

AMERICAN

Home

JUNE 1976
60¢

LIVING BY THE WATER

The Ideal Lifestyle

DISCOVER THE LOVE FOOD: AVOCADO

THE TRUTH ABOUT SPAS

WHY PEOPLE STILL GET MARRIED

CRAFTS: CREATE AN UNFORGETTABLE WEDDING

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WALTER C JACKSON LIB1 288
SERIALS DEPARTMENT
UNIVERSITY OF N CAROLINA
CHapel Hill NC 27412

It's Sears Open Hearth

Dining Room Furniture



Only at **Sears**

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 dining room 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 all 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.

Scrutinize the Construction Methods

Look inside. Look underneath. Look behind. Don't ignore the construction details of the furniture frame. If it doesn't stand up to close examination, it won't last as long. Look for:

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.

Glued and Pinned Chair and Table Legs and Posts with tightly fitted wedges for added stability.

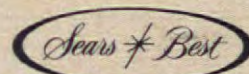
All-Wood Veneer Tabletops. For the mellow richness of grain and color you want in your dining room.

Two 10"-wide Leaves. Many dining room tables come with only one.

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 hand-rubbing. 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.

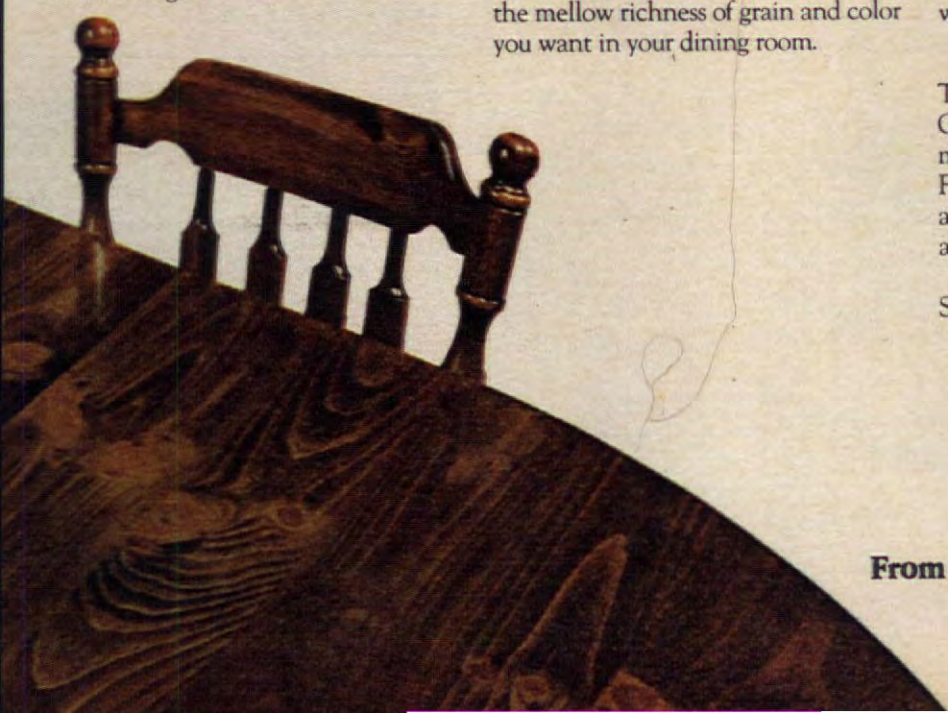
Choice of Pieces

There are 9 different pieces in the Open Hearth Dining Room and 45 more in Sears Open Hearth Bedroom, Family Room and Living Room. Plus a host of Open Hearth coordinated accessories.

Come see them now at most larger Sears, Roebuck and Co. stores.



From Sears Open Hearth Collection



AMERICAN Home

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COVER: A one-of-a-kind wedding by the water that's full of ideas to inspire you when you are celebrating a special occasion of your own. The bride wears a chintz pinafore (Cyrus Clark fabric) over a dress (Spring-maid fabric); both made from Vogue Patterns. Summer parasol to order from Mickey Lyons Rainwear. His suit, to order from FBS, shirt by Paul Stuart. The wedding album begins on page 46. Photograph by Carmen Schiavone

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Dear Mimi,
European tour has
been disappointing.
Have lit up cigarettes
in Spain, France, Germany
and Prussia. Have been
asked to leave Spain, France,
Germany and Prussia.
Have fingers crossed
for Switzerland.
Best Wishes,
Nanette

Von der Mondschiff antworten sich zwei Lieben in Zürich.



Miss Mimi De Boer
1007 N. Oak Park Ave.
Oak Park, Ill.
U.S.A.



You've come a long way, baby.

VIRGINIA SLIMS

With rich Virginia flavor women like.



17 mg. "tar," 1.0 mg. nicotine av.
per cigarette, FTC Report Nov. '75

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



Crêpe de Chine Parfum...

because I like being mysterious.



F. MILOT

Spray Parfum, Eau de Toilette,
Dusting Powder, Soap.

F.Y.I. FROM THE DESK OF LEDA SANFORD PUBLISHER



Everything in America is changing: people . . . living patterns . . . buying patterns . . . thinking patterns. No place reflects the changes more dramatically than the HOME. Homes have become the stages upon which our individual battles for selfhood are played, and the furnishings are the props that either facilitate living or impede it.

At the center of it all is the emerging woman, a hybrid who is alternately liberated and tradition-bound by her need to love and care for someone besides herself. Increasingly, she chooses to complicate her life by adding a career to the basic and inescapable responsibilities of home management.

Her quest is to simplify, streamline and cut down on meaningless and dulling "home-work" and leave more time for bread-making and love-making . . . or bike riding with the kids. If she is working, the guilt, while not crippling, remains. So there are weekends of overcompensation, when she cooks too much to make up for the high-speed meals of midweek.

This woman is curious about how other real people live and cope with the problems that are the result of modern life. She is hungry for solid information on home management. This is the person the NEW American Home is talking to.

We write about the new attitudes regarding what a beautiful home is and what it isn't. For the status-conscious, the guidelines are clear. But what about people interested in creating environments that are livable, workable and intelligent? We will show the variety of *real* lifestyles that are being lived in America today.

American Home talks about "lifestyle decorating," which means: Think about what you want from a room, or a home. What are *your* requirements? Don't let anyone dictate. Most of all, remember: The furniture, the carpeting—any of it or all of it—doesn't have to last forever or be passed on to the next generation. Yes, quality is important, but freedom is, too. Expensive mistakes are permanent ones. In this age you can change your lifestyle, your house, your furnishings. So be glad of it.

It's fun to read about food, and cooking should be a pleasure, not a chore. We talk about food, and about people who approach it with interest and zest.

Explore: Be different, because it's more interesting. It's a good time to be alive, and America is a good place to be, because the options are many and the choices can still be made freely. All that interfere are *voyeurism*—in this case, the desire to watch other people live and read about their exciting lives, while yours remains drab—and *nostalgia*—which is often just another word for fear of the future.

This is only the beginning. More on the subject of the NEW American Home next month. □



**In a major hospital study, Excedrin
relieved pain better than regular aspirin.
Here's why that could be important
when you have a headache.**

Doctors know headache pain is not readily measured. So they used hospitalized patients suffering a different kind of pain to compare regular aspirin and Excedrin.

In this study, doctors found that Excedrin worked significantly better. And this evidence indicates how well Excedrin could work for you.

So the next time you have a headache, get Excedrin, the extra-strength pain reliever. See if it doesn't work better for you.



The extra-strength pain reliever.

WHAT YOU SHOULD KNOW ABOUT WATER

Certainly, you have to drink water to maintain life. Also, you have to know how to use water wisely to get the most out of life.

By CAMILLE DUHE



Water isn't everything—just 90 percent of your blood, 80 percent of your brain, 75 percent of your flesh and 25 percent of your bones. You can live without it, but not for long.

Two weeks without food and you'd be in rotten shape, but hanging in there. Ten days without water and you'd be only a memory.

How much water do you need?

According to the American Medical Association, the minimum adult requirement under the most favorable conditions is about one quart per day, but a more practical minimum would be two quarts per day. To be more precise, the AMA advises that adult fluid intake should be three ounces for each 100 calories in the diet. (Older people and those with heart or kidney dysfunctions may need less.)

According to one study, the average American drinks only about three glasses of water per day. Of course, the total fluid intake is probably more than adequate in most cases because of the additional quantities of milk, coffee, tea and soft drinks consumed each day. However, one argument in favor of using more plain water to meet the body's liquid needs is that water is not low calorie, it's no calorie. Another, according to a study by Portia Morris, Ph.D., professor of food science at Michigan State University, is that water—and only water—rates 100 percent as a thirst quencher.

Water with meals is not a no-no... only drinking lots of water (or any other fluid). But you don't have to "eat dry." Just don't substitute fluids for chewing. Chewing allows saliva to mix with foods, so starches will be more easily and quickly digested. Drinking water just before a meal will give you a temporary "full" feeling that can be a help if you are trying to eat less.

Beneficial trace minerals are present in water: in hard water, calcium and magnesium; in soft water, sodium. But the amounts of the needed trace

elements supplied by water are minuscule. Fluorine is added to water to protect against dental decay.

One deleterious trace mineral often present in water is cadmium. Soft water picks it up from the galvanized iron, copper or plastic pipes it passes through. Some experts think cadmium is a factor in hypertension (high blood pressure) and therefore heart disease. Here's how to minimize the possibility of cadmium in your water: Always draw cold water from the tap for drinking purposes and let it run a bit before using, to flush out what has been standing in the pipes.

Water retention isn't caused by drinking too much water or cured by drinking less. If quantities of water remain trapped in the body, you should see your doctor. Never prescribe a diuretic pill for yourself under any circumstances. Many things can be responsible for bloating, or edema; it may signal a dysfunction of the heart or the kidneys. And taking The Pill can interfere with normal excretion of water. For most healthy individuals, however, the culprit in water retention is an imbalance in the

intake and output of sodium. Too much salt can bind water in the body. To maintain proper water balance, the body requires just one-half to one gram of sodium per day. That's just one-fourth of one teaspoon of salt! It is estimated that the average American diet supplies from five to 20 times that amount. Under normal conditions, the excess is lost in perspiration and urine. But many illnesses can cause sodium to be retained and, along with it, water. Since excess sodium can contribute to hypertension and many other problems, you may want to ask a doctor about the advisability of reducing your salt intake. You probably get all the sodium your body requires from food, even without adding salt (celery and many other vegetables are rich in sodium).

As an exercise medium, water has just about everything going for it. It both tones and relaxes the body and supports body movements in it. Because the body works in a bilateral way, a bilateral exercise such as swimming will develop symmetry and the long, lean lines of the body, as opposed to developing muscular bulges the way weight-lifting does, for example. Aquatic exercises are also aerobic and a great way to increase lung capacity and send more blood to the heart.

Before you begin water exercises (or any other kind), it's best to ask your doctor what's best for you. Even if you are in great shape, you should warm up the muscles and limber the body before getting down to a workout. A couple of minutes by the side of the pool will do. Try jogging in place while you count slowly to 60. Now with hands on hips, feet and legs wide apart, slowly bend the body forward from the waist, keeping pelvis tilted and tucked forward, exhaling with force as you bend forward. Rotate the upper torso slowly to the left, the rear, the right and around to the starting position. Inhale as you rotate to the rear, exhale as you bend forward. Do 10 counterclockwise rotations, then reverse the direction and do 10 clockwise rotations.

Now get into the pool, but slowly—even on a hot (continued on page 73)

THE WHIRLPOOL WONDER

After experiencing how a whirlpool bath soothes jangled nerves, arthritic joints and aching muscles, many people wonder why whirlpools aren't standard equipment in all new homes. Maybe they will be someday, but you can have one in your home right now without a lavish outlay. Through special dealers and some department stores, you can buy a portable whirlpool unit that hooks over the side of your bathtub and stores easily in a closet for about \$325. Or you can spend a little more and replace your old bathtub with a special model equipped with aerating pump and water jets—the gear that makes those invigorating bubbles.

Jacuzzi, the first company to manufacture the portable unit and the organization whose name is synonymous with "whirlpool," sells the tubs for \$1,000 in single size, \$1,500 in double (plus installation).



If you think pantyhose is too hot
for summer, you never wore Summer Sheer.®

Summer Sheer by Hanes.

Made especially for summer. From a special knit that
lets the breezes through. Summer Sheer
by Hanes. It's elegant. It's cool.



Look for this display tree at finer
department and apparel stores.

HOW TO PICK THE PERFECT GLASS FOR EVERY WINE

Good wine will taste better in the right glass, but you don't have to stock every size and shape. Here's why.

By CREIGHTON CHURCHILL

If someone has given you a set of tiny cranberry-type glasses as a wedding present, be sure not to use them for wine. They might do for sipping dandelion wine or for a shot of Cherry Bounce, but you'd do better with a clear water glass for real wine.

Wine appeals to three of our four senses: sight, smell and taste. In Germany (where most wines are white) people frequently use decorated or colored glasses, simply because German white wines tend to be colorless and make a dull appearance in the glass. But with most other wines, colored glasses keep you from enjoying the lusters of the whites and the bright rubies and scarlets of the reds.

To fully appreciate the bouquet of wine, you need a glass with some depth. A wine's bouquet (not to be confused with the term "aroma," meaning the smell of unfermented juice) comes from the evaporation of its acids, esters and alcohol on their way to your nose. A tulip-shaped glass, two or more inches wide at the brim and a bit bulgy at the middle, provides ample surface for evaporation when filled about half full.

Along with those thimble-size wedding-present glasses, another example of what you don't need in a wineglass is an array of those shallow numbers called "champagne cups." These are fine for showing off the colors and glints in wine, but in order not to seem stingy, a host must fill them to the brim. That means they afford too much surface, and the precious bouquet drifts off in all directions and is lost. European champagne glasses, called *flutes* in France, are the best for champagne. They are tall and narrow at the brim so that everything, including some bubbles, goes up your nose.

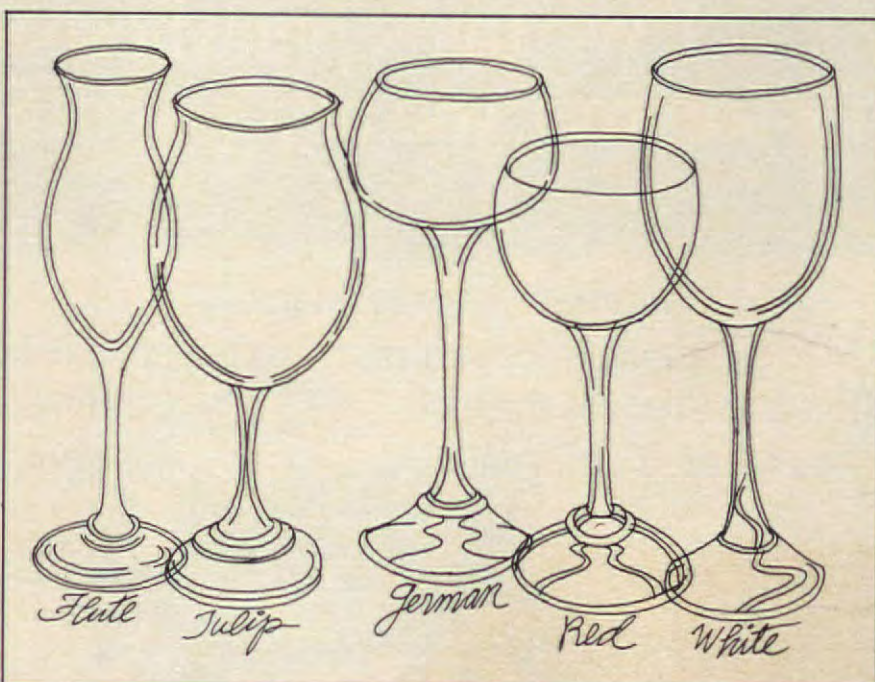
But you don't have to have a different glass for each kind of wine. Traditionally, stylish wineglasses were those that looked fragile and delicate, and had a clear ring to them when tapped. They were expensive—some still are. You can pay as much as \$200 to \$1,000 a dozen for French glasses made by Baccarat, the world's most famous wineglass maker. Molded from clear crystal, they are paper-thin and don't survive in the dishwasher. On the other hand, more practical and adequately decorative all-purpose glasses should not cost you more than a dollar each, and may be used, as the name implies, for everything including champagne and Bloody Marys.

People are frequently puzzled as to what to do about the glassware when there are two or more wines to be served at a meal. Different types of glasses for each wine are certainly not necessary, but a slight variation adds to the appearance of the table, and in the event that two wines of the same color are being served, it sometimes avoids confusion among the guests. You may be embarrassed to find yourself praising one wine to your host when you really mean the other.

If you own glasses of different sizes, your solution has an entirely practical basis. Whites and rosés, being chilled deserve the smaller glasses, inasmuch as the wine will not warm up so fast. With the reds, on the other hand, conserving the temperature is no issue, and the larger the surface there is for evaporation, the more bouquet. In

Burgundy, for example, where the French pride themselves on the powerful fragrances of their reds, the favored glasses are not only the size, but also the shape, of a very large grapefruit. Germans serve their wines in far smaller glasses; and German glasses are traditionally long-stemmed.

People sometimes wonder about the reasons for decanting red wines. I was once quoted as saying that the custom of decanting originated with some wine merchant as a ruse to persuade the drinker to throw some of the wine away, enabling the merchant to sell more bottles. But I was misquoted. The primary reason for decanting is that many red wines build up a sediment with age. This sediment is not only harmless, but actually an assurance that the wine has been well made and not filtered any more than absolutely necessary. Sediment in an old Bordeaux or Burgundy, or in a bottle of an Italian red such as a Chianti Classico or a Barolo, is entirely normal. You will find that its taste is not much different from the rest of the wine—and I often save it for cooking. But sediment, if mixed with the rest of the bottle's contents, does muddy the wine, marring its looks and texture. So if you come across a fine, old bottle with sediment, don't shake it like a cocktail. After opening, place a funnel in the mouth of the decanter, hold the neck of the bottle next to a bright light or candle and pour gently. At first sign of cloudiness within the neck, stop. Now, bottoms up—drink the dregs. □



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 one who doesn't like the Bacardi rum cake is the mailman! Here are some typical comments.

ELEGANT RUM AND OUT OF THIS WORLD TEXTURE.
GREENWOOD, ARK.

It was quick to make ... AUSTIN, TEX.

Great! Moist! Tasty! ... OLEAN, N.Y.

All my friends and relatives liked it. MARKESAN, WIS.

Fabulous. Have made three.
WILLIAMSPORT, MD.

Delicious Party Cake ... ANAHEIM, CAL.

Wonderful Flavor ... PARADISE, CAL.

★★★★! MIAMI, FLA.

Excellent. Have recipe to friends. Now they're all making it. DARIEN, CONN.

BACARDI rum cake

Cake:

- 1 cup chopped pecans or walnuts
- 1 18½-oz. pkg. yellow cake mix
- 1 3¼-oz. pkg. instant vanilla pudding mix
- 4 eggs
- ½ cup cold water
- ½ cup Wesson® oil
- ½ cup Bacardi dark rum (80 proof)

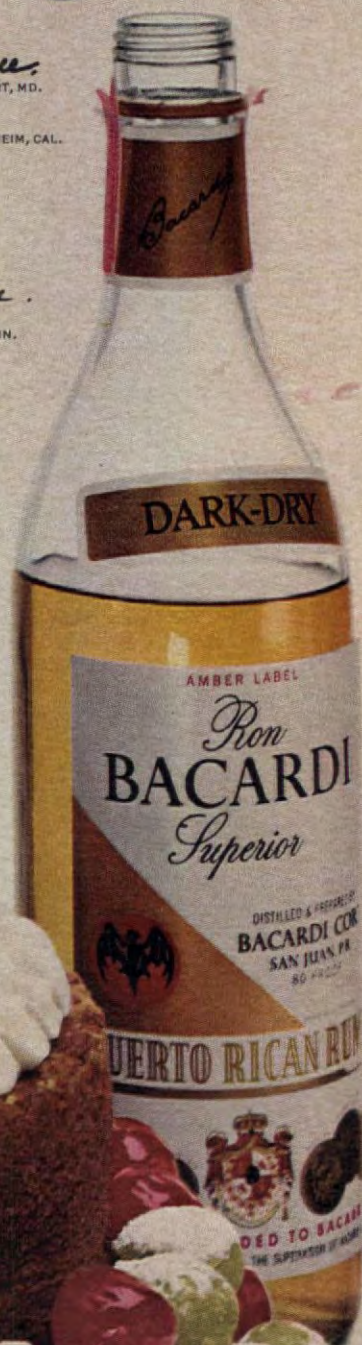
Glaze:

- ¼ lb. butter
- ¼ cup water
- 1 cup granulated sugar
- ½ cup Bacardi dark rum (80 proof)

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 till glaze is used up. For glaze, melt butter in saucepan. Stir in water and sugar. Boil 5 minutes, stirring constantly. Remove from heat. Stir in rum.

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.

THE TRUTH ABOUT HEALTH SPAS

Today, the term "spa" is used to describe everything from sex-oriented massage parlors to quasi-health resorts. Nonetheless, places like Marienbad, Czechoslovakia—the ultimate genuine spa since its healing waters were discovered in 1710—and Maine Chance, U.S.A., better described as an elegant beauty farm, are hot topics on the health belt.

Marianske Lazne (Czech for Marienbad)—snuggled in the forest of West Bohemia—is to inveterate spa-goers what Mecca is to Moslems. The little city incorporates all the spooky charm of a city of grandeur past. Nonetheless, it illustrates what the health-seeker should expect of every real spa.

The word "spa" is derived from the Latin—*spatium*, a mineral spring or a locality where such springs are. And the Romans, history's all-time champion spa-builders, dotted the lands they conquered with their healing baths as fast as their empire grew. Today, the word "spa" has wormed its way into the English language, and the original meaning is all but lost. In North America, particularly, it's used to describe everything from health and exercise resorts to do-it-yourself facial treatments.

A real spa, however, works on the principle of "taking the waters" of a spring credited with various healing mineral properties. The mineral water is taken *internally*—plain, as wine or as an inhaled mist—and *externally* in warm baths (or *bads*, from the German) with hand or underwater massage, in mud or peat baths. *Balneology* is the technical name for it, "the science of the therapeutic use of baths."

Here's a list of a few favorite spas and spa-substitutes in Europe, England, the United States and Canada, rated according to the curative powers of the waters and treatment available. Four stars for superlative, three for very good, two for good and one for acceptable. All prices are approximate and subject to change.

CZECHOSLOVAKIA

******Marienbad**: a four-star rating and a point of comparison. First, there is the silence, restful (and necessary),

as this spa is famed for treatment of diseases of the respiratory tract as well as skin and nervous disorders.

*****Karlsbad** (Karlovy Vary): also in West Bohemia, the largest in the country and, dating back to 1358, the most historic. Due to the minerals of the springs here—40 in all, some extremely rare—most cures include drinking the water and cover many ailments.

There are 14 other spas in the country. Notable is **Strbske Pleso** (***) in the High Tara mountains, recommended for bronchial problems. Approximate price for all three Czechoslovakian spas, based on single occupancy and depending upon the season, is \$22.80 a day, meals included. Accommodations can be booked through Czech Health & Pleasure Tours, 165 W. 46th St., New York, N.Y. 10036.

HUNGARY

*****Parad Spa**: in the Matra Mountains. It's good for gastric disorders.

*****Budapest**: with more than 100 springs, the largest spa in the world.

***Lake Balaton**: beautiful, widely known and not dissimilar to New York's Coney Island on a hot day. It is too crowded for real relaxation.

Costs average about \$23 per day, including meals.

ROMANIA

It was the Romans who dug into the first springs here and built the original spas. Since that time, Romanians have lolled, balneologically speaking, in the country's more than 160 spas and health resorts.

******Herculane**: one of the most famous for digestive and respiratory afflictions. Including board, the price is \$22.75 a day.

*****Calimaniesti-Caciulata**: is recom-

mended for the digestive system and/or kidney disturbances. The cost is \$14.50 a day, including board.

ITALY

Italy has so many spas, it's hard to decide not only which are good but which are the most spectacular.

******Ischia**: a small island off the coast, serviced by ferry, boat or helicopter from Naples. Here, it's possible to choose treatment as luxe or low-priced as budget allows. The radioactive waters of Ischia have been easing pain for 2,000 years, and the original baths are there to prove it. The **Regina Isabella** baths were built on the ruins of Greco-Roman baths, dating from the 8th century B.C., and today, along with the **Santa Restituta** and **Reginella** constitute the core of the island's mineral springs.

In addition to splendid-tasting mineral drinking water, Ischia cures primarily consist of underwater massage, hot mud baths and, at dinner, red wine made with mineral water. First-class single accommodations, including board, are about \$44 a day.

*****Fiuggi**: only 50 miles from Rome, is one of the most beautiful Italian spas. In addition to scenery and fascinating mythology, Fiuggi offers two baths, the **Fonte Bonifacio Ottavo** and the new **Fonte Anticolana**. The waters of both are effective in preventing uric acid conditions and treating other diseases of the kidneys. Single accommodations, without meals, range from \$24 to \$55 (deluxe) and \$10 to \$18 (second class), depending on season.

ENGLAND

******Grayshott Hall**: the hub of the health-belt in Surrey, is not actually a spa, but what the English call a "health farm." (continued on page 70)

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:

Examine the Drawers

It takes time, care and true craftsmanship to make drawers that will continue to work beautifully.

When you shop and compare, these are all the drawer construc-

tion features to look for: ball-bearing slides, positive drawer stops, tongue-in-groove bottoms, dovetail joints, no-sag insides and anti-wobble discs. You'll find them all in Sears Open Hearth.

Look for Inner Frame Strength

If the inner construction of the frame doesn't include these features, its outside beauty won't last as long.

Tongue-in-Groove and Mortise-and-Tenon Piece Construction.

Ordinary butt-edge construction won't last as long.

Corner Cleats and Glue Blocks for extra strength.

Recessed Back Panels to add stability to the frame.

Adjustable Casters and self-levelers on all larger pieces.

Meticulous 26-Step Finishing

Only firm, evenly textured, kiln-dried northern white pine and fine grade white pine veneers are carefully chosen for Sears Open Hearth.

The satin glow and warm highlighting you'll see when you shop and compare take 26 painstaking finishing steps to achieve. There is no shorter method to bring out the beauty of northern white pine and make it last.

Choice of Pieces

There are 13 different pieces in the Sears Open Hearth Bedroom and 41 more in Sears Open Hearth Dining Room, Family Room and Living Room. Plus a host of Open Hearth coordinated accessories.

Sears Open Hearth. At most larger Sears, Roebuck and Co. stores.

Only at

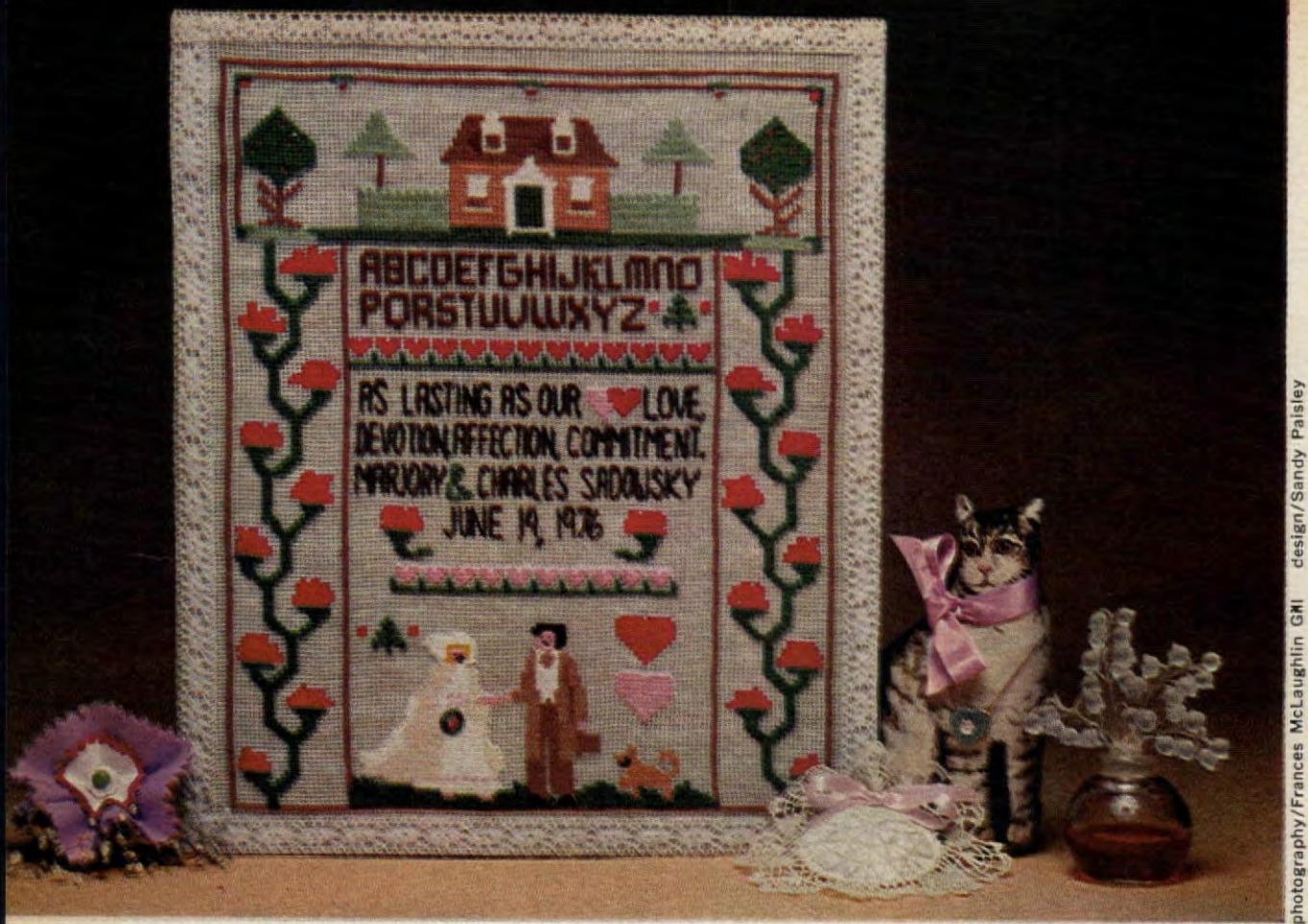
Sears

Sears & Best



From Sears Open Hearth Collection





photography/Frances McLaughlin GMI design/Sandy Paisley

Create a personalized heirloom that commemorates an upcoming wedding or special anniversary. To make the work go faster and also give it a lovely Victorian air, leave the background of canvas blank. The letters are a back stitch; the rest a continental stitch on double-mesh canvas. All cotton yarns by D.M.C.

To order, see coupon, page 96. For information on kitten, sachet and perfume flacon, see Shopping Guide, page 90. For a peek into our spectacular wedding album, please turn to page 46.

STITCH A WEDDING SAMPLER



CONFESSIONS OF A CONFIRMED CANNER

Please don't tell my neighbors I was the one who filled the corridors of our apartment house with the intoxicating odors of vinegar and spices at all hours last summer. On more than one occasion I've been known to finish up a batch of pickles that I started after dinner in my night gown and slippers.

Canning is not for everyone. It takes effort and determination; there's no shortcut. Fortunately, making jams and jellies is less time-consuming. I put up with the traumas of canning mainly because it's relaxing. Also, the fruits of the garden I have in the country supply me with produce, so I do save money by preserving my crops.

Last year, I had a bumper harvest of tomatoes, pickling cucumbers, cabbage, corn, onions and squash plus apples and wild berries. But nowhere could I find canning lids to replace emptied jars from previous cannings. I had to go to the expense of buying jars that are sold with lids (jars are reusable, but the lids need replacement with each canning). This year's canning-lid supply will be double the 2 billion produced last year, according to Nancy Steorts, special assistant for consumer affairs to the Secretary of Agriculture. So this should be a great canning season.

The only equipment needed to can fruit or make jellies is a water-bath canner. Or use a kettle deep enough to cover jars on a rack with an inch of water during processing. Use only jars designed for canning.

CANNING FRUIT OR TOMATOES
8 to 12 pounds firm unblemished fruit (apricots, nectarines, peaches, pears) or tomatoes

Ascorbic-acid mixture for fruit

Water or natural juice

Sugar or lemon juice and salt

1. Wash 4 or 5 quart-size jars and lids with screw bands. Fill canner or kettle with water. Add jars; heat over high heat while preparing fruit and packing liquid. Add lids later.

2. Wash fruit well. Peel. (With apricots, peaches or tomatoes, dip in boiling water, then cold water for easy peeling.) To keep fruit from darkening, drop into bowl of water containing ascorbic-acid mixture prepared according to label. Leave fruit whole or cut into halves, remove core or seed. Cut out stem ends of tomatoes.

3. Fruit can be canned in sugar syrup, its own juice or water. Tomatoes are packed in own juice or with no liquid; lemon juice and salt are added. Fruit can be packed cold or raw (which I prefer) or hot, thus partially cooked. Cold-packing is easier

to handle but you'll end up with floating fruit after processing and cooling, as fruit cooks down and leaves some space. With hot-packing, you can fill a jar with more fruit in the same space, as cooked fruit will be soft and pliable. Instructions here are for cold-packing.

4. It'll take 1 to 1½ cups of syrup, juice or water to fill and cover fruit in a jar. Packing liquid should be boiling hot before using. To prepare a thin syrup, boil 2 cups sugar to 8 cups water. To prepare natural fruit juice, crush thoroughly ripe, juicy fruit (same as what you're canning); heat to simmering over low heat. Strain through cheesecloth or jelly bag. Tomatoes can be pressed into jars until juice is extracted.

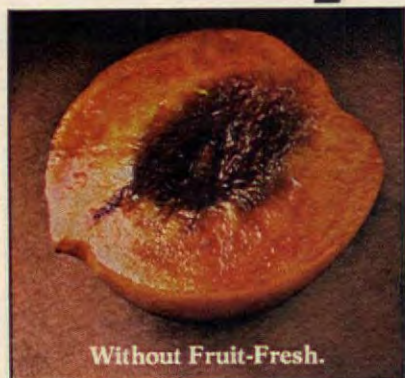
5. Put lids and screw bands into can-

ner with jars to heat. Drain jars on clean towels. Fill with fruit; cover with boiling liquid. With tomatoes pressed into jars, add 1 tsp. lemon juice and ½ tsp. salt to each jar. Leave ½-inch space at top. Run spatula around inside of jar to work out bubbles. Wipe jar rim. Put on lid and band tightly. Repeat.

6. Place jars in canner of boiling water. Water should cover jars by 1 inch. If not, add more boiling water. Cover. Return to boil. Start timing for processing. Process fruit 30 minutes; tomatoes, 45 minutes.

7. Lift jars from canner. Cool. Check seal. If center of lid is down and won't move, jar is sealed. If not, refrigerate and use. Wipe jars, label, store in cool dry place.—Lucy Wing

Yukky. Yummy.



Without Fruit-Fresh.



With Fruit-Fresh.

Peaches preserved in ordinary canning syrup for 12 hours.

Fruit-Fresh. You need it for canning, freezing, and fresh fruit.

If you want all the fruit you serve to look and taste its freshest, what you really need is Fruit-Fresh. Because Fruit-Fresh contains a special ingredient that locks in the natural, "just-picked" color and flavor. Which means no more brown, mushy-looking peaches.

Fruit-Fresh is economical, too. A 5-oz. can will preserve up to 75 lbs. of peaches. Here's how: For Canning: simply add Fruit-Fresh to the regular syrup. For Freezing: add Fruit-Fresh to the syrup or dry sugar. For Fresh Fruit: sprinkle Fruit-Fresh on your just-sliced fruit before refrigerating. Sound good? It tastes delicious.

Keeps fruit looking and tasting fresher.



Free Offer: For free Fruit-Fresh dessert recipe booklet, send self-addressed stamped envelope to: Fruit-Fresh Recipe Offer, Dept. FF475, Box 1467, Pittsburgh, Pa. 15230.

SEE GLORIA RUN

Politician, wife and mother, her energy and enthusiasm to



Gloria Schaffer is now turning the upcoming U.S. Senate race.

HARTFORD, Conn.—Next to Gloria Schaffer's desk is a modern painted wood sculpture of a grotesque woman thus inscribed: "La Docile Dame d'Opera—the lady who stays glued to her seat and doesn't move to accommodate anyone else." Gloria Schaffer, Connecticut's dynamic Secretary of State, doesn't have much in common with the sedentary "Docile Dame." "I've always thought that politics is the only way to change things," she explains, "so I just plunged in."

That was in 1958, and 27-year-old Gloria Schaffer, a Democrat from a predominantly Republican district, was the first woman ever elected to the Connecticut

State Senate, where she subsequently served for six terms. Now in her second term as Secretary of State, Gloria—and everyone calls her that—is still on the move politically. She has her eye on a seat in the U.S. Senate, and most observers close to the scene expect her to take the Democratic nomination hands down.

Polls show that after 17 years in state politics, Gloria Schaffer is the most recognized political figure in Connecticut, partly because she served as a panelist on *What in the World*, a geographical television quiz show, while she was State Senator. But Gloria would hardly go unnoticed, even without her TV notoriety. She is like





On the run: Anything can and does happen in Gloria Schaffer's office, such as an African dance troupe preparing for a performance (opposite). In a quiet moment between appointments, Gloria catches up on the news in her car (bottom, left). After collecting paperwork from her desk (bottom, right), she stops to address a senior citizens group (left) and finally arrives home at midnight to compare notes with husband, Eugene (right).



Photography by Dan Wynn

a streak of color in the day-to-day routine of Hartford, the capital. She never seems to slow down, moving through her daily whirl of people and politics with near-perfect timing and great style.

If she does win the Democratic senatorial nomination, Gloria Schaffer will be running against incumbent Lowell Weicker, who made his name during the Senate Watergate hearings and knows a bit about the uses of television himself.

In a state where both the Governor and the Secretary of State are women, women's issues might be expected to run close to the surface. Gloria, a friend of

Governor Ella Grasso, can best be described as a soft-core feminist who prefers to get her point across without being hostile. "I've never heard her yell at anyone," says Jan Myles, her administrative assistant. Yet she campaigned actively for passage of the Equal Rights Amendment in Connecticut, says that abortion is a moral issue between a woman and her doctor and expressed full-blown feminist outrage when a reporter asked her what she thought about being described as "cute"—but she didn't yell.

In 1958, when most American women were conforming to the women's magazine (*continued on page 66*)



I didn't always smoke Winston Super King.

I was looking for a longer cigarette. But I also wanted taste. Only Winston Super King gives me both. Super King has the length I like, and all the real taste I want. If a cigarette doesn't have taste, it doesn't have anything. Winston Super King is for real.

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

18 mg. "tar", 1.2 mg. nicotine av. per cigarette, FTC Report SEPT. '75.

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

The Home Front News

FLOATING VILLAGE

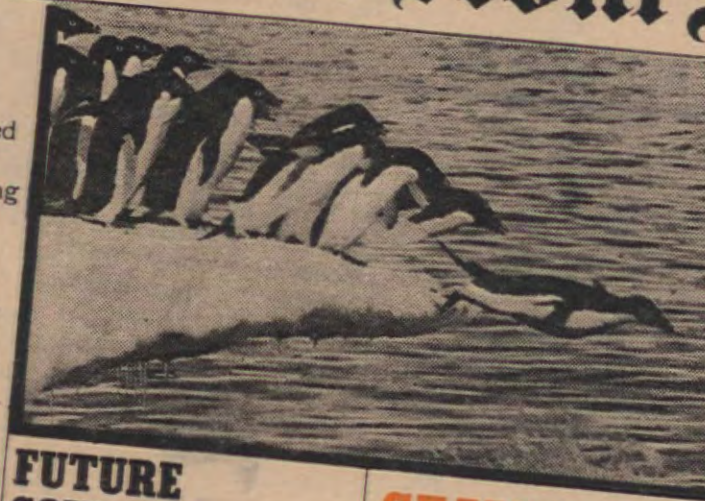
For Habitat '76 the United Nations Conference on Human Settlements being held in Vancouver, John Hodgden, self-styled Canadian renaissance man, proposed an aquatic village as one way to overcome the high cost of conventional building lots.



Similar in design to an A-frame house, the modular houseboat forms the basic unit of a community that was planned to be as ecologically up-to-date as possible.

Each unit is a fireproof shell made of fiber glass and polyurethane with solar heating. Inside trappings include a spiral staircase leading to a suspended bedroom, as well as furniture from Brazil, a Japanese soaking bath and European bidet. The house is also equipped with anti-pollution devices such as a sewage disposal that turns human waste into a safe, odorless fertilizer and a "soap and grease interceptor" that makes water cleaner than city tap water. Proposed cost for one unit is \$35,000.

For information write to Premier Module Structures International Ltd., UN Task Force Project Office, 1583 Pemberton Ave., Suite 19, N. Vancouver, B.C., Canada.



PENGUIN POWER

Travelers and armchair wanderers are in for rare adventure when they thumb through *Alaska Geographic*, a quarterly filled with articles and beautiful pictures of flora and fauna found in cold climes. For subscription information, write to *Alaska Geographic*, Box 4-EEE, Anchorage, Alaska 99509.

FUTURE CONTROL

RCA's new digital remote control TV system not only enables you to change channels direct (from 2 to 7 without hitting 3, 4, 5, and 6) but also flashes the time of day and channel number on the screen and adjusts color automatically. Future uses will include an add-on video disc system and video tape machine—the newest dimensions in the video world.



HEN PARTY

Running around like a chicken with its head cut off? Why not prepare a recipe to enter the 1977 National Chicken Cooking Contest. Send for an entry blank from: National Chicken Cooking Contest, 614 Madison Bldg. 1155 15th St. N.W., Washington, D.C. 20005.

SEAWORTHY TOYS

For the junior league water set, here are some water toys guaranteed to get your youngster into the bathtub faster than you can say "jaws."

- 1. Finger Paints For Dirty Kids** in three colors that smear on, fizz down into soapy suds; Village Bath Products, \$5, at Sears, Roebuck stores around the country.
- 2. Sunsailer, Barbie's "Hobie Cat"** catamaran, has life jacket and picnic accessories; Mattel, \$9 (dolls sold separately).
- 3. Baby's Water Friends** include plastic penguin, seal and whale that spouts water when squeezed, on floating plastic iceberg; Playskool, about \$3.99.
- 4. Snoopy Ring Toss Game** with three colored rings for the pool; Ideal, \$3.
- 5. Weebies Tub Sub**, floatable scuba sub that can submerge, comes complete with diver and wheels for dry surfaces; Hasbro Industries, under \$4.50.
- 6. Catchup Fishing Game** for pool or tubside landlubbers; Creative Playthings, approximately \$5.50.
- 7. Mickey Mouse Bubble Barge** creates delightful bubbles from ordinary soap; Child Guidance; under \$5.
- 8. Three Men In A Tub** musical rocking toy that also floats; Fisher-Price Toys, \$5.50.



All prices are approximate

MOVIES

By Daphne Davis

FAMILY FUN

At last there's a selection of good movies the whole family can enjoy: films that are involving and humorous rather than condescending light-weight fare.

The terse talents of child star Tatum O'Neal are perfectly suited to this era of female expansion. As Amanda, the amazing Little League pitcher in *The Bad News Bears*, tough-talking Tatum has moved into the action roles little boys previously cornered the market on. In the uproarious comedy, she is paired with oddball grouch Walter Matthau, a part-time pool cleaner and the Bears' alcoholic coach. Matthau, whose doggy face almost reaches his feet, is saddled with a team of misfits and their win-at-any-cost baseball fathers, the equivalent of obnoxious show-biz mothers.



Matthau's salvation lies in ex-protegé Amanda, whom he quickly tries to recruit. Now 11, she's more interested in bras and modeling than short-stops and fly balls. They exchange locker room insults. He wins. With Amanda on the scene, the team shapes up and makes the championship.

Throughout *The Bad News Bears*, laughs are served up faster than jack-in-the-boxes. Director Michael Ritchie, a specialist in American obsessions, dives into the pushy Little League world of fast food T-shirts, and pizzas in the shape of baseball diamonds. As for Tatum O'Neal, what can you say about a girl who could put down Muhammad Ali and has a voice that sounds like a cigarette being squished out, except that she's a killer and has the makings of a Bette Davis or Katharine Hepburn.

Unlike anything he has done before—and definitely worth seeing—is Alfred Hitchcock's comic suspense thriller, *Family Plot*. At moments confusing, the dual themes of kidnaping and missing identity are quaint, and developed at an old-fashioned pace. Hitchcock's coy direction, prowling camera work and well-appointed sets have never been better and his fun-and-games cast is aptly chosen.

Consider this talent line-up and imagine the high-jinks in *Family Plot*:

Karen Black and William Devane as a pair of love-birds who kidnap for diamonds, and Barbara Harris, a zany psychic, and her boyfriend, Bruce Dern, as a cabdriver-actor.

Harris and Dern get \$10,000 if they track down a certain person who's supposedly been dead for 25 years. The couples tangle and the result is crisscross mayhem.



A chuckle from start to finish, *It's Showtime* compiles the talents and charisma of movieland's beloved canines, horses, chimps, lions and dolphins. From early silents through current nature epics, the film parades a succession of animal fads and has a sense of satire that's as up to date as the TV comedy show *Saturday Night Live*.

Loyal Lassie and reliable Rin Tin Tin deserve better masters than the ones they have. And Francis, the talking mule, makes more sense than Donald O'Connor. My favorite segments of *It's Showtime* are "Name that cowboy's horse" and the sequence from *Bedtime for Bonzo* where Bonzo looks up incredulously at Ronald Reagan, who promises to bring up the lovable chimp with a sense of right and wrong.



Burt Lancaster as Moses

HOLY BURT

Move over Charlton Heston, here comes Burt Lancaster with the Ten Commandments and a new parting of the Red Sea in a realistic version of *Moses* shot in Israel.

Inferior to the original, this wide-screen religious epic is drab and cries out for Cecil B. DeMille's magic, Heston in technicolor and a ton of hokey special effects.

SNAP & CRACK FIZZLE

Modeled on every black singer in the late 1950s who hoped to turn into a Diana Ross or Aretha Franklin, *Sparkle*, starring Irene Cara, is an unsatisfactory mix of nostalgia and crackerjack. Too much formula corn and not enough sparkle plent spoil this dramatization of one of the major show-biz dreams of millions of American women, black and white.



The Home Front News

ROBIN HOOD RIDES AGAIN

Hurrah for Robin Hood! He's brought lovely Audrey Hepburn back to the silver screen. Teamed with Sean Connery of James Bond fame, Ms. Hepburn glides through *Robin and Marian*, a Sherwood Forest affair of middle-age romance between the disillusioned but goodly outlaw and his ever beautiful and long-waiting lady love. Better luck next time, Audrey.



Sean Connery and Audrey Hepburn in *Robin and Marian*

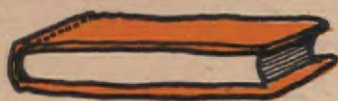
FUNNY MAN

It should be impossible to make an unfunny movie about W.C. Fields and his love life, but Hollywood has done it. Rod Steiger and Valerie Perrine are talking cardboard in *W.C. Fields and Me*, a useless bio-flick that's crammed with rerun clichés. Even Baby LeRoy is terrible.



Irene Cara in *Sparkle*

BOOKS



COOKBOOKS

Some like it hot, and if you're one of them, *The Heartburn Cafe* cookbook from the makers of ALKA-2 will fire your palate. Constructed like a matchbook, its recipes include "Hot Lips Chili" and "Blazing Indian Pudding." Send \$1 with your name and address to: ALKA-2 Cookbook, P.O. Box 750, 1108 High St., South Bend, Ind. 46624. You'll soon be breathing fire and loving it!

In John Fisher's *Alice in Wonderland Cookbook*, excerpts from Lewis Carroll's work and the whimsical illustrations of Sir John Tenniel are teamed with appropriately titled recipes. Who can resist "Looking Glass Cake" or "Drink Me Soup"? Two bonus essays on food by Carroll are merely the icing on a thoroughly delectable pastiche of good reading and interesting eating (Clarkson N. Potter, \$6.95).

The art of pickling fruits and vegetables is explained in *Pickle Packin' Grandma's Recipes*. Simple instructions cover the various methods and equipment used in successful pickling. Also included are homespun stories and delightful pictures of a "pickle" lady (Brevet Press, \$4.95 spiral-bound, \$8.95 hardcover).

Cecil Dyer in her book, *The Chopped, Minced, and Ground Meat Cookbook* released this month,

provides the budget-oppressed chef with more than 200 recipes—from hamburgers to international delicacies. Learn how to choose proper meat cuts for grinding, what utensils to use for chopping, grinding, mixing and blending, and how to extend protein levels and reduce food costs (Arbor House, \$9.95 cloth, \$3.95 paper).

The Tappan Creative Cookbook for Microwave Ovens and Ranges is designed for both novice and gourmet cooks. Recipes for snacks, main dishes, vegetables and desserts provide complete directions for preparation in either the microwave oven or conventional range (Holt, Rinehart and Winston, \$8.95 or send a certified check or money order to Tappan Advertising, Dept. CB, Tappan Park, Mansfield, Ohio 44901).

Recipes for the glorious seasonal specialties of German and Viennese cooking are presented in *Luchow's German Festival Cookbook*. Historical anecdotes and celebrity comments garnish the contents of this book. Topping it off—a spirited discussion of Luchow's wines and beers (Doubleday, \$7.95).

Cooking with a Spanish Flair combines bits of the history and legend surrounding olive oil with 200 kitchen-tested recipes. Spanish, international and American favorites are covered. Nutritional information is included. Single copies are available for \$3.95 in check or money order, from the Spanish Olive Oil Institute, P.O. Box 4050, Princeton, N.J. 08540.

BOOKLETS

Suggestions on basic back care, including diet and exercise tips, are contained in *The Bad Back Booklet* available free by writing to: Simmons Co., Dept. AH, 1 Park Ave., New York, N.Y. 10016.

Help on how to convert ready-to-wear clothing into suitable "easy-on, easy-off" attire for the physically disabled is contained in a free illustrated booklet, *Convenience Clothing and Closures*. For a copy write: Talon/Velcro Consumer Education, Dept. AH, 41 E. 51st St., New York, N.Y. 10022.

The Fruits of Summer is a tempting selection of recipes using the bounty of fresh California plums, nectarines, peaches and pears. For a free copy send a stamped, self-addressed business-size envelope to: California Tree Fruit Agreement, Dept. AH, P.O. Box 4640, Sacramento Calif. 95825.

Whether or not men do, in fact experience menopause, its symptoms, duration and consequences, as well as how to cope with it are discussed in *Male Menopause: Crisis in the Middle Years* a pamphlet by Theodore Irwin. It's available from The Public Affairs Committee, a nonprofit educational organ. For a copy, send 35 cents to: Public Affairs Committee, 387 Park Ave. S., New York, N.Y. 10016.

NOTES

BEETLE TRAP

From mid-June to August, Japanese beetles are on the wing—and on the munch in your garden. Ellisco offers a steel trap and lure system that promises to rid your garden of these pests without spraying and chemical insecticides. For a free booklet describing the Ellisco Beetle Trap, write to: Ellisco, Inc., American and Luzerne Sts., Philadelphia, Pa. 19140.



MEDECINO ROSE



Residents of Mendecino County, Calif., are waging an unofficial war against Russian whalers off the California coast. Their secret weapon is Mendecino Rose, a Finnish-American grandmother who beams her sultry message at Russian sailors, à la Tokyo Rose. Her clandestine radio show is a combination of propaganda, nostalgia and "come up and see me sometime"—in Russian of course.

THE EUROPEAN VIEWPOINT

One of Europe's major housewares shows, the Cologne Fair, held in this German city on the Rhine, was highlighted by an exciting variety of bright, boldly colored electrical appliances. In contrast to America, the European kitchen is basically white, accented by small appliances in orange, red, yellow or brown plastic. Shapes are sleek and untouched by traditional American stainless steel or decal designs. This equipment often has multiple functions: a portable mixer with additional equipment that whips, mixes, chops, purees and blends, for example. Many of these products will be introduced to the American market this year.



Send for this white cotton T-shirt emblazoned with an avocado emblem. From California Avocado T-Shirt, P.O. Box 6100, Fresno, Calif. 93703. Sizes: men's, S M L XL \$3.50 women's, S M L—\$3.

SELF DEVELOPMENT

Eastman Kodak has developed Kodeword—six cassettes (\$6.85 each) that lead the darkroom novice step by step through complete black and white or color procedures. Instructions are simplified and delivered by the voice; easy-listening music plays through the gaps; and the sounds of pouring and agitating are included in case you miss the signals. You'll never have to fumble in the dark again.

VICTORIAN COVER-UP

Laura Ashley, the Welsh designer known for her mini-floral prints and dusty colors, has a new collection of coordinated fabrics and wall coverings. Play mix and match with the Victorian-look vinyl printed wallpapers and heavyweight cotton sailcloth printed fabrics. To find out who will have this collection in your area, write to: Raintree Designs, 6 N.E. 39th St., Miami, Fla. 33137.

BEWARE BEAUJOLAIS

Beaujolais is probably the best-known French table wine. But there is a tremendous variation in Beaujolais from different vineyards and different years. The year 1975 was a particularly bad one, but prices remain high. So do a little comparison shopping; there may be better bargains around.

ADVENTURES: FAR AND NEAR

Do vacations spent viewing the countryside through a tour bus window leave you uninspired? Questers Tours has an alternative. Sit in a skiff and spy on mating migratory gray whales off Baja California, trek through the rhododendron forests of Nepal or explore volcanoes and rain forests in Hawaii. For more information write for Questers Directory of Worldwide Nature Tours, 257 Park Ave. S., New York, N.Y. 10010.

In her book *Mini Vacations, USA* Karen Cure has assembled a wide variety of stops, some off the beaten track, some tried and true to give you "great fun on small trips with short funds" (Follett Publishing, \$6.95).

'GOOD THINGS FOR BABIES'

No longer do new mother or mothers-to-be have to sift through miscellaneous sources for information about things for their babies. Sandy Jones' catalog features over 250 items, from playpens to rattles, plus lots of books—with illustrations and assessments for safety and usefulness. All can be ordered by mail, if not available in stores. (Houghton Mifflin, \$8.95 hardbound, \$4.95 paper.)



The Home Front News

FUEL-ISHLY HAPPY

Residents of Hardin Village in Marion, Ark., have smiles on their faces when the monthly fuel bill comes. They pay roughly 75 percent less for heating and air conditioning than others owning similar houses in the state. (The average Arkansas dweller pays about \$48 per month, Hardin Villagers about \$12.)

Credit goes to Rex Rogers, president of Rex Rogers Construction Co., who designed the development to conserve fuel. Explains Rogers, "It's not any one thing we did, but a series of moves that reduced costs." Basically, the plan included: Placing 6 inches of insulation in the walls and 18 inches in the attic. Putting four times the amount of insulation normally used under the perimeters of concrete slab foundations.

- Eliminating all unnecessary glass, resulting in glass area equal to approximately 8 percent of a room's square footage.
- Installing storm windows over windows.
- Insulating doors with the "finest" weather stripping available.
- Controlling attic temperature with a fan.
- Wrapping heating and air-conditioning units with vapor barriers.
- Cutting down on the number of studs used.

Hardin houses range in price from \$29,000 to \$38,000, and most have three to four bedrooms plus two baths. For more information about the project, write to: Rex Rogers Construction Co., 325 Highway 77 S., Marion, Ark. 73364.

SET A TRADITION

Gifts for a June bride...
or a special anniversary



TABLE MANNERS

Grand Baroque by Wallace (cream soup spoon)—a sterling silver design for an opulent Victorian table.

Silver Majesty by Reed & Barton (salad fork)—a delicate and fanciful pattern in silver plate. Also available in stainless steel.

Queen Anne by Stieff (dinner fork)—a reproduction in sterling silver of a traditional 18th-century design.

Beaded Antique by Towle (dinner knife)—extra-large-size knives and forks are a special feature of this stainless-steel pattern.

FOR THE BRIDESMAIDS



This heart-shaped gold-mesh coin purse is perfect as a gift for bridesmaids or as favors for wedding guests. About \$3 from: Vador Imports, 690 4th St. (Dept. AH-6), San Francisco, Calif. 95107.



WRAPPED UP

A surprise for the bride... a 5½-inch-square white package wrapped in a bright yellow ribbon is a ceramic box for candies. Also from Vador Imports, \$10.

DANISH DELIGHT



This handpainted sugar bowl in the 200-year-old Blue Fluted Half Lace pattern is from Royal Copenhagen Porcelain, 573 Madison Ave., New York, N.Y. 10022. About \$30.

For generations, wedding couples have been toasting with Waterford Crystal. Hand cut and handmade the traditional way in Ireland, this "Rosslare" hock glass is \$22.50. From Waterford Irish Crystal, 225 5th Ave., New York, N.Y. 10010.

Country Flowers brightens your table with pastel blossoms that never fade. This hand-painted 10½-inch dinner plate is about \$17.50 for a set of four. From: Schmid Bros., Inc., 55 Pacella Park Dr. (Dept AH-6), Randolph, Mass. 02368.

Jefferson by Lunt (teaspoon)—an easy-care pewter flatware that recreates early American styling.

Note: To clean pewter, wash in warm soapy water, using a soft cloth. Rinse well and dry. All from B. Altman & Co., New York

A GIFT FROM THE SEA

This 12-inch-high sterling-silver-over-brass seashell designed by Muriel Rudolph is a beautiful way to house your favorite plant or chill your finest champagne. About \$400 from Isabel's Et Cetera, 235 S. Country Rd., Palm Beach, Fla. 33480.



IN VIEW

By Bill Weston

INSIDE THE BRAIN

Amid the repeats of June, a special of distinction — *The Brain: the Hidden Universe*. It's such a natural for television, one can't help wondering why it wasn't done before.

How the brain computes everything we do will be examined on camera, along with the ways and whys of headaches, insomnia and depression. Definitely worth seeing (ABC).



'ROMEO AND JULIET'

The Internationally famed Bolshoi Theater Ballet will perform Prokofiev's *Romeo and Juliet* this month under the direction of noted ballet master, Yuri Grigorovitch. This version of the tragic Shakespearean love story has been praised by critics for its powerful musical portraiture. Hosting the special will be Mary Tyler Moore (CBS, June 27).



'INNER TENNIS'

If you missed the first lesson of *Inner Tennis* on May 16 (PBS), you can still catch the rest of this six-part series of instruction by tennis revolutionary Tim Gallwey. Gallwey's inner game, as outlined in his best-selling book *The Inner Game of Tennis*, is a method of "relaxed concentration" aimed at every player's own worst enemy, himself. Lessons will cover such mental problems as fear, concentration and body awareness, rather than the traditional emphasis on strokes and technique. Gallwey's coaching comes just in time to kick off a great season on the courts for tennis buffs on camera — and off.



MUSIC

CLASSICAL By Peter Davis Dibble

Just one more month until the Bicentennial hits its zenith with the Fourth of July, and I'm happy to say the quality of recordings connected with the celebration has remained exceptionally high, with a delightful dearth of bandwagon junk.

Louis Moreau Gottschalk is billed as "America's first superstar" by London Records. Although the New Orleans-born composer was American, he received most of his training and earned most of his fame in Europe. His short life (1829-1869) was studded with popularity and notoriety, and his wonderful melodies continue to live as standards. The pianist here is Ivan Davis, performing an excellent potpourri of Gottschalk's shorter works from early to late, showing great vitality and a comforting naive quality.

The Bicentennial would not be complete without something from the Charles Ives collection. His *Holidays Symphony* is a collection of five

separate pieces that can be played individually. Eugene Ormandy and his Philadelphia Orchestra turn in a superb performance on the RCA label, covering "Washington's Birthday," "Decoration Day," "Fourth of July," "Thanksgiving" and "Forefather's Day."

Other offerings:

Ormandy and his orchestra also have a winner with Vladimir Ashkenazy playing the Rachmaninoff Piano Concerto No. 3. It is crisp and splendidly paced — a welcome addition from RCA.

More piano concertos:

Artur Schnabel plays the five Beethoven works with Daniel Barenboim conducting the London Philharmonic Orchestra on RCA. Rubinstein's playing should be enough of a recommendation, but the older man and the younger orchestra produce an exciting blend.

Barenboim and his wife, cellist Jacqueline Du Pre, are also represented by an entry from Angel — the five Beethoven cello concertos that the talented couple

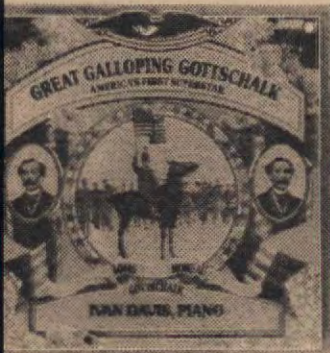
The Home Front News

JUKE BOXES: STILL HOT By Peter McCabe

played at the 1970 Edinburgh Festival. These recordings come via the BBC, which normally doesn't release its goodies, and they are magnificently lovely. This may be the recording of the year.

More strings: From London Records come two Benjamin Britten string quartets in their first release in the United States. The Allegri String Quartet performs them with sufficient skill to make even confirmed Britten-haters take notice.

Perhaps it could be said that tribal African music is not truly "classical," but a recent release of a two-disc set of music from Morocco, performed by the Ahl Serif master musicians of Jajouka, justifies its inclusion. These are not "popular" songs, but rather traditional ritualistic music, and the recordings serve nicely as an introduction to a strange but vital and haunting style of music that belies its reputation as singsong and monotonous. This is from The Musical Heritage Society, a mail-order organization (1991 Broadway, New York, N.Y. 10023), which has some of the best material, from early pre-Bach to modern, in its extensive catalog...and at very, very reasonable prices.



Five years ago, they were a forgotten item. Now they are in hot demand. It's hardly surprising. Of all the Art Deco objects that have turned up in the home in recent years, none are so evocative and original as the early jukeboxes.

They were always a wonder to behold, basking proudly in their own neon-amber glow. They were shrines in the malt shops of the '30s and '40s, the first real robots of the scientific age. And what variety! From the Art Deco mahogany AMI models with their surrealist sunrises to the handsomely sculptured, gloriously bubbling Wurlitzers, jukeboxes were the most exalted of all the pop icons.

Consider their heritage. They predated saddle shoes and Benny Goodman. They launched the careers of two decades of music stars, from Artie Shaw to Elvis Presley. They inspired Norman Rockwell, gave comfort to the lonely and inaugurated the Age of Bass. They proved to be the ultimate song-plugger. They rescued the record industry from the onslaught of radio. They gave birth to the concept of "Top Ten."

Like many of the pop idols whose music they send "round and round," jukeboxes, too, were cut down in their prime in an ignominious demise. They were buried under an avalanche of Japanese lightweight transistors, cleared out to make room

for stainless-steel Seeburgs, vanquished along with the soda fountain and the pizza parlor, to be replaced by McDonald's where nobody is encouraged to "hang out." But in keeping with the principle of cultural recycling, jukeboxes are back, and a lot of people want one for their den.

Which is why they aren't cheap anymore. But that's no reason not to look for an AMI model B (1948) that looks like a huge Fabergé cigarette case, or a Rock-O-La 1426, with a wrought-iron front. Dealers say there are still plenty turning up. After all, Wurlitzer alone churned out more than 600,000 machines until last year, when it ceased production.

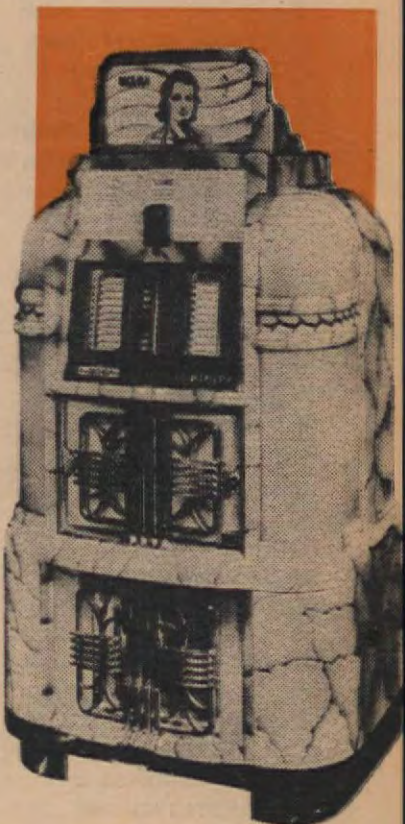
If you find one, be prepared to offer its owner some big bills. Antiques dealers have realized the value of these machines, and their prices for the rarest models already range from \$1,000 to \$2,500.

Although the early AMI's and Wurlitzers are considered the classics, you may be better off with a jukebox that is less than 10 years old. You may still be able to obtain parts for these machines; The two principal mechanical items that should be checked are the changer and the selector buttons. If these are in order, then almost anything else can be fixed or replaced with only an elementary knowledge of electronics.

Your major concern

should be the condition of the cabinet. The elaborate plastic parts are virtually irreplaceable, at least on the older models. You can always replace the intestines with modern equipment, but you won't be able to locate bubble tubes, arches, revolving light columns and carved pilasters. And this is really the main appeal of the early jukebox—it glows in the dark.

If it works, you can dig out that dusty collection of 78s or 45s, depending on which records the machine plays. You'll find that "Beer Barrel Polka" or "Begin the Beguine" never sounded so good, and neither did early rock 'n' roll. And while the music plays, you can get back to touch dancing, inspired by this relic from the days of cultural innocence.





CONSUMER WATCH

HOME HEALTH CARE

In Boston a 74-year-old man suffering from a stroke received 17 weeks of intensive home health care. A community health nurse, physical therapist, speech pathologist and occupational therapist made a total of 50 visits, followed by home health aides who made visits totaling 34 hours. The cost was \$1,230. Equivalent hospital care for the same period of time would have been \$11,900.

In Salt Lake City a 90-year-old woman with congestive heart failure and paralysis from a stroke was given five weeks of intensive health care. Twenty-nine visits were made by a community health nurse and physical therapist at a cost of \$349. For 35 days, comparable hospital care would have been \$2,695; nursing home costs, \$875.

These two cases illustrate the value of community health service, provided by physicians, nurses, medical social workers, nutritionists and others who visit a patient at his home. In your community it may be offered by a visiting nurse association, health department, home care unit of a hospital or a number of other health care facilities.

Community health care is available to more than 90 percent of the U.S. population. Yet many people do not take advantage of it.

Back in 1973 Dr. Charles C. Edwards, Assistant Secretary of Health, testifying before the Senate Subcommittee on Health for the Elderly, said "There is no question ... that the closer we could move health care to the people, the greater the effect it is going to have on the overall cost of health."

Who qualifies for community health care? If a patient's home is conducive to maintaining or improving his health, and if the services of an institution are not needed, then home health care may be the best treatment.

How to obtain health care. The patient's doctor should be consulted regarding its feasibility. If the patient is hospitalized, the hospital's nurse coordinator, social worker or discharge planner often can assist. If none of these sources is acquainted with community facilities, then check your social security office, United Way, Welcome Wagon, hospital or community referral service, or your local Yellow Pages.

How to pay for home health care. Visits by home health care staff may be covered by Medicare or Medicaid, third party payments by Blue Cross-Blue Shield or other commercial plans. Many home health agencies will give care beyond the limits of insurance coverage.



Cooperatives are experiments in working together to create alternatives to America's over-priced, and over-advertised commercial stores. Here we will explore different ways people are pooling their talents for savings on food, books, tools, music—even baby-sitting.

FOOD CO-OPS By Lorraine Balte

Organized by those who can see past the bureaucracy of the packaged food industry and the price fixing tactics, co-ops offer regular, as well as organic produce and foodstuffs at considerably lower prices than the conventional food outlets. The advantages of belonging to the right co-op are: fresher produce and a wider variety of fruits, vegetables and cheeses than you would find in a conventional market. You may also gain a feeling of fulfillment and a sense of community, and of course, there are the savings.

It is important for the potential joiner to realize that the co-op will not work unless its members do. The number of hours required varies from one buying club to another. Because co-ops are run as nonprofit organizations, the mark-up on items is just enough to cover expenses and emergencies. There is usually a registration fee when you join, annual dues and a refundable deposit.

Although a member is not required to place huge orders, he can benefit by buying with an eye to the future. If you feel compelled to buy more than you need or can store efficiently, then the co-op may not be for you. You should also be flexible

enough to work with substitute items if necessary.

Since most groups lean heavily toward the purchase of produce, the co-op family begins to substitute fresh fruits, vegetables, cereals and nuts for "junk foods." They not only eat cheaper, they usually eat better.

How do you join a co-op? Most are known only by word of mouth. First, ask your neighbors. If that doesn't work, try a local block association, college information center, chambers of commerce or information hot line.

For a directory of existing co-ops (\$1) or a handbook on how to start a co-op (\$1), write to: Food Co-op Project, Loop College, 64 E. Lake St., Chicago, Ill. 60601. For a free listing of materials available on Co-ops, write to: Technical Tools List, Cooperative League, Suite 1100, 1828 L St., Washington, D.C. 20056.

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DECORATING ENCOUNTER GROUP

At Julia Hyman's decorating group workshops women confront their decorating and lifestyle problems head on. Working from the raw materials of their own homes and collective enthusiasm, participants gain the confidence to find an individual interior design style.

Angela, a 28-year-old housewife with two children, wants to redo the living areas in her suburban house. But she's afraid she'll get "hooked" on decorating, and end up spending too much time and too much money. Also she's afraid her husband will be angry if she makes mistakes.

Judith, 24 and recently married, moved her furniture into her husband's one-bedroom apartment and doesn't know how to pull together their two "looks." She'd like to consult a decorator, but is intimidated by the idea, fearing a professional would take over and superimpose a style on her, and at an exorbitant cost.

Jean, just divorced at 33 and the mother of two pre-teen boys, wants to redecorate her old apartment completely, but she doesn't know where to begin. Used to relying on other "tastemakers"—mother, mother-in-law, husband—for advice, she's unsure of herself.

Lib, married for 20 of her 41 years, thinks she knows exactly what she wants, but needs tips and advice on workmen and sources. She would like to add a room onto her house now that her children are growing up and doing their own entertaining.

Eleanor, 36, has lived in the same apartment for 10 years. She thinks it needs an update, but is paralyzed by the options open to her. Not only that, but Eleanor's husband, a professor, works at home a great deal, and she doesn't want to disturb him.

Justine, 22 and single, just found a studio apartment and would like to fix it up. Her working-girl salary doesn't give her much leeway for spending.

How can these women cope? Where can they go for help and advice?

Julia Hyman, a professional interior designer, has positive answers to such questions. Recently she launched a series of workshops for women who have decorating problems or are confused by decorating.

"Somewhere in the back of every woman's mind is the 'perfect room,'" she says. "But so many women do not know how to articulate what they real-



Julia Hyman and group go over a plan.

ly want from their homes, or how they feel about the way they live. They get upset at the thought of changing anything—afraid of what their husbands and friends might think. They are afraid to gamble on a new image. They don't realize their potential for self-expression."

Finding that such fears and needs were common among many of her clients—even those with a fairly sophisticated knowledge of decorating—Julia Hyman decided to try to work with a group to solve some of the problems. Her first workshop, she readily admits, was an experiment. She signed on with an adult education offshoot of a suburban high school not far from Manhattan, where she lives. About a dozen women showed up.

Through this first program, Julia gradually evolved a viable approach, and has since set up more workshops—two in the suburbs and one in Manhattan. Each follows a similar pattern.

The first session takes place at a prearranged meeting place. For the Manhattan group—Angela, Judith and the others—Julia works out of the Parsons School of Design. Each participant introduces herself, explains her particular decorating problems and hang-ups and describes just what

she hopes to learn from the workshop.

Unaccustomed to group interaction, the women hold back at first, and are shy in front of each other. "This session is usually somewhat awkward," Julia says, "so I plunge right in with facts and information to draw them away from the immediate situation."

"**The first thing I talk about** is the floor plan. I show how to work with grid paper and draw a plan to scale, how to cut out paper furniture and move it around the plan. When the women see how specific this is, and how essentially easy it is to visualize their spaces on a small scale, they become captivated. And they begin, at once, to feel less intimidated."

The first session covers other practical areas as well: how to choose a decorator, how to hire and fire workmen, how to use the decorating magazines for ideas, how to use sources for fabrics, wall and floor coverings, lighting and the like.

In subsequent weeks, meetings are held in each participant's own home. "It is very important," says Julia, "to get started right away working with the 'raw materials' of these women's homes: the actual spaces, the physical reality of the furniture they now own. They must confront their decorating problems head-on."

One such session takes place in the home of Eleanor and her professor-husband, in a typical contemporary high-rise apartment building. There's an L-shaped living/dining room with adjacent kitchen, and a hall leading to two bedrooms—one the study—and bath. The furnishings are an eclectic mix of Victorian hand-me-downs and a few standard pieces, plus lots of books.

Angela and Lib, in from the suburbs, have already had dinner with Eleanor and helped her set out coffee and cake for the meeting. Julia plugs in her tape recorder; she's keeping track of the sessions for a book, and also for feedback if anyone wants it.

After everyone settles down, Julia starts with some basic questions about the room everyone is in. "How do you use this room? (continued on page 70)"

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WARM-WEATHER THIRST QUENCHERS

With little effort and only a few ingredients for flavor, you can turn your favorite fruits and vegetables into refreshing and nourishing summer coolers.



Sip a carrot! Slurp a peach! Quench your thirst with drinks from fruits or vegetables high in water content. They're super refreshing... and you'll even get a bonus blast of vitamins and minerals. Surprisingly, many green vegetables, such as cucumbers or lettuce, contain 96 percent water, more than some fruits. That's why you have so much liquid to contend with when you cook zucchini, celery, asparagus, spinach or tomatoes. Other foods, such as meat, eggs and cereal, have about 50 percent or less.

The spectrum of drinks you can concoct is as broad as your imagination. Although an electric juice extractor is the best way to obtain liquid from vegetables with a high water mark, a blender can be used instead. Feed vegetables or soft, pulpy fruit into the blender with some liquid, then puree. Add a dash of sparkling chilled champagne or twist of lime—drink immediately and experience an invigorating tingle. Assimilation is as quick as preparation. The extracted juices of fruit and vegetables provide the vital essence of whole mounds of produce, which would be difficult for anyone to consume in any other form.

Here are some zippy drinks to try—then experiment with your own healthy refreshers.

CARROT SMOOTHIE

When you savor the smooth, light texture of this unusual drink, you're in for a real surprise. In a saucepan place $\frac{3}{4}$ pound carrots, peeled and cut into chunks, and $\frac{1}{2}$ cup water. Cover. Cook over medium heat until soft. Chill. In blender container place carrots with liquid, $\frac{3}{4}$ pound seedless

green grapes, stemmed, and 2 cup apple juice, chilled. Cover. Blend until smooth. Pour through sieve to remove grape skins. Chill thoroughly. It's nice to serve in slender, stemmed glasses. Makes 6 to 8 servings.

CUCUMBER SPARKLE

Delight your palate with the cool taste of garden-fresh cucumbers pureed in to a frothy cooler. In blender container place 2 cucumbers, peeled, seeded and cut into chunks; 4 stalks celery, peeled and cut into chunks; 1 can (12 ounces) lemon-lime soda, chilled. Cover. Blend until smooth. Pour into pitcher. Add 1 can (12 ounces) lemon-lime soda, chilled. Stir gently. Serve immediately. Makes 6 servings.

SPANISH-STYLE TOMATO BEVERAGE

Inspired by traditional Spanish gazpacho, this drink is best when served before an evening meal. In blender container place 1 pound fresh, ripe tomatoes, cored and quartered, 1 whole pimiento, sliced; $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon garlic salt; $\frac{1}{4}$ teaspoon pepper, 2 tablespoons olive oil and 1 tablespoon red wine vinegar. Cover. Blend until smooth. Add 8 or 10 ice cubes, a few at a time; blend until combined thoroughly. Add a few drops hot pepper sauce to taste. Pour into glasses. Garnish with lemon slices if desired. Makes 6 to 8 servings.

FROSTED FRUIT ICE

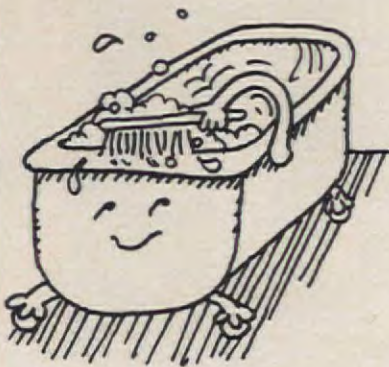
This tropical delight is served as a thirst quencher in the open-air mini restaurants at Kuta Beach on the tropical island of Bali in southern Indonesia. There, the favorite accompaniment is a large, sweet crepe served with fresh fruits and sprinkled with coarse sugar and lemon juice. In blender container place 1 cup milk, 1 cup unsweetened pineapple juice; 1 cup orange juice; 1 small banana, peeled and cut into chunks; 1 papaya or mango (16 ounces), peeled, seeded and cut into pieces; 1 tomato, peeled and seeded. Cover. Blend until pureed. Add 10 or 12 ice cubes, a few at a time; blend until combined thoroughly. Serve immediately in tall parfait glasses with long straws. Makes 6 servings.

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the shell with a sharp blow of a hammer. Continue tapping the shell until all coconut meat falls out. Break or cut meat into 1-inch pieces. Place in blender container. Add 1½ cups hot, but not boiling, water. Cover; blend on high speed 1 minute. Stop and scrape down sides with rubber spatula. Continue to blend until pureed. Scrape contents of blender container into a fine sieve lined with a double thickness of dampened cheesecloth; set it over measuring cup. With wooden spoon press down hard on coconut to extract as much liquid as possible. Bring ends of cloth together to enclose pulp; squeeze with hands to remove remaining liquid. Chill coconut milk and 1 can (18 ounces) unsweetened pineapple juice. In small shallow dish beat 1 egg white until slightly foamy. Dip top of each of 4 large stemmed glasses into egg white to a depth of ½ inch; dip into granulated sugar. Chill until dry. In pitcher, mix coconut milk with pineapple juice, ½ cup rum and ½ teaspoon almond extract. Pour into glasses. Garnish with fresh pineapple spears. Makes 4 servings.

APRICOT NECTAR

Try this nutritious beverage as a quick pick-me-up at breakfast. In blender container place 1 can (17 ounces) apricot halves, with syrup. Add 1 orange, peeled and seeded, and 1 egg. Cover. Blend until smooth. Add 12 ice cubes, a few at a time; blend until combined thoroughly. Makes 4 servings.

LOW-CALORIE PEACH FROTH

Here's a fresh-tasting drink that is perfect for the calorie-conscious dieter. Thoroughly chill 3 large ripe peaches or nectarines and 1 bottle (12 ounces) low-calorie lemon soda. Peel and pit peaches or nectarines. Place in blender container with 1 cup cold water, ¾ cup fresh or thawed frozen raspberries or strawberries and 3 tablespoons instant nonfat dry milk. Cover. Blend on high speed until smooth and foamy. Add lemon soda and stir gently. Pour into tall glasses. Makes 4 servings.

WHITE WINE SANGRIA

A popular Spanish punchlike drink traditionally made with red wine, sangria can be served with appetizers or as a meal accompaniment. Try our version with white wine for a pleasant surprise. Thoroughly chill 1 small watermelon (about 7 or 8 pounds), 1 bottle white wine, and 1 bottle (7 ounces) club soda. With small melon-ball cutter or ½ teaspoon metal measuring spoon, scoop watermelon into twenty-five ¾-inch balls. Place in bowl; cover. Chill. Seed remaining watermelon, place pulp in blender container and blend on high speed until smooth to make 2 cups juice. In large pitcher, mix juice, wine and club soda. Add melon balls and ¾ cup sliced fresh

strawberries or pitted fresh cherries. Makes 6 servings.

PINEAPPLE COCONUT COOLER

Nothing is more refreshing on a hot summer day than a drink made of pineapple juice and fresh coconut milk spiked with rum and sipped from a sugar-frosted glass. Puncture two of the eyes of 1 coconut (16 ounces) by hammering the sharp tip of an ice pick or screwdriver through them. Invert coconut over 2-cup measuring cup to drain. When thoroughly drained, reserve liquid; tap coconut shell with back edge of a cleaver or with a hammer one-third down from the eyes. The shell should crack slightly. Then split

MINTED REFRESHER

Grapefruit and mint make a satisfying thirst-quencher on a hot summer day. With rounded side of spoon crush 2 cups fresh mint leaves to release oils. In small saucepan over high heat bring to boiling ⅓ cup sugar and 1 cup water. Add mint leaves. Remove from heat. Cover and steep until cool. Strain to remove leaves. In pitcher combine mint liquid with 2 cups grapefruit juice, ⅓ cup lemon juice and 1 bottle (7 ounces) club soda. Stir. Garnish with mint sprigs. Makes 4 servings.

—Donna Johnson

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Photography by André Gillardin

KID STUFF

Create a pair of cuddly animals for a favorite child, both from kits. Stitch and stuff Mr. Bear: Kit comes with everything you need but the stuffing. Mr. Bear is about 16 inches tall. Dress him in his own T-shirt (also available).

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Mr. Frog is about 14 inches tall. For a bean-bag effect, stuff with dried beans and shredded foam (not included). To order, see coupon, page 96.

YOU CAN GO HOME AGAIN

In the last decade or two, single as well as married Americans have been expected to strike out on their own as soon as they got jobs. Although young unmarrieds living alone are the exception in most parts of the world, a young American working person who continues to live at home is looked on with suspicion. Now, however, a growing number of singles are starting to move back home and do not feel apologetic about it.

"I have more privacy and money than I ever had sharing an apartment with friends. My parents are willing to lend an ear as well as leave me alone," says Jill Meyer, a Florida department store buyer, typical of this new breed.

An informal survey revealed that many people who would never have considered living at home a few years ago are now thinking about the possibility or are actually making the move back. They are finding that if both sides can translate the parent-child relationship into an adult-to-adult one, they can benefit from being under one roof.

For a 23-year-old beginning writer on a New York magazine living at home, rather than moving out because "it's the thing to do," has enabled her to get started in her career.

"If I didn't bunk at home," she says, "I wouldn't be able to do what I want. Economically, it's my only chance." Having her basic needs attended to gives her cash for fringe benefits that include owning her own car and traveling. Unlike other young people her age, she is able to take spring and winter vacations.

Aside from money, the biggest advantage to living at home is time, according to John Wetzel, a man in his 20s who lived alone only once when he was doing a four-month stint with the National Guard. "I don't have to take care of my clothes, make my meals or clean. All that effort can be directed into my job." Wetzel, sales manager of a cosmetics firm based in New York, has set up an office in his parents' converted basement. There, he has the privacy he requires.

Almost as important as economic considerations is the need many singles have for a warmer and more stable atmosphere than they had away from home. For Jill Meyer, the department store buyer, the decision to return home after having lived with roommates and then alone was made

primarily because she found being alone depressing: "I had too much time to myself, I was moody and introspective. I needed activity around me." Jill Meyer, who is 27 had already proved to herself that she could make it on her own, so moving back hasn't meant a loss of face. But more than that, it has meant being with people who care about her, not only as a daughter, but also as an adult. When she had suggested moving back, her parents were delighted. To make life easier for all, they decided to leave the house in the suburbs where she was raised and move to the city.

"In the new environment," she says, "we began as three adults. My parents lead fulfilled lives and are not living through me. When I need them, they're there; I come and go freely."

More and more singles are getting weary of coming home to an empty apartment. And, like one successful 34-year-old career woman, they are taking a long look at their lifestyles. For the first time in many years, this woman is seriously considering living with her mother who also lives alone. She reasons, "It would give me a sense of responsibility and of being needed, and my mother would gain a feeling of usefulness."

This woman does concede, how-

ever, that in most instances when offspring choose to come home, it is important for the principals to have a good working relationship. "A sense of harmony and respect must be established from the outset," she believes.

A feeling of mutual respect seems to be highly developed in the living-at-home singles in our sampling. In addition, with only one exception, all pay monthly rent to their parents. It reinforces their status as grown-ups.

One serious problem encountered by most at-home singles is being needled by their peers about their lifestyles. Describing his friends' reactions, sales manager Wetzel says, "At first, I faced a lot of flack when friends found out where I was living. But in a few months' time, they saw I could go away at the drop of a hat."

The back-to-home pioneers enjoy a tremendous amount of freedom—far more, they figure, than if they lived with roommates and still more than if they had their own apartments. Concern about financial matters and the nitty-gritty of daily life—meal preparation, cleaning, laundry—have been lifted from their shoulders. They've been given the chance to develop themselves—which leads most to agree with John Wetzel when he says, "It's a cool set-up." —Jil Curry

For bristling clean hairbrushes...



To shampoo combs and hairbrushes, fill a basin with warm water. Add 1 tablespoon soap or detergent and ½ cup of 20 MULE TEAM® BORAX. Swish brushes in the sudsy water. Rinse and let dry. They'll come out smelling sweet and fresh.

20 MULE TEAM BORAX. There's more to it than fresher, sweeter laundry. Find out by writing: "The Magic Crystal," P.O. Box 75128, Los Angeles, CA 90075.

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Look for specially marked boxes of 20 Mule Team Borax, and you'll find 25¢ worth of coupons inside.

10¢ off
your favorite
detergent

15¢ off
20 Mule Team Borax

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SECRETS OF THE LA COSTA DIET PLAN

By MARGARET WING

Practicality is at the core of the weight-reduction diets prescribed for guests at La Costa Spa in Carlsbad, Calif., 30 miles north of San Diego, according to Marjorie J. Aichele, the personable, registered dietician who serves as the spa's food director. The methods she advocates for guests in the dietary weight-control program (La Costa is a hotel as well as a spa; not all guests are weight-conscious) are based on current sound nutritional information and supervised by the spa's medical director. Exercise is also a must to help the able-bodied spa guest improve muscle tone along with the pound-loss process.

Usually, prescribed calorie levels for weight loss range from 600 to 1,500, depending on sex, age and physical activity. While Mrs. Aichele will follow any special diet prescribed by the guest's personal physician (one needs a doctor's orders even to be at the spa), she refuses to carry out any regimen she feels is dangerous or not based on sound nutrition.

Spa meals are salt-restricted or low in sodium; the normal healthy body may retain water in the presence of excess salt. Since adipose, or fat tissue, is primarily water, the individual's true weight loss can be determined more accurately if a sodium restriction is imposed. Decanters of plain and seasoned salt substitutes as well as crystal carafes of distilled water always appear on each spa dining room table. Potassium, the body counterpart of sodium, is also kept in balance through the use of such potassium-rich foods as oranges, apricots, bananas, potatoes.

La Costa menus are cyclical, repeating themselves every two weeks. Each day, guests select their meals for the next day. The menus (see samples, page 78) specify the calorie content of each item and offer general guidelines to food choices allowed for each calorie level. Mrs. Aichele and her assistant, also a dietitian, collect the menus and then adjust them so that the total calories prescribed are not exceeded. The di-

etitian often consults with guests and, when necessary, recommends changing selections to improve the nutrient content of the day's meals.

Depending on the calorie level and other dietary restrictions, the multi-course luncheon and dinner will include an appetizer of clear broth or vegetable juice, an entrée, a vegetable and/or salad, perhaps dessert and even some crackers or wafers plus a beverage.

There is nothing magical about the low-calorie preparation of La Costa dishes. Meats and poultry are trimmed well, and all ingredients carefully measured. No extra fat, no sugar and no salt are used. Distilled water is added where needed in recipes.

Foods that offer relatively high nutrition for the calories they contain are advocated routinely. For example, La Costa recipes call for unsweetened pineapple juice or fruit pieces as the sweetening source in desserts or with meats. Instead of heavy cream, beaten egg whites provide volume for many whipped desserts.

The chef and Mrs. Aichele realize that more than just the sense of taste is involved in eating, so they also strive for eye-appealing dishes. Chili powder, for example, provides not only flavor but also color for the Mexican tostada; sliced red radishes and chopped green onions further spark this entrée. Pastry tubes are used to add pretty swirls to the butterscotch mousse plus a dab of whipped cream, just enough to tease the palate.

Some menu items seem comical, but they have a purpose. You can order baked potato skins, the shell left when you hollow out the heart. The skin has the valuable nutrients but at a fraction of the original calories while giving diners the vegetable's delicious flavor. A regular-size bagel is shaved into 20 thin slices, then toasted golden crisp. These melba-toastlike wafers add crunch at only 7 calories apiece, thus increasing the meal's aesthetic enjoyment.

What do the dietitian and doctor expect from the guest who follows a weight-loss diet? On the spa's 600-calorie diet and exercise program, a female guest can lose half a pound daily; a man, about a pound. The first 24 to 36 hours on any low-calorie regimen is mostly water loss, however. No vitamin/mineral supplements are given unless absolutely necessary as in a special health problem. The menu choices are planned to use a wide variety of foods for a better-balanced nutrient intake. Generally, the 600-calorie diet is a temporary measure lasting a few days, so nutrient deficiencies won't develop.

The daily sodium level of low-

calorie diets average 750 milligrams; whereas the typical American diet provides five to eight times that each day. The spa physician helps monitor guests to insure continued good health while on any regimen. Persons with other medical problems often retreat to the spa. The minimum length of stay at the spa is four days; many will stay for two weeks or longer.

What happens when the weight-losing guest goes home? Mrs. Aichele uses a work sheet to determine the individual's home-calorie needs. For a lightly active person it takes about 15 calories per pound of body weight to maintain the weight at that level. Simply multiply present weight by 15 to compute the calories needed at that level. For each year older than 25, subtract 1 percent from the above total, since calorie needs also decrease in proportion to increasing age.

One pound of body weight equals 3,500 calories. By subtracting 500 calories from the daily total, you can see how many calories are needed daily to produce a weekly 1-pound weight loss. That's considered the maximum safe level of loss (3,500 divided by 7 days equals 500 calories a day less needed if you want to lose 1 pound a week).

"Go no lower than 1,200 calories a day if you're a woman, 1,500 for men," Mrs. Aichele cautions. This is to insure proper nutrition. If you want the calories to go below those levels, then exercise should be increased rather than caloric intake decreased. One hour of brisk exercise averages a 300-calorie expenditure. "Brisk exercise" means enough to break a sweat. Energy cost of activities should be figured as calories/pound/hour since all other things being equal, an individual uses fewer calories while exercising as his weight decreases. A heavier person expends more calories simply because he has more weight to move around. Once a person is at the goal weight, calories are again adjusted to maintain that level. Mrs. Aichele subtracts 100 calories for each 10 pounds lost. Or, in lieu of this, exercise can be increased 20 minutes for each 10-pound weight loss.

Mrs. Aichele insists on three meals and perhaps a snack a day. She firmly believes in breakfast or brunch—some nourishment in the morning. A minimum of 200 calories is allotted to this meal. General menu patterns are planned three ways for guests—for weekday eating, weekend eating and restaurant dining.

No specific foods are prescribed; rather, foods are grouped according to similar nutrient content. These groups are called "exchanges." One food substi- (continued on page 78)



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Happiness is "Dancing In The Daisies"

A new Determined Productions' blanket fashion by Chatham that's as timeless as it is timely, combining beauty and budget in a celebration of the simple joys of living.

A bright, warm blanket of 100% polyester fiber, bound in nylon for convenient machine washing and drying.

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FLOATING GARDENS

Down on your plant luck? Try gardening with plants you can't over-water. In fact, water is practically all they need to live on.

By CHRISTINE DOWNS

Your favorite begonia has just drowned? Consider the plants that thrive in water. You don't need fish to have an aquarium—it can be the setting for an unusual garden.

Aquaria come in all sizes, shapes and prices. Start a garden with three or four submerged plants and one floating plant—you'll want to add more as you discover the delights of underwater gardening.

Inexpensive, fast-growing, easy-to-cultivate plants are best bets for beginners, but if an exotic species takes your fancy, it can be ordered from a specialized nursery.

Most water plants thrive in temperatures ranging from 71° to 82° F. A pump and filter are needed to aerate and circulate the water in the tank and also to prevent its forming layers of different temperatures. Daylight supplemented by artificial lighting will provide the 12 hours a day of light the plants require and will also illuminate your garden beautifully.

Water plants are categorized according to their growth conditions. These, in turn, are affected by the amount of light the plants receive plus the temperature and the mineral content of the water—which makes it either hard or soft.

There are *submerged plants* that root on the bottom of the aquarium, where they draw their nourishment. And there are *floating plants* with leaves that float on the surface and roots that either take hold in the substrate on the bottom of the tank or float free—on the water's surface or below. If you're just getting into wa-

ter gardening, it's a good idea to plant the tank with members of the same species. However, if you decide to combine species, be sure to choose those that share common growth conditions.

Here are the two most common genera of submerged plants:

Cryptocorynes are a family of plants with an amazing repertoire of leaf shapes. These examples should be planted in groups. Once established, they will send out runners and increase their numbers. The plants tolerate temperatures ranging from 68° to 82° F, but prefer an optimum 78° F. These plants will do well in either artificial illumination or in average daylight.

Echinodorus are a large species of many different appearances. Bigger plants should be planted separately in buried flowerpots filled with additional nutrients. The smaller ones grow quickly, forming thick stands as they propagate their runners. These plants like very soft water and temperatures from 68° to 82° F. As with the *Cryptocorynes*, they respond to natural or artificial light.

Here are some easy-to-grow examples of floating plants:

Salvinia auriculata is a plant whose floating leaves have hairlike aquatic leaves hanging underneath them. It likes water that is not too hard and tolerates temperatures from 64° to 82° F. Thrives under artificial light; if you want to grow them in daylight

alone, the light must be bright.

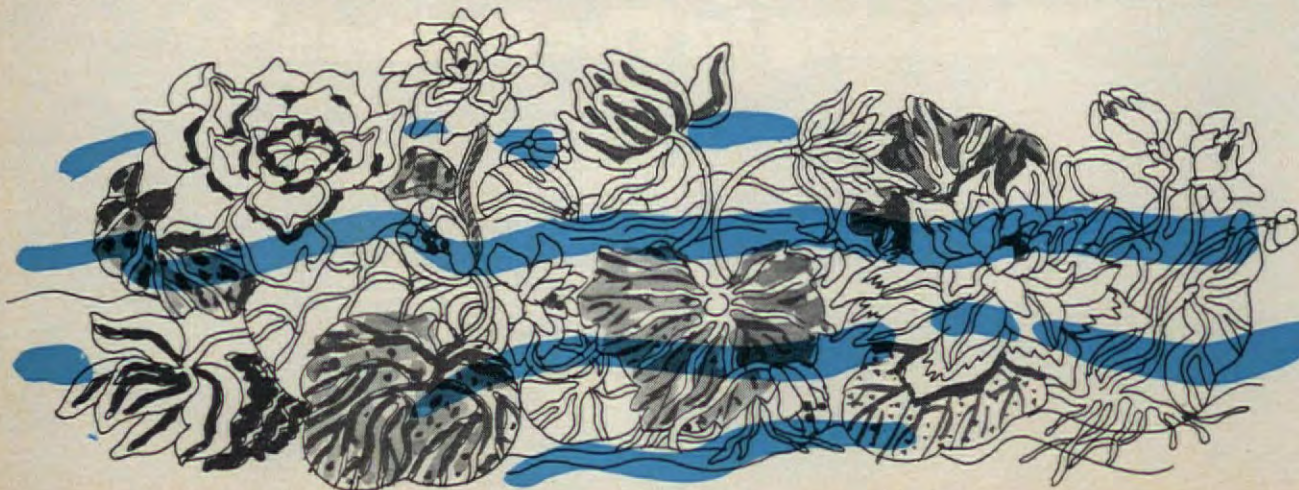
Pistia stratiotes, commonly known as water lettuce, is a delicate plant that soon covers the surface of the water with dainty fernlike growth. It needs good light from above and soft to medium-hard water. Temperatures can range from 64° to 86° F.

Riccia fluitans has pale green cushiony leaves that float close beneath the surface. It requires slightly soft water and bright overhead light. Water temperatures can range from 46° to 86° F.

Aponogeton distachyus is an undemanding plant that sends up shoots with delicate yellow flowers. It needs bright light or sunlight and lots of space to spread its floating leaves. It likes medium-hard water and temperatures from 59° to 77° F. This plant requires a resting period of four months, during which it should be kept cool.

Hydrocleis nymphoides sends up attractive yellow-petaled flowers that rise a few inches above the surface of the water. It requires a shallow tank with a sandy, well-loamed bottom. Tank water should be soft, with a temperature from 71° to 82° F. Sunlight or strong artificial lighting is a must.

Ceratopteris cornuta is a floating aquatic fern that can develop into a spectacular plant under fluorescent light. Water can be soft to medium-hard with temperatures from 66° to 86° F. (continued on page 93)



JULY/75 MARIGOLD



JULY/75

SALVIA



FED NOT FED

AGERATUM



FED NOT FED

What flowers need most is nitrogen, phosphorus and potassium. Almost all fertilizers have nitrogen but many of them "release" it right away.

After that, your flowers do without.

We make "Grow Flowers" our own way so it releases nitrogen slowly for

**Same soil.
Same water.
Same sun.
Almost twice the
flowers. What a
fertilizer this is.**

Every beautiful flower you've ever seen had a firm stem and a fine root under it. The root's job is to reach out for food and water. All you have to do is make sure the food and water are there for the taking.

We know some people make it seem more complicated. They say you need one thing for annuals, another for perennials and something else for roses. But you just plain don't.

We make a fertilizer for flowers here at Scotts in Marysville, Ohio, and we just call it Grow Flowers. You use it on all flowers, seeds, seedlings and full-grown perennials.

Scotts new fertilizers for flowers, shrubs, trees and transplants.

weeks and weeks. This longer feeding makes the stems strong and gives you more blooms and bright colors. Food helps put color in roses' cheeks just like people's.

As you can see from these boxes, we also have a few other ideas for your garden just as simple as "Grow Flowers."

If the name makes it all sound easier than you're used to, maybe it's because plain talk is all we use in this town.



KRAFT SALAD DAYS ARE HERE.

Celebrate low-calorie potato goodness and a family favorite in a new and tartly different potato salad. It's sprightly—and slimming—with the lively taste of **KRAFT Low-Calorie Thousand Island Dressing**.

TASTY POTATO SALAD

- | | |
|--------------------------------------|---|
| 5 medium potatoes
(about 1½ lbs.) | 2 tablespoons chopped
pimiento |
| 1 cup celery slices | ½ teaspoon salt |
| 1 cup red onion rings | Dash of pepper |
| ½ cup chopped green
pepper | ½ cup KRAFT Low-Calorie Thousand Island Dressing |

Cook, peel and slice potatoes. Combine with celery, onion, green pepper, pimiento and seasoning. Add dressing; mix well. Chill. Add additional dressing before serving, if desired. 6 to 8 servings

CELEBRATE THE POTATO



Division of Kraftco Corporation

"WHEN THE WELL'S DRY WE KNOW THE WORTH OF WATER."
— Benjamin Franklin

WATER

THE GIVER OF LIFE, PLEASURE, HEALTH, INSPIRATION, SUCCOR

Water. Americans build houses on its beaches...fish in its streams ...soak in its mineral springs...sail boats on its lakes and rivers... surf in its oceans...and unthinkingly foul all of them.

But today—waking from a long sleep—we have started to clean up our polluted waterways, preserve our vanishing coastlines, save our dying fish, return the sparkle to our treasured waters. In this issue, *American Home* tells you how important water is in your life.

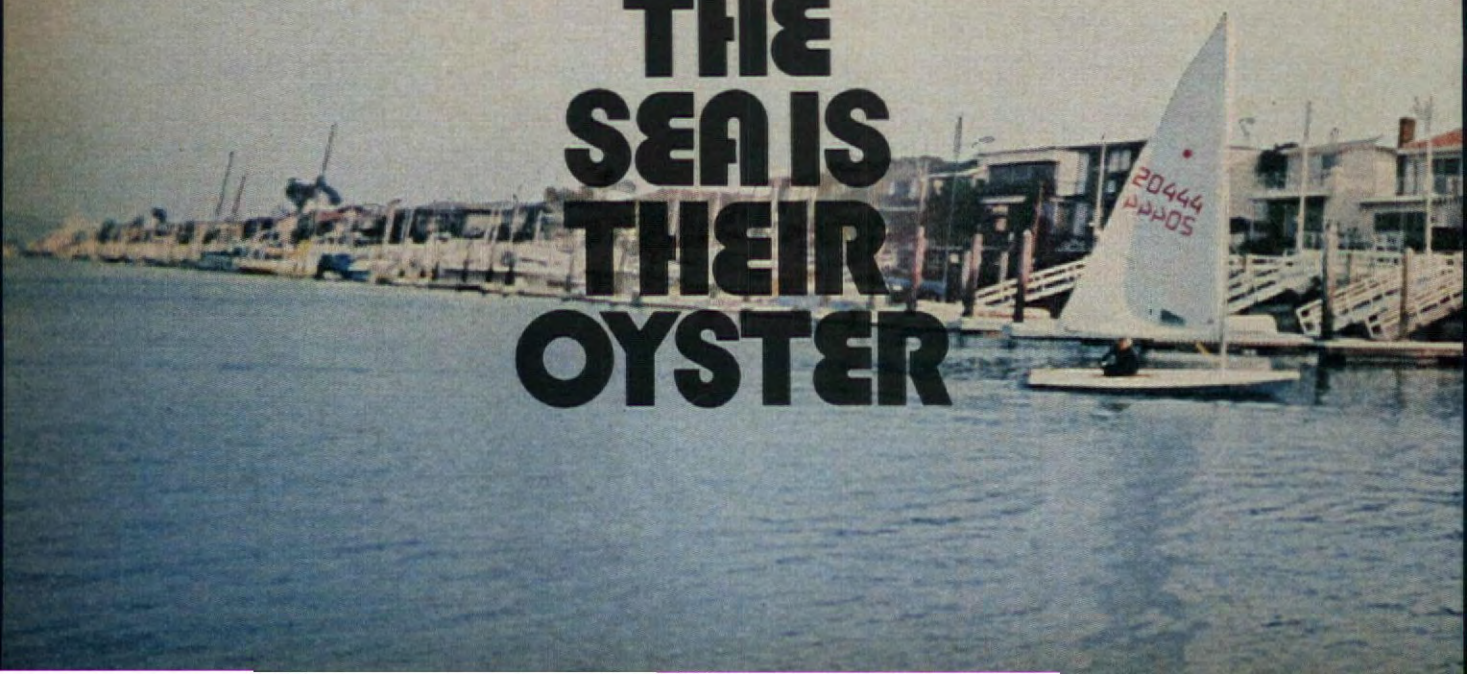
Did you know that...there are 134,447 statute miles of tidal coastline in the United States • Americans own some 6.8 million boats • There are 2.2 million surfers in the United States and 2 million scuba divers • The average family of four uses 240 gallons of water every day • The United States has 9,200 miles of public and private shoreline set aside for recreational use • The latest bill to pass Congress on behalf of anti-pollution efforts was the Federal Water Pollution Control Act of 1972 • About 80 percent of our nation's rivers have been reclaimed in the last five years • Industry, agriculture and municipal sewers dump 215 million gallons of waste material into our water resources every day. • In June 1977 the nation's community water systems, serving 187 million Americans, are expected to comply with water-purity standards established by the Safe Drinking Water Act of 1974.

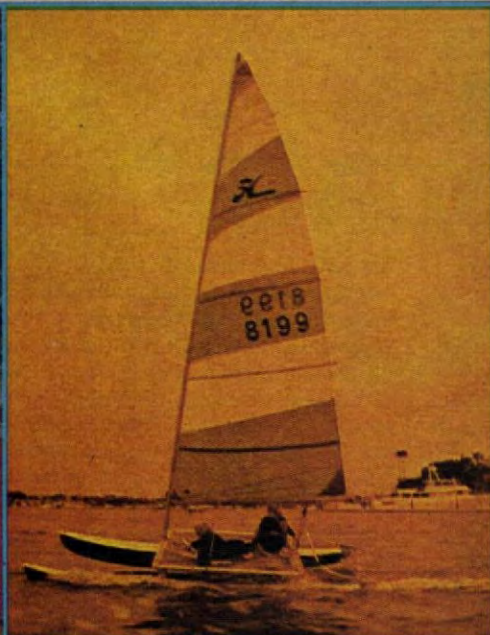
AMERICAN HOME
June 1976



For Denne and Ron Soderling, water is a way of life. The backyard of their southern California home is Newport Channel (below) with its constantly changing scenery—the shifting tides, the play of sea-blown clouds against blue skies, the stately parade of boats moving back and forth. The Soderlings' remodeled house (above, at left) combines their love of the sea and their practical needs as a family. Rooms have been expanded and windows enlarged to take advantage of the view. And terraces have been constructed to extend family living spaces right to the water's edge.

THE SEA IS THEIR OYSTER



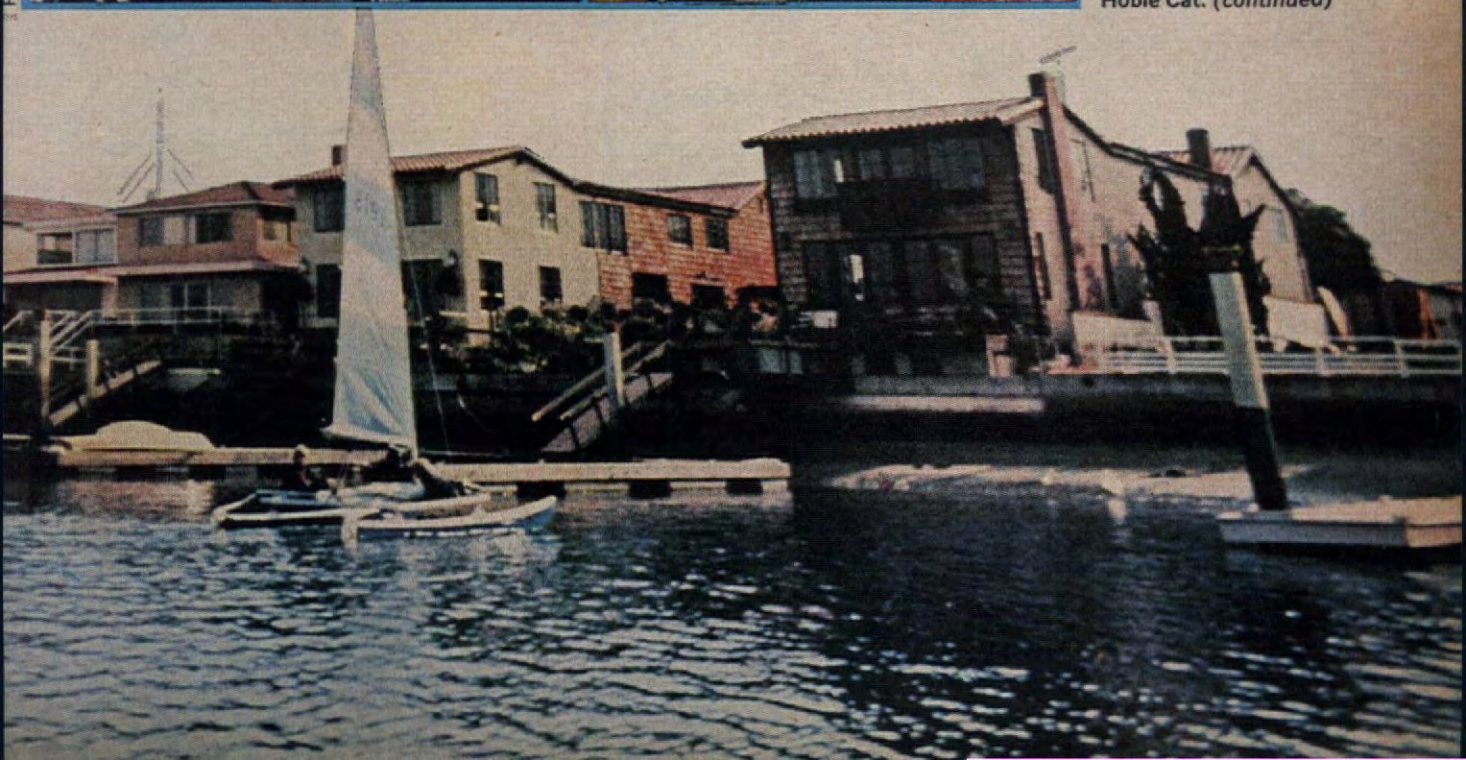


"We moved to the beach because we wanted easier living," says Denne, as she dishes up a dock-side breakfast for her husband, Ron (far left and below, left).

The Soderlings surveyed the southern California coast until they found a dream spot on the water near Newport Beach. Although Ron must travel back and forth to maintain his real-estate business, he sets aside plenty of time for the sports that are part of the Soderlings' waterside life. Breakfast time usually finds the family beside the dock.

Their table is ideally placed for them to enjoy the first rays of morning sunlight and also watch the comings and goings on the channel that forms the "Main Street" of their beach community. Like most families on the block, the Soderlings keep boats moored outside.

For just cruising around the channel or for water-skiing on the ocean beyond the protected waters, they have a small power boat (far left). But Ron's pride and joy is his catamaran (top, left), a sleek, Hobie Cat. (continued)



THE SEA IS THEIR OYSTER

Ron Soderling's love of catamaraning is shared by his children. Kurt, 11, is shown opposite, top (right); Tari, 16, is opposite, center (right); Eric, 14, chats with his mother in the wide-open Soderling kitchen (opposite, left) and leans into the wind (below) as his boat races across the water.

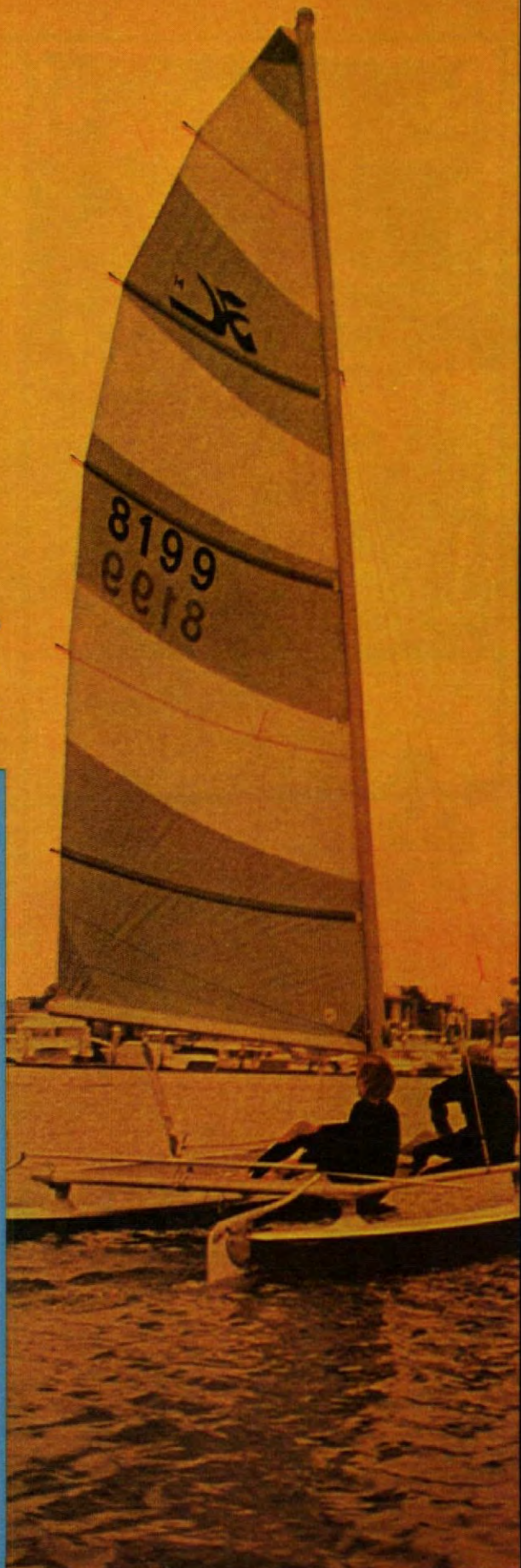
The boys like to travel by surfboard, paddling across the channel to visit friends in town. Surfing is the No. 1 sport in Newport; when Eric is not out on his own board, he's avidly photographing surfers—another of his hobbies.

Denne Soderling shares her family's enthusiasm for sports as well as her husband's interest in real estate. She tries to fit in a tennis game now and then between the demands of her job as a local

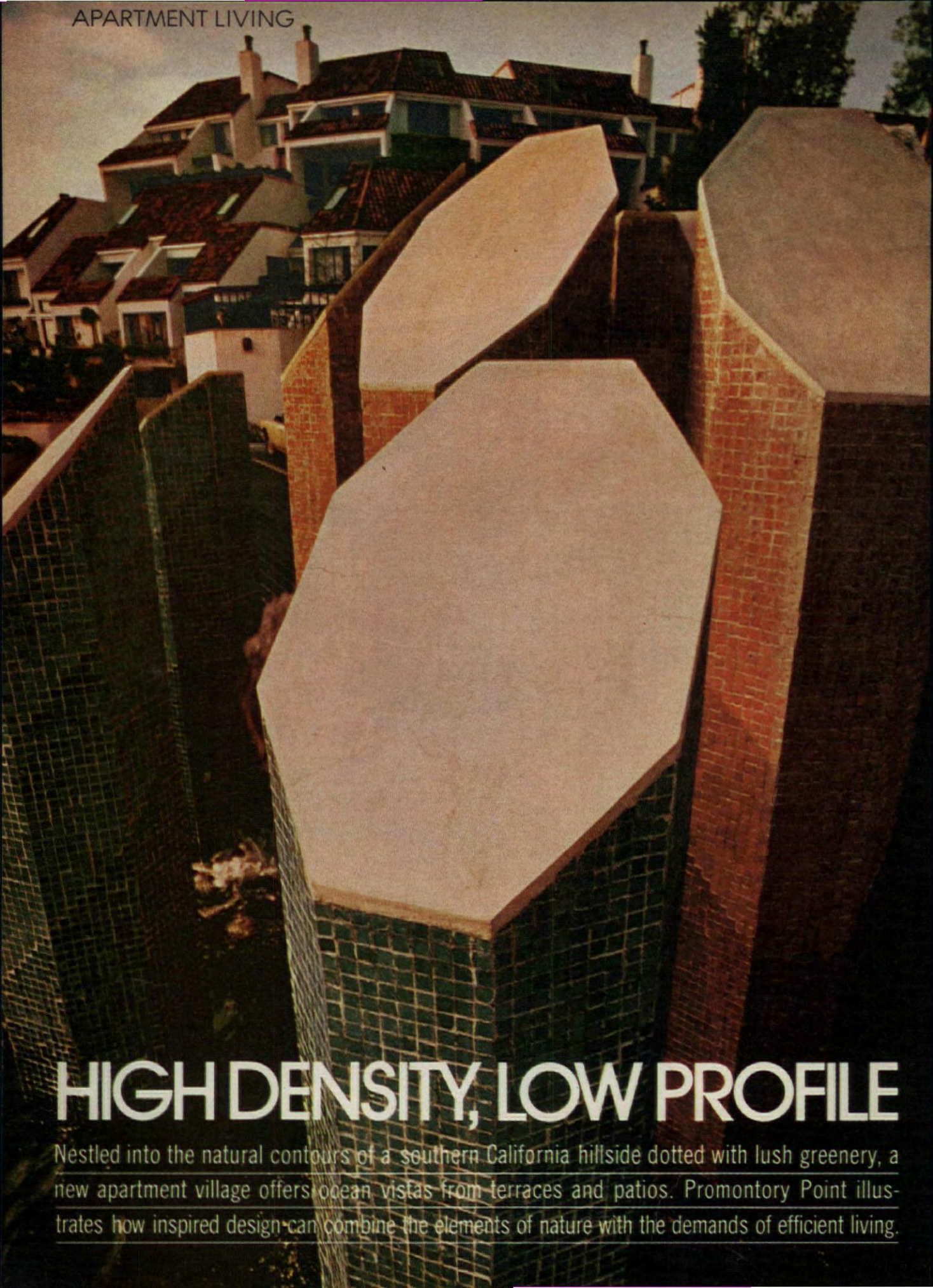
real-estate agent and those of managing her busy household.

Shops in Newport Beach are situated so that she can do most of her errands by bike—hers is fitted with oversize baskets. The Soderling house is a perfect reflection of the family's tastes and interests, and of their seaside lifestyle. But it was Denne who assumed the responsibility of remodeling and decorating it.

The interior expresses her own philosophy of easy living. There is a large family living area complete with stereo, billiard table and other recreational accouterments. There's also the living room, Denne's special retreat (opposite), which is filled with the kind of rich details that to her suggest comfort, warmth and hospitality.







HIGH DENSITY, LOW PROFILE

Nestled into the natural contours of a southern California hillside dotted with lush greenery, a new apartment village offers ocean vistas from terraces and patios. Promontory Point illustrates how inspired design can combine the elements of nature with the demands of efficient living.

A California complex with the charm of a Mediterranean village



From a distance, Promontory Point looks like a cascade of bold red tile and white stucco spilling down a hillside toward the sea. At closer range, it's a mass of changing forms and spaces clustered around five U-shaped buildings. The apartments and townhouses of the 520-unit complex are connected by pedestrian bridges and walkways. According to project architect Bob Geering of Fisher-Friedman Associates, the chief consideration in designing the village was the natural topography of the site, which faces west toward Newport Channel and Catalina Island.

The buildings are low-rise, built into the hillside to avoid a skyscraper skyline, and most units have seaward views from private patios and rooftop terraces. Promontory Point offers apartment living in a style that resembles a Mediterranean village, a concept very much in keeping with southern California's mild climate and Spanish tradition.

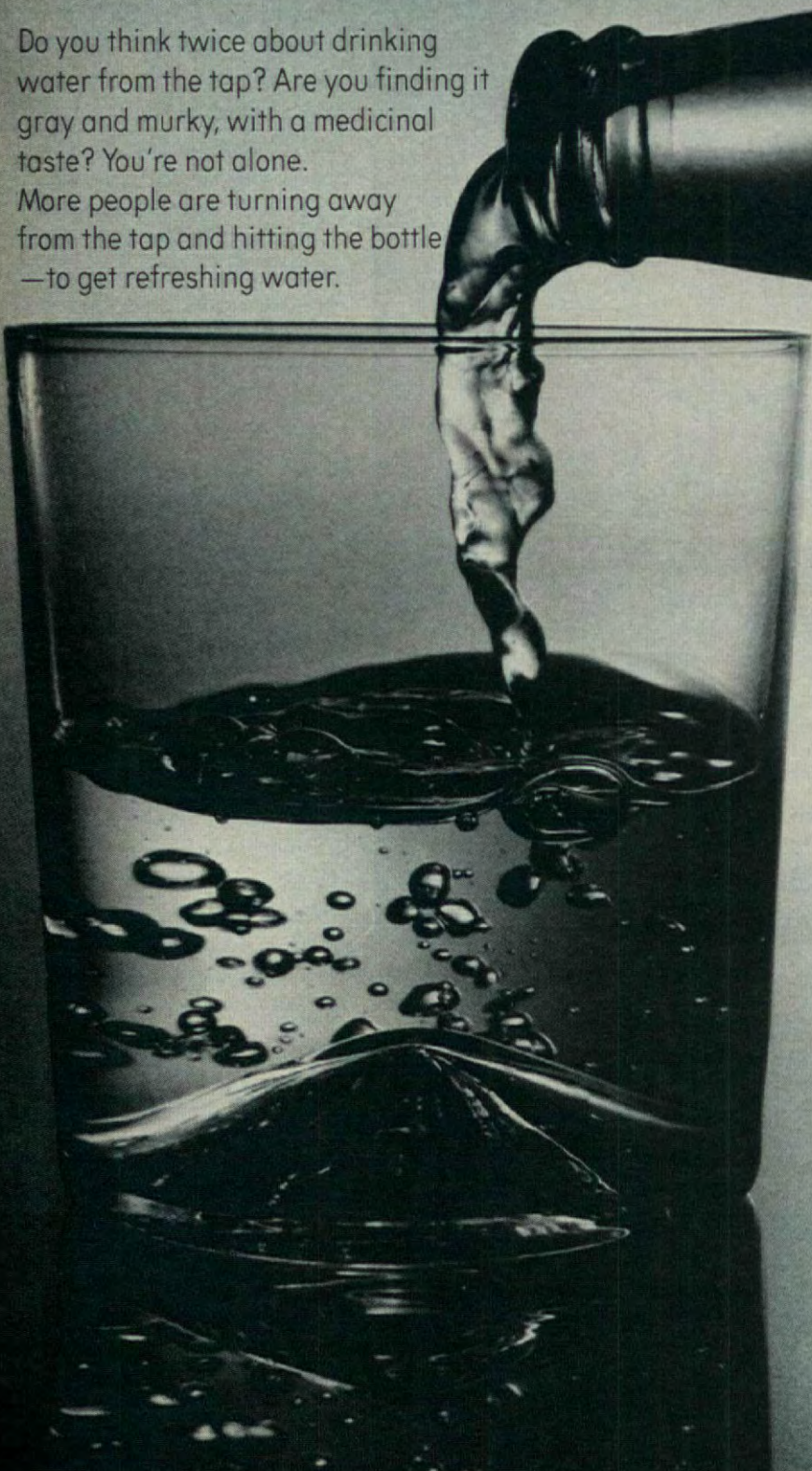
Variety and individuality are at the core of this cluster design. Prospective tenants can choose from more than 30 different floor plans, ranging between 800 and 1,250 square feet. (The one- and two-bedroom units rent from \$325 to \$1,000 a month.) On the outside, a close collaboration with landscape architects Sasaki Walker and Associates has produced a variety of natural elements as well. Pots of bright flowers plus trailing vines and small open plazas soften the impact of the buildings' angular shapes.

For those who seek active seaside living, Promontory Point offers heated swimming pools, tennis courts and a health club. Nearby shops, restaurants and boat slips add another dimension to this inviting hillside community.

PLEASE DO DRINK THE WATER

Do you think twice about drinking water from the tap? Are you finding it gray and murky, with a medicinal taste? You're not alone.

More people are turning away from the tap and hitting the bottle—to get refreshing water.



With tap water's flavor going down the drain, so to speak, for many Americans' taste buds, it's no wonder that the sale of bottled water has more than tripled in this country in the past seven years. It reached \$174 million in 1975.

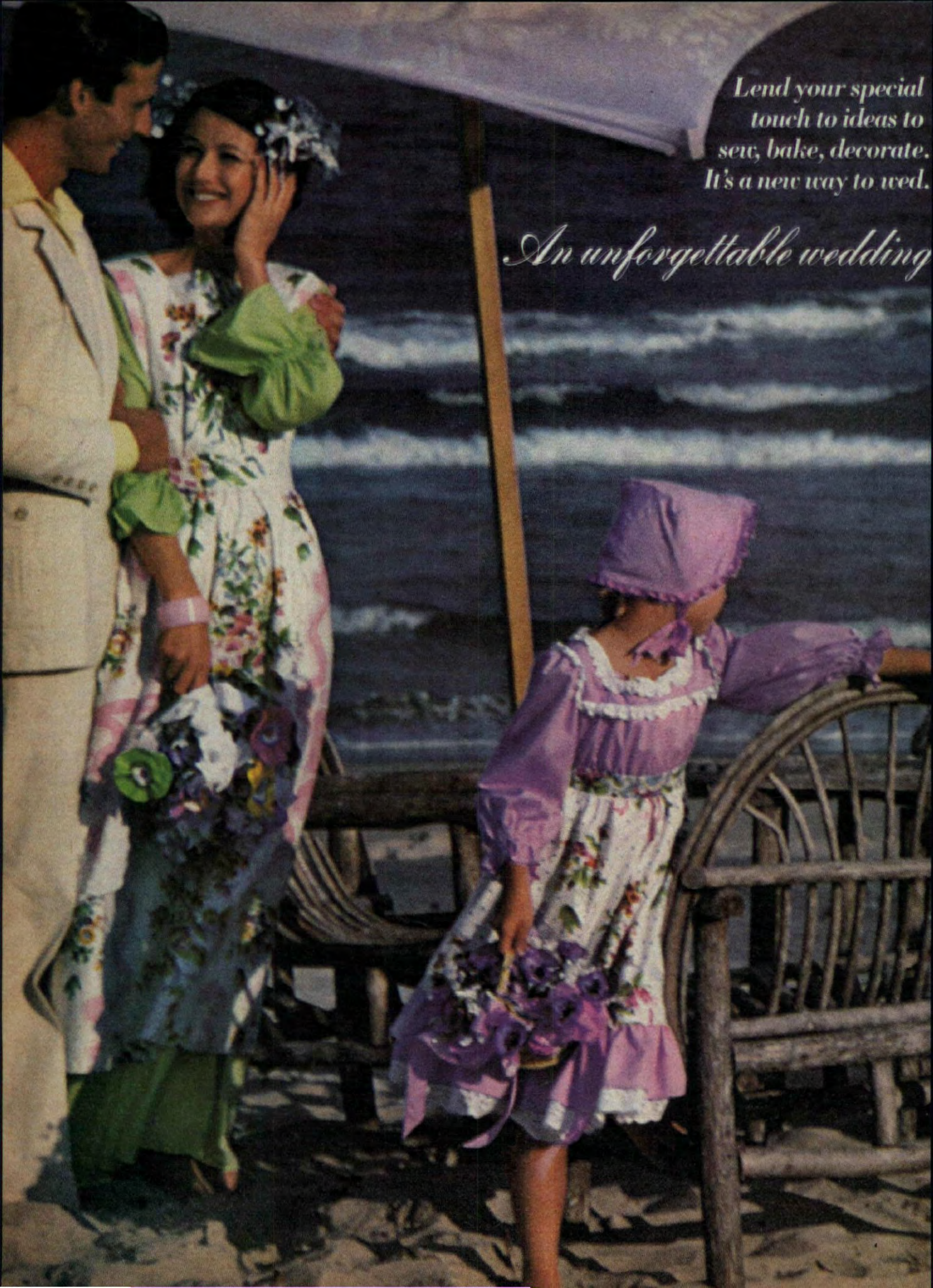
The American Bottled Water Association, made up of 250 bottlers representing 90 percent of U.S. sales, estimates that one out of every 2,000 Americans drinks bottled water. This is in spite of the fact that America has the best water in the world available at the turn of a faucet at little or no expense. Yet, the U.S. is still well (continued on page 80)

RATING BOTTLED WATER

American Home staff volunteers were asked to taste and compare unidentified samples of spring and mineral water. New York City's tap water, considered the best in the nation, was included as well. Waters were rated on a scale from 1 (excellent) to 6 (awful). The results, shown at right with ratings averaged out, were surprising. New York City's tap water (rated 2.8), and domestic waters received consistently higher marks than many of the expensive imported varieties; noncarbonated samples were preferred. The brands chosen represent various regions in this country and abroad. All prices are approximate.

RATING BOTTLED WATER*

Brand Name	Rating	Price	Description
DEEP ROCK ARTESIAN WATER	2.4	49-59¢/gallon in plastic, sold in Denver and 7 Western states by Deep Rock Water Co., Denver, Col.	Colorado's finest, originating 80 years ago from an 850-foot artesian well: Testers agreed it was delicious, giving it the highest rating. Water contains natural fluoride (1.4 parts per million), chloride (2.14 ppm), and sulfate (15.8 ppm).
SILVER SPRINGS DRINKING WATER	2.5	60¢/gallon in plastic, sold in state by Silver Springs Water Co., Orlando, Fla.	A processed water, it passed very well for natural, with pleasing balance of minerals for a mild taste. Purified by deionization (as is the "purified" water also sold), it has added minerals.
DIAMOND SPRINGS WATER	2.7	\$1.35/case of 6 half-gallons, delivered. Sold locally by Ephrata Diamond Spring Co., Ephrata, Pa.	A southeastern Pennsylvania staple since 1895, this water is quite refreshing, soft and flavorful. It tasted cool and clean. Also available at retail Pennsylvania outlets, are spring and distilled water in 1-gallon plastic containers.
GREAT BEAR SPRING WATER	2.8	39-45¢/28 oz. bottle, 79-99¢/gallon; sold in Northeast by Great Bear Spring Co., N.Y.C.	Very light, clean, pleasing water, enjoyed by many. Water source is Sassoon Spring, No. Coventry, Pa., but bottled in Ridgefield, N.J. Major minerals: chloride (5.5 ppm), sulfate (3 ppm).
CADDO VALLEY SPRING WATER	2.9	\$1.65/case of 6 half-gallons, plus deposit, delivered; sold in Southwest by Ozarka Water Co., San Antonio, Tex.	From a historic spring in the Ouachita Mountain Range of the Ozarks, the water is relatively soft and low in minerals. It's shipped to Texas for bottling. Drinking water in 5-gallon bottles and 1-gallon plastic containers of distilled water are also sold.
HINCKLEY & SCHMITT SPRING WATER	3.1	55-59¢/half-gallon bottle, sold in Midwest by Hinckley & Schmitt, Chicago, Ill.	Opinions of this water ranged from "nondescript" to "light, sweet and yummy." Also sold: 5-gallon bottles of pure drinking water (purified), \$2.25-\$2.60. Spring water sold only in Chicago.
FIUGGI MINERAL WATER	3.2	\$1.05/30 oz. bottle, sold in major cities. Imported by Mountain Valley Water.	From the spa overlooking the valley of the River Sacco, in central Italy, this water is pleasant, refreshing but somewhat flat due to its low mineral content.
MOUNTAIN VALLEY MINERAL WATER	3.2	59¢/28 oz. bottle, \$1.25/64 oz. bottle plus deposit. Sold by Mountain Valley Water, Hot Springs, Ark.	From Hot Springs, Ark. for over 100 years, this is the nationally known water enjoyed by famous racehorses and former President Nixon. It's high in mineral content, virtually sodium free and mildly alkaline, and tastes like tap water without chemicals.
SPARKLETT'S DRINKING WATER	3.2	55¢/gallon plastic; sold in southern California by Sparkletts Drinking Water Corp., Los Angeles, Calif.	Clear and pleasant-tasting processed water, it's actually deionized well water with minerals added back. This company, the lead-brand in its area, also sells the same well water, without added minerals, as "purified" water.
SOLARES MINERAL WATER	3.5	79¢/32 oz. bottle. Not widely found, imported by Mountain Valley Water Co.	A mild-tasting, slightly alkaline water that will quench your thirst. Comes from Santander, Spain, may be difficult to obtain in most states, but ask for it, or enjoy it in Spain.
ÉVIAN SPRING WATER	3.7	90¢/30 oz. bottle, sold in major cities. Imported by Lankor International, Inc., Carlstadt, N.J., and Mountain Valley.	Highly touted water with the rose-color label, this brand is popular all over France and Europe. From the Cachat spring of Évian-Bains in The French Alps, it's the world's best-selling water. It has a slight mineral aftertaste, though clear and fresh.
CONTREXÉVILLE MINERAL WATER	4.5	96¢/30 oz. bottle, sold in major cities. Imported by Mountain Valley.	From the Pavillon health resort in the Faucille Hills of France, this water was described as "terrible, sulphurous and uninteresting," with a "medicinal taste."
PERRIER MINERAL WATER (carbonated)	3.7	69¢/11 oz. bottle, 85¢/23 oz. bottle. Imported by Lankor, Mountain Valley and Great Water of France, Inc., Elmsford, N.Y.	The famous bowling-pin bottled water considered the "champagne of bottled water" rated high by carbonated water fans. To non-lovers, it was "salty, unpleasant and bitter." Naturally effervescent, it's bottled from Perrier spring at Vergeze, France, near Marseilles and is enjoyed by itself or mixed.
SAN PELLEGRINO MINERAL WATER (carbonated)	4.0	58¢/15 oz. bottle, 93¢/30 oz. bottle. Imported by Mountain Valley.	"Ugh, yuk" was the general consensus on this water. It's bubbly, but bland. Bubbles are added carbon dioxide. It comes from a resort in the Prealps, close to Milan, Italy.
APPOLONARIS MINERAL WATER (carbonated)	4.2	45¢/11 oz. bottle, 92¢/32 oz. bottle; sold in major cities. Imported by Lankor and Mountain Valley.	Although promoted as "the queen of table water," this didn't rate highly. A tingling, interesting balance with a slightly salty flavor, it's best as a cocktail mixer. Bottled in Bad Neuenahr, West Germany, it's their country favorite.
BADOIT MINERAL WATER (carbonated)	4.7	87¢/30 oz. bottle, sold in major cities. Imported by Mountain Valley.	Natural zesty bubbles add freshness to this water, which was rated medicinal and soapy-tasting. Contains fluoride (1.2 ppm).
TEHUACAN MINERAL WATER (carbonated)	4.9	40¢/11 oz. bottle; imported by Harrold Importers, Los Angeles, Calif.	Labeled the "Vichy of America," this artificially carbonated Mexican water was rated too gassy with a foul smell and miserable taste.
SARATOGA VICHY MINERAL WATER (carbonated)	5.4	39¢/16 oz. bottle; sold in Northeast by Saratoga Vichy Spring Co., Saratoga Springs, N.Y.	From the resort in upstate New York comes America's only naturally carbonated bottled water. Its taste is strongly alkaline with metallic overtones; too carbonated for some samplers.
VICHY CÉLESTINS ALKALINE SPA WATER (carbonated)	5.5	57¢/15 oz. bottle, 94¢/31 oz. bottle; sold in major cities. Imported by Lankor and Mountain Valley.	Very high in minerals, this was rated as medicinal, soapy-tasting. Although it ranked lowest in our sampling, it's well known and has been imported to the U.S. for over 70 years. Bottled at Vichy spa, Célestins spring.

A vintage color photograph of a wedding scene on a beach. A man in a light-colored suit stands on the left, smiling at a woman. The woman is wearing a white dress with a colorful floral pattern and green long sleeves, and she has a flower in her hair. She is holding a bouquet of purple and white flowers. To the right, a young girl in a purple dress and matching bonnet stands near a wooden chair, also holding a bouquet of flowers. The background shows the ocean with waves and a large white umbrella. The text is in the top right corner.

Lend your special
touch to ideas to
sew, bake, decorate.
It's a new way to wed.

An unforgettable wedding

Here's a wedding portfolio that makes something-old-new-borrowed-and-blue seem old hat. Today's wedding doesn't have to be formal, expensive or held in a hall. Have it by water—a pond, a pool, a lake or the sea—under the sun and the open sky, where fresh

breezes blow. It could be a first ever or your second time around...or you might just want to have a summer party. Whatever the occasion and however you plan it, make it relaxed and fun and, above all, add your own personal magic to the food, clothes and decorative

touches. Let the wedding party bloom in a flower show of prints, all to sew from Vogue Patterns; the kids' clothes are to sew from Little Vogue Patterns. Join the party and share ideas for a joyful day of love by turning the pages of our wedding album.



photography/Carmen Schiavone, hair/
John Pierro, makeup/Shelly Durham

Be a blithe spirit. But plan ahead, so you can enjoy the day and be with your guests . . . even take time for a stroll on the beach. Create an old-fashioned ambience with delicious cakes, cookies, candies, champagne—and pray for sunshine. Recipes on page 74. Shelter your table beneath batik sunshades that are easy to assemble (shown here and on previous page). Batik cotton gauze (White Rose Fabrics by A. E. Nathan) with special dye recipes (by Susan Lauter for Rit), and stitch together for a merry mix of patchwork prints. To add to the festive look of a beach or garden affair, use extra fabric and batik a tablecloth. Stencil a batch of pretty bows—on napkins and on a mini-bag necklace to stitch and stuff. Designs are by Stencil-Magic; see page 96 to order kit.

An unforgettable wedding



A sparkling chintz print (Cyrus Clark) blooms on bride and attendants. Pastel fabrics by Springmaid. Groom's suit to order from FBS; Paul Stuart shirt. On previous page: Mom wears a Liberty of London print, the boy is in a Cohama cotton (both to sew), the best man's suit and shirt are from Paul Stuart.

All fabrics and gauze for sunshades to order from Designers Fabrics By Mail. Wrights ribbons and trims; flowers by Zucker Products. On table: goblets and shell wine cooler from Isabel's Et Cetera. For more information and back views, see Shopping Guide, page 90.



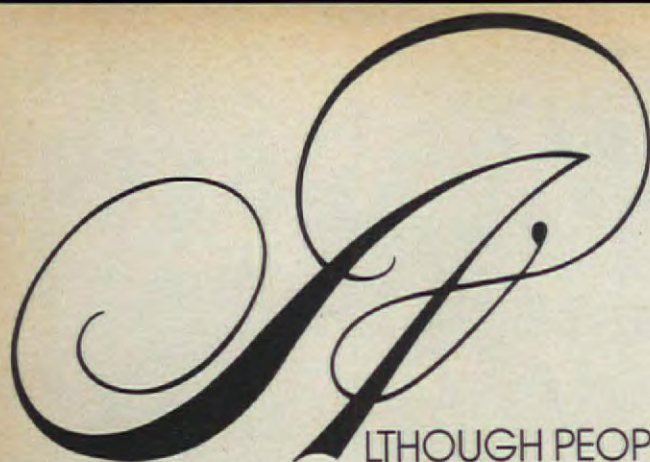


An unforgettable wedding

No stiff veil for this beautiful bride. She's crocheted a triangular mini-shawl with tassels (right) in a shiny silklike rayon yarn by Folklorico (designed by Ruth G. Israels). Sharing a moment of tender reflection (opposite), she carries a bouquet to make (designed by Eileen V. Waters) in sunny pastel tissue with button centers. Instructions for both, see page 88. A sweet heart of a necklace by Eva Graham, antique-look rings by The 1928 Jewelry Company. For more information, see Shopping Guide, page 90. The youngest members of the wedding (above) cuddle up to Mr. Frog and Mr. Bear; both are kits to make. For another view, see page 30. To order kits, see coupon, page 96.







WHY PEOPLE STILL GET MARRIED

ALTHOUGH PEOPLE TODAY DON'T FEEL THEY HAVE TO MARRY

Divorce rates are up. More couples are living together outside of marriage. Young people postpone marriage much longer than they used to. But in spite of all that, marriage is still in style.

Although the statistical graph of marriage in the United States has been bouncing up and down like a lovesick yo-yo, in the past six years there was a trend toward stabilization. In 1973 "The Monthly Vital Statistics Report" noted that 2.28 million American couples marched up the aisle. In 1975 the number was down slightly. Preliminary reports signal that even though bill-paying fathers, bridal-wear and related industries, clergymen and Cupid can expect plenty of business, the rate is declining again. But the institution of marriage is not ready to be counted out.

In spite of the new morality, the new sexuality, the new feminism, the new freedom—in spite of our disillusionment with government, our shaken faith in old values, our national loss of innocence—people are still declaring their trust in each other by making what they hope will be a once-in-a-lifetime commitment to another human being.

They are doing it for the same reasons people always got married—for love, companionship, security, economic advantages; because of religious beliefs, because they want children. But the old reasons have new meanings. The marriage vows—"love, honor and obey"—have been transformed into "love, honor and share." Since women have begun to feel a need for self-realization in recent years, one of the troublesome stumbling blocks to marriage has been the old notion that women were doomed to lose their ident-

ity as wives. You took the plunge, which meant for a man that he was jumping into a lifetime financial net and for a woman that she was plummeting into a sea of togetherness that denied her the right to be her own self, an individual.

The initial reaction was, "Enough!" The parties who were already trapped wanted out. The still-uninvolved drew back from the edge. But gradually, many men and women are beginning to get their roles straightened out. They are finding ways to be together and still retain their separate identities. Dr. Louise Singer, psychotherapist and president of Savamarrriage, Inc., says, "What I consider to be the strengths emerging from the feminist movement are: greater openness, the thrust toward equality (though not identity) with the male, support in the direction of competence—of acknowledgment of non-exploitive sexual desires—as well as first-class status as total human being. In short, a demystification of stereotypical thinking about gender roles and a support of individual difference toward self/other understanding and acceptance."

"The more wives earn, the more 'say' they have in family decision-making at all levels," according to sociologist Dr. Cynthia Fuchs Epstein. But even the nonworking wife is learning that she has the potential to live as an equal participant in her own marriage.

Another casualty, along with marriage, of the women's movement (and The Pill) was the nation's birth rate. According to a recent Harris survey, the percentage of women who believe that "taking care of a home and raising children are more rewarding for women than having a job" has declined from 71 to 51

THERE MUST BE A GOOD REASON THOSE WEDDING BELLS KEEP RINGING.

percent in the past five years. More and more women, however, have been discovering that they can raise children and have a job. Furthermore, they have discovered that they do need the legal protection and the approval of society that only the institution of marriage gives them. Although women of child-bearing ages are planning to have fewer children in their lifetimes, according to a Census Bureau report, those who are going to bear children will probably be opting for the traditional marital pattern whenever possible.

The welfare of children is often the catalyst for second marriages, too. Fatherless or motherless children seem able to project an urgency about their needs for a traditional family group that often adds the final push to the altar.

Even without children, couples who live together often end up married to each other because they need the security of a traditional covenant. "Trial marriages" have seemed like a viable alternative to marriage to many, but not a final answer. According to Dr. Selma Miller, president of the American Association of Marriage and Family Counselors, Inc., "If you think that with a trial marriage you're going to avoid a lot of the emotional problems, you are deluding yourself. There are none of the legal problems of a formalized marriage, but the emotional problems are practically the same." And some enjoy none of the benefits of the commitment that is implied by a marriage license.

The experience of one couple who lived together for three years is typical of those who are looking for a more stable relationship. Enjoying a vacation in Bermuda, they became so aware of the beauty of the life

they shared that they got married on the spot in the hope of insuring that it would continue.

Many couples no longer need marriage to give them permission to become sexual partners. But that doesn't mean romance is dead—even the romantic notion of boy meets girl, boy falls in love with girl, boy weds girl continues to flourish. A surprising number of brides and grooms want to march down the aisle in lace bridal veils and morning coats with a full complement of ushers and bridesmaids in attendance.

Last year, \$90 million was spent in the United States in the bridal market—a figure that includes a staggering, if curious, \$31.7 million on negligees and pegoirs alone. Taking into account that most of those couples are supposed to have already slept together, that's a lot of romance invested in the notion of an idealized bridal fantasy.

Behind the dream of the happy-ending marriage today, there is often a more realistic and practical rationale, however. The '70s marriage isn't an automatic reflex the way the '50s and early '60s marriage often were. Couples making the choice of a formal liaison are asking hard, introspective questions. Many are seeking professional advice.

There is still room for spontaneity, to be sure, but the knee-jerk marriage, the getting-married-because-everyone-is-doing-it syndrome, is no longer the norm.

Whatever the motivating force toward marriage—love, children, companionship, security or a combination—there is a growing awareness today of roles and rights. A sensible questioning and a reaffirmation of the eternal values of love and sharing are what marriage in the '70s is all about. —The Editors

KEY WEST: WAY-OUT FLORIDA

By V.V. HARRISON

Located 100 miles off the Florida coast, 90 miles from Cuba and a million miles from what ails you, Key West, Fla., is the southernmost city in the United States. As Alice said about Wonderland, "If it's the kind of place you would like, you would like it."

Much like Wonderland, Key West's charm lies beyond the eye, more a feeling than fact.

If the traveler is prepared for strange encounters, unique lifestyles and spirited adventure, Key West is the place: an island looking-glass world filled with Mad Hatters, Fiddle Dees, Fiddle Dums and Cheshire cats. You don't have to be crazy to like it, just in the mood for surprises.

Possessing neither the huckster quality or carnival atmosphere of a Miami Beach, nor the elite sophistication of a Caribbean island, Key West is rather like an old shoe: more comfortable than new, ragged around the edges and held together by a lot of soul.

Unlike most get-away spots, it is not physically beautiful; it does not abound in quaint sidewalk cafes, unique boutiques or long stretches of untouched beach. There are no spacious hotels or lush forests, and there is little in the way of local entertainment.

Mainly, what the island offers is fine weather and an openness that invites you to make your own fun. *(continued on page 82)*





Along with a fairy-tale mixture of fun and fantasy, Key West can offer the breathtaking beauty of a sunset cruise on one of the many for-hire boats (opposite) as well as a nostalgic trip to Ernest Hemingway's house replete with cats, a designated historical landmark (left).

Capt. Tony's (below, left), a favorite watering spot, attracts people of all walks of life with its easy-going, carefree atmosphere. And practically every tourist ends up sampling a fritter of black-eyed peas from Bollos (below, right).

Boating is an intrinsic part of Key West's charm, whether it's fishing boats for profit (bottom, left) or the pleasure of sailing to Mallory Dock (bottom, right), where islanders gather to applaud the setting sun.





SEAFOOD FOR SUMMER

Many meat-eating Americans are at sea where seafood is concerned. Fresh-caught or fresh-frozen it can offer a tasty, nutritious change of pace.

You can enjoy the natural bounty of the sea anytime, but seafood is a natural for warm-weather menus. Whether you savor it in an icy prepare-ahead salad, serve it on the half-shell or grill it to perfection on an outdoor barbecue, it means fuss-free cooking. And you don't have to live by the sea to enjoy it. Hauls of seafood from waters far and near are made year-round. Frozen, canned or in refrigerated transport, it makes its way to your local fish store or supermarket.

Most people are familiar with only a handful of seafood, but more than 150 types exist in some form. Many are regional favorites, such as sea crayfish, called rock or spiny lobster (clawless cousin of Maine lobster) in communities along the southern coasts of Florida and California. Generally, seafood is high in proteins, yet relatively lean. It provides significant amounts of several B vitamins plus phosphorus, potassium and iron, and compared with other protein foods it's low in calories. Fat levels, mainly polyunsaturates, range from very low in shellfish (shrimp, lobster and crab) to moderately high in such fatty fish as salmon and sardines. Though shellfish is high in cholesterol, other seafood is not.

Seafood is hearty fare, but it must be handled delicately. When shopping for fresh dressed fish, fillets or steaks, make sure the meat is moist, firm and elastic, with no signs of drying or browning, and that it has a fresh, mild smell. To insure storage life, wrap fish in moistureproof material and place in the coldest section of your refrigerator (preferably between 32° and 40°). Frozen fish should be solidly frozen when purchased, its flesh free of discoloration and freezer burn, with little or no smell. To store, wrap lightly in moistureproof material; thaw in the refrigerator, allowing 24 hours for a one-pound package. *Do not refreeze.* When preparing seafood, cook just until tender. Overcooking will make it tough or dry.

—Lucy Wing/Donna Johnson

Fried shrimp (left), live crayfish (below, far left), succulent pompano (below, center) and shucked oysters (below) are examples of regional delicacies that Floridians can buy fresh from local waters. Dishes prepared by Smokey's Wharf, a Boynton Beach, Fla., restaurant that specializes in fresh-from-the-sea fare.



FRIED SHRIMP IN BASKET

(opposite, top)

Pure vegetable oil or shortening for frying

2 pounds medium-size shrimp or 2 packages (12 ounces each) frozen, shelled and deveined shrimp, thawed

Salt and pepper

Cracker crumbs

1. In electric skillet or deep, heavy saucepan, heat 1 to 2 inches oil or shortening to 375°.

2. Shell and devein fresh shrimp, but leave tails on. Rinse fresh or frozen shrimp; pat dry. Sprinkle with salt and pepper. Dredge in cracker crumbs. Shake to remove excess.

3. Gently drop shrimp, a few at a time, into hot oil. Fry until golden brown, turning once. With slotted spoon remove shrimp from oil and drain on paper towels. Transfer to basket. Makes 6 to 8 servings.

BROILED FISH FILLETS

(left, center)

6 fresh fish fillets (6 ounces each) or 2 packages (16 ounces each) frozen fillets, thawed (pompano, sole, flounder, halibut or haddock)

1 teaspoon salt

1/2 teaspoon paprika

1/4 teaspoon pepper

1/4 cup butter or margarine, melted

2 tablespoons lemon juice

1. Sprinkle both sides of fish with salt, paprika and pepper. Place on greased broiler pan and baste with mixture of melted butter or margarine and lemon juice.

2. Broil 2 inches from heat, basting frequently with lemon butter, for 5 to 8 minutes or until fish flakes easily. Do not turn fish. Garnish with lemon slices, if desired. Makes 6 servings.

For additional seafood recipes, please turn to page 76

AHH....AVOCADO THE LOVE FOOD

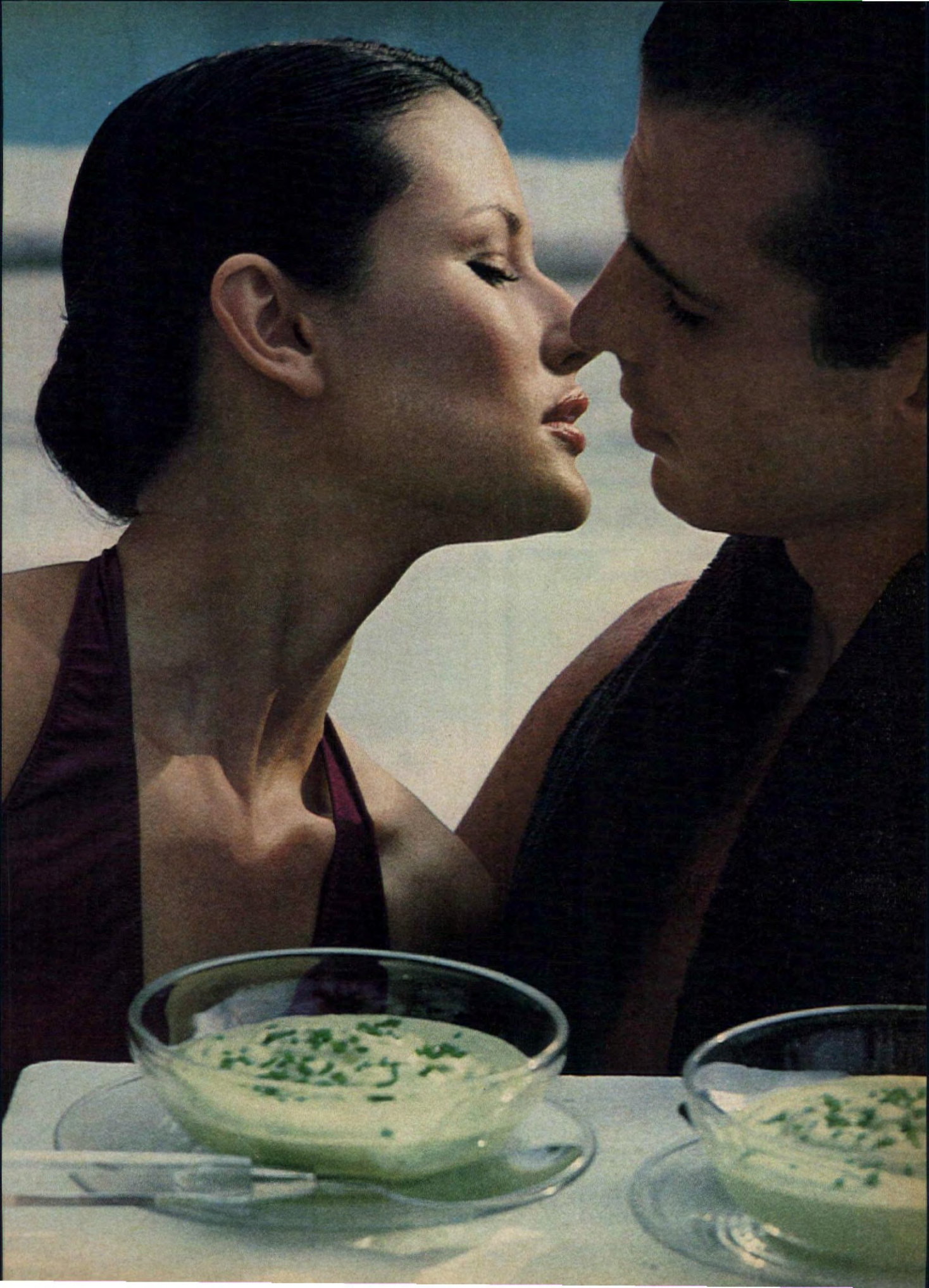
BUTTERY. EARTHY. THE AVOCADO IS
A FRUIT LIKE NO OTHER. DON'T
BE AFRAID TO LET ITS NUTLIKE FLAVOR
SOOTHE YOUR TASTE BUDS...
ITS NATURAL OILS ENRICH YOUR BODY
AND REFRESH YOUR SKIN.

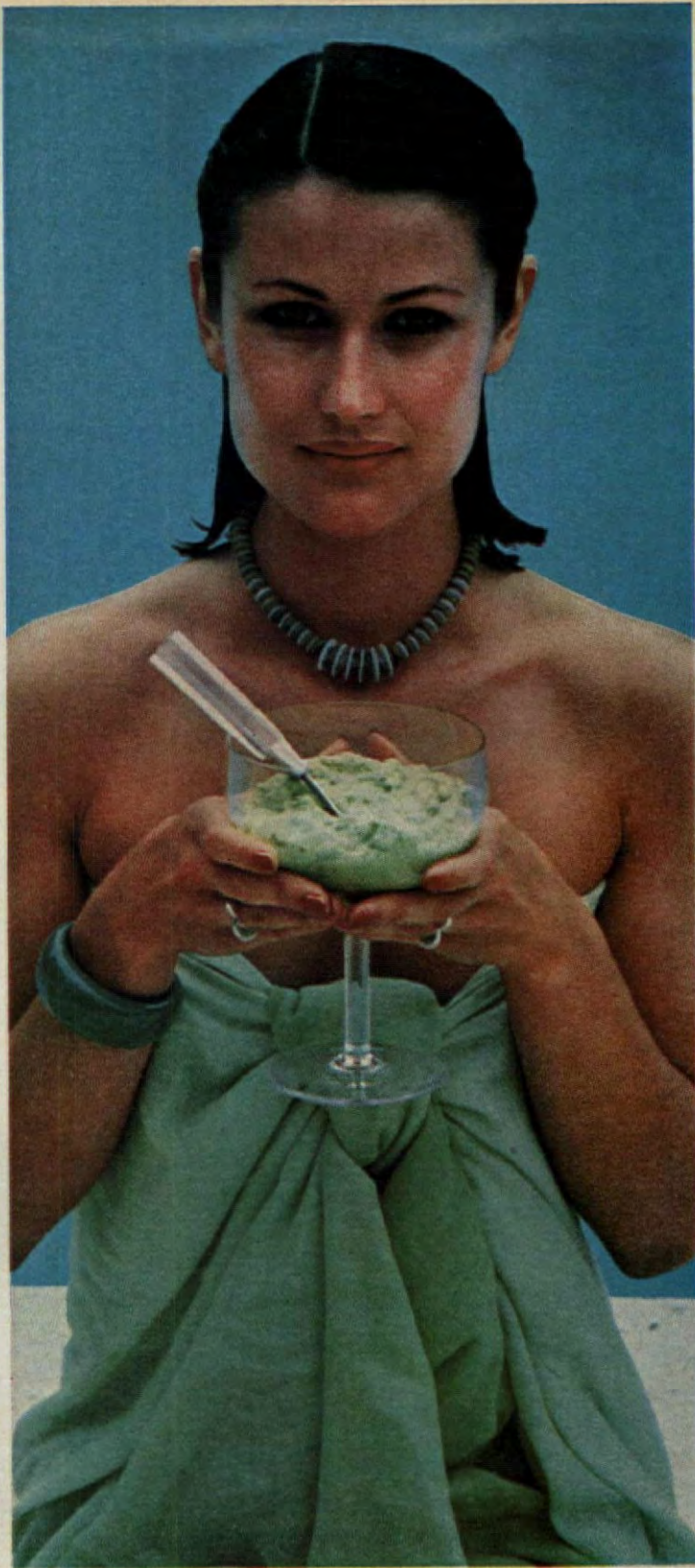
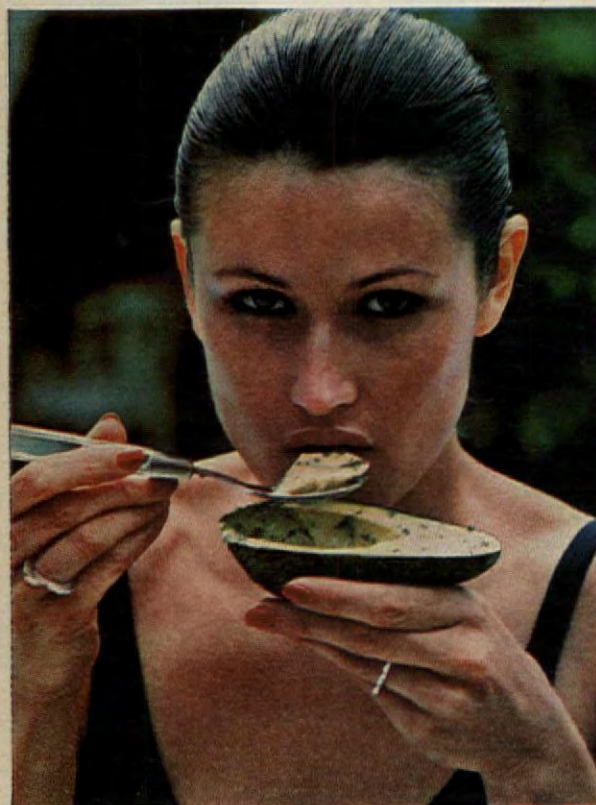


photography/Carmen Schiavone



Exotic . . . aristocratic . . . romantic. Mexico's Aztec Indians considered the avocado exhilarating, an aphrodisiac. Spanish conquistadores proclaimed it food "fit for the gods." Blend its smooth pulp into a chive-laced soup (opposite). Enliven its flavor with a tarragon vinaigrette dressing (above). It's heavenly.





AVOCADO MEANS BEAUTY

Make a new discovery. Release the food and beauty benefits of the avocado. . . . Packed with minerals and vitamins, it offers the body goodness from the inside and from the outside, too. Indulge in a rum-spiked avocado mousse (above). Revel in the piquant taste of a garlic-shrimp avocado basket (top, left). Using the pit, rub on bottled avocado oil (opposite, top). Whirl the pulp into a masque to refresh the skin (opposite). For food and beauty tips, turn the page.

All hair/John Pierro, avocado face masque and make-up/Shelly Durham. All dishes and flatware from Isabel's Et Cetera, Palm Beach, bamboo winnower on previous page by Vander Imports. Rit-dyed sarong by Susan Lauter, see page 86 for instructions.



How to buy avocados: California avocados dominate the market. The most abundant species is the green, thin-skinned *Fuerte*, available from October to May. *Hass*, also from California, has a dark, pebbly skin and is sold from May to October. Florida varieties, generally larger, light green and smooth-skinned—are sold from July to January.

How to tell when ripe: Hold an avocado in the palm of your hand and gently press the ends. If it "moves," you can eat it right away. If you're not in a hurry, buy several hard ones and let them mature. They'll lend color to your fruit bowl.

Avocados are not vegetables: They're fruit, but unlike most fruit they don't ripen on trees. They must be picked first, then kept at room temperature until they soften. You can refrigerate them up to three days, but don't freeze unless you mash the pulp and treat with lemon-juice or ascorbic-acid mixture.

Avocados are not fattening: One-half an 8-ounce avocado equals 150 calories, 19 per slice. A half section—believe it or not—has fewer calories than a frankfurter, a cup of milk, two scrambled eggs or a quarter-pound patty of beef. Avocados have a high fat content, mostly unsaturated. Because fats are digested slowly, they create a feeling of "fullness." Many savvy dieters find that if they eat half an avocado for lunch, their hunger is satisfied until dinner.

Why avocados are good for you: They contain 11 essential vitamins, 14 minerals including copper and iron, plus protein not usually found in fruit. And there is no hidden cholesterol. Avocados are reputedly an erotic stimulant. If so, this is probably because they are rich in vitamin E, which prevents oxygen from destroying unsaturated fatty acids and other fatlike substances—such as hormones—thus the sexual association.

AVOCADO

DID YOU KNOW THAT...AVOCADO CAN BE SERVED AT ANY MEAL, HAS NO CHOLESTEROL, CAN BE AN EROTIC STIMULANT... AND SMOOTHS ROUGH SPOTS WHEN APPLIED TO SKIN? EVEN THE PIT IS VERSATILE.

To open an avocado: Cut it lengthwise around the pit in the center. Use a stainless-steel knife to reduce darkening of the cut surface. To prevent oxidation when avocado is exposed to air (and some metals), use lemon juice, weak vinegar or ascorbic-acid mixture to seal the surface. Rotate avocado halves in opposite directions until they separate. Remove pit. Leave skin on to serve as half shell. For slices, peel and place avocado half, cut side down, on cutting board. Slice lengthwise or crosswise. For variety, make avocado balls, using a melon cutter or metal teaspoon.

Equivalents: For recipes remember that 1 small avocado yields $\frac{1}{3}$ to $\frac{1}{2}$ cup puree, or 12 bite-size cubes; 1 medium avocado equals $\frac{2}{3}$ cup puree, or 24 cubes; 1 large avocado equals $1\frac{1}{3}$ to $1\frac{1}{2}$ cups puree, or 36 cubes. By weight, a 16-ounce avocado yields 1 cup of puree.

How to use avocados round the clock: At breakfast drop a few avocado balls into scrambled eggs for a change. Or in place of everyday jellies and jams, spread mashed avocado seasoned with lemon juice, salt and pepper on toast. At lunchtime, avocados can be served in their shell with a dash of lemon and salt or dressed up in cottage cheese, fresh or canned fruit or your favorite seafood. At night an attention-getting surprise is avocado wrapped in ham, whipped

up into a dip or soup, sliced into a salad or used as a garnish for hot dishes. For dessert, swirl an avocado into ice cream.

Here are recipes for avocado dishes pictured on preceding pages:

AVOCADO VINAIGRETTE

$\frac{2}{3}$ cup pure vegetable oil
 $\frac{1}{3}$ cup tarragon vinegar
1 tablespoon minced parsley
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ teaspoon sugar

3 medium-size ripe avocados (about 8 ounces each), chilled

1. In covered container shake oil, vinegar, parsley, salt, pepper and sugar.
2. Halve avocados lengthwise; twist each half in opposite directions to separate; remove pit. Drizzle dressing over halves in serving dishes. Makes 6 servings.

AVOCADO-SHRIMP BASKET

$\frac{1}{3}$ cup olive or pure vegetable oil
3 tablespoons lemon juice
2 to 3 cloves of garlic
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{4}$ cup chopped parsley
2 cups water
10 medium-size shrimp
2 medium-size ripe avocados (about 8 ounces each)

1. In blender container place oil, lemon juice, garlic, 1 teaspoon salt and pepper. Cover. Blend. Stir in parsley.
2. In small saucepan bring water and remaining $\frac{1}{2}$

teaspoon salt to boiling. Add shrimp and cook 3 to 4 minutes. Drain; shell and devein. Halve crosswise. Place dressing and shrimp in bowl. Cover. Marinate in refrigerator 1 hour.

3. Halve avocados lengthwise; twist each half in opposite directions to separate; remove pit; peel. To make basket bottom: Cut thin slice off rounded side of 2 halves so they'll stand upright on individual plates. Reserve bottom slices. To make basket top: With small knife cut out 3 lengthwise wedges $\frac{1}{2}$ inch apart through rounded side or remaining 2 halves, but be careful not to cut through ends of avocado. Cut removed wedges and reserved slices into chunks; fill cavity of basket bottom. Add dressing drained from shrimp to cover. Place top of basket over bottom. Stuff lengthwise slits with shrimp halves. Serve with any leftover dressing. Makes 2 servings.

AVOCADO MOUSSE

4 medium-size ripe avocados (about 8 ounces each)
1 cup sugar
1 cup milk
3 tablespoons lime juice
2 envelopes unflavored gelatin
 $\frac{1}{3}$ cup light rum
1 cup heavy cream ($\frac{1}{2}$ pint)

1. Cut avocados in half. Remove pit; spoon pulp into blender container. Add sugar, milk and lime juice. Cover. Blend on medium speed, stopping and stirring frequently with rubber spatula until smooth.
2. In small saucepan sprinkle gelatin over rum. Heat over low heat, stirring constantly, until gelatin dissolves. Pour into avocado mixture; blend on medium speed until combined. Chill until thickened.
3. In large bowl with electric mixer, beat heavy cream until stiff. Fold in thickened avocado mixture until combined. Pour into serving bowl. Chill. Garnish with lime slices, if desired. Makes 12 servings.

(continued on page 66)

STARS ON ICE.

Avocado and Snow Crab

California Avocado and Wakefield Snow Crab star in the hit salad of the season! The cool green California Avocado brings a certain mellow, nut-like flavor to its part. And Wakefield Snow Crab is a delightful experience. Flaky, delicate; with flavor so light it's almost sweet. Just bring them together with an easy little dressing and listen to the applause.

THE CALIFORNIA SNOW SALAD

1 (6-Oz.) pkg. Wakefield frozen Alaska Snow Crab Meat, thawed in package	3 cups finely shredded Iceberg lettuce
2 Tbs. Wesson Oil	1/4 cup celery
2 Tbs. lemon juice	1/4 cup sliced ripe olives
1/2 tsp. seasoned salt	1 hard cooked egg
1/4 tsp. onion salt	1 ripe California Avocado, peeled and halved
1/8 tsp. garlic salt	Boston lettuce leaves

Dressing: Drain liquid from Wakefield Snow Crab into small bowl. Add oil, lemon juice and seasonings; blend well.

Salad Bed: Arrange Boston lettuce leaves on 2 plates. Combine shredded lettuce, celery, olives and 1 hard cooked egg, chopped coarsely. Toss with dressing, minus 4 Tbs. Divide and mound crab meat on salad beds. Cut avocado crescents lengthwise. Arrange around crab as pictured. Drizzle with remaining dressing.



LOVE FOOD FROM CALIFORNIA
©1976 California Avocado Advisory Board
wakefield® Fine Alaska Seafood

ideal of the adoring stay-at-home wife, Gloria Schaffer, with a year-old second child, decided to enter politics. "If I'd known then what I know now," she says with a laugh, "I never would have had the courage to run! Feminist issues just hadn't been verbalized then. But prejudice against women was certainly around."

For Gloria, whose career in the Senate has been allied with legislation concerning education, health care and other social programs, feminist issues and political issues are closely related. "There are very few issues that only cut one way. People tend to read equal rights as rights for women only. But there are many laws on the books that are more favorable to women. The ERA was designed for true equality, not just for women's rights."

In practice, Gloria Schaffer prefers a soft touch—and a sense of humor. Speaking before a men's luncheon group recently, she discovered to her amazement that "luncheon" meant the men's wives were back in the kitchen, frying chicken. She made a point of beginning her speech with that old adage, "Behind every great man is a great woman."

What kind of man is behind this woman? Eugene Schaffer is a tall, breezy New Haven businessman who admits that he is more comfortable in his home territory than in the political world of Hartford. He seems to have a year-round suntan. "This is not a suntan," he jokes, "it's high blood pressure—the result of being married to a politician."

While Gloria has been organizing her campaign for the Senate nomination, Eugene has been busy with his own project, an exhibition of 1976 American furniture—"one man's response to the Bicentennial," according to his wife.

The Schaffers have always done a good job of keeping their private lives separate from Gloria's political career; thus Eugene remains a mystery man to many of Gloria's political fans. He seems to prefer it that way.

"The most important thing," says Gloria, "is a cooperative husband. Besides the time I spend on the actual administration of my job, a big part of public life is making speeches and appearances and just being generally available. A woman in politics needs a husband who can accept the fact that his wife is more visible than he."

Gloria has always been concerned about the effect of her career on her two children. "The thing I worried about when my children were young," she says, "was that if I were defeated, they would take it as a personal rejection. Politics is the most risky busi-

ness in the world, and most adults don't have the maturity to handle it."

Gloria Schaffer who has never lost a race, was never faced with the problem of explaining defeat to her children. Now that she is heading for what will surely be a tough contest, her children are quite grown up and living away from home. They have come to expect things like Gloria's decision to run for the Senate, and are among her most enthusiastic supporters. Her daughter, Susan, 26, lives in Chicago and hopes to come back to work on her mother's campaign this fall. For her son, Stephen, 23, the trip back will be a bit longer. He is living in India and studying Sanskrit.

As the Senate race heats up, Gloria Schaffer is heating up, too, adding still another round of speeches and public appearances to her already hectic schedule. She seems to be at no loss for energy or organization. "Gloria is the most organized person I've ever met," says Jan Myles, who is also busier than ever these days. "The most incredible thing is that she still has time for people. She never forgets a birthday, and at the end of a crazy day she can produce a dinner party at home for 14 people—presto!"

Gloria's magic touch will be very much in demand in the days ahead. Everyone agrees that she will have a tough time beating Weicker. "I plan to run on the economic issues," she explains. "The problems here in Connecticut are basically the same as those in the rest of the country, only magnified. Unemployment, inflation, stimulation of the economy—these are all top priority." Gloria's analysis of the concerns of her constituents is probably accurate. The state has been fighting an unemployment rate that exceeds the national average, and recently new worries have arisen over the shaky status of the state's bond rating. Gloria believes Connecticut and the whole Northeast are responding very slowly to the national economic recovery. She wants to tackle the problems and find solutions that are right for her state.

Gloria Schaffer seems to thrive on the fast pace of politics; the sacrifices are something she accepts as part of the job. But there are some things she finds a bit hard to give up—like tennis. These days, the closest she has been able to get to it has been as a spectator at the recent World Cup Tennis tournament in Hartford. Somehow, even at the tennis matches, politics is never far away. During the intermission she was approached by a young man who shook her hand and burst out, "Gloria Schaffer, I'll vote for you for president!"

"Thanks anyway," she called back. "But I'm not running for president. At least not yet!"—Ann Scharffenberger

COLD AVOCADO CREAM SOUP

(pictured on page 61)

- 4 medium-size ripe avocados (about 8 ounces each)
- 3 cans (13¾ ounces each) chicken broth
- 1 tablespoon lemon juice
- 2 cups light cream or half-and-half (1 pint)
- 1 tablespoon chopped fresh or 1 teaspoon dried dill weed
- 1½ teaspoons salt
- ¼ teaspoon white pepper

1. Cut avocados in half. Remove pit; spoon pulp into blender container with about 1½ cans chicken broth and lemon juice. Cover. Blend on medium speed, stopping and stirring frequently with rubber spatula until smooth.

2. Pour avocado puree into large glass bowl or soup tureen. Stir in remaining chicken broth, light cream or half-and-half, dill, salt and pepper. Cover bowl with plastic wrap. Chill. Garnish with chopped fresh dill or chives, if desired. Makes 8 to 10 servings.

Food for the skin: The inside of the avocado peel contains one of the finest skin oils in the world. It will erase lines, smooth rough spots and restore skin oils. To find this part, scrape the peel till you feel a slightly abrasive sandy substance. It should be oily to the touch. Rub the peels vigorously on rough skin areas and watch the dead cells slip away.

Avocado masque (shown on page 63): At the end of the day, take one or two ripe avocados, cut them in half, peel and puree in blender. Cleanse face thoroughly, then spread paste over your face and neck. Relax for 20 minutes. Remove masque with clear, tepid water and facecloth; splash on cold water and pat dry. Your complexion should be velvet-smooth.

Retain the pit: Use the avocado pit to distribute masque or other facial creams. Because of its unique shape and texture, it's an excellent facial exerciser. Moreover, it starts circulation moving for sluggish skin. Look for a pit that is not cracked, and be sure to cleanse it thoroughly.

Decoupage pits make tabletop ornaments. Allow pits to dry one to three weeks. Use thinned white glue to apply cut-paper decors. Varnish pit to seal. Or create natural jewelry. Slice pit when fresh, string them and allow to dry.

For free information on how to start an avocado tree from a pit, send a self-addressed, stamped envelope to: Inside Every Avocado There's a Free Tree, Dept. AH-6, The California Avocado Advisory Board, P.O. Box 2162, Costa Mesa, Calif. 92626. Want more recipes? Send 50 cents for a copy of *Avocado Bravo*, Dept. AH-6, P.O. Box 2162, Costa Mesa, Calif. 92626. □

GENUINE REDWOOD PATIO TABLE...ONLY \$4.95!

REDBOOK has found a beautiful new table that has hundreds of uses . . . yours at an unbelievably low price! Ideal for elegant patio entertaining . . . barbecues . . . picnics . . . TV table . . . plant stand . . . for the kitchen, den, bedroom, etc. You'll enjoy using this Patio Table for years and years.

This lovely new Patio Table has a genuine Redwood top that weathers beautifully and, of course, will never rust. The sturdy metal, golden tubular legs have a unique "instant fold" feature that lets you set up table in seconds. Table top measures 15½" x 15½" and stands 18" high.

Take advantage of the special discounts by ordering several of these Redwood Patio Tables . . . for use in your home as well as outdoors.



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Please send me the following REDWOOD Patio Tables:

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____ Two (2) Patio Tables for only \$9.75 (Plus \$1.75 postage, packing and handling).

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HOW TO GET INTO THE SWIM

PROS AND CONS OF BUILDING A POOL

By KAREN CURE

Swimming is second only to picnicking as a favorite outdoor activity in America, according to a 1970 study by the Bureau of Outdoor Recreation. Yet many people who enjoy swimming have strong doubts about the wisdom of building a backyard pool. They're wary of the expense and of the maintenance chores a pool involves. Moreover, they're fearful of the hazards—the safety of their children and their neighbors' as well.

Should you build a swimming pool? Answering this question requires asking yourself others. Do you have room for one? Can you afford it? These are the obvious ponderables. Less obvious, but no less important to your decision-making, is: Does a pool fit in with your family lifestyle?

Families with backyard pools tend to build a whole summer routine around them. Family members who go to work try to schedule dips in the pool before and after. Those at home enjoy the indulgence all day long. Evenings, weekends and holidays become festive times for cookouts, luaus and pool parties.

Most owners like the togetherness a home pool fosters. Says one: "When we're in the water as a family, we're all at eye level." Another boasts of the savings: "We spend a lot less time, money and effort than when we drive to the shore every weekend." Still another says: "In the morning I put on a bathing suit, and that's how I stay all day. I get so I hate to get up and go to the market."

For some, a swimming pool pro-

vides a needed reason to be outdoors. For others, it's a good investment—an in-ground pool usually heightens property value. Convenience is a plus for many pool people. Young mothers don't have to chauffeur youngsters to and from a public pool, beach or someone else's home pool. In addition, home pools encourage children to swim when they're very young.

Most of all, pool owners cherish the privacy they obtain. "I'm always too fat, and I don't like to sit around with a lot of people I don't know," says one grandmother, who installed an above-ground model four years ago. Another owner says, "I don't like bumping elbows with people at the public pool when I'm trying to swim." A busy doctor and his secretary/wife, tired of being nice (*continued on page 92*)

POOL FACTS

Here's how the three most popular pools compare. Certain conditions—sandy or filled soil, water-logged soil, expansive soil or soil that stays frozen a long time—may call for another type of pool or may raise the cost of the pools described here.

TYPE OF POOL AND COST	DESCRIPTION	SIZES, SHAPES AVAILABLE	DAY-TO-DAY MAINTENANCE	DURABILITY	FINANCING
Above-ground. \$300 to \$2,000; you can cut costs by installing yourself (almost anyone can do it).	Waterproof tank made of metal structural shell with vinyl liner. Growing in popularity nationwide. Fly-by-night dealers plague this market. Beware.	Choices fairly limited: round (10 to 27 feet in diameter) or oval (up to 18 by 36 feet). Flat bottom is standard, but hopper-shaped bottom (for diving) available at extra cost. Removable ladders (available on some models) plus height of pool itself often make fencing unnecessary.	Non-porous surface discourages algae accumulation. Cleaning scum (from body oils and lotions) is easy.	Lasts 10 to 15 years, depending on care, use, climate. Some problems with corroding of steel walls; aluminum more durable, though more costly.	Adds no value to property; does not increase property tax. Home-improvement loans at 10 to 12 percent often hard to get; a higher-interest personal loan may be necessary.
In-ground: gunite. Usually from less than \$5,000 to \$10,000 and up. Must be installed professionally.	Concrete sprayed at high pressure over excavation lined with reinforced mesh. Most popular in California and other warm-weather climates; the new White House pool is gunite.	Choices are many, varied: squares, rounds, ovals, hearts, shamrocks, guitars, etc. Standard geometric shapes and sizes less costly.	Special care must be taken; algae can grow on concrete.	Prone to cracking, especially in cold climates. Must be repainted from once a year to every 5 or 6 years; cost—\$100 to \$150 or more, plus water needed to refill after draining. Stains often removable by acid wash (time-consuming but not expensive if you do yourself).	Raises property value, usually by about half the cost of pool. Taxes go up, too. Can be financed by home-improvement loans. Actual price may be higher in the North, where construction season is comparatively short.
In-ground: vinyl-liner type. Usually \$4,000 to \$5,000; you can cut costs by installing yourself, although the job requires excavation equipment and some expertise.	A heavyweight vinyl shell dropped into an excavation, with reinforced walls (aluminum, specially treated wood or steel).	Many sizes and shapes (round, oval teardrop, figure-eight, various free-forms), but choices more limited than for gunite type.	Same as for above-ground (top).	Doesn't crack; never needs painting, scraping, acid wash. Liner can develop puncture holes or tears; all can be repaired easily without draining pool. Liner needs replacing in 10 to 15 years, depending on care; cost is \$250 to \$900 and up.	Quick installation (3 to 5 days) lowers overall price; dealers can do more of these pools per season. Raises property value and taxes. Can be financed by home-improvement loans.

4 SELFISH REASONS TO GIVE UNSELFISHLY TO CEREBRAL PALSY.



It's easy to smile when baby is healthy.

Dennis Hallinan/FPG

1. The baby saved from cerebral palsy could be yours.

Your baby picked a fine time to be born. Through research, a baby's chances of having cerebral palsy are smaller than ever.

Smaller, but too big. Doctors find some form of cerebral palsy in 1 out of 200 newborns.

Do all you can to make sure you have a healthy baby. Ask your local United Cerebral Palsy association for the free pamphlet, "Do's & don'ts for the most important 9 months in life."

Give to pay for research that fights cerebral palsy. Think what your money buys.

2. Cutting a \$1.3 billion loss.

Cerebral palsy robs more than bodies and minds. It robs money, too.

The loss in productivity is about \$1.3 billion a year. Another \$1.6 billion a year goes to help people who have cerebral palsy.

It is impossible to say how much you gain when these costs come down.

Determination made Harold Yukor a professor-determination, and help from United Cerebral Palsy.



All the same, you *do* gain. The ship rows easier when all hands are pulling.

3. It's good to know you're not just spinning wheels.

Did you ever have the feeling the money you give doesn't change anything?

Feel satisfied. In the case of cerebral palsy, change is real.

For example, research led to a vaccine that prevents rubella (German measles). This was a breakthrough, since pregnant women exposed to rubella run an unusually high risk of having a baby with cerebral palsy.

Today the problem is gone. It will stay gone, as long as parents make sure their children get the rubella vaccine.



Research defeated the rubella virus, here enlarged 240,000 times.

4. A tax deduction even the I.R.S. can love.

When you give to United Cerebral Palsy, the government smiles on you with a tax deduction.

Take advantage of this. Give unselfishly to your local United Cerebral Palsy association.

Then collect (with a smile of your own) when you file your tax return.

Contributed by the Publisher

United Cerebral Palsy

66 East 34th St., New York, N.Y. 10016



There are others in this area, notably **Enton Hall** (** it aims at the true believer and offers everything from fasting to colonic irrigation), and **Forest Mere** for the fashionable set (** a little too easy, some health-farmers feel, to be really effective). Grayshott Hall is the happy medium, with modified fasting, exercise, relaxation classes, massage and sauna, irrigation (if requested) and osteopathy. English spas cost \$150 to \$175 a week, board and treatment included.

GERMANY

*****Baden-Baden**: Mineral water bubbles freely in this beautiful city where the original Roman baths are preserved under glass. Baden-Baden is also the home of *Sans Souci* and *Biodroga* cosmetic and skin treatments made from mineral water and herbs. Current prices are unavailable.

NORTH AMERICA

On this side of the Atlantic, what constitutes a spa, as opposed to a health resort, is a little fuzzy.

*****Radium Hot Springs**, in the Canadian Rockies, is a good example. Touted as the spot where wandering Indians once paused to soak away their cares, it boasts radium springs that are undoubtedly highly mineral-

ized sulphur. But this spa/resort places greater emphasis on recreation. Price is approximately \$24 a day.

The same is true of the two **Fairmont Hot Springs Resorts** (** in Montana and British Columbia), **Greenbrier**, W. Va. (*) and **Ixtapan**, Mex. (*).

The Fairmont costs about \$24 a day without meals (depending on room location); Greenbrier runs \$42.50 to \$57.50 a day, breakfast and dinner included; \$30 a day will get you a single room and all meals at Ixtapan.

The following are more truly spa-like in the European sense.

*****Hot Springs**: in Arkansas, comprising four hotels (each with its own bath house). Prices vary according to season, but a single room is approximately \$17, meals extra. A thermal bath is \$4.30.

*****Saratoga Springs**: in New York State, features waters for arthritic and circulatory problems and boasts the only natural carbonated water this side of the Rockies. Single accommodations during the peak season run about \$30 a day, with meals. Treatments are \$5.25 to \$10.

*****St. Helena Health Center and Hospital**: in California's Napa Valley. Backed by the Seventh Day Adventists, its programs target alcoholism, cigarette addiction (\$295 for five days) and weight management. (\$465 for seven days), food included.

The following lack the essential in-

redient: natural mineral springs, and therefore our rating system does not apply.

Maine Chance: the Elizabeth Arden-owned health resort in Phoenix, Ariz. The emphasis is on weight control, exercise and beauty. Single weekly accommodations are \$850, with meals.

The Greenhouse: in Arlington, Tex., named for its glass-domed, hermetically sealed construction and owned (in part) by Neiman-Marcus. The Greenhouse is a mecca for celebrities and society women—who pay \$1,000 a week, meals included, for exercise and make-up classes.

Last, and totally unique in its class, is **La Costa** in Carlsbad, Calif. Probably the most lavish place to shape up in the world ("for people who hate to be bored," says the brochure), La Costa is called a spa, but fits better in the ultra-luxe beauty resort category. The exercise facilities are second only to their diet program (for story, menus and recipes, see page 32), but by no stretch of the imagination can it be called a spa. Single or double accommodations are \$55 to \$65 a day, plus meals.

One look at the La Costa brochure puts today's spa picture into perspective. From the Roman baths at Ischia, the bubbling "source des Celestins" at Vichy or the mosaic-tiled pools at Marienbad, the spa has indeed come a long way. □

DECORATING

continued from page 26

How do you feel about where the sofa is now? How do people move through this room?" Following Julia's lead, everyone gets into the discussion.

Eleanor pulls out her floor plan and some samples of fabric and wallpaper. Everyone oohs and aahs, and then Julia asks Eleanor what she would do with these things if she had all the money in the world. This is just one of the workshop games Julia employs to free each participant of any inhibitions she might have about showing off her apartment. Other games include: What if you moved a wall here, tore down a wall there . . . what would I do if I were you. . . ?

Then, with gentle prodding, Julia begins to explore how each woman uses her space. The questions volley between reality and fantasy. "Sometimes dealing with the 'wish-life' of a person brings out some really feasible ideas just as effectively as a strictly practical suggestion," says Julia.

Eleanor is laughing now about some of the Victorian chairs in the living room. "You know," she admits, "I hate these chairs. But how can I tell my husband? They're his mother's."

"Oh, come on," cajoles Julia, "he'll probably say he hates them, too. I bet

he's been holding back because he thought you liked them."

As the discussion proceeds, Eleanor and the others grapple with problems of budget, furniture rearrangement (minus those chairs!), lighting and new window treatments. Eleanor finds her choices of fabric and wallpaper supported by the group. She realizes that her ideas are not only acceptable to the others, but exciting as well—even if their lifestyles differ from hers.

"This sharing of experiences, and the recognition that they have a common bond, is one of the most exhilarating facets of this workshop concept," Julia points out. "As these women come to grips with the fact that their decorating 'problems' aren't really problems at all, but simply ideas that can be thought about positively, they start making decisions."

What did the participants in this particular workshop gain? Angela broke through traditional concepts of her living areas and was able to rearrange furniture, and buy a few pieces that liberated her space. Her husband loved it.

Judith and her husband compromised on their possessions, got rid of things they had never dared talk about before they were married, and with new fabric and a carpet unified their two "looks" quite successfully.

Jean found the conviction to speak out about her own taste, and with a budget that was reasonable began to buy some things for her apartment. She put more money into the basics, which she considered wise investments; less into repainting, curtains—items that could be changed later, if necessary. Her sons love the new look.

Lib compiled a good reference list of sources, and found that like Angela, she had been bogged down in traditional notions of rooms. Her living room is now a family room, and the new room will be a formal retreat for herself and her husband—and for adult guests.

Eleanor and her husband streamlined their apartment, threw away the Victoriana and concentrated on a sleeker look—which enhanced their book collection, too.

Justine planned a very flexible and workable studio setup with modular shelving, a convertible sofa-bed and a table that could also double as a desk.

Each came to a comfortable interpretation of herself, her lifestyle and her decorating needs. As Julia Hyman concludes: "Nothing is more exciting than working on your own home. You don't need to be afraid of your taste; encouragement and practical know-how are all you need." —Bo Niles

WHEEL OF FORTUNE

WHEEL OF FORTUNE

FREE!

8 GREAT PRODUCTS + \$15 IN COUPONS

Spin our Wheel of Fortune™ and always come up a winner! You can receive any 7 of these sensational products, \$15.00 in valuable product coupons, plus a free bonus pair of pantyhose. So be a winner! Take advantage of this fabulous free offer. Mail your coupon today, along with the correct amount for postage and handling. There is no additional cost or obligation.

1A. Fresh Herbal Vaseline® Intensive Care® Lotion... with eight fragrant herb essences. Or select.

1B. Regular Vaseline® Intensive Care® Lotion.

2. A.R.M.® Allergy Relief Medicine. Don't give up. Here's better relief when allergy attacks.

3. Daisy® by Gillette. The first twin bladed disposable shaver designed especially for women (one Daisy shaver).

4. Now!... Vaseline® Intensive Care® Mineral Bath... enjoy a mineral spa in your own bathtub (1.75 oz.)

5. Body Splash from Vaseline® Intensive Care®... cool and refreshing for after bath or shower. Select one: 5A—Dream Flower. 5B—Herbal Fragrance.

6. Denorex® Shampoo helps relieve dandruff scaling, itching, flaking with five therapeutic actions.

7. The Hair Fixer™...the permanent hair conditioner for body and fullness that last.

8. Pretty Feet® beautifies feet, elbows, knees and hands by removing rough dry skin. Leaves skin soft and smooth (.5 oz).

9. Young's Nail Polish Remover Pads. The

easy convenient way to remove polish, anywhere, anytime, without mess (2 pkts).

10. Midol® the menstrual distress specialist. Relieves the painful symptoms before and during your periods (4 caplets).

11. Woolite Cold Water Wash safely soaks fine washables clean in 3 minutes without shrinking, stretching or fading.

12. Alba '77... the heavenly low calorie

milkshake with a devilishly rich taste (.75 oz.).

13. Certain-Dri Up to 84 Hour Antiperspirant. A proven formula to solve problem perspiration. \$1.00 off coupon also included (4 pkts.).

14. Hawaiian Tropic Dark Tanning Oil. A unique blend of nature's rich tanning and protective agents.

15. FREE BONUS

Now! Sleek-Fit Real-Panti Panty Hose. It's panties and hose all in one. Comparable value \$3.00 a pair. You receive a certificate in order to select size and shade.

Wheel of Fortune, Box 66
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Check your choice and enclose correct amount for postage and handling:

- ☐ Enclosed is \$1.00 for the 7 products circled below.
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1A or 1B 2 3 4 5A or 5B 6 7 8 9 10 11 12 13 14

Name _____ Age _____

(You must print) Address _____ Family Size _____

City _____ State _____ Zip _____



EASY PINWHEEL AFGHAN

This unusual pinwheel afghan has the look of a patchwork quilt, but it's much faster and easier to make! Use single and double cro-

chet stitches to form colorful triangles of steel blue, red and light blue. Then simply sew triangles together to make squares. The kit comes

complete with acrylic, 4-ply yarn and easy-to-follow instructions. Completed afghan is 51" x 51". Turn to page 96 for coupon.

summer day the water can be colder than you'd think. Give your warmed-up muscles a chance to adjust to the water. Here are two exercises:

With flippers on your feet (to increase the effort required), rest your back flat against the wall of the pool, arms outstretched on the coping. Raise legs to hip level and do sidewise scissor-crosses in the water. Stretch as wide as you can. Do only a few at first, eventually working up to 10 sets when muscles are stronger.

With a beach ball (to tone and strengthen arms and the pectoral muscles), stand with water at chest level. Hold a beach ball with both hands close to the body. Slowly force the beach ball down under the water as far as you can. Do not let go of ball, but exert pressure on it as you allow it to slowly return to the surface.

To soften skin, oil and water do mix. The only thing in the world that can keep skin firm, plump, healthy-looking—young, if you will—is water in the upper cellular layer of the skin. And the best thing for keeping that water where you want it is oil. A classic test for the softening power of water on skin is to soak one bit of calloused skin in oil, a second in water. The oil-soaked skin gets greasy, but stays tough. The water-soaked callous becomes pliable, soft. But if you've ever spent too long in the bath, you will have observed the puckering of the skin that water can also produce. In that case, the water has drawn out the natural moisture from the upper layer of the skin and washed it away. That's where moisturizers comes in.

Lubricating the skin—with a luxury cream or plain salad oil—will seal in water, trapping it in the upper layer of your skin. The moisturizer does not "penetrate"; it's effective only so long as it remains on the surface. But make sure there is moisture in and next to the skin to be held: Drink enough water; apply moisturizer and body lotion to skin still damp from the bath.

The perfect bath is produced by a combination of the ideal temperature and perfect timing. The heat point at which the skin begins to perspire, throw off carbon dioxide and absorb more oxygen is 93° F. (34° C.), and that's what you want. Eight hours before facing the out-of-doors is the optimum time because the skin will be able to replace natural oils before exposure (but moisturizer and body cream are the best bet for instant protection every time you wash).

Draw a body-temperature bath and you do nothing but good for your skin. "A good long soak in a hot tub" is hard on the heart and can cause tiny capillaries to (continued on page 95)



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 at her country home.

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

Getting gray does make you feel older. It's depressing! Being in show business I'd been involved with coloring my hair for years, so I know what an ordeal it is . . . endless touch-ups...ugly gray roots...possible hair damage...that's not for me.

But you did color your hair. What finally convinced you?

A very dear friend. She'd been coloring her hair for years with all of those problems I hated. Then she switched to Lady Grecian Formula and it was totally different.

Lady Grecian is different! How so?

It just eliminates everything I dreaded about haircolor. From start to finish, Lady Grecian is easy. No mixing, no mess and no peroxide—so it's gradual and gentle.

It colors gradually?

It's amazing. You simply brush this clean almost clear liquid through daily until your hair is just the color you want. It comes out so beautifully natural looking. You can even switch to Lady Grecian like my friend did.

You mean someone who's been coloring her hair can switch to Lady Grecian?

It's even easier than if you're gray. Just Lady Grecian the root area as you need it—combing it through occasionally...and it blends right in with the color you've been using...and the over-all color gets prettier and softer—more believable looking. And, no ugly gray roots!

What about younger women just beginning to find those gray hairs?

Oh, they'll love it because it's so much quicker and easier than anything else and

best of all, doesn't mess up the natural color one bit. In fact, if you're only gray around the temples just do that part and it will blend in. Or, you can make the gray into beautiful highlights.

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, AF, White Plains, N.Y. 10604. Of course, Lady Grecian is available at toiletry counters.

Combe Inc.

EAT-YOUR-HEART (OUT) CAKE

- 1 package (18½ to 19 ounces) lemon, yellow or white cake mix
- 1 envelope (1½ ounces) whipped dessert topping mix
- 1 cup ground blanched almonds
- 1 cup water
- ½ cup Amaretto or rum
- 4 large eggs or 8 egg yolks (left over from Meringue Swirls or Royal Icing, below)
- ½ cup butter or margarine
- ½ cup shortening
- Dash of salt
- 1½ teaspoons vanilla
- 4 to 5 cups confectioners sugar
- ⅓ cup milk
- Pink food color

1. Heat oven to 350°. Generously grease two 9-inch heart-shaped pans with shortening or oil. Line bottom of each pan with wax paper cut to fit. Grease paper.
2. In large bowl with electric mixer, beat cake mix, dessert topping, almonds, water, Amaretto or rum and eggs or yolks on low speed until just mixed. Beat on medium speed until fluffy. Pour batter evenly into pans. Bake 35 minutes or until done. Remove to wire racks. Cool 10 minutes. Remove from pans. Cool layers completely.
3. In bowl with mixer, cream butter or margarine and shortening. Add salt and vanilla. Gradually beat in 4 cups sugar, 1 cup at a time, alternately with milk. Add more sugar if frosting is too soft to spread. It should be just fluffy. Tint pale pink with food color.
4. Place one layer on plate. Brush loose crumbs from cake. Spread some frosting on top of layer. Position other layer on top. Frost top and sides, spreading sides first and running spatula vertically for design of swirl top, as shown. Decorate with flowers or bows, if desired; see below.

PICK-OF-THE-GARDEN CANDIES

These flowers and bow candies were used to decorate cakes and were also served in baskets.

Royal Icing

- 3 large egg whites (at room temperature)
- ½ teaspoon cream of tartar
- 1 package (1 pound) confectioners sugar
- ½ teaspoon vanilla, almond, rose or other flavor extract
- Paste or liquid food colors (we used paste colors in yellow, violet, blue and rose)

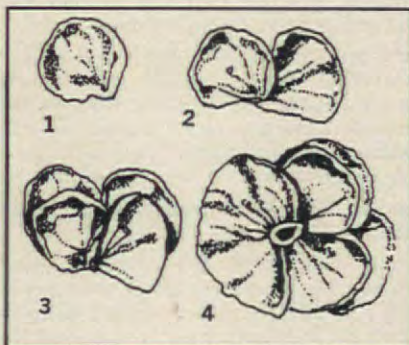
1. In large bowl, preferably with heavy-duty mixer, beat egg whites and cream of tartar on high speed until foamy. Beat in sugar gradually until fluffy but stiff—it'll take 5 to 7 minutes.
2. Stir in extract of your choice. Remove beaters. Keep surface of icing covered with damp paper towel, as it dries quickly. If too stiff to pipe, stir in drops of water. Makes 4 cups icing or enough for 1 batch of flower trims.

Tools needed to make flowers

- Decorating bag, or make your own parchment paper cones
- Coupler (optional), to allow changing tips without refilling bag
- Decorating tips or tubes—petal tubes #104, 103; leaf tube #66
- Wax paper and aluminum foil
- Flat and lily flower nails

For information about tools, and also about heart-shaped cake pans, see Shopping Guide, page 90.

To make pansies: Remove about 1 cup icing to small bowl. To tint yellow, dip a wooden pick into color, then swirl into icing. Tint remaining icing lavender with violet color. With decorating bag insert coupler (if used), then attach petal tube #104. Take some yellow icing on metal spatula and place a 1-inch strip from tube to three-fourths the length of the bag. Fill bag with lavender icing up to yellow strip. Fold top edge to close. Be sure yellow icing comes out the wide end of petal tube; if not, turn tube until it does. Attach a 2-inch square of wax paper on flat flower nail with a dab of icing. Hold nail between left thumb and forefinger. Begin at center of nail with wide end of petal tube against nail. Roll it slowly counterclockwise as you press out icing with right hand, holding bag at angle. Pipe 2 back petals (Figs. 1 & 2), making a wide curve for each with one slightly behind the other. Turn the nail



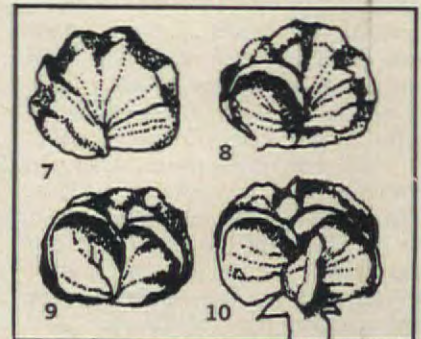
as you move hand out to edge and back again, curving slightly to create cupped edge. Then pipe two more petals over first pair (Fig. 3). For other half of pansy, pipe a single full petal, using back-and-forth action for ruffled effect (Fig. 4). Slip pansy on paper off nail. Let dry. Repeat. Once dried, brush veins into petals with wooden pick dipped in violet color. Peel pansy off paper and put into baskets or use to decorate cake.

To make bluebells: Tint icing blue. Press a 2-inch square of foil into lily nail. Using decorating bag with leaf tube, pipe a petal from center of cupped nail, pulling it over edge of nail to end petal in a point (Fig. 5). If icing doesn't come to point, it's too stiff; thin with water. Pipe 2 more petals as you turn nail (Fig. 6). Pipe 3 more petals in spaces between first petals. Remove bluebell on foil from nail. Let dry. Repeat. Paint veins with wooden pick dipped in blue color. Carefully peel bluebell from foil. Use to decorate cake.

To make blue bows: Use same icing as



in bluebells, but change tip of bag to petal tube. Pipe ribbon bows onto squares of wax paper by holding wide end of petal tube against wax paper surface. Let bows dry. Peel off paper. **To make sweet peas:** Tint icing two shades of pink. Fill bag as instructed for pansies. Attach a piece of wax paper to baking sheet with dabs of icing. Using bag with petal tube #103, pipe back petal first, moving hand in half-circle while keeping wide end of tube



almost stationary on center (Fig. 7). Pipe cupped petals on top with small end of tube held vertically or away from back petal (Figs. 8 & 9). For center, hold bag straight up and pipe dab between cupped petals (Fig. 10). Repeat the length of wax paper. Let dry. Peel off. If desired, make small rosettes with any leftover pink icing by changing tip to star tube. Use them as cake decoration fillers.

HEART SUGAR COOKIES

- 2½ cups sifted all-purpose flour
 - 1 teaspoon baking powder
 - 1 teaspoon salt
 - ¾ cup butter or margarine, softened
 - 1 cup sugar
 - 2 large eggs
 - 1 teaspoon vanilla
- Fondant Frosting (recipe next page)**
1. Into bowl sift together flour, baking powder and salt.
 2. In large bowl cream together butter or margarine and sugar until smooth. Add eggs and vanilla; beat until light and fluffy. Stir in sifted dry ingredients. Cover bowl with plastic wrap and chill 1 hour.
 3. Heat oven to 400°. Roll chilled dough out on floured pastry cloth to ⅛-inch thickness. Cut into hearts with floured cookie cutter. Place on ungreased baking sheets. Bake 6 to 8 minutes or until golden. Transfer to wire racks; cool.
 4. Meanwhile, make Fondant Frosting (next page). Place cookies in single layer on wire racks over 15½ x 10½ x 1-inch jelly-roll pan. Spoon frosting over cookies, letting excess drip down into pan. Scrape frosting from pan as necessary to reuse. Repeat until all cookies are frosted. Makes 3 dozen 3½-inch, 6 dozen 2½-inch or 10 dozen 1½-inch cookies.

To order 8 heart-shaped cookie cutters (graduated sizes) see Shopping Guide, page 90.

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WEDDING SWEETS

continued from page 74

FONDANT FROSTING

- 2 3/4 cups granulated sugar
- 1/4 teaspoon cream of tartar
- 1 1/2 cups water
- 3 to 4 cups confectioners sugar
- 1/2 teaspoon vanilla, almond, rose or mint extract

Paste or liquid food colors

1. In saucepan combine granulated sugar, cream of tartar and water. Cook over low heat, stirring constantly until sugar dissolves. Bring to boiling. Cook, without stirring, until candy thermometer registers 226°. Remove from heat. Let cool to 110° without stirring.
2. With wooden spoon beat in enough confectioners sugar to make frosting pourable. Stir in desired extract. Tint with pastel color. Frost cookies as directed. Makes 3 1/2 cups frosting.

MERINGUE SWIRLS

- 2 egg whites
- 1/4 teaspoon cream of tartar
- 1/2 cup plus 2 tablespoons superfine sugar
- 1/2 teaspoon vanilla, almond, rose or mint extract

Paste food colors in violet, rose

1. Heat oven to 250°. Grease and flour 2 large baking sheets.
2. In small bowl of electric mixer, beat egg whites with cream of tartar until foamy. Gradually add sugar and flavor with extract of your choice. Continue beating until meringue forms stiff, glossy peaks. To tint to desired shade, dip a wooden pick into color, then swirl into meringue. (Liquid food color can be used, but color will be pastel.) Using large decorating bag with large star tip, pipe meringue into swirls onto baking sheet about 2 inches apart. Bake 40 to 50 minutes or until set but not brown. Cool on wire racks. Makes about 1 1/2 dozen (2 inches in diameter).

SEAFOOD

continued from page 59

CHARCOAL BROILED BROCHETTE OF SEAFOOD

- 1 pound fresh scallops or 1 package (16 ounces) frozen unbreaded scallops, thawed
- 1 1/2 pounds medium-size fresh shrimp, shelled and deveined, or 1 package (12 ounces) frozen, shelled and deveined shrimp, thawed, or 6 frozen lobster tails (4 to 6 ounces), thawed and cut in half crosswise
- 1 cup dry white wine
- 1 clove of garlic, minced
- 1 bay leaf
- 1 tablespoon peppercorns
- 1/2 cup sliced onion (1 medium)
- 1/3 cup pure vegetable oil
- 1 tablespoon lemon juice
- 1 tablespoon salt

1. Wash seafood. Pat dry. Place in bowl. Combine wine, garlic, bay leaf, peppercorns, onion, oil, lemon juice and salt. Pour over shellfish. Cover. Refrigerate several hours or overnight.

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3. Thread scallops and shrimp or lobster tails alternately on long skewers. Place on greased broiler pan or grill. Broil, basting frequently with reserved marinade, 2 to 3 inches from heat or hot glowing coals for 8 to 10 minutes or until lightly browned. Turn to cook all sides. Makes 6 servings.

FILLETS OF SOLE DUGLÉRE

- 2 tablespoons butter or margarine
- 1/4 cup minced onion (1 small)
- 6 fresh fish fillets (6 ounces each) or 2 packages (16 ounces each) frozen fillets, thawed (sole or flounder)
- 1 can (16 ounces) tomatoes, coarsely chopped (reserve liquid)
- 1/2 cup dry white wine

Salt

Pepper

- 1 small bay leaf
- 1 clove of garlic
- 1 tablespoon all-purpose flour
- 2 tablespoons chopped parsley

1. In large skillet heat 1 tablespoon butter or margarine until melted (reserve remainder). Sprinkle onion in skillet. Fold each fish fillet in half and place in skillet. Add tomatoes with liquid, wine, 1 teaspoon salt, 1/4 teaspoon pepper, bay leaf and garlic. Cover fish with a circle of wax paper. Bring to boiling. Reduce heat. Simmer 5 to 8 minutes or until fish flakes easily. Transfer fillets to serving dish. Cover with aluminum foil to keep warm.

2. Discard bay leaf and garlic. Cook sauce until reduced to half. Mix reserved butter or margarine with flour. Add to sauce, bit by bit, stirring constantly with wire whisk until sauce is thick and smooth. Add additional salt and pepper to taste, if necessary. Pour over fillets. Sprinkle with parsley. Makes 6 servings.

MOULES REMOULADE

- 36 large fresh mussels
- Court Bouillon (recipe below)

- 1 cup mayonnaise
- 2 tablespoons French-style mustard
- 1 tablespoon chopped parsley
- 1 tablespoon sweet relish
- 1/2 teaspoon dried tarragon
- 1/2 teaspoon dried chervil
- 1 teaspoon anchovy paste
- Lettuce

1. Using stiff wire bristle brush, scrub shells clean of barnacles, sand and dirt. Rinse thoroughly under running water. With sharp scissors or knife cut off the small tuft of whiskers that is used to propel mussels along rocks.

2. In large saucepot place 1 1/2 to 2 cups Court Bouillon. Bring to boiling. Add cleaned mussels. Cover tightly. Steam just until shells open. Discard any mussels not open. Chill thoroughly.

3. In bowl combine mayonnaise, mustard, parsley, relish, tarragon, chervil and anchovy paste. Drain mussels; remove from shells. Toss mussels with mayonnaise dressing; serve on individual beds of lettuce. Makes 6 first-course or salad servings.

COURT BOUILLON

Traditionally, seafood is steamed or poached in a Court Bouillon. The simplest version is salted water, but ours enhances, without masking, the true flavor of the fish. Use leftover bouillon in soups and sauces.

- 1 medium-size onion, peeled
- 1 carrot, peeled and cut into small pieces
- 1 stalk celery
- 1 sprig parsley
- 1 bay leaf
- 1 teaspoon salt
- 1/4 teaspoon dried thyme
- 3 peppercorns
- 1 quart water (4 cups) or 2 cups water and 2 cups dry white wine
- 1/4 cup distilled white vinegar
- 1. In saucepan combine onion, carrot, celery, parsley, bay leaf, salt, thyme, peppercorns, water or water and wine and vinegar. Cover. Simmer 1 hour. Strain; reserve liquid. Makes 1 quart.

ESCABECHE DE PESCADO

- 2 pounds fresh fish fillets or 2 packages (16 ounces each) frozen fillets, thawed (sole or flounder), cut into 5-by-2-inch pieces

Salt

Pepper

All-purpose flour

- 1/2 cup butter or margarine
- 2 large oranges
- 8 scallions, cut into julienne strips
- 1/4 cup pure vegetable oil
- 1/3 cup lemon juice

1. Sprinkle fish with salt and pepper. Dredge in flour. Shake off excess.

2. In large skillet heat 1/4 cup butter or margarine (reserve remainder). Add half of fish pieces; cook over medium heat until lightly browned. With metal spatula turn fish over to brown other side. Remove to paper towels to drain. Discard fat left in skillet. Add remaining butter or margarine. Cook remaining fish. Place in deep serving platter.
3. Squeeze oranges; reserve juice. Remove all white membrane from peel and cut into thin slivers. Combine orange juice, slivered orange peel, scallions, vegetable oil and lemon juice. Pour over fish. Cover with aluminum foil. Refrigerate overnight. Makes 6 first-course or salad servings.

TUNA SALAD IMPERIAL

- 1/2 head each of chicory, romaine and escarole
- 3 cans (7 ounces each) tuna, drained and flaked
- 3/4 cup thinly sliced scallions
- 2 cups torn spinach leaves
- 1 teaspoon dried thyme
- 1 teaspoon dill seeds, crushed
- 1 teaspoon salt
- 1/3 cup bottled garlic French dressing
- 1 large ripe tomato, cut into wedges
- 1 lemon, cut into wedges
- 1. Wash chicory, romaine and escarole. Drain well. Line salad bowl with greens.
- 2. In bowl combine tuna, scallions and spinach. In blender container place thyme, dill, salt and dressing. Cover. Blend. Pour dressing over tuna mixture. Toss. Spoon into center of green-lined salad bowl. Garnish with tomato and lemon wedges. Makes 6 main-dish servings.

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tutes for another food within the group since they have the same general calorie content if eaten in the specified quantities. For example, if a guest is not in the mood for ratatouille (16 calories), he can choose from a list of other 16-calorie-per-serving vegetables, which includes asparagus, cauliflower, eggplant and okra. There are similar "exchange lists" for fruit, fat, bread, meat, milk.

Guests are asked to measure foods at home or to request necessary portions when dining out. A dieter should have a nonplastic, flat-top postal scale of good quality at home to measure foods. Unless a guest's physician objects, salt substitutes and distilled water are part of the home program.

Restaurant eating can pose a problem unless the dieter is careful. One can easily drink and eat his way back up the scale. At the very least, Mrs. Aichele suggests, "Ask for plain (no extra fat) broiled meat or fish entrées and unbuttered vegetables." Skip the sour cream on the potato half; sacrifice the cocktail in favor of plain bouillon or just enjoy your ice water. Have only vinegar or lemon juice on the salad greens or, if you can't resist, use a thin salad dressing—Italian or French, rather than creamier Thousand Island or bleu cheese. For dessert, ask for fruit or try to do without.

"Choose your calories wisely—don't waste them!" the dietitian advises. In restaurant dining don't salt the already seasoned food. Bring along your own salt substitute, even sugar substitute, if you have to. The importance of consulting a competent physician before beginning a weight-loss regimen, as well as during the program itself, cannot be overlooked, especially if the calories are drastically reduced. "It's work to lose weight, but it can ward off other health problems. It's preventive medicine," says Mrs. Aichele. A sample of a day's three-meal diet plan is included here (published by permission of La Costa Spa), plus some of La Costa's delicious, slimming recipes.

BREAKFAST MENU

Calories Per Serving

40	Fruit
40	Juice
	Cereal
68	Hot
55	Cold Puffed Rice
55	Cold Puffed Wheat
92	Cold Shredded Wheat
85	Whole Milk (4 oz.)
40	Nonfat Milk (4 oz.)
73	Egg
146	Petite Filet Mignon (3 oz. raw wt.)
	Well done
	Medium
	Rare
36	Low-fat Cottage Cheese (1½ oz.),
	Whip
73	Low-fat Cottage Cheese (3 oz.)

38	Toast (1 slice)
14	Bread Sticks (2) or Bagel Thins (2)
10	Diet Jam... or Diet Jelly
	(1 teaspoon)
181	California Cheese Plate
25	Toasted Rice cake
0	Spa Bran (no calories)
	Coffee... Sanka... Tea with lemon

Suggestions for 600, 800 and 1000 Calorie Diets:

Breakfast:	Calories Allowed
600 Calorie Diet: Fruit or Juice; 1 Egg or Cottage Cheese and 1 slice of Toast . . OR . . Fruit or Juice, Steak or 2 Eggs or 1 Egg and Cottage Cheese.	181
800 Calorie Diet: Fruit or Juice, 2 Eggs or Steak or 1 Egg and Cottage Cheese, 1 slice of Toast and diet Jam or Jelly . . OR . . Fruit or Juice, Cereal, Nonfat Milk, Cottage Cheese or 1 Egg, 4 Bagel Thins or ½ slice of Toast and diet Jam or Jelly.	264
1000 Calorie Diet: Fruit or Juice, Cereal, Nonfat Milk, 2 Eggs or 1 Egg and Cottage Cheese, or Steak, 2 Bagel Thins, diet Jam or Jelly . . OR . . Fruit or Juice, 2 Eggs, or 1 Egg and Cottage Cheese, or Steak, 1 slice Toast, 1 pat Margarine and diet Jam or Jelly, . . OR . . Fruit or Juice, 1 Egg or Cottage Cheese, 2 slices Toast, 1 pat Margarine, double portion diet Jam or Jelly.	322

LUNCHEON MENU

40	Apricot Juice
20	Supreme of Watermelon Balls
25	Fresh Asparagus Soup
16	Cole Slaw
25	Apple-Celery Salad
200	New England Boiled Dinner
146	Beef Curry*
146	Fluffy Creole Omelette
146	Shrimp Platter Garni
146	California Fruit Salad with Cottage Cheese
36	Baked Hubbard Squash
16	Braised Lettuce
40	Orange Sherbet
40	Baked Apple
40	Papaya Wedge
40	Fruit Whip*

Bread Stick, 7; Bagel Thin, 7; Cookie, 20; Rice Cake, 25

(Please count the calories and circle choice)

Suggestions for 600, 800 and 1000 Calorie Diets:

Luncheon:	Calories Allowed
600 Calorie Diet: Vegetable juice or Soup, 1 Entrée, 1 Vegetable or 1 Salad, ½ portion Dessert.	200
800 Calorie Diet: Vegetable juice or Soup, 1 Salad, 1 Entrée, 1 Vegetable and 1 Dessert . . OR . . Fruit or Fish Cocktail, 1 Salad, 1 Entrée, 1 Vegetable and ½ portion Dessert.	260
1000 Calorie Diet: Appetizer, 1 Salad, 1 Entrée, 1 Vegetable and 1 Dessert . . OR . . 1½ portions of 1 Entrée, 1 Salad, 1 Vegetable and 1 Dessert.	308
Coffee . . Sanka . . Tea with Lemon (Nonfat Milk, 5 calories per tablespoon; Whole Milk, 11; Cream, 25)	
*Recipes below	

BEEF CURRY

5 servings of 146 calories each

Ingredients

5 lean beef tenderloins, 3 ounces each,

from which all fat except the marbling has been removed (eye of tenderloin)
1 tablespoon dry white wine
5 ounces (10 tablespoons) pure pineapple juice
Pinch fresh chopped garlic
¼ teaspoon curry powder
½ cup fresh pineapple cubes (¼")
⅓ cup shredded coconut browned slightly in the oven
(no sugar added to coconut-plain)

Pepper to taste

Method

Brown the beef fillets in a dry very hot pan. Remove when medium rare. Use a spatula. Do not overload the pan. No juice will be lost by the meat if the pan is hot enough. To the brown meat glaze on the bottom of the pan add the wine. Remove from the fire to allow the alcohol to evaporate. Do not burn the glaze. Add the remaining ingredients. The sauce should thicken in about 3 minutes. Replace the meat in the sauce to reheat. Remove each fillet to a hot plate, garnishing with the sauce to coat the meat and a few pineapple tidbits on each fillet. Serve at once with a pinch of coconut to top.

FRUIT WHIP

30 to 40 calories per serving

Ingredients

1 Number 2 can unsweetened or fresh apricots, peaches, pineapple, white or red cherries, seeded, plums or 1 4-ounce can pureed prunes

4 egg whites

Grated rind of 1 fresh, clean lemon or orange

½ teaspoon of vanilla extract (use the vanilla with an alcohol rather than a glycerine base)

1 tablespoon plain gelatin

Method

Blend or puree the fruit, using only about one half the juice. Simmer uncovered stirring to prevent scorching, until it becomes a thick puree sauce. Add dissolved gelatin. Remove from heat and cover. When the fruit puree is ready, beat the egg whites until they are stiff enough to hold a peak when the beater is lifted.

Fold into the beaten egg whites the hot puree, grated lemon rind and extract. Spoon lightly into sherbet glasses or silver cups and chill. The mixture may be put into the sherbet glasses with a pastry tube if desired.

When ready to serve, garnish each serving with 1 toasted, slivered almond or about 3 shreds of fresh coconut or a small piece of fresh fruit blotted dry. One fourth strawberry or 1 slice of banana is very nice.

Note: This mixture should increase its volume by 6 times the original ingredients.

DINNER MENU

50	Shrimp Supreme
25	Puree of Tomato Soup
30	Pineapple Tangerine Cup
16	Bibb Lettuce w Tomato & Chives
36	Pickled Beets
146	Roast Duck w Applesauce
146	Roast New York Sirloin
146	Broiled Lobster Tail
146	Poached Sole
146	Chicken Cacciatore*
36	Fresh Artichokes—Hot Dip
16	Ratatouille
40	Pineapple Yogurt*
40	Baked Custard
40	Frozen Grapes
40	1 piece of Fresh Fruit to take out

Bread Stick, 7; Bagel Thin, 7; Cookie, 20; Rice Cake, 25

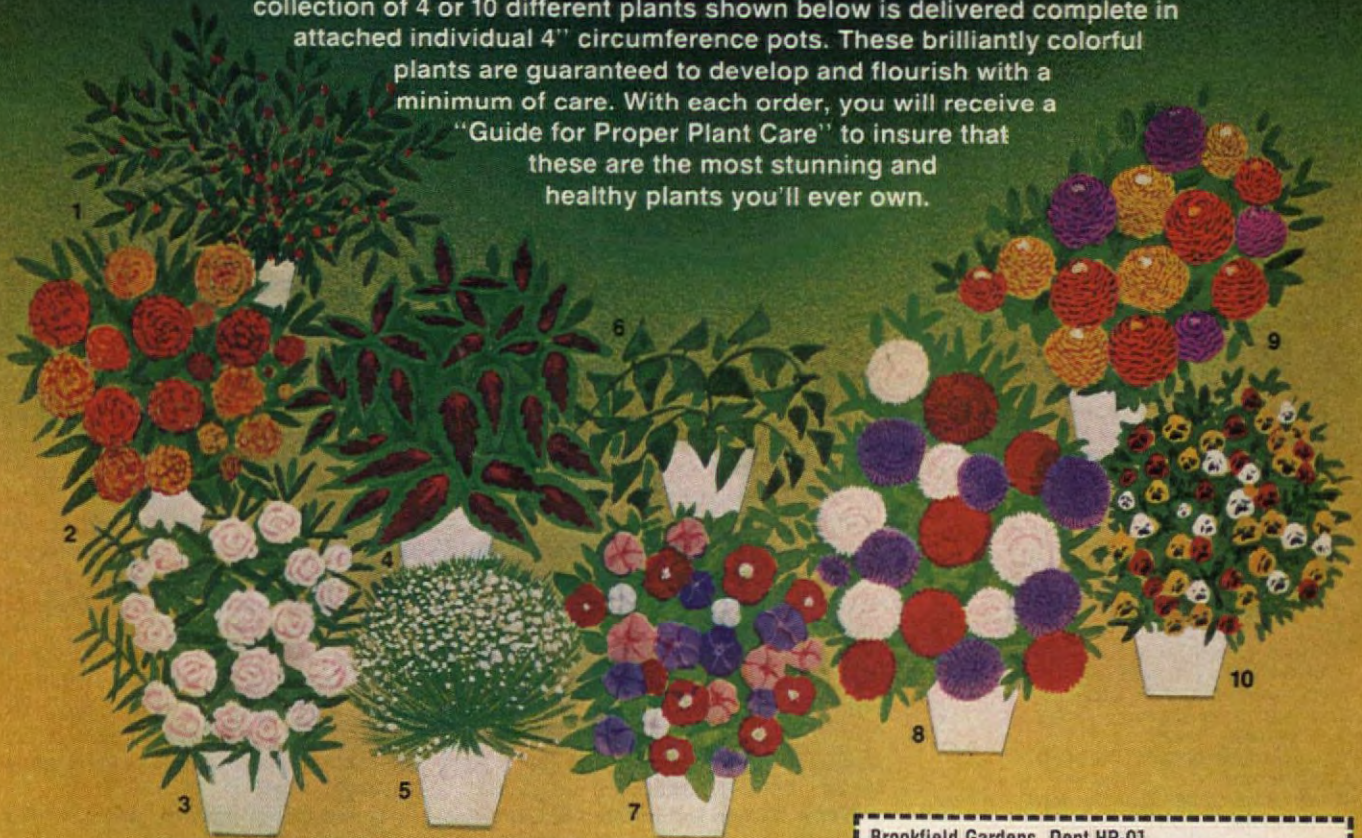
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4. **Coleus** - Giant leaves in vivid yellow, green, crimson, and maroon. Superb pot plant.

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Suggestions for 600, 800 and 1000 Calorie Diets:

	Calories Allowed
Dinner:	
600 Calorie Diet: Vegetable juice or Soup, 1 Entrée, 1 Vegetable or 1 Salad, 1/2 portion Dessert.	219
800 Calorie Diet: Appetizer, 1 Salad, 1 Entrée, 1 Vegetable, 1 Dessert.	276
1000 Calorie Diet: Appetizer, 1 Salad, 1 1/2 portions of 1 Entrée, 1 Vegetable, 1 Dessert... OR... Appetizer, 1 Salad, 1 Entrée, 1 Vegetable, 1 Dessert, 8 oz. Non-fat Milk.	370
Coffee... Sanka... Tea with Lemon (Nonfat Milk, 5 calories per tablespoon; Whole Milk, 11; Cream, 25)	

*Recipes below

CHICKEN CACCIATORE

146 calories for 3 oz. chicken meat

Ingredients

5 chicken breasts
1/2 cup each chopped green onion tops and green pepper
1 cup diced, peeled, fresh tomatoes
Bouquet of 1/2 teaspoon chopped garlic
1/2 teaspoon mixed herbs, rosemary, oregano, sweet basil, black pepper in equal amounts
6 ounces unsalted tomato juice

Method

Low-calorie foods cannot be held. They must be prepared just before serving. Spa foods will dehydrate when held any length of time because fat content of the recipe is so low. Brown chicken on all sides in a hot, dry pan. Add tomato juice, herbs, garlic and chopped vegetables. Cover and allow to simmer until the chicken is fork tender. Remove the lid and reduce the sauce if too thin. Serve on a hot plate with enough sauce to garnish each piece. Dry wine, one ounce, may be added while the chicken is cooking to burn off the alcohol.

PINEAPPLE YOGURT

5 servings of 40 calories each

Ingredients

1 cup Low Fat Yogurt (125 to 160 calories). Use nonfat Yogurt, if available (80 calories)
1 cup pure pineapple juice
1 teaspoon plain gelatin
1 tablespoon water
1/3 cup coarsely chopped fresh pineapple
A few drops of vanilla or lemon flavoring

Artificial sweetener to taste

Dash cinnamon or nutmeg

If a thicker pudding is desired vegetable gum may be added. This is available at your pharmacist and need not be cooked.

Method

Combine fruit juice, fruit, sweetener and flavoring. Add gelatin which has been softened in cold water and dissolved in hot water. Cool. Add to the yogurt folding only enough to mix. Allow the gelatin to set then beat until fluffy. Fill small parfait glasses 2/3 full and chill until served. Garnish the top with the fruit mixture, a sliver of almond, or spice. Do not beat dessert until gelatin sets as yogurt will liquify if beaten.

Margaret Wing is a registered dietitian and a member of the American Dietetic Association.

behind most European nations in the consumption of bottled water. The French consume 35 quarts per person per year on the average, compared to 5.6 quarts in the United States. (France leads imported brands in sales.)

The taste or palatability of bottled water seems to be the reason so many have switched off their faucets. Although bottled spring water is generally considered superior in taste, not all bottled water comes from natural springs. In fact, about 70 percent of the domestic bottled water is actually reprocessed tap water from a municipal source, according to Fred Jones, executive director of ABWA. He insists, though, that manufactured or purified water tastes as good as spring water. Read labels to determine what you're really getting.

Federal regulations do not require that the source of water appear on the label. If a label advises that it's natural spring, artesian or mineral water, it is just that. It is water that flows from springs or wells and is bottled with no minerals added or removed. No tampering is allowed.

Labels that say *springlike* (a term ABWA members are not permitted to use), *purified*, *artificial*, *formulated* or just *drinking water* all mean that the bottle contains water scientifically treated via distillation, deionization, reverse osmosis or electrodialysis to remove all impurities. Desirable minerals are then added to improve taste.

Distilled water, the third variety, is produced by changing water—most likely from a municipal source—into a vapor and allowing it to condense into liquid form. This frees it of any solids, minerals or trace elements. It's crystal clear but tastes bland. The result is ideal for electric mist hair curlers, steam irons, auto batteries, baby formulas. Contrary to popular belief, distilled water can be drunk.

Some bottled waters are fluoridated in controlled amounts said to be helpful in retarding tooth decay in children. The one characteristic all waters have in common is that they are free of the chlorine commonly found in tap water. Instead, most bottlers use ozone as the primary sterilizing agent, as it leaves no residual aftertaste.

In specialty stores, gourmet shops and some supermarkets you'll find *sparkling* or *carbonated* mineral water. Most of it comes from European spas where the natural bubbles are collected and diffused back into the water just as it's bottled. A label that says "artificially carbonated" means carbon dioxide has been added.

Bottled water had its beginnings in Europe centuries ago, when water

from springs was "bottled" or contained in stoneware jugs and brought to the people. Some springs in use today were frequented by Julius Caesar—Vichy and Neris in France, Spa in Belgium, for example. Michelangelo claimed the spring in Fiuggi, about 40 miles from Rome, remedied his kidney ailment. In this country, Hernando DeSoto, exploring what today is Hot Springs, Ark., found Indians at peace, sharing the "recuperative" waters.

President Thomas Jefferson sent a commission to study the waters and in 1832 set aside land containing 47 thermal springs for the federal government, our first national park. One spring there was locally acclaimed. By 1879 the water was popular from Maine to Texas. Today, the only national brand of bottled water is named after that spring, Mountain Valley.

Any health claims or promises of medicinal benefits from bottled water have been discouraged in this country by medical and government agencies. American bottlers make no such claims. Some doctors do recommend bottled water for low-sodium diets, kidney ailments and baby formulas, and also to reduce the incidence of tooth decay in children. Water, from bottle or tap, is also an ideal way to fulfill the recommended daily intake of six to seven glasses of liquid to keep body fluids at normal levels.

All water bottled for human consumption and transported across state lines comes under the jurisdiction of the U.S. Food and Drug Administration. Imported waters must also follow strict FDA regulations and are bottled under the auspices of each country's public health agencies. In-state bottlers are requested to follow state or local regulations.

It's mandatory in most European countries that all water be bottled at its source. Therefore water cannot be shipped via tank cars to a bottling plant some distance away, as is done in this country.

The price of bottled water varies geographically from \$1.70 for 5 gallons in southern California to \$2.50 in New York. Californians can buy water from dispensers in supermarkets or contract with a bottler to have water delivered right to the door. They consume 50 percent of the bottled waters sold in this country. Domestic waters are available in quart, half-gallon or gallon containers at retail outlets. Imported waters vary from the small 6 1/2-ounce Perrier to 32-ounce Apollinaris.

Most waters are bottled in glass containers, although plastic is being used by some bottlers for the larger sizes. Water connoisseurs like John Scott, president of Mountain Valley Spring Water (continued on page 95)



Photography by Ron Schwerin

PLANT HANG-UPS

The Plantrac system offers a new way to decorate with plants. Create lush-looking greenery arrangements for windows or for use as a hanging-garden room

divider. Plantrac also makes the most of your available growing space by enabling you to hang one plant beneath another. Swivel hooks allow for complete rotation, so

plants are evenly exposed to sunlight. Hooks slide on Plantrac to any position you like. Kit includes 5-foot Ni-Chrome finish ceiling track and mounting hardware plus

hooks, tiering rings and instructions for fast, do-it-yourself installation. System holds up to 8 plants, depending on weight. To order, see page 96 for coupon.

KEY WEST

continued from page 54

Key West's resident population of approximately 40,000 is a mix of Cuban-Americans (whose ancestors migrated to the island in the mid-1800s). The natives are called Conchs (pronounced *konks*) after the conch shell found in the ocean off the keys. To be considered even a "Fresh Water Conch," the residency requirement is at least nine years.

Economically, Key West—the city and the island—has experienced manic changes. From 1830 to 1850, shipwrecks were common on the living reef, and salvaging became a lucrative business for Key Westers. As a result, for a time Key West was the richest city per capita in the U.S. Then the Army Corps of Engineers began to build lighthouses in strategic locations around the island, and there was a dramatic decline in shipwrecks and in the economic prosperity. The population decreased to 7,000, with fishing the only source of income for those who were left.

A railroad connecting Key West with Miami was built by Henry Flagler in 1912. It was eventually extended to Cuba, via ferryboats that transported railroad cars across the 90-mile stretch of ocean. Once again on the upswing, Key West was becoming a full-fledged resort. In 1935, the Flagler railroad was destroyed by a hurricane, but soon the railroad bridges were converted into an overseas highway. Today's drive from Miami is 158 miles. You can fly from there in about 45 minutes.

The island is small, two miles by four, and is easily negotiated on foot or bike. For a good visual once-over, take a ride on the Conch Train that departs regularly from depots at various locations in town. The train runs seven days a week, costs \$2.50 per adult, covers a good part of the island and introduces you to local history.

If you are a sightseer, you can spend a day or two just browsing through the museums and houses that are open to the public. If not, there will be a few special spots, such as the Ernest Hemingway house, that you will not want to miss.

Highly recommended is a stroll through the old section of town to see the architecture of the Conch houses. Easily recognized by their distinctive design—double porches, gingerbread trim, dormer windows—these houses, in varying states of restoration, are filled with charm.

On Duval St., Marion Stevens' Artists Unlimited Gallery is worth a visit. Mrs. Stevens is a tall, talkative woman of many interests. Hers is the oldest private gallery on the island, and she

promotes and exhibits the work of many local artists. Originally from New York, she finds the "mañana" quality of the island a happy contrast to the hectic pace of Manhattan.

Melinda Blair, one of the artists Mrs. Stevens exhibits and admires, paints Key West and makes a living doing it. She has been a resident for six years and she, too, finds the island a perfect place to work and live. The Gingerbread Gallery, also on Duval, shows Melinda's paintings, and her pen-and-ink Key West calendars are sold at the Hand of Man Shop and Gallery, run by Jack Bollens, Greene St.

Many locals breakfast at the Pier House, and on occasion Toby Bruce drops by. Toby is what Key West is all about. He came from Arkansas in the early '30s with Ernest Hemingway and never left. His stories are full of the days when Hemingway and his second wife, Pauline, lived in the house on Whitehead St.

DINING ADVENTURES

One of the prime attractions of Key West is that you can fish for your meals, if you are so inclined. There are over 600 varieties of fish, more than enough to keep your menu interesting. There are also good places to buy a meal. Two French restaurants worthy of a try are Chez Emile and Le Mistral. For Cuban food try El Cacique, and for shrimp, The Shrimp Dock.

For a lunch-time treat you might wander over to Dos Amigos and sample a plate of their cold clams on the half shell. It is open for lunch only, but has an atmosphere that typifies Key West.

As Toby tells it, Hemingway would knock off work about 4:30 every afternoon and head for Sloppy Joe's bar. Sloppy Joe's became one of the best-known bars in the world, due to Hemingway's habitual visits. It is still in operation, though in a different location, under new management. Inside, there is a huge horseshoe bar, a ceiling fan and Hemingway memorabilia.

Although there are many comfortable boarding houses and motels in Key West, the place to stay is The Pier House. Built by David Williams Wolkowsky less than 10 years ago, it is a convenient, comfortable, attractive complex, within easy walking distance of nearly everything, including The Key West Hand Print Fabric Factory (where you can watch them make the fabrics made famous by Lily), the shops and bars on Duval St. and one of the Conch Train stations. In addition, Pier House offers a fresh-water swimming pool, a dining room open for breakfast, lunch and dinner, and an excellent bar.

Another Pier House attraction is The Chart Room Bar. Separated from the other eating and drinking facilities, The Chart Room is a gathering-spot for most of the business population after work.

Due to the geography of Key West, the beaches are made more by man and less by nature. Still, the living coral reef offshore is a gathering place for the eclectic collection of people who come there to fish, swim, snorkel and sun.

Visitors who come down to the Keys often make a hurried visit to Key West for some fishing, but few stay long enough to get to know it. But as Sheriff Bobby Brown points out, "If you stay long enough to get the sand in your shoes, you'll always come back."

Harry Truman liked it. He made 11 trips to his Little White House on the grounds of the now inactive naval base while he was president, and continued to come back long after he retired from office. While other presidents have visited the island, Truman is the one the Conchs remember. He did more than visit. He became part of the Key West way of life, and in turn the Conchs became his staunchest admirers. The city fathers named a street after him, and, in addition, where Truman St. intersects Margaret St., there is a sign that reads, "The Margaret Truman Laundry."

To insure a perfect trip, there is one last recommendation that is essential to make your time in Key West memorable and a lot of fun: A sail on the *La Paz*. Don McGregor, captain of this bright-yellow trimaran is a knowledgeable navigator. Along with first mate Sheila Murray, they provide good company, delicious food and drink plus a unique opportunity for viewing the island and its surroundings. The *La Paz*, available for day sailing, can also be chartered for overnight sails. A perfect way to end a day is to sail into port at sunset and watch the sun sink into the ocean.

Even when there is moonlight, Key West is cloaked in a strange darkness that conjures up tales of pirates, buried treasure and haunted houses. But on Duval St., the bars fill up and music flows into the streets. Cars cruise. People peer. And the night life brings together in the bars and restaurants a tantalizing mix of people meeting for the first, and in many cases, the only time.

Alice got to Wonderland by falling through a hole. Getting to Key West is a lot easier. If you are planning to see America this year, it's not a bad place to start. □

V. V. Harrison is the coauthor, with Raymond K. Mason, of *Confusion to the Enemy*, to be published soon.

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CRAFT INSTRUCTIONS

The following instructions are for the sunshades on pages 46 and 49. They are easy to assemble and cost \$13 to \$14 each to make. We took cotton gauze and batik prints on it. But make sure the fabric is sheer enough to let the sun shine through. Use cotton fabrics, do not use polyester or acrylic fabrics; they resist dye. Each sunshade can be made up of one fabric or patchworked. We show both. To make it go faster, skip the batik step and buy brightly colored prints or gingham fabrics. Some machine sewing is required, but it is not complicated, and since the shade ends up high in the bright sky, expert tailoring is unnecessary.

GENERAL BATIKING INSTRUCTIONS FOR SUNSHADES

These simple batik projects are perfect for beginners. Spontaneity is the appeal here—the designs are done in one wax-out, and the fabric is dyed one color. Read the following. For additional information, go to Materials and Instructions for items you are making.

MATERIALS

- Wax: light-colored batik wax or plain white candles
- Bristle paintbrushes: two or three $\frac{3}{4}$ " size
- Double-boiler pans
- Cardboard (a shirt board will do)
- 8 oz. paper cups
- Stick of charcoal
- Bathtub
- Household bleach
- Rubber gloves
- Rit Powder Dyes (see colors below)
- 100% cotton gauze or muslin

PROCEDURE

Melt wax: Place wax in top half of double boiler. Fill bottom half with about $1\frac{1}{2}$ " of water; place over low heat (Fig. 1). Never melt wax directly over heat source. If it starts to smoke, remove from heat immediately. Do not leave unattended. If water boils away, the flammable wax may cause a fire. Tape a piece of aluminum foil over stove edge to protect it from drips. Allow at least 35 minutes for wax to liquefy. Keep water simmering throughout waxing procedure, adding more water if needed. Wax is ready when it is a translucent, watery consistency. To test, dip brush in wax a few times and dab on fabric scrap. Check other side of fabric to see that wax has penetrated completely. If not, heat wax for several more minutes and test again.

Prepare fabric: Sketch design on fabric with charcoal. To protect work surface, place cardboard under fabric area to be waxed (Fig. 2).

Apply wax: Apply in short, careful brush strokes, about 1 inch long, as wax cools and hardens seconds after touching fabric. Lift fabric off cardboard after every few brush strokes to prevent sticking. Wax over design an area at a time, keeping cardboard under area being worked on. When entire design has been waxed, turn fabric to wrong side. Place cardboard beneath fabric and re-wax over design. Design will then be sharp and clean after fabric is dyed. Fold fabric in half or in quarters, so it will lie flat in tub; fold gently to avoid cracking wax. Wet thoroughly; put aside.

Dye fabric: Pour desired dye color in paper cup filled with very hot water;

stir to dissolve thoroughly. Fill tub one-third full of warm water. Do not use hot water as it can melt wax. Carefully pour dye into tub. Do not add any undissolved dye particles that remain on cup bottom as they will spot fabric; just add more hot water to the cup to dissolve the particles and pour in tub. Stir dye bath thoroughly.

Immerse wet fabric in bath for 30 minutes, agitating gently every few minutes to insure even dyeing. Remove fabric from bath, opening it if folded. Hang straight over shower rod to drip dry. Let dye bath out of tub. Fill with hot water; add one cup of household bleach. After ten minutes, let water out of tub; wash out. All traces of dye should have disappeared. When fabric is dry, dry-clean it to remove wax and excess dye. To clean when soiled, dry-clean or wash in cool water.

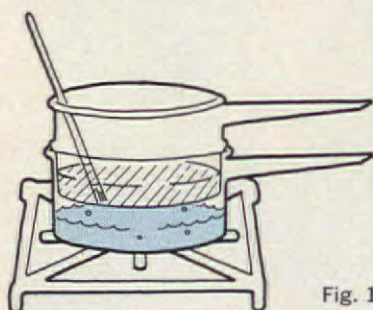


Fig. 1

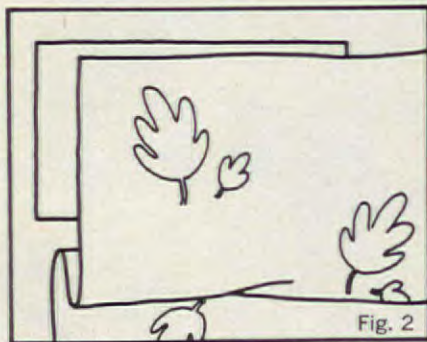


Fig. 2

SUNSHADES

(shown on page 49)

MATERIALS

- Fabric: for each sunshade cover—5 yards of White Rose gauze by A. E. Nathan, 100% cotton, 45" wide*
- Rit Powder Dye: for patchwork cover—1 package each of Fuchsia and Kelly Green; for lavender cover—two packages of Orchid
- Thread to match dyed fabric
- Lumber for frame: two 10' lengths of fir 1" x 2", for crosspieces; one 10' length of fir 2" x 2", for post; a scrap of $\frac{1}{2}$ " to $\frac{3}{4}$ " plywood, 4" square, for braces
- Two $\frac{1}{4}$ " carriage bolts, $2\frac{1}{2}$ " long, with washers and nuts to fit
- Four #8 round head wood screws, $1\frac{1}{2}$ " long
- Sandpaper in coarse and medium grit
- Electric drill and $9/32$ " or $5/16$ " drill bit for bolt; $\frac{1}{8}$ " bit for wood screws
- Carpenters ruler or yardstick
- Supplies listed under General Batiking Instructions

*To order from Designers Fabrics By Mail, see Shopping Guide, page 90 (listing for page 49).

PROCEDURE:

Batiking lavender sunshade cover: Cut fabric into two pieces, $2\frac{1}{2}$ ' long. With charcoal, sketch bouquet design several



Fig. 3

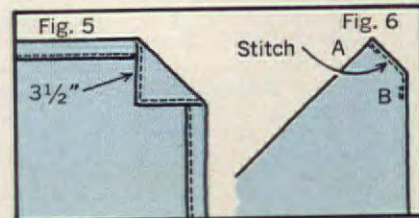
times on both pieces of fabric, placing design at random as desired. Copy Fig. 3, or sketch a bouquet from your own imagination. Following general instructions, prepare wax and brush it on to fill in flowers, stems and leaves. When waxing is completed, prepare dye bath and dye both pieces Orchid.

Batiking patchwork sunshade cover: Cut fabric into two pieces, $2\frac{1}{2}$ ' long. With charcoal, sketch leaves (Fig. 4) over one piece, and V's down the width of the other. V's do not have to be sketched over entire piece, because they are parallel and can be repeated over and over as you apply the wax. Following general instructions, prepare wax and brush it on to fill in leaves and V's. When waxing is completed, dye piece decorated with leaves Kelly Green; dye V's Fuchsia. Sew cover: lavender sunshade cover:



Fig. 4

Stitch the 2 sections together along one long edge to make a square; press seam. To finish edges, fold 1" over twice and stitch close to inside folded edge; cover should now measure approximately 85" square. Make a pocket in each corner as follows: turn corner to wrong side, forming a triangle with $3\frac{1}{2}$ " sides; stitch around triangle edges (Fig. 5). Now fold triangle in half along outside edge, wrong sides facing. Stitch close to outside edge from A to B (Fig. 6), backstitching at beginning and end to reinforce stitched line.



Patchwork sunshade cover: Cut green and fuchsia sections in half crosswise, to make four 45" squares. Stitch green and fuchsia squares together, making 2 patch strips. Then, join the strips to

continued on page 86

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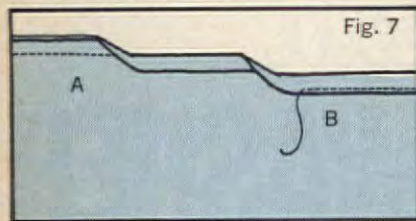
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make a patchwork square as shown on the sunshade on page 49. Stitch seams as follows for reinforcement and to keep fabric from fraying: Match edges, pin; stitch $\frac{1}{8}$ " from edge (see A in Fig. 7). Fold edge over $\frac{1}{8}$ "; fold again $\frac{1}{8}$ "; stitch close to inside fold (B in Fig. 7). Finish edges and make pockets as described for the lavender cover.

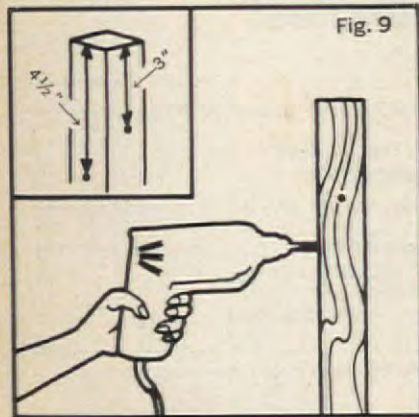


Construct frame: Trim post (the 2" x 2") to 9'; save the 1-foot scrap. Shape to point one end of post and one end of scrap for driving into the ground. Check length of crosspieces and trim to exactly 10', if needed, as lumber is usually longer than stated length. Sand edges of ends smooth so they will not tear fabric. Use coarse, then medium grit sandpaper. Cut plywood scrap in half and shape each piece, as in Fig. 8.



Drill a hole 3" from top of post, midway between sides. Turn post 90 degrees; drill second hole $4\frac{1}{2}$ " from top (Fig. 9). Prepare crosspieces as follows: Stack them on top of one another with ends even. Measure $58\frac{3}{8}$ " from one end. On the 2" face, drill a hole midway between sides through both pieces. Mark measured ends of both pieces.

Lay post on ground with hole nearest top facing up. Place crosspiece over post and insert bolt through both pieces. Place one of plywood braces above crosspiece with edges touching, so that brace keeps crosspiece square to post. Drill 2 holes for screws; drive screws through both layers (Fig. 10). Remove brace and crosspiece. Turn post 90 de-

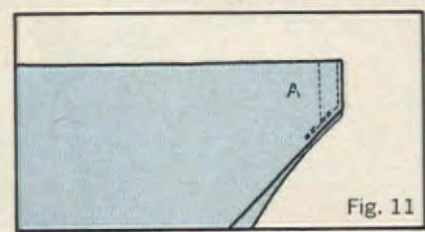


grees to expose right side of other hole. Lay other crosspiece in place over second hole and insert bolt. Position and screw second brace so that the long edge of brace touches bottom of crosspiece, keeping it square to post. Leave

brace attached; remove crosspiece. Now, reposition and screw first brace to post. Note: Second brace is optional. If used, frame is kept rigid. If not used, it can be tilted in one direction. (A rigid frame is desirable for very windy areas.)

Pound the pointed end of leftover scrap piece into the ground to start hole for post. Then pound post into ground until it feels secure. Slip bolt through top hole with head on side away from top brace. Place a crosspiece over bolt with measured end of piece to the left. Tighten nut over washer with wrench. Position and bolt other crosspiece with measured end to right. Post should now be inside angle formed by measured ends.

Pull fabric cover over frame, slipping pocket corners over ends of crosspieces. Cover should fit tautly. If too loose, remove and adjust by restitching pockets (see line A in Fig. 11).



TABLECLOTH AND BATIK-DRAPED SWAG (shown on page 49)

To figure tablecloth yardage, measure length, width and height of your table. For tablecloth dimensions, add twice the height to the width and to the length. Figure yardage for these dimensions, planning any seams along lengthwise edges of table. To figure yardage for batik-draped swag covering, add the height once to length and width. Here, seams can fall at table's center.

MATERIALS

- **Batik-draped swag on table:** White Rose gauze by A. E. Nathan in white, 100% cotton, 45" wide*
- **Tablecloth:** White Rose batiste by A. E. Nathan in lilac, polyester/cotton blend, 44/45" wide*
- **Ruffle at bottom of tablecloth:** Wrights polyester/cotton white eyelet ruffling trim, $3\frac{3}{8}$ " wide, #181-398
- **Big bows at corners:** Wrights flat polyester crochet-look lace, 2" wide, #181-6522-30
- Rit Powder Dye in Fuchsia (one package will dye approximately three yards)
- Supplies listed under general batik-ing instructions
- Thread to match fabric
- Four T-pins or large safety pins
- Four large rubber bands
- Thin picture-hanging wire

*More information on trims and to order fabrics from Designers Fabrics By Mail, see Shopping Guide, page 90 (listing for page 49).

PROCEDURE

Tablecloth: Cut batiste and seam pieces to make tablecloth of desired dimensions. Mark and cut corners so they are

round. Finish edge in a narrow hem; attach gathered eyelet.

Batik covering: Cut gauze and seam pieces to make covering of desired dimensions. Wax-out gauze with V's, spacing V's the same on both pieces as they will be joined later. Dye in Fuchsia. Refer to general batik-ing instructions, and those for waxing-out the Sunshade Patchwork Cover.

Bows: Make bows from crocheted lace, looping them many times to form a fluffy cluster. Wrap thin wire around bow's center to secure it.

Assemble: Cover tablecloth with covering, so sides hang down evenly on all sides. Draw corners up to form swags; secure with rubber bands. Cover corners with bows. Secure with T-pins.

WRAPAROUND SARONG

(shown on page 62)

The gauze wrap was dip-dyed (for an ombré effect), a simple method that involves dipping sections of the fabric into 3 or 4 increasingly darker shades of the same color. Use this method for any garment made of 100% cotton or silk.

MATERIALS

- Fabric: White Rose gauze by A. E. Nathan, 100% cotton, 45" wide—we used 4 yards but yardage depends on end use*
 - Rit Powder Dye: 2 packages of Kelly Green
 - Paper cups
 - Skirt hangers with clips
 - Rubber gloves
 - Old newspapers, paper towels, iron
- *To order fabric from Designers Fabrics By Mail, see Shopping Guide, page 90 (listing for page 62).

PROCEDURE

Fold fabric in half lengthwise, then fold in half crosswise so it is one-fourth original size. Wet fabric thoroughly and put aside. Fill tub one-third full of hot-test tap water. Dissolve half a package of dye in paper cup full of very hot water; pour into tub; stir well. Do not



Fig. 12

add any undissolved dye particles that remain on cup bottom; they can spot fabric. Just add more hot water in cup, dissolve particles and pour in tub. Immerse folded fabric in dye for 10 to 15 minutes, stirring occasionally. Remove from dye; leave folded; clip one end to

continued on page 88

No other basket offers such versatility, yet so much down-home country charm.

A BASKET CASE

This multipurpose wooden gardening basket makes a perfect partner in the garden or in the house. It blends the charm of yesterday with the practicability of modern living. You can use the basket to carry gardening tools outdoors: The cane handle with spike makes it easy to tote and stick into the ground—it stands 36 inches high. Or simply unscrew the spike and you have a lovely hanging planter. When the cane handle is removed, you have a tabletop planter. The basket stands 7 inches tall, is 9 inches across at the top and 6 inches at the base. Its natural color is protected by a water resistant stain. To order, see page 96 for coupon.

Photography by André Gillardin



continued from page 86

hanger and hang to one side (over tub edge, for example).

Again, dissolve and add half a package of dye. Holding the hanger with fabric attached, dip bottom three quarters of fabric in dye 10 to 15 minutes; remove from dye and hang to one side.

For the third time, dissolve and add half a package of dye to bath. Dip bottom half of fabric in dye 10 to 15 minutes; remove and hang to one side.

Then dissolve and add the remainder of the dye; dip bottom quarter of fabric 10 to 15 minutes; remove and hang to drip dry. When fabric is almost dry, press with hot iron to help set dye. To clean when soiled, wash in cold water. Wrap the length of gauze like we did to wear around the house, on the beach, etc. Finish ends, if desired, with a narrow hem. Then, fold fabric in half, crosswise, edges even. Wrap around yourself and tie corners securely at your bust (see Fig. 12 on page 86).

LOVER'S KNOT CROCHET SHAWL

(shown on page 50)

SIZE: One size fits all. Shawl measures 50" across shoulder portion, and about 26" from center of back to tip (Fig. 13).

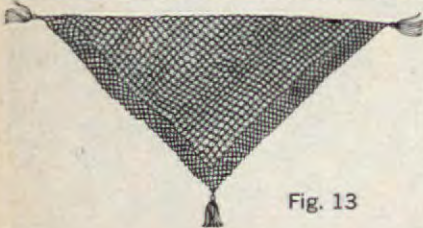


Fig. 13

For close-up view of stitch see Fig. 14. This isn't an exact stitch representation; but it should give you an idea of it.

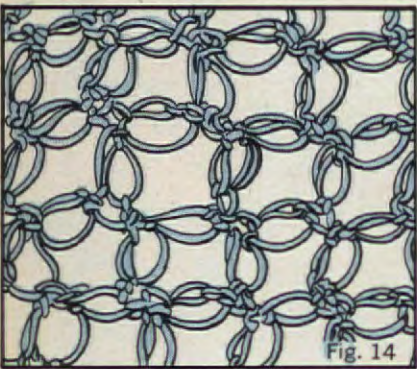


Fig. 14

ABBREVIATIONS

- * Repeat whatever follows * the number of times specified.
- ch... chain
- sc... single crochet
- st... stitch
- tog... together
- yo... yarn over
- ()... Directions within the parentheses should be repeated as often as indicated.

GAUGE: 1 lover's knot = 1 1/4"

MATERIALS

- Folklorico's 100% rayon floss: *Article #72, 115 yds. per tube, color: #250, pale green. Need about 3 1/2 spools to complete shawl.
- *To order, see Shopping Guide, page 90 (listing for page 50).
- Crochet hook No. 5 or size needed to crochet to gauge.

Because of the slipperiness of the yarn, be extra careful maintaining an even tension.

TO MAKE

Row 1: Ch 2, sc in 2nd ch from hook, * draw up the loop on hook to measure 3/8", yo hook and draw through loop on hook, insert hook between 3/8" loop and the single strand behind it, yo and draw yarn through, yo and draw through 2 loops on hook (single knot stitch made); draw up loop now on hook to measure 3/8", yo and draw through loop on hook, insert hook between 3/8" loop and single strand behind it, yo and draw loop through, yo, draw through 2 loops on hook (one lover's knot made). Repeat from * across until first row is 60" long, turn.

NOTE: First row is 10" longer than finished measurement because yarn pulls down when worked.

Row 2: * Sc over double loop at right of center of next knot, sc over double loop at left of same knot, work 1 lover's knot. Repeat from * omitting 1 lover's knot at end of last repeat, 1 1/2 lover's knots, turn. Note: You will be decreasing a half of lover's knot st at each end of each row hereafter.

Row 3: Draw up loop on hook to 3/8", insert hook in center st of first lover's knot st of row below, yo hook, draw through loop on hook, ch 1 (decrease made), * work lover's knot st as in rows 1 and 2, sc over double loop at right of center of next knot, sc over double loop at left of same knot. Repeat from * across, ending sc in center st of last lover's knot st (this makes decrease at end of row). Repeat row 3 until 1 lover's knot st remains. Fasten off.

BORDER: On the two shorter sides of triangle. * Work lover's knot stitch (two 3/8" loops). Attach into single knot stitch. Repeat from * attaching to each single knot stitch of the edge along the two short ends of the triangle. Then work three (3) more rows of regular lover's knot stitch as in body. Fasten off.

TASSELS: Wind desired amount of strands, in order to make a plump tassel, around an 8" piece of cardboard. Tie strands tightly tog around top leaving at least 3" ends on ties; clip other end of strands. Attach a tassel to each of the three corners of shawl. Wrap piece of yarn tightly around strands a few times about 1/2" below tie and knot. Trim ends.

PAPER FLOWER BRIDAL BOUQUET

(shown on page 51)

MATERIALS

For each flower:

- East House wrapping tissue: a 6" square (24 layers thick in desired color) and a 2" square (24 layers thick, in white) for centers.
 - Shank buttons by JHB Imports: We used these styles—"Orchids," size 24 (5/8"), 3/\$1.00, available in lavender, green and red; and "Missy" flowers, size 24 (5/8"), 3/\$1.00, available in white with green center
 - Florist wire, 18" long
 - Heavyweight regular Pellon: a 1" x 7" strip
 - You will also need: white masking tape, 3/4" wide; button and carpet thread; felt-tip marker in desired color; sharp large-eye needle, size 8; pinking shears; scissors; compass; ruler; pliers and white glue
- For each bow (these are optional):
- Wrights white cotton flat eyelet lace trim, 2" wide, 3/4 yard, #181-4854
 - Florist wire, 9" long

A few inches of thin picture-hanging wire

For more information on tissue, buttons and eyelet trim, see Shopping Guide, page 90 (listing for page 51).

PROCEDURE

Flowers: Cut main part of flower from colored tissue—a 6" square, 24 layers thick. Cut center from white tissue—a 2" square, 24 layers. Make main part as follows: staple through all layers at center. With compass, make three concentric circles, 1", 1 1/4" and 4" in diameter. Cut around 4" circle with pinking shears. Using button and carpet thread and large-eye needle, make 1/4" long running stitches around 1 1/4" circle. Cut out center around 1" circle. See Fig. 15. Gather up circle by pulling thread tightly; tie ends in knot. Pleat gathers with fingers to flatten (Fig. 16). Make center as follows: Staple through all layers of white square about 1/4" from center. Using compass, make a 1 1/2" circle. Cut out circle with pinking shears. Color pinked edges with magic marker.

For base, pink one long edge of Pellon strip. Fold in 1/4" accordion pleats. Baste close to straight edge using button and carpet thread (Fig. 17). Gather

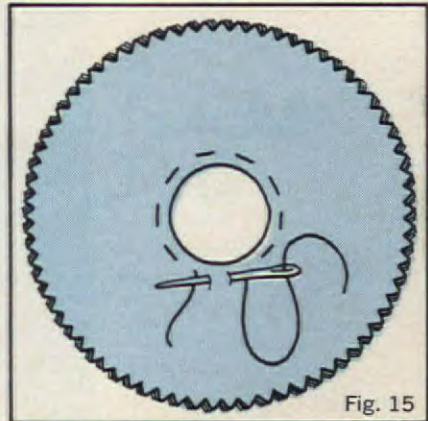


Fig. 15

to form a circle. Overlap short ends; glue.

Assemble parts as follows: Bend florist wire in half with pliers. Push shank button over one end of wire up to the bent end (Fig. 18). Now, insert doubled wire

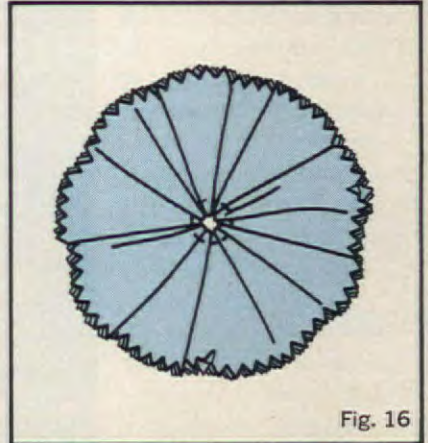


Fig. 16

through flower center, then, the flower. Push both up close against the button. Wrap tape around base, 1/2" down from points, letting tape project beyond bottom of base (Fig. 19). Cut tape, insert wire through base; push it up on wire against flower. Spread points so they fan out, overlapping flower; squeeze tape together to hold the base securely in place.



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EE: 24-Hour, 7-Day-A-Week Speed Service for our charge card customers. Dial 800-327-8351. Fla. customers dial 800-432-7521 (for ordering only).

CRAFT INSTRUCTIONS

continued from page 88

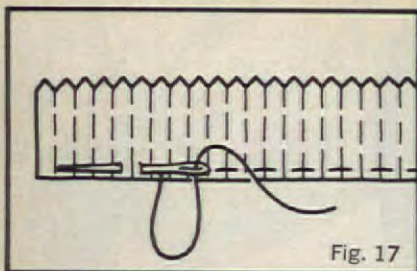


Fig. 17

Starting on base, wrap stem with tape in spiral fashion.

Bow: Make a double bow using $\frac{3}{4}$ yard of eyelet. Wrap the thin wire around bow's center to secure it. Wrap wire ends around one end of florist wire. Cover wire with tape as done for flower.

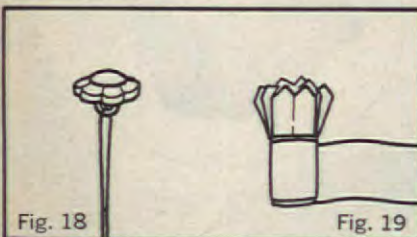


Fig. 18

Fig. 19

Illustrations/Mary Roby

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.

All prices 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 † are available through architects and decorators only. Items available by mail are preceded by *; additional postage, if any, is indicated within (). Add city and state sales tax where applicable. Check or money order and zip code must be included. Manufacturers and shops listed will refund the cost of an item (unless monogrammed) 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. These yardages do not include extra fabric for matching checks, stripes or plaids. All yardages are based on a misses' size 10, misses skirt, waist size 25", toddlers' size 4, children's size 4. One yard minimum order for all fabrics by-the-yard unless otherwise noted. Butterick and Vogue Patterns 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 M5W-1H9. Please add 15¢ postage and handling for each pattern ordered. Pennsylvania residents, please add sales tax.

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The 1928 Jewelry Company, Dept. AH-6, 125 N. Westmoreland, Los Angeles, Calif. 90004
Threadbare Unltd., 20 Cornelia St., New York, N.Y. 10014
Vandor Imports, Dept. AH-6, 690 4th St., San Francisco, Calif. 94107
Wm. E. Wright Co., Dept. AH-6, West Warren, Mass. 01092
Zucker Products, Dept. AH-6, 568 Broadway, New York, N.Y. 10012

COVER

For information on clothes and accessories, see listing for "An Unforgettable Wedding." *30" diameter floral print chintz parasol to order from Mickey Lyons Raingear; about 32" high, not waterproofed, \$20 (\$1).

STITCH A WEDDING SAMPLER

Page 12: D.M.C. cotton yarns and canvas were used for sampler. Penelope cotton double mesh canvas; #10-2, 12 mesh-to-the-inch, 36" wide, \$6.50/yd. *Matte finished 100% cotton thread, Article 89, size 4, 11/yds. per skein, 40¢ per skein. Colors: ecru, white, salmon (2923), brown (2433), toast (2405), flesh (2407), pale pink (2776), hot pink (2309), yellow (2307), bright green (2911), pale green (2954). Pearl cotton embroidery thread, Article 115, size 3, 16.4/yds per skein, 50¢ per skein, color: dark brown (801). Brown only used for embroidered message in middle of sampler. Order threads from Threadbare, Unltd., minimum order of 12 skeins, 75¢ per order for postage and handling. See page 96 for coupon to order instructions. Nostalgic-look Old Lace trim by East House Enterprises was glued around needlepoint; #300, 12 ft. per pack, \$1.50 each. Available at Bloomingdale's. *Hand silk-screened Tabby Kitten by Toy Works on 100% cotton. Available ready-made: stuffed with cotton/synthetic blend, 4" tall, bow and necklace not included, \$6.50 postpaid. Also available flat; printed on 100% cotton for \$2.75 postpaid. Order from Fabrications. Green lalique-look heart necklace on 18" long thin gold chain, with pink/white flower trim on center, #3347, \$4, by The 1928 Jewelry Company. Cristal Lalique crystal perfume flacon, with a spray of Lily of the Valley stopper, #11300, \$57, available at Richard Ginori. Sachet made from antique Victorian lace doily; scented with Rondelitia (16th-century recipe), shipped assorted, no two alike, \$6. (50¢) from Cherchez!

AN UNFORGETTABLE WEDDING

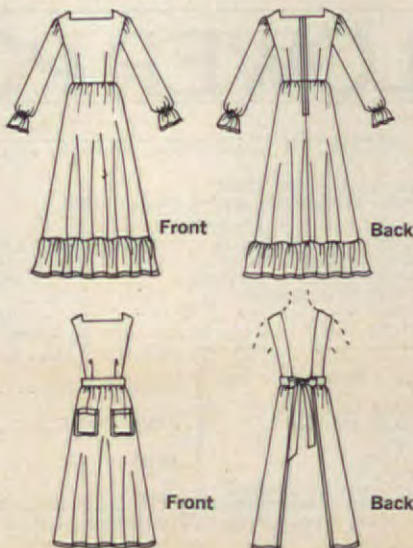
*The following fabrics-by-the-yard are available by mail order from Designers Fabrics By Mail: Cyrus Clark, Springmaid, Liberty of London, Laura Ashley for Cohama, White Rose Fabrics by A. E. Nathan, Logantex. When ordering, please specify manufacturer and fabric name. All fabric prices are as listed plus \$1.50 per each order for postage and handling. See individual listings for fabrics used.

Pages 46-51: Bride's outfit is a Very Easy Vogue Pattern 1468, misses' dress and pinafore, sizes 8-16, \$3.50. Dress is Springmaid's Wistful, 65% Kodol polyester/35% combed cotton, batiste-weight, permanent

press, 44/45" wide, color: Absinthe, \$1.70/yd. Pinafore is in Cyrus Clark's Everglaze chintz in 100% cotton, "Summer Time"/#5605, 17 1/4" repeat, color: WP (white ground with pink), 36" wide, \$4.25/yd. The same fabric in another color combination is used for the maid of honor's skirt and skirt of the flower girl's dress, color: WB (white ground with blue). On bride: pale-pink ribbed plastic bangle (also seen on cover) by Cathy & Marsha, for Catherine Stein, \$6. Flower girl wears Little Vogue dress 1351, View B, children's sizes 2-6X, \$2. Sleeves, dress bodice, skirt flounce and bonnet are in Springmaid's Tre'mode, 65% Kodol polyester/35% combed cotton lightweight broadcloth, permanent press, 44/45" wide, color: Wisteria, \$2/yd. Skirt and sash in Cyrus Clark chintz (see information for bride). All embroidered flat trims and ribbons are by Wrights. On bodice of dress: #181-4812, polyester/cotton trim in white (#30), 1 1/2" wide, 55¢/yd. Trim at hem is #181-4850, polyester/cotton trim in white (#30), 3 3/4" wide, \$1.10/yd. Bonnet ties: 100% nylon ribbon, violet (color: 51) #5 (7/8" wide). Maid of honor wears Vogue 9228, View B, skirt in waist sizes 24-30, \$2, shown in Cyrus Clark chintz (see information for bride). Blouse is Vogue 9375, View C, misses' sizes 6-14, \$2.50. Shown in Springmaid's Wistful, 65% Kodol polyester/35% combed cotton batiste-weight permanent press, 44/45" wide, color: Wisteria, \$1.70/yd. Vogue 9255, wrap belt, one size, View A, \$2. Shown in Cohama by Laura Ashley solid 100% cotton broadcloth, #60-8647, color: Welsh Green, 44/45" wide, \$2.25/yd. Boy is in Little Vogue, 1384, View C (top) and View A (shorts), toddlers sizes 1-4, \$2.50. He is wearing same Cohama by Laura Ashley, Welsh Green cotton as above. JHB Imports, Inc. white rabbit buttons at waist; *Peter Rabbit, #20910, size 24 (5/8"), 3 for 90¢ carded. Mother of the bride: Vogue 1422, View A, Jean Muir designer pattern, misses' sizes 8-16, \$4. Fabric is Liberty of London 100% cotton Tana Lawn, #5719-C, 36" wide, \$9/yd. *Groom's suit: 100% cotton muslin off-white 3-piece suit; 3-button jacket, patch pockets, notched lapels, inverted back pleat and center vent, vest has adjustable belt. European-cut trousers, belt loops, unfinished hems, sizes 36-44 regular, #MO-5, \$85 (\$3). Order from FBS Catalog. For newes: FBS Catalog, send \$1. Both shirts and best man's suit from Paul Stuart. Yellow 100% cotton shirt; #5129, sizes S,M,L, \$40. Beige linen-viscose/polyester/wool blend suit; #8226, sizes 38-46, \$175. Flower girl is holding a Boxer & Ashfield basket. Flowers in basket and flowers used for both hair wreaths from Zucker Products.

PATTERN BACKVIEWS

Very Easy Vogue Pattern #1468 dress and pinafore apron
yds: 3 1/4 (pinafore) (misses' size 10)
fabric width: 36"
yds: 4 (dress) (misses' size 10)
fabric width: 44/45"



continued on page 94

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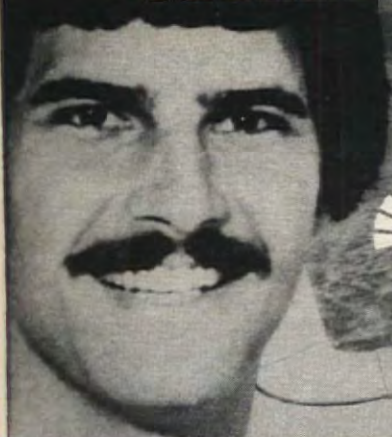
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INTO THE SWIM

continued from page 68

all day long, love nothing better than being alone in their pool. Another couple likes to skinny-dip.

What about the upkeep? Pool owners are quick to tell you that there are maintenance burdens involved in pool ownership, but these are small prices to pay for the luxury of owning a pool.

What does maintenance involve? Most people spend about four hours a week on routine chores: testing the water and adding chemicals daily, skimming the surface with a long-handled net, cleaning out the filter periodically and vacuuming the pool.

Regular maintenance adds to the pool's life expectancy and cuts down on work in the long run. For example, regulating the chlorine level retards growth of algae that can stain concrete (necessitating an acid wash and/or a paint job next season). Keeping the alkalinity at a proper balance extends the life of vinyl liners and cleaning out the filter reduces wear.

For trimming work hours further:

- Ask guests to rinse suntan lotion off before they go in the water (otherwise, the lotion will leave a water-line scum that stains the concrete or just looks ugly on vinyl until you wash it off). Make sure kids rinse sand and dirt from their feet before they dive in,

or you'll be vacuuming often.

- Make water testing part of a routine. One owner checks the water after his morning swim. Another regulates chemicals at the end of the day.

- Divide maintenance chores among family members. Everyone should have one job. Some families enlist neighborhood drop-ins.

- Hire a competent pool man. He'll be sure to give you sound advice when non-routine problems crop up.

What to do about visitors: Having ground rules will make everyone happier. For example, by insisting that each child be accompanied by a parent, you won't end up babysitting. Or by letting it be known that you expect neighbors to call before coming by, you will have the opportunity to ask them not to come, if you wish.

How to assure safety: Rules are very important when it comes to day-to-day safety—and it's far easier to indoctrinate youngsters at the beginning than to reverse a couple of years of bad habits. The regulations most pool owners recommend are: no swimming alone; no diving in the shallow end; no running, pushing or roughhousing; no swimming after eating or during electrical storms. Further, non-swimmers must stay in shallow water, and parents are required to keep a close eye on their children at all times (many drown with their parents near-

by, but not watching).

How to find a reputable pool builder: Buy your pool from a well-established dealer. Ask for recommendations from pool owners you know or write the National Pool Institute, 2000 K Street, N.W. Washington, D.C. 20009 for a list of members.

Avoid dealers who won't put everything (specifications, guarantees, construction schedule, brand names of accessories) in your contract. For an excellent list of what you should look for in a contract, write the National Association of Pool Owners, Inc., 10 Kearney Rd., Box 222, Needham, Mass. 02194, for a copy of the *Swimming Pool Manual*. It costs \$7.50.

How to plan a pool: Plan your pool to minimize maintenance. Check prevailing winds: The pool should be situated so that winds will blow dirt, leaves and dust toward the skimmer, as well as toward the plants and trees most likely to shed into the pool. Choose plants and ground cover carefully. When you are landscaping, avoid those plants that lose leaves, blossoms or needles. Fruit trees are definitely a no-no. Moreover, don't eliminate a deck in the name of economy. Without one, swimmers will tramp dirt into the pool, and you'll be forever vacuuming. Try to select a pool that requires the least maintenance in your area (see chart on page 68). □

FLOATING GARDENS

continued from page 34

Before you run out to buy all these lovely plants, take a little time to visualize your water garden. You should have a good idea which plants you will choose and how they will be arranged. Find out what other people have done—a visit to your local aquarium may give you some ideas. It's easy to come away planning something suitable for the filming of *Jaws*, but try and remember the real-life size of your aquarium.

If you plan to add fish to your underwater environment, do take their likes and dislikes into account when choosing foliage. Some like lots of space for their finny maneuvers; others spend their lives hidden deep inside thickets of growth. Some fish think that they're invisible if they stay underneath floating leaves.

Can you see it all now? With an idea of the finished product you are ready to get your hands wet.

The substrate—a 2½-inch layer comprising five parts sand, one part loam and one part peat—is laid on the bottom of the aquarium. Use the coarsest sand available and mix the loam and softened peat into it. Cover this with a 1-inch layer of washed sand. Now you are ready to add plants. Keep them in a dish of water until you are ready to plant. Look them over carefully, and remove any decayed leaves or roots.

Making a hole in the sand with your fingers, set the roots into the depression and gently cover them with sand. Take care not to cover the crown of the plant and do not plant too deep; the growing roots will soon make their own way down into the substrate. Stems that have no roots can simply be pushed into the sand. If they insist on floating to the surface, you will have to anchor them temporarily until they take hold.

Large specimen plants should be planted first in small flowerpots; then the pots themselves must be buried in the substrate. They usually require a greater portion of loam and peat to sand.

When you are satisfied with your arrangement, protect plants and substrate with a covering piece of paper or plastic and carefully add the water. You'll probably want to do some rearranging after you've seen what you've done, but try and keep adjustments to the minimum. Plants are delicate and do not take kindly to too much handling. If you feel that all your garden needs now to make it perfect are a few pretty fish, allow the plants a few weeks to establish themselves before introducing the new tenants to the aquarium. ☐

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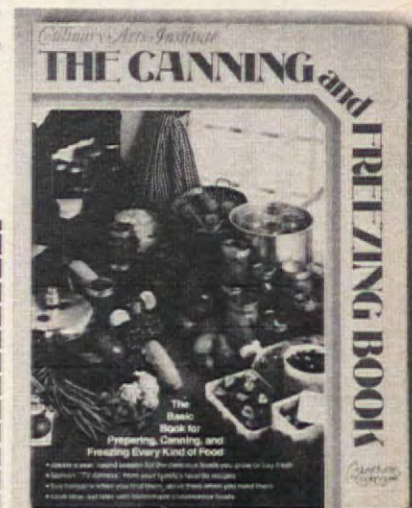
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SHOPPING GUIDE

continued from page 90

Vogue Pattern #9375

View C

fabric width: 44/45"

yds: 1 3/4 (misses' size 10)



Front



Back

Vogue Pattern #9255

View A

fabric width: 44/45"

yds: 1/2 (one size)



Vogue Pattern #9228

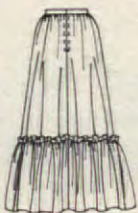
View B

fabric width: 36"

yds: 6 3/8 (waist size 25")



Front



Back

Vogue Pattern #1422

(Jean Muir Designer Pattern)

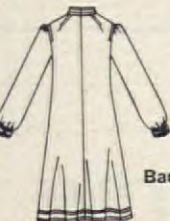
View A

fabric width: 36"

yds: 3 3/4 (misses' size 10)



Front



Back

Little Vogue Pattern #1351

View B

fabric width: 36"

yds: 1 1/4 (skirt, waistband and ties)

(children's size 4)

fabric width: 44/45"

yds: 1 5/8 (bodice, sleeves, flounce)

fabric width: 44/45"

yds: 3/8 (bonnet)



Front



Back



Front



Back

Little Vogue Pattern #1384

View C (top)—View A (pants)

fabric width: 44/45"

yds: 1 1/8 (size 4 toddler)



Front



Back



Front



Back

Page 48. On Table: Handpainted glass goblets are "Sincerely Yours" from the Gloria Vanderbilt Collection, \$10 each; 12" high sterling silver-over-brass chambered nautilus wine cooler (for a closer view, see page 23), handmade and designed by Muriel Rudolph. Both available at Isabel's Et Cetera, In cooler & glasses: Almadén Brut Champagne. Miniature glass baskets (shown with pastel candies and bows on handles) with woven design, tiny handle, 2 1/2" long x 2" wide x 1" deep, about \$2 each. Use as a party favor or salt server, from Vandor Imports. All ribbon trims by Wrights, French Lace paper doilies by Hallmark Cards. Florentine Lace silverware by Reed & Barton. *Baskets from Boxer & Ashfield to order from Apelgarden; a nest of 3 assorted baskets in unacquered bamboo (with candies), \$5 (1.50) for set. Unacquered bamboo baskets (with meringue swirls); nest of 3 assorted, #456, \$6 per set (1.50).

Page 49. Middle row: Stencil the bow-decorated necklace to sew and stuff, and paper napkins. *Order a complete kit from Stencil-Magic that includes: 2 pre-cut plastic stencil sheets with 24 cut-out shapes, 3 markers, step-by-step instructions. Complete design charts and instructions are included, \$4.95 (75¢). Acrylic tube paints were used; save color picture for reference. Fabric for necklace is *Logantex, #Rusticana-800, 100% cotton, 45" wide, color: dusty rose, \$4 (1.50 per order). Order from Designers Fabrics By Mail.

Heart-shaped cake pans and decorating tools, made by Wilton Enterprises, are sold in J.C. Penney and other department stores nationally. Or send for kit containing 2 heart pans, decorating bag and coupler, 3 tubes and 2 nails. Send check or money order for \$7.90 plus 60¢ postage to Heart Cake Kit, #2221-397; Wilton Enterprises, Inc., Dept. HP, 833 W. 115th St., Chicago, Ill. 60643. Paste colors and other items are available by mail order in a catalog/decorating book. Send \$1.75 for copy of Wilton's "Yearbook of Cake Decorating." A basic decorating kit consisting of decorating bag, flat flower nail, coupler, 5 tips, paste colors in red, yellow and blue and instruction book is available for \$6.98. Send check or money order to Ice It Nice, Nordic Ware, Dept. AH-6, Minneapolis, Minn. 55416. *Order heart cookie cutters and cake pan from H. Roth. 9" cast aluminum heart-shape cake pan, \$4.98 (\$1). Imported set of 8-piece heart shapes in graduated sizes from 1" to 3 1/2" diameter, #20M, \$14 (\$1). Order free catalog of spices, gourmet foods and cookware. Fabrics used to batik for sunshades are *White Rose Fabrics by A. E. Nathan in 100% cotton white preshrunk gauze, 45/46" wide, \$1.50/yd. (\$1.50 per order). Solid fabric on table (with batik swag) is 65% polyester/35% cotton permanent press batiste, color: lilac, 44/45" wide, \$1.50/yd. (\$1.50 per order). Both to order from Designers Fabrics by Mail. To make sunshades shown on pages 46-47 and page 49 (bottom), see page 84 for instructions. Sunshades designed and constructed by Captain Charles Sadowsky. Polyester/cotton eyelet ruffling trim, #18-3980, color: 30/white, 3 1/8" wide, \$2.30/yd. Big Bows tied at table corners in white flat crochet-look lace in 100% polyester, #181-6522-30, 2" wide, \$1.10/yd. Both from Wrights. White ceramic square box with ceramic yellow bow trim; 5 1/2" square x 4 1/2" high, #70, \$10, from Vandor Imports; for another view see page 21.

Page 50: *The T-shirt on Mr. Bear is really for babies, 100% cotton top by Absorba, sizes: 3 months, 6 months, 1 year, 2 years, 4 years, #1105. Blue ground with bonbon printed in cranberry; \$8 (55¢). Order from Bambini.

Far right: Shawl to crochet, see page 88 for instructions. *Order floss to crochet from Folklorico. "El Molino" 100% rayon imported floss, Art. 72, color: #250, pale green, 115 yards per tube. You'll need about 3 1/2 tubes to make shawl. Order 4 tubes at \$2.60

(75¢), swatch card of 39 colors for \$1.50

Page 51: Stone pink heart on gray silk cord necklace, \$15., by Eva Graham. Pale green plastic cuff, \$6., by Cathy & Marsha, for Catherine Stein. Antique-look wedding bands, #6502, \$3.50 each, by The 1928 Jewelry Company. Artificial flower bouquet to make, see instructions. Artificial flowers by Zucker Products. Tissue flowers to make are in East House Enterprises Custom Tissues; 12 sheets (20" x 30"), #2400, \$1.25, available at Bloomingdale's. Button centers are JHB Imports, Inc. "Orchids," size 24 (3/8"), in lavender (10752), green (10755) and orange (10751), 3 on a card for \$1. "Missy" flower buttons in green with white centers, #20794, size 24 (3/8"), 3 on a card for \$1. Bouquet trimmed with Wrights 100% cotton white flat eyelet, #181-4854, color: 30, 2" wide, \$1/yd. Used to stabilize flowers: heavyweight regular Pellon nonwoven interfacing, 25" wide, \$1.10/yd.

AHH... AVOCADO

Page 60. Top: Handwoven natural bamboo winnowers from The People's Republic of China. Set of 8 nested; from 10 3/4" wide to 17" wide. About \$20 from Vandor Imports. (Also shown on page 56.)

Bottom: *Copper strapless sleek swimsuit in nylon/Lycra spandex with shirred bosom, cut high at the legs. Sizes 5-13, #SS-12, \$25 (1.25). Not returnable. Order from FBS Catalog. (Order new FBS Catalog for \$1.) Valstambert crystal crescent dishes, \$7.50 each. All flatware is Lucite stainless by Supreme Cutlery, \$20 per 5-piece place setting.

Page 61: *Ultraviolet tank suit in close cling Antron nylon/Lycra spandex, criss-cross halter front. Sizes: small, medium, large, #SS-1, \$19 (1.25). Not returnable. Order from FBS Catalog. Midland glass coupe dish and plate, \$3.50 each. All glass and flatware from Isabel's Et Cetera.

Page 62. Top, left: Midland coupe dish, \$3.50 each. Lucite stainless flatware by Supreme Cutlery. Far right: Wrap and tie ombre colored sarong to dip dye, using Rit Dyes. Designed by Susan Lauter in 100% cotton gauze from *White Rose Fabrics by A. E. Nathan. Pre-shrunk, 45/46" wide, color: white, \$1.50 per yard (\$1.50 per order). Order from Designers Fabrics By Mail. For dyeing and wrapping, see instructions. Pale green plastic cuff bracelet, \$6, and dyed wooden bead 15" necklace with mother-of-pearl and agates at center, \$9. Both by Cathy and Marsha, for Catherine Stein.

Page 63: *Hain Oil of Avocado, 6 fluid oz., \$3.55 (\$4.5) from Brownie's Foods. Black Antron nylon/Lycra spandex maillott swimsuit; keyhole tie front. Sizes 8-16, both front and back shown, #SS-7, \$25 (1.25). Not returnable. Order from FBS Catalog. Vandor Imports bamboo winnowers, see information for page 60.

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Co., say plastic imparts a flavor and odor to water. Bottlers like the switch to plastic because of the lighter weight and no risk of breakage. Some European bottlers are using plastic for noncarbonated waters, but not for sparkling water, as plastic is not gasproof. The only way to determine bottled-water costs is to do your own arithmetic on price per ounce.

Which brand to choose is a matter of personal taste. Each will vary, depending on the bottler's formula or recipe. Minerals are what give water taste. Most bottled waters contain calcium, magnesium, sodium, chloride, sulfate, bicarbonate and carbonate. The maximum allowable quantities are set by the FDA. Although the mineral content of bottled water is not on labels, you can obtain it from the bottler. To give you an idea of the flavor characteristics, see chart, page 45.

In addition to drinking bottled water, you can use it in making coffee and tea, reconstituting frozen or powdered juices and cooking vegetables. Freeze it for clear and sparkling ice cubes. Sparkling or carbonated water makes the perfect cocktail mixer. Distilled water, aside from appliance and health functions, is terrific for cleaning your face; it has no minerals to clog pores or chemicals to irritate sensitive skin. Like pure rainwater, it's also ideal for shampooing hair, and gives a fresh clean rinse. Some photography buffs use the bottled variety at home for developing work.

If the water from your tap is less than delicious or appears less than clear, look into the bottled varieties. It makes sense to investigate, shop and have bottled water on hand.

—Lucy Wing

HEALTH AND BEAUTY *continued from page 73*

burst, leaving spiky little red marks. "An ice-cold shower" may leave you feeling momentarily cooler (because your system is too shocked to consider the heat), but it constricts the blood vessels and actually traps heat in. And it's no treat for the heart.

For a bath that's a guaranteed cooler: tepid water up to the neck. Soak for a good 10 or 15 minutes. The blood vessels will dilate gently so the body releases trapped heat. To keep cool, don't towel dry, but lie down on the bed (with the towel under you) and let your body slowly air-dry.

Cleansing with water doesn't necessarily have to be bad news for dry or sensitive skin. It's all in the way you use water (or soap and water) for cleansing. For the bath, use lukewarm water, always with a dispersible bath oil (the kind that mixes with water rather than floats on top), and never stay in more than 10 minutes. A second, quick clear-water rinse will get rid of any soap residue on skin.

For the face a rinsable soapless cleanser might be the answer. But a mild soap usually doesn't cause problems if you wet your face with warm water, work up a soap lather in your palms, use the lather and fingertips for a quick cleansing (never rub soap directly on the skin), and *rinse thoroughly*. Splash cool, running water on the face 30 times and then apply moisturizer to damp skin.

Soft water works harder for you by making it easier for you to rinse away the soap and shampoo. Soft water by itself has a greater cleansing action than hard water, so it removes more dirt, oils and dead cells even without soap. Your grandmother knew what she was doing when she collected rainwater in barrels for her shampoo. Today, as you might have heard, rainwater may be filled with too many pollution by-products to be worth the bother. But if yours is a hard-water community, you should check into water-softening for your home. □

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How to Own the Handled Garden Basket, Page 87

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Kid-Stuff Kits, Page 30

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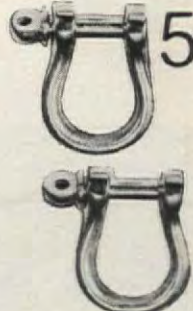
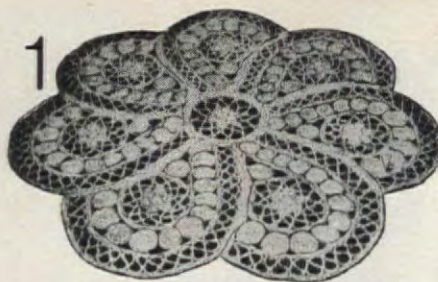
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green, or gold. Bath towel, \$3.49 each. Hand towel, \$2.49 each. Sunset
House, 448 Sunset Building, Beverly Hills, CA 90215 ••• 4 Pen pals!
Charming solid pewter bell-shaped inkwell mated with a genuine quill pen
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Early American catalog with order; or, 50¢. Sturbridge Yankee Workshop,
588 Brimfield Turnpike, Sturbridge, MA 01566 ••• 5 Brass shackle cuff-
links keep any skipper or mate nautically trim! Great for gifting. About
7/8"x7/8". \$4.95 a pair plus 50¢ p&h. Catalog of nautical gifts, marine
prints, and ship and cannon models, 25¢. Preston's, 109-A Main Street
Wharf, Greenport, NY 11944 ••• 6 Sweetener cradle in a simple swirl
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p&h. Lillian Vernon, A6E, 510 So. Fulton Avenue, Mt. Vernon, NY 10550
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CADLYN'S Dept. A56

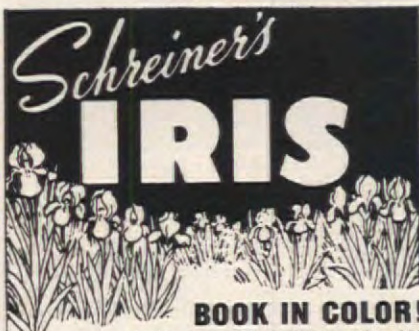
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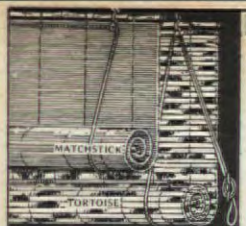
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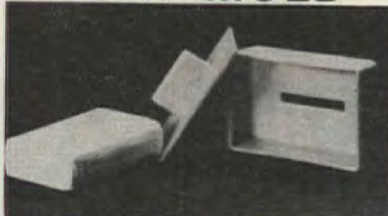
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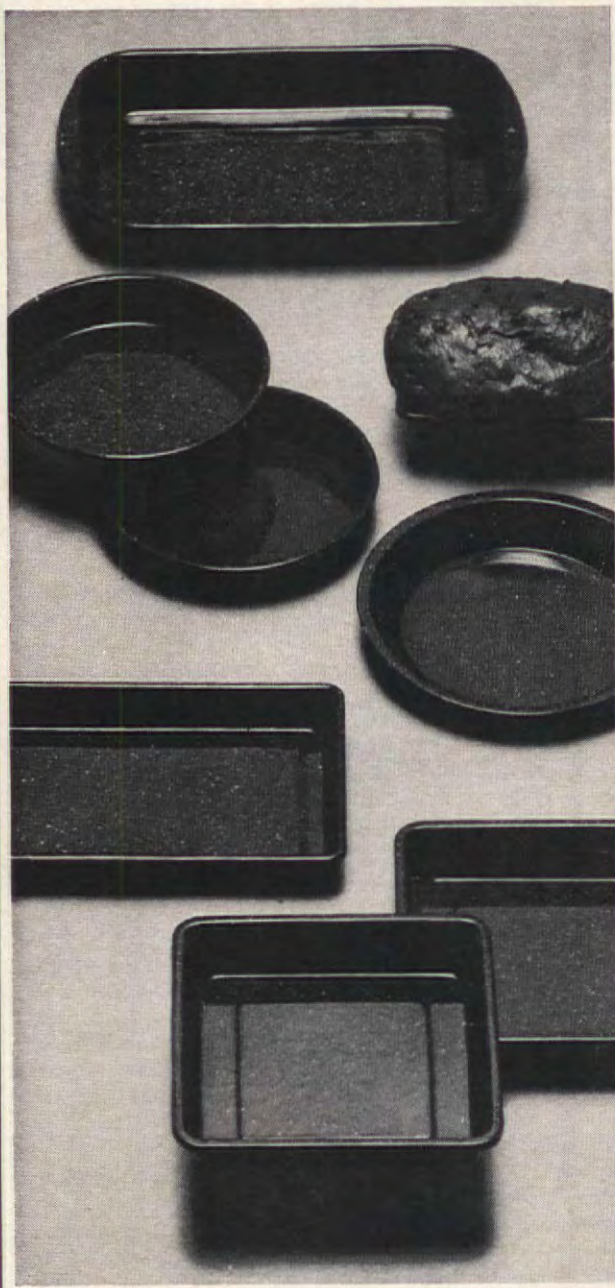


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OUR READERS WRITE

UKRAINIAN EASTER

"The Home Front News" section of your March issue had a section on eggs for the Easter season. One of the articles was titled "From Russia With Love." It is unfortunate that so often the words "Ukraine" and "Russia" are used interchangeably, as though they were synonymous.

Ukrainians are as distinct from Russians as the Irish are from the Scottish. There are many Ukrainians suffering in Soviet jails for daring to be Ukrainian. Ukrainians and Russians are both Slavs, but are separate peoples with separate histories and cultures.

The article should have been called "From the Ukraine With Love."

Carol Decker

We would like to extend our apologies to all Ukrainians—with love.

The Editors

SPORTING AN OPINION

Your article on squash (February AH) states that women players are "finding relatively little discrimination" and then goes on to quote a Mr. Stu Goldstein. He should leave physiology to physiologists. A man does not necessarily have quicker reflexes than a woman. And while strength is required in weight lifting, agility and coordination are all-important in competitive sports.

The fact that Edith Tuckerman's husband can beat her at squash using his left hand does not prove Goldstein is correct. Perhaps Ms. Tuckerman is a mediocre squash player. Her prominence in the sport may simply be due to the fact that so few women have participated in it until now. Excellence in any field is not guaranteed by having done it all one's life. I wonder why Goldstein gave up tennis for squash. Fear of Billie Jean King maybe?

S. Lynne Cowen
St. Petersburg, Fla.

MARCH WINDS

Frankly, I was quite disappointed with your March issue. The front cover promised to bring me "The Country Look" in eating, living, dressing and decorating. But I found very little in the magazine to depict country.

"Country" to me is a little farmhouse away from lights, traffic and houses, not a tract home in the suburbs. And a country woman would be one who is up early taking care of her family—cleaning, baking and helping with the animals—not one who has her law practice at home, nor one who is a vice-president of a women's bank.

Where were the articles on home canning and freezing, vegetable garden-

ing, recipes for home-baked bread and on the lifestyle of a woman on a farm? These are the things that, to me, make up the country look.

Mrs. L. Nelson
Napa, Calif.

ONE MAN'S POISON

I am writing in reference to the article in your March issue about wines and vineyards throughout the United States. I believe there has been a misunderstanding and would like to request a correction to the following statement: "Dr. [Konstantin] Frank firmly believes that the non-vinifera wines made by his big neighbors—wineries such as Gold Seal, Great Western and Taylor—are actually poisonous."

The point I wanted to make was that the original French hybrid roots and vines brought to America were toxic; however, there have been many improvements and changes during the last 15 years, and I have not tested nor grown the existing French hybrid grapes.

Dr. Konstantin Frank
Hammondsport, N.Y.

EMERGING READERS

As a working woman I had to write. I am 41, married 15 years, have two children and am a columnist for a newspaper in Trenton, N.J. I write five columns a week, plus features and stories for the Sunday "mag." I have quite a following.

I came out of the generation of the '50s, yet when I went back to my high school reunion a couple of years ago, only two female graduates, myself and another woman, had careers. I am traditional and romantic, yes, but my feet are firmly planted in the '70s. They have to be. I write for a newspaper.

I stay late. I have deadlines. I follow up leads. I listen to thousands of hard-luck stories. I get hate mail. And then I go home and try to be a good mother and wife.

You want to know something? I'd like to tell people . . . it doesn't always go according to plan. Sometimes it goes all wrong. The kids are alternately proud and resentful of me. I've taken them on assignments, and their teachers tell me how alert and aware they are of what's going on in the world. But I never get over the guilt . . . that I am a full-time working mother.

Sometimes it takes me until Saturday to unwind, to forget the hurts, the mistakes, the people I couldn't help, the stories I couldn't write, the ones on which I wanted to do better . . . but I wouldn't trade it for the world. It is not easy to be a newspaper columnist. But

I'm doing what I want to do with my life . . . and, because I need to have it all, I have the home and family, too.

I am glad of the change in your magazine. What is there for a woman of 40 or over to read? My God, the woman of my age . . . with two children almost raised; a home in which the carpets are deep, the antiques just starting to be collected, the coffee hot and the wine chilled . . . has so much to offer!

Ann Rinaldi
Somerville, N.J.

I have just completed reading your March, 1976 issue and thoroughly enjoyed it. It is pleasant and often inspiring to read your articles on the "Emerging Woman." However, these articles often create guilt feelings within me—I wonder why I haven't transformed into such a "super-woman."

Why is it that I find myself dog-tired after a day on the job? Why would I rather fix a can of soup for my husband's dinner instead of a gourmet meal once in a while? Why do I desire to pick up a magazine or watch a TV special rather than pick up a vacuum cleaner? Why must I spend my weekends tending to chores I can't get to during the week? Why do I sometimes want to forget all my wifely duties and put my house on "hold" for a while? And I feel even more pangs of guilt when I remember that I don't even have children! My husband does his own laundry, has learned to fix his own breakfast, and complains because he feels I'm tuckered out too often.

On the other hand, we find time to go camping, take a relaxing drive or spend a weekday night out with friends. With tongue in cheek, I must admit I prefer the lifestyle I've chosen.

It's certainly nice to read about those wonderful women with families who have accomplished so much. But, honestly, why not depict the average woman and family now and then?

Nancy J. Hilsdorf
San Diego, Calif.

A MUSICAL NOTE

Just a few kudos from upstate for your too-brief article on country music in March "The Home Front News." I had only recently read Peter McCabe's book with Raeanne Rubenstein, Honky Tonk Heroes, and enjoyed it very much. So it was a delightful surprise to find some of his perceptive prose and keen analysis in American Home. You're definitely branching out from the feed-and-decorate syndrome.

Anita Lay
Schenectady, N.Y.

Address letters to editors to: Our Readers Write, American Home, 641 Lexington Ave., New York, N.Y. 10022.

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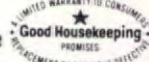
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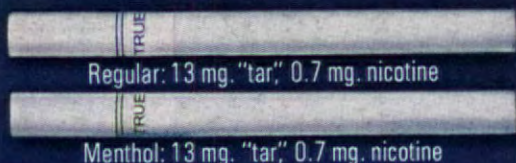
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