASCISM FRENCH STYLE

Political filmmaker Costa-Gavras takes a petrifying look in *Special Section* at the French wartime courts set up to try harmless terrorists and Jews. A chilling commentary on law and order in the hands of corrupt leaders and irresponsible government, the film frighteningly recalls the paranoia of *Watergate*.



WOMEN IN LOVE

Italian moviemaker Lina Wertmüller's *Swept Away* is a contrived but powerful film about an upper class snob and a Communist he-man shipwrecked on what has to be everybody's fantasy of the perfect desert island. The stereotyping of the leads as an intellectual Tarzan and Jane, the soft-core sex and the soap opera ending set the course of sexual liberation for men and women back to the biology-is-destiny era. A must for D.H. Lawrence fans.

OF MEN AND MISERY By Daphne Davis

Freud made a mistake when he queried, "Women, what do they want?" He should have asked, "Men, why are they so miserable?"

Let's take up the case of Jack Nicholson, America's premier hipster misfit in *One Flew Over the Cuckoo's Nest*, a compelling adaptation of Ken Kesey's 1962 novel directed with tone and taste by Milos Forman.

Nicholson is Randle Patrick McMurphy, a convict who gets himself transferred to a mental hospital to avoid prison work. As a natural troublemaker who is trapped as much by his limitations

as by society, Nicholson is at his rawest in a virtuoso performance.

Number one in box office macho, Charles Bronson out-silent-types Clint Eastwood in a Depression-era melodrama called *Hard Times*.

Aided by James Coburn as a two-bit scam artist and a passable script derivative of *The Sting*, Bronson plays a street fighter with the biggest fists on the block and an ego to match.

In *Man Friday*, Peter O'Toole, everybody's favorite repressed homosexual madman, is back as Robinson Crusoe stranded on an island with Richard Roundtree as his noble savage sidekick, Friday.

The less said about this hokey movie—in which O'Toole flagellates himself for impure thoughts about women and says things to Roundtree like "How can you worship a banana?"—the better.



5 "miserable" men: Nicholson (top), O'Toole & Roundtree (above), Coburn & Bronson (right).

The Home Front News

THE MOTHER'S ALMANAC'

Here is an engaging, encyclopedic guide to loving and living with small children, written by two sensible women who have seven youngsters, all told, and have learned a lot from each of them.

Marguerite Kelly and Elia Parsons begin well before the beginning, exploring the time "from the rabbit's test to the first contraction" with common sense and good humor. They offer wise words on preparing for childbirth, on hospital etiquette and on such postpartum problems as how to tone up the body and when to have sex again, no matter what the doctor orders (Doubleday paperback, \$4.95).



'NAPA WINE COUNTRY'

Admirers of California wine will be delighted in this luxurious new book by photographer Earl Roberge, who successfully combines the legend and beauty of the wine country with practical information about California wines and wine-making (Charles H. Belding, \$35).

'CLOCKS & WATCHES'

Six Hundred Years of the World's Most Beautiful Timepieces. Text and photographs by Johann Willsberger; introduction by Arnold Toynbee.

Ever since God divided day from night, man has been measuring his life in capsules of time. His perceptions of time have colored myth, magic and mood. As man's activities have become increasingly sophisticated, so has his time become more regulated — and his tools for telling time more exact. In 1500 B.C. the Egyptians used water clocks; sun dials are older. But the clock itself is a fairly recent invention.

The pendulum allowed measure of the minute to be absolute. With the Industrial Revolution, timepieces could be mass-produced, and today no man or woman would be

caught without a wristwatch — and, of course, clocks are ubiquitous.

The book displays the most beautiful clocks and watches ever designed, most of them commissioned for royalty. Coils, springs, gears, dials are as visually exquisite as the decorations. Automated animals and figurines, planetary orbits and movements of the sun and moon, filigree — all the ornamentation is of superb craftsmanship. Some clocks are monumental; some are tiny, but each is a masterpiece of design. This is a book to spend time with (The Dial Press, \$30).

IN VIEW By Bill Weston

For the Athletes in Your Home. Now that football is over, you may have thought you'd won a rest from having to watch sports on television.

Not so. The 12th Winter Olympics run for 12 days, from February 4 to 15, in Innsbruck, Austria, and ABC has 45 video cameras on the scene. The games will preempt prime time in the evenings and on weekends, for a total of 43½ hours. Everything from skiing to figure skating (ABC, watch for listings).

From Hollywood via TV. Caesar and Cleopatra — Hallmark brings a new version of the Bernard Shaw classic to television, starring Alec Guinness and Genevieve Bujold (NBC).

Dark Victory — Another remake of an oldtimer that Bette Davis made famous, with Elizabeth Montgomery and Anthony Hopkins in the lead roles (NBC).

And on the Lighter Side. Highlights of the Ringling Bros. Barnum and Bailey circus: Johnny Cash hosts the lion tamers, clowns and trapeze artists (NBC).

NOVELS TO WATCH

Something new and long overdue — novels filmed in their entirety for TV. The first is a 12-hour version of Irwin Shaw's 723-page *Rich Man, Poor Man*, which will start with a two-hour episode and be programmed weekly until completion. It's the story of a family in the new society that began at the end of World War II. Other novels to be filmed: Michener's *Hawaii*, Dos Passos' *U.S.A.* and Haley's *Roots* (ABC).

Featured in the cast of *Rich Man, Poor Man* are, pictured below from left to right, Nick Nolte, Susan Blakely and Peter Strauss.



The Home Front News



CLASSICAL

Although we've been Scott Joplin-ed to death ever since The Sting, there is happy news still at hand, particularly the rescuing of the Houston Opera Company's production of his only opera, *Treemonisha*, which was written in 1907 and had to wait until 1973 for a production. It is being recorded by Deutsche Grammophon (they do superlative work) and should be coming out right about now.

Scott Joplin is not, strictly speaking, in the classical genre, but that's to cavil. Another fine offering recently is the RCA five-record set of his Complete Piano Works, played by Dick Hyman.

Meanwhile, Angel has issued a recording of Weber's little-done *Euryanthe*, another of his operas saddled with a pathetically bad libretto—better heard than seen—so a recording is just the ticket.

Since more and more people are getting into cassettes, it's good news that Deutsche Grammophon is increasing its classical output there. Lots of good material, already out, includes von Karajan's Beethoven and Brahms symphonies (complete), Handel's *Messiah*,

Mozart's *Così fan tutte* and The Magic Flute, and Bach's Brandenburg Concertos.

An appealing and soothing instrument is the lute; the guitar, too, in the right hands. Julian Bream has the right hands. RCA has issued two records of particular note. A pairing of Rodrigo's *Concierto de Aranjuez* (new) and Berkely's *Guitar Concerto* (a first) is especially recommended. And of uncommon delight for the baroque/early classical buffs—two concertos by Vivaldi, a double concerto by Handel and one by the little-known Kohaut. All are played on a copy of an early 17th-century lute with eight courses and 14 strings. Beautiful.

Ballet is getting its fair shake. Reissues that are welcome include the Pierre Monteux complete reading of Stravinsky's *Petrushka* from 1960 and Erich Leinsdorf's 1968 version of music from Prokofiev's *Romeo and Juliet*, both with the great Boston Symphony. Angel has Ravel's *Daphnis and Chloe*, with Jean Martinon and the Paris Orchestra and Paris Opera Chorus (the choral work is wordless), complete and very welcome.

—Peter Davis Dibble



ROCK

I have a good friend who is also a music critic—knowledgeable and difficult to please. He keeps 'em honest, you might say, but when he really likes something, he'll review it for just about any magazine that will publish his prose. That's the way he feels about Bonnie Raitt's new album, *Home Plate* (Warner Bros.).

Live, Bonnie Raitt is extraordinary. She's attractive. She aims at a level of professionalism that is equal to none among the female rock singers. But she resists the route of cold commercialism that keeps others on the radio, and she doesn't seem concerned with, or care to record, songs that have the ice pick-in-the-brain potential to be hit singles. Now, in the music business this does not normally bode for a long career, but somehow I have the feeling that Raitt will be around for a while.

I agree with my friend's assessment of her album. It confirms my long-held suspicions—that she might just be the best interpretive white female rock singer on the scene today. And I don't even love all the cuts on *Home Plate*. Only three—

"Run Like A Thief," "Walk Out the Front Door" and "Pleasin' Each Other" rank as top quality material in my book. But Bonnie Raitt's voice has an ability to lend nuance to even the bland material.

After Jimmy Cliff and Bob Marley and the Wailers, Toots and the Maytals is the third big reggae band to carry its Jamaican rhythms (do you dance on the beat or the off beat?) to our receptive shores. This is because Toots draws a lot from Otis Redding and Ray Charles, southern gospel and James Brown gyrations, and fuses it all together in a live show second to none. Toots seems to have a better grasp of how to move the American masses with his body than Marley, whose revolutionary message also strikes most Americans as elementary. Toots is one of the most powerful, soulful black singers I've heard in years, and his first American album *Funky Kingston* (Island Records) captures the same formidable spirit of his live performances. And listen to what he does to "Country Roads." Won't that surprise the folks in West Virginia?

—Peter McCabe

NOTES

IT'S PASTA POWER

Two billion pounds of pasta to be exact (according to the National Macaroni Manufacturers Association). Americans are second to only one in annual consumption of pasta products...Italy.



REEL-TO-'REAL'

So you've been in home movies; now you can make it big on TV as well. New from Kodak is audio-visual equipment to bring home video to your television screen. With their Supermatic 200, a camera that's a sophisticated notch above their usual home movie cameras, you can film up to 400 feet (or 29 minutes) of vivid Super-8 film, with sound, and then project it, through their Videoplayer VP-1 right onto your TV screen, via a simple hookup to the antenna terminal. Film is cassette-loaded, a cinch to transfer from camera to videoplayer, but you can take the film out of the cassette, too, and slip it onto any reel-to-reel projector. This piece of equipment is still a bit expensive at \$1,350, but a Supermatic-60 projector with contained pop-up screen is \$545.



WHO'S GOT THE BUTTON?

At Tender Buttons (143 E. 62nd St., New York, N.Y. 10021) Millicent Safro and Diana Epstein have drawers filled with buttons—both new and old—from England, France, Japan and America, as well as buckles, many Art Nouveau and Art Deco. Diana Epstein has written an 84-page illustrated history that is titled, of course, *Buttons*. It's available for \$5 postpaid from Tender Buttons.



'MARSHMALLOW' MARCHES ON

The British have invaded again, this time with "Marshmallow," soft foam rubber versions of everyday objects covered in brightest colors of hand-washable terry cloth. Made in England for Wings Over The World, the "Marshmallow" invasion takes many squashable forms: A life-size orange and black typewriter (\$41.50 postpaid), is shown here. Available at Eclat, 6 Spencer Pl., Scarsdale, N.Y. 10583.

THE OWL & THE PUSSYCAT

Taylor & Ng have just introduced a super new idea in bags: animal shapes. A fat Cheshire cat and a wide-eyed old owl will swing from your shoulder. You can also order a T-shirt to match. Both come in muted earth tones of natural, khaki, blue and mauve. T-shirts are \$9.25 (postpaid) in sizes extra small, small, medium and large. Bags are \$16.75 (postpaid). Order from Taylor & Ng, 666 Howard St., San Francisco, Calif. 94103.



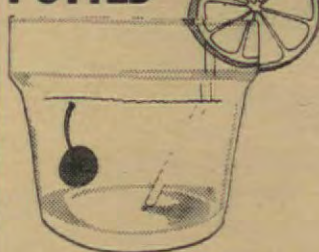
OPUS FOR PLANTS IN NO TIME

The begonias waved, the peperomia stood up and cheered, and the ferns started to waltz. The occasion was the premiere playing of *Plant Serenade*, Jerry Cammarata's LP effort in six opuses for plants on the Jarem label.

The human reaction to this tooth-gnashing whine of tonal experience was less than enthusiastic (and if you have cats, forget it), but the plants responded beautifully. Save this *Serenade* for your leafy friends, else you may find that they're your only friends.



YOU CAN GET POTTED



Plantomania has taken hold of America—and Libbey Owens is doing something about it. Their "Crystal Party Pots" appear to be planters...but these belong on the bar, not the windowsill. A set of eight drinking glasses and one large (51¼-ounce) snack server are yours for the suggested retail price of \$7.50...an entertaining idea that's sure to grow on you.

The Home Front News

Heart Attack! February is the season of hearts and flowers, of sentiments from pure gold to polyethylene. We have tried to arrive at the heart of the matter, to gather odds and ends from across the sweep of this year's Valentine offerings. Here are some of our discoveries.

YOUNG LOVE

Betsey Johnson has designed "just the thing" for the young love in your life. A soft pink cotton dress trimmed in white lace. Silk-screened "I Love You" says it all. From Betsey Johnson, \$15.

REALLY BIG SHOE

Big in fashion — for your little girl, a dainty sandal trimmed with a row of red hearts. It's \$17 by Betsey Johnson's Kids for Goody Two Shoes, New York.

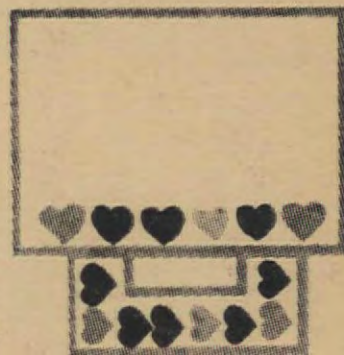
Illustration by Betsey Johnson



HEARTS AND RAINBOWS

Write your love notes on this stationery bordered with rainbow-colored hearts of red, green, yellow, blue and orange, available from The Rainbow. This Beverly Hills, Calif., store was started by Meralee Goldman and Brenda Stone to raise funds for a cancer treatment center at Los Angeles' Cedars-Sinai Medical Center in memory of Goldman's daughter, Amie Karen, who was stricken with cancer at age two.

Send your love to someone and help build a promise. A whole line of rainbow stationery, notes, desk accessories, as well as information is available from The Rainbow, 434 North Camden Dr., Beverly Hills, Calif. 90210. Rainbow stationery is available at Bloomingdale's, New York.



CHINESE VALENTINE

A Valentine from the People's Republic of China: This rainbow-colored wheat straw box is hand made and beautifully lined, a perfect year-round Valentine for a friend, or for yourself. At Bloomingdale's in three sizes: \$10, \$12.50, \$18.50.



PIT-A-PAT, PIT-A-PAT

Phelps Manning and Tobias of BirthdayBook have put together a whole box of assorted sentiments, called "Everyday Valentines." Greetings from cool to crazy for every day of the year. Box of 20 "Everyday Valentines" \$8 plus \$1 shipping from The BirthdayBook, 740 Madison Ave., New York, N.Y. 10021.



BOTTLED HEARTS

If breakfast in bed is on the menu for Valentine's Day, pour out the message with this ceramic milk bottle. It's a natural in red, blue or yellow; \$8 at Bloomingdale's, New York.



MOTHER OF PEARL

Pastel rainbows shimmer like ripples of moiré on this mother-of-pearl pin. And at the ends of the rainbow...a pot of love. By Stephen Jewelry of San Francisco, it's \$12 at Chicken Little's Emporium, 1108 Polk St., San Francisco, Calif. 94109. Add \$1 postage and handling, plus 6½ percent sales tax (California residents).

The Home Front News



FROM THE GRASS ROOTS CORPS:

In this column, *American Home's* grass roots correspondents report on life and how people across the country are living it. Grass roots reporters are not professional writers, but aware readers, informed and interested in what's happening in their communities. Fit the bill? Drop me a letter—Keitha McLean

By Marilyn Simon

Dear Keitha,
I live in Franklin, Mass., a small community (population, 18,000) situated southwest of Boston near the Rhode Island border. For 20 years my husband has been running a retail furniture store; during the first 15 my concerns were mainly those of a housewife, raising five children. Now my children are in public school and I find myself increasingly involved in my community and its needs.

One of my main interests is public education. Two years ago I decided to run for office on the board of education and am now serving my second term on the board and as the current chairwoman.

I try to make most of my business calls between 8:00 and 9:00 when the children have left for school and again in the evening when the youngest are asleep. My afternoons are spent following my children's athletic endeavors.

Efficient planning is a must. We keep a large appointment calendar in the kitchen. If we ever lost it, I'd surely deliver the wrong child to the orthodontist.

Franklin is made up of mostly single-family homes, although we have some apartment complexes and our first condominium is being built. The town is small enough for me to know most of the residents and yet large enough to offer the facilities any family would want to have nearby. We still have an open town-meeting form of government, where each registered voter may express himself.

Ours is an athletically oriented town with Little League baseball, soccer, "Pop Warner" football, gymnastics, etc. We have a ski slope with tow, an ice arena, an equestrian school and a private day camp.

Many of us are concerned with preserving our historical heritage. Dean Junior College, in the center of Franklin, has acquired many of the surrounding older homes, preserving the Victorian flavor of the town. The community, moreover, enjoys the advantages of a college-community concert series, a continuing adult education program and guest lectures.

My other community commitments are as a corporator of the Benjamin Franklin Savings Bank (Ben is our

FEMINIZATION: WOMEN IN TRANSITION

The number of separations and divorces in the U.S. is an ever-growing statistic. The very real, very human side of this statistic are women alone, cut off from an established, familiar lifestyle, who are facing brand-new financial, psychological and social pressures. No longer the safe "half" of a couple, they are suddenly thrust onto their own resources. It is to them that *Women in Transition, a Feminist Handbook on Separation and Divorce* (Scribner's \$12.95 hardcover; \$6.95 paperback) is dedicated. Written by a Philadelphia-based women's self-help group, Women in Transition, Inc., this is a manual of survival—mental, physical and economic. Interspersed with quiet, moving testimony of women who "have been there" is a wealth of good, solid advice covering the before-during-and-after stages of separation and divorce. Topics such as the marriage contract, choosing a divorce lawyer, child custody, single parenthood, welfare benefits and legal rights are discussed. Photography, poetry and an appendix of "Women's Centers, Clinics, Rape Crisis Groups And So Forth" suggest options and provide a sense of hope, the feeling that there are others who can help.

WOMANBOOKS...

255 W. 92nd St., New York, aims to deal with feminism as a constructive philosophy. While only female poetry and fiction writers are stocked, a few male nonfiction authors are featured. Children's works are nonracist and nonsexist.

namesake) and a member of the Fletcher Hospital Corporation, which manages a trust fund to cover the health needs of the town and to recruit additional physicians.

My lifestyle in Franklin is a satisfying one. I find I can participate directly in decisions that affect my family. Maybe at another point in my life I will want a different climate and atmosphere, but for me at this time, Franklin is perfect.

Best,
Marilyn

WOMANSCHOOL...

170 E. 70th St., New York, offers women practical how-to courses—how to make it in business or in personal relationships. According to founder Elaine Sharpe, men are welcome, but the school reserves the right to deny them access to certain courses. The staff is almost exclusively female.

Did You Know

1. Christian Brothers sells more brandy than all other importers of wine?
2. Eight percent of all Americans think the walk on the moon was staged in Hollywood—in other words, that it was not a real event!

Editorial Contributors to "The Home Front News":

Janis Bernstein
Nancy D'Ambrosio
Joanne Johnston
J.S. Kleinman
Illustrations by Pedro Barrios

Not just for a good meal.
For a good life.



Announcing Ken-L Ration Burger and Liver Flavor Chunks.

Actually better for your dog
than fresh beef liver.

We took Ken-L Ration Burger
and added tender liver flavor chunks
to make a new food with all the iron
of fresh beef liver... more protein
than fresh-ground hamburger.

A food so completely balanced
you can give it to your dog every day
—and he'll thrive on it.

It's new Ken-L Ration Burger
and Liver Flavor Chunks. Not just
for a good meal. For a good life.



SHOULD YOU OWN A PET?

There's more to having a pet than simply loving and needing it. The responsibility begins before bringing an animal home—and involves more than just a spontaneous visit to a pet shop.

By EMIL P. DOLENSEK, D.V.M.
and BARBARA BURN



The authors, here with friendly llama, share a lifelong love of pets and wildlife.

The key to enjoying successful pet ownership is careful selection. Take the time to do some prepurchase research before deciding which pet is right for you. Consider the care and costs involved. Make sure you really will be able to change your routine—your time as well as money is involved.

Decide beforehand if you really want to take on dog walking—heat wave, snow, rain or hailstorm notwithstanding; or cage or litter-box cleaning on a daily basis. Providing for your pet's "creature comforts" might just infringe on your own.

All animals must be housed in some way. Cats may make do with a pillow and a kitty-litter tray in a tiny apartment, but horses, ducks, rabbits, and other domestic animals need special outdoor facilities—as well as zoning clearance in some areas. Even hamsters, gerbils and other small rodents—among the easiest and least demanding animals to keep—need special cages fully furnished with sleeping boxes, bedding, constant access to water and food, and some means of obtaining exercise. Birds need not only special caging, but attention if they are to be tamed and tolerant of their owners. Fish and some reptiles and insects may not require handling or training, but their environments must be carefully controlled if the animals are to survive.

Once appropriate living conditions have been set up, they must be maintained, with thorough, regular cleaning. Many animals will need personal cleaning and grooming, and some will even require regular medical attention by a veterinarian. Vaccines are available—and essential—for dogs, cats, horses and other mammals. Warmth is important in maintaining health for a number of animals, among them tropical fish and reptiles (their body temperatures are regulated by their surroundings). Birds and many of the smaller mammals are prone to respiratory infections, or worse, if allowed to become chilled.

Life span is another consideration in selecting an animal. Dogs and cats may live 15 years or more, while small rodents may live only two to five years. Some parrots are quite long-lived (up to 50 years for the larger species) as are turtles and some large

mammals, such as horses. But even within species, life spans may vary. Large dogs—Newfoundlands and Great Danes—normally may not live much longer than nine or 10 years; smaller breeds can live up to 20. Even if the initial cost of the pet is low, the investment in care and feeding over many years may end up being considerable.

One good way of helping yourself to make a sensible selection is to talk with friends and disinterested pet owners (people who are not in the business of selling animals) and ask them to share some of their experiences. You may hear nothing but lovely things about cats from a friend with kittens to give away, however, so use your common sense in soliciting and accepting advice. Read books and articles about animals and consult experts, such as veterinarians or respectable breeders who aren't more interested in getting a good price for their animals rather than a good home.

Don't fall for the first animal you see, once you have made your decision. A weepy-eyed pup at the local pound or pet shop may be appealing because its price tag is low and it obviously needs you very badly. But those weepy eyes and that tail between the legs may indicate an unhealthy or poorly treated animal that can turn into a difficult pet in the future. Be sure that the animal—of whatever species you choose—looks healthy (clear eyes, alertness, good appetite, unblemished coat or feathers—whatever covers it) and doesn't appear too timid or withdrawn. Have a veterinarian or other expert check the animal as soon as you acquire it, and insist on your right to return it if the checkup is unsatisfactory.

Be prepared for a period of adjustment before the animal feels at home in your house or apartment and before you feel at home with it. If you have been careful to make your own adjustments, this period should be a brief one, especially brief when you look forward to the rewarding years ahead. □

Emil P. Dolensek is chief veterinarian of the Bronx Zoo and co-author, with Barbara Burn, of A Practical Guide to Impractical Pets, in bookstores soon.

I DID IT!

The Wilton Yearbook showed me how.



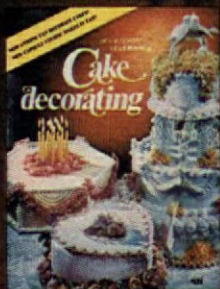
The New Wilton Yearbook: Beautiful cakes start here.

And you can too! The 1976 Wilton Cake Decorating Yearbook teaches you everything you need to know to decorate beautiful cakes.

Step-by-step instructions show you how to write, make flowers, fancy borders, and many other techniques. There's even a new beginner's section with easy cakes to get you started.

There are dozens and dozens of exciting cake ideas for birthdays, anniversaries, graduations, and all kinds of special occasions like Christmas, Valentine's Day and Easter. Plus, there's a whole section that shows you decorations, special pans and decorating tools that you can order direct from Wilton. It's all in full color—192 big 8½" x 11" pages.

Send for your new 1976 Yearbook now. Learn how you can decorate beautiful cakes for your family and friends.



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A LITTLE LIGHT GARDENING

Turn your plants on. Proper artificial lighting can give your houseplants extra bloom and a green thumb to you.

By CHRISTINE DOWNS



Plants can be tricked into "believing" anything. The natural outdoor conditions they're used to can be simulated indoors—to make them "feel" they are in their ancestral home. Fortunately, there are only a few species that cannot accept any deviation from their natural habitat. By utilizing available light along with fluorescent or incandescent bulbs, as well as providing the right soil mixture and humidity level, you can reproduce the environmental conditions your plants require.

Even good old houseplant standbys like philodendrons will respond to bonus rays of "sunshine." The trick is to take a cue from nature. Remember that 24 hours of light is not twice as good as 12. Over-lighted plants are likely to be exhausted from round-the-clock photosynthesis. You can expect to see them collapse from their own brand of "fatigue."

The ultimate test comes when you see how plants react to the growing conditions you provide. It will take time and experimentation to discover the right combination.

Nature's day is nine to 15 hours long, depending on the season. For your plants, short winter days can easily become long with the help of artificial lighting. Using an automatic timer, you can provide plants with 12 to 16 hours of daylight in each 24-hour period. This should be reduced

to eight to 12 hours for eight weeks in early winter.

To see seedlings grow faster and bloom earlier, provide fluorescent lighting for a "day" 16 to 18 hours long. As the seedlings reach maturity, gradually reduce the length of their day until they receive 12 or 13 hours of light. This, plus lowering the temperature 5 to 10 degrees, will encourage them to flower.

Natural light is made up of all the different colors of the spectrum, some essential to plants, others not. Research indicates that blue rays promote growth and red rays foster flowering. Blue and red rays are also needed for photosynthesis, the process that transforms light energy to organic energy that is stored by the plant until used for growth. To perform this process, plants require an adequate source of light balanced in both red and blue rays.

Lamps that have a color balance custom made for plants are now available. Your choice of lamp is influenced by the species of plants you grow. Rosy-hued lamps or the newer, broad-spectrum type are the two basic horticultural fluorescents.

Sylvania's Gro-Lux has three times more usable red energy than an ordinary lamp. Natur-Escent and Vita-Lite by Duro-Lite and Tru-Bloom by Verilux have color ranges equal to midday sun, and are used to supplement sun-

light. They increase brightness and extend light-hours without altering the natural colors of daylight.

Agro-Lite by Westinghouse and Wide-Spectrum Gro-Lux by Sylvania are formulated to provide high energy violet-blue and orange-red rays, promoting compact growth, healthy color and good flowering.

Incandescent floodlights and spots supply light high in red rays, providing dramatic nighttime lighting of tall foliage plants, or trees, and supplemental lighting for flowering plants displayed while in bloom. They are also used as growing illumination for planted beds in more elaborate light gardens that are meant to double as decorative accessories.

Light gardens can be built from scratch by handy plant lovers or bought in kit form, such as manufactured by Interior Products of Rockford, Ill. They make bookshelf-like fixtures whose prices start at approximately \$70. A more sophisticated version—it's really a miniature hothouse with controls for humidity, temperature and light—is the Klima-Gro from General Aluminum Products. This retails for about \$300. There are many such products on the market. All provide an attractive solution for those who would like a garden in confined spaces.

For plants that depend entirely on artificial light, (continued on page 30)



Photography by Susan Wood

“FISHERMAN’S KNIT” NEEDLEPOINT PILLOWS

They have the look, the warmth and the heft of a hand-knit afghan or a bulky sweater—the kind made traditionally by fishermen’s wives. Yet with our directions you can work these handsome, rich-textured pillows in needlepoint. All three are large

(18 inches square) and are equally at home as throw pillows, cushions or scattered on the floor as informal seating anywhere in your house.

One kit provides needlepoint canvas and enough acrylic yarn to make whichever design you choose. It

also includes a needle plus charts and easy-to-follow instructions to make any of the pillows. If two of them strike your fancy—or if you feel ambitious enough to make all three—additional kits can be ordered. See coupon on page 68.

PLANT-ACTIONS

continued from page 28

horticultural floods are both decorative and dramatic. However, do not expect them to equal the efficiency of fluorescent tubes.

If your plants already receive some natural light, you can opt for incandescents. A balanced light that supplements daylight will aid growth, maturity and flowering. Duro-Lite's Plant Lite is formulated to give continuous-spectrum light, high in red tones and moderate in blue and green. It will add to the sunshine hours your plants enjoy and also provide an attractive accent by which to show them off.

Reflector-type incandescent bulbs, internally coated to reflect heat toward the bulb base, will direct light forward to shine on your foliage. GE's Cool Beam bulb, Sylvania's Cool-Lux and the Duro-Lite reflector-type Plant Lite have this feature. Less expensive incandescents do not.

For safety, all incandescent bulbs over 75 watts should be used with ceramic sockets. These bulbs give off a great amount of heat and should be kept at least two feet above the foliage to prevent plant sunburn. In some instances it may be beneficial for plants to receive the extra heat given off by incandescents, but if your plants are in a confined space, such as a bookshelf, it would be more practical to utilize cool fluorescents.

When you can't just let the sunshine in, try using new plant lights. They can make a snug, "sunny" home for your green-leaf friends.

High temperatures combined with low light are a common houseplant problem. In nature, as light levels decrease, temperatures drop and, as light intensity increases, temperatures rise to encourage rapid growth. Unfortunately for the houseplant, as daylight diminishes, their environment gets considerably warmer. In addition, humidity often disappears—a triple blow for plants.

The ideal plant habitat results from the right combination of soil moisture, humidity and temperature interacting with light intensity. Pity the poor houseplant when the radiators warm up, the air dries out and the sun disappears.

The distance between plant and light is crucial. Slight yellowing of foliage or scrubby growth indicates that the light is too strong and the distance (continued on page 80)

Enter the Pennsylvania House Sweepstakes at these stores!

Connecticut

Branford Bullard's
Bridgeport D. M. Read Co.
Danbury Henry Dick & Son
Danbury D. M. Read Co.
Guilford Griswold's The House
Next Door
Kensington Town & Country Furn.
New Haven Bullard's
Old Saybrook Fiorelli's Living Room
Showcase
Orange Alexander's Furn. Shop
Southington DePaolo Furniture
Southport Freedman's of Southport
Trumbull D. M. Read Co.
Vernon Ladd & Hall
Waterbury The Arrangement
Waterford Americana Furn. Barn
Wilton Pilgrim Hall Furniture
Winsted Winsted Furniture Co. &
Deacon House Inc.

Georgia

Atlanta Patterson Furniture
Dublin W. C. Brown Furniture
Newnan Reynolds Furniture
Riverdale Dave Millar Furniture

Massachusetts

Boston Golden Berch Furniture
Brighton Stratford House
Brockton Willis Furniture
Chatham Chatham Furniture
Fall River Modern Furniture
Lawrence Joseph V. Ippolito's
Furniture Showrooms
Natick American Homestead
Pembroke Pembroke Furniture
So. Hadley Chap de Laine
Sturbridge Corriveau's Furniture

Mississippi

Natchez Catchings Home Furn.

New Hampshire

Concord Endicott Furniture
Manchester A. A. Mooney Furniture
Peterborough Derby's Furniture
Wolfeboro Parsons Furniture

North Carolina

Charlotte Blackwelders
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Bristol Bristol Furniture Co.
Johnston Coletti's Furniture Inc.
Newport Newport Furniture Co.
Westerly Rutman's Wayside
Westerly Westerly Furn. Co.

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Belton Maynard's of Belton
Piedmont Maynards Country Manor
Prosperity Prosperity Furniture
Sumter McDuffie Furniture

Tennessee

Cookeville Mills Furniture
Gallatin Suddarth Furniture
Manchester Mills Furniture
Union City Sterling Furniture

Vermont

Bennington Haynes & Kane
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Virginia

Buchanan Botetourt Galleries
Charlottesville Better Living
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Dayton Dayton Interiors
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Richmond Henrico Furniture
Richmond Stones Furniture
Suffolk Carter Furniture
Virginia Beach Willis Furniture
at Hilltop
Yorktown Pilgrim House

PENNSYLVANIA HOUSE SWEEPSTAKES OFFICIAL RULES—NO PURCHASE REQUIRED

1. On an official entry blank or plain piece of 3" x 5" paper, hand-print your name and address and the name of your participating Pennsylvania House dealer. Deposit your entry at your participating Pennsylvania House dealer by Feb. 28, 1976.
2. Winners will be determined in random drawings from among all entries received under the supervision of an independent judging organization. Decisions of the judges are final. Limit one prize per family.
3. This Sweepstakes is open to residents of the United States and is void in the States of Missouri and Wisconsin and wherever prohibited by law. Voided States are noted above by star (*). Residents of Ohio may mail their entries to their participating Pennsylvania House dealer to be received no later than February 28, 1976. Void at retail stores in Maryland except the counties of Anne Arundel, Calvert, Caroline, Carroll, Charles, Dorchester, Frederick, Kent, Queen Anne, St. Mary's, Wicomico and Worcester. Residents of voided counties in Maryland only may mail their entry to: Pennsylvania House "Bicentennial" Sweepstakes, P.O. Box 5012, Blair, Nebraska 68009. Employees and their families of Pennsylvania House and their respective subsidiaries, distributors, dealers, advertising and production agencies are not eligible. All Federal, State and Local regulations apply.
4. No substitution for any prize permitted. Taxes on any prize are the responsibility of the prize winner. For a list of major prize winners, send a self-addressed, stamped envelope to: Pennsylvania House Winner's List, Lewisburg, Pa. 17037.

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THE PENNSYLVANIA HOUSE "BICENTENNIAL SWEEPSTAKES"

AH 26

To enter, deposit completed entry blank at a participating Pennsylvania House dealer on or before February 28, 1976.

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WIN THIS \$18,456 GRAND PRIZE LIVING ROOM



ENTER THE PENNSYLVANIA HOUSE BICENTENNIAL SWEEPSTAKES. WIN THIS PENNSYLVANIA HOUSE ROOM, ACCESSORIZED WITH FAMOUS NAMES — SCHUMACHER, ROYAL WORCESTER, STUART, PANDE CAMERON OF NEW YORK, STIFFEL, HERSCHEDE.

AND SAVE 20% DURING OUR BICENTENNIAL CELEBRATION SALE!

Select Pennsylvania House groups—dining rooms, bedrooms, upholstery, accents.

AND GET THE BICENTENNIAL COLLECTOR'S BOOK FOR JUST \$2...

A \$7.50 value! 288 pages of exciting decorating ideas shown in full color.

SWEEPSTAKES GRAND PRIZE WINNER RECEIVES the magnificent room above:

Pennsylvania House furniture, value \$5341; Schumacher's custom-made draperies and screen-printed wallpaper, value (including installation): up to \$3500; Royal Worcester's English bone china (twelve 5-pc. place settings), value: \$3048; five Royal Worcester hand-painted bird models, value: \$251; Stuart crystal stemware (twelve 3-pc. place settings), value: \$576; Genuine Bana® India hand-made carpet, 12'x15', by Pande Cameron of New York, value: \$2345; two British Regency table lamps and one country hurricane lamp by Stiffel, value: \$695; Herschede 86" Grandfather clock, value: \$2700. Grand Total: \$18,456!

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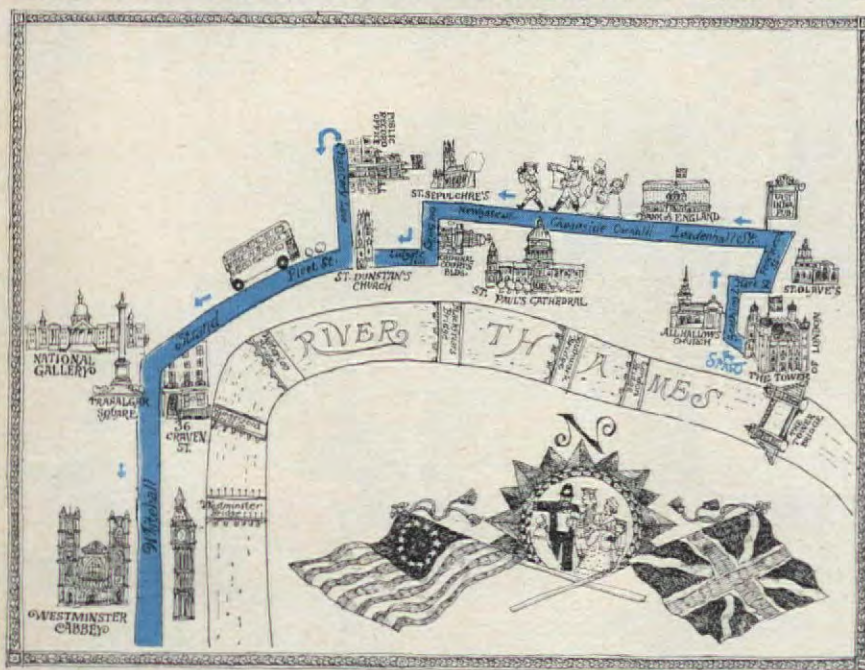
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LONDON: THE HOME OF '76



Linked to us by ties that extend from the present back to our earliest settlement, London is a historical treasure trove of Bicentennial Americana.

By J.P. DONLON

In an enthusiastic rush to rediscover America for the Bicentennial, no effort has been spared to unearth mementos, places of interest and historic figures from the obscure reaches of the nation. It is surprising, then, to find little mention of a city where, among other noteworthy happenings, Mark Twain lived and worked, Benjamin West painted, John F. Kennedy lived and attended school and Benjamin Franklin worked on scientific achievements, including his discovery of the lightning conductor.

This city also rivals Boston in its collection of paintings by John Singleton Copley and James McNeil Whistler, and possesses original documents pertaining to critical events of the American Revolution that the Library of Congress will have to manage without.

London is the city, and there, despite polite neglect, the German blitz and urban renewal, landmarks of American history abound. The variety—from St. Mary's Church on Rotherhithe St., where Capt. Christopher Jones and three of the four partners of the *Mayflower* are buried, to Joseph Kennedy's ambassadorial residence at 14 Princes Gate, South Kensington—

invites a separate Bicentennial celebration of its own. If nothing else, you gain a new perspective on events leading to the American Revolution—or what Lord Eccles so neatly described as “a sharp domestic quarrel”—when viewing it from the other side of the Atlantic.

That London should be visited for its wealth of Americana is not so far fetched as it sounds. The American Revolution was begun by people of British descent who were influenced by British philosophical ideas. Jefferson, Hamilton, Franklin and Samuel Adams were informed, philosophically versatile citizens who were inclined to apply the ideas of Europe to America. They recognized that not all sympathizers with the American cause were confined to this side of the Atlantic—and that not all royalist sentiment was confined to the other side.

In 1757, Benjamin Franklin and Thomas Paine lived within walking distance of each other in Westminster and became close associates. Although Paine's residence at Hanover St. (now Long Acre) no longer exists, his lodgings at the Angel's Inn in Islington survive as a tea shop. Franklin's address at 36 Craven St., Strand, where he lived from 1757 to 1762 and from

1764 to 1775, still stands very much as it did in his day.

These and other points of American historical interest can easily be viewed along with more traditional London highlights during a full day's tour. If you begin with a visit to the Tower of London and work west toward Westminster Abbey, a wealth of unexplored American sights unfolds.

Directly adjacent to the tower itself lies All Hallows, Barking-by-the-Tower Church, which carries a tablet commemorating the christening of William Penn. The church register records the marriage in 1797 of John Quincy Adams to Louisa Johnson. In 1644, the year Penn was christened, Sir Henry Vane, then governor of Massachusetts, was executed in the tower.

Walking north of All Hallows, along Seething Lane to Hart St., you will find St. Olave's Church where William Penn's father worshiped and where Robert Devereau the third Earl of Essex, was baptized. Hart St., in turn, leads to Fenchurch St., where the present East India pub stands on the site of the English East India Company, whose tea was dumped in Boston Harbor in 1773.

Depending on your mood, a brisk walk or a short bus ride along Leadenhall St. will take you past the Royal Exchange and the Bank of England to St. Paul's Cathedral. Buried inside is artist Benjamin West, to whom there is a memorial in the crypt. Buried, too, is Gen. Robert Ross, the British commander who was killed leading an attack on Baltimore in 1814.

Near St. Paul's is one of London's more fascinating churches with American associations. At the juncture of Newgate St. and Holborn Viaduct is the Church of the Holy Sepulchre, which has the tomb of Capt. John Smith. The exact location of burial remains unknown, but a copy of the original brass plate marking the spot relates his adventures as a soldier in Hungary. It retells the incident where, after cutting off the heads of three Turkish champions in individual combat, Smith was granted a coat of arms with “three Turk's” heads.

Smith's adventures in Virginia and his rescue from death by Pocahontas are better known, of course, and you'll find them memorialized in a window of this church. There, he is shown surrounded by nautical instruments and carrying a copy of his famous map of Virginia. Flanking him are likenesses of Robert Bertie and Sir Samuel Saltonstall, two men who gave him much personal en- (continued on page 102)

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- **Belva Lockwood**, first woman on a presidential ballot, who called for "domestic insurrection" to win the vote for women.
- **Rough Rider Teddy Roosevelt**, whose only fear while charging up San Juan Hill was that he might lose his glasses (so he carried 12 extra pairs).

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pantry revival



Having a pantry was once essential. Times changed; now they're changing back. Today's pantry can be any corner organized for kitchen storage—servers, small appliances, linens, canned and packaged goods.

The pantry is staging a comeback—in a brand-new form. Its one-time formality has gone the way of the separate, oversized kitchen. The idea is to keep foods and equipment in one location, visible and handy—a personal food store and kitchen center right in your home.

A well-stocked food pantry should help get you through any meal emergency—snacks for a hungry family or an impromptu dinner for last-minute guests.

Pantry meals all begin with marketing. If you like to serve first courses, keep condensed soups, bouillon cubes, tomato or fruit juices or canned seafood on the shelf. A super simple soup is Potage Senegalese. Combine 1 can (10³/₄ ounces) condensed cream of chicken soup, 1 large can evaporated milk (13 ounces), ¹/₂ cup water, ¹/₄ cup canned applesauce, 1 teaspoon curry powder, and salt and pepper to taste and heat until bubbly. It serves four.

An interesting seafood cocktail can be made by mixing 1 cup mayonnaise with 2 tablespoons Dijon-style mustard. Fold in 2 cans (about 4 ounces each) shrimp, drained and rinsed. Chill in freezer quickly. Serve garnished with pimiento-stuffed green olives.

Main dishes can be the most challenging. But as long as you keep pasta on the shelf or eggs in the refrigerator, you have the beginnings of an easy instant meal. Spaghetti with red clam sauce is excellent fare. Boil a large pot of water; add 1 pound spaghetti or linguine—even green noodles will do. Sauté a minced clove of garlic and 1 small chopped onion in 2 tablespoons olive or vegetable oil. Add the liquid from 2

cans (8 to 10 ounces each) whole baby clams or minced clams; set clams aside. Stir in a large jar (32 ounces) meatless or mushroom spaghetti sauce. Season with salt, pinch of herbs on hand... oregano, basil or Italian seasoning mix. When pasta is *al dente*, add clams to sauce to heat through. Drain pasta or noodles onto platter; toss with butter or margarine first, if you wish, before tossing with clam sauce. Sprinkle with fresh or dried parsley, if available. Add bread sticks, salad and dessert—you can feed four nicely.

With a few eggs from the refrigerator (an adjunct of your pantry), some vegetables and bits of meat, you can create a glorious soufflé. Here's a basic recipe with ways to enhance or vary it. While your soufflé bakes, make a salad or dessert.

BASIC SOUFFLÉ

4 large eggs
3 tablespoons butter or margarine
¹/₂ cup fresh finely chopped vegetables (green or red peppers, onion, scallions or celery)
¹/₄ cup all-purpose flour
1 cup milk (substitute ¹/₃ cup instant nonfat dry milk mixed with 1 cup water and 2¹/₂ teaspoons butter or margarine; or use ¹/₂ cup evaporated milk and ¹/₂ cup water)
¹/₂ teaspoon salt
¹/₈ teaspoon pepper
Dash of ground nutmeg
1 cup minced cooked meat, poultry, cheese

Heat oven to 375°. Separate eggs; put egg whites in a warm spot, near the pilot light of a gas range or near oven, so they'll beat up fluffier. Butter a 1¹/₂-quart soufflé dish well; sprinkle with grated Parmesan cheese or bread crumbs.

Melt butter or margarine over medium heat. Add finely chopped vegetable. Sauté until tender. Add flour; cook 1 minute. With whisk, stir in milk, salt, pepper and nutmeg. Cook until sauce is thick. Take off heat. Stir in yolks, one at a time. Fold in cooked meat, fish or cheese. Use cooked chicken, turkey or ham, or 1 can (6¹/₂ to 7 ounces) tuna or salmon, well drained and flaked. Or use grated Parmesan or Cheddar cheese. With seafood, add a squeeze of lemon juice.

Beat egg whites until stiff but not dry. Stir about ¹/₂ cup beaten whites into yolk mixture to lighten it. Fold in remaining whites gently. Turn into prepared dish. Bake 35 to 40 minutes or until firm and puffed. Serve immediately; it makes 4 servings.

If you're tired of making omelet when the gang drops by, try frittata, a crustless quiche. You'll need a dozen eggs, butter or margarine, onions, herbs, Parmesan cheese and a can of tomato sauce with tomato bits.

FRITTATA

Heat 3 tablespoons butter or margarine in a 10-inch skillet. Add 1 cup thinly sliced onion. Sauté until tender; remove and re-

serve. In bowl, beat 1 dozen large eggs, ¹/₃ cup milk, ¹/₄ cup grated Parmesan, ¹/₂ teaspoon crumbled dried oregano leaves, ¹/₂ teaspoon salt and dash of pepper. Pour egg mixture into hot skillet. Cook, stirring occasionally, until eggs begin to set. Add sautéed onions. Cover. Cook over low heat, until eggs are set and lightly browned on bottom. In saucepan heat 1 can (15 ounces) tomato sauce with bits. Cut frittata into wedges, for 6; serve with sauce.

Enjoy salads? You will be able to create a hearty Salade Niçoise anytime if you keep canned sliced baby tomatoes, whole green beans, ripe olives, whole new potatoes, bottled or packaged Italian salad dressing, plus anchovies and tuna on a pantry shelf.

Drain all vegetables of liquid (save for soup base another day), slice potatoes. Put vegetables in separate bowls; add some dressing to each; marinate in refrigerator or chill quickly in freezer. Arrange vegetables, drained tuna, anchovies on platter. Add sliced warm French bread (on hand in the freezer).

In-a-hurry curry is a blend of a can (10³/₄ ounces) condensed cream of mushroom or onion soup, ¹/₃ cup milk, 1 teaspoon curry, 2 cans (6¹/₂ to 7 ounces each) tuna, drained and flaked, heated and served over cooked rice or noodles. (continued on page 78)

Which is the best pineapple?

**The sweeter kind
in syrup.**



**The kind in its own
juice. No sugar added.**



**You're
right!**



THE AMERICAN KITCHEN...

GREAT and Getting Better

A well-planned kitchen is the key to running a well-organized home. It is in this room that much of today's most advanced labor-saving equipment is found, despite the fact that the kitchen as we have come to expect it has only evolved in the past 40 years.

Prior to the 1930s, kitchen work was equated with drudgery, and the average housewife's role was little more than that of a scullery maid.

Not any more. According to one recent industry survey, last year kitchen remodeling in the U.S. had a cash-register tally of an impressive \$3.2 billion. Another national survey indicated that today's consumer is willing to spend up to \$6,000 on her kitchen.

Moreover, that consumer knows what she wants. Based on research reports, top priorities—in addition to kitchen basics—include such one-time luxuries as built-in automatic dishwashers and double-bowl sinks.

Another major requirement is space: bigger cabinets, larger working areas with laundry equipment adjacent to rather than in the kitchen, and increased counter space, particularly if it's topped with attractive natural woods such as butcher block.

Today's kitchen appliances—a few decades ago hardly more than science-fiction dreams of forward-looking designers and inventors—are the tools that genuinely liberate women and men from traditional household labor. Built for maximum efficiency plus design excellence, these new aids—from food processers to automatic ice makers to new multipurpose household cleaners—offer infinite possibilities for kitchen streamlining.

This month, American Home zeroes in on this essential room with a full report on all that's new and interesting—to help make your time in the kitchen one of efficiency, joy and creativity.

KITCHEN LIB

Getting back to basics is what living easy in the '70s is all about. From a tiny apartment kitchen to this super dream, the common ingredients are convenience and practicality. An abundance of stor-



age with easy access; expansive work surfaces for preparation and serving; the newest, most efficient appliances—all make cooking a joyful experience. By Jane L. Lawrence/Bo Niles/Suzanne Slesin



Here's a "his-and-her kitchen" for a couple or for a family who love to cook together. Designed for *American Home* by General Electric, the room was planned with every step-saving convenience and filled with features that take the chore out of cooking. The semicircular space was neatly arranged so that husband and wife—or children and friends—can work together harmoniously. Preparing meals and snacks is easy, because wall ovens are equally convenient to bar and counter cooktop. There's a pastry center with its own marble counter, and the salad section is topped with butcher block. Clean-up is quick and problem-free; there are two sinks, one between dishwasher and trash compactor, the other near refrigerator and dish storage. Serving is eased by a pass-through to the dining room. Counters are extra deep—30 inches—so that most-used small appliances can be kept within reach. Overhead lights illuminate individual work surfaces.

Photography by Maris/Semel

Product Sources, page 80

COLOR VERVE

A single intense sweep of red makes a large, efficient kitchen cozy and inviting for a suburban family and their friends. By contrast, the horizons of a tiny galley kitchen are expanded by blue skies, fluffy clouds and mirrors.



REFRIGERATOR

Here, eight brand-new refrigerator-freezers tell the story...an exposé!



Truman Capote

is hardly too poor to fill his larder. He's too busy—and too social. But in the spirit of Southern hospitality, he'd have mint julep makings at the ready.



Admiral

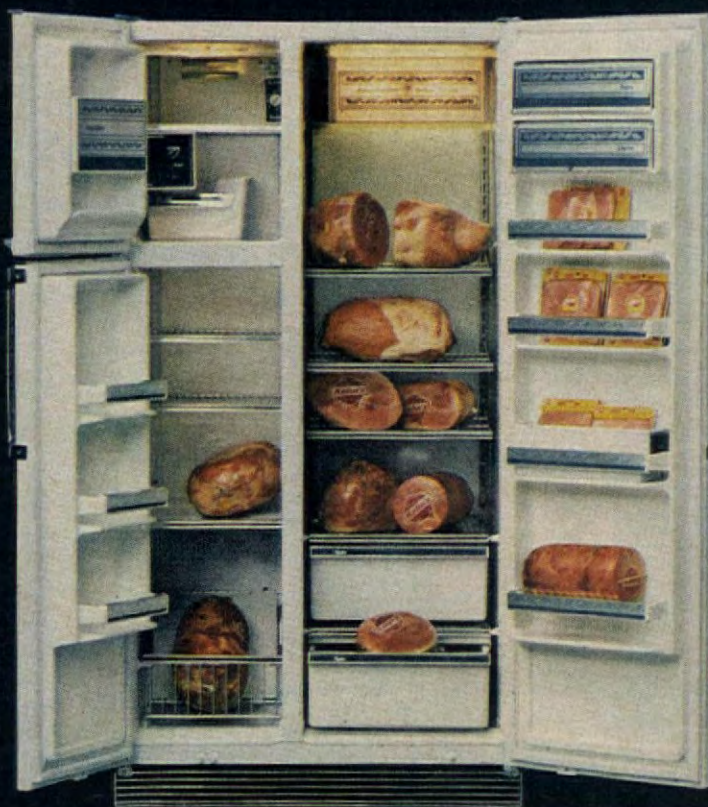
This is one of Admiral's new design-your-own models that let customers choose many of the accessories. Standard: top-mount freezer, built-in energy-saving loop to get rid of condensation, reversible left- or right-hand doors, butter compartment, twin temperature controls, full-width shelves. Options: cold-can carousel, meat keeper, freezer shelf, caster wheels, ice bin, automatic ice maker.

Size: 17.9 cubic feet. Base price: about \$439.95.



Howard Cosell

won fame by his determination, abrasive personality and a show-biz flair that would surely be matched by what he keeps on ice.



Kelvinator

This is the company's newest three-door no-frost unit. It comes with automatic ice maker, power-saver switch, adjustable rollers, separate egg, cheese and butter compartments, soup and juice storage, two temperature controls, automatic magnetic doors. Size: 21 cubic feet. Price: about \$899.

continued



Richard Nixon

probably has a fridge full of food, but you'd never be able to identify it—since everything is so carefully, completely ...covered up.



White-Westinghouse

Three full-width adjustable shelves in the refrigerator plus one in the freezer are standouts in this new frost-free compact. Also standard: energy-saver switch, twin vegetable and dairy compartments, adjustable rollers, reversible doors. Options: fresh food tray and automatic ice maker. Size: 18.2 cubic feet. Price: about \$499.95.



Masters & Johnson

are so busy seeing patients at the sex clinic they operate that, no doubt, they dine mostly in restaurants. They themselves are newlyweds.



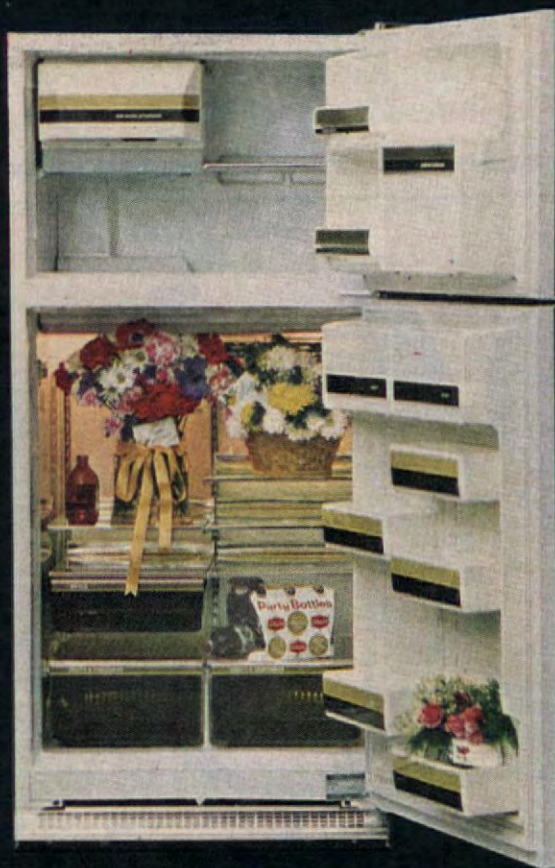
Whirlpool

This two-door no-frost model offers clean design and a lot of value. Standard: adjustable cantilever shelves and meat drawer, power-saving high/low humidity switch, two vegetable drawers, freezer shelf, easy-to-read temperature dials, left- or right-hand magnetic doors. Optional: automatic ice maker. Size: 19.3 cubic feet. Price: about \$459.95.



Burt Reynolds

hears from so many of his fans that he can't even open a beer without bumping into one of their fragrant love offerings. Poor baby!



General Electric

Newest in the GE line, this two-door model has an automatically refillable door-front ice dispenser that holds up to 10 pounds, cubed or crushed. Other features: power-saver switch, adjustable half-width shelves, see-through slide-out vegetable drawers, adjustable meat keeper, portable bins with adjustable doors, roll-out wheels, left- or right-hand doors. Size: 20 cubic feet. Price: about \$599.95.



Jacqueline Onassis

would opt for convenience, now that she has a career. Her thoughts on business, she might not recall where she got the flower... days and weeks ago.



Sub-Zero

Twin no-frost units, each to be built in, add up to the ultimate in efficiency. Refrigerator has adjustable shelves plus four drawers for meat and vegetables. Freezer (unopened here) has ice maker, storage bin and adjustable shelves. Both units are standard cabinet depth and are available through architects and kitchen centers. Size of each: 21 cubic feet. Prices: about \$760 (refrigerator) and \$897 (freezer).

*The kitchen has come a long way since 1776:
Versatile ranges replace the hot, smoky colonial fireplace. Water is instant hot-or-cold
instead of icy and hand-pumped.*

200

Years in the Kitchen

Modern, time-saving appliances have freed today's homemaker from a lot of kitchen drudgery, and that freedom is a blessing. But are today's homemakers missing anything? Was homemaking any better in the old days?

1776

While colonists were winning the War of Independence, the hardy colonial housewife was fighting a day-to-day battle in the kitchen. In her wildest dreams, she would never have imagined the conveniences we take for granted today. She cooked her family's meals over the kitchen fireplace, deftly lifting great iron pots and keeping her skirts out of the fire. She hand-pumped all the water for washing dishes and clothes. She made all her own soap out of animal fat and lye—a messy, smelly process. She had to find ingenious cool storage places to keep foods fresh. She made all the clothing, *and* the quilts and blankets, too. At the same time, she had to keep the house clean, keep an eye on the kids and keep her spirits up. It could truly be said then that a woman's work was never done.

1875

By the latter half of the 19th century, kitchen life began to improve a bit. Women now cooked over coal, wood-burning or gas stoves. But those stoves were still primitive: Temperatures were unregulated, and many a stew or cake probably burned. Some families were fortunate enough to have an icebox—an insulated wooden box cooled by great blocks of ice. If a family lived in the country, they cut their ice from the pond in the winter and stored it through the summer, lodged deep in sawdust, in icehouses sunk in the ground. City people had to depend on visits by the iceman. Clothes-washing was done in the kitchen, by hand, in a tub of water heated on the stove. The wringer was hand-cranked. After wringing, the clothes were carried in a basket to the backyard clothesline.

1905

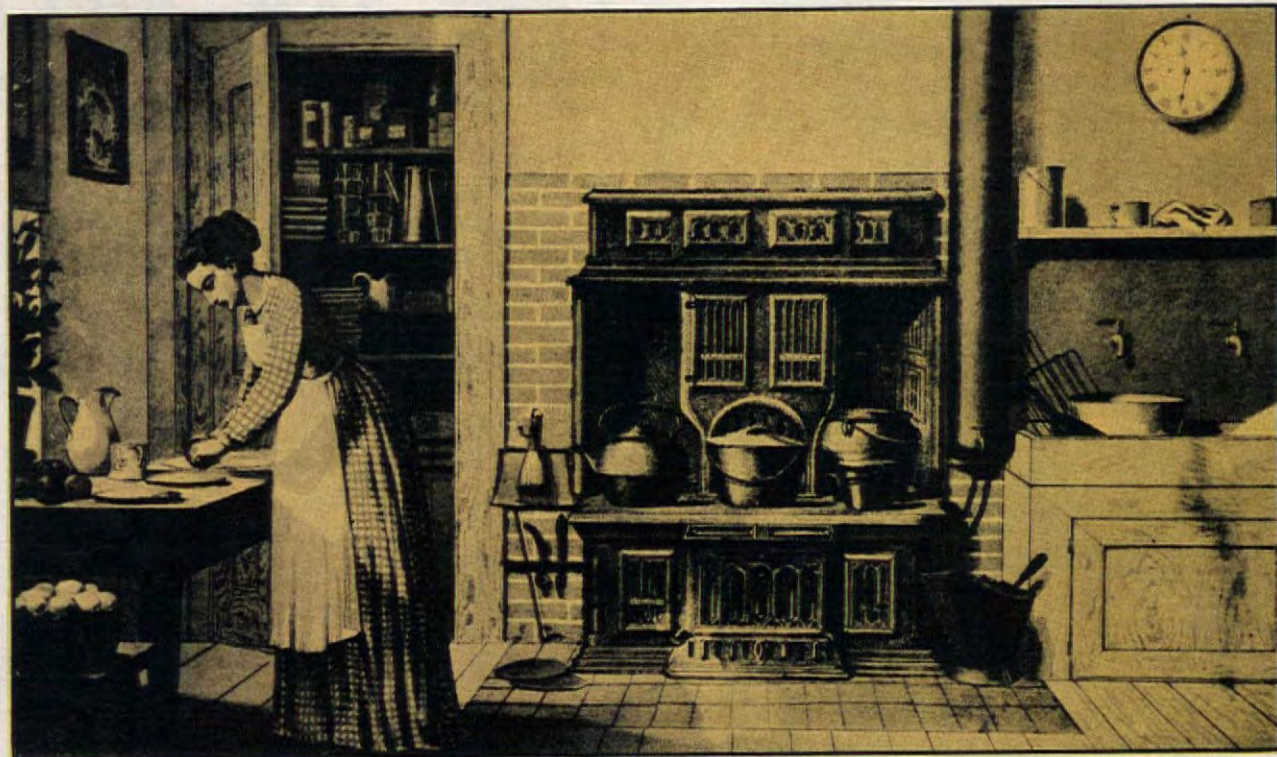
Just after the turn of the century, electricity finally made its bow. The first electric range was quickly followed by electric dishwashing machines, washers

and refrigerators. But those early models were still quite primitive. Nearly all new-fangled electric machines could be counted on to break or blow out all the lights at awkward moments. The burners on the first electric stove had to be plugged in separately for temperature control. The tublike dishwasher had to be filled by hand, from pots of water heated on the stove. The first small refrigerator was really just an icebox with electricity added. The first washing machine, another round tub that had to be hand-filled, was a chain-driven safety hazard to the women in long skirts who operated them.

The first electric appliances were clumsy and crude, but their arrival on the scene meant that women had the weapons to ultimately conquer "women's work." If you saw the first electric stove, for example, you probably wouldn't recognize it as such.

But within a few years, a woman could buy a stove that looked a lot more like today's range, with burners that could be turned on with a switch, rather than plugged in. In 1913, a "range" offered the cook "thrifty wells," or sunken pot/burners. The wells saved on pots, but they were not re-

Today's giant, frostless refrigerators take the place of the pioneers' dark, damp root cellar. And fast, gentle washers and dryers replace the back-breaking scrub board and clothesline.—Jil Curry



movable, and cleanup was a horror.

1915

Around the time of the First World War, there was much experimentation with the washing machine. The original washers did not do much in the way of agitation. The new machines offered agitators and rotary cylinders, and cleaned clothes much more efficiently. But washing clothes still meant filling the machine, turning on the power, letting out the dirty water, letting in the clean water, dipping the clothes into waiting tubs of bluing or starch, then wringing them with a hand-wringer. All of this, of course, was followed by a trip to the backyard or back window with the heavy, dripping clothes basket.

1925

The building boom of the '20s stimulated improvements in major appliances. A sink-model dishwasher meant no more hand filling. The housewife, who was becoming more concerned with the decor of her kitchen, could buy an all-white range. And soon she had a rainbow from which to choose.

(Blue, green, buff and gray proved to be her favorites.) In 1922, a dishwasher featured an underwater agitator that did a thorough job of cleaning dishes. In the '20s, cooling processes were refined in refrigerators, resulting in fewer spoiled foods or mysterious puddles.

As the '20s ended, major appliances were almost as easy to use as those sold today. And hopefully, the housewife had had the foresight to purchase them before the bottom fell out of the market and the Depression set in.

1935

The '30s saw the kitchen becoming smaller and appliances more efficient. A 1933 refrigerator offered the housewife shelves placed on the door. To give the woman more storage space, a cabinet-style range was offered in 1934. And at about this time, Fahrenheit degrees began to be indicated. Before then, oven dials had numbers that were keyed to foods in books supplied by the stove manufacturer. Every time she cooked, the housewife had to consult the book for a number that corresponded to the food she was preparing.

By the end of the '30s, clothes could

be placed in a machine that washed, rinsed and extracted water with a minimum amount of effort on the operator's part. At the same time, dishwashers had a wash and rinse cycle and flush pre-rinse.

1940s

In the '40s, major appliance production took a back seat to the war effort. Afterward, however, production began to pick up. The dryer was born, eliminating for all times that backyard eyesore, the clothesline. Also introduced for home use were freezers, which became popular due to the growing success of frozen foods and freezing as a method of food preparation. In 1946, the housewife could buy a 4-cubic-foot chest-type freezer. The refrigerator/freezer also came into its own when the war ended.

In 1947, a slim 30-inch range was applauded by the housewife whose kitchen space had diminished further. This model also had a range light to help the housewife see what she was cooking. The 1948 dishwasher had a pump that removed water quickly from the tub.

(continued on page 100)

AT ONE WITH THE WORLD

"What's it like to be a nun in the '70s?" I thought as my plane flew west to Oshkosh, Wis. I was to interview Sister Melanie: to find out why this young woman had taken vows, and had remained a nun, when other women were striking for their rights.—Jil Curry



THE EMERGING WOMAN

Although I had spoken to her on the phone a few weeks earlier and she had consented to tell her story, I wondered, as I got off the plane, if Sister Melanie would really talk about her life without men, without "love" as most women experience it. Would she discuss the church's role in society today? What about abortion, birth control and divorce? When I saw her wearing a modified habit, short skirt and trim veil—and, as I learned later, contact lenses—her appearance did not seem so far removed from other women, nor her manner. In no time at all, we were driving to a restaurant before going on to the convent where I would spend the night. Sipping an old-fashioned, she began to explain why she had entered the order—the Sisters of the Holy Family of Nazareth.

Sister Melanie, born Geraldine Maczda, on December 22, 1943, had wanted to be a

nun from the time she started Catholic elementary school in Chicago. It was during the summer of her ninth-grade year, when she worked at St. Ladislaus Church, that she made up her mind to enter the convent. She recalled being guided along the road to religious life by two nuns, Sisters Donalda and Immaculate. "They were there to answer questions" she told me.

Later at the convent (a pristine red-brick, two-story building erected in 1951), we talked in her room. "There are no set hours about going to bed," she said, anticipating my question. Sister Melanie gets about five hours sleep a night due to her busy schedule. As coordinator (a relatively new post in the church) of St. Margaret Mary Elementary School in Neenah, Wis., she's in charge of the parish's spiritual life. She's also president of the Religious Coordinators of Green Bay and was

(continued on page 98)

Convent life is more relaxed now than it has been at any time in church history. Nuns continue to work hard, but with more freedom to look and be individual. Here, Sister Melanie catches a late-evening snack in the convent's communal kitchen, sizes up a trio of young baseball hopefuls in the schoolyard and pumps gas at a self-service station. Sometimes when the pressures of daily life get the best of her, she heads for nearby Lake Winnebago (opposite) just to be by herself, relax and put her thoughts in order.

Photography by Susan Wood



DISCOVER VERSATILE



POLENTA!

Anna Muffoletto, owner of New York's Cordon Bleu Cooking School, shares her secrets for preparing polenta, a cornmeal porridge topped with a spicy sauce—a delicious surprise.



1 In large skillet sauté onion and garlic in hot oil until soft. Pat chuck steak and sausages dry with paper towels.



2 Add chuck steak and sausages a few pieces at a time to onion mixture. Cook and turn until they are well browned.



3 Transfer mixture to large pan. Stir in 2 teaspoons salt, 1 teaspoon each of oregano and red pepper. Add black pepper.



4 Pour in puree. Add more oregano or red pepper to taste. Bring to boil; cover. Simmer on low heat until meat is tender.

5 Boil water or broth and 1 teaspoon salt. Gradually pour in polenta or cornmeal while stirring rapidly with wire whisk.

6 Cook, stirring constantly, until mixture has thickened like cereal. Remove from heat. Stir in butter or margarine.

7 Pour polenta or cornmeal mixture onto wooden tray or large platter. Spread in rectangular shape to 1-inch thickness.

8 Spoon meat sauce over polenta; sprinkle with chopped parsley, if desired. Cut into squares. Makes 8 servings.



Anna Muffoletto, with her Italian heritage, knows polenta well. "It's the perfect potato, rice or pasta substitute," she says. A traditional northern Italian dish, polenta is porridge made of either maize (corn) or chestnut meal, semolina or farina. It's also a quick-cooking cornmeal mix sold in specialty food stores.

Here, in eight steps, we show basic polenta served with sauce. But there are other ways to enjoy it. Among Anna's favorites are the four opposite, top—clockwise from left: roasted squab served over piping hot polenta; baked polenta slices topped with fried egg (add 4 eggs to basic recipe, bake in loaf pan, unmold, slice); polenta first shaped in a round dish, then topped with creamy white sauce and Parmesan; polenta slice covered with white wine and strips of Fontina, then broiled.

According to Anna, "The Old World way to make this dish was to cook it in a copper pot over an open hearth, spill it onto a wooden table and smother it with butter and cheese." In preparing her version, Anna spreads it onto a serving board (step 8, opposite).

Bistecca Alla Pizzaiola

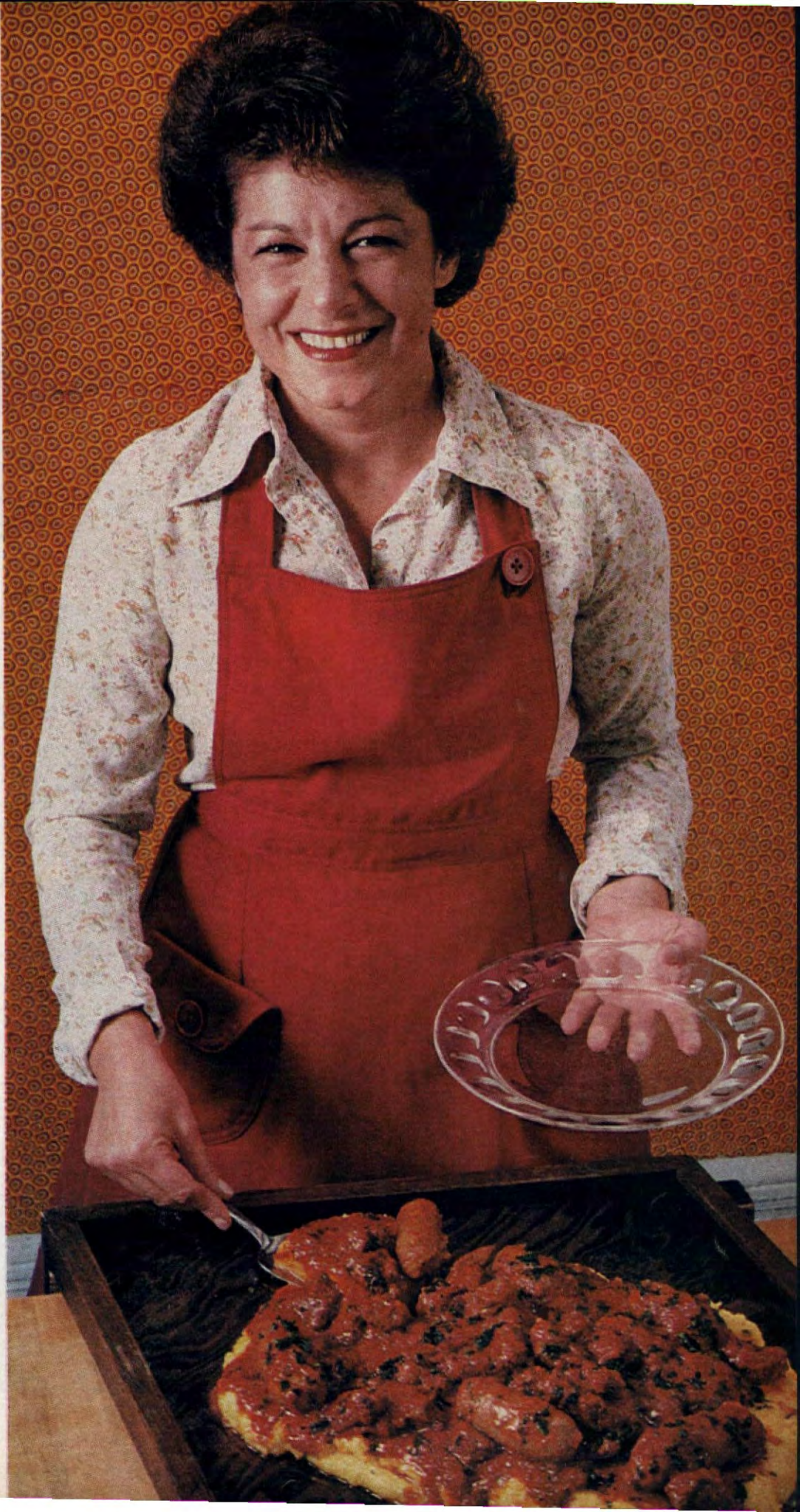
(Beefsteaks in Spicy Tomato Sauce)

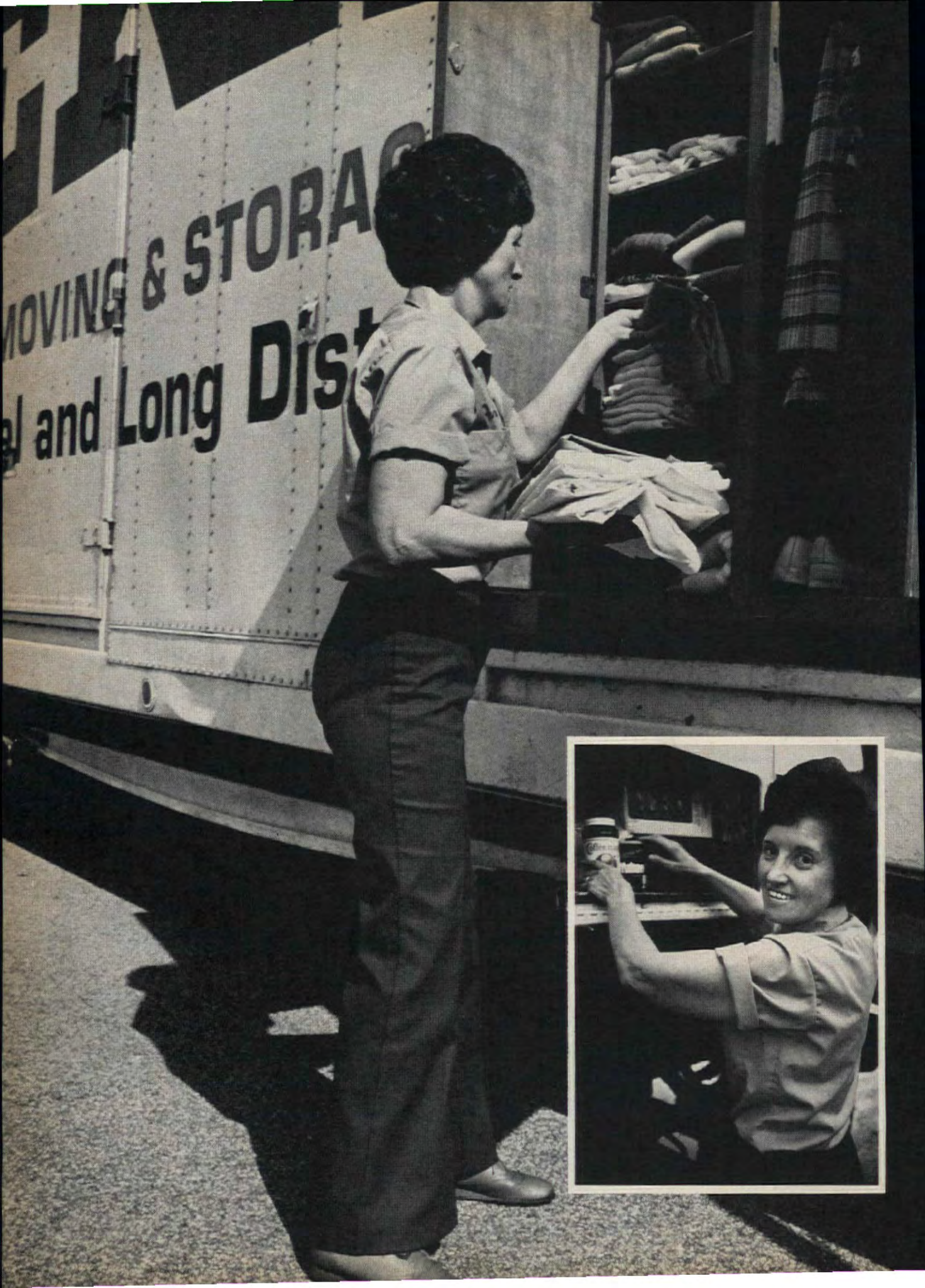
- 1 medium onion, chopped
- 2 cloves of garlic, minced
- 2 tablespoons olive oil
- 2 pounds boneless chuck steak, cubed
- 1 pound sweet Italian sausages
- 2 teaspoons salt
- 1 to 2 teaspoons dried oregano
- 1 to 2 teaspoons crushed red pepper
- ½ teaspoon black pepper
- 1 can (29 ounces) tomato puree

Basic Polenta

- 6 cups water or chicken broth
- 1 teaspoon salt
- 3 cups polenta or 2 cups cornmeal
- ⅓ cup butter or margarine, melted

Anna Muffoletto cuts and serves her winter specialty. Polenta makes a super pizza-like snack, a hearty first course or main dish.





Anne and Nicholaas Knaap spend most of each year on the nation's superhighways. They are the new nomads, a husband-and-wife trucking team who make their living on the move, moving other people—Keitha McLean

ON THE MOVE—TOGETHER

"We're free. Our lives belong to us, and we have no patterns or rules except those we make for ourselves." Anne Knaap, a diesel-powdered gypsy, is leaning against the side of the 40-foot, 54,000-pound truck she and her husband, Nicholaas, call home for nine months of the year.

It is 7 p.m. Chicago time, and they're readying for a "run" to Georgia. They consider it a short trip, just over 1,000 miles, but it's a trip that will take them through five states, expose them to several aspects of American culture, and put them into the lives of total strangers. And, in addition to their regular cargo, they've got a passenger, me.

Sporting green uniforms emblazoned with the same name painted on their tractor-trailer—Bekins—they carry out their pre-run duties. They are calm, smooth and professional.

The load picked up and the paperwork done, we are ready to leave.

Anne, slim, with a constant chuckle in her voice, darts up the stirrup-like rungs leading into the cab, and Nick, tall, rangy and booted like some cowboy of the superhighway, swings up his side with ease. Then, with a hissing of brakes, and much double clutching and meshing of the 10 gears, we rumble off into the black Illinois night. First stop: Indianapolis.

Outside the cab are other transcontinental trucks, the only sound the roar of diesel engines, the only visibility the glare of lights.

Inside the soft yellow glow from the dashboard lights up the sound-muffling orange shag carpeting, the



AM-FM radio and the tiny TV on the black upholstered "sleeper" (bed) behind the driving seats.

Nick settles into his seat and relaxes into a steady 60 mph; Anne logs the route, mileage and fuel; and I, high above the super-wide windshield, sit mesmerized by the white highway lines flashing past.

There's a heady excitement being on the road: a sense of detachment from the rest of the world... a feeling as one roars through dark, silent towns of being alone, awake while the world sleeps.

Anne Knaap is happy with this life. She's not the only one who appreciates the husband-and-wife concept of trucking. Van line officials think teamwork is great. Lee Waters, Bekins' top man, explains why: "It keeps the men on the road—it's amazing how many 'breakdowns' tend to happen around towns like Reno or Las Vegas. With wives or girlfriends on board, deliveries are faster and more efficient."

And it works. The Knaaps own three homes, one in California and two in their native Holland. Moreover, after only a year and a half as owner-

operator truckers for Bekins, they own their cab, a healthy \$25,000 to \$30,000 investment. According to Lee Waters, Bekins now has 50 husband-and-wife teams on the road. "And I intend to have 100 by the end of '76 and 200 by the end of '77."

This arrangement was not an easy one for women to attain, however. According to another trucker, Pat Croddy, life was tough for the pioneers. An Indiana housewife, Ms. Croddy learned to drive when her husband—a veteran of 20 years on the road—became sick. Subsequently, she gave up her own ceramics business, bought a tractor and joined him. "In the old truck stops," she remembers, "the facilities were reserved for 'men only.'"

Crossing state lines, too, was no joke. "The guards always demanded to see a woman's papers. They practically examined your teeth."

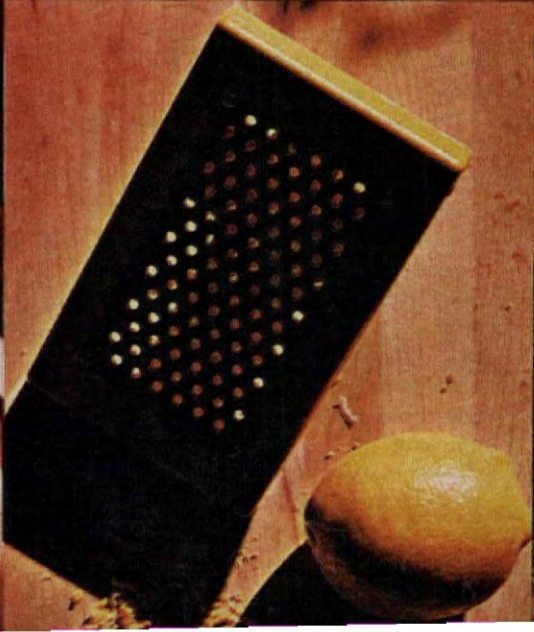
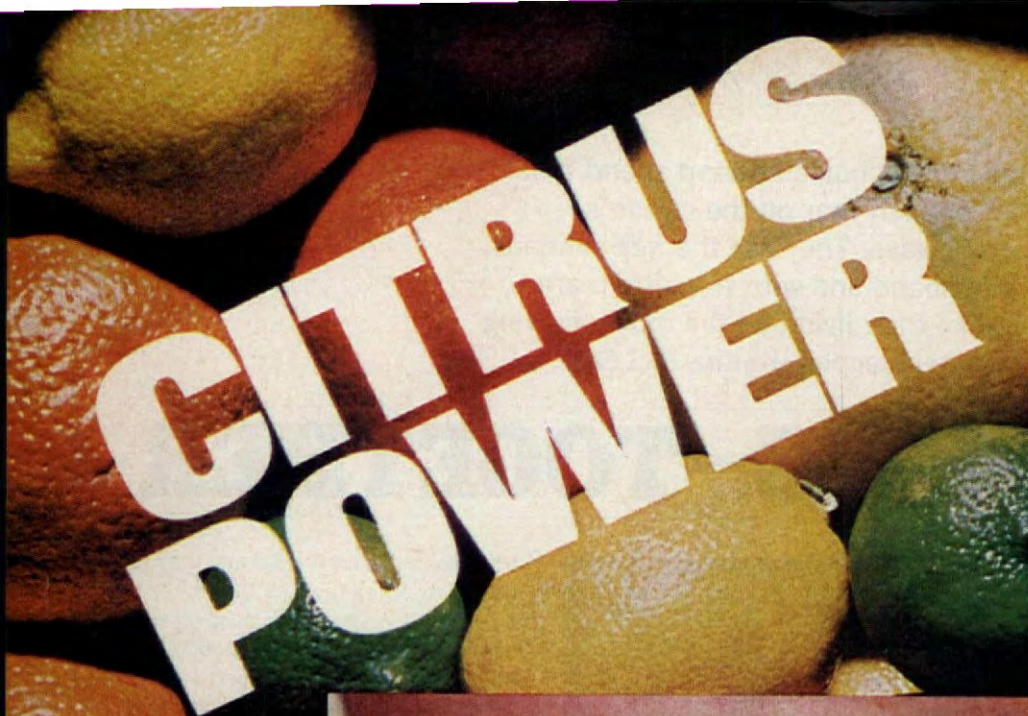
Anne believes that things are better today. "We are all the same doing the same work. And work has given me a sense of identity. My uniform makes me feel important."


When we stop for the night at a truck stop, I begin to understand what she means. Anne and I are the only women present in the "professional truckers only" section (where a full-course meal and all the coffee you can drink costs less than \$3) and the stares of the men are unnerving. Only after it's apparent they think I am not only a trucker but a driver (the top of the trucker's hierarchy) that I fully comprehend the sense of liberation the women truckers experience.

The trucking life is not new to the Knaaps. With their 24th wedding anniversary just around the corner, they remember going out on dates in Holland—dates consisting of Anne's helping Nicholaas deliver (continued on page 100)

Celebrating 100,000 miles on the road this year, Anne and Nicholaas Knaap (above) have brought some comforts—a mini-galley and wardrobe, for instance (left)—to their home on wheels.

Photography by Keitha McLean





Bite an orange. SPURT! Your mouth is sweet. Slice a lemon. TANG! It's tart but tasty. Squeeze a lime into soda. SIP! It's fresh. Peel a grapefruit. ZAP! It's juicy. Citrus fruits—they're zingy, healthy, great!

To know citrus power is to experience the frothy delight of downing fresh-squeezed orange juice or to sprinkle lemon or lime juice liberally over fruits and vegetables for luscious tang. Citrus fruits brim with nutrients and offer tantalizing ways to add new flavor to a great many dishes.

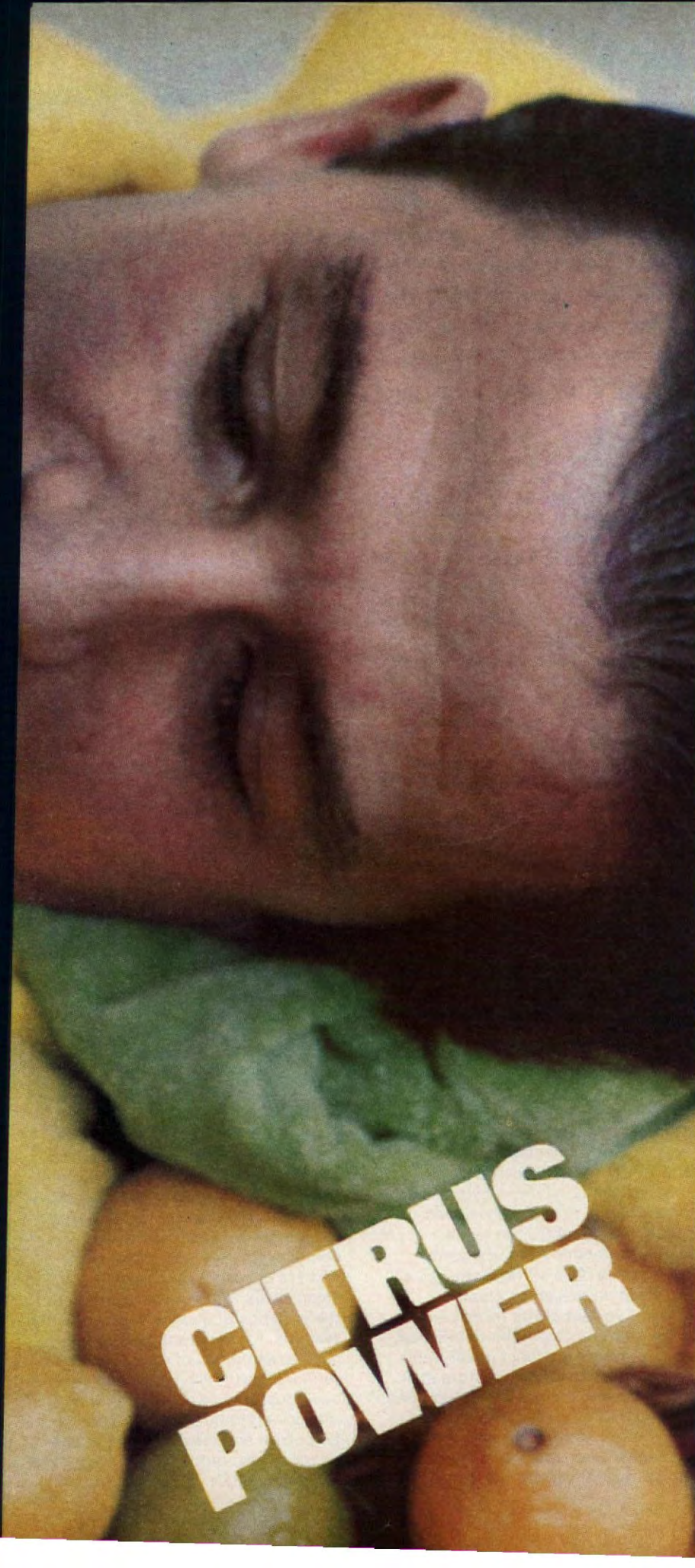
Citrus fruits are native to southeast Asia. Oranges, for example, were brought by trading ships from South China seas to the east coast of Africa, then by caravans across the Sahara to the Mediterranean region. Christopher Columbus carried orange seeds to the New World.

Oranges are worldwide favorites. In Trinidad, street vendors sell orange halves sprinkled with salt. Europeans eat oranges with a knife and fork—for dessert. Norwegian youngsters like to remove the top of an orange, make a hole in the fruit, push a lump of sugar into it and suck on the juice.

Liquid citrus sensations. For a post-winter perk-up, try one of our refreshing quick drinks. Californians often whirl 1 cup of fresh orange juice in a blender with $\frac{1}{2}$ pint icy orange sherbet until frothy. . . . After a sauna, replenish lost body fluid with a healthful nog—1 cup fresh orange juice, 1 tablespoon honey, 1 egg and 2 ice cubes all tossed in a shaker. . . . A mouth-watering treat can be made from $\frac{1}{2}$ cup fresh grapefruit juice, $\frac{1}{2}$ cup apple juice and 1 tablespoon lime juice poured over ice. . . . Sweet, old-fashioned lemonade can be served up anytime if you make this concentrate ahead of time: 1 tablespoon grated lemon peel, $1\frac{1}{2}$ cups sugar and $\frac{1}{2}$ cup boiling water. Shake in jar and add $1\frac{1}{2}$ cups fresh lemon juice. Store covered in the refrigerator. When ready to serve, dilute $\frac{1}{2}$ cup concentrate with $\frac{3}{4}$ cup water and ice cubes in each glass. Did you know lemonade was concocted by the Mongolians in A.D. 1299?

When shopping for fruits, choose those that are heavy; you'll find them juicier. Store in a cool place up to 10 days; refrigerate as long as three weeks. For delicious food and drink recipes shown—and more—see page 66.





To fade a freckle, de-crinkle an elbow, squeak up hair or de-callous a toe—lemon's the winner by a squeeze.

It's a beauty classic that's been around almost as long as beauty itself. *The Compleat Housewife*, published in the early 1700s, was jam-packed with lemon tips and treatments that work as well today as they did when the gentlewomen of the 18th century used the fruit to bleach their complexions to the then-fashionable deathly pallor.

Lemon was the fragrance that delicate ladies of Victorian London and Paris squeezed into their baths. Then the house of Guerlain squeezed it into bottles, called it Imperiale Cologne—and they're still selling it. Like all the best classics, the lemon fragrance stays in style even when it goes out of fashion. It's always been famous in soaps—and still is. But it's showing up in lots of other places, too—commercially, in everything from skin stains (no lightening here, but lots of softness) to cuticle cream.

Citrus scent-ables

Fresh Lemon Cleansing Lotion and Fresh Lemon Peel-Off Mask, both by Love; Lemon-Up Shampoo, by Toni; Dior's Sauvage Bronzer; Brooks Brothers' Soap; Bath Treatment Oil, from Kiku; Golden Lotion, by Shiseido. And just on the market, Breck's Clean Rinse.

Citrus Squeeze-it-yourself-ables

Add lemon slices to your bath.

For a firm face—fast

Mix 1 tablespoon lemon juice with 2 cups water. Splash on, then rinse with water.

For a firm face—slow

Mix 3 tablespoons lemon juice with 1 egg white and $\frac{3}{4}$ cup oatmeal until sticky. Dry and fine skin, apply and rinse immediately; oily skin, leave for five minutes.

For heels, toes and elbows

Cut lemon in half and have a good rub. Then rinse.

For tired feet

Add 3 tablespoons lemon juice to water and have a good soak.

For the hands

Soak hands for five minutes in juice of $\frac{1}{2}$ lemon and 1 cup warm water. Mixture softens cuticles and helps to whiten and soften the skin.

Photography by Carmen Schiavone

CITRUS POWER

1 medium-size orange = 1/4 cup juice, 10 to 11 sections, 1/2 cup bite size pieces, 2/3 to 3/4 cup puree or 4 tsp. grated peel.

1 medium-size grapefruit = 2/3 cup juice, 10 to 12 sections, 1-1/2 cups bite-size pieces or 3 Tbs. grated peel.

1 lemon = 2 to 3 Tbs. juice, 1/4 cup puree or 1 Tbs. grated peel.

1 tangerine = 3 to 4 Tbs. juice, 10 sections or 2-1/2 tsp. grated peel.

1 lime = 2 Tbs. juice, 3 Tbs. puree or 2 tsp. grated peel.

Citrus fruits make succulent eating, peeled and sectioned. They're ideal for snacking, for they're rich in vitamins and minerals without loading you up on calories. A tangerine is only 39 calories, an orange, 60. Half a grapefruit is 45.

Don't waste the peel. A special device (shown on page 60) makes stripping easy. And you can use the strips to tie bundles of asparagus or broccoli, or as a twist or ribbon garnish for drinks. Even the white portion of citrus peel, called albedo, is important. It contains pectin, the substance used for setting jellies, jams, marmalades.

To section for salads, desserts or main dishes, cut a slice off the top of the fruit. With a sawing motion, use your knife to cut the peel off in a spiral; cut deep enough to remove all the white membrane. Then cut a slice off the bottom. Cut along both sides of each dividing membrane, from outside to center; lift out sections.

Before squeezing fruits for juice, roll each on counter top with the palm of your hand; cut in half; squeeze. You'll get more juice if the fruit is at room temperature. Warm in oven or soak in hot water to do this quickly. After squeezing, hang onto the peel. You'll find it makes an attractive shell for salads, sauces and relishes. The shells can be saved until needed by freezing in plastic bags, but be sure to remove crushed pulp and all membrane first. Shell edges may be notched or scalloped with shears or knife. To keep the shells from tipping, cut a thin slice off bottom so they'll stand. You can also cut the peel of scooped or juiced citrus into free-form flower shapes or designs of your choice to garnish baked ham, duckling, cakes or drinks.

Helps and hints:

- To rid hands of onion, garlic, seafood or other food odors, rub

fingers with lemon wedge and salt.

- To sugar-frost a glass, chill it first. Moisten rim with orange, lemon or lime wedge; dip in superfine sugar, lift glass and tap off excess.

- If you need buttermilk for a recipe and haven't any, you can use soured milk made by adding 1 tablespoon fresh lemon juice to almost 1 cup milk. Let stand 5 minutes before using.

- To keep avocados, pears, apples, peaches or bananas from browning, sprinkle with lemon or lime juice.

- Drop lemon or lime juice into the cooking water if you want to keep cauliflower or potatoes white.

- Replace plain watery ice cubes with citrus cubes. Mix 1/3 cup lemon or lime juice with 1 2/3 cups water. Fill trays. Use cubes for drinks. Or freeze pure orange or grapefruit juice in ice cube trays; once frozen, remove to plastic bags for longer storage.

- When making ice for drinks or party punches, freeze unpeeled lemon, orange or lime slices in the water.

- If you're on a low sodium or calorie-restricted diet, try citrus as a natural flavor enhancer. Keep a lemon in the fridge ready to squirt by sticking a wooden pick into one end of it.

- To remove seeds from citrus segments, snip center with shears and gently squeeze seeds out.

- Seeds can be a bonus if you have a green thumb. Put fully developed seeds from grapefruit or lemons in pot of soil. Water and keep in a warm, sunny place. One of the seedlings will grow into an evergreen plant.

- If you've kept citrus fruits past their prime—obvious from their shriveled peels—immersing them in hot water for 30 minutes will help restore their freshness and increase their juiciness.

- Keep freshly grated peel on hand in your freezer wrapped in tiny airtight packages. Even strips of citrus peel can be frozen for later use.

Some simple recipes:

- Make flavored sugars with grated peel. Proportions are up to you. Start with 4 teaspoons grated peel and toss with 1/2 cup sugar. Use flavored sugar over cereal, waffles or crepes.

- Simmer unpeeled orange or lemon slices in sugar syrup until tender. Combine with stewed dried prunes or apricots for a breakfast treat.

- Try mixing grated citrus peel with softened butter or margarine for a surprising muffin or toast spread.

- Use fresh orange or tangerine juice in place of milk in the egg batter for French toast. Add grated peel for zip.

- Try tossing tangerine, orange or grapefruit sections into a basic cabbage slaw for color and flavor.

Citrus fruits are super sources of vitamin C. You need 45 milligrams a day, and your body can't produce or store it. Eat either two tangerines, one medium orange or half a large grapefruit and you'll have consumed your daily supply. What is C good for? It heals cuts, helps maintain blood-vessel strength, but does not prevent colds. What it does, according to Dr. Philip White, director of the American Medical Association's Department of Foods and Nutrition, is "reduce the incidence or severity of the common cold." Gulping a month's supply of C tablets on the day you sense a sniffle is pointless. A better course is to maintain an adequate level of C in your system, day after day.

What to choose. Year-round, you'll find fresh citrus fruits in your market, but the varieties of each will vary with the seasons. Knowing what's best for juicing, eating out of hand, slicing or sectioning will help you decide what to buy. Most important, buying what's in season—right now it's oranges, grapefruit and tangerines—will give you good assurance that you're getting highest quality at the lowest prices.



Everyday stress. A reason to learn the pure facts about orange juice.

Anyone who's ever had "one of those days" knows about stress. But did you know emotional stress may, if sufficient, accelerate potassium loss? Potassium loss is also caused by the water reducing pills, known as diuretics, often used to treat high blood pressure. Ask your doctor.

What does potassium do?

Potassium is a mineral needed for normal muscle functioning. Foods high in potassium and low in salt are important for most individuals taking diuretics. Such foods are fresh fruit, vegetables and 100% pure orange juice.

Why is orange juice such a good source of potassium?

Orange juice provides a good amount of potassium and almost no sodium. So it's a good food for people with high blood pressure whether their treatment involves diuretics or a salt-restricted diet. In fact, orange juice has been recommended by the American Heart Association for use in low-salt diets.

Those are the pure facts. Isn't it nice to know that something so delicious can be so good for you?



CITRUS POWER

continued from page 61

Mimosa

(pictured on page 61)

1/4 cup fresh orange juice, chilled
4 ounces or 1/2 cup champagne, chilled
Pour juice into an 8-ounce wineglass. Add champagne. Makes 1 serving.

Chicken Lemonese

(pictured on page 61)

4 whole chicken breasts, split, skinned and boned, or 8 chicken cutlets
1/3 cup all-purpose flour
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 large egg
1 tablespoon water
1/2 cup grated Parmesan cheese
1/2 cup seasoned Italian bread crumbs
3 to 4 tablespoons butter or margarine
3 to 4 tablespoons pure vegetable oil
1/4 to 1/3 cup lemon juice (2 or 3 lemons)

2 lemons, peeled and thinly sliced

2 tablespoons chopped parsley

1. Put chicken breasts, one at a time, between 2 pieces wax paper. With mallet or back dull edge of knife, pound to flatten breasts into cutlets. Omit step if using purchased cutlets.

2. Combine flour, salt and pepper. Dredge chicken cutlets with flour mixture, coating well. Beat egg with water in shallow dish. Combine cheese and bread crumbs in another dish. Dip floured cutlets into egg mixture. Roll in cheese-crumbs mixture; pat firmly. Place on wax paper; let set 15 minutes or chill up to 2 hours.

3. Heat 1 tablespoon butter or margarine and 1 tablespoon oil in large skillet. Sauté cutlets, 2 or 3 at a time, on each side until well browned and cooked through. Remove. Drain; keep warm on platter. Repeat with others. Add additional butter or margarine and oil to skillet as needed. Remove all browned bits from drippings.

4. Heat any remaining butter or margarine and oil in pan. Stir lemon juice (amount depends on taste) and sliced lemons into pan drippings; heat, but do not boil. Spoon juices and lemon slices over chicken. Sprinkle with parsley. Makes 4 to 6 servings.

Orange Marmalade

(pictured on page 60)

3 medium-size oranges
1 medium-size lemon
3 quarts cold water (12 cups)
Sugar

1. Cut oranges and lemons crosswise into thin slices. Cut slices in half. Remove seeds. Place slices in large glass bowl; add water. Cover. Let stand 12 hours or overnight.

2. In large saucepot place orange mixture. Bring to boiling over high heat. Boil 30 minutes or until reduced to about 8 cups. Remove from heat. Let stand at room temperature 6 to 8 hours.

3. Measure fruit and liquid; add an

equal amount of sugar. Return to saucepot; bring to boiling, stirring until sugar dissolves. Boil rapidly about 30 minutes, stirring occasionally, until mixture sheets from a spoon when tested or when mixture is 9° above boiling point of water (about 221°).

4. Remove from heat, stir and skim for 5 minutes. Pour into hot, sterilized jars*; seal. Makes 6 to 7 half-pint jars.

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

Orange Ice

(pictured on page 60)

1 large lemon
10 large navel oranges
1/2 cup light corn syrup

1. Grate peel of lemon; cut in half and squeeze juice. Reserve. Grate peel of 2 oranges. Reserve. Cut oranges in half; scoop pulp into blender container.

2. Cut top one third off remaining 8 oranges. Carefully scoop pulp into blender container. Put orange cups in plastic bag; refrigerate. Cover blender container; puree orange pulp on medium speed. Pour into strainer over large bowl; press out all orange juice. Discard crushed pulp.

3. Into bowl, add lemon and orange peels, lemon juice and corn syrup. Mix well. Freeze until mushy. Beat with electric mixer until smooth. Refreeze until firm.

4. Just before serving, scoop orange ice into reserved orange shells. Garnish with mint sprigs, if desired. Makes 8 servings.

Ham Steak with Tangerine Sauce

1 center-cut ham steak, 1 inch thick
4 large tangerines
1 tablespoon lemon juice
2 tablespoons light corn syrup
2 cups water
1 1/2 teaspoons cornstarch
1 tablespoon water

1. Heat oven to 350°. Place ham steak in 13x9-inch baking pan. Peel 2 tangerines; cut peel into thin julienne strips to make 1/4 cup. Reserve. Place tangerine sections in blender container; blend on medium speed. Pour through strainer to remove seeds and pulp to get 1/4 cup juice. If more juice is needed, use another tangerine.

2. Combine tangerine and lemon juices with corn syrup. Pour over ham steak. Cover pan with aluminum foil; bake ham 20 minutes. Remove foil and bake 20 minutes more.

3. Meanwhile, in small pan bring 2 cups water to boiling. Add reserved peel and boil 2 minutes. Drain. Peel,

section and seed remaining 1 or 2 tangerines.

4. Combine cornstarch and 1 tablespoon water. Remove ham from pan to serving plate. Cover to keep warm. In small pan pour pan drippings. Add cornstarch mixture while stirring constantly. Cook until thickened. Add julienne peel and tangerine sections; simmer over low heat 4 to 5 minutes.

5. Pour sauce over ham. Garnish with parsley, if desired. Makes 4 servings.

Grapefruit Chiffon Cake

3 cups sifted cake flour
1 tablespoon baking powder
1/2 teaspoon salt
1 3/4 cups sugar
8 large eggs, separated
3/4 cup grapefruit juice (about 1 large grapefruit)

1/2 cup pure vegetable oil

3 tablespoons water

1 1/2 tablespoons grated grapefruit peel

1/4 teaspoon cream of tartar

1 1/2 cups confectioners' sugar

1 1/2 to 2 tablespoons grapefruit juice

1 drop yellow food color

1. Heat oven to 325°. Sift together flour, baking powder and salt.

2. In large bowl with electric mixer at medium speed, beat together 1 cup sugar (reserve remainder), egg yolks, 3/4 cup grapefruit juice, oil and water.

3. With mixer at low speed, add flour mixture until well blended. Remove from mixer; stir in grapefruit peel.

4. In large bowl with electric mixer at high speed, beat egg whites until frothy. Add cream of tartar; beat until stiff but not dry. Gradually add remaining 3/4 cup sugar while beating until meringue forms stiff, glossy peaks.

5. Pour egg yolk mixture over meringue. Fold in. Pour into ungreased 10x4-inch tube pan. Bake 45 minutes; increase heat to 350°. Bake 10 minutes more or until wooden pick inserted in center of cake comes out clean. Invert pan; let stand until cool. Remove cake from pan; place on cake plate.

6. In small bowl combine confectioners' sugar, 1 1/2 to 2 tablespoons grapefruit juice and food color. Spread glaze on top of cake, allowing some to run down sides.

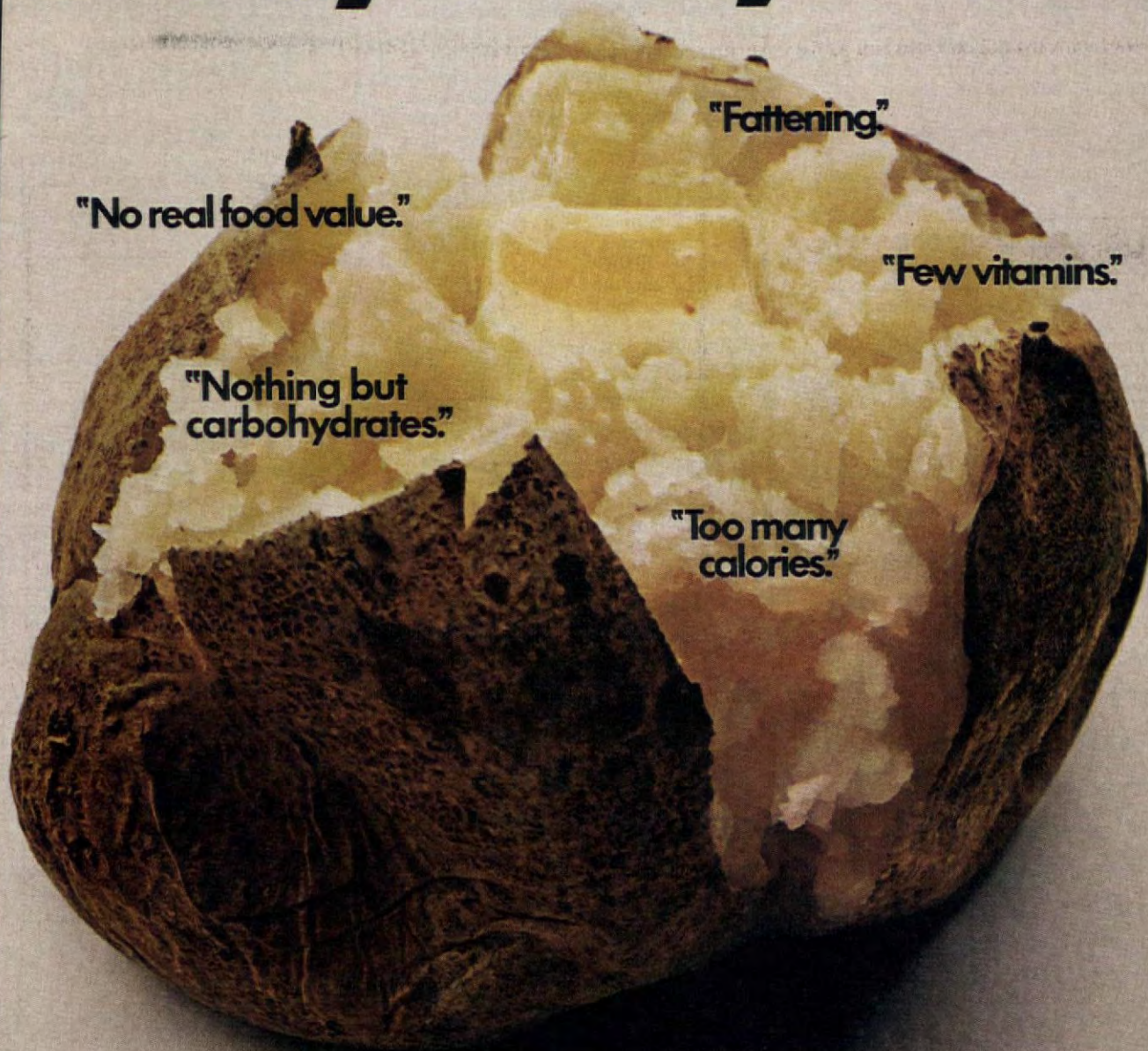
Lime Cream Pie

1 package (8 1/2 ounces) chocolate wafers
1/2 cup butter or margarine, melted
1 can (14 ounces) sweetened condensed milk (Don't use evaporated milk)
1 tablespoon grated lime peel
1/3 cup fresh lime juice (3 or 4 limes)
3 eggs, separated
3 to 4 drops green food color
1/4 teaspoon salt
1 cup heavy cream (1/2 pint)
2 tablespoons sugar

1. Put wafers in doubled plastic bags; crush with rolling pin. Or crumb wafers in blender. Toss crumbs with butter or

continued on page 68

Lies, lies, lies.



To be perfectly honest, our headline should probably say, misconceptions, misconceptions, misconceptions. But whatever you call them, there have been a lot of not-too-nice and not-too-true things said about potatoes.

Because they're a carbohydrate food, they're considered a luxury. Not true. Carbohydrates are a necessity. Nutritionists consider them basic fuel for the human body.

Potatoes are a good, economical way to get that

fuel — without getting as many calories as you might think. A medium-size baked potato has just 90 calories. Add a pat of butter and enjoy that potato for only 125 calories.

It will also provide important vitamins and minerals, including about 1/3 the U.S. Recommended Daily Allowance of Vitamin C.*

As you can see, the potato is really something good that's good for you. And that's the truth.

The Potato. Something good that's good for you.

*Source: Nutritive Value of Foods, USDA #72, © 1975 The Potato Board

CITRUS POWER

continued from page 66

margarine; mix well. Heat oven to 350°. Press mixture firmly into sides and bottom of greased 10-inch pie plate. Bake 10 minutes. Cool on wire rack 30 minutes. Reduce oven temperature to 250°.

2. In large bowl mix milk, 1½ teaspoons grated peel (reserve remainder), lime juice and egg yolks. Tint with food color. In small deep bowl, beat egg whites and salt until stiff but not dry. Fold into lime mixture. Pour into chocolate shell. Bake 10 minutes.

3. Cool pie on wire rack 30 minutes; chill 30 minutes. Before serving, whip cream with sugar. Spoon dollops on top of pie; sprinkle with remaining grated peel.

Oranges and Cucumbers in Sour Cream

- 2 large navel oranges, peeled and sectioned
- 1 cucumber, scored and thinly sliced
- 1 cup dairy sour cream
- 1 teaspoon salt
- ¼ teaspoon celery seed

Lettuce

1. In medium-size bowl combine orange sections and cucumber slices. Refrigerate until serving time.

2. Just before serving, combine sour cream, salt and celery seed. Drain off any juice that has collected from orange sections. Fold sour cream mixture into oranges and cucumbers. Serve on bed of lettuce. Sprinkle with paprika, if desired. Makes 6 servings.

Pork Chops in Orange Sauce

- 8 pork chops, each 1 inch thick
- Salt and pepper
- ½ cup chopped onion (1 medium)
- 1 tablespoon grated orange peel
- ½ cup orange juice (2 or 3 oranges)
- 2 tablespoons light corn syrup
- 1 large orange, peeled and sliced

1. Heat oven to 375°. Trim fat from pork chops. Season meat with salt and pepper. Heat large skillet; render fat from chops in skillet. Remove pieces of fat. Brown chops on both sides over medium heat. Remove to baking dish.

2. Drain fat from skillet. Sauté onion in skillet until tender (there should be sufficient fat left on surface of skillet); spoon over chops.

3. Combine orange peel, orange juice and corn syrup; pour over chops. Bake 25 to 30 minutes or until chops are tender. Before serving, garnish with orange slices. Makes 4 to 6 servings.

Orange Soufflé

- 6 eggs, separated
- 2 envelopes unflavored gelatin
- 1¼ cups sugar
- ¼ teaspoon salt
- 2 tablespoons grated orange peel
- 1 teaspoon grated lemon peel
- 1½ cups orange juice (6 to 8 oranges)
- ¼ cup lemon juice (2 or 3 lemons)
- 2 cups heavy cream

1. Fold a 30-inch piece of wax paper in half lengthwise. Tie or tape securely around a 1½-quart soufflé dish to form a collar 3 inches above the rim of the dish.

2. Beat egg yolks slightly in top of double boiler. Add gelatin, ¾ cup sugar (reserve remainder), salt, orange and lemon peels, orange and lemon juices. Cook over simmering water, stirring constantly, about 10 minutes or until mixture is slightly thickened. Do not overcook. Remove from heat; cool. Chill in refrigerator or over ice water until mixture mounds slightly when spooned.

3. Beat egg whites until foamy; beat in remaining ½ cup sugar, a tablespoon at a time. Continue beating until meringue forms stiff, glossy peaks. Fold into orange mixture.

4. Whip cream until soft peaks form; fold into orange mixture. Spoon into soufflé dish. Refrigerate 3 to 4 hours or until set. Makes 8 servings.

Kits for Modern Art in Needlepoint, Page 82

Select designs from the trio pictured and fill out coupon. Please make out check or money order payable to A.H. Specialties—American Home Kits. Allow at least four weeks for delivery. Items shipped to Canada are subject to Canadian tariff.

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Make the "Fisherman's Knit" Pillows, Page 29

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West Englewood, N.J. 07666

NP149 Needlepoint Pillow
Kit(s) @ \$13.95 plus .85 post. & hdlg. ea. \$

Canada: Add \$1.00 for ea. item ordered
I enclose (total amount) \$

print name

street address

city state zip code

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Order Kits for Orange Crate Art, Pages 12-13

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Excitingly beautiful and different! Wonderful Stainless Steel Imperial cookware by Regal adds glamour to your kitchen... makes cooking easier and tastier. Foods are prepared with a minimum of water over LOW HEAT—covers fit snugly to help seal in moisture and health-building vitamins and minerals. And, the hard surface of stainless steel

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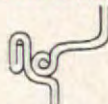
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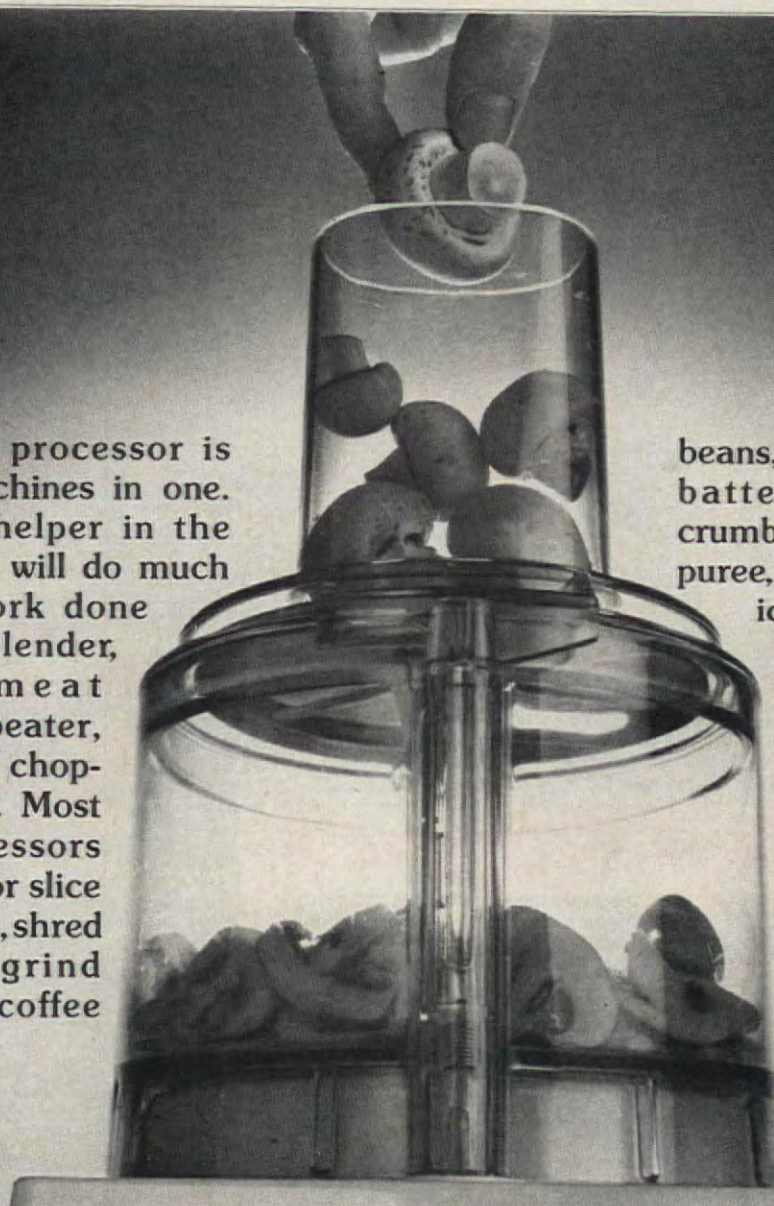
NEW KITCHEN WONDER-WORKERS

The food processor is many machines in one. A super helper in the kitchen, it will do much of the work done by your blender, mixer, meat grinder, beater, whisk and chopping knife. Most food processors will chop or slice vegetables, shred cheese, grind meat or coffee

beans, knead dough, mix batter, make bread crumbs, peanut butter or puree, extract juice, crush ice and open cans!

These high-speed equipment centers promise huge savings in time and effort. Know which suits your kitchen. Here and on page 72, we help you decide.

—Ki Hackney



Photography by André Gillardin

All food processors feature a dazzling array of accessories, but not all will perform an equal amount of your food-preparation chores. The important thing is to find one that works right for you. You must also keep in mind a food processor's drawbacks: First, it requires a lot of space—to use and for storage; and second, it usually works at high speeds, and these will take some getting used to.

The Cuisinart, a French import that seems to have swept this country, is compact and handsome. It will not take the place of a blender or beater, but it will dice, chop, slice, shred, puree, crush and grind—all at one powerful high speed.


The NuTone is the only equipment center that goes somewhat easy on storage space: Its power base sinks directly into your counter top, and its wide range of removable attachments simply fit on top.

The Starmix, from Germany, covers a bit more territory than the Cuisinart, since it also does a blender's work. It has an optional ice-cream maker, french-fry cutter, meat grinder and fruit-juice extractor. This versatile model is perfect for someone who wants almost every function in one machine.

Germany's Braun is a heavy-duty machine, but handsome. It is especially good at preparing pastry dough and, like the others, has numerous attachments and specialties to offer.

The KitchenAid is a classic. Dedicated cooks have long depended on it as heavy-duty mixer, beater, whipper. It is not compact, but does everything the other machines do—and more. (It even buffs silver!)

Oster's Kitchen Center is similar and just as versatile. It offers a wide range of optional attachments. When you turn the page, you'll find six equipment centers shown in detail to study—and compare.



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NEW KITCHEN WONDER-WORKERS

continued from page 70



- 1 Cuisinart Food Processor:** 1-speed motor base (500-watt); 1½-quart clear plastic bowl with feed-tube lid; 2 slicing/grating disc blades; serrated flat blade; mixing blade; spatula. \$190. *Options:* fine blade and disc, \$13 each.



- 2 NuTone:** Built-in, variable-speed motor base (400-watt); 4-quart Melamine bowl; 1½-quart blender; mixer; knife-sharpener. \$172.95. *Accessories kit:* power post; meat grinder; shredder/slicer; can opener. \$94.65. *Options:* juicers, \$7.95, \$47.95; ice crusher, \$37.50; 3 cutting cones, \$9.95.



- 3 Starmix Universal Kitchen Machine:** 2-speed motor base (450-watt) with instant-action position; 5-quart stainless-steel bowl with feed-tube lid; clear plastic cover; 1½-quart blender; spatula; 5-blade rotary disc; beater, dough hook. \$195. *Options:* grinder, \$37.95; juicer, \$48.95; 1-quart ice-cream maker, \$37.95; french-fry cutter, \$7.



- 4 Braun Kitchen Machine:** 3-speed motor base (400-watt) with instant-action position; rotating 1½- and 4½-quart plastic bowls; 32-ounce blender; whisk; dough hook; 5-blade shredder/slicer; spatula. \$190. *Options:* juicer, \$20; nut or coffee grinder, \$15; meat grinder, \$60.



- 5 KitchenAid K-45:** 10-speed motor stand (250-watt); 4½-quart stainless-steel bowl; whip; dough hook; beater. \$165.95. *Among the options:* 2-quart ice-cream maker, \$37.60; food grinder, \$22.95; sausage stuffer, \$1.95; slicer/shredder, \$23.95; disc slicer, \$65.35 (fine, coarse); can opener, \$12.95; juicer, \$9.45; silver buffer, \$12.95.



- 6 Oster Kitchen Center:** 10-speed motor base (1,200-watt) with instant start/stop control; 1½- and 4-quart stainless-steel bowls; 5-cup blender; mixer arm; two beaters; pusher and grinder, coarse and fine blades. \$133.95. *Among the options:* dough maker, \$34.95; juicer, \$11.50; ice crusher, \$15.95; containers, \$3.

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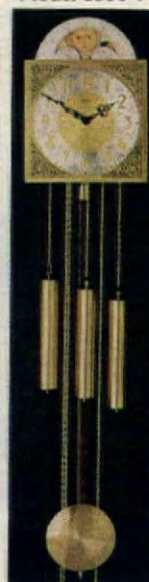
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H-001

Model 210 79"X21"X11-1/2"



THE "OTHER" WOMAN

She lives in a world of pussycats and militants — conditioned by generations of one and stimulated by the other. Yet she's part of neither. — Keitha McLean

And then there is the Other woman. Not the old-time "compartment" in a married man's life, she is the new minority. The victim of her own life and liberation.

She is probably in her late 20s or early 30s, better looking and sexier than average. Earning more money than many men, she is well dressed and even better traveled. She is warm, interested and interesting. She is the type who pays for her own abortion, rejects the concept of alimony and would cheerfully go halves-y to pay for a divorce.

She leads her life as she feels it must be lead, and accepts total responsibility for her actions. In personal relationships she takes no more than she gives, and allows the freedom that she herself needs. Radical in almost every area of thought, her views remain private. She looks to change the world not by revolution, but by reason.

Who are the Other Women and how do they happen? In a series of interviews I tried to find out. I found the many women I talked to more radical than most placard-carriers, and more private than any Miss Mouse (so private in fact that all insisted on remaining anonymous).

While their ideals varied wildly, some were grappling with the concepts of lifelong careers . . . some with social problems . . . some with the discovery of self. The common link between them was a joyous freedom, independence and sense of identity.

Some women's liberationists would charge that these Other Women were just becoming aware of themselves as women and are only beginning to be aware of the "problems of women." However, the Other Women (to a per-

son, totally uninvolved with any organized group of people) see it differently.

Most have been radicals from childhood and today feel that they have simply moved beyond the shouting and carrying on. They grope toward their private goals, relatively unconcerned with their "roles as women."

How girls turn into Other Women is as personal and as individualistic as the people themselves. "I read Simone de Beauvoir when I was 14," explained one "and even then . . . and with a sinking heart . . . I knew that life as it was being sold to me wasn't going to work."

Another was a young working wife. Her career was starting to grow when her husband got transferred to a small town. "But a wife always follows her husband," he argued. "Not this wife," she replied.

Whatever the problems in life that the Other Women face, from coping with job security to getting the winter tires on the car, one of the biggest, ever present, is that of man.

"There simply are no men . . . or very few . . . who can play it honest. They'll tell you they'd much rather have an intelligent woman, but ultimately it comes down to the old dominate-be-dominated thing."

"The big problem," another girl pointed out, "is that men cannot define us. They are used to women who want to get married. A man will tell you he doesn't want to get too involved . . . wants to 'hang loose' and you say, 'That's great.' And then you hang too loose, and he gets hung up."

Essentially, Other-Women-type girls feel that most men will not or cannot accept the responsibility of a person-to-person friendship between a man and woman. With another man, a friend, he would think nothing of phoning him just to see how he was . . . to chat, even. With women, he feels a commitment, and he knows that if he takes out pussycats, it doesn't matter. But with a more independent woman, it implies something more . . . to him, if not to her.

"The men are becoming weaker," said one. "They don't know how to cope with women. If you are a self-determined woman, they realize the relationship must be based on respect as much as anything else. And respect to them means responsibility. They say they think too much of me, love me too much, to classify me with 'other girls.'" To which another Other Woman added, "My motto is 'Love me less and call me more.'"

There is another quirky problem:

the old "I've outgrown my wife" syndrome. For the woman whose career is rocketing, the problem can be reversed. "I stopped telling my boyfriend how I was doing simply because I knew it upset him. It's not that old make-more-than-he-does bit, it's simply the problem of outgrowing him as a person. He couldn't take it. And after a while I couldn't take him anymore."

For the woman who lives her own life and makes her own decisions, it becomes increasingly difficult to accept the traditional male-female role-playing game. Every woman I interviewed commented, and without a hint of arrogance, "You realize that you cannot pretend to be less than you are."

Many girls while away dateless evenings playing a game I call Ego-Scrabble . . . speculating on how easily and quickly they could get married, depending to what degree they were willing to play the game. Ego-Scrabble is a dangerous game on down-days, when an escape into anything seems preferable to another night alone.

"I was in love and tried to become what he wanted. When it ended, it was almost with a sense of relief, even though I had convinced myself that what he wanted, I wanted."

One woman I interviewed is currently wrestling with the eternal dilemma. She is madly in love, and he wants to get married. However, she lives here and he lives there, and they are both executives on the way up. Again, the timing is bad.

"At this point in my work, I know I would lose everything if I gave it up. He, however bright, cannot accept the fact that he is not absolutely the most important thing in my life. I, on the other hand, must retain my independence in order to allow him his . . . and in the future, depending on circumstances I may need my work."

And then the ultimate crunch: "My work demands travel and my man doesn't like that. We women want equality and in my job I have it. But what would happen if I went into my boss and said, 'I'm sorry I cannot make this trip because my husband doesn't want me to travel.' Could a man get away with that excuse?"

Many young women discover that their bright, educated liberal boyfriends and husbands love that they have a career . . . so long as it is kind of nine-to-five-ish and in no way interferes with "their" life.

Yet most Other Women dream of marriage . . . even of Mr. Nearly Right. But marriage to these women is not a piece of paper. "I really want to be

(continued on page 78)



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7¼" Grapefruit Knife
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SINGLEHOOD

continued from page 76

married," one woman insisted, "with the paper or without . . . not because of ego problems or of security or financial needs. I would simply like to be the other half of a whole."

For most Other Women, Germaine Greer's concept of "little marriages" makes the most sense: "one very important person at one very important place for one very important time."

So the Other Women lead their very full lives, flashing here and there, growing and developing . . . often accomplishing more in a month in their lifestyle than most people do in a lifetime. But we are nothing if not products of our conditioning, and with this comes the hideous Other Women Downers . . . and the self-hating "compromise."

"I go through a pendulum thing quite a bit. For a time I think the thing is to go out and 'meet people' and enjoy the people around you on their level for what they are. Nothing meaningful and so be it . . . and put up with the fact that he doesn't really care about you; he's just thinking how to get you into bed."

This Other Woman added, "Then I swing back and think, 'Why put up with people who simply disappoint you? Do what you really enjoy—stay in, listen to music, read good books—go to concerts, good movies.'"

So the pendulum swings as pendulums do, and the Other Woman zooms between the highs of accomplishment and a zestful life and the plunging lows of worrying what is wrong with herself . . . wondering why it all seems so difficult when it is so logical . . . And most curiously, although a transcript of an Other Woman conversation often reads like a feminist manifesto, no Other Women I have either met or interviewed has ever joined an organization.

"We spend all our adolescent years breaking away from groups, from norms . . . church . . . family . . . traditional roles. Then suddenly society is imposing these other groups on you," said one.

More than one Other Woman feels militancy is a cop-out. "Extremism in any form is falsifying . . . it is polarizing. It is so easy to be conservative or liberal . . . to be feminist or non-feminist. I say give me a particular cause and I will tell you what I feel about it, but don't lump me in with a bunch of flag-waving followers."

For many women, women's lib is a good and satisfying role. They need it as much as they needed the old one. It's not unlike a freaked-out acid head converting into a Jesus-freak—one substitute for another. But for

many it can be an ego trip . . . there are people who will march for any cause and there are people who achieve a sense of belonging.

For some former activists, a non-militant position offers the chance for better communication with people. Example: "When I was more vocal in my views, I was automatically classified as a feminist and automatically eliminated when the typical man-women discussions came up. I didn't mind being disliked, but I couldn't stand having my views ignored."

"Now, nobody knows my 'general' feelings . . . and why should they? But they seem to assume that I am sympathetic, or at least neutral, on a given subject and at least they will talk to me. I truly believe that it is only through rational discussion that the 'woman problem' will be solved."

Most Other Women interviewed agreed that the line between activity and passivity is a thin one, at best. One reflected: "If something happens to you personally, you may march . . . an emotional decision; or if your friends are marching and they urge you, you may say, 'well why not!' and go . . . another emotional decision. The trouble with me is that I attack a problem rationally, and most of the time my own reasoning eliminates the need for action."

"It does not mean my views are any stronger because I've marched . . . or weaker because I haven't. I refuse to be imposed upon by a world that demands pigeonholes."

So unpigeonholed, unclassified, accused of non-involvement by their militant sisters . . . what kind of future do Other Women project for themselves?

"We all dream, products of conditioning that we are, of that Little Miracle where things will somehow work out . . . that somewhere there are men who will recognize that our independence is also theirs."

Most don't like to think too much about the distant future. Some are drawn through frustration to the ranks of the militants, some the other way for the same reason. For most, whatever dreams they might have for a normal modern life with another person (and for most this includes children), the future is primarily concerned with their lives and work. "What is there except to get on with it?"

We tend to be unrealistic. But bit by bit, as we continue to discover ourselves, we know that we must plan . . . and think. The future may be one of "little marriages," one long marriage or no marriage at all. But it is one of life-work satisfaction and personal happiness, to some degree. It's not so bad . . . men have to face the situation all the time, too." □

PANTRY REVIVAL

continued from page 37

Sometimes convenient heat-and-serve products are a dinner rescuer. Canned chicken à la king will save your day when mixed with drained canned peas, baby carrots or diced pimientos, then baked with a crumb or cracker topping and served over buttered toast points. Use the mixture as a filling for individual main-dish pies when you line small baking dishes or large custard cups with mashed potatoes first. Packaged scalloped or au gratin potatoes can be the basis of a quick casserole when you add canned ham, turkey or chicken.

Vegetables as an accompaniment to your meals will never be a problem if you stock up. Canned potatoes and onions, drained and sliced, can be sautéed in butter or margarine. Stir in a bit of cream or evaporated milk and sprinkle with a touch of herbs like sage or thyme. Prepare instant mashed potatoes for 4; mix with 2 egg yolks; mound or drop dollops on baking sheet; broil until browned to make quick Duchess Potatoes. For another vegetable treat, stir-fry drained cut green beans with sliced water chestnuts in oil; season with soy sauce and ground ginger.

In place of a fresh green salad, try serving a relish tray of pickled vegetables or fruit. It'll go well with ham or pork dishes. Choose from spiced peaches, olives, apple rings, pickled beets, corn relish, gherkins. With pasta or frittata, serve an antipasto tray of tuna, anchovies rolled around capers, green or ripe olives, sardines, roasted red peppers, marinated artichokes or mushrooms.

For breads, keep corn muffin or bread mixes around. They save measuring; just mix and bake into muffins, loaves or squares. Canned ready-to-serve brown breads go well with pork and beans, chili or stew. Rely on assorted crackers—melba toast, rye crisps—to accompany your meals.

You'll always be ready for dessert with packages of plain cookies such as vanilla or chocolate wafers, macaroons . . . crumbled over puddings or ice cream. Do wonders with canned fruit. Drain pear halves and chill in freezer until cold. Melt chocolate chips with heavy cream in equal amounts. Put pears in champagne glasses and top with chocolate sauce. Turn apricots, peaches or pineapple into an ambrosia. Drain them, sprinkle with fresh lemon or orange juice and flaked coconut.

Shop to keep your pantry well endowed so that, no matter what the occasion, you can have a meal at your fingertips.
—Lucy Wing

Embroider Julie Eisenhower's favorite stitchery designs



These charming embroidery designs, created by Julie Eisenhower and introduced by Good Housekeeping, have been among the most popular of her stitchery kits. Here's another chance to order them! "Bless This House" cross-stitch sampler (above) was inspired by a plaque that hung in the White House when her husband's grandfather, Dwight Eisenhower, was president. Size: 14" by 18". In kit: design-stamped linen, embroidery floss, directions. \$7.98. Wood frame with antique gold/brown finish, \$15.98. "Romance of Flowers" Pillow Top (below) is 14" by 16", finished with velvet ribbon between the flower designs and their legends. In kit: design-stamped linen, embroidery floss, green velvet ribbon, directions (back and cording are *not* included). \$7.98.



"Bless This House" poem © 1927, Boosey and Co.

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Enclosed is my check or money order for \$____, payable to *Good Housekeeping*. Please send me:

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76

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PRODUCT SOURCES

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.

KITCHEN LIB

Pages 40-41: All appliances, General Electric Co., Louisville, Ky.; JK 19 R wall oven, JET Microwave oven, GDS 1050 dishwasher, GFC 450 disposal, GCG 450 compactor, JP 90 cooktop, JV 62 hood, GFA 851 disposal, TBF 21 RR refrigerator. Textolite counters, General Electric, Coshocton, Ohio; flooring, "Park Terrace" cushioned vinyl, Congoleum Industries, Inc., Kearny, N.J.; roll door units, Omni/Cab'nette, Omni, Charlotte, Mich.; track lighting, Halo Power Track, Elk Grove, Ill.; deluxe GE double nonstick coated automatic griddle, variable-speed portable mixer, Toast-R-Oven, automatic grill and waffle baker with GE nonstick coating, General Electric Co., Housewares Div., Bridgeport, Conn.; compact "Urbanite" sink with Alterna faucets, Gimlet bar sink with chrome continental style faucet (both, Sunflower Yellow), Kohler Co., Kohler, Wisc.; wallpaper, "Keep Your Eye Upon the Donut," Jack Denst Designs, Inc., Chicago, Ill.; Selindaline salad bowl and ice bucket, Cybill goblets and wineglasses, littala footed glass bowl, white Arabia planters, yellow folding chair, butcher block cart, Contemporary Galleries, Cincinnati, Ohio; brown canister set, wine carafe, yellow and white Heller dishes, wood salt and pepper mill, Margaretheskalen mixing bowls, yellow Copco skillet, acrylic bar set, coasters, chrome ice bucket, smoke acrylic salad bowls, A.B. Closson Co., Cincinnati, Ohio; Lucite cookbook stand, 9-inch glass plate, framed food prints, fish poacher, three-section wood dish, Melior espresso maker, multi-colored striped ramekins, glass-and-cork salt mill, glass pepper mill, glass measuring cup, small straw cracker baskets, copper colander, pastry cutters, small wire basket, sour dough starter crock, Hurrhah, Cincinnati, Ohio.

COLOR VERVE

Pages 42-43: Teapot, mortar and pestle, The Pottery Barn, NYC.

COUNTER REVOLUTION

Pages 44-45: Vegetable cart, Bailey/Huebner at Henri Bendel, NYC and Southampton, N.Y.; wire basket, vegetable brush, Pottery Barn, NYC; Vesuviana espresso maker, Coffee Imports International, San Francisco, Calif.

THE INTIMATE REFRIGERATOR

Page 48: Amana #SRI-19W, Amana Refrigeration, Inc., Amana, Iowa; Tappan #95-2084, Tappan Appliance Group, Tappan Park, Mansfield, Ohio.

Page 49: Admiral #NT1864, Admiral Group, Appliance Div., Rockwell International, Schaumburg, Ill.; silver pieces, crystal vase for ice, Tiffany & Co., NYC; Kelvinator #FDI210KN, Kelvinator Appliance Company, Grand Rapids, Mich. Hams from E. Kahn's Sons, Cincinnati, Ohio.

Page 50: White-Westinghouse #RT184T, White-Westinghouse, Columbus, Ohio; Whirlpool #EAT19NK, Whirlpool, Benton Harbor, Mich.; binoculars, Hunting World, Inc., NYC; Lucite bowl, Lucidity, Inc., NYC.

Page 51: GE #TBF-21RR, General Electric Company, Louisville, Ky.; Sub-Zero #201R and #201FD, Sub-Zero Freezer Co., Inc., Madison, Wisc.

CITRUS POWER

Page 60: Citrus tools: grater (with stainless-steel grating surface surrounded by plastic that folds flat for storage, \$1), juicer (with handy cup that separates, 75 cents), peeling device (for making twists, 50 cents for two). To order, send name, address plus check or money order payable to Sunkist Lemon-Aid Kit, P.O. Box 2685, Rolling Hills, Calif. 90274. Allow 4 to 6 weeks for delivery; offer good in the United States only.

PLANT-ATIONS

continued from page 30

should be increased: sparse bloom or long, leggy growth is the result of light that's too low. Move plants closer to the light or increase the number of lamps. Remember, light is stronger at the center of a fixture, with intensity decreasing toward the edges. Arrange plants so that those requiring the most light are nearest to the center.

Utilize available sunlight along with artificial lights, if possible. Providing highly reflective surfaces around your plants will bounce light onto the foliage. Mirrored walls will not only do this but also double the visual appeal of your greenery. Maintain the intensity of light by changing lamps every 12 months, replacing fluorescent tubes on a rotating basis—older lamps burn less brightly than newer ones. Lamps and fixtures should be kept shiny clean to keep illumination bright and plants happy.

PLANTS TO GROW UNDER LIGHTS

Begonias. Long days and short nights with humidity of at least 50 percent will encourage blooming.

Cacti and other succulents. With careful potting and minimal watering, succulents will prosper under strong fluorescent lighting.

Foliage plants. Green plants will grow lushly with the very lowest intensity of light. Even variegated or bright-leaved plants are happier with less light than flowering greenery demands.

Geraniums. Under broad-spectrum fluorescents or supplemented sunlight, geraniums will grow sturdy with cooler night temperatures.

Gesneriads. These plants, including the all-time favorite, African violets, are most often grown under light. No turning is required to keep growth even and the plants will reward you with full and abundant flowers and foliage.

Herbs. Under fluorescent lights, with cool to intermediate temperatures, herbs thrive. A good location is a kitchen where humidity is usually high.

Orchids. A collection of mature orchids of several different genera can be grouped together under lights. Moth orchids or lady-slippers do best under medium light, while very strong light is required by cattleya hybrids, bulbous Epidendrum. Healthy orchids also require at least 50 percent humidity.

Losing 37 pounds doesn't sound like much, but look at the difference it made in me.

By Judie Whittaker—
as told to Ruth L. McCarthy

About three years ago, when I went for a check-up, I was irritable, miserable and as unhappy as I could be. You see, I weighed 140 pounds and I'm just over 5' tall. Yet I had too little willpower to do anything about the shape I was in, so I asked my doctor for diet pills.

He didn't even look up from his desk as he scribbled the prescription. "I'll give you one month's supply and that's all. But remember, no one put that fork to your mouth and made you eat but you! So only you can take the weight off."

I walked out of his office stunned. No one had ever spoken to me like that before. Instead, they'd said: "You've got such a pretty face, you don't need to lose weight." Frankly, I think that's the worst thing you can do to fat people, because it only helps them deceive themselves more. I know. I did it to myself for years.

Of course, on my way up the scale I tried all sorts of things to lose weight. "Quickie" reducing pills, my own homestyle diets, even visits to figure salons. But the pills either didn't work or made me nervous; the salons cost too much; and my own diets failed. So when my doctor suggested I'd better come to grips with my weight problem, I decided it was time I gave up reducing pills and drugs and looked for a more natural way to satisfy my appetite.

I'd seen stories of people who'd lost 70 pounds, even 100 pounds on the Ayds plan, so I figured if it could help folks get rid of that much fat, it would help me get rid of 35 to 40 pounds. As a result I went to my drugstore in Greensboro, N.C. and bought a box of chocolate mint Ayds® Reducing Plan Candy. I'd read two things about Ayds. One, they contain no drugs, so I knew they wouldn't make me jump. And



I look pregnant here, but I'm not. It's just me at 140 pounds in a fat dress.

two, they contain vitamins and minerals which I found I couldn't taste at all. They were simply delicious.

On the plan, I took Ayds like the directions say: one or two before meals with a hot drink. Then for breakfast, I'd have grapefruit juice, and sometimes a boiled egg. At lunch, Ayds, tea and a tossed salad. And for dinner, Ayds, coffee, broiled meat and a vegetable.

I also discovered I could use Ayds as snacks without worrying, because each one contains only 26 calories. (I was used to 300 calories at a time.) Yet they satisfied my craving to eat, especially sweets. So I put a couple of Ayds in key spots around the house, like near the telephone, beside the TV set and on the night stand in case I woke up hungry.

Well, on the Ayds plan, the weight began to come off slowly but surely—one or two pounds a week until I went from a size 16 to a size 7.

That was over two years ago and

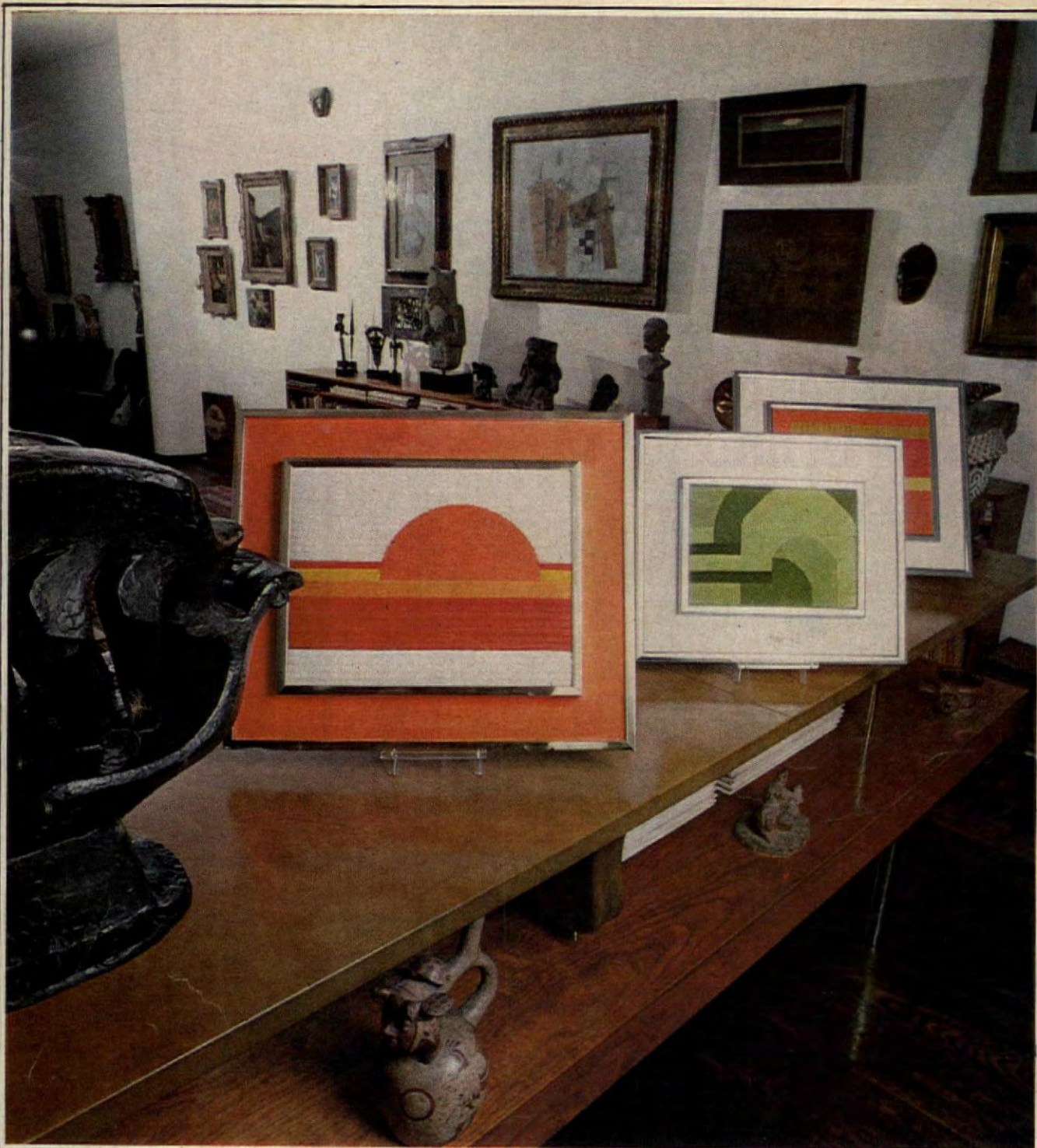


Now that I'm at 103 pounds, I'll even show off my legs in front of a camera.

I haven't gained the weight back since. As a matter of fact, my children can hardly remember me fat, but my husband says he'll never forget how good he felt when I became slim. And neither will I, because it changed my whole life. Now that I'm 103 pounds, I play tennis, my husband takes me dining, I have more friends. Why, I've even gone back to school to become a beautician. And I can truly say I owe it all to losing 37 pounds on the Ayds plan.

BEFORE AND AFTER MEASUREMENTS

	Before	After
Height	...5'1½"	...5'1½"
Weight	...140 lbs.	...103 lbs.
Bust	...37½"	...34"
Waist	...29-30"	...23½"
Hips	...41"	...32"
Dress	...16	...7



MODERN ART IN NEEDLEPOINT

Striking modern art, handsomely framed, look like expensive originals you'd expect to see in a fine art gallery. Actually, they're easy-to-make needlepoint designs that can be a smashing addition to your home. "Sunrise" (above, front) and "Direction" (left) are 15 by 12 inches; the background and inner/outer frames (shown) add up to an overall size of 21 by 18 inches. "Study in Green" (above, center) is 12 by 9 inches—and 18 by 15 inches when framed. Each kit comes with the design stamped in full color on canvas, 100 percent wool yarn, needle, color key and easy-to-follow instructions. Available, too, are handmade inner and outer metal frames with linen matting, as shown. To order, see coupon on page 68.

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A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

It's great exercise—and no longer a men-only game

SQUASH

All over the country, female tennis fanatics, frustrated by the expense and logistical difficulties of feeding their habits, are coming to the same conclusion:

Squash is inexpensive,
not too time-consuming
and a terrific way
for a woman
to meet men.

The first time I ever set foot on a squash court, I stayed for half an hour and dropped two pounds. Three days later, one of those reappeared; the other stayed off. I decided that squash racquets was a good game.

Inside an 18½-by-32-foot cell, with a window slit in the door and chicken-coop lighting, I battled an elusive rubber ball the size of a plum and the maddening angles it chose as it careened off the four, bright-white walls. I dripped. I panted. I cursed myself for every cigarette I'd ever smoked. Later, I ached. But I was hooked.

The best thing about squash is that it's not difficult to learn. A match consists of the best of five 15-point games in which the server maintains his serve, rather like billiards, until he loses the point. In the meantime, he alternates his serve from side to side on the court, once right, then left and so on; as long

The idea is to have fun and play a good game. The optimum squash-aholic bent on self-improvement doesn't care who returns the ball—man or woman.

as the ball ricochets off the front wall and into the court on the receiver's side, he's OK. After that, it's chaos.

Just so the ball hits the front wall on the return of serve eventually, it can bounce on any number of walls (including the one behind, which to the neophyte is the most disconcerting part of the game). The object is to angle the shots in such a way that it becomes impossible for your opponent to return.

Stu Goldstein, the pro at the new Fifth Avenue Racquet Club in New York, swears that anyone can learn enough about squash in nine lessons—less, if the pupil is apt.

With the advent of places like the Fifth Avenue Club, where a \$25 membership fee and minimal court charge entitle anyone who can afford it to use the facility, old barriers are beginning to fall. What was once considered “the

gentleman's sport,” is being taken over by the proles—and by women.

Women from places like Wilmington and Philadelphia have, for some odd reason, always played squash. But now, the last bastion of chauvinism, the exclusively male club, is collapsing. And, by consequence, the sport is opening up to an increasingly eager bunch of women across the country.

Apart from heroines like Podie Millhaupt, who succeeded in raising a few gray-flecked eyebrows when she single-handedly integrated the Princeton Club, the women who are playing squash at the moment are finding relatively little discrimination as they quietly usurp the court time of their male counterparts.

According to Goldstein, an excellent woman player can roust an average male one, and two “hackers” (one male, one female) can have a good game together despite the difference in their sexes. But, says the 25-year-old pro who gave up pro tennis for squash, “An ‘A’ male player has certain physiological advantages. He's faster, stronger.”

And that appears to be true. Edith Tuckerman, one of the better women squash players in New York—she comes from Wilmington, Del., and so has been playing all her life—laughs that her husband, Roger, who is an excellent player, can beat her using his left hand. Harry Saint's wife, Geri, maintains that because her husband is a better player he can place the shots in such a way that they can still have a good game together. And they do.

For single women who play, and play well, a game of squash can be an incredibly revealing psychological sport. Podie Millhaupt, a beautiful girl who grew up with five brothers and who claims to be “competitive, but not hys-

terical about it,” tells this story:

“I had a long-standing date to play squash with a man I only knew slightly. The plan was that he was to take me to dinner afterward. It turned out that he was some sort of crazy ex-marine type, and suddenly I realized that it was very important to him to beat me. In a game where the etiquette demands that you get out of the way, so your opponent can get to the ball, this guy was practically climbing over my back to win the points. I was really afraid he would get hurt. He did beat me, but by that time I'd learned so much about him I never wanted to see him again.”

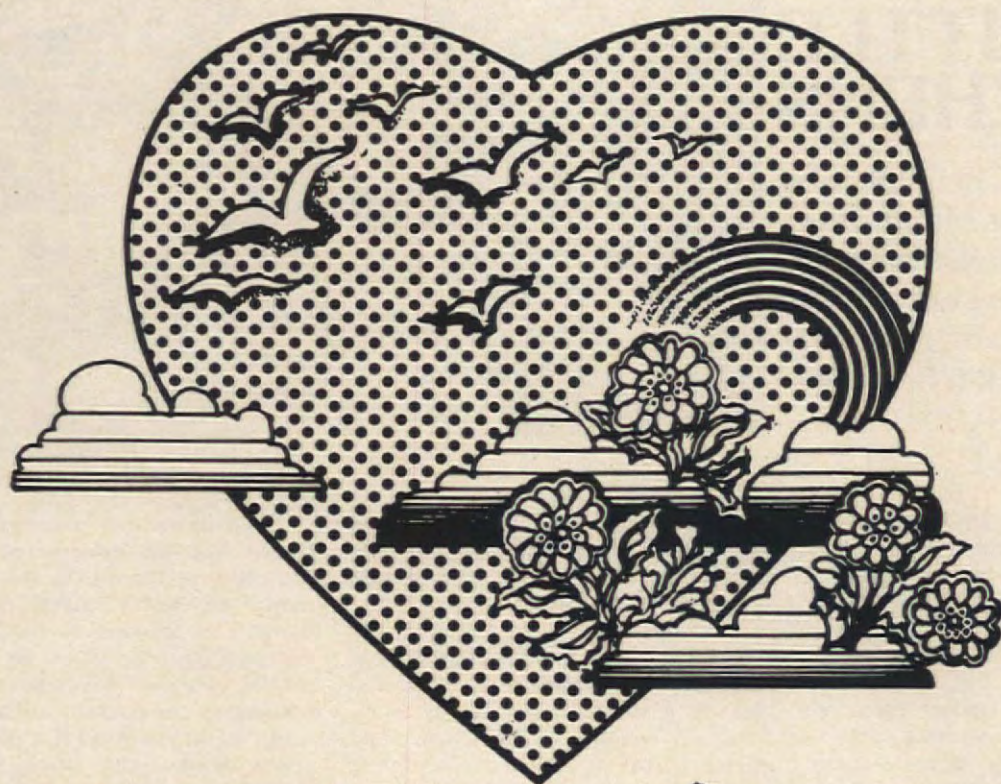
One half-hour of squash burns up the same number of calories as an hour and a half of singles tennis. It can whip a flabby body into shape faster than any sport.

Ms. Millhaupt and some of the other women who play squash in New York have formed their own league, an offshoot of the Metropolitan Squash Racquets Association that governs the men's matches. The first women's competition began several weeks ago, and as I sat watching the first round of competition, I was amused by the surprised looks on the faces of the men. An occasional mutter could be heard: “I didn't know that women played squash.” And later: “They're really not too bad.”

Squash is an exquisitely polite game. Salty language and “out-of-order behavior” (translate: flashes of temper) have always been reasons for immediate expulsion from a men's tournament. That sort of rigid etiquette may be one of the reasons that women can sneak onto the squash scene without causing too much of a stir: It could be that all the men players are too polite to notice. □

Ellen Bilgore calls herself a “wistful athlete.” She loves most sports, but plays them all poorly.

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BIG THOUGHTS ON LITTLE KITCHENS

Charles Chevillot, who owns Manhattan's famed — and diminutive — La Petite Ferme restaurant, tells what makes a kitchen work.

By RICHARD NATALE



Photography by Dan Wynn

These days, the single man setting up his first apartment, or the divorced or widowed man setting up a new life, will find he must make a compromise in the kitchen," says Charles Chevillot, who should know.

A super chef, Chevillot owns one of the most famous restaurants in New York. La Petite Ferme, a cubby-hole on West 10th Street in Greenwich Village, is just what the name implies, a miniature version of a French farm, right down to the rough wooden table and swinging half doors.

In addition to its high prices and the difficulty of wangling a reservation, La Petite Ferme is renowned for having one of the best, and also the *smallest*, kitchens in the city. Only a few feet square, the room, at first glance, looks bare. However, a closer inspection reveals that every essential is there and in its place. Dishes and glasses are all stacked on shelves above eye level; pots and utensils are neatly hung along one wall.

ORGANIZATION

Every inch of available space is utilized; all the necessities are in view and easily accessible. Moreover, there are usually two people working in the kitchen and, amazingly, they are never in each other's way.

The kitchen is a masterpiece of organization, and Chevillot maintains that the kitchen rules that work for him professionally can also be applied to the home.

"We all would love a 'country kitchen,'" he says, "but today that's a

dream, even in the most luxurious apartment. Most builders have relegated the kitchen to last place on their list of spatial priorities."

And this applies not only to apartment dwellers. An increasing number of first-time homeowners, male and female enthusiasts who enjoy whipping up culinary delights, are frustrated by having to work in confining and badly planned kitchen space.

"It's not easy," Chevillot insists, "but with organization and the proper equipment—and it doesn't take much—it can be done."

"Anyone interested in good cooking should have a good range. Although it's more expensive, a professional-size range is best. Its heat distribution is far superior to that of regulation apartment or home-size types."

Another important ingredient is a powerful exhaust system. "The odor of cooking is sometimes pleasant, but it can also be greasy. A good fan also takes some of the heat out of the kitchen," he says.

If you are not fortunate enough to have counter space, Chevillot suggests building it, preferably on either side of the range. No matter how small a kitchen, though, there is room for some sort of working space, he feels. If the kitchen is narrow, a butcher-block shelf approximately one foot deep on one wall will do the trick. If even that is too much, a pine drop-leaf shelf will do. For the pullman kitchen a solid butcher block, set right in front, will work well. And a 12-by-16-inch cutting board is also necessary. "They are so easy to keep clean."

The mere mention of gadgets makes Chevillot blanch. However, he will concede the importance of a blender and maybe an electric mixer. "But most things can be done by hand. People get so frightened when you suggest making your own mayonnaise. There's nothing so complicated or mysterious about it. All you need is a good whisk and a stainless-steel bowl."

While he believes in sparing no expense in the kitchen, he doesn't believe it is necessary to shop in a chic housewares shop. "A restaurant supply store will have what you want, all of more durable quality and at considerably lower prices."

POTS, PANS, BOWLS

"People have too many pots and pans," Chevillot proclaims. Here's all you need to have a well-stocked kitchen:

- Three heavy-duty copper pots—8 inches by 4 inches deep, 8 inches by 2 inches, and 7 inches by 3 inches.
- One 13-inch cast-iron enamel stew pot.

- One 8-inch cast-iron saucepan.
- One 14-inch skillet (of cast iron, preferably). "Never wash a frying pan—clean it with oil and salt. Wipe with a paper towel. Otherwise it will start to stick. Never use scouring pads or chemicals on any of your pots and pans."

- A copper, or even aluminum, fish poacher is something he cannot recommend too highly. ("It is the only way to cook a whole fish.") It should be 20 to 25 inches long.

- For bak- (continued on page 114)

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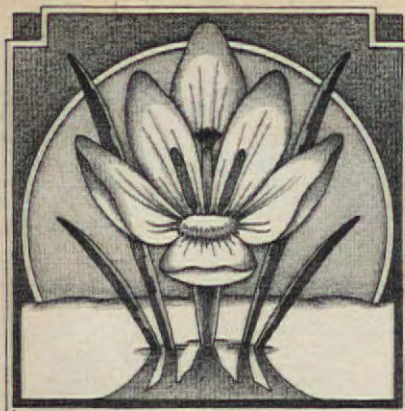
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EAT WELL TO STAY HEALTHY ALL WINTER LONG

A relaxed vacation in a sunny spot makes a welcome winter wind-up. But there are other alternatives. Good nutrition is one surefire way to survive the cold months. Start with the ABC's and D's of vitamins....

By CAMILLE DUHÉ

Make February a month for changing health habits and nutritional attitudes. Vitamins are one often overlooked source of good nutrition. While individual needs vary—only a doctor can really tell you your body's requirements—one thing is very sure: Just to live, you need a complete alphabet of vitamins plus the minerals that work in conjunction with them.

The chart that follows lists vitamins the Food and Drug Administration has determined are vital to human nutrition, along with the new recommended daily allowance (RDA) of each, a safe, reasonable average guideline to follow. Some nutrients are listed in grams (28 grams to an ounce) others in milligrams (one milligram is one-thousandth of a gram), and still others are in International Units and in tiny micrograms, one one-thousandth of a milligram or a millionth of a gram.

Buy the best vitamins you can find that seem to follow the proportions, if not the exact amount, suggested by the FDA (or the vitamin supplement recommended by your doctor). Here are some facts to bear in mind:

Stay away from taking vitamin B12 tablets. Instead, if you wish to supplement your B vitamins, read the label carefully and get all eight B's together in the right proportion. Since the B vitamins work in nature as a tightly knit team, you must watch the proportions very carefully. Too much of one can undo the good work of the others and have a negative effect upon health. (Nutritional yeast stirred into a glass of milk or a blender breakfast would give you a whopping supply of B vitamins in natural balance—along with many other vitamins and minerals plus lots of protein.)

A vitamin supplement should never be taken on an empty stomach. It needs food to unlock the benefits you want. Ideally, the vitamin follows breakfast for all-day good works.

Water-soluble vitamins (all except A, D and E) are eliminated by the body

in urine, so if you want to take a bit more vitamin C, fine. You are better protected if you take vitamin C three times a day in reasonable doses than if you swallow one megadose, once a day. But the fat-soluble A, D, E vitamins can cause problems if you overdo, since they are stored in the body.

Vitamin intake should be considered supplementary. Never make the mistake of assuming that popping a pill in the morning is going to compensate for skipping meals or living on foods that have no life- or beauty-enhancing capability. The vitamin pill can be thought of as a little dividend you pay to yourself, but your real money in the bank now and always is a delicious and varied diet of good food.

You could, of course, get the vitamins you need from food very easily without even eating very much, as is evident from the chart. Just one slice of liver every day would satisfy your quota of eight of the 19 elements

listed as essential; just one cup of wheat germ would supply three more. But you would have to be rather fond of liver and wheat germ.

An easier-to-follow route to vitamin adequacy is to get what you need through a variety of foods. You can get the vitamin C your body requires by drinking a cup of grapefruit juice every day. But how much more interesting (and nutritionally sound) to have grapefruit today, some brussels sprouts tomorrow, cooked green peppers the next day, an orange the day after that. Average servings of any of these foods will meet your RDA for vitamin C, and will contribute other vital factors to your diet, too.

Then, since you probably don't want to research every day's diet, take a multivitamin and mineral supplement. It needn't supply huge amounts of the needed nutrients, because you are probably satisfying most of these needs in your meals. □

The essential nutrients the FDA says you need . . . and the foods that would supply your quota of them all

VITAMIN

A	5,000 Int'l Units
Biotin	.3 mg
B1 (Thiamine)	1.5 mg
B2 (Riboflavin)	1.7 mg
B3 (Niacin)	20 mg
B6 (Pyridoxine)	2 mg
Folic acid (Folic acid)	.4 mg
Pantothenic acid	10 mg
B12 (Cobalamins)	6 mcg
C (Ascorbic acid)	60 mg
D	400 Int'l Units
E	30 Int'l Units

MINERAL

Calcium	1 gram
Copper	2 mg
Iodine	150 mcg
Iron	18 mg
Magnesium	400 mg
Phosphorous	1 gram
Zinc	15 mg

U.S. RDA

FOOD SOURCE

1 grated carrot
1 slice (8 oz) beef liver
1 tbsp Brewer's (food) yeast
1 slice (8 oz) beef liver
1 slice (8 oz) beef liver
4 glasses tomato juice
1 slice (8 oz) beef liver
1 slice (8 oz) beef liver
1 slice (8 oz) beef liver
1 cup grapefruit juice
1 cup canned tuna
1 cup raw wheat germ

3 cups skim milk
1 slice (8 oz) beef liver
2 large shrimp
1 slice (8 oz) beef liver
1 cup raw wheat germ
3 cups skim milk
1 cup raw wheat germ

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Nothing can match the thrill and satisfaction of growing flowers in your own garden. That's why Flower-of-the-Month is set up for flower lovers like yourself. It is designed to help you get more enjoyment from your garden by introducing many ideas, unusual plants and flowers, in addition to the old garden favorites. All year long outdoor or indoor planting monthly selections matching the seasons are picked by our experts from rare and interesting garden stock gathered from all over the world. Our mass buying power means fantastically low, low prices for our members.

Each month you'll receive the interesting GARDEN NEWS magazine with full color pictures announcing the following month's selection plus many alternates available. You always have your choice each month of taking a month's selection or not. GARDEN NEWS also contains gardening hints, facts, useful tips, legends, and tells about other unusual and popular plants for the garden.

- Not only low prices... but bonuses galore! With each monthly selection you accept, you receive a Dividend Coupon... these valuable "bonus" coupons are redeemable towards your choice of hundreds of garden items offered throughout the year. They're yours FREE with the appropriate number of Dividend Coupons. Mail the coupon today!
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LETTERS

EQUAL TIME

I have a comment about your article "What a Man Does Not Want to Come Home To" in the November issue.

Being married, and a full-time registered nurse, I am both wife and worker. Your article was an insult to my intelligence and integrity. It was written by a divorcee who, of all people, is no expert on marital affairs. He obviously lacked responsiveness and courtesy in his marriage (see "The Inconsiderate Cook" and "The Working Woman").

How is a career woman supposed to relax when she comes home from a job at least as exhausting as her husband's? According to Mort Gordon, she is to check on what he had for lunch, clean up his morning mess, feed, bathe and quiet the children, pick up clothes and be fresh for his "glorious" return home—all in an hour or less!

I would like marriage to be publicly recognized as a dual job of loving. A loving husband should be just as concerned with his wife's return, whether from work or a harrowing day with the children. He should consider his mood—after all, his response triggers hers. He should be equally considerate of her emotional being—after all, she holds two jobs!

Michelle Leonard
Douglasville, Ga.

Tongue in cheek, I submit the following to rebut "What a Man Does Not Want to Come Home To" by Mort Gordon (November AH): "All Things Come Home at Eventide" (with apologies to all wonderful American husbands).

What no woman needs to have come home to her after her hard day:

THE TANKER who has had a few for the road;

THE REFILLER who wants his "first" today as soon as he enters the house;

THE NON-EATER who, after tanking and refilling, is unable to eat;

THE TINKERER who gets involved in his projects immediately after dinner so he can become:

THE "FARTHER" who has no time for his children—the farther he gets away from them, the less chance he has to be a father;

THE GROWLER who calls his wife a nag because she, patience exhausted, reminds him of the chores he failed to do;

THE BURROWER who retreats into his easy chair, reads his newspaper or watches his TV programs;

THE HO-HO-HUMMER whose con-

versation consists of absent-minded replies, clichés, catch phrases and oft-repeated banalities.

American women do not need any more articles about "Men at Home" if Mort Gordon is to set the standard for improving life in the American home. I am sure your female readers would opt for a real woman's home companion rather than the idiot conjured up by Gordon.

How about some equal space for my rebuttal? It is just as stupid as Gordon's contribution of hints on how to keep American home fires burning. Why listen only to the goose when a gander at other viewpoints could soothe the waters roiled up by Mort Gordon? Ah, men!

(Miss) Vieno M. Rautio
Brooklyn, N.Y.

Thank you for your very special letter and rebuttal to Mort Gordon. It is imaginative and witty and we are delighted to print it in *American Home*. We appreciate your interest and response. There is no substitute for an involved, intelligent reader.

DREAM HOME PLAN

Here's how an American Home house plan developed into our dream home:

We were retired, had traveled extensively and were ready to settle down. We found a suitable location in northwest Arkansas on a hillside lot, with a magnificent mountain view.

Our problem then was to find a house plan that would compliment the lot and view, yet meet our requirements and budget. We wanted a conventional, practical design with a good resale value.



After considerable research, we came upon I. Jack Mullen's model Cape Cod plan (Chatham House Plan No. 207) in the August '74 AH. My husband, an engineer, was impressed with the cost-saving features and simplicity of design. I, the homemaker, thought the flow plan was good.

As the subdivision had a minimum restriction of 1,650 square feet, we took the plan to a local designer to upgrade and adapt the basic plan. The result is a 1,762-square-foot, clean-cut ranch with a townhouse entrance. We oriented all the activity and privacy to the rear of the house to take advantage of the space and view. We chose an

antique brick veneer to blend the house into the surroundings and for ease of maintenance. We reversed the plan, opted for a two-car garage and lengthened the house by two feet to allow for expansion of the rooms and hall. We moved the fireplace to the rear deck between the living room and dining space, flanked by two sliding glass doors. The result, we think, is very effective.

Naturally, the house is no longer in the economy range suggested by the architect's specific design, nor is there any exterior resemblance. However, by adapting Mr. Mullen's basic plan to our needs, we feel we have come up with an attractive home, at a tolerable cost under today's inflationary conditions.

Mrs. Leon B. Andrews
Fayetteville, Ark.

APPRECIATION

I'm writing this note to tell you how much I enjoy your magazine. It is highly irregular for me to do this, but I feel your publication deserves my time and compliments.

I like the new articles you're putting in. Being a home economist, I appreciate the concise way you present the articles. They keep me informed of current issues without a lot of "padding." I like the culinary features because they are new and different from those in other publications.

I hope you continue this new format, thus giving the homemaker some "meat" to feed on—if you know what I mean!

B. Hurst
Crofton, Pa.

Your magazine seems to be headed toward real life lately. I want to say, "I like that."

The celebrity "lifestyle" features, which you have dropped, held up impossible ideals for most women, without reminding them that those "super-people" were not necessarily happy. It is not possible for most women to be marvelous entertainers, moms, wives and poets while they simultaneously run their own shops!

I thought your Christmas issue was the nicest magazine I've ever read. We all want to learn new ways to entertain, decorate and cook—it's satisfying. But there can also be room to accept failure. A woman shouldn't have to feel guilty if she isn't a super-woman. You can make us feel good about ourselves by inspiring us to use our selves more fully, but not in a slick "image for the world" way.

Mrs. C.S. Elder
Bedford, Mass.

Address all letters to the editors to: Letters, *American Home*, 641 Lexington Ave., New York, N.Y. 10022.

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Reddish Brown	Amber	Heavy strain and anxiety
Deep Green	Jade to Emerald	Unsettled, not quite right
Light Green	Peridot	Normal, things are okay
Blue Green	Turquoise	Relaxed with a bit of positive emotion
Bright Blue	Lapis	Opening up, emotions flowing
Violet Blue	Sapphire	Vibrant, passionate, involved with people around you

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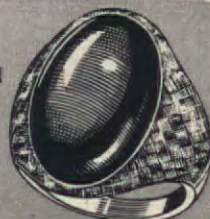


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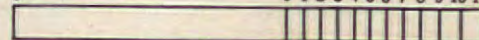
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Penelope Baker
Columbus, Ohio



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laughed when my
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as intrigued with
it as I am. We both
have a lot of fun
with it...and it
really works.
P.S. Now, he's
getting one too!"
Deborah Jorgensen
Montclair, N.J.

EMERGING WOMAN

continued from page 55

elected the first woman from her diocese to serve on the Christian Education Commission of the Wisconsin Catholic Conference. Although she finds fulfillment in her work, I still wondered why she had chosen to be a nun. "Do you not miss a husband's warmth and children's love?" I asked her. "These are options that I did not choose. If I were married and had children, I would owe them myself."

Instead, Sister Melanie has vowed poverty, chastity and obedience to God. Her faith fills any void that may arise in her life. She attends mass twice a day and, because her order is not cloistered, she says three of the eight prayers of divine office: Lauds at morning, Vespers at early evening, and Compline at evening.

In serving God, she's also had the opportunity to develop friendships, the kind she calls transcendental, with women of the same calling. But she admitted, "Living in a convent is a challenge. You have to accept each others' foibles, and there are some people you can never get close to. We're human just like a family." Is there loneliness? Yes, but loneliness she says "is part of everyone's life." In talking about this, she touched on the physical aspect of love which she considers another discarded option. "It's one small part of friendship I've chosen to live without." Because she entered a convent at the age of 14, she never really dated. "I went out with boys but only in a group."

I asked what she does on a Saturday. "It's like any other day of the week," she insisted. I assumed that meant packed with work. Sister Melanie has developed the religious curriculum for St. Margaret Mary School, as well as the religious training for Catholic boys and girls in local public schools. She teaches nuns how to teach religion. To foster a closeness between the young and the old, she invites senior citizens to have lunch with pupils in the school. By holding a two-and-a-half-hour session once a month on Sunday, she brings parents and children together in worship.

"My life is not removed from the world," Sister Melanie assured me. Ultimately I realized that she embodies the new breed of nun emerging in the church today—women who view the Pope as a spiritual leader, not a father figure.

When she disagreed with some of the encyclicals of Pope Paul because they were not as liberal as those of his predecessor, Pope John, Sister Melanie learned that the Pope has to take a general posture today. "From within the ranks of the church come

reform," she explained. "When the church speaks, it's calling people to a higher plain and to higher values. This does not mean that there are not exceptions, nor that every Catholic must do as the Pope says."

She began to think liberally when she attended Fordham University to earn her master's. There, she was surprised at the difference in attitude between the European and American



"Unless you experience deep personal friendships," says Sister Melanie, "it's impossible to understand what a convent is all about."

professors. "The Europeans took what the Pope said and applied it to their lives as they deemed fit. The Americans saw everything in terms of black and white. We as Americans have to change our attitude that what the Pope says is the last word."

And Sister Melanie already sees the church changing. Divorce is being studied in Rome now. If there are irreconcilable differences between two people, she believes they should take their case to a priest. She feels certain that any problem can be worked out between parishioner and church if a priest is consulted. If the rhythm method is not the right means for birth control, then the wife should seek a priest's advice. She is, however, definitely against abortion ("everyone has the right to live"), but concedes there may be "special cir-

cumstances which she refuses to cite

Although Sister Melanie would like to administer the sacraments, she would not want to assume the role of a priest. Women, when they are ordained—and she feels this will come in five to 10 years—will add a dimension to the ministry that is different from the priests'. She would like to marry her students and give last rites to friends, but not be responsible for a parish. Today, she takes part in communion but is not allowed to consecrate the act.

Each day she asks herself, "Is religious life what I really want?" And each day she finds meaning in serving people. Often in the convent, sisters will visit each other in their rooms. Or one will go into the living room with a guitar and the rest will join in singing. Sister Melanie takes great pleasure in their dining together.

Rather than leave the church to initiate change as so many nuns have done, Sister Melanie has learned to work from within. A believer in women's rights, or as she calls the movement, "women's recognition," she assumes responsibilities and then waits for acknowledgment. For example, before she became the first woman appointee in her diocese to Wisconsin Christian Education Commission, she had already taken on the work: monitoring catholic education bills that went before the legislature. When the time came to select someone from the diocese, she said, "Why not me? I've been handling the work all along." She got the job.

Reflecting a moment, she said, "If I ever felt that convent life was like living in a cocoon, I would do what other sisters have done—and leave." But that doesn't seem likely. When the nuns were told they no longer had to wear the traditional habit, they were also given the choice of restoring their baptismal name. Sister Melanie never gave it a thought; she was Sister Melanie—and thoroughly committed.

She had come of age in her community when Vatican II started to modernize church life. Assuming greater responsibility for her pupils, for older citizens and for other nuns, she was given the freedom to take charge—her hours became more flexible. While Vatican II altered church appearances, the council, however, did not change doctrines. What Sister Melanie has is the framework within which to practice her belief. At the end of the '60s, she has found what so many secular women have been searching for: inner peace. In her own way, she's become a liberated woman, at one with herself and God. □

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200 YEARS IN THE KITCHEN

continued from page 53

1950s

The '50s brought more help and greater convenience. In 1954, a woman could buy the first frostless refrigerator. In 1956, for the first time, a consumer could buy a refrigerator with an automatic ice maker. Also introduced at this time were the space-saving washer/dryer machines placed one on top of each other.

1960s

The '60s, decade of compressed living, were the period when fast-action kitchen efficiency was emphasized. The microwave oven, which can cook food in one-tenth the time it takes in conventional ovens, grew in popularity. Corning Glass Works launched a smooth glass top to cook on. A self-cleaning oven was available, as were dishwashers that could clean pots and pans.

The '60s finally gave women the opportunity to get out of the kitchen and strike out on their own.

1970s

The '70s are shaping up as the era of refinement. Concern is being shown on the manufacturers' part for energy-conserving, safety and convenience features.

Frigidaire, for example, has designed side-by-side refrigerator/freezers with foam insulation that reduces the amount of cool air escaping. Magnetic doors have been improved to provide airtight enclosures. Further, a Panasonic radio and tape recorder/player unit has been placed on the third door (above the freezer compartment) of some side-by-side models. The battery-operated radio unit can be removed for use elsewhere without affecting the regular function of the freezer door.

Amana offers a separate ice and cold-water dispenser compartment on third doors of some side-by-side refrigerator/freezer models. Automatic cold controls for refrigerator and freezer can be set independently. A high-humidity compartment keeps vegetables fresh up to three weeks. Adjustable shelves, controllable butter conditioner and three-position energy-saver control are special features.

A Whirlpool refrigerator/freezer model contains a special power heater control switch to cut down on energy. Also included in new models are adjustable cantilever shelves, removable meat pan, sealed vegetable drawers that keep humidity out and separate temperature controls for the refrigerator and the freezer section.

A KitchenAid dishwasher has an en-

ergy-saver button that is pressed to turn off the 1100-watt air heater during the drying cycle. (Instead, a fan circulates air to speed drying.) A rack adjustable to nine positions plus a special dial setting for keeping plates warm are available. There is also a soak cycle for soiled pots.

General Electric's dishwasher, Potscrubber II, cleans pots that have baked on food. No pre-rinsing is required. The machine also washes silently due to special construction and fiber-glass insulation.

The Kelvinator range in 1976 sports a larger oven (23½ inches as opposed to 21½ inches) and better insulation. As a safety measure, controls are located higher on the back panel so a woman need not worry about her sleeve catching fire. Push and turn switches are also offered for safety.

Tappan has introduced a new self-cleaning electric range with microwave oven at eye level. The microwave oven features new product developments such as the Selector Control timer with settings for roast, bake, defrost, stew, simmer and keep-warm.

From Sharp comes a microwave range with smooth-top cooking surface. Self-cleaning oven has built-in broiler and see-through glass door that are a popular choice in the '70s.

Washing-machine manufacturers are concentrating on increasing the productivity of large-capacity machines. For instance, Dual Action washer, made exclusively for Sears by Whirlpool, features a newly developed agitator that substantially improves washing of large loads. The machine showed a 58 percent improvement in cleanliness, according to Sears' tests.

A Maytag washer today includes convenience features such as automatic pre-wash cycle, four water levels for different-size loads, a complete range of washing cycles for all fabrics as well as Big-Tub for extra large loads.

General Electric has a machine, Dispensall, that allows water softeners and other additives to be placed in the washer right along with the detergent.

For the space minded, there are the stackable washing machine/dryer combinations. Frigidaire offers the compact 24-inch Skinny-Mini, which fits into areas as small as a closet.

All this adds up to a lot of progress in a short time, and it's still only the beginning of kitchen liberation. □

LIFESTYLE

continued from page 59

bricks. After emigrating, the Knaaps settled in California. Eventually, however, the lure of the road became too strong. But despite the freedom and on-the-road camaraderie, their life is not an easy one. The second day of our journey, starting at dawn, includes a back-breaking job of taking inventory, packing, loading and weighing-in. The client, Marge Lyons, a military wife from Indianapolis, is pulling up stakes to join her husband in Atlanta. She's tense, and her daughter is unhappy about leaving her friends and school.

"No matter how accustomed people are to moving, the emotional wrench is there," Anne believes. "It is just as much our job to put the customer at ease as it is to avoid scratching the furniture."

The next day is even tougher. The run from Indianapolis to Augusta, where we will make a delivery, is a long one—more than 10 hours—and we are well on the move before 7:00.

There is an eerie feeling, and our progress is measured by fuel stops, and the mileage on the instruments. We rumble through Indiana and head straight south through Louisville, Ky., Nashville and Chattanooga, Tenn., and then deep into Georgia. The fatigue takes over, and with night comes another exhausted sleep.

Saturday begins—again at dawn—and develops with frustration. New suburban housing developments are the bane of the trucker's existence, and the location for the next delivery cannot be found. Neither the police nor the fire department has heard of the suburb. Finally, with the help of a postman, the house is found . . . on a steep hill with an even steeper driveway.

The work is slow, the heat stifling. It's after 5 p.m. before the job is finished. But the Knaaps take it in stride. They talk about how they will spend their Sunday off . . . after, Anne points out, the truck is tidy. (She's possibly the only trucker in the country who waxes and polishes the floor of her trailer.)

"I guess you could say our social life on the road is different from that of 'normal people,'" Anne comments. "Recently we drove in from the West Coast to Las Vegas, showered at the truck stop and dressed for dinner. I keep a wardrobe for both of us in a dresser in the trailer. After dinner, we went gambling, then slept. Next morning, we unhooked the tractor, dressed and went to church. Then we showered again at the truck stop, changed into uniforms and went back on the road."

"It's fun," Anne Knaap says, summing up their life. "Once Nick had to let the air out of the tires to get the van under a bridge. . . . You never know what's going to happen next." □

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TRAVEL

continued from page 32

couragement; above him are coats of arms of all these men; pictured below his feet are the seal of the Virginia Company and the three ships Smith used to cross the Atlantic.

Not to be outdone, Pocahontas, whom Smith brought to England, appears—wearing European make-up and dress—in an unusual portrait hanging elsewhere in the church. When she arrived in London, this American Indian princess truly went "native" . . . and married an Englishman, John Rolfe.

LUDGATE HILL

South from Holy Sepulchre past the Old Bailey criminal courts (where a plaque acknowledges the imprisonment of William Penn for a speech he made) lies Ludgate Hill, and to the west, Fleet St. At number 42 Ludgate Hill once stood the London Coffee House, whose membership included Ben Franklin. Nearby St. Martin's Church has a Benjamin West painting, "The Ascension," in its abbey. St. Dunstan's Church in Fleet St. memorializes Edward Winslow, a pilgrim who sailed on the *Mayflower* and later became a three-term governor of New Plymouth. Lord Baltimore was also buried in this church.

Although many documents pertaining to the American colonies will be circulating in various special London exhibits this year, the Public Record Office in Chancery Lane maintains its own museum where these can be seen on a regular basis. The office, easily accessible from Fleet St. and St. Dunstan's Church, preserves many notable letters of particular interest to Americans.

A letter from George Washington to his "great and good friend," King George III, concerning the exchange and ratification of a treaty of amity, navigation and commerce in November 1794, is included along with a petition to James II from William Penn praying that the differences between Lord Baltimore and himself may soon be heard by the Lords of the Plantations. The petition relates to a boundary dispute between Pennsylvania and Maryland.

The most important American document, however, is a petition expressing the colonies' desire for restoration of harmony between themselves and Britain and for a "repeal of such statutes as more currently distress any of the colonies." This is generally known as the Olive Branch petition and represents the final peace effort of the moderate colonials led by John Dickinson before the War of Independence.

CHARING CROSS

A quick bus ride from the bottom of Chancery Lane at Fleet St. will take you to Charing Cross, where at nearby Craven St. stands the house where Franklin lived. Trafalgar Square and the National Portrait Gallery are a five-minute walk away. A statue of George Washington stands outside the gallery; inside are paintings by such American artists as Copley, West, Gilbert Stuart and Whistler. Benjamin West was married to Elizabeth Shewell of Philadelphia at St. Martins-in-the-Fields Church next door. It also hosted the baptizing of James Oglethorpe, founder of Georgia.

Walking due south from Trafalgar Square along Whitehall won't bring to view any American monuments—just the opposite, in fact, because the journey takes you past Britain's government buildings: the Admiralty, War and Home Offices and eventually to Parliament and Westminster Abbey. Even in foul weather these are visual delights. In Parliament Square stands an Abraham Lincoln memorial, and in Westminster Abbey across from Parliament lies a host of additional testaments of America's long-term ties with Britain. There are memorials to James Russell Lowell, Walter Hines Page and George Peabody, the philanthropist; and in the poets' corner is a bust of Henry Wadsworth Longfellow. The Tomb of the Unknown Warrior bears the U.S. Congressional Medal of Honor bestowed by General Pershing in 1921. The medal hangs nearby.

SPECIAL EXHIBIT

Since mid-1975, London has acknowledged its heritage of American associations with special exhibitions at the British Library and the British Museum. Beginning in April 1976 the National Maritime Museum in Greenwich will host "1776" in conjunction with the Times Newspapers Ltd. and the National Army Museum. This special exhibit will depict the period from 1765 to 1786, paying particular attention to the London of 1776 and George III's reaction to the colonies.

If George III were alive today he would likely be horrified to hear his great-, great-, great-, great-grandson, Prince Charles, giving speeches commemorating a "civil war" that resulted in a severe loss to Britain's empire. But in a country often impervious to change, it's refreshing to see that even the monarchy can change its mind. □

J.P. Donlon has traveled extensively—here and abroad—as music critic for New York and Boston publications.

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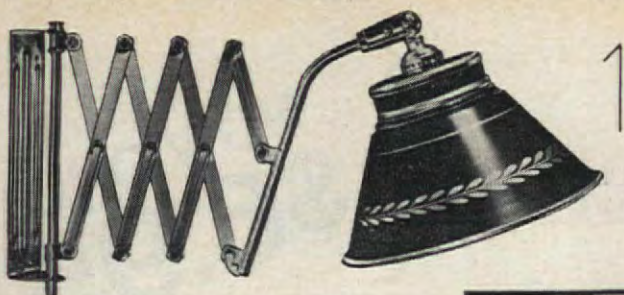
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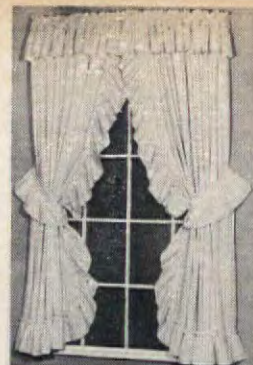
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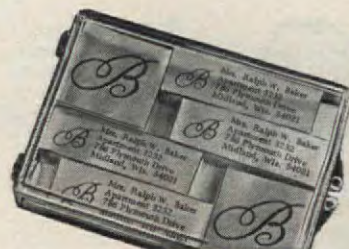
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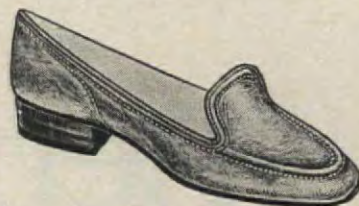
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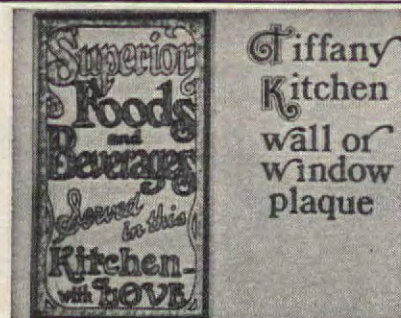
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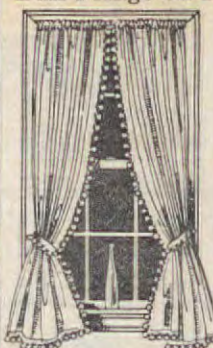
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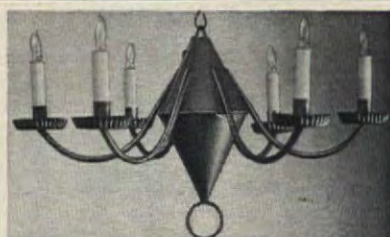
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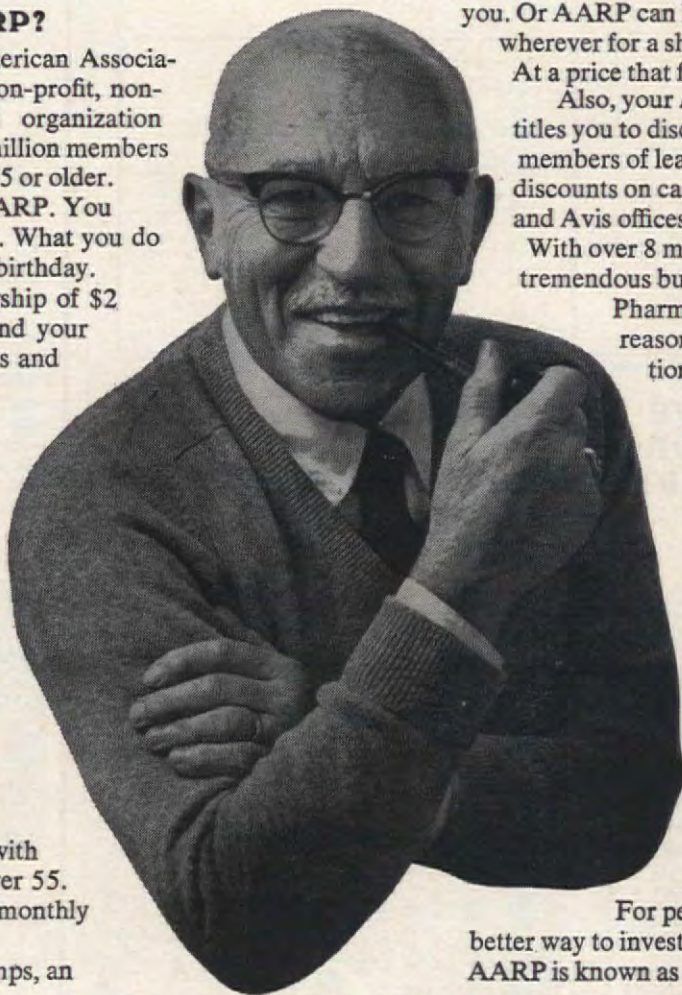
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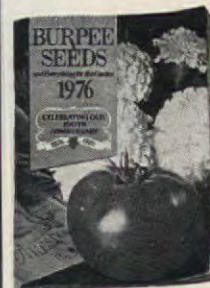
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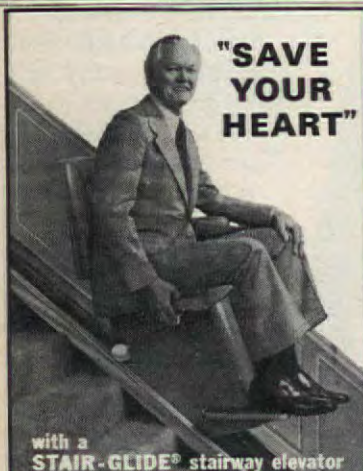
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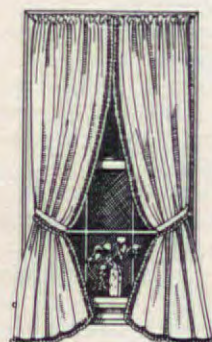
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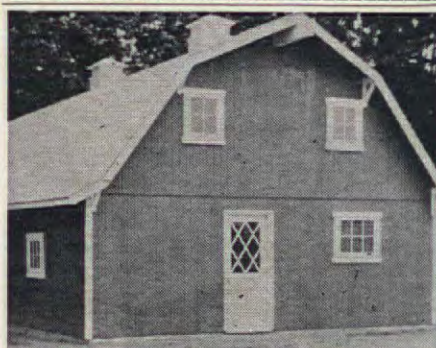


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MEN AT HOME

continued from page 90

ing—two 14-inch stainless steel baking pans and two cast-iron and enamel baking dishes, 15 inches long. Weight is very important. Cast iron and heavy copper are best for cooking because they maintain heat better, Chevillot says. And storing these pots is easy. "Put a wide strip of metal along one wall and hang the pots and other utensils from it. It's practical, convenient and can also be very attractive."

For most efficient food preparation, your kitchen should have the following items:

- Three stainless-steel mixing bowls—10, 9 and 7 inches—and a big salad bowl—16 to 18 inches ("great for mixing egg whites").

COOKING TOOLS

As for utensils, Chevillot says, "Don't buy them in sets. You always wind up owning one you need and three you have no use for." Utensils should include:

- A good heavy 12-inch whisk.
- A couple of spatulas (with long handles).
- A colander.
- A cone-shaped strainer.
- One long fork.
- One long spoon.
- Two strainer spoons.
- One medium-size ladle.
- A corkscrew with handles for leverage and easy removal.

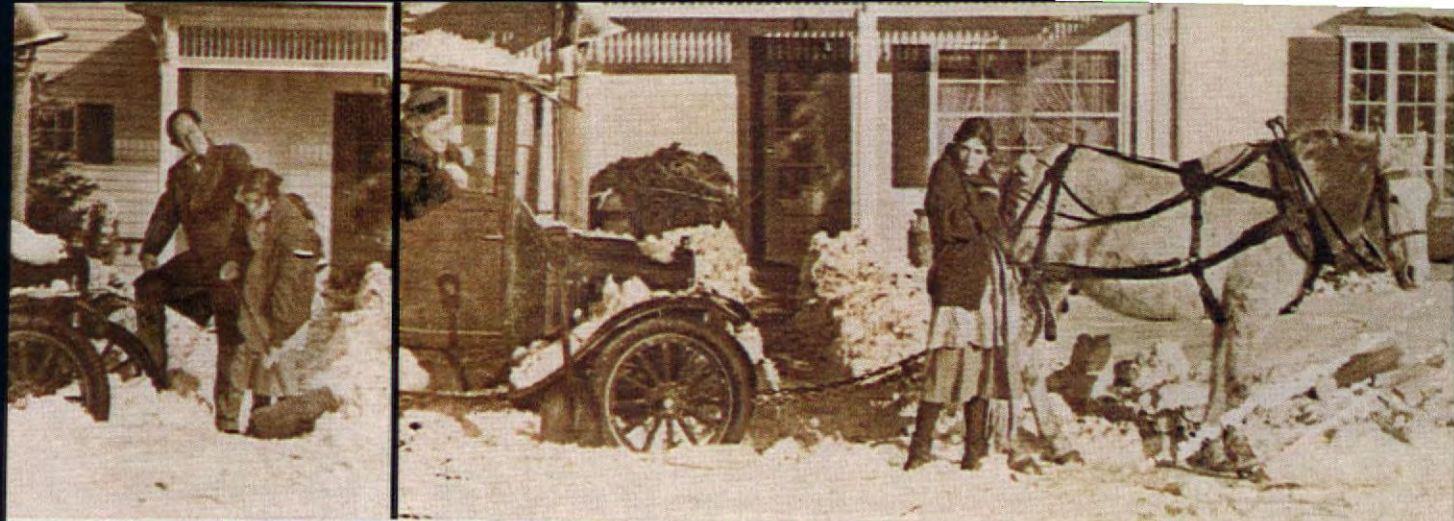
"Don't try to save money on knives," Chevillot advises. "A good knife lasts forever." You should have at least five of them:

- One spatula knife—for butter, etc.
- One tiny, sharp knife for detail work—mincing, dicing.
- A couple of large, sharp thin knives.
- One serrated knife to use for slicing bread.

Food is up to you, but it should always be fresh. Don't keep things for weeks in the freezer or refrigerator. Spices should always be on hand, but only the appropriate ones. "People have 20 or 30 bottles of spices they never use. Just keep the basics—thyme, tarragon, paprika and pepper. You should definitely include a pepper mill among your tools. I think white pepper is best; I also prefer to use coarse salt."

A final tip from Chevillot. "When cooking in a small kitchen, don't make it seem even smaller by piling up the dirty dishes. Stop and wash them as you go along." ☐

Richard Natale writes frequently for American Home on modern living and ways to beautify the home.



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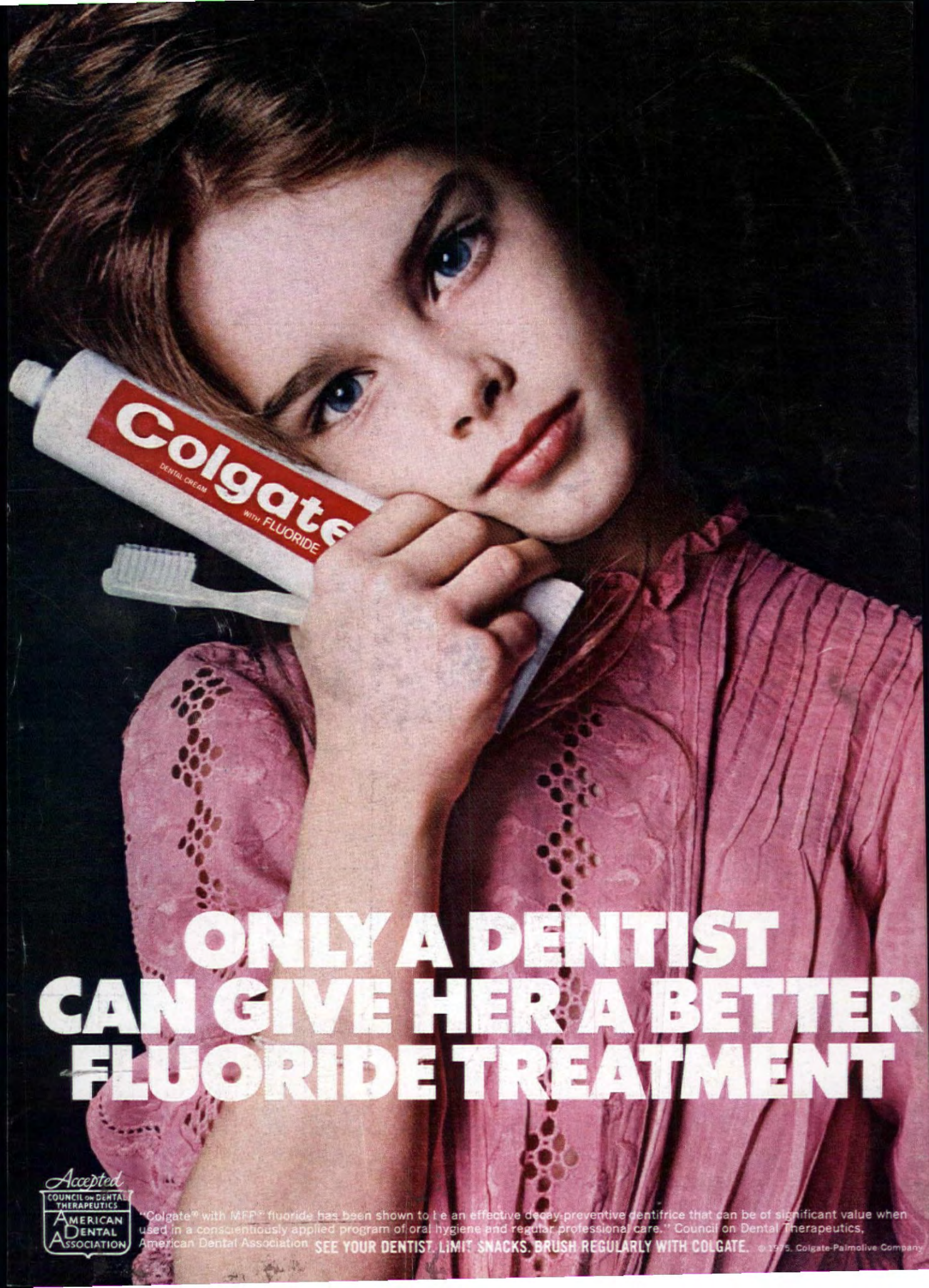
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