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COVER: a spaced-out shower. It's one to really sing in, and it may even convert a lot of tub people. A sleek cylinder—clear plastic walls and sliding door, and fiberglass back—"La Vasca Tonda" is designed for the Serie 2001 collection by Fabio Lenci. Available from Hastings Tile & Bath, New York. Towel from the Cannon Royal Family collection. Photography by Carmen Schiavone.
This is pineapple in its own juice.

And this is pineapple in its own juice.

And that makes a better fruit salad.

At Dole, sweetness comes naturally.
If you’re all thumbs when it comes to paneling, here’s a helping hand.

Don’t let the idea of putting up paneling scare you. If you can hit a nail with a hammer, measure with a ruler, and use a saw, you can put up Masonite brand paneling yourself.

1. First, you’ll need a plan. Measure the room you want to panel. Then draw a floor plan indicating doors, windows, stairways, pipes or beams. Then take this to your Masonite dealer. He’ll help you select the amount of Masonite brand paneling you’ll need.

   One thing to remember when you pick your paneling—the lighting at your Masonite dealer will differ from your lighting at home. So, as a general rule, a wall of dark Masonite brand panels in your home may look darker than the one sample panel in your dealer’s showroom.

2. Once you get your panels home, let them stand unwrapped on the long edge for 48 hours, so they’ll adjust to the room temperature and humidity. Then stand them up, and arrange the panels along the wall until you find the most pleasing pattern for your room.

3. Now you’re ready to put up your panels and cut those that will need to be trimmed. If you’re going to use a power saw, cut with the finished side down. If you’re using a handsaw, mark and cut with the finished side up. The old carpenter’s adage is good advice here: measure twice and cut once.

4. Start paneling at the corner of the room. Use a simple carpenter’s level to make sure you have the first panel straight up and down. (That’s what carpenters call “plumb.”)

   If you use panel adhesive, follow the directions on the cartridge. If you use nails, make sure they go into the wall studs. Studs are the 2”x4” boards that form the supporting inner framework for your wall. By tapping gently along the wall until you hear a solid sound, you can find exactly where they are.

5. When your first panel is “plumb” and secure, you’re ready to put the next one up. The edge of this new panel should touch the edge of the previous panel very lightly. When you come to a door or window frame, you’ll have no trouble as long as you measure carefully before cutting. A pattern drawn on newspaper first will be your safest bet.

6. For electrical outlets, measure from the floor up and from the edge of the previously installed panel. Then draw a pattern on your panel, drill holes in the inside corners of the pattern, and cut out the pattern with a keyhole saw.

7. When all your panels are in place, you’re ready for Masonite brand mouldings for the floor, ceiling and around the windows and doors. The mouldings will cover up any minor measuring or cutting errors along the edge and give your paneling a finished, professional look. And since they are prefinished and color-coordinated, there’s no painting or stain matching required. There’s even a moulding for inside and outside corners.

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Look for him in the Yellow Pages under “Paneling.”

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Home-work

You know those adorable little mop-pets who chomp on the newest cereals, muddy their T-shirts, pick gum off the gum tree or who tell dumb old Dad the difference between fresh-squeezed orange juice and his favorite brand?

They gambol into our hearts—or nightmares—night after night on television. They grin daily at us in newspapers and magazines.

And as they do, it's a rare mother who doesn't compare her own little tyke and think, I just know my Donny could tell the waiting world why he likes the gum formulated for children who chew gum. And certainly, Mother says to herself, Donny is cuter than all those little tow-headed TV terrorists!

Not so! Those kids are professionals, and don't you forget it. They're there to do a job and they know it!

Real kids just don't act that way...at least not on cue. Trying to convince your very real little boy or girl to act when you and the photographer want them to is a little like convincing the family feline he's Morris the Cat.

All this became abundantly clear this month when the editors joined forces to put together our big, splashy bathroom issue.

We wanted everything to look great, but we also wanted it to look real! The solution—real people.

Enter Huey ... cute blond and adorable.

Also very real. Huey's job was to wear a plaid bathrobe, brush his teeth and take a bath. "I've already brushed my teeth today," said Huey, logically.

"Well, just try it a few more times for the camera." Now a bath, Huey. Apparently Huey likes baths, so that was no problem. What was a problem is that Huey didn't like the bathrobe our Fashion/Crafts Editor Pat Sadowsky had made for him.

"It scratches!" he declared.

Now if Huey refused to wear the bathrobe, American Home editors were in trouble. And there they were...four editors, assistants, photographers and mother, all suffering a tacks of acute anxiety. An entire gala of grown-ups, completely at the mercy of a very real little boy.

Same story when American Home photographer Chuck Davidson at home with his family. His children are accustomed to being in front of their father's camera. But, again...features editor Keitha McLean, photographer Susan Wood, assistants plus the entire Davidson family—somewhat of a state of tension (the were dealing not only with children but also with a dog—absolute murder crossed their fingers hoping to keep the children's interest long enough to get the photos.

Finally, it happened. Jeni Davidson simply said, "That's it, you got the shot!" and calmly walked out of the room...leaving the entire group of adults standing there looking at each other.

The other example why grown-ups are asking for trouble tangling with kids came when the Features Department started work on an upcoming story. The problem was a debate as to whether we should mention the television show Star Trek or Space 1999.

The question was firmly settled by Publisher Leda Sanford's son Scott—"Star Trek's the thing," he told us. "Space 1999 just has a moon base...and that doesn't offer enough versatility."

Why didn't we think of that? Probably because when we were his age, we believed not in a man on the moon but a man in the moon.

Maybe, W.C. Fields really had some thing on children that we don't know about! —The Editors

It wasn't fatigue or temperament that cut through Huey's cool (far left). He didn't cotton to the texture of the robe he was modeling.

For Jeni (left), the camera-wise daughter of a photography buff, it wasn't impatience—she knew just when to holler, "Cut!"

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New Kirsch Shelf Garden features built-in grow-light fixtures. So plants and flowers thrive year-round. Pre-finished units twist together. In a choice of vinyl-laminated, stain-resistant finishes.

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Kirsch
The name you trust in drapery hardware.
The bathroom of tomorrow is not just a dream. Our design, with fixtures of the future, is packed with ideas that can update any bathroom for today's living.

1. Raising the sink to 38 inches allows for a more comfortable posture when washing hair or laundry, as well as face and hands. Instead of the usual vanity, a kitchen sink with swiveling fountain-type faucet is great for washing hair or clothes. A kitchen drain that pulls out for easy cleaning traps jewelry and other small items. You can rotate the sink, so the faucet and controls are at the side.

2. Medicines are more accessible if they are relocated to a shallow, compartmentalized drawer right under the sink. Special locks keep children out.

3. In lieu of an overhead cabinet, stretch—or build in—a shelf across the sink for most-used grooming aids. You can put a clock radio here, too, or small TV for the early morning or late evening news.

4. For convenience when using the small bathroom appliances, install a continuous electrical outlet strip with one outlet per appliance. You'll need at least one square foot of counter top for each, too, especially if you decide to keep the appliance out.

Cinderella was a very lucky lady. With the wave of a magic wand, presto, she was clean and beautiful, ready for the ball. We are not so lucky. Trying to make do with a miscellany of typically uncoordinated fixtures cramped into a minuscule cubicle—usually measuring about five by seven feet, with inadequate storage and counter space, poor lighting and ventilation—we expect to get clean, rid ourselves of our bodily wastes, do laundry, groom ourselves, tend to our illnesses, bathe our children, de-flea the dog, shine our shoes, and sometimes even exercise and sunbathe.

The most important consideration for an updated bathroom is space. Our dream bath more than doubles the current average—to 10 by 16 feet. Twenty ideas, for any space, are shown above—and explained, starting at right.

"The bathroom," says Alexander Kira, professor of architecture at Cornell University, in an in-depth study, The Bathroom*, "is, from a . . . functional standpoint, one of the most important rooms (continued on page 10)
"My family comes first. That's why I love working as an Avon Representative. I'm my own boss. I work my own hours and my husband and kids never feel neglected."

Hattie Williams
Miami, Florida

“A typical nine-to-five job would just be too demanding on my time. As an Avon Representative I work my own hours. Besides calling on my customers, I can pick my kids up from school every day. I don't know of any other work that would give me such freedom.

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Hattie Williams' story interested me in filling out this coupon.

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in the house. . . . It is the first place we use upon wakening in the morning and the last one we use before going to bed at night . . . the one facility in the home that every one of us uses every single day in our lives and the one facility most of us would be unwilling to do without . . . Yet, the average bathroom is hopelessly antiquated and inadequate."

The bathroom has existed in civilized nations through-out history. The Minoans on the island of Crete, for instance, and the Romans had highly sophisticated plumbing and sewage systems. But the bathroom has become identified as a private, personal sanctum only fairly recently. Bathrooms were not installed in this country as a matter of course until the building boom of the 1920s—replacing the galvanized tub and chamber pot or outdoor privy—which were the norm, except in houses owned by the very rich. As recently as 1950, in fact, more than a third of the houses in the United States lacked complete facilities.

Americans are unique in their attitude toward the privacy they require in the bathroom. In Europe, kings would often conduct audiences from the tub, and from the toilet. In America, Victorian prudery about the natural functioning of our bodies still prevails. "Issues for design purposes," says Kira, "can be reduced simply to acceptance or rejection of the human body and its functions and products. . . . We never seem to be able to come to grips with the human body and human sexuality as a neutral fact of our existence."

This attitude has inhibited fixture design. Cost conserva-tion in construction is in; comfort is unheeded. In puritanical terms, being clean does not necessarily connote comfort. We do proclaim ourselves to be scrupulously clean. Yet we clean our cars more efficiently and more comfortably than our bodies. A car-wash soaps, scrubs, rinses and polishes in a matter of minutes with no waste of water or energy. We lather in a tub and emerge with residue on our skins and on our towels—and with a neck ache besides.

We are masters of the cover-up. From face powders to vaginal sprays, we mask, perfume and disguise. The cosmetics business is a multibillion-dollar industry. Underneath it all, are we really clean?

Alexander Kira feels we can only be clean when the process of becoming clean is comfortable. To this end, he has designed a series of bath fixtures—bathtub, shower, toilet and bidet, sink and urinal—scaled to feel right, and to do their jobs more effectively. These he incorporated into a modular wall system that can snap together to form a functional and beautiful room. How long will we have to wait for this idea?

We do, in fact, seem to be making progress toward an acceptance of the bathroom as a place to relax. Shower massagers (see page 34), bidets, safety standards for tubs and showers, new small appliances—all mark the emergence of a more honest appreciation of our bodies, their cleanliness and health. And who knows? If true cleanliness is almost at hand—in America, where everything is possi-ble—can godliness be far behind?

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<th>Recommendation</th>
<th>Details</th>
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<tr>
<td>5</td>
<td>Section the counter top so that one area can flip up to make a dressing table. Flip-up magnifying mirror, pockets for make-up or inset mini-globe lights ease grooming.</td>
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<td>6</td>
<td>There is never enough storage space in the bathroom. <strong>How many drawers and shelves do you need?</strong> Think linens, towels, soaps, laundry products, sealer bags for sanitary supplies, lingerie, magazines—and whatever you like to relax with. Many stacking units take up little space.</td>
</tr>
<tr>
<td>7</td>
<td>If you can, <strong>devote a whole wall to built-in units</strong>, full-length mirror, adjustable sun lamp, perhaps, and a book and magazine rack. And clothes. Do you dress or undress in the bathroom? Perhaps you should think about keeping sleepwear and underwear in the bathroom where they would be immediately available.</td>
</tr>
<tr>
<td>8</td>
<td>How far away is the laundry? <strong>Hampers on casters</strong>—one for light-colored clothing and one for dark—make transport a snap. Wastebaskets move more easily on casters, too.</td>
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<tr>
<td>9</td>
<td>Most accidents occur in the shower or bathtub. Install <strong>two bars to support in getting in and out of the tub</strong>, and for raising or lowering the body. Run the first at a height of 40 inches; the other should slope within reach from a reclining position.</td>
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<tr>
<td>10</td>
<td>In the shower, <strong>bars run along horizontally at shoulder height.</strong></td>
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<td>11</td>
<td><strong>Nonskid strips</strong> in the shower and tub are essential to safety, especially for children.</td>
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<tr>
<td>12</td>
<td><strong>Relocate shower controls outside water stream</strong>, preferably just inside door. Multiple shower heads maximize showering ease and enjoyment.</td>
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<tr>
<td>13</td>
<td>To hold shampoos, soaps, sponges and children's toys, run a <strong>shelf the length of the bathtub.</strong></td>
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<tr>
<td>14</td>
<td>A <strong>combination light and air vent</strong> set into the ceiling of the shower—and tub—eliminates shadows and fog build-up. A <strong>luminous ceiling and ventilation duct behind</strong> would provide another alternative.</td>
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<tr>
<td>15</td>
<td><strong>Supplementary flexible hose sprays</strong> in the shower and tub aid in cleaning the fixtures—and, in the tub, are great for rinsing the body after soaking.</td>
</tr>
<tr>
<td>16</td>
<td><strong>Towels dry best when stretched</strong> on bars; how about a <strong>heated towel rack</strong> close to the tub or shower? <strong>Hooks and rings</strong> could supplement racks where there is little space for stretching.</td>
</tr>
<tr>
<td>17</td>
<td>The <strong>bathroom can be a noisy place</strong>. <strong>Sound-absorbent tiles</strong>, treated to resist moisture, on the ceiling and bathroom carpeting deaden noise.</td>
</tr>
<tr>
<td>18</td>
<td><strong>Tiny track lights</strong> on either side of the mirror over the sink spotlight shaving and grooming.</td>
</tr>
<tr>
<td>19</td>
<td>It's easy to clean the floor or rug when the <strong>scale is set directly into the floor.</strong></td>
</tr>
<tr>
<td>20</td>
<td>A <strong>murphy bed</strong> flips down for napping or sunbathing under a lamp, which could swing out from the adjacent wall. Its pad can be used as an exercise mat. A record player stored next to the exercise area could be used for jazz exercises, or just to provide a soothing accompaniment.</td>
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Do you cherish the dream of a wine cellar? Well, you don’t have to wait to move into a French château or an Austrian schloss to make your dream come true, provided you have a dark, cool closet and know a few rules.

Mostly, what you need to know is that wine is a perishable commodity, prey to many enemies. Wine is referred to frequently as a living thing, because it retains a great many residual, sleep­ 

ing yeasts from its fermentation.

The first enemy of wine is air. That is why wine is corked. Air awakens the dozing yeasts and starts them activating again. Also, air contains alien bugs and bacteria, such as the invisible vinegar-making goblin that, paradoxically, feeds on alcohol in the wine and transforms it into an ingredient suitable only for salad dressing.

Temperature extremes are another enemy of wine—heat and its opposite, extreme cold. So is light—sunshine or strong electric rays. This is why most wine bottles are tinted, to shield against the rays. The fourth enemy is vibration—continuous shaking, for example. This arouses the dormant yeasts for which nature ordains Rip Van Winkle slumber. Vibration is also guilty of keeping the dregs of old wines agitated. These strong but harmless accumulations should be allowed to settle in the bottle for the day when it is finally opened. I have seen people wrestling with a corkscrew to open a bottle of red wine—and manage to shake it like a Daiquiri. That’s criminal!

Nowadays, only a fortunate few of us are in a position to store our wines in a cool, dark cellar, away from the convolutions of the oil burner and the tremors of the throughway. Some well-heeled city dwellers can afford the thousand or so dollars needed to buy a Wine Cellar Unit, an elaborate, insulated box that fits into a large closet or corner of an apartment and includes a vibration-free cooling system to keep the wines at the ideal temperature of about 55 degrees. But most of us must make do with far simpler equipment.

To keep corks wet and air away from wine, the bottles should be stored on their side if you are planning to keep them any length of time. If you have to, you can simply lay them down like shoes on the floor of a dark closet, naturally choosing the coolest closet in the house. Or you can purchase a wine rack that will hold a dozen or so bottles. Most department stores have such racks for $10 or $15. Put your rack in the coolest, darkest and least active part of the house.

Years ago, as an impoverished city dweller, I saved the expense of buying wine racks by getting discarded, compartmented wine cases from my liquor dealer. These cases stack economically in a closet or corner, enabling you to store a lot of wine in a small space. Don’t make the mistake of putting foam rubber pads or similar devices under the cases or racks to deaden vibration; contrary to expectation, the vibration will be exaggerated. Here’s how to test your house to find the spots that have the least vibration. Place a full glass—preferably a cocktail glass with sloping sides—on a counter or on the floor; then watch the water’s surface for motion. If the vibration is severe, you will see concentric circles dancing on the water.

Some wine fanciers choose to be more professional—and build their own storage bins for house or cellar. You can do the same, using plywood strips a foot or more wide. Each bin should be honeycomb-shaped, with the point of each diamondlike square at the bottom. When wine is stored on its side in layers, the bottom layer is one bottle; the second, two bottles; and so on. Thus a single bottle can be removed without disturbing the others. In building the bins, make sure the lengths of plywood go in one direction, diagonally. Blocks of plywood, cut to make a square, fit in between; they’re held by grooves made with two strips of wood. It’s a good idea to have your squares measure at least 14 inches, in case it’s ever necessary to accommodate a full case of fat bottles, such as those used for Burgundy or champagne. Your nest of bins is held together by a surrounding frame of plywood, built first.

No matter what kind of unit you use, store white and rosé wines in the lower bins, reds on top. The temperature of the lower part of a room is lower, and white and rosé wines mature (or react to heat) faster than reds. Remember that nature meant wine to mature at the ideal temperature of about 55 degrees. When the thermometer dips to, say, 40 degrees, the aging process takes longer; when it rises above 55 appreciably, the wine matures faster—and also deteriorates. For example, a red wine that would ideally need three years of aging in a cool cellar, given surroundings of 80 or 90 degrees, grows up too fast in just a year. When you pour it, you may notice a brown tinge around the edges of the glass (a sign of deterioration), and it may already taste bitter. White wines stored in abnormal heat spoil even more quickly. As you pour, you may spot a darkening of the usual light color.

There can be no cloud without its silver lining. The obvious way to deal with wines that cannot be stored under good or even fair conditions is to drink them!
The Bacardi rum cake. When people aren’t eating it, they’re talking about it.

We’ve received so much mail from people all over the country, it seems safe to say that the only man who doesn’t like the Bacardi rum cake is the man! Here are some typical comments.

WILLIAMSPORT, MD. An excellent party cake... ANAHEIM, CAL.
FABULOUS. Have made this one several times. PARADISE, CAL.
WILLIAMSPORT, MD. Delicious party cake... BRADENTON, FLA.
Terribly quick to make... AUSTIN, TEX.
Tasty! Moist! Tasty! OLEAN, N.Y.

Excellent base recipe to friends. MIAMI, FLA.
Now they’re all making it. DARIEN, CONN.

Bacardi rum cake

Preheat oven to 325°F. Grease and flour 10” tube or 12-cup Bundt® pan. Sprinkle nuts over bottom of pan. Mix all cake ingredients together. Pour batter over nuts. Bake 1 hour. Cool. Invert on serving plate. Prick top. Drizzle and smooth glaze evenly over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up.


Optional: Decorate with whole maraschino cherries and border of sugar frosting or whipped cream. Serve with seedless green grapes dusted with powdered sugar.

For a free booklet of recipes for entrées, snacks, hors d’oeuvres, drinks and punches, write Bacardi Imports, Inc., Dept. AH, Bacardi Bldg., Miami, FL 33137.

Bacardi rum. The mixable one.
It's Sears Open Hearth
Bedroom Furniture
Superb construction, 26-step finishing, and an outstanding price make it a great value. We urge you to compare:

You are about to make a major investment in a set of bedroom furniture. Of course you want it to look beautiful. You want it to last. And you want it to cost no more than it has to.

We think Sears Open Hearth offers you the best combination of all three. Here is what you should look for when you shop and compare:

**Examine the Drawers**
- Look for beautifully made drawers when you want to determine the overall quality of furniture construction.
- It takes time, care and true craftsmanship to make drawers that will continue to work beautifully. Chances are, if corners are cut in drawer construction, they will be cut everywhere else.
- When you shop and compare, look for all these drawer construction features. You’ll find them in Sears Open Hearth.
- **Ball-Bearing Slides** made from strong steel to make the drawer slide smoothly.
- **Positive Drawer Stops** to prevent the drawer from accidentally being pulled out too far.
- **Dovetail Joints** on all sides for extra strength.
- **Tongue-in-Groove Bottoms** to hold more weight and make the drawer sturdy.
- **No-Snag Insides** with rounded edges, triple sanding and smooth sealing lacquer.
- **Anti-Wobble Discs** made from self-lubricating nylon. For a smooth pull without “seesaw” wobbling.
- **Reproduction “Flying Eagle” Hardware** cast from heavy solid metal. Brass plated and antique burnished.

**Look for Inner Frame Strength**
- Look inside. Look underneath. Look behind. Don’t ignore the inner construction of the furniture frame. If it doesn’t include the inside strength features found in Sears Open Hearth, its outside beauty won’t last as long.
- **Tongue-in-Groove and Mortise-and-Tenon Piece Construction.** Ordinary butt-edge construction is nowhere near as long lasting.
- **Corner Cleats and Glue Blocks.** Glued and screwed into the frame for extra strength.

**Recessed Back Panels** for added stability.

**Adjustable Caster**s and self-levelers on all larger pieces.

**Meticulous 26-Step Finishing Makes All the Difference**
- Only firm, evenly textured, kiln-dried northern white pine and fine grade white pine veneers are chosen for Sears Open Hearth. It is a mellow wood and it responds to finishing beautifully. But only, if it is finished with time and care.
- The satin glow and warm highlighting you see in Sears Open Hearth take 26 painstaking finishing steps to achieve. From sanding, to staining, to antiquing, to highlighting, to handrubbing. There is no shorter method to bring out the beauty of northern white pine and make it last. You’ll really see the difference when you shop and compare.

**It's a Sears Best**
Sears Open Hearth Furniture has to continually meet strict quality requirements to be a “Sears Best.” These tests, in addition to the hundreds of construction checking operations, are why we invite you to shop and compare.

**Choice of Pieces**
- There are 13 different pieces in Sears Open Hearth Bedroom. And 4j more in Sears Open Hearth Dining Room, Family Room and Living Room. Plus a host of Open Hearth coordinated accessories.
- Sears Open Hearth Bedroom. Come see it now at most larger Sears, Roebuck and Co. stores.

From Sears Open Hearth Collection
At a White House reception in 1910, the wife of the Russian Ambassador stepped outside the bounds of decent society by asking President Taft for a cigarette. Taft stepped outside the bounds of decent society by giving her one and even lighting it. Taft was not re-elected.

You've come a long way, baby.

VIRGINIA SLIMS
With rich Virginia flavor women like.

SNAPPING IT UP!
Push! Ping! Presto! Photo!
New from Polaroid is the Pronto!, a lightweight instant camera that uses their SX-70 film and costs only $66. The photo is spit out of the camera at the push of a big red button and develops itself in the light. Pronto! uses 10-shot flash bars for indoor shooting.

LEAPIN' LIZARDS!
Is your kitchen besieged by cockroaches? Invite a couple of geckos over for lunch—crunch, crunch. According to our reptile specialist, a pair of these small voracious tropical lizards, which are sold in any pet shop, will feel right at home in the average American kitchen and solve your cockroach problem. Geckos are neater than insect spray, bring good luck to your house and are nice to have around—at least nicer than cockroaches.

THE HOUSEWARES REPORT
Chicago Housewares Show News
THE TIME IS NOW A QUARTER TO 2000 A.D.
People decorate with clocks (such as the schoolhouse clock). But when it comes to telling time, the digital clock continues to attract the young as the newest, simplest way to find out the time. As a result, many are predicting that in the future the children of today may not be able to read the conventional clock with hands. If so, before the year 2000 the clock as we have known it may be viewed with the same curiosity as the sundial. Charming but useless.

MRS. COFFEE
Electric drip coffee makers are still winning the attention of gadget-happy America. Mr. Coffee leads with highest number of sales. Rumor has it that the company is working on a petite, less aggressive model that will be called Mrs. Coffee.) Who has the best coffee machine? If conversation lags at your next dinner party, ask that question. It will probably elicit as much participation as one on the best presidential candidate.

WATT UMBRELLAS!
April showers are on everybody's mind, but George Kovacs has done something about it. Half lamp-half umbrella, their Umbrella Lamp comes in three styles with a variety of shades. The Umbrella Table Lamp with chrome stem and white ball base shown here is $35. By George Kovacs Lighting, Inc., 831 Madison Ave., New York, N.Y. 10021.
HOME BUILDING, REPAIRS, REMODELING

The premise behind How To Be A Fix-it Genius Using 7 Simple Tools is that most home repairs can be accomplished with a basic tool chest. Authors John Stockwell and Herbert Holtje describe their select seven tools and how to use them correctly, and then proceed to explain how to check your house to find problems before they occur, season by season. Instructions are easy, even for “all thumbs” (McGraw Hill, $8.95).

Did you realize that the placement of your house with respect to wind direction can make a big difference in your heating bills? That’s just one of the “inexpensive simple changes you can easily make” to turn your house into an energy-efficient one presented in Antony Adams’ book, Your Energy-Efficient House. It’s filled with drawings and ideas for homeowners or future homeowners (Garden Way Publishing Co., $4.95).

The Complete Book of Home Remodeling lives up to its name. This comprehensive volume is packed with illustrations and information about all the basics of remodeling: how to finance a project, solutions for common problems, and what you can easily do yourself — indoors and out (McGraw Hill, $14.95). "For the stone addict," says author Karl Schwenke, "putting stones into a wall is an elemental act of life." In the book, Build Your Own Stone House, Schwenke and his wife, Sue, outline steps and procedures for building an entire stone house in a direct, straightforward and often humorous way. Fables, illustrations and photographs complete the description (Garden Way Publishing Co., $4.95 paperback).

In this manual on how to inspect a house, Don’t Go Buy Appearances, George Hoffman takes the reader on a verbal tour around and through a house, carefully analyzing structure, utilities, foundation and appearance — and also termites. He tells how to interpret what you see, evaluate the house in terms of its condition — and its selling price — and then discusses how to make an offer of purchase. The 100-page book can fit into a large coat pocket or purse and includes a quick check list to be used during the actual inspection (Woodward Books, $2.95 paperback).

FIBER IN FOODS

Fiber or “roughage” is the latest key word to continued good health in nutrition circles. It’s been called the “forgotten nutrient” and is thought to be essential for proper functioning of the digestive tract. Everyone from the National Cancer Institute to physicians, nutritionists and health faddists are recommending foods high in fiber — bran, grains, nuts — on the assumption that modern American eating habits leave little fiber and a long list of digestive disorders.

While numerous books on fiber have appeared, be wary of those advocating an “all or high” fiber diet. They’re fad diets that aren’t nutritionally sound — fiber is not a cure-all for health problems. One recent paperback book, however, is a useful reference book for any cook’s library. The Barbara Kraus Guide to Fiber in Foods (Signet, $1.50) offers a comprehensive list of fiber and caloric contents of brand names as well as generic foods.

Ms. Kraus’ introductory remarks on dieting and health are sound and well-researched. She’s an anthropologist specializing in food habits and has written other books on food and nutrition.

BOOKLETS

Hints on how to buy and prepare fish to suit your tastes are available in a free booklet, The Secrets of Serving Delicious Fish. Send a self-addressed stamped business envelope (#10) to North Atlantic Seafood Association, Dept. AH, 111 E. Wacker Dr., Chicago, Ill. 60601.

Frozen Food Facts ‘N Fixins gives instructions on how to store commercially frozen foods for maximum use, how to organize your freezer and which foods to refreeze, as well as a recipe section. The booklet is available from Frozen Food Facts, Suite 1414, Dept. AH, 401 N. Michigan Ave., Chicago, Ill. 60601. Enclose 50¢ for postage and handling.

You’ll find one answer to today’s high food costs in this new booklet, How to Feed Your Family Better for Less. Using instant nonfat dry milk, the recipes in the booklet were designed to offer maximum nutrition without stretching the budget. Drinks, main dishes, snacks are covered. The booklet is available free of charge from Carnation Booklet Offer, Box 350B, Pico Rivera, Calif. 90665.

MOVIES

THE GOOD, THE BAD AND THE IN-BETWEEN

By Daphne Davis

The real fun of moviegoing is to take chances and discover films you think are interesting. As a respected critic recently said: “Don’t take any critic’s word on what is supposed to be worth seeing. See for yourself.”

The Good: Next Stop, Greenwich Village, a New York American Graffiti, financed by director Paul Mazursky on his tour and at his best — storytelling the ups and downs of a stage- and star-struck Jewish kid from Brooklyn and his experiences in the '50s.

Larry Lapinsky, played by Lenny Baker as an early Dustin Hoffman hero, has a cat named Freud, a girlfriend who wants an abortion and a Jewish mother to end all Jewish mothers — none other than actress-legend Shelley Winters, whose caricature rates her a third Academy Award.

Original and flawless in every detail, Next Stop, Greenwich Village is chock full of good-natured humor (especially a rollicking.
Reynolds' persona in Hustle is Lt. Philip Caines in love with call girl Catherine Deneuve. Because the plot is irrelevant in one cop drama to the next, let's concentrate on Burt as a lapsed Catholic who wants Catherine to give up her profession but is afraid to commit himself.

Reynolds is not bad and brings some understanding to sex, guilt and the Irish cop. Hustle has a twist-of-justice ending and a new Burt Reynolds euphemism. He refers to the dead topless dancer whose murder he's trying to piece together as "an ambitious loser," as can be said of this picture.

AH, WILDERNESS

Animal fans will go bananas over two survival flicks spawned by Billy Jack and Jeremiah Johnson and John Denver's back-to-the-soil ballads.

The Life and Times of Grizzly Adams pits actor and animal trainer Dan Haggerty, his social pound tamed bear and his faithful Indian friend against the wolves and cats of Utah's High Uinta mountains. Grownups usually like this Daniel Boone epic better than kids, who prefer The Adventures of the Wilderness Family. About to be turned into pollution mutants, a typical Los Angeles family of four high-tail it to the Northwest to homestead and frolic with more cute raccoon, cougar and bear cubs than you can shake a Polaroid at. When a howling wind and a big, bad bear almost destroy the family's dream cabin, the audience goes wild.

The summer nature movie sweepstakes include Hawmps, a camel saga and Benji's Life Story, a biopic about the dog who won America's heart last year and earned $12 million.

HOMAGE TO BUGS

Bugs Bunny Superstar is an overdue and much-deserved tribute to the king of "Looney Tunes" and the behind-the-scenes geniuses at Warner Brothers, who created Daffy Duck, Elmer Fudd, Tweetie and the crazy rabbit. "What's up doc?" will take on historic meaning after you see this excellent cartoon documentary narrated by Orson Welles. Bugs Bunny Superstar will be playing at movie theaters throughout the year and for years to come.

DE BAD: The senior citizen's answer to Young Frankenstein is Old Dracula. As the ecrimantic neck biter, have David Niven is properly ampy and travels with impira and a portable coffin two. The movie, however, a deadly bore.

HE IN-BETWEEN: In the addition of Frank Sinatra and Clint Eastwood's serious detective movies, Burt Reynolds has initiated and financed his own.

HOMAGE TO BUGS

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IN VIEW

THE STORY OF DAVID

By Bill Weston

Mildred Freed Alberg spent a year in production of The Story of David, most of it in Israel, some in Spain. The four-hour Biblical dramatization will appear on ABC.

Normally in Bible dramas, the characters talk as if their words were meant to be engraved on stone tablets. Ms. Alberg set out to stress simplicity. David is a man with very human weaknesses, and Goliath is not a fire-breathing giant but a large, swarthy man.

Timothy Bottoms plays David as the boy and warrior, Keith Mitchell is the man and king. Anthony Quayle is Saul, and Jane Seymour is Bathsheba.

Divided into two evenings, David the Boy will appear on Friday, April 9, and David the Man on Sunday, April 11.

THE PRINCE OF CENTRAL PARK

For the younger set, The Prince of Central Park is the story of a 12-year-old boy and his younger sister who run away from their unhappy foster home and scrounge on their own in the park. Ruth Gordon plays the widow who befriends them (CBS, April 8).

TRUMAN AT POTSDAM

Harry Truman newly installed in office, Winston Churchill in the last phase of his career, and Josef Stalin cold and impregnable in victory as in war. How's that for a cast?

The three come together in Trumam at Potsdam, a Hallmark dramatization of that historic meeting.

It was at Potsdam that Truman received news of the first successful explosion of an atomic bomb in New Mexico...that Churchill, voted out of office, gave way to Attlee...that the seeds of the Cold War were fertilized.

Ed Flanders plays Truman, John Houseman is Churchill, and Jose Ferrer is Stalin (NBC, April 8).

TO AMERICA

Actual refugees who fled their homelands to find a new life in America—these are the "stars" of To America, a two-hour documentary that is a greater tribute to our 200 years of freedom than many a Bicentennial parade.

A Bulgarian movie actor, a coal miner from Poland and a glass blower from Czechoslovakia, with their families, provide a perspective on what it means to become an American (CBS, April 9).

FILMS FROM PBS

Movie watchers, keep an eye on your Public Broadcasting station. PBS has acquired a collection of feature films and will begin distributing them to participating stations between April 1 and June 30. The collection includes such classics as Bergman's Virgin Spring, Camus' Black Orpheus, von Sternberg's Blue Angel and many others.

And most likely they'll be in prime time—you won't have to stay up half the night to see them.

TONY AWARDS

The Tony theater awards will be televised by ABC on Sunday evening, April 18, and guess who are the hosts: the lovebirds of the '60s, Richard Burton and Elizabeth Taylor.
MUSIC  By Peter McCabe
DON'T LET THE HUSTLE RIND YOU DOWN

You haven't yet caught the Hustle fever, you will. It is infectious as Asian flu, was born about 18 months ago, though nobody seems to know where. The black jive clubs and the gay dance saloons are both claiming credit. Discotheques now have free lessons in it, which suggests that the country's black dance instructors may have something to do with its origins. Disco music, or music to Hustle by, has had a big impact on the record industry. New and well-known records become more than radio, through disco exposure. And the dance floor is not confined to any group or class. It is everywhere, and it seems to be taking over. A few months ago, I entered the magazine section of a Sunday newspaper and read an official heraldry of what was termed a phenomenon. The article declared that "this new dance, the Hustle, marks the end of the free expression of dancing era where our partners were often five or six feet away. Now there is ad-libbing and no faking. Either you hustle or you don't." Now although I consider the Hustle to be an enjoyable dance, which can be executed simply or with amazing complexity, I'm the kind of person who objects to being told what to do on a dance floor. So I decided to check discotheques at both ends of the country — and in five cities in between. In these spots I witnessed what would call a well-balanced mixture of dancing, some Hustling, some not. But in New York and California I noticed that the Hustlers adopted a different strategy. On the dance floor, they all seemed to come to the same conclusion at the same time, and by a process of what seemed like osmosis, they all suddenly formed a line. This line eventually broke down into several smaller linear formations, but it nonetheless had its desired effect — which was to drive all the non-Hustlers off the floor and into the safety and comfort of the bars, where they sat nursing their drinks and glowing at the rhythmic, coordinated and victorious oxistence. Needless to say, it is not much fun sitting in a bar when you can be dancing to Labelle's "Voulez-Vous Couchez Avec Moi!"

Now since Hollywood and New York have been known on various occasions to boast their examples on others, this trend puzzled and depressed me. I have always believed that the way most of us danced in the late 60's was a most exciting, pleasurable and even liberating experience. After several years of Twists and Bristol Stomps and Mashed Potatoes, it was a welcome epoch of laissez-faire. And it was especially welcomed by men (at least white males), who by and large, began to take a new pride in the sensual movement of their bodies.

I paid a visit to a friend, a disco Dee Jay, and told him of my feelings on the subject. He said that he, too, had noticed this tendency for Hustlers to browbeat the non-Hustlers, and for non-Hustlers to be overcome with remorse on encountering a room full of heel-toe, heel- toeites. He said the Hustle was never intended to be dictatorial, pointing out that one of the earliest and most popular Hustle records was a song called "Do It Any Way You Want." He thought that message spoke for itself.

I said that I thought most of the people who danced the Hustle ritualistically in the disco had rather bored, vapid and expressionless faces when they danced. He agreed, adding that he'd been especially amused one night to see a middle-aged man unconcernedly do the Freddie for a solid hour, although surrounded by Hustlers. "That man cleared enough space for a truck. Should non-Hustlers resist doing the Hustle?" I asked him.

"You cannot fight it," he said with a shrug, "but perhaps the best policy is to know how, and then do exactly what you want."

That sounded like good advice, rather like knowing karate. It's there when you need it, even if you never have to use it. So here is the basic Hustle step, which is all one really needs to know, and has been seen being executed by both Jackie Onassis and David Bowie, though not together.

For practice I would recommend the following albums:
1) Dance Your Troubles Away by Archie Bell and the Drells (TSOP)
2) Happy Beat The Whole Thing by D. D. Sharp (TSOP)
3) Disco Reggae by Byron Lee and the Dragonaires (Mercury)
4) Heat of the City by Barrabas (Atlantic)
5) Save Me by the Silver Convention (RCA)

If you'd rather just buy singles, you could choose from:
1) "It Only Takes a Minute" by Tavares (Capitol)
2) "What a Difference a Day Makes" by Esther Phillips (Motown)
3) "Fly, Robin, Fly" by the Silver Convention (RCA)
4) "Let's Do the Latin Hustle" by Eddie Drennin (Friends & Co.)

Within half an hour you won't even be looking at your feet.
NOTES

THE BATH FIX

- **Brightly colored and clear plastic surround the shower** freak in this futuristic free-standing unit (shown here and on our cover) designed by Fabio Lenci for the “Il bagno collection” at Hastings Tile. The shower has molded shelves, nonskid base and heated towel racks.

- **Tingling comes easy** with a simplified whirlpool bath unit that attaches to the underside of a special spout adaptable to most tubs. It’s called Hydro-Whirl. By Kohler.

- **One-third less water** is flushed away with the new Cadet toilet, by American-Standard. Their single-lever faucets for sink or bath, called Aquarain II, also conserve water without sacrificing easy fast flow.

- **Washing hair is comfortable** and easy with Eljer’s new 25½-by-16-inch self-rimming “Carousel” lavatory—which comes in their soft new colors. Misty Rose, Frost Green and Denim Blue, as well as their standard colors.

- **Handy push buttons** release soap, shampoo and conditioner in The Washing Machine, a dispenser that fits into the corner of the shower, by Evolution Health Care Co.

- **A combination light and vent unit brightens and defogs the misty bathroom.** By Rittenhouse.

- **Bathing an infant** is tension-free, using Tubby, an inflatable, cushioned bath that cradles the baby and lets Mommy have two hands free to soap and rinse. At Pinch-penny Pick a Pocket and at Children’s Concepts, New York City.

- **A 54-inch pre-molded tub/shower** fits into small spaces. By Owens-Corning Fiberglas.

- **The Bicentennial vanity** adorned by an eagle motif. By Crane.

- **New Elysian Baths by Jacuzzi** incorporate the built-in whirlpool massage feature into two marble-look tubs. One is a tub-for-two, a 4-by-5-foot “spa.” The other is a 6-foot unit. Colors are gray and gold.

- **TO STRIP OR NOT TO STRIP**

  **LUDDER NONSENSE**

  “Hereford’s Cows,” Heublein’s new alcoholic beverages, are stampeding the liquor stores. A 30-proof blend of grain spirits and artificial milk, they are available in four flavors—mocha, strawberry, banana and chocolate mint.

  **‘LIN YUTANG: THE BEST OF AN OLD FRIEND’**

  This new book is a collection of the wisdom of Lin Yutang considered one of the most engaging Oriental thinkers of our time. His thoughts are a unique blending of Eastern and Western philosophies into common sense prose. This volume, culled from books published from 1930 to the ’60s represents some of the best of Dr. Lin’s choice words. Examples: “The quality of men and women we live with is more important than the work they achieve,” “Nothing is very new which is not very old,” “The three most important things in human life are dignity of the individual, self-respect and enough to eat” (Mason/Charter, $7.95).

  **Glasses:** by Libbey’s, $4.95 set of 4. Carpets: (with Kim Features characters) “Sunday Edition” comic carpet, even “Little Orphan Annie” or “Terry the Pirate” drinking glasses.

The Home Front News

DUNTRY KITCHEN

The Garden Way Country Kitchen Catalog puts everything you need for home baking in one place. It contains hard-to-find tools and utensils, arts on canning and freezing, and section on shipping in addition to a book section. For this free color booklet write to: Garden Way Catalog, Dept. 64-414, 48 Maple, Burlington, Vt. 05401.

KIDS KOUTURE

Meredith Gladstone's new book, Kid's Clothes, provides four basic sewing patterns and all the how-to's from which you can make a year-round wardrobe (depending on the fabric) for a little boy or girl, ages 1 to 5. Meredith's applique and embroidery designs make the clothes one-of-a-kind—just like the child you make them for! In hardcover (128 pages), $13.70 postpaid from Dept. AH-4, William Morrow & Co., Inc., 105 Madison Ave., New York, N.Y. 10016.

THE LONG & SHORT OF IT

The knee-length—and higher—jumpsuit has zipped into spring, making it easy to run around town during the day. At night, it gives you the chance to show a little or a lot of leg...depending on the state of your legs.

V E S WHO'S COMING TO DINNER

There's no need to be ashamed of bringing oven-proof glass bakeware to the dinner table. Heller Designs, Inc., has come out with a line that's pure, simple and practical, with only striations for decoration. A continuous ring around the bakeware means dishes can be picked up from any direction. Covers for casserole dishes double as gratin plates. A one-quart casserole dish retails for $7.95. Heller bakeware is found at Broadway Stores in Los Angeles, Crate & Barrel Chicago, Jordan Marsh Miami and Bloomingdale's New York.

STAR ENTERPRISE

Star Trek, a sci-fi series of several seasons past, is still favored by astronomical number of fans. These devotees once waged an earnest but unsuccessful campaign against the show's demise. Now with the fervor of a Big Bang explosion, TV reruns have sparked all new Trekker ventures: conventions, a projected film and a dazzling array of memorabilia—including a technical manual, blueprints, buttons, prints and posters. These items and more can be ordered by mail. For free catalog, write: Federation Trading Post, 2556 Telegraph Ave., Berkeley, Calif. 94704.

PEANUT PROTEIN

According to the National Peanut Council, America produces 3 billion pounds of "protein packed" peanuts each year. The Food Protein Research and Development Center of Texas A&M University has developed a new way to use our peanut power. It's called Peanut Protein Concentrate, and though still in the developmental stage, it promises to become a competitor of soybean protein.
CONSUMER WATCH

By Ginger Prichard

According to one consumer advocate, our misconceptions about octane ratings have cost us millions of dollars and possible damage to our cars.

Pre-1970 cars require premium gasoline to avoid knocking—the rattling noise that pistons make when gasoline burns unevenly because of incorrect combustion quality. Eventually, knocking can cause loss of power and even engine damage. Although higher-octane gasoline costs more (it needs more refining), cars using higher-octane gas get better mileage. After the 1973 oil embargo, when only low-octane gas was available, many cars were "detuned" to run without knocking. These cars should be retuned and run on higher-octane gas.

Newer cars are designed to use regular gas—octane requirements were lowered to comply with 1970 exhaust pollutant emission laws—which should be an economic blessing to new car owners. Post-1975 cars with catalytic converters must use unleaded gas to avoid contaminating the catalyst. Premium gas used in these cars can cause engine damage.

It's been estimated by Louis Lombardo, president of the Public Interest Campaign (the only consumer group looking into the octane issue), that we overspend $1 billion each year by needlessly buying high-octane fuel, which spews 405,000 pounds of lead from engine exhaust into our air and wastes enough oil to produce a million gallons of gas. Although unleaded gas is about 1¢ per gallon more than regular, it saves the equivalent of 2¢ to 3¢ per gallon in prolonging the life of mufflers, spark plugs and oil filters.

Lombardo and the federal government believe that gasoline octane numbers should be posted on service-station pumps in simple terms so that we can refer to our owner's manuals and make educated purchases. A Congressional inquiry last year generated two bills that would standardize an octane rating system. Sen. Thomas McIntyre (D—N.H.) and Rep. John Dingell (D—Mich.), who introduced the bills, say the recommended number of octanes in the newest car manuals are 95 to 98 percent "customer satisfactory."

Do we as consumers need to know specific octane numbers to choose gasoline without overbuying? Automobile and oil industry spokesmen say that cars should be operated on the lowest-octane gas that avoids knocking. However, octane requirements vary, depending upon operating conditions, mechanical adjustments and age of the car. For this reason, many oil company officials are not in favor of posting octane ratings because these are only rough estimates. It is best to use gasoline recommended in the owner's manuals.

FROM THE GRASS ROOTS CORR

A NOTE FROM NORTHERN CALIFORNIA

By Gail D'Arcy

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. Fit the bill? Drop me a letter—Keitha McLeod.

Dear Keitha,

If you are not sold on Northern California after reading my letter, it is only because I have failed in my writing. The pyramid of my life at present is: #1—digesting the fact that my teenagers are adults; #2—developing a laissez-faire attitude toward them (or at least a no-nagging approach); #3—letting them know they are loved by being available to them and by being interested in them and their activities.

We live 50 miles north of Sacramento (the state capital). Our area is known as the "peach bowl of the world." While our peaches are great, probably English walnuts are our number one crop. Our abundant agriculture centers mostly around tree crops such as prunes, pears, oranges, almonds and olives. Before moving here, I actually thought a prune was a dried-up plum and olives could be plucked from their tree and eaten. Of course, neither is true. A prune grows on a prune tree. The dark, ripe olive is almost as bitter as an unripe persimmon until it has been properly processed.

Soil checks, about 3½ feet high, contain the water until the rice matures. The water is then drained off; the rice is dried, then harvested with large harvesters—a scene different from that of workers knee-deep in water with "coolie" hats on their heads. Even with modern machinery, agriculture provides many jobs.

For the outdoor person, we offer fishing, hunting and gold panning, yet! For ski buffs the drive to Squaw Valley takes about two hours. The city by the bay, beautiful old San Francisco, is about 100 miles southwest of us. Up the coast a few miles, huge horseneck clams can be dug.

So we've an ocean, mountains with streams and giant redwood trees, and a favorable climate. We are proud that we are able to send our natural resource, water, to Southern Cal. We hope, in return, they will keep their smog.

Sincerely,

Gail D'Arcy

Gail D'Arcy is a native Californian whose favorite pastime is browsing around San Francisco and the old California Gold Rush towns.
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Flowers on the outside. Flavor on the inside.

Please send me ___ pullover tunic(s) at $8.95 each. I enclose $ ___ plus two pack bottoms from EVE Filter or Menthol for each tunic I order. (Please include State and Local Sales Tax where applicable). Mail with check or money order payable to “EVE” Tunic Offer, P.O. Box 695, Marion, Ohio 43302.

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A summer garden may be your ideal. Few can resist the notion of fresh carrots pulled from the earth or ripe tomatoes, plump and luscious, just waiting to be plucked from the vine. Slow-growing tomato and bean vines should be intercropped with quick-maturing radishes, lettuce and green onions.

You may want only a mini garden. Check into miniature vegetable varieties. They’ll yield a surprising amount of food despite their small size. City dwellers are traditionally mini gardeners, cultivating amazingly bountiful crops in large pots, terrace flats or even window boxes.

Winter gardens should be mapped out carefully on paper before planting. Planned efficiently, your garden should produce a crop that gives you a rich supply of fresh vegetables all summer plus enough for storage to last through the long winter months. Organic gardens are currently in vogue. Purists in this area grow vegetables with no chemical aids. If this is your choice, take care to police every leaf on every plant—to catch the first signs of invading pests or diseases. While adhering to the principles of organic gardening and keeping the uses of chemicals to a minimum, it’s possible to strike a compromise with horticultural science; use organic fertilizers when feasible; use chemicals only when absolutely necessary.

Intensive planting techniques add up to another thriving cult in the gardening world. Pioneered in France, these techniques make good sense to anyone who’s grappled with the problem of trying to fit everything desired into an uncommonly small space. As a rule intensive gardeners advocate using every square inch of garden space. Traditional rows are eliminated. Plants are grown a few inches apart, far enough to prevent stunting their growth, but close enough for the leaves of maturing plants to overlap slightly, to help shade out and prevent the growth of most weeds. It creates a mini-environment under the leaves with a constant temperature that will retain ground moisture longer, keeping the soil moist and pliable. To practice intensive gardening in a large plot means organizing the plants so there is pathway access to everything. In a small or irregularly shaped growing space you can create a free-form garden, blocking out spaces for each vegetable and filling in the unplanted spots with companion plants, herbs or flowers.

You’ll want your plants to get sunlight, whatever your gardening bible. Start at the north end of your site—this is where you’ll put vine plants, such as tomatoes and beans, and tall plants, such as corn. From north to south, plant in order of decreasing height. Root and leaf vegetables require special planning. Whether for carrots and beets or lettuce and spinach, the planting areas should be divided into three or four sections, each planted a week apart. Thus you can harvest continuously, week after week as each section ripens. Replant after harvesting and you’ll have crops all season long. Some vegetables bear from the same plant repeatedly over a long period of time. As you pick ripened tomatoes and cucumbers, for example, others will grow to replace them. Use the air space above the garden for these and other vines and trailing plants. Trellises, fences and poles will keep them up. Pick everything as soon as it’s ready, and your plants will continue to provide for you.

Companion plants draw benefits from each other. Adding flowers and herbs can also increase your garden’s well-being aesthetically, with fragrance and color, and organically, as a stimulant. The subject is covered thoroughly and well in Companion Planting for Successful Gardening by Louise Riotte ($4.95), published by Garden Way Publishing. Material on plants that benefit one another, plants that repel insects, plants that repel other plants, plants that accumulate trace materials from the soil and release these stored minerals in the compost heap or as mulch or manures is included in the book. In planning your own garden, remember that companion vegetables stimulate each other’s growth. For example: Asparagus benefit tomatoes. Beans benefit beets, carrots, cauliflower, cucumbers, corn and radishes. Broccoli benefit onions. Carrots benefit peas, Brussels sprouts, cabbage, leaf lettuce, radishes and chives. Corn benefits peas, beans, cucumbers, melons and squash. Cucumber benefits corn, cabbage. Kale benefits cabbage. Lettuce benefits onions and carrots. Onions benefit cabbage. Peas benefit beans, carrots, cucumbers, corn, radishes and turnips. Peppers benefit tomatoes, eggplant, onions and carrots. Radishes benefit peas, pole beans and leaf lettuce. Spinach benefits cabbage. Squash benefits corn. Tomatoes benefit asparagus and cabbage. Turnips benefit rutabagas, and vice-versa.

It’s better to have a small, well-tended plot than a rambling, unkempt garden. Time and care are the variables that make a garden really work.
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EASY, MEMORABLE DINNERS

Company coming? Whip up a delectable and impressive meal for six in just 60 minutes. Guests will think it took all day.

1 Sprinkle 6 boned, rolled and tied loin or rib lamb chops (noisettes) with salt and pepper. Rub skillet with 1 tsp oil. Heat. Add lamb; cook until desired degree of doneness, about 25 minutes for medium. Meanwhile, wash, drain and tear 1 pkg (10 oz) fresh spinach into 6 salad bowls. Chill. Drain but reserve 1/2 C syrup from 1 can (29 oz) sliced peaches. Put syrup and 1/4 C peach jam in small skillet or chafing dish. Put 1/2 C brandy in small saucepan; set aside for dessert. Cook 1 pkg (16 oz) egg noodles as label directs. Meanwhile, remove lamb from skillet to platter. Cover with foil; keep warm. In fat left in skillet, sauté 1 small onion, sliced. [continued]

2 In skillet brown six 1/2-inch-thick pork chops well. Cut 2 stalks celery into slices (1 C sliced). Add to skillet; sauté. Stir in 1 envelope (1 oz) onion-mushroom mix, 1 1/4 C water, 2 Tbs sherry, 2 tsp Worcestershire sauce and 1 tsp prepared mustard. Cover. Simmer on low heat 35 minutes or until tender. Let 1 qt vanilla ice cream stand until just soft. Wash and pat dry 18 tiny new potatoes (about 2 1/4 lbs); pare strip of skin off center of each. Boil potatoes in salted water until tender, about 20 minutes. Wash 3 lbs fresh asparagus spears well. Break off tough ends as far down as stalks snap easily. Pare stalks lightly. Cook spears in 1 inch salted boiling water until [continued]
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EASY, MEMORABLE DINNERS

1 until transparent. Add 1/4 C white wine; stir to loosen brown bits in pan. Add 2 tsp salt and 1 can (14 1/2 oz) peeled whole tomatoes, cut up with liquid. Cook 5 minutes on medium heat. Combine 1 Tbs all-purpose flour and 1 Tbs water. Stir into tomato mixture; cook until thickened, stirring constantly. Pour over lamb. Drain noodles; return to pan; toss with 2 Tbs butter or margarine and 2 Tbs toasted slivered almonds. Sprinkle salad with packaged garlic croutons; serve with bottled Roquefort or Thousand Island dressing. At dessert time, heat jam in syrup 5 minutes; add peach slices. Heat brandy; pour over peaches; ignite. Spoon sauce over vanilla ice cream.

2 just tender, about 15 minutes. Meanwhile crumble 12 chocolate wafers; divide among 6 wineglasses. In bowl, mix ice cream, 1/4 C creme de menthe and 3 drops green food color. Spoon mixture over crumbs in glasses. Freeze glacé until dessert time. Drain potatoes; toss with 1/4 C butter or margarine, 2 Tbs chopped parsley; salt and pepper to taste. Drain asparagus; transfer to serving dish. Melt 1/4 C butter or margarine in same pan; add 2 Tbs lemon juice; pour over for ever. Transfer braised pork to serving plate, garnish with celery leaves. Serve meal with pumpernickel rolls.

3 minutes, turning once, until fork tender. In small pan, heat 1/4 C butter or margarine and 2 Tbs oil. Add 1 small clove of garlic, minced. Sauté 1 minute. Take off heat. Mix 1 C fresh bread crumbs, 1/2 C chopped parsley, 1 tsp salt and 1/4 tsp pepper. Cut 3 large tomatoes in half crosswise; put in baking pan. Drizzle with butter mixture and crumbs. Remove hens from broiler; keep warm. Broil tomatoes. Toss mushrooms with rice; keep warm. In large saucepan, boil 2 cans (13 3/4 oz each) chicken broth. Wash 1 bunch watercress; stir into broth. Heat 1 pkg (6 oz) semi-sweet chocolate pieces, 1 can (5 1/2 oz) evaporated milk, dash salt and 1/2 tsp rum flavor. Take off heat. At dessert time peel and slice 3 bananas into dishes; top with sauce.

4 until serving time. In large saucepot cook 1 1/2 lbs spaghetti as package directs. Meanwhile in skillet boil 1 cup water and 3/4 C butter or margarine. Add 3 pkgs (10 oz each) frozen chopped broccoli. Cover. Cook until tender. Spoon into blender container. Add 1/2 C olive oil and 1 can (10 oz each) anchovy fillets with oil. Cover. Whisk until smooth. Stir in 1/2 C package bread crumbs. Season with salt and pepper to taste. Drain pasta; toss with sauce and grated Parmesan cheese. Serve with thin bread sticks.

5 (To thaw frozen quickly, unwrap, put in plastic bags; seal; drop into warm water.) Heat oven to 400°. In bowl mix 1 can (10 1/2 or 10 3/4 oz) cream of onion or mushroom soup and 1/2 cup milk. Remove 1/4 C soup mixture from small bowl, add 1 can (4 1/4 oz) shrimp, drained well and 1 1/2 dried parsley flakes. Sprinkle fill with salt and pepper; spread with shrimp mixture. Roll up from narrow end; fasten with wooden picks. Place rolls in shallow baking pan; pour remaining soup mixture. Bake 20 minutes or until fish flakes easily. With 1 loaf French bread in foil; heat oven. Lift artichokes from water; colander; run under cold water; chop coarsely. In boiling water drop 2 pkg (10 oz each) carrot nuggets frozen in broth. In covered saucepan, boil 1/2 C onion or 3/4 C celery leaves. In sauce pan, combine 1 1/2 lbs spaghetti, 2 Tbs butter, 3/4 C dry bread crumbs. Season with salt and pepper to taste. In large saucepan, boil 2 cans (13 3/4 oz each) chicken broth. Wash 1 bunch watercress; stir into broth. Heat 1 pkg (6 oz) semi-sweet chocolate pieces, 1 can (5 1/2 oz) evaporated milk, dash salt and 1/2 tsp rum flavor. Take off heat. At dessert time peel and slice 3 bananas into dishes; top with sauce.

6 Stir in 2 Tbs all-purpose flour and 1 to 2 tsp curry. Add 1 C applesauce and 2 C chicken broth, season with salt and pepper. Cook until thickened; keep warm. Wash and hull 1 qt strawberries; pit into bowl; cover with sauténer; cook until dessert time. Broil lamb loin 15 minutes, turning once. Cook peas 15 minutes. Mix 1 Tbs flour with 7 Tbs butter or margarine to pass. Spoon peas and lettuce from pan; discard all but 1 C juices; add flour paste a bit at a time and cook until thickened. Pour over peas. Serve lamb on platter with curry sauce. To salad with oil and vinegar dressing.
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Singing in the shower has been replaced in the '70s by the rhythmic sound of the shower massager. Shower heads that pulsate have transformed the daily routine of bathing into what manufacturers claim is a sensuous experience. Not only will you get clean, but, they promise, you'll be treated to a facial and scalp rubdown as well.

Because most massagers work on a vibrating principle—alternating jets of water pummel the body—some consumers claim the name is misleading. Instead, they feel these devices should be called stimulators because they invigorate rather than relax.

The idea is said to have originated with A. E. Rouse, president of Water Pik, makers of The Shower Massage and Water Pik. "It occurred to me one morning," notes Rouse, "that the same technique used in the Water Pik could be applied to the shower. Why shouldn't the body feel as fresh and tingly as the mouth?"
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continued from page 32

Apparently, a number of consumers felt the same way. In 1975, reportedly some three million bought the Shower Massage. And more and more manufacturers have jumped on the bandwagon since massagers were introduced three years ago.

There are two models—hand-held and wall-mounted. The hand-held is said to be better because it comes in closer contact with the body. It is also more expensive, due to the addition of a hose and brackets supplied with the unit. The wall-mounted is affixed to the shower arm. If you hate to part with your old shower head, diverters can be purchased, making it possible to have both.

The following is a listing of the major massagers offered. Prices are those suggested by the manufacturers. With the repeal of fair-trade laws, prices vary from store to store—many times drastically. Be sure to shop around. Hardware stores may be less expensive than department stores.

**The Shower Massage** can be adjusted for conventional shower spray, combination of spray massage action or massage only. Hand-held model is $39.95; wall-mounted, $24.95; Water Pik.

**Aqua-Massage** offers massage position and spray setting with three concentric rings of water for full body coverage. Hand-held, $29.95; wall-mounted, $17.95; Aqua-Viva Div. of Bowles Fluidics Corp.

**Daisy FloMassage** provides pulsating massage, aerated stream or full shower spray. Only in hand-held models starting at $36.95; Franklin Metal & Rubber Co.

**Dial Massage** promises four shower heads in one—fine, coarse, and high and low massage intensity. Hand-held, $39.95; wall-mounted, $24.95; Pollenex, Div. Associated Mills, Inc.

**Waterfingers** has three settings—straight shower, pulsating massage and combination shower/massage. Hand-held, with scalp and body brush, $34.95; wall-mounted, $25.95; Conair Div. of Continental Hair Products, Inc.

**Massage Action Pulsating Personal Shower** has massage and regular shower spray. Hand-held, $32.50; wall-mounted, $17.95; Alson Corp.

**Rotary Massage** has shower cone with rotating inner nozzle said to create streams of swirling water, from brisk impact to soft, aerated flow of bubbles. Round and square cones are offered, from $19.95; Rain-Jet.

**The Body Shaper Pulsating Shower**, with oval-shaped design said to reach every part of the body, has massage, shower and combination shower/massage settings. Wall-mounted only, $24.95; Chicago Specialty Mfg. Co.

**Touch Control Pulsating Shower** has settings ranging from rapid pulsating to soft, steady stream and brisk steady flow. Hand-held, $34.95; wall-mounted, $22.95; Stanadyne.

**Showerall Massage**, available with diverter, can be adjusted from massage to conventional action, from gentle to vigorous. Hand-held begin at $29.95; wall-mounted, $19.95; Jaclo.

—Jil Curry
The fact that it costs about half as much as traditional sterling is just half the story.

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Write Dept. AH for illustrated folder.
EAT RIGHT
TO STAY HEALTHY
AND AVOID DIETING

By MARGARET WING

Carbohydrate, protein and fat are all vital parts of a good diet, even a weight-reduction regimen. It is no good to throw out a potato and eat a 10-ounce steak.

studies indicate that the average diet of Americans is iron-deficient—women in particular. Since the body can absorb only 10 to 20 percent of the iron ingested and because many women are not fond of iron-rich sources—liver, for example—or else do not eat certain products because of other restrictions—eggs, dried fruits, legumes, whole grains, meats—a large majority of the female population are borderline or full-fledged anemics.

In general we get too few nutrients from the too many calories we eat. Our eating habits are contributing to our health problems. The National Cancer Institute has linked many foods—either a lack of them or a surfeit—to cancer. Controversy still spins around dietary cholesterol and cardiovascular disease.

Many people do not realize the amount of fat in burgers and hot dogs. They do contain protein, but they also contain calories, from fat and carbohydrates. The calories in beef come from fat more than proteins. A thin beef patty has about 285 calories; of those, 160 are in fat.

Almost 20 percent of the people surveyed in the recent fourth National Household Menu Census ate no breakfast or else had only coffee. The average breakfast is sugared coffee and sweetened, buttered toast. Lunch too often is a fat-rich burger, French fries and diuretics, while they do not affect so much what one eats, their chronic use can change nutrient needs and how the body uses those nutrients.

The number of food items in the market have altered your way of eating. A modern supermarket carries 9,000 items of which 6,800 are dry grocery foods, 550 frozen foods, 156 produce. With kids clamoring for "Morning Sweetsnax" and Dad wanting granola, which do you choose? Should you buy vitamin C added orange-flavored powdered mix or fresh oranges for juicing? The food industry further capitalizes on your responses to food's psychological meanings through its efforts in the media. It's increasingly difficult to make wise food choices that will insure a healthful diet.

Diet is any food and drink that you consume; nutrition is how your body uses them. Dieting has come to mean a special regimen or prescribed course or allowance of food to achieve a goal, usually weight loss. Too often, losing weight becomes a way of life, shedding pounds in a haphazard manner with fad diets that can dangerously omit some vital foods, or with fasting that restricts all foods. Some people do it with drugs, bulk agents, surgery, acupuncture or intestinal bypasses. You can lose weight on 750 calories a day on a diet of any food, even ice cream alone, but unless you choose foods with nutrients, you risk poor health—no strength or energy. Although these measures can reduce your weight, you must consider what long-term, lasting effects they'll have on the body. The reductions generally result from loss of water rather than fat. These practices usually do not help in the permanent improvement of eating habits or behavior.
reflect a modern, relatively sedentary lifestyle. Increased activity, climate, body size, age and body condition will also modify calorie needs. Calorie counts of food are only estimates and useful only as guides. Daily machine-like management of foods and their values are unrealistic.

Choose your calories from all food groups; variety is important because no one food is perfect. One gram of carbohydrate is equal in caloric value to one gram of pure protein, or four calories. Pure fat is higher with nine calories. It's ideal to get 12 or 15 percent of the day's calories from proteins, 30 to 35 percent from fats, and the rest from carbohydrates.

Starch is no more fattening than protein. All food is fattening if you eat too much of it.

Practice moderation. That doesn't automatically mean that you should cut down on potatoes or pasta and eat all the meat you want. While calorie charts list steak as 330 calories, that number refers to about a three-ounce serving—the average restaurant serving is 10 ounces, three and a half times that, or a whopping 1,100 calories. A medium-size baked potato, if it's not smothered in butter or sour cream, has only 90 calories.

Check your caloric and nutrient values carefully. Choose foods that have a high nutrient density (a measure of the vitamin/mineral value of the calories you eat). They're foods that offer more than calories.

Take a good look at what you and your family are eating at home and away. At the hospital in which I worked, dietary case histories helped us treat patients. What was eaten, over a period of time plus taste preferences, work and play habits, cultural background and other personal information were used to plan meals. It's unrealistic to suggest a diet including fish or peanut butter for someone who hates or is allergic to them. At the same time, if you are used to a sweet or ice cream for dessert, a practical diet must allow for that at least some of the time. You must tailor your family's diet to all those factors.

If food habits need to be modified in some way, the psychological framework of eating must also be considered. Food is the essence of hospitality; it's given away as gifts. Food is associated with celebrations and holidays. Food has emotional connotations. All this was apparent to me while working in the hospital. Many patients chose (continued on page 85).
The Economy Presents
Beef Stew & Biscuits

Dinty Moore's hearty Beef Stew with Bisquick biscuits. The kind of simple, old-fashioned supper that's both satisfying and thrifty. It's easy with Bisquick and Dinty Moore. And you can make other good things just as easily—like Deep Dish Beef Stew Pie. See the recipes below for simple good eating from Bisquick and Dinty Moore.

Beef Stew with Parsley Biscuits

2 cans (24 ounces each) Dinty Moore Beef Stew
2 cups Bisquick baking mix
2 tablespoons snipped parsley
1/2 cup cold water

Heat oven to 425°. Turn stew into ungreased baking dish, 11 3/4 x 7 1/2 x 1 3/4 inches, or 2-quart casserole; cover with aluminum foil. Heat in oven 10 to 15 minutes. Stir together baking mix, parsley and water to a soft dough; beat vigorously 20 strokes. Gently smooth dough into a ball on floured cloth-covered board. Knead 5 times. Roll 1/2 inch thick. Cut with floured 2-inch cutter. Place biscuits on hot stew. Bake until biscuits are golden brown and stew is bubbly, 15 to 20 minutes. 5 servings.

Deep Dish Beef Stew Pie

1 can (40 ounces) Dinty Moore Beef Stew
1 cup Bisquick baking mix
1/4 cup cold water
1 teaspoon celery seed

Heat oven to 425°. Turn stew into ungreased 2-quart casserole. Stir together baking mix, water and celery seed. Roll dough to fit casserole; cut slits in dough. Place on top of stew. Bake until crust is golden brown and stew is bubbly, 20 to 25 minutes. 5 or 6 servings.

Stroganoff Stew with Drop Biscuits

2 cans (24 ounces each) Dinty Moore Meatball Stew
1/2 cup dairy sour cream
2 cups Bisquick baking mix
1/2 cup cold water

Heat oven to 425°. Stir together stew and sour cream in 3-quart saucepan. Heat just to boiling, stirring occasionally; reduce heat. Stir baking mix and water to a soft dough; beat vigorously 20 strokes. Pour hot stew mixture into ungreased 3-quart casserole. Drop dough by spoonfuls onto stew. Bake until biscuits are golden brown and stew is bubbly, 20 to 25 minutes. 5 or 6 servings.
IMPROVE:

**im·prove** \(\text{im}^{*}\text{pruv}\) *vb* [AF *emprouer* to invest profitably, fr. OF *en-* + *prou* advantage, fr. LL *prode* — more at *PROUD*] *vt* 1: to make greater in amount or degree 2 a: to enhance in value or quality: make better b: to increase the value of (land or property) by betterment (as cultivation or the erection of buildings) c: to grade and drain (a road) and apply surfacing material other than pavement 3 archaic: EMPLOY, USE 4: to turn to good account

**vi** 1a: INCREASE b: to rise in value 2: to grow better 3: to make useful additions or amendments

DO IT!

Buy some big new towels. Paint your kitchen. Go on a diet. Mulch your garden. Take a course... carpentry, for instance.

It's fun. And very rewarding. Improve your home and yourself. Think sensually! Enjoy yourself. Self-improvement is self-discovery. Your body, your spirit. Your mind and what it can do—extra. Is your home interesting, a haven to return to after a hard day's work? Does it relax you? How about your bathroom? Is it one to wash in, or one to crawl into for a long, soothing soak in bubbly froth? Are you always in a hurry? Always under stress? With new shower massagers, tensions melt and skin sings. Think about what you eat. Does it add to your life... or just your weight?

Self and home improvement are both psychologically and physically rewarding. And it needn't cost a fortune. This month, American Home tells you how.
BATHING BEAUTIES

Keyed for color, comfort and convenience, these bathrooms—two in the country, two in the city—are oases for relaxation.
“I never lost sight of ‘my art’—not even when my children were most demanding—but I never imagined that I’d become so immersed in it. Now it’s all or nothing: I can’t be a part-time potter.”

By AUDREY WEST

MEMPHIS, Tenn.—To Mimi Dann, art is not only the star to which she’s hitched her wagon; it is also a medium that has prevented her from becoming a stale housewife with nothing more to accomplish than the laundry and with a curiosity confined to the latest development of the daily soap opera. She has lobbied in her community to educate people to the arts and at the same time discovered it was her most successful form of communication with her peers.

“Art should be an integral part of day-to-day life, rather than a sacred cow behind museum walls,” Mimi explains. “I think we need beauty more in things we handle daily than in objects in the living room.”

“Art is also a form of communication between me and the person who owns my work,” Mimi says about her mode of expression. “It’s a shared intimacy between creator and user.”

Not one to think of any reasoning lightly, Mimi finds comfort in the symbolism of her work. “I am a female potter, and vessel-making is a natural extension of my body. My body has occasionally functioned as a vessel, too, a container for embryonic human life.” She feels both forms are vital and functional.

Mimi’s workshop is an indoor-outdoor affair that doubles as a retreat for wildlife. Frogs hop in and pose on sacks of clay powder, chipmunks with nuts in their jaws scamper under a concrete step, and daddy longlegs amble across the clay-splattered table. These little figures of nature collect in the workshop to “watch” a woman in jeans, tennis shoes and shirt slugged “Support Your Local Potter” and to “listen” to the classical music that seems to be constantly in the air through hidden speakers located in both the house and workshop.

Mimi was considered a forceful, independent woman in the Memphis community at a time when Southern women were still delegating their free hours to bridge games and club teas. But Mimi stepped into politics and the art circles by the side of her husband, Alex. “We endured a number of things for that old adage, ‘setting an example for the children,’” she explains. Two years ago, after the children scattered into careers and colleges, Mimi began to spend most of her waking hours working at what she loved best—pottery—while hiding that empty feeling that causes caves in a stomach, that the children were grown and gone. Alex hangs his tools for making furniture on one wall of the workshop.

“At first, people were surprised to find out I was a potter,” Mimi recalls. “Obviously it didn’t jibe with my proper upbringing and society-oriented background.”

“After World War II all the feminine mystery was still there,” Mimi continues. “Women were urged to get married, settle down and do all the civic deeds we could do. I married Alex and got a degree from Cornell; then we returned to Memphis.” But being a full-time mother cast shadows on her hope of being a full-time artist. As the four children came along, she had to change emphasis, although she felt she was still contributing to society through another medium, motherhood. Mimi cannot rest if she doesn’t know she is contributing to something.

“After Alex and I were married, we got caught up in a 20-year crusade to create a two-party system in Shelby County in West Tennessee. We succeeded and elected Republicans to most offices. Alex was chairman of the Shelby County Republican Party until five years (continued on page 94).
Designer Mario LoCicero has successfully stretched spaces and added imaginative decorating effects to transform an ordinary city apartment into a highly distinctive home for his client.

**A PERSONAL APPEARANCE**

**Warm gray color theme** gives the living room (above) an inviting look, day and night. Contrasting bands of cream and gray at the ceiling soften the room’s angularity and unify the space. **Uncurtained window wall** enhances the impact of city view. Mirrors that frame each window and cover unsightly radiators double the room size visually. **Carpeting laid on the diagonal** proves a clever way to add pattern to the living room, extend the illusion of lavish space and break up the feeling of boxiness. **Intimate lighting** is provided by low bronze side lamps. Ceiling-hung spotlight plants and art objects for dramatic nighttime effects. **Pale neutral cotton upholstery** is a practical choice. It also suits the living room’s serene ambience. **Natural references occur** throughout the apartment—in the plants that proliferate in the living room and bedroom (far right), the tree-trunk coffee table, the ceramic dinnerware and accessories. **Antiques are part of the design scheme.** An 18th-century desk in the foyer doubles as a buffet table for John Richard Berkley’s informal at-home entertaining (right). Large contemporary painting by D.M. Merrick adds bold contrast to expanse of gray wall. **Quiet beige tones dominate bedroom** (far right). Textured pillows, striped throw, soft carpeting and wicker side tables add to the room’s natural look.

Photography by Serge Komiloff
Above: Ken and Denise Kazarian at home on their Fowler ranch.
Below: The family lines up for a portrait with father-and-son tractors. Denise holds 18-month-old Matthew, Ken is with 4-year-old Zachary and his golden retriever, Midas. “My brother Matt is almost as much fun as my dog,” says Zachary. Opposite—top, left: Ken and Denise take time out for a game of backgammon, “an old Armenian game,” according to Ken. Top, right: Ken turns up the quadraphonic stereo in his tractor.
Center: Denise gives Zachary his first piano lesson. Below: Denise takes her turn behind the wheel of the tractor.

FOWLER, Calif. Ken and Denise Kazarian were the ideal young-married Los Angeles couple, spending their time between traffic jams and their subdivision home, striving to attain their particular Sunday supplement dream. But three and a half years ago, they decided to move north, near Fresno, and change their ways. They traded their American dream of a ranch-style house for a real ranch, bought a Chevy pickup to go along with it and stuck the motto for their new lifestyle on the bumper: “Farmers are your bread and butter.”

“Most of our friends don’t even know where Fresno is,” says Ken. “But moving up here wasn’t a complete break with the past. My grandfather is Armenian, and his family were among the original settlers in this valley. He spent most of his life in Los Angeles, but he always dreamed of moving back here and having vineyards again.” When Ken’s grandparents decided to retire to the Fresno area a few years ago, Ken and Denise packed up their rock records and other souvenirs of Los Angeles, as well as their one-year-old son, Zachary, and moved to the town of Fowler, population 2,000, to try their hand at the traditional family business with their own 240-acre vineyard.

“We really had a lot to learn,” says Denise, “but we never felt alone up here. Everywhere we go we keep running into third and fourth cousins. They’ve been great about teaching us the basics.”

In the San Joaquin Valley, where farming is big business, you need to know more than the basics to make a success of grape growing. After three years of hard work (and the birth of their second son, Matthew), the Kazarians are doing just that, and this year they hope to sell their Thompson Seedless grapes under their own label. Not bad for a couple of city slickers.

Ken and Denise, whose well-pressed Levis serve as a reminder that their...
A NOVEL AND NOURISHING IDEA

THE HORS D'ŒUVRES MEAL

Cookbook author Perla Meyers turns a European custom into an American meal-planning convenience.

Perla Meyers is on the road a lot these days, talking about her new book, “The Peasant Kitchen.” But she never leaves home before making sure her husband, Robert, and 7-year-old son, Claude, will eat well in her absence. She plans ahead and creates meals such as the one shown. Ms. Meyers, who's also owner of New York's International Kitchen Cooking School, considers hors d'oeuvres an easy and fairly low-cost way to feed her family. Her specialty meal is a nourishing collection of raw or cooked fresh vegetable salad dishes inspired by her Viennese origins. Each dish is bound by its own dressing—mayonnaise or vinaigrette. Make it simple or sumptuous. An hors d'oeuvres meal is a natural, inventive way to use leftover vegetables and meats. Below, Ms. Meyers tells how to do it and includes some of her favorite recipes.

FOR STARTERS

"Do all your chopping at once—for every dish you’re making," Ms. Meyers urges. Here she uses the rocking mincer called “mezzaluna” in Italian and “hachoir” in French, quickly turning out all the minced parsley the meal requires by rocking the curved blade from side to side on the chopping board. “In setting up an hors d’oeuvres table, duplicate your ingredients. The more repetition, the less your meal will cost you.”

SAUSAGE CHOICES

“Sausages are marvelously versatile as the basics of an hors d’oeuvres meal. Use frankfurters, knockwurst, smoked links, any of the cooked sausages," Ms. Meyers suggests. She assembles Viennese Sausage Salad, popular in Austria and Hungary, where it’s served as a staple of the appetizer table. It’s delicious—and economical.

VEGETABLE VERITIES

Choosing dishes for an hors d’oeuvres table is a question of balance and taste. Rely on nature’s seasonal output for the freshest of ingredients—the vegetables you choose can never be wrong. Look to a market that takes pride in its produce for inspiration in creating this meal. Ms. Meyers opted for green beans—the small, crisp ones snap easily when bent. They’re relatively inexpensive and available year-round, being most plentiful in the coming months.

MAYONNAISE LORE

Mayonnaise not only binds a salad, but makes a great dip when flavored. Ms. Meyers’ tuna dip goes with raw vegetables or tops hard-boiled eggs. "Don’t use mayonnaise to 'stretch,’ ” she says. "You’ll dilute the salad and change its flavor.”
TUNA DIP À LA VENEZIANA
2 eggs; 1 tsp white wine vinegar; 1 tsp Dijon mustard; dash of salt; ½ to 1 C corn oil; 1 can (7 1/2 oz) tuna, drained; juice of 1 lemon; 1 clove garlic, pressed; ½ small onion, chopped; salt and pepper

In food processor or blender container, put eggs, vinegar, mustard, salt. Blend 30 seconds on high speed, then add oil by drops. As mayonnaise begins to thicken, reduce speed; add remaining oil by droplets. Add remaining ingredients. Blend until smooth. Pour into serving bowl. Chill. Before serving, correct seasoning.

GREEN BEAN AND RADISH SALAD
1 lb fresh green beans; 2 C sliced radishes; ½ C chopped scallions; ½ C chopped parsley; 3 Tbs vinegar; 1 tsp Dijon mustard; 6 Tbs oil; 1 tsp sugar; 2 Tbs minced fresh dill; salt; pepper; ¼ C chopped walnuts; fresh dill sprigs

Snap off tips of beans. Drop beans, a few at a time, into salted boiling water. Cook 10 minutes or until tender but still slightly crisp. Drain beans; immediately run them under cold water to stop further cooking. Cool. In bowl put beans, radishes, scallions, parsley. In jar shake vinegar, mustard, oil, sugar, dill; pinch of salt and pepper. Pour dressing over beans; toss. Chill 2 to 4 hours. Before serving, sprinkle with walnuts. Garnish with dill.

VIENNESE SAUSAGE SALAD
4 knockwurst or 4 to 6 frankfurters, sliced; 1 small red onion, sliced; 1 Tbs capers; 2 Tbs chopped pimiento; 1 small green pepper, seeded, diced; 1 small dill pickle, sliced; 1 pint cherry tomatoes, halved; salt; pepper; Vinaigrette Dressing (recipe top, right) 2 Tbs minced parsley

In bowl put sausages, onion, capers, pimiento, green pepper, pickle and tomatoes. Season with salt and pepper. Add dressing. Toss lightly. Chill 2 to 4 hours. Just before serving, correct seasoning to taste. Sprinkle with parsley. Serve sausage salad cool but not cold.

DISTINCTIVE DRESSING
Use 1 part vinegar to 3 parts oil for a mild vinaigrette dressing—more vinegar with zesty chicory and endive. In jar, shake 2 Tbs wine vinegar, 6 Tbs olive oil, 1 Tbs Dijon mustard, 1 clove garlic, pressed. Season with salt and pepper.

PERLA MEYERS' TABLE
The meal at right will serve 4 to 6.
Tuna Dip à la Veneziana
Raw Vegetable Sausage Basket
Green Bean and Radish Salad
Dish of Olives
Bowl of Hard-Boiled Eggs
Viennese Sausage Salad
Fresh Breads Crock of Butter
Light Red Wine
Pineapple in Kirsch Cream (not shown)
SUCCULENT EATING ANYTIME

For many in this nation of beef-eaters, lamb may seem a big departure. It's all a matter of choice. "To some," says the Chinese philosopher Lin Yutang, "eating is an adventure, a perpetual discovery of new flavors, unknown delights; to others it is merely a drab necessity of stifling hunger with any solids and fluids." We consider lamb "an adventure." Once a seasonal meat, available mainly in spring for Easter, it's now a year-round way to add flair to daily fare. Meat from high-quality young lamb is pink, fine-textured and lean. Cook only until pinkish inside—and juicy.

The magnificent roast lamb at left was created by Franco Benatti, who loves to cook, travel and discover "unknown delights." The secret to this unique dish is in studding the roast with anchovy halves and slivers of garlic then rubbing with rosemary. For easier carving, it's best to bone the lamb. Have your butcher do it, or try to master the job yourself. Once you've done it, you'll find it's not difficult. Green beans Parmesan and broiled tomatoes are delicious accompaniments, along with a light red wine.

CONTINENTAL BONED LEG OF LAMB

1 leg of lamb, boned, rolled and tied (about 4 to 5 pounds)
3 or 4 cloves of garlic, peeled and slivered
1 can (2 ounces) flat anchovy fillets, drained and halved crosswise
1 1/2 teaspoons dried rosemary
1/2 teaspoon pepper

1. Heat oven to 325°. With small knife at 1-inch intervals, make cuts 2 inches deep all around boned lamb. With finger, push slivers of garlic and anchovy halves alternately into incisions. Rub rosemary and pepper into outside of lamb well.

2. Place lamb on rack in shallow baking pan or in ovenproof ceramic dish. If using meat thermometer, insert into thickest part of muscle, being careful bulb does not rest in fat. Roast 1 1/2 to 2 hours or until internal temperature registers 150° to 160° (medium to well done).

3. Remove lamb from oven and let rest 15 minutes. Skim fat off pan juices; discard. Slice lamb and serve with juices. Taste. Some salt may be needed, depending on the salt level of the anchovies you've used. Makes 6 servings.
Bathroom Ideas

EXCLUSIVE BOOK OFFER

Want to turn that large closet into a powder room? Remodel your main bathroom? Or just add improvements? In "Bathroom Ideas," you'll find 112 pages of diagrams and imaginative ideas from leading designers plus more than 150 photos, many in color. This new book adds up to a complete guide to creating the perfect bathroom tailored to meet your family's needs. Price of the book—$4.95. To order, see coupon on page 98.
Make your home the perfect castle. It’s time for improvement. Here’s how. This A-to-Z guide tells you all you need to know about planning, purchasing materials and using basic tools.
HOME IMPROVEMENT

There's enjoyment and fun in making home improvements—plus a money-saving potential. Whether you are planning a simple paint-and-wallpaper change, the addition of a room or the remodeling of a kitchen, doing some or all of the work yourself can be as rewarding as the improvement itself.

This new, up-to-date Guide to Home Improvement from A to Z covers technical terms, materials, installations, tools and tips on getting the most home improvement for your money.

ACOUSTICAL TILE. This is a tile designed for ceilings; it is made of a special porous material that absorbs sound. Acoastical tile is available in a tongue-and-groove construction that can give it a smooth, one-piece look, and it comes in many colors and patterns. Some designs are vinyl-coated for easy cleaning. Some surfaces can be repainted. (Keep in mind that not all ceiling tile is "acoustical.")

Putting up ceiling tiles under an existing ceiling is a practical do-it-yourself project—they may be installed easily with a stapling gun. It is an inexpensive way to have a clean ceiling and at the same time reduce the clutter and racket in your kitchen, family room or children's playroom. You can install acoastical tile anywhere except where music is played—it dulls music noticeably.

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You need a "sure thing" like Casino Royale, a sparkling new beauty in the Lustrecon™ family that won't need waxing or redressing. What's more, Casino Royale is the most stain-resistant no-wax flooring available at a moderate price.

An exclusive Mannington no-wax JT88® wear layer handles most household problems like mustard, iodine, alcohol and shoe polish with ease.

In fact, regular damp mopping, plus occasional cleaning and power buffing, restore the original lustre.

In a choice of 5 exciting colors, and both 6 and 12 foot widths for seamless installation in most rooms, Casino Royale is beautiful, practical and affordable.

Write for free mini sample and color brochure showing other designs, plus names of nearby dealers.

Buy a Mannington Aristocon®, Lustrecon, or Vinyl-1™ floor from a participating dealer during March or April and earn a free gift... or just register to win a mink coat (no purchase necessary — void where prohibited).
where air and moisture can leak. Caulking - synthetic, flexible material applied in joints between materials; around air conditioners and exhaust fans in windows; around chimneys between the wood or metal door frame and siding: around door openings—wherever cracks and seams let unwanted air or moisture in.

CEILING. The easiest way to redo a ceiling is to cover it with tile. Ceiling tile is designed with tongue-and-groove construction, which can give the ceiling a smooth, one-piece look. Tile comes in a wide range of finishes and designs. You can have a plain painted ceiling, an embossed-pattern ceiling, a plank ceiling. With acoustical tile you can make it washable.

Most manufacturers of ceiling tile offer excellent booklets for do-it-yourselfers. They tell you how much tile you will need and the type of installation that solves particular problems, and include instructions on installation.

CERAMIC TILE. One of the best materials for bathroom floors, walls and counters, ceramic tile is truly water-resistant and easy to clean. It is not expensive, but the cost of professional installation can be. Today you can install it yourself with a little patience and some skill with tools. Ceramic tile for floors and walls now comes in sheets pregrouted with silicone rubber and is waterproof, stain-resistant, non-mildewing, noncracking and flexible, so you can price down easily. The tile can be installed over old tile, gypsum board, fiber glass, wood paneling, brick, concrete, plywood or vinyl—but not over wallpaper.

Ceramic tile is available in many colors and shapes, glazed and unglazed. Glazed tile resists dirt and marks more effectively than unglazed, but it should not be cleaned with abrasives.

CONCRETE. A mixture of cement, sand and gravel, concrete is used for post bases, steps, walls—wherever a strong material is needed. You can buy it premixed—simply add water. If you need a large quantity—for a patio floor, for example—you can order it already mixed. (Be prepared to pour it as soon as it is delivered; concrete sets rapidly.)

For small patching jobs, such as sealing cracks in a concrete foundation, you can buy concrete in a tube. The tube is inserted in a simple gun device that ejects the concrete in thin strips.

Concrete floors and concrete basement walls can be painted with special latex enamel paints. Be sure the surface is clean; if very slick, roughen it.

CONTRACTOR. If you decide not to do a remodeling job yourself, you probably will hire a contractor—a person or company that assumes responsibility for building or remodeling, orders the materials and organizes the work schedule.

Before you choose your contractor, you should get two or three bids on what the job will cost you. If all the bids are too high for your budget, eliminate certain items in your plan that may not be absolutely essential. Or ask the contractor what changes he can suggest to bring the price down.

Occasionally, homeowners act as their own contractors. They order the materials themselves and hire the workers—electricians, plumbers, masons, whatever specialists the job requires.

DECK. A simple outdoor plank floor, without roof or walls, a deck usually is raised above the ground and supported by a framework or pilings that may be exposed or concealed. A handrail is a good idea if the deck is raised more than 1 or 2 feet above the ground. The most popular wood for a plank floor and rail is redwood, because it is resistant to weather. (Periodic treatment with wood preservative is still a good idea.)

DRILL. Quite simply, a drill is a tool for making holes in all kinds of materials. A hand-operated drill can do little more than that, and in tough materials it takes considerable muscle to use. An electric drill is much more versatile than its name suggests.

With attachments, many electric drills can do much more than make holes. Attachments include sanding disks, a sandstone for sharpening blades, buffing and polishing wheels, and even a jigsaw or small circular-saw blade. If you can afford only one power tool, it should be an electric drill. The most useful for do-it-yourself jobs is a ¼-inch drill. You can get a good one for around $10.

ENERGY. In an existing house, the more you do to make it weatherproof, the more money you save on energy. The single most effective thing is to insulate your attic and crawl space. Insulation is relatively inexpensive, but it can make a difference in fuel bills. Two other inexpensive materials, caulking and weather-stripping, can do wonders.

Caulk all the cracks and small openings you can find—around doors and windows, in the foundation, around pipes in the basement. Weather-strip all doors and windows. You will feel the difference at once. Drafts, which are uncomfortable as well as costly, will be

continued
This one Handi Wipes just cleaned up more messes than this whole roll of paper towels.

We matched one Handi Wipes against the largest roll of paper towels (162 sheets).

We cleaned up everything fromained vegetables to spilled milk, from anut butter and jelly to hot cereals.

After cleaning over 200 greasy, sloppy messes, we were still using the same Handi Wipes. But, the whole roll of paper towels was long gone.

The reason? Handi Wipes isn't paper.

It's a strong bonded cloth that can clean up a mess—and then wash out fresh and clean. So Handi Wipes goes on cleaning again and again.

Try it in your kitchen. You'll see. It takes a whole roll of paper towels to do the work of one Handi Wipes.

And if one Handi Wipes can clean up that many messes, just imagine what a whole package of Handi Wipes can do.

The kitchen cloth that really cleans up.
Vinyl and vinyl-asbestos tile and asphalt tile make durable and serviceable floors. Among the natural hard-surface materials, wood still remains one of the most popular for floors. Whether the style of a room is formal or informal, wood contributes a warmth and beauty few other materials can match. The different colors and grains and the construction used—parquet blocks, planks or wood tiles—make wood versatile in establishing the character of a room.

Over concrete floors, cement it down along the edges. Over wood subfloors you simply staple the edges. Some sheet vinyl available today is so flexible and easy to handle that you can cut it and lay it in a few hours. Over wood subfloors you simply staple the edges. Over concrete floors, cement it down along the edges.

Cork is attractive because of its warm color and interesting texture. Though it wears well, it has poor resistance to soiling. Some cork is available with a plastic finish to make it more soil-resistant. Rubber tile offers a wide selection of colors and good resistance to grease. It's quiet to walk on, but its main disadvantage is that it does show scuff marks and scars.

Asphalt tile tends to be brittle, and susceptible to stains, scuffs and dents, but it has one very good feature—excellent moisture resistance. Asphalt tile over a basement cement floor won't rot if exposed to heavy moisture. Floor tiles come in 9- and 12-inch squares, many with self-adhesive backing. (Nine-inch floor tiles are becoming hard to find. Most new tiles are 12-inch squares.)

Ceramic tile, once used exclusively in bathrooms, now is used also in kitchens, hallways, family rooms—all over the house. It can easily be washed clean—a great advantage where floors are continually being tracked up.

The disadvantage of ceramic tile is its cold, hard surface. That's why many people prefer to use sheet vinyl. It's one of the best all-around resilient flooring materials—durable, easy to maintain and attractive, and in some styles, cushioned.

Some sheet vinyl available today is so flexible and easy to handle that you can cut it and lay it in a few hours. Over wood subfloors you simply staple the edges. Over concrete floors, cement it down along the edges.

Vinyl and vinyl-asbestos tile and asphalt tile make durable and serviceable floors.
insulation should be 3½ inches thick and of R11 value. Attic and crawl space should be ventilated to prevent rot.

JOIST. Any of the horizontal beams set parallel from wall to wall to support the boards of a floor or ceiling.

KITCHEN. More money is spent today remodeling kitchens than on any other room. Remodeling can mean simply redecorating: fresh paint or panels on the walls, a new floor covering, good lighting. Or you can go a little further and reposition appliances and cabinets to make better use of space. Or you can junk the old kitchen and create a completely new one. A radical renovation can cost up to $10,000.

Whatever its character, there are certain principles that apply to every kitchen. The work area should be at least 10 feet by 8 feet for the triangle shape, which is considered the most efficient arrangement of appliances. The refrigerator, sink and range form the corners of a triangle and are connected to one another by counters.

Counter tops should be covered with materials that are practical for different uses and areas: tile or stainless steel, which is heat-resistant, near the range; plastic laminate or vinyl, which is water-resistant, around the sink; wood for chopping foods and other preparation. There should be special lighting at the range and sink as well as above the work counters, and an exhaust fan above the range.

The most beautiful kitchen is a failure if the storage space is inadequate. Ready-made cabinets are available in many sizes, and are much cheaper than custom-made cabinets. If you buy ready-mades, be sure the drawers slide easily and the doors swing freely. Look for the National Kitchen Cabinet Association seal before you buy.

LIGHTING. Lighting has two purposes; one is functional, the other decorative. Every room, including the kitchen, should have attractive general lighting—bright enough to avoid a gloomy effect and in a tone, either warm or cool, that shows colors and furnishings to their best advantage.

The different uses to which a room is put will determine the kind of functional lighting needed. In the kitchen, counters and other work areas should be lighted with bright, glare-free lights. Bathroom mirrors and vanities should also be brightly lighted. If a bedroom includes a study or a sewing area, the lighting should define the area.

An addition to the house may require more outdoor lighting—at entrances, walkways and steps. This should be designed to make the addition look like an integral part of the house and like all outdoor lighting, it should be warm, inviting and sufficiently bright for safety. Be sure the fixtures you continued
choose are weather- and rustproof. Aluminum with a factory-applied, baked-enamel coating is a finish that wears well under most outdoor conditions.

MOLDING. This is a strip of material that conceals the meeting of different structural elements—floors and walls, walls and ceilings, doors and walls, windows and walls. Pine millwork molding, which can be painted or stained, is standard for floor, door and window molding. Prefinished wood molding also is available. Vinyl baseboard molding is a little more expensive, but it never has to be repainted or restained. It comes in many colors, wood tones and simulated wood grains. Consider vinyl for children's rooms, playrooms, dens—wherever floors get kicked or scratched by people, pets, vacuum cleaners.

Home improvements, whether extensive or modest, do cost money, but there are ways of keeping costs down without cutting corners. Most remodeling is done from spring through fall. During the winter, labor and materials are cheaper; if your remodeling is primarily an interior job, winter is the best time of year to buy. Use your ingenuity to convert existing space rather than adding new space. Remove walls, add windows, reposition appliances. Such changes are inexpensive, compared to putting up new walls and a roof.

PAINT. Because paint used to be available in only one form—oil-base paint—house painting, both interior and exterior, was a difficult job. Latex paint, which has a water base, has changed all that. It is easy to apply; it dries quickly; it covers well with one coat. Above all, it can be cleaned off brushes, hands, floors and windowpanes with soap and water.

Both oil-base and latex paints come in three finishes—gloss or enamel, semigloss and flat. A gloss finish is shiny, but it is the easiest to wash clean and is very durable. Baseboards, window sills, doors, cabinets and children's furniture are often given a gloss finish. Semigloss paint has some of the properties of gloss without as much of the shine. A flat finish has no shine or glare, but it does show dirt quickly. And the dirt may be difficult to remove without leaving a stain.

PAINTING. Before you start any painting, be sure you spackle cracks, plaster holes and sand rough patches. The cleaner, smoother and drier the walls, woodwork and molding before you paint, the better job you can do—and you can do it more quickly and more easily. Use a good-quality paint. (The difference in price between the best paint and others is insignificant.)

In addition to the paint, rollers, paint pans and brushes, you will need a step-ladder, dropcloths and masking tape and rags.

For speed, use a roller on walls and ceilings, a brush at corners, along edges and on woodwork. Paint about a 3-inch band at corners and where walls and ceilings meet, at floor moldings and around doors and window frames; then go back to finish the flat ceiling and wall surfaces.

Painting the outside of a house yourself, though certainly possible, may involve more work and headaches than you bargained for. If the old paint is in good condition, you can apply a new coat of latex paint fairly easily. But if it is flaking or peeling, the old paint should be removed.

PLUMBING. The building codes in some communities require that all plumbing be installed by a licensed plumber. Other towns will permit homeowners to do the work themselves, but it must be in accordance with building code. The necessity of control over plumbing is necessary for your own safety. Plumbing that does not have a good drainage and vent system is unhygienic.

Drainpipes, for example, must contain traps to prevent waste gases from entering the house. The traps do not work properly unless the drainpipes are the right shape and are installed in the right place at the right sloping angle. The venting system prevents the build-up of gas by allowing it to escape through a vent in the roof. Each fixture must be vented for proper drainage individually or by being connected to a main vent.

Plumbing mistakes are costly. It's best to leave basic plumbing installation to a plumber.

RAFTERS. These are the sloped wooden roof joists that form the frame of a roof. The fashion these days is to leave the rafters exposed inside a house, or even in older houses to remove the ceiling and so expose them. The effect is rustic and informal, in keeping with today's tastes and style of living. It is essential that rigid insulation be applied to the roof surface when rafters are left exposed to prevent excessive heat loss—and, in warmer weather, heat gain.

REMODELING. Anything from a fresh coat of paint to an addition that may be as large and expensive as the original house itself is possible.

Until a few years ago, when a family decided they needed more space they usually moved to a bigger house. Today, there are good reasons to enlarge and improve the old house instead of buying a new one. Mortgage loans can be had to get and intercept rates and high. But home-improvement loans are more easily available. Because of the slowing of new-housing construction, many contractors are eager to undertake small private jobs. And more and more high-quality, do-it-yourself building materials and tools are available.

This year, you can estimate that good construction with quality materials will cost $30 to $35 a square foot. Prices have been going up about 10 percent a year, so if you wait until next year you undoubtedly will have to pay more.

Make inside cuts—holes in panels for lights, wall switches and outlets—and is excellent for general household jobs. It cuts wood only. A hacksaw cuts metal blade with a sharp-toothed edge. A saw is used for cutting wood, metal or other materials, and has various forms for each of its uses.

A crosscut handsaw about 2 feet long is the best for general household jobs. It cuts wood only. A hacksaw cuts metal. A keyhole saw is used in tight spots where there is not sufficient room to operate a crosscut saw.

There are several kinds of electric saws, both portable and nonportable. A portable handsaw, also known as a jigsaw, has a straight blade that cuts with an up-and-down motion. It is a good saw to have around for general household use. With a variety of blades available, it can cut everything from wood and plywood to plastics and light metals, such as the aluminum rails for sliding doors. It can make inside cuts—holes in panels for switches and outlets—and is excellent for cutting curves in most materials, including hardboard. With a guide attachment it can make circles and short, straight cuts.

SIDING. Siding is the material that forms the sides of a house. The traditional materials—wood, brick, stucco—are not used as widely as they once were.
because the cost of labor, the shipping costs and the costs of the materials themselves have gone up steeply in the last few years.

For contemporary houses, popular sidings are plywood, hardboard, mineral, aluminum and vinyl. Plywood panels are the least expensive. They are strong and durable and can be put up quickly, but require periodic repainting. So does most hardboard (there is an impregnated hardboard that comes in colors), which is a little more expensive than plywood but offers certain advantages. It is resistant to dents and bangs, has good insulation properties and is available in textures that simulate a more expensive wood. Mineral siding comes in a variety of permanent colors and textures, is fireproof and will not need periodic painting.

Aluminum and vinyl siding offer a good combination of strength, long wear and easy maintenance. If they are of good quality, they will not peel, flake, blister, rot or scratch like wood. They are impervious to termites and mildew. They don't require repainting. And they are good insulators—even against noise.

Both aluminum and vinyl siding come in a wide range of colors and styles, in smooth finishes and imitation wood grains, in vertical and horizontal panels. Trim for windows and doors also is available in both materials, making the outside of a house almost completely maintenance-free.

SKYLIGHT. A skylight is simply a window set into the roof instead of into a wall. The dome, or bubble, shape is most practical because it enables the rain to wash it clean of leaves and other debris that would cling to a flat surface. Though most skylights are plastic today, they are insulated as effectively as glass by the use of two pieces of plastic, which form an air barrier against the passage of heat.

Skylights can make a room as hot as a greenhouse unless the size and location are properly planned. As a general rule, skylights should not have a southern or eastern exposure. And they should not be too large, unless they are provided with inside shades to control the amount of light.

STAIN. A thin, pigmented liquid, stain is easily absorbed by porous materials such as wood. Because the grain in wood affects its density, certain parts of the surface absorb stain more rapidly than others. This difference accentuates the grain of the wood.

Stain itself is easy to apply. On unfinished furniture it is rubbed on with a clean cloth. Staining becomes a major job only if the piece of furniture must be stripped of its old finish.

STORAGE. No matter how big a house is, there never seems to be enough room to store things. Yet storage is really much more a matter of organization than of space. When you do any remodeling, decide also to make a storage plan. First, divide the space you know you will have into "dead" storage space and "live" storage space. "Dead space" is for things rarely used; "live space" is for things that are currently in use.

Plan for storage in advance if you are remodeling, adding new rooms or simply redecorating. Built-in shelves and cabinets should be designed to suit the function of the room and your needs.

The special carpentry required for built-ins can be very costly. So look into the many freestanding modular units available today. They lock together rigidly; they look built-in and can be separated easily and rearranged for another room or house.

STORM WINDOWS. A storm window creates an air space between two sheets of glass and acts as a barrier to the passage of heat. If you have double- or triple-glazed windows, the air space is built in and you don't need separate storm windows. If your windows have single-pane glass, it's wise to invest in storm windows for all the windows in your house. They will help lower fuel bills and will help eliminate drafts and air leaks.

One of the best but most expensive kinds is a permanently installed combination sash that can be changed easily from glass to screen. There are many grades of storm windows, and the price reflects the quality. Your local Home Center has a wide selection. Look for the AAMA label. It certifies compliance by the manufacturer with specifications approved by the American National Standards Institute and enforced by the Architectural Aluminum Manufacturing Administration.

continued
STUDS. Studs are upright pieces of lumber (usually 2-by-4's; sometimes 2-by-3's) that form the framework of a wall and support the wall material—the lath, plaster, gypsum board, panels or other material that forms the inside wall.

THERMOSTAT. A device that automatically responds to temperature changes, a thermostat helps to maintain an even heat in a house by turning on or off a heating unit when temperature drops and turns it off when a preset temperature has been reached. Whether you are remodeling existing rooms or adding a new space to your house, it’s a good idea, where possible, to install a thermostat to control the heat in the new area. There’s no reason for the whole house to receive equal amounts of heat. If you have wide-open spaces or rooms far from the furnace, you may find that the ends of the rooms are not getting enough heat. A thermostat can be placed above the fireplace or near a window in a room where it is difficult to heat. If you have a room or two that are not heated, you can install a separate unit to heat it.

 دولارات،_behind the doors and other features on the facade. The framing or edging around windows, doors and other features on the facade enhances the period or style of a house.

Tiles, door frames and window frames.

 aperture moldings, chair rails, cornices, mantels, doors and other features on the facade.

UTILITY ROOM. There was a time when the utility or laundry room was generally in the basement. Today, it is found more and more often upstairs— not only because it is more pleasant to work there but also because it is more convenient. You can do your cooking, keep an eye on the children, answer the telephone and do the laundry if the washer and dryer are close at hand.

If you don’t have the space for a separate utility room, perhaps you can convert a closet into a laundry area.

WALLS. The standard material for interior wall construction used to be plaster. It made a solid and handsome wall. But today in most new construction, gypsum board has replaced plaster. Gypsum board is cheaper, and 1/4-inch, 1/8-inch- or 5/8-inch-thick sheets make a sturdy wall. The flat, smooth surface of gypsum board sheets can be painted, paneled or covered with wallpaper.

WALL PANELS. Painted walls must be repainted regularly. Some wallpaper shows dirt and stains. The answer to these problems is wall panels.

The least expensive wood panels are simulated wood-grain plywood. They successfully imitate the look of wood, but most lack the depth, weight and warmth of real grain. Veneered plywood is a compromise between simulated wood and solid hardwood. You get the effect of genuine wood at a moderate price. Hardwood panels create a warm, luxurious room.

Plastic-laminate wall panels also are available. They can be used in kitchens, bathrooms and children’s rooms—wherever walls must be washed frequently. Putting up wall panels has become one of the more popular do-it-yourself projects. Installation has been made especially easy by the introduction of precut, prefinished panels. Buy as many as you need to panel an area and nail, staple or glue them in place.

WATER HEATER. A good-quality water heater costs only slightly more than an average one; it will last longer and give much better service. The size you should get depends on your family’s needs, but it’s better to have more capacity than you need. The important point in size is “recovery rate”—that is, how fast the hot water you use up is replaced. A small tank with a high recovery rate is better than a large tank. What you want to know from your dealer is how much hot water the heater supplies per hour.

WEATHER-STRIPPING. If you have old weather-stripping, can be stapled or tacked up. Metal weather-stripping, while more expensive, is durable. Some kinds are designed to be used on wood, others on metal. Some weather-stripping must be re-placed every few years. All kinds of weather-stripping are stocked at Home Centers.

WINDOWS. When you are remodeling or adding new space to your house, try to position windows so that you get lots of sun during winter and as little as possible during the summer. Naturally you want windows that are consistent in style with the style of your house. Consider also whether they can provide proper ventilation in your climate.

The double-hung, or sash, window, which slides up and down, is the most popular kind for the traditional house. It is not practical, however, where windows must be opened for ventilation. There is no way to keep the rain out. Sliding windows can be opened and closed with one hand, which makes them an excellent choice for hard-to-reach places. Positioned high in a wall, they provide good light and privacy, too.

Casement windows are English Tudor in style, but they have been adapted to a more modern style by being banked together to form one large window. A casement window swings out to open. It provides good ventilation but has some serious limitations. Storm windows, screens must be installed on the inside, of course, to make them hard to clean, for example. Standard air-conditioning units cannot be installed in most casement windows without expensive adaptations. Also, the closure sometimes loses its airtightness over the years.

WIRING. If your house was built more than 15 years ago, and you since have bought an electric range, a dishwasher, an air conditioner, a clothes dryer, another TV set and an assortment of small appliances, you probably are overtaxing your wiring system.

New wiring for an existing house, though it can cost as much as $1,000 or more, can be a practical home improvement that will add instant comfort and safety but also because you can realize a full return on your money if you sell your house. Most people understand the value of adequate wiring and will pay more for a house that has it.

Wiring should be installed by a licensed electrician. Most building codes require it, and rightly so. Faulty wiring is a serious fire hazard.

ZONING ORDINANCES. Most communities have local regulations that control the nature of the building permitted. These regulations are called zoning ordinances. They distinguish commercial districts from residential districts. They specify minimum acreage and setback requirements for residence and businesses—how close, for example, you can build an addition to a property line. They fix responsibility for repairs and elimination of pests. Most have zoning codes, one to govern members of the community. Where you live, it’s incumbent on you to know the local regulations before you make any structural changes in your house. Compliance with local zoning ordinances is obligatory.
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Georgia-Pacific Corporation/The Growth Company, Portland, Oregon 97204
When tennis pro Ken Rosewall stays at John Gardner's Tennis Ranch in Scottsdale, Ariz., he doesn't have to leave his house to play. Perched on top of the house is a regulation-size tennis court with a panoramic view of Paradise Valley.

While Rosewall's court may be the dream of every tennis player, backyard courts are being constructed at an unprecedented rate by homeowners today—5,000 new courts are built each year. More than just status symbols, they have become necessities to avid players who now find courts at private clubs or municipal centers, and even grade schools, too. While carpets are the flavor of the day, any hour.

Tennis courts range in price from $10,000 to $20,000 (not including lights or sophisticated surfaces) and they should be built by reliable contractors. If you lack the recommendations of friends or neighbors, write to the U.S. Tennis Court and Track Builder's Association, 1201 Waukegan Rd., Glenview, Ill. 60025. They will send you their list of 75 builders around the country who can be counted on for best results. If you choose to do the work yourself, you can cut costs considerably. But any imperfections that occur will increase your maintenance problems.

Putting in a court is no easy matter. The smallest (regulation size) requires a 60-by-120-foot area. Experts say that for best playing conditions, a court should extend on a north/south axis. This helps to keep the sun out of players' eyes.

A good contractor will check your soil to see if it can support a court. He will also see that the land is cleared of stumps, balancing off existing gravel, and grading and rolling, installing a base course of 1 1/2 inches of bituminous concrete and finishing off with 1 inch of asphalt and engineering; $3,900 for supplying and installing posts, nets and anchoring, plus a 10-foot galvanized chain-link fence around the perimeter; and $1,600 for three coatings of acrylic plus paint for putting down lines for standard double play.

Experts do favor one or more coatings of acrylic. Not only does it add to the life of the court by offering additional protection; it is also said to cool asphalt 10 to 15 degrees. Further, by filling in the pores, the coating even out the surface. Plexipave, made by California Products Corp., and Laykold, by Chevron Asphalt Co., are reputedly the most popular. The price of Plexipave starts at $1,000; Laykold, at $1,500. Prices vary according to the number of coats.

California Products also offers Plexicushion, a resilient acrylic covering that's squeezed onto the asphalt. According to Richard Bates, product manager, Plexicushion relieves any leg strain that may occur on asphalt courts. It's $3,000 to $9,000, depending on the number of applications, says Bates.

Chevron Asphalt also makes a Laykold composition asphalt surface. It is cold-applied (most asphalt courts are heat-applied) and screed off. According to Roger Zinc, marketing specialist for the company, a Laykold court offers greater surface tolerance and costs $12,000 to $14,000.

At the end of five to 10 years, a hard court needs a resurfacing job, and costs (continued on page 88)

Once an indulgence of the rich, private tennis courts have become the homeowner cachet of the '70s. They're appearing almost as fast as backyard swimming pools, a decade ago.

Photography by André Gillardin
BOLD MACRAMÉ HANGINGS

in 3 easy-to-knot kits

Get to work with nature’s rugged natural jute fibers and create these dramatic accents for indoors and out. Two basic macramé knots and less than three hours’ time are all the beginner needs to make each of these four hangings. Each kit provides walnut-stained wood hanging rings, wood beads, heavy jute tying cord and illustrated step-by-step instructions for easy crafting.

Below: Double plant hanger is 84 inches long; large-size wood-accented plant hanger is 66 inches (pots and baskets not included). Right: Large wall hanging is 66 inches; owl wall hanging is 36 inches.

Photography by Susan Wood
Turn any wall into an unbelievable Panorama of Nature, Instantly!

wake up outdoors in a meadow filled with flowers... relax in a golden enchanted forest... entertain under a tree covered lane.

Brilliant 4 Color Photo Murals created in Sweden are 100% Washable. Each a Giant 9x12 Feet!

Sweden, world famous for imaginative and innovative interior designs, has done it again. In a few short hours, you can have an autumn forest in your living room. Wake up in a meadow filled with yellow flowers and towering snow-capped mountains in the background. Or picnic in the midst of a country lane filled with golden autumn leaves on the ground and on the sun-flecked branches of the trees above.Quick, simple and easy to do, you'll receive endless compliments from your PHOTO-WALL. 

FAST, EASY, MAY BE TRIMMED TO ANY SIZE!

PHOTO-WALL is 12 feet 9 inches long and 9 feet high. You can trim it with scissors to fit smaller walls. Eight 3 by 4 foot panels are easy to handle and specially designed to match perfectly. All you need is a pail, two brushes and a few hours of your time. These full color prints are lithographed in Sweden and coated with a special lacquer so they'll wipe clean with a damp sponge. Kit includes simple, step-by-step instructions, glue and the eight panels. The results are breathtaking. Your friends will marvel at this unique decorating idea, and you'll have compliments ringing in your ears for years to come. The sooner you order, the sooner you'll have the beauty of the great outdoors indoors. Each only $39.99.
A MOVING EXPERIENCE

One out of every five families changes its address each year—a move that can either be a traumatic experience or an exciting challenge. A lot depends on family attitudes and psychological preparedness.

By JANET LAIB

Moving. Just the simple word conjures up visions of disaster—from lost packing crates to hostile new neighbors. But moving can be handled, if not exactly enjoyed.

Much depends on why you’re moving. To a bigger or prettier house in the same city, or a different neighborhood is one thing. But moving to a faraway city or foreign country, because your husband’s job assignment has changed, can cause family shock that’s hard to cushion. Happily, moving company executives reported less of that kind of moving in 1975, mainly because of higher moving costs and concern for maintaining roots.

Moving can mean greater loneliness for the wife and children. While the husband gets involved in his work, exactly what we need for our first...I'm good at lists, and know from friends and familiar places.

Several women have told us that the most difficult times are just before the move—planning it and contemplating separation, in the case of those who remain behind to sell a house or let the children finish the school semester—and immediately afterward. The move itself (packing, then unpacking) is the easiest part.

What teddy bear can you clutch to give you the fastest, greatest comfort in new surroundings? Women who've survived multiple long-distance moves all say, “Pictures first!”—family pictures and even favored albums. So pack small ones to take with you, and mark the moving cartons carefully. Make bedding and your favorite coffee perked before your second survival kit.

More people move in summer so their children can start school at the beginning of the fall semester. Some educators and psychologists, however, suggest that pre-teen youngsters profit most from relocation during the school year, as school is a primary source of making friends. There are some helpful thoughts on this in Moving and Children, an excellent pamphlet available free to anyone who sends a self-addressed, stamped, business-size envelope to: American Movers Conference, Suite 806, 1117 N. 19th St. Arlington, Va. 22209.

Both parents and educators can help a fearful child adjust to a new school. Marianne Everett, founder and director of The Everett School in New York, suggests that before moving, parents should reassure the child that everything in his new bedroom will be the same as in his old room. And, she adds, “One or both parents should visit the new school and explain to the principal why the family is moving. If it’s because of a death in the family, for example, the situation warrants a great deal of sensitivity on the part of the child’s new teachers.”

Certain ages can be very bad for kids to move, says Dr. Alexandra Symonds, a psychiatrist who works with adolescents. “Younger children make friends more easily in new surroundings. To move children who are in the later high school years can be most disruptive.” For that reason she advises allowing an older child to finish the school year before moving. If the move itself can’t be postponed, perhaps the child can board with a friend, if he and his parents can adjust to the temporary separation.

Moving can be very damaging for most youngsters, Dr. Symonds believes. They need extra consideration from their parents. She suggests a lot of open discussion in the periods before, during and after the move, without minimizing anyone’s fears about it. Talking it over can draw the family together and make the children feel part of the move.

Women who suffer from acute depression after moving to a new community are usually those whose children are no longer living with them, or who have lived in the same town for many years. Who can blame them? It’s hard to adapt to a totally new life without your best friends and neighbors around. Work, paid or volunteer, and quick, sincere acceptance by other women and couples in the community make the difference.

Nancy Edelstein has moved five times to different neighborhoods in and around New York City. She’s one of those women who can get her pictures hung, her furniture arranged and fresh coffee perked before her husband gets home from his first day at work. And her oldest and closest friends are neighbors who have lived next door at one time or another. But when her husband’s business took the family (including college-age children) to Denver, after 24 years in the New York area, Nancy found it paralyzingly lonely the first winter. Gradually she found friends, sports and volunteer work and fell in love with Colorado.

After living in Cincinnati for 26 years with her first husband, Barbara Stern remarried and moved with her new husband five times in five years. Barbara has thought through her moving techniques to the last detail: “Legal papers, jewelry, silver and family pictures come with me in the car...I always try to arrange the living room as one serene place that’s set up first. ... I’m good at lists, and know exactly what we need for our first breakfast, including paper plates...”

But she has never adjusted to losing her close friends in Cincinnati, and has persuaded her husband to return there this year.

She admits that she misses her children, and will be glad to be near one of her married sons back in Ohio. Barbara really tried valiantly to make a new social life for herself and her husband and to become involved in each new community. But she couldn’t make it, and her husband is sympathetic and flexible enough to take her back home.

Home, though, is more than the old family homestead. It means loving friendships and a community—and a way of life. Careful, thoughtful planning can bring that sense of home with you, to a new apartment or a different house, be it five miles away or 5,000.

Janet Laib has written articles relating to the home for such magazines as Modern Bride and Seventeen.
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- **Crimson Glory**
  - Large full velvety crimson blooms. Very fragrant. Farmer patent no. 166
  - Light Crimson with dark overtones. A beauty. Farmer patent no. 832
  - Brilliant Fire-engine red color. Farmer patent no. 911

- **Climbing Blaze**
  - Huge clusters of fiery red blooms. A good climber. Farmer patent no. 10
  - Light Crimson with dark overtones. A beauty. Farmer patent no. 1167
  - A pastel lavender tone. Sterling silver look. Farmer patent no. 1433

- **Mirandy**
  - Huge full blooms of dark red. Fragrant. Farmer patent no. 832
  - Light Crimson with dark overtones. A beauty. Farmer patent no. 1167
  - Elegant pure white blooms. Former patent no. 1339

- **Chrysler Imperial Happiness**
  - Light full clusters of fiery red blooms. A good climber. Farmer patent no. 10
  - Light Crimson with dark overtones. A beauty. Farmer patent no. 1167
  - A lemon yellow with fragrant blooms. Former patent no. 595

- **Montezuma**
  - Gorgeous blooms of scarlet-pink. Former patent no. 1383
  - Beautiful blooms of glowing orange. Former patent no. 1176

- **Tiffany**
  - Bright pink bloom with radiant sunny glow. Former patent no. 1304
  - Gorgeous blooms of vibrant pink. Former patent no. 1304

- **Peace**
  - Magnificent blooms of yellow edged in pink. Former patent no. 991
  - A pastel lavender tone. Sterling silver look. Farmer patent no. 1433

- **Lowell Thomas**
  - A lemon yellow with fragrant blooms. Former patent no. 595
  - A lemon yellow with fragrant blooms. Former patent no. 595

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**LEGAL PATENTS HAVE EXPIRED!**

All of these varieties are considered by many experts to be the most popular patented roses of all times. Now their legal patents have expired and they may be sold at these “Super Low Prices” while supplies last. All roses are two year field grown rose bushes ready to prune and plant.

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Famous Velvène Formula must wipe away 10 to 20 years from your appearance or you pay nothing!

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From the Sunshine State comes exciting news—the true story of a remarkable formula—VELVÈNE of how it makes older women look as much as 10 to 20 years younger. VELVÈNE is so powerful it just a few drops are enough to make age lines, crow's feet, and wrinkles temporarily disappear, before your eyes! The results are so thrilling . . . so sensational it's so incredible, that ordinary words can't describe them. That's why we make this unusual offer without obligation, a large size bottle of VELVÈNE—on 30 day free trial. It must give you truly wonderful results, or it costs you nothing! Read all the facts of this marvelous product below.

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MEN AT HOME

IN STEP WITH TIME

Adman, inventor, songwriter and general “tinker,” Chuck Davidson is a contemporary Renaissance man. It is time—and timelessness—that makes Chuck Davidson tick. At work in New York City, he devises award-winning advertising campaigns. (“Diamonds are for now,” for DeBeers, is one of the most famous.) At home in Croton-on-Hudson, N.Y., he collects plant fossils and encases them in stainless steel; transforms antique fuse boxes into Lucite lamps; fits new telephones into old wooden phone boxes; rebuilds an 1872 typewriter and a sewing machine that dates from 1852. He also collects everything from cobalt-blue bottles and old cigar holders to butterflies.

Next to the plant fossils, the butterfly collection very graphically illustrates his fascination with time. “The beauty of the owl butterfly—it has one week to live, yet remains beautiful forever.”

And between work and home, on the commuter train, Davidson dreams up space-age clocks and watches, such as the Piaget U.S. 20-dollar gold-piece watch, the collection of fossil watches—“the quintessential mating of time and timelessness”—for Co-rum—and the stainless-steel framed quartz clocks for Concord.

If one had to describe a ‘70s Jack Armstrong-All-American-Boy, Chuck Davidson is a 32-year-old, line-for-line edition. His up-beat, optimistic view of life is unflagging; his bubbling good nature, unfailing; his energy and enthusiasm, boundless. He’s the sort of man who still gets a kick out of building a tree house for his kids, and restoring a vintage kitchen range for his wife, Deena.

He even insists he loves commuting. “The train trip along the Hudson River is one of the most beautiful anywhere. The ride is only 50 minutes—a great time for thinking, meditating, working out new ideas. Or if I’m in the mood, it’s a social hour with other commuters.”

Davidson says he uses the city “to utilize what it has to offer. It’s creative and stimulating. Then during the ride home, I slow down, think slower, and by the time I’m home I’m so tranquil I find it impossible to worry about work. So I use the time to go fishing—it’s wild to catch a bass or a trout for that night’s dinner—or I tinker around the house.”

And if ever a house was tailor-made for tinkering, it’s Davidson’s. On a lush corner lot surrounded by giant hemlocks, rushes, a garden (for Deena’s beans, tomatoes and squash) and an unbelievable brook that actually babbles, the sprawling stone house—built in (continued on page 84)
You have such delicious decisions with Betty Crocker Golden Pound Cake Mix. Serve this moist, rich cake plain. Or serve it fancy. Perhaps you'll lavish it with sundae sauce. Or pretend it's shortcake and heap it with berries and whipped cream.

Betty Crocker Golden Pound Cake is a versatile, economical dessert.

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MEN AT HOME
continued from page 82

1927 and covered over with ivy—has everything a real home should have. Moreover, bought when the original owners died, it's chock-a-block with "things" (they must have been collectors, too): old kitchen equipment, tin bread boxes, magic lanterns, vintage tools, toys, furniture, old original bottles and jars from the former owners' glass factory, old railway signs from the days when the city was the roundhouse capital of the area.

It's a treasure trove of bits and pieces, some valuable, some just amusing, but all lovable and usable by a compulsive collector. Davidson has them scattered throughout the house—montages for the walls, stoppers for the doors, jugs for arrangements of dried weeds and pinecones, even a chamber pot overflowing with greenery mounted on the bathroom wall.

And everywhere there are the touches of a professional artist, inventor, designer. It's not difficult for a visitor to spend an entire day exploring the rooms—the bedrooms with brass beds and working gas lamps; bathrooms with restored washstands and antique mirrors; the white stucco off-limits-to-kids den, where the drawing pads are scribbled with doodles of new designs; another cubbyhole where Davidson is designing an airplane; and the grimy cellar for grubbing around.

And when he's not in the mood for inventing, he writes nonsense songs for his daughters, Dori, 8, and Jeni, 5. (Currently topping the Davidson household charts is the "Lazy Daisy" song that begins, "Daisy is a bulldog and I wish she were mine. She never drinks water, she only drinks wine.")

Davidson, playing a peculiar three-in-one contraption comprising guitar, harmonica and tambourine—accompanied by Dori on her beginner's guitar and Jeni on an enthusiastic tambourine—has instilled in his children a strong sense of music. Moreover, he's created a sprightly original learning system for young Jeni, using whimsical educational tunes.

In fact, Davidson seems to write something about everything. Honored with a Denim Council award for his work with DeBeers diamonds and blue jeans, he penned a song that starts, "When I was a little boy, all my wildest dreams were playing with my dog named Horse, and wearing my blue jeans."

Chuck Davidson sums it all up this way. "Enjoying life is a question of learning the rhythm, a question of pacing the work and the personal interests. To enjoy what you're doing and always to stretch just enough to do one more thing."—Keitha McLean

THE CHUCK DAVIDSON GOLDEN OLDIE

I like the caterpillar, and do you know why?
Because he dreams that he can fly.

I like the little fish, and do you know why?
Because you cannot see him cry.

I like the turtle, and do you know why?
Because he always has a home.

I like the little bird, and do you know why?
Because she sings when she's alone.

I like the kangaroo, and do you know why?
Because she keeps her baby safe and sound.

I like the little fox, and do you know why?
Because he plays when there's no one around.

I like you most of all, and do you know why?
Because you give your love to me.
Food is a social lubricant as well as a complex emotional stimulus.

Make it hard to get certain foods that are high in calories and low in nutrients. If you must have oily, reasy, salty foods or sweet, gooey, creamy foods, then have them at home and prepare them yourself. Foods that require preparation before eating will not be quick-to-grab items to overeat.

Reduce serving-size portions. Whet your appetite. Ask yourself—do you need all that? Most people overeat to satisfy hunger, saturating nutritional needs. Learn to compromise. When lining out, select the filet mignon or smaller steak over the 16-ounce steak. The Camelback Inn, a restaurant/report in Phoenix, Ariz., is innovative in offering some entrees in small, medium or large portions, it eliminates overeating and food wastes.

Approach a recipe in a free spirit of experimentation. Spices and herbs are interesting and refreshing ways to prepare foods without extra calories, providing flavor without heavy salt and fat usage.

Cook down natural juices in dishes so that little or no thickening agent is used. Broil, boil, steam, bake or braise without extra fat. A tablespoon of lard, oil, butter or margarine is about the same in calories—125. Using oven bags or clay ovenware to bake or roast will save on calories and nutrients.

The new wave of French cooking has some merit—flour and butter sauces have been abandoned. Foods are cooked quickly in their own moisture, then served with pureed vegetables as the sauce. Purred fruit, fresh or canned in water or natural juices flavor carrots or yams instead of syrups or honey. (continued on page 93)
CURRIER & IVES STITCHERY KITS

All the charm and authentic detail of the original Currier & Ives prints have been captured in these crewel kits. For your stitching pleasure we’ve selected a handsome grouping of scenes including the famous “Four Seasons.” All come alive on cleverly printed homespun that registers the delicate background nuances. You just complete the picture with highlight of your own crewel embroidery.

In large picture, “Season of Blossoms” (bottom), you can see how skillful printing and your own stitchery will achieve a finished picture. The homespun background fabric creates a mat effect. Easily assembled frame is available in walnut finish, as in quartet below, left to right: “Winter Farm,” “Village Blacksmith,” “Cider Making” and “Express Train.” Each picture is 14 by 18 inches. Kits come complete with yarns and full instructions.
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BARBARA BRITTON TALKS FRANKLY ABOUT COLORING HER GRAY HAIR

We remembered Barbara Britton as the lovely star of the "Mr. & Mrs. North" series in the 50's, so we were curious to find out her attitudes about going gray and what persuaded her to change it. We stole a few hours from her busy schedule in the theatre and met her in the sunroom of her lovely country home.

Barbara, psychologists say women feel that going gray is a milestone.

Getting gray does make you feel older. It's fascinating to watch your hair getting more beautiful and less gray. In a short time you have the color you want and then you're never bothered with terrible touch-ups.

Speaking of highlights, your hair certainly has a natural healthy looking shine.

Thank you. With most kinds of haircolor, each and every hair is saturated with color so they tend to have the same rather flat look. Well, that isn't how natural hair looks at all. But Lady Grecian works with the natural chemistry of the hair so it retains this natural blend of shades and highlights.

How long did it take to get your hair that lovely medium brown?

About 12 or 14 days. But, lots of women love the color after only 4 or 5 days. And if you're switching or just going gray, it takes only a few applications.

You didn't mind using it daily in the beginning?

It only takes a couple of minutes and it's fascinating to watch your hair getting more beautiful and less gray. In a short time you have the color you want and then you're never bothered with terrible touch-ups.

You mean you don't do touch-ups?

It's such a sense of freedom. I just brush Lady Grecian through my hair once a week or so after I shampoo. No problem with ugly gray roots. And my hair feels soft and healthy.

You're a real Lady Grecian fan...

Oh, I am. Whether you're gray, going gray or already coloring your hair, Lady Grecian Formula is the perfect answer.

If you'd like to find out how beautifully Lady Grecian Formula will work for you, we'd be happy to send you a generous trial size. Just send $1.00 with your name and address to: Lady Grecian Formula, P.O. Box 328, AH, White Plains, N.Y. 10604. Of course, Lady Grecian is available at toiletry counters. —Jill Currie
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- Four full-turned classic hood columns
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If for any reason you are not completely satisfied, return in original shipping carton within thirty days for prompt refund...no questions, no excuses.

OFFER EXPIRES JUNE 30, 1976
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Enjoy hearing the mellow, melodious tones of historic Westminster chimes in your own home! Emperor’s completely weight-driven 100-M pendulum movement contains two sets of four musically-tuned rods. One set sounds the Westminster chimes: four notes on the quarter-hour, eight on the half-hour, twelve on the three-quarter-hour and sixteen on the hour. The hour is struck on the other set. Emperor movements include weights, solid brass weight shells, brass bob, pendulum and chimes. All plates are solid brass and pinions hardened steel. Installation and adjustment of the movement is simple, following the step-by-step instructions.

There are two versions of the 100-M movement. Both have solid brass dial faces in a brushed finish and black serpentine hands. Antiqued brass filigree spandrels frame the dial ring which has black Roman numerals. The “Tempus Fugit” (Time Flies) dial features a solid brass globe, framed by filigree spandrels. The Moving Moon dial has a 29 1/2-day lunar calendar. The calendar moves clockwise, spanning the eastern and western hemispheres. As it moves, the calendar shows in turn the phases of the moon, a woodland scene, and a ship at sea.

Emperor movements and dials, manufactured by a third generation of West German clocksmiths, are made to our rigid and exacting specifications, then branded with the Emperor name. Each movement is individually and thoroughly tested in our quality control room. We proudly stand behind our name 100%. Emperor West German movements are known and valued everywhere for their lasting accuracy and dependability. Don’t risk buying anything less.

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transformation into farmers is not quite complete, look like tourists on the way to Yosemite as they sip morning coffee in the 99 Cafe (named for the highway that cuts the valley down the middle). In the 99 it is not unusual to hear an Armenian and a Japanese rancher discussing the valley frost report in Spanish. The region is still very much the proverbial American melting pot, and the faces at the 99 represent all the groups who came to farm in the San Joaquin Valley.

"One of the greatest revelations for us was the great variety of people in one small town," says Ken. "And everyone gets along."

The valley is as single-minded as the people are varied, with farming the major industry for 50 miles in every direction. There are dozens of farm organizations that disseminate new information on farming methods and give the farmers a place to meet, besides the 99. The Sunday Fresno Bee includes a magazine called California Country Life, filled with prize cattle and pesticide advertisements. "Our answer to the New York Times Book Review," according to Denise. The Kazarians also have a contract with an agricultural expert who travels from ranch to ranch making recommendations and keeping the ranchers in touch with new technology. He is a bit like the peddlers who traveled the Old West, hawking miracle elixirs and carrying the news from one homesteader to another. "Except around here he's called a consultant," laughs Ken.

It's difficult to describe a typical day on the ranch. It changes according to the weather and season, with activity building up into a frenzy around harvest time, which begins about August 1. On those days Ken is up at 5 AM and out in the vineyard to decide where the grapes should be picked that day. His work crew, sometimes a hundred men, arrives at 6 AM, and the picking and packing go on until late at night.

After the grapes have been picked, the raisin harvest begins, lasting into September. Raisins were what originally brought Ken's family to the valley, and Fowler is the center of the Golden Triangle, the richest soil in the whole valley.

"My favorite time of year is just after harvest," says Denise, "if it's been a good one. Then we have a whole month to ourselves to spend with the kids. We go fishing and hiking and water-skiing. The best thing about farm life is lots of family time. When we lived in the city, Ken arrived home at 7:00, just in time to watch Zachary go to bed. But here we really live our lives as a family. Zach and Matt can go out in the tractor with Ken or work in the garden with me. They're aware of everything that goes on."

For Ken, the time after harvest is when he finds out how he's done in the grape game: "The farmer is the biggest gambler in the world. He borrows money at the beginning of the season that he spends until harvest. He prays there is no drought, no early frost, no rain while the raisins are out drying in the sun. When he finally sells his crop, he sometimes isn't paid for months. We have an expression up here: 'You haven't made your crop till you have your check.'"

When Ken and Denise arrived in Fowler, they had nothing really worked on in the heart of the farm country. Like others, they had always assumed that when food was expensive, it was the farmers' fault. After three years of tilling the soil, however, they take their bumper sticker seriously. "Unfortunately," Ken says, "a few years ago the farmers in this country made a big mistake—they had some great years. They've been known as 'robber barons' ever since. But for every dollar glass of wine sold in a bar, the farmer only gets about four cents. That's hardly robbery!"

Despite their three years as farmers, the Kazarians still look like city folks, and their Los Angeles ways sometimes boggle the eyes of local residents. Ken was brought up with race cars and motorcycles, and his Chevrolet truck is every bit as souped-up as his dragster in Los Angeles. For the fields he has a glassed-in John Deere tractor, air conditioned and wired with quadraphonic stereo, a necessity for anyone who grew up playing lead guitar in a rock band. Zach has his own kidder version of the John Deere, without air conditioning and stereo. "Now its Mommy's turn to drive the tractor," he insists.

Denise, who was once a champion horse-show rider, is not to be outdone in the Kazarian display of agricultural macho: "When we moved up here," she explains, "we came as partners. So from the beginning, I learned to do everything that Ken can do. Besides, if anything happened to him, I'd have to take over." Still one can't help feeling that Denise is probably more comfortable at her piano than at the wheel of the tractor. She has played all her life, and her wedding gift from her parents was a Victorian piano. When he moved to the farm, Ken bought himself a fiddle, an attempt to adjust his musical taste to his new lifestyle. But behind the fiddler there will always lurk a diehard rock fan. "One of the most important things we've had to learn up here was to entertain ourselves without films and restaurants," says Denise. "It took a lot of imagination at first."

Denise soon found that the challenge to their spirit of self-reliance also included learning to do their own plumbing, carpentry and electrical work ("not to mention baby-sitting"). One aspect of the smallness of small towns is the lack of what is known in Los Angeles as the "service industry."

Denise finds that shopping in Fowler is a completely different experience. "I was used to the L.A. supermarket routine," she says with a laugh. "You grab your food; they take your money and they shuffle you along with a 'Have a nice day!' Here, people are really interested in how your kids are doing and whether the frost damaged your fruit trees. It may take a little longer to get things, but I really enjoy the luxury of not being rushed."

Despite the friendly small-town atmosphere of Fowler, the Kazarians have found that their neighbors are very much in touch with things. Farmers in the San Joaquin Valley read Business Week and the Wall Street Journal, along with the latest agricultural publications. And they follow politics with as much interest as the market reports on grape prices. "In Los Angeles we always thought of politics as something happening 'out there,'" Ken recalls. "But up here most people know their representatives personally. They write letters, sign petitions—they make politicians work for them."

Ken is on the board of the local hospital and has been active in improving medical facilities in Fowler. "In a small town," he explains, "you can be as active as you want. They need everyone they can find, even city folk.

"But seriously, I never thought about things like schools and hospitals when I lived in the city. Since we've been living up here, I find myself planning for the future, worrying about where my children will go to school and what this town will be like in 10 years. I guess you could say that I've certainly become a responsible citizen."

The Kazarians may be a complete reverse of that old saying—it will be hard to get them back to the city now that they've seen the farm. Ken sums it up this way: "When I was a senior in high school, we all took aptitude tests to determine our abilities in different fields. When my results came back, they read, 'Farmer—No. 1' and all the guys in the local car club had a big laugh. But here I am. I guess it was in my blood."

—Ann Scharffenberger
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HEALTH
continued from page 85

At La Costa, a health resort and spa near San Diego, Calif., chefs use vegetable nonstick spray on cooking utensils, thus eliminating fats. Cookware with a nonstick finish will work as well.

Learn to use leaner cuts of meat. Good-grade meats are now available in stores. While this lower grade is not as tender as choice-grade meats, it is leaner and just as nutritious. Grade is an indication of tenderness and marbling, not nutrition.

Substitute activity of some kind—exercise, a hobby, even talking—for eating. If members of your family tend to eat all day long, keep them busy or active with their hands or their minds.

Several studies have indicated that frequent smaller meals rather than relatively few larger ones are desirable. Thus nutritional snacking is advocated, but choose the foods wisely. Steer your family toward nonsweet, healthful items. Crunchy raw vegetables are perfect because, according to research supported by the National Institute of Dental Research, "Food texture may affect decay and therefore, should not be overlooked in the design of low-decay causing snacks."

Crisp, hard foods have a detergent action on the teeth, helping to clear away the tooth-coating plaque that is the first stage in cavity formation. And, such fibrous foods or roughage are essential for proper functioning of the intestinal tract. Instill in your children the preference for nonsweet foods. Groceries, bills, doctor and dental appointments will be eased.

Good eating habits should begin in pregnancy to provide the best growing start for a child. Fetal malnutrition can result in an undersized, underdeveloped child with congenital abnormalities, including decreased brain size.

Work to establish good habits in infancy and childhood. A fat baby is not a healthy baby and will probably have a weight problem as an adult. That child has formed a lot of fat cells and will always carry those cells, ready to be deposited as fat tissue. At the other end of the spectrum is infant nutrient deprivation, which can lead to depressed immunity, substandard learning abilities and even retardation.

While there seems to be a hereditary component to overweight, environment can still be controlled to ward off weight problems. Children do learn from their parents. What kind of example are you? Do you avoid fresh apples and carrots, or spinach and broccoli? Are sweets and other foods used as rewards for obedient children? Such conditioning for sweets, rich, greasy or salty foods results in lifelong preferences for those items.

Moderation is the key to better health through good nutrition. In general, the more restricted a diet is, the more unbalanced and deficient that diet will be without careful planning and sound judgment.

Buying wisely will eliminate food wastage that strains already diminishing world food and energy supplies. In an interesting 1973-74 experiment, anthropologists and archaeologists at the University of Arizona sifted through Tucson's garbage in an effort to find some comparison between material goods and behavior. Two years of data showed that the 450,000 residents in a year's time discarded $570,000 of beef, $1,326,000 of vegetables and $750,000 of pastries or a total of 9,500 tons of edible food valued between $9 and $11 million. Ten percent of the food brought home ended up in the garbage.

Sound nutritional practices need not stretch your budget out of proportion. By choosing from all food groups to insure a healthy diet, multivitamin supplements, strange diets and health/organic foods (which can be expensive) are unnecessary. Buying wisely can minimize impulse-buying.

Sound nutritional practices will pay off in better health and, in the long run, monetary returns.

Margaret Wing, member of the American Dietetic Association, is a dietician formerly with Mercy Hospital and Medical Center in San Diego, Calif.

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ago when we felt our job was done. We then turned our attention more to the arts. Alex became a director of Brooks Memorial Art Gallery and the Memphis Academy of Arts. I was founder of Art Today, a group dedicated to raising funds through contributions to purchase contemporary art for Brooks. I am also one of the original members of the Panel of American Women. There are four women: one Catholic, one Jewish, one black and one White Anglo-Saxon Protestant. We visited clubs and organizations to discuss our beliefs and feelings. I am the WASP." Mimi is also a member of the Artist-Craftsmen Association.

Persistent churchgoers during their children's growth years, the Danns hold regular family prayer every night. "The boys were in the Boy Scouts; Elise was a Girl Scout," Mimi says, as through to convince herself she has done the best she could with her children. "We tried to give them all the advantages. They always had summer jobs that put them in unusual settings, like Alaska or South America, and we spent lots of family hours at our farm in Trappe, Maryland. But when the children went off to college, we seemed to lose control—like a kiln that overheats. The children have lost church interest, and all the new morality of today has begun to influence them.

The Danns are in the liberated parent category, believing strongly in the freedoms of speech, of association, of interest and of road-choosing in life. Mimi believes in speaking out on issues affecting society. She writes letters to her Congressmen to keep a hand in running the nation. She recalls that in earlier times she involved herself in civic activities with hopes of keeping the children's eyes turned toward being active Americans.

Her time, now, has become her own. She doesn't even answer the telephone except at lunch. For the past two years she has been a full-time potter. Two summers ago, she and her husband traveled to East Africa on a photographic safari. The animals impressed her. Today, she makes pots in animal shapes.

"Animals are now my subjects as they have been of artists through the years," she explains. Mimi is such an environmentalist, she will work only with an electric kiln, which means more work and problems than are found in a nonelectric one. "People are endlessly fascinated by animals and are more aware today of the interdependence of all forms of life on our small planet," she says. "At the same time, with growing urbanization, we are cut off from contact with animals. I am not interested in creating naturalistic replicas of animals, but to abstract the essentials and evoke a feeling of what I call 'lionness,' 'baboonness' or 'pigness.'

"I take a sculptor's approach to pottery rather than a painter's. Some think a pot is to paint pictures on, as the Greeks did. I am more akin to the medieval Chinese and pre-Columbian techniques. I am a perfectionist about a pot having function. A mug should have a lip that fits comfortably; lids should fit tightly. Goblets that go in the dishwasher should be given little holes in the base so water will pour out when resting upside down in the machine.

"What intriguces me is the feeling of being part of a tradition continuous since the dawn of civilization. It's the only thing that lasts. Clothing or paper disintegrates, metal melts, but pots can be buried—even in broken pieces—in the earth and survive thousands of years. Long after my bones crumble in the grave, my pots will survive. Ceramics is also the only art where the material you start with is completely different from the material you come out with. It's like the metamorphosis that takes place in a volcano. You start with powdered earth. Then the action of the kiln is like the reaction of a volcano, transforming water and powder mix into a thing entirely new.

"There is an infinite number of possibilities of things you can make with clay. I enjoy experimenting. You can't be entirely original in pottery as you can in painting and sculpture. You're still limited to nature and gravity—as you are limited in the creativity you can put in your children. The children will only absorb what they can and use what they will. Pottery must first be a container, because pottery is basically making vessels."

What Mimi despises is the tacky, instant-mold, make-it-quick school of crafts that is flooding bazaars, fairs and hobby centers. These are the kind of weekend activities people learn at community centers, where arts and crafts are a once-a-week offering, along with basketball. "People would rather support something that is old than support living artists," she believes. "Yesterday's junk is selling for phenomenal prices. It's ridiculous. It makes me want to quadruple my prices. Chinese potters would rise up out of their graves if they knew the prices their work was commanding today."

To Mimi, the quest for purity, which has been foremost in all her endeavors, has almost been disrupted by a society where quantity not quality seems to be the new motto. To her, it's crucifying beauty for the sake of the dollar.

Audrey West is a feature and fashion writer at the Memphis Press Scimitar and has her own show on WKNO-TV.

Mimi Dann and husband Alex share a passionate interest in making things. Their converted garage/studio, now being enlarged, is part potting center (hers) and part furniture-making shop (his). Like her mother, Kathy Dann, 20, enjoys creating: making jewelry of stoneware, porcelain and metal. Samples of mother and daughter's work—the tea set is Mama's creation—are shown here.
Self-improvement is a little like mountain-climbing. Take it slowly, one steady and carefully placed step at a time and, before you realize it, you are a super-human of single-mindedness and discipline—and you’re in danger of becoming a sort of self-improvement dilettante, dabbling wildly at everything from exercise to astrology lessons. This results in emotional fatigue as well.

The solution? Treat yourself like a business that needs shoring up. Start by taking inventory of your assets and liabilities, and if your debits outweigh your credits—physical, emotional or intellectual—systematically work out a program to recover your balance.

After taking a long, hard—but disheartening—look in a full-length mirror, honestly decide how to turn the minuses into pluses. Except for rare cases, people get fat because they eat too much, and they get soft from exercise too little. How to get in balance? Cut down on them and increase the latter. But physical and intellectual growth—in something as simple as unusual cooking lessons, weaving, or gardening. An excellent example: Sir Winston Churchill and his painting.

Or there’s the rewarding sensation of passing on one’s knowledge in an applied situation. An architect teaches woodwork; an engineer instructs beginners on electricity; a writer teaches his language to immigrants.

At the other end of the self-help chart, there’s the worker in a dead-end job who wants to stretch his mind (and perhaps upgrade his career). After a numbing day in a factory, an impersonal office or department store, there’s excitement in the exploration of philosophy, history, sociology or photography. Even writing. Who can ever forget the stupendous achievement of Margaret Mitchell, who by day worked at an unfufilling job and by night—page by laborious page—created Gone with the Wind.

As much as tangible achievement, self-improvement is a state of mind: bringing up the newspaper for an elderly person in your apartment house, feeding hungry squirrels on a winter day. Care for others and you’ll care for yourself. And balance the books of your life.

—Keitha McLean

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Or any other flower by mixing 2 parts of 20 Mule Team® Borax to 1 part dry, white sand. Then add your favorite flowers. (Make sure they’re dry and untreated by preservatives.) Sprinkle ¼ borax mixture in shoe box. Put in flowers. Cover with rest of mixture. Seal box and store at room temperature for 10 days.

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SHOPPING GUIDE

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

Accessories quoted are approximate at time of publication and are slightly higher west of the Rockies and in Canada. To obtain purchasing information on merchandise listed, write to manufacturer or store (complete address is provided in Shopping Guide Address Directory below). When writing, include date of magazine, page number and description of item to insure prompt reply. Items followed by a* are available through architects and decorators only. Items available by mail are preceded by **; additional postage, if any, is indicated within ( ). City and state sales tax where applicable. Cheque or money order can be sent if post code must be added. All manufacturers or shops listed will refund the cost of an item (unless monogrammed) only if it is returned within 2 weeks of receipt and in good condition.

Fabrics and patterns: Approximate fabric yardages are given in the widths of the actual fabrics featured and for fabrics without nap, except where otherwise noted. All yardage given is between a minimum size and children's size 3. These yardages do not include extra fabric for matching checks, stripes or plaids. One yard minimum order for all fabrics by the yard unless otherwise noted, and Vogue Pattern markers are sold in department stores in most cities. To order by mail, send check or money order, pattern company name, size and pattern number(s) to: Butterick Fashion Mkt. Co., P.O. Box 549, Altoona, Pa. 16603. In Canada: Butterick Fashion Mkt. Co., P.O. Box 4001. Terminal A, Toronto 1, Ont., Canada MSW-1H9. Please add 15c postage and handling. Orders under $3.00, please add sales tax.

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BATHING BEAUTIES

Page 42: Wall tiles, AV201Flores from Portugal. 5% square, $3.22 each bordered by LV Flores Border. 2 1/4 x 5 1/2". $1.95 each; at Country Floors. Mist Blue towels, Martex. Pot or bowl, $1.95 each. Other colors available.

MAKE THE BATHROBE ON PAGE 43

Wrap bathrobe and belt to sew in Vogue Pattern 1416. View B, misses sizes 6-14. $4.95. Hardwick Knitted Fabrics, Inc., stretch Terry knit fabric in bluebell, 86% cotton/14% nylon, 58/60" wide, $4 ($1 per yard) order; from Designers Fabrics By Mail. *Laura Ashley mini-floral print for lining, contrast trim and belt. Style #141-956, color: creme ground with smoke blue print, 45" wide, 100% cotton, $4 postpaid per yard. Vogue Pattern #1416 View B fabric width: 58/60" (with nap) $5 (robe) fabric width: 45" (without nap) $4. 1/4" (lining, belt, contrast trim)

Page 44. Top: "Child's robe to sew from Little Vogue Pattern 1329; children's sizes 2-6, $15. (on bathtub edge). Blue and clear round bath: Charle Perman Perfumed Dusting Powder by Revlon, 5 oz. $7.50. *Heart-shaped natural color water reed straw lace box, handmade in Columbus, from S.G. Lingerie. $10 postpaid


Bottom: "Waves" towel by Martex (on model's head).

ACCENT ON RED

Page 44. Top: *Child's robe to sew from Little Vogue Pattern 1329; children's sizes 2-6, $2. Sewn in Martex's "Tartan" sheared Jacquard Terry bath towels (not flame-retardant). 88% cotton/12% Dacron, $6. Available at Abraham & Straus, Brooklyn, N.Y., and all branch stores.

ACCESSION ON RED

View B robe: & tie fabric width: bath towel: 25" wide x 50 long. yds.: *"Tartan" bath towels by Martex (all bath towels were needed in order to match plaid).

Page 45. Martex hand towels are hung from loops that have been dyed with Rit Dye and stitched on (how-to below). Loops are Star Tape Twist by American Thread, 1" wide, Art 4130 in 100% cotton.

DYE INSTRUCTIONS FOR HANGING TOWELS

(Shown on page 45)
To keep loops from sagging next. Take washcloths, hand and bath towels and stitch on a piece of twill tape to form a loop; then hang it. If you live in a moist climate, it's a way to get towels to dry faster. Many European towels come with loops already sewn on for easy convenience. We Rit-dyed our twill tape for more color contrast, and there's a whole rainbow to pick from. See below for color how-to. Color-match towels to loops or do in contrast colors as we did.

MATERIALS
* Rit powder dyes in Forest Green, Golden Yellow, Yellow, Orange
1" wide 100% cotton white twill tape (we used American Thread's Star twill tape, Art. 4130, 2 yds. to a package)
• matching thread

PROCEDURE
Hand-dye in an enamel pot on your stove. Fill pot with 3 cups tap water, heat to simmering. Fill jar or cup with hot water from the tap. Following color recipes (see below) place Rit powder dye in water to dissolve all particles. Pour diluted dye mixture back into pot, stirring to mix thoroughly. Place twill tape in pot, making certain all tape is immersed, yet unwrapped in container. Simmer twill tape on stove for 30 minutes, stirring constantly to obtain even color. As fabric will appear lighter when dry, wait until color is sufficiently deep before removing from dye bath. Rinse twill tape
Inse again until water runs clear. Treat dyed Vill tape now in a liquid detergent, then treat protection against color fading, wash liis point will rinse out in first washing. For rinses clear. Any excess dye not removed at thoroughly under cool tap water until water runs clear. Any excess dye not removed at its point will rinse out in first washing. For protection against color fading, wash will tape now in a liquid detergent, then use again until water runs clear. Treat dyed

Treat dyed

Treat dyed

Treat dyed

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SHOPPING GUIDE
continued from page 97

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Pages 54-55: Coffee table, bedspread, tablecloth, and pillows. $125. Send check or money order to: Miss Read, Box A, 1000 3rd Ave., New York, N.Y. 10022. Pages 58-59: Le Cuisinart Food Processor, $239. Send check or money order to: M. S. Davis, 20 Bruce Park, Greenwich, Conn. 06830. Rocking mincer available from Williams-Sonoma, 532 Sutter St., San Francisco, Calif. 94102. Send check or money order for $125.

LAMB
Page 60: Kitchen towel, Taylor & Ng, 66 Howard St., San Francisco, Calif. 94103.
"We're looking for people to write children's books."

If you ever wanted to write and be published this is your opportunity.

by Francis Gemme

We need writers. There are over 150 publishers of books for children and more than 250 magazines, all of which have a need for writers.

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Francis Gemme, Director

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SINGLEHOOD

PICK YOURSELF UP-SLOWLY

So, your marriage has ended. Fate has ambushed you with a diabolical kick in the keester and sent you sprawling. What do you do?

By COLLEEN ANDERSON KONG

That homespun, platitudeous song lyric is not just an old wives' bromide. Couched in a variety of elaborate metaphors and lapses into professional jargon, that same message has been delivered through the ages by philosophers, friends, poets, peasants and, recently, psychiatrists and domestic counselors.

The message it delivers is simply how to deal with disaster. And here it comes again, supplied with all the action between the lines.

Your first awareness of sudden singlehood is like a fall on a flight of stairs. Down you go, incredulous, plunging on a wave of shock and panic, flailing for a foothold. You hit bottom and lie there, immobilized, feeling like an abandoned wreck waiting to be towed away.

Obviously, it's not at this point that you bravely pick yourself up. You can't even summon enough dignity to lower your skirt hem from across your chest, let alone rise, brush yourself off and proceed nobly to start all over again. You're as helpless as the victim of a compound fracture of the psyche.

Like the accident victim commended to the hands of ambulance drivers, doctors, nurses and orderlies, you deliver yourself and your fractured psyche into the care of others. In your pain, humiliation and insecurity, you accept every offer, every opportunity for consolation—even bad advice—anything resembling that omnipotent panacea, loving attention. The prognosis is good, you're told, but you know it's a lie. You're dying and everyone's just being nice. You've lost your capacity for consolation—even bad advice—finally, you're as helpless as the victim of a compound fracture of the psyche.

Relentlessly, life begins tugging you back into its mainstream. The dishes need doing, the laundry mound grows, bills amass, the toilet wants a scrubbing, the garden needs tending, and ex-pro football star, whose wife met a guy at a party, left with him and vanished. Patrick's pattern of emerging husband-free, flinging conservatism to the winds. Buy those bowling shoes you've always wanted. Join a discussion group, a writing class, the Salvation Army—anything to get away from the nightmare.

Once a divorcee with one child, now a single woman who has met a guy at a party, left with him and vanished. Patrick's pattern of emerging husband-free, flinging conservatism to the winds. Buy those bowling shoes you've always wanted. Join a discussion group, a writing class, the Salvation Army—anything to get away from the nightmare.

Suddenly, maybe about a year later, you notice the limp is gone. Still among the walking wounded, at least you're ambulatory. But you go in circles—whirls of irrational decisions (at least they're decisions!) and aimless activities.

Like Barbara, a 38-year-old domesticated mother of two whose husband of 14 years left to go live with her divorced best friend. When Barbara stopped limping, she dashed headlong into a quick-cut series of interests: She grew a proliferation of plants, collected stamps, studied denims till no one in the family could sit down in his jeans, wrote some protest letters, started a diary and made bottle lamps. "Bizarre Barbara," they called her.

Or like 43-year-old Patricia, lawyer and ex-pro football star, whose wife met a guy at a party, left with him and vanished. Patrick's pattern of emerging domestic was dementia. He baked pies, brewed cauldrons of soup, scrubbed floors, papered walls, painted chairs, pickled cucumbers, bottled jams and jellies and roto-tilled the whole backyard.

Or Anna, whose husband had laughed when she asked for a piano. When he died, Anna redecorated her entire house from scratch, moved as far as she could from everyone she knew, bought a piano, learned to play, sold the piano, bought a typewriter, learned to write, quit a lousy job and bulldozed her way onto the staff of a newspaper. Now she's decided to take up figure skating.

Irrational? Not at all. If you have a new life anyway, go all out. Do whatever you have to, to get through the nightmare.

Join a discussion group, a writing class, the Salvation Army—anything supportive, preferably with people. A great booster shot is a new image. He'd never let you cut your hair, or drive a car. Hack it off, curl it up and change its color (a renewal that doubles as revenge). Now you can wear those Tibetan boots he said made you look like a poor man's Genghis Khan.

Emerging husband-free, flinging conservatism to the winds. Buy those bowling shoes you've always wanted. Get your left ear pierced. . . . You've been through an epic decline and fall (fall and decline, in this case) of the psyche, but you're a tough old bird, a veritable phoenix, rising out of the rubble.

Suddenly you're running, in straight line at last, and the wind feels good on your face. Sure, you'll hit occasional obstacle and the old twinge that will make you miss a step. It's only that old human condition, the one we're all in. All evidence to the contrary, it's a viable one.

Sour skeptic that you are in your misery, you growl, "Yah, wha' d'ya know." Listen . . . I know. I've been there twice.

Colleen Anderson Kong, a columnist with the Ottawa (Ont.) Journal, was once a divorcee with one child. No, she's a widow with two more children.
Now Your Own Complete Home Beauty Spa in a Kit

Loofa Beautifying Program

USES NATURE'S OWN BODY MASSAGE & CLEANSING PAD

• Enjoy invigorating revitalizing massage
• Smooth and enrich thirsty eager skin

USE ON: HIPS, WAIST, THIGHS, BUTTOCKS, ABDOMEN, KNEES, ANKLES, ELBOWS

Now an exciting, simple, inexpensive complete home plan to create a more beautiful you with the kind of fabulous, deep-down-clean and glowing skin you enjoyed when you were a baby. It’s fast, it’s easy, it’s fun. At the basis of this program, wondrous Loofa, the all-natural cleansing and massage pad, a miracle of nature, prized in the Orient for centuries and in luxury spas the world over. Now you can turn your next bath or shower into virtually a “fountain of youth” insofar as how your skin looks and feels.

Step No. 1—Loofa Beauty Pad (set of 3 included)—for use in bath or shower. Selected from special strains of Luffa Cylindrica plant, a talented member of the Oriental gourd and cucumber family, with unique cleansing and massage properties. Sun dried and shaped into pads with two separate-use sides—one slightly rougher for scrubbing, deep-deep cleansing, and massaging every part of your body—the other, finer in texture, for whisking away dead surface cells and smoothing skin.

FOR THE GLOWING SENSUAL LOOK OF YOUTH

Even helps soften resistant “hard skin” areas such as heels, elbows, knees and knuckles. You step out of your bath revitalized with a fabulous younger-looking glow.

This all-natural product lasts virtually forever, holds loads of suds, won’t absorb odors, rinses clean, dries in minutes from handy hang-loops.

Step No. 2—Loofa Friction Oil. This is a light, refreshing oil, enriched with Vitamins A and E, and with an entrancing young citrus-y scent that women (and men) find irresistible. Smooth over your skin gently immediately following your Loofa bath when your pores are open and eager. Then start tingling and glowing all over! 8-ounce bottle.

Step No. 3—Massaging Loofa Creme. A rich, fragrant superemollient cream, with Vitamins A and E, that provides a sensual finish to your Loofa Beautifying Program. Leaves skin satiny smooth and moisturized with a polished radiant glow, makes rough and flaky skin a thing of the past. Use it, too, with Loofa Pad to spot-massage trouble spots. 2-ounce jar.

Unconditional Loofa Beautifying Program Guarantee

You must be delighted with your Loofa Beautifying Kit, and the results it gives you, the very first time you use it, or your money refunded in full, without question. With nothing to lose but dry, flaky, old-looking skin, why not order now. Complete kit, plus free instruction brochure. Only $7.50 postpaid.

MAIL MONEY-BACK GUARANTEE COUPON TODAY

Health House, Inc., Dept. 11609
4500 N.W. 135th Street, Miami, Florida 33059

Please rush me the following:

□ Complete Loofa Kit(s) #16676 at only $7.50 each postpaid.
□ Extra Bottle(s) of Friction Oil #16674 $1.99 + 65¢ post. ea.
□ Extra Jar(s) of Massaging Creme #16675 $2.99 + 65¢ post. ea.

Enclosed is check or money order for $__________
(N.Y. & Fla. residents, please add appropriate sales tax)

Or Charge My: □ Master Charge* □ BankAmericard

Acct. No. ___________________________ Exp. Date ___________________________

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

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For our charge card customers (for ordering only). Dial 800-327-6331: Fla. customers dial 800-432-7521. CALL NOW!

Not Available in Stores Anywhere
"The Figure Trimmer"

The sensible exerciser that helps both men and women easily slim, firm and beautifully shape their bodies (in just minutes a day)

USES EXACT SAME PRINCIPLE AS UNITS ADVERTISED ON T.V. FOR $7.95 AND $9.95

AT LAST — the ingenious easy new physical fitness system, to help you: lose inches and pounds, improve the shape of your body, increase your sex appeal and feel and look years younger — and now at a great new low, low price!

An Easy, Proven System
That Takes Just Minutes A Day

It's easy — because you exercise while you lie on your back and do just 3 basic routines. And yet you exercise and tone every muscle in your arms, legs, abdomen, waist, back, neck and tummy — all the important, problem spots that you want to help keep trim, firm and beautiful.

We recommend you start at a moderate 2 to 3 minutes a day. You'll soon find that you want to increase this to 4, 5 and up to 15 minutes at a time. But, and this is important, you do it at your own pace and you find it easier and easier to exercise for longer periods. The rhythmic movements you use are so simple that any child of 5 can master them in one minute, because all you do is lift and bend your arms and legs and the "Figure Trimmer" won't let you make a mistake. A simple, fully illustrated instruction booklet for the basic exercises is included.

Use "The Figure Trimmer" Anywhere
Yes, use it in your bedroom, living room, office, even while you're away from home (it's so compact, it folds to fit right in a handbag or attach case and weighs only a mere 10 ounces). You never have to miss your regular exercise . . . use it anywhere you can lie down. Simply attach to bedpost, door knob, etc., and it's ready to use.

To Help Weight Loss...
We recommend a moderate and sensible temporary 15 to 20% reduction in your normal food intake (while still eating exactly the same kinds of delicious foods you normally eat and like). We don't send you any fad or crash diet, because your own doctor will tell you that these are harmful. We suggest you continue this moderation until you reach desired weight loss. After that, just eat normally and continue exercises to feel and look better and younger.

Important Note:
Dear Reader,
Don't be confused: The competitive exerciser models you've seen on T.V. and in magazines for $7.95 and $9.95 work on exactly the same principal and in the same way as ours. By a special purchase from a manufacturer, we've been able to break the price wide open and offer "The Figure Trimmer" at this amazing low price!

Ironclad Guarantee
Our guarantee is simple. You must within 14 days see and feel your body toned up and feeling great — and look and feel years younger, or simply return unit for a prompt and complete refund. Mail order coupon today; you'll be glad you did.

Health House, Inc. Dept 11607
4500 N.W. 135th Street, Miami, Fla. 33059

Gentlemen: Yes, I want to lose inches and pounds off my figure. Please send me "The Figure Trimmer" #16576 for only $1.98 plus 77c for postage and handling OR ORDER 2 AND SAVE $1.50!

Please send me 2 "Figure Trimmers" #16576 for a total price of only $3.96 postpaid.

Enclosed is my check or money order for __________ (please print)

Name ____________________________
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N.Y. and Fla. residents, add appropriate Sales tax.)
'76 Bennington flag kit
1 Make your own authentic replica! Kit is complete with heavy-weight red, white, and blue cotton flag fabric, other needed fabrics, large spool of thread, easy-to-follow instructions, and pattern for the stars and numbers. Sew by hand or machine. Flag is 3'x5'. Kit, $10.95; 2 kits, $19.95. Home sewing and thimble catalog, 50c. The Sewing Corner, Dept. AH-420, 150-11 14th Avenue, Whitestone, NY 11357.

Bicentennial thimbles
2 Any collector will treasure all of these lovely white porcelain thimbles, truly in the spirit of America's 200th anniversary. Tomorrow's heirlooms, they are hand finished in full color with a handsome portrait of Benjamin Franklin, Betsy Ross, or the Liberty Bell. $1.96 each. All 3, $5. Add 49c p&h. Ferry House, Dept. H46, Briarcliff Manor, NY 10510.

Chiming mantel clock
3 A handsome way to celebrate our big, beautiful year: make this outstanding chiming mantel clock! Easy do-it-yourself kit comes pre-cut, pre-sanded solid 1/4" black walnut case pieces, Westminster chiming movement, Tempus Fugit or Moving Moon Dial and all hardware. You'll have this classic beauty to enjoy year after year! For free color brochure: Emperor Clock, AH4, Fairhope, AL 36532.

Early America at home
4 Bring the beauty of The Bicentennial into your home through the Early American Society. It offers an annual membership which includes six issues of Early American Life, full of decorating, architectural, cooking, craft, and travel ideas—all keyed to interest in early American things. Society offers discounts on books, travel and furniture reproductions. Membership, $8. Early American Society, Dept. AH4, 3300 Walnut St., Boulder, CO 80302.

U.S. Bicentennial era stamps
5 America's Bicentennial spirit is portrayed through the heroes of the American Revolution—Washington, Franklin, Revere, Paine, Hale, Betsy Ross, and many more. 40 Bicentennial Era stamps plus high value $1 Patrick Henry Stamp. Given free to introduce approval service of worldwide stamps. Buy any or none, cancel service anytime. Send 10c to Kenmore Co., FE-640, Milford, NH 03055.

Bicentennial decanter
6 Limited edition decanter is handcut and features "Spirit of '76" on portrait side, reverse depicts symbols of liberty in copyrighted design. Raised design on iridescent golden amber glass. 7 1/2" high. Registration number etched on each, plus personalized card to verify exclusive ownership. $9.95 plus $1.80 p&h. Stratford House, AH4A, Box 591, Stratford, CT 06615.
FOR MOTHER ON HER DAY!

Loving gift—a personalized plaque, custom engraved!

Adorable boys and girls to count the children—life time solid brass, custom engraved!

Solid wood plaques are richly stained, beveled, with a handsome hanger. 1- or 2-child plaque is 3 1/2" x 4 1/2". 2-6 is 3 1/2" x 6 1/4". 7-12 is 3 1/2" x 14 1/8" long. 10-12 is vertically arranged. 

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| #1303 | 3 children | $3.88 |
| #1304 | 4 children | $4.88 |
| #1305 | 5 children | $5.88 |
| #1306 | 6 children | $6.88 |
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| #1309 | 9 children | $9.88 |

Satisfaction Guaranteed

Weetweld, N.J. 07090

No. 3406: $15.50 ppd.

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For Mother on her Day—24K gold plated, 1" long. With matching ball point pen. Specify initial. $2.99 plus 50c p&h. 2 sets, $5.75 plus 65c. Stratford House, Dept. AH-4B, Box 601, Stratford, CT 06497.

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Sharp cutter is great for everything from paper to metal! Precision blunt edge design features a safety lock, comfort grip handles, safe rounded tips, and they are self-sharpening.

Ideal for gardening, kitchen use, or for tool or tackle box. Super Snips cut almost anything quickly and easily right or left handed. $4.99 plus 32c p&h. Image House, Dept. AH4, 10800 Bridle Bit Trail, Ft. Worth, TX 76136.

CHARMING WIDE RUSSLED "NO-IRON" MUSLIN CURTAINS!

Enjoy old-fashioned charm PLUS today's easy care...with these W-I-D-E-E муd curtains! Perma-Press pre-shirred tamback curtains.

Styles like those which adorned windows in the Colonies. They're made of modern KodelB polyester and worsted-cotton muslin...in natural (eggshell) or white. 24" wide to the pair. Extra-wide, extra-long 6" ruffled and attached ruffled valance.

EASY, EASY CARE! Fabrics are specially treated to curtain IRON THEMSELVES in the dryer! BONUS FEATURE! They're pre-shrunk. Maximum shrinkage only 1%.

Avoid delay. Order style "SALEM" today. Specify Natural or White.

FRAN'S BASKET HOUSE
Route 10, Dept. AH4, Succasunna, N.J. 07876

WALL RACK

Useful hand-crafted of solid rattan w/t ornament provides ak for towel, clothes, etc. 17" H. $7.99 plus 50c postage.

RATTAN SWAG LAMP

Handwoven, fully electrified, w/dimmer switch, lightweight, durable, finished in 24K gold leaf. $6. Bruce Bolind, Dept. AH4, Boulder, CO 80302.

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Impressive and handsome desk marker in solid gunstock, walnut-colored base finish. 8 1/8" long; 1 3/16" high base, felt padded, wedge design. Up to 20 larger letters or to 30 smaller letters engraved in 2K gold leaf. $6. Bruce Bolind, Dept. AH4, Boulder, CO 80302.
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It's fun and satisfying to create your own class-_ic grandfather clock. Handcrafted pre-cut kit features solid 1/4" walnut cabinets, solid brass precision movements, and detailed instructions complete with photographs, and explosion drawings. Get together with your screwdriver and, before you know it, you'll have created your own classic "heirloom." For free brochure: Hentschel Clock Co., AH4, 16 Atlantic Ave., So. Dennis, MA 02660.

Silvery-ball choker

Good looking!
Half-frame magnifying glasses help you see fine print on tags, etc. Look over top for normal vision. Precision ground, impact-resistant lenses. Not for eye disease or astigmatism. State age, sex. $6.87 plus 56c p&h. Precision Optical Co., Dept. 56-K, Rochelle, IL 61068.

Bath reader
When it's "think tank" time, one can come up with some of the greatest ideas while reading in the bathroom! This solid pine reading rack can keep 10 magazines neat and handy and, of course, 2 rolls of tissue right at your finger tips. 16"Hx11/"Wx 4/"D for your wall. Fully finished antique satin. $12.95 plus $2 p&h. Yield House, A64R, No. Conway, NH 03860.

Grass Seeds
Grass Seed Is For The Birds!
Zoysia Saves Time, Work, Money

SPECIAL INTRODUCTORY OFFER! ORDER NOW, GET UP TO 200 ZOYSIA PLUGS FREE!

By Mike Sankey

Every year I see people pour more and more money into their lawns. They dig, fertilize and lime. They rake it all in. They scatter their seed and roll and water it.

Birds love it! Seeds which aren't washed away by rain give them a feast. But some seeds grows, and soon it's time to feed, water and mow. worse, until summer comes to burn the lawn into hay, or crabgrass and diseases infest it.

That's what happens to ordinary grass, but not to Amazoy Zoysia.

"MOWED IT 2 TIMES," WRITES WOMAN

For example, Mrs. M. R. Mitter writes me how her lawn "... is the envy of all who see it. When everybody's lawns around here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in. ... Last summer we had it mowed (2) times. Another thing, we never have to pull any weeds—it's just wonderful!"

And from Iowa came word that the state's largest Men's Garden Club picked a Zoysia lawn as the "top lawn—nearly perfect" in its area. Yet this lawn had been watered only once all summer up to August!

These represent but 2 of thousands of happy Zoysia owners. Their experiences show that you, too, can have a lawn that stays green and beautiful thru blistering heat, water bans—even drought!

CUTS YOUR WORK, SAVES YOU MONEY

Your deep-rooted, established Amazoy lawn saves you time and money in many ways. It never needs replacement ... ends re-seeding forever. Fertilizing and watering (water costs money, too), are rarely if ever needed. It instead of needing . . . ends re-seeding forever. Fertilizing and watering (water costs money, too), are rarely if ever needed. It ends the need for crabgrass killers permanently. It cuts pushing a noisy mower in the blistering sun by 75%.

CHOKES OUT CRABGRASS

Thick rich, luxurious Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long. It will NOT winter kill. Goes off its green color after killing frost, regains fresh new beauty every Spring—a true perennial!

FOR SLOPES

If slopes are a problem, just plug in Amazoy. When established, it ends erosion—also plug into hard-to-cover spots, play-worn areas, etc.


Amazoy is the trade mark registered in the U.S. Patent Office for our Meyer Z-40 Zoysia grass.

Every plug must grow within 45 days or we replace it free. Since we're hardly in the business for the fun of it, you know we to be sure of our product.

YOUR OWN SUPPLY OF PLUG TRANSPLANTS

Your established Amazoy lawn provides you with Zoysia plugs for other areas as you may desire.

FREE

A growth-producing 2-way plugger that saves bending time, work. Cuts away competing growth at same time it digs holes for plugs. Invaluable for transplanting. Ruged yet so light a woman can use it.

FREE UP TO 200 PLUGS

Millions of Amazoy plugs are sold every year at nationally advertised prices so Bonus Plugs represent clear savings. This special offer will be withdrawn, so order and save now!

If it isn't Amazoy, you're not getting the grass that made Zoysia famous!

FREE Patented Step-On Plugger Comes Free

Larger Orders of 600 Plugs or more.

Plugs Are 200 or More

Get Up To 200 Plugs Free

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Zoysia Saves Time, Work, Money

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Plugs Are 200 or More

Get Up To 200 Plugs Free

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$10

MOTHER'S DAY THIMBLE
Exquisite Mother's Day thimble, designed by Lillian Vernon and ours alone! The lovely rose is expertly hand-enameled in red, white and green cloisonné on rich gold-finished thimble of solid brass. American made. A great gift for the thimble collectors! 4449 Mother's Day Thimble $1.98
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ADDRESS LABELS with NICE DESIGNS
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(Shoes, 1956, thanks to you)

SAVE HUNDREDS OF DOLLARS
Build this in your own workshop, playhouse, garden tractor, etc., 10 ft. wide, 14 ft. long 9½ ft. high. $14.95, 4 ft. double door opening. Mounted on skids for portability, no expensive tools needed. The most complete plans we have ever designed for beginners. Step by step with pictures to guide you. Complete plans and materials list $4.00. Free brochure for other projects in our line.

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Get big 1975-76 catalog. Wallpaper 75c to $1.25 single roll! Actual sample sheets — textures, weaves, damasks, companion papers — all pre-trimmed, washable. Also shown: strippable Flocks, scrubbable Vinyls at great savings. 71 total selections. Send 35¢ today for large catalog.

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NOW-NEW BORDERLESS 24 COLOR WALLET PHOTOS
SPECIAL! 36 Black & White only $1.00
Beautiful silk-textured & smudge-proof. Send Polaroid color print or photo (up to 5" x 7"), reg. or slide. Original returned unharmed. GUARANTEED! Add 50¢ for each extra pocket.

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HARLEY BARNS
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SOUTH BEND, INDIANA

WASHINGTON, D.C.

The American Home Mailer
Handy! Attractive rattan wall rack has 6 strong rattan hooks for towels, clothing, etc. Useful in many areas of your home, rack adds handsome wall interest as well. 16" wide and 17" high. $7.35. Catalog, 25¢. Fran's Basket House, Dept. A44, Route 10, Succasunna, N.J. 07876.

Handsome personalized knife

Great!
Life size 'n personalized wooden hand paperweight bears bold black lettering demanding "Hands Off My Papers!" Personalized with your first and last name (print). Strong in solid 3¼" thick finished wood. 9½x9½". Personalized, $3.98 plus 75¢ p&h Without personalization, $2.98 plus 75¢. Cadlin's, Dept. A4A, 277 New York Ave., Huntington Sta. L.I., N.Y. 11746.

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Here is a lovely, glove soft leather shoe that goes in casual comfort anywhere! 3½" heels. Cushioned insoles. White, black, camel, navy or red. Sizes 4 through 12, N, M, W, $12.95 plus 90¢ p&h. Sizes over 10, add 51. Solfwear Shoes, Dept. A4A, 1711 Main, Houston, TX 77002.
What you are not supposed to know about perfume?

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FOR MEN

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TIMELY REACTIONS

I have just read your January '76 issue and all I can say is, it's about time. About time that people started writing articles for today's world. I had to turn to reading books because magazine articles were not keeping up with my ideas.

The article, "Why We Have No Children," was superb. Everything I have felt for some time, and wished that a lot more people could examine, was expressed. The other articles were well-written and diversified. If you continue in this line, your magazine could fit well with my needs.

Congratulations on a job well done. Good luck in the future.

Betty Weather (no address)

I truly write this letter with great respect for your terrific magazine and writers. I am replying to the very interesting article by Bonnie Buxton ("Why We Have No Children," January issue). I in no way criticize her opinions. The article is great, but I disagree and just for the heck of it, am writing a mother's answer to the feature.

RATIONAL REASONS FOR HAVING CHILDREN IN THIS CHANGING WORLD OF ALMOST CONSTANT WORRY AND HARD TIMES.

I am 28 years old. Or should I say young, because I truly feel as if I'm 18? My husband and I fell deeply in love almost instantly upon meeting, were engaged at 18 and married at 20. At the age of 23 we had our first child, a wonderful baby boy. We waited three years to have our second child. In the interim, we enjoyed our son and ourselves completely—as we now enjoy both children and our own relationship.

We have many friends who do not believe in having children. Most of them have reasons similar to Ms. Buxton's. They blame the world, overpopulation and the economic situation. To them I say, as they would confirm, I do not disagree nor do I agree, just, "Do as you please, but do not condemn us who center part of our lives around our children." They grow up fast enough and we want to utilize every moment that we have them home with us.

About motherhood being a demanding, thankless job. I disagree 100 percent. It is only as demanding as you make it. Sure, I see the mothers who cannot control their children, but don't you think that it might be their own fault? You mold your children. My son and daughter are respectful, tidy and obedient. A difficult trio to find. Why? Because parents don't expect it of their children, as they should. Mutual respect could be an article in itself. Thankless? No. One smile or "I love you, Mommy" is enough thanks for me. Children are human beings, not puppy dogs as they are often treated.

I'm not trying to kid anyone. There are times when my little ones get the belt on their exterior, but there are more times when they bring unexpected pleasures and laughs.

I feel complete since I've had my children. It's an old saying, but it's true. I hope my son and daughter marry someday and have families of their own. I honestly feel a person without a child cannot know the relationship of having a son or daughter—a natural or maybe inborn love. Only a mother and father know the warmth of their child's hug. Times come when you feel so down, and yet they're quickly forgotten, because that person you brought into the world comes over and tells you, "Don't cry, everything will be OK," and says, "I love you." Believe me, all problems are forgotten.

I, personally, do not believe in large families because of the obvious reasons: food, fuel, etc. But if we produce two or less children just to replace ourselves, mankind will find a way to balance his world and problems.

Don't condemn having children, if you do, you condemn love and hope.

Patricia SantaMaria Hopatcong, N.J.

JANUARY AT ISSUE

I just read the January issue of American Home—sensational!—and I enjoyed the light, literate style, marvelous range of subjects. I have the pleasant sense of having found "my" magazine; countless others will feel the same way.

Jane Heilmich Cincinnati, Ohio

I recently renewed my subscription to American Home. In the past this magazine was rated #1 in our home. I no longer wish to receive it. The January issue featured "Everything You Can Do In the Bedroom." There are plenty of other publishers printing reams of information on: how many times the average couple have sex ("The Pajama Game"); the best-looking at-home clothes that are multipurpose—quick entrance, and fast exit, and a little bit in between ("Clothes Can Come Between You"); get the right beat on a record and make love. This idea isn't new. Peter McCabe ("It Sounds Like Love") surely must know of the "sweet music of the '40s and people had radios back then."

I'm honestly not a prude, enjoy all that has been mentioned—it's just that I didn't expect this kind of rubbish from American Home.

(Mrs.) Celia Lougheed Canas, Wash.

ANOTHER "IMPOSSIBLE" RECIPE

First of all, let me tell you, American Home is a most enjoyable magazine. I work as a secretary and in my spare time love to cook and try new recipes. Most of my "masterpieces" are created with your help. In the January '76 issue I came across the Impossible Pie recipe in "The Home Front News" section. The girls here at work had a similar recipe floating around. It's slightly different, but I do hope you'll try it:

Our Impossible Pie

1/2 cup Bisquick
1 cup sugar
4 eggs
1/2 teaspoon salt
1/2 stick butter or margarine
2 cups milk
1 teaspoon vanilla
1/2 cup coconut (if desired)

Mix together in blender. Pour into ungreased 10-inch pie pan. Sprinkle top with nutmeg. Bake at 350°F. for 55 minutes. Serve warm or cold.

Marilynn Arndt Sauquoit, N.Y.

SINGLE THOUGHT

"Movin' on Alone" by Keitha McLean (January issue) was a very well-written article that can readily be appreciated today. More and more women are staying single and they need to know some safety precautions.

It's sometimes really scary being on your own. You've given me—and I'm sure other women—more confidence.

Debi Kazda Portland, Ore.

LONDON ADDITION

"London: the Home of '76" (February AH) was a good story, but it neglected to mention a very significant exhibition opening in the fall: "Two Thousand Years of North American Indian Art."

Four years in the making, this will be the most comprehensive collection of Indian objects to be seen outside the U.S. More than 1,000 objects are being gathered, some so rare and fragile they must be transported by hand.

I'm sure anyone visiting London from October 7, 1976, to January 16, 1977, will want to take in this show, as well as the other Bicentennial activities cited in your article.

Rosemary L. Klein London, England

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