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A stylized illustration of a cowboy on a horse herding cattle in a desert landscape. The cowboy is wearing a yellow jacket and a white cowboy hat, and is holding a lasso. The horse is dark-colored, and the cattle are brown and white. The background is a mix of blue and yellow tones, suggesting a sunset or sunrise.

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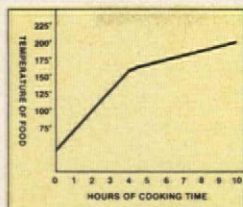
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and separate flavor. The flavors only mix if you wish them to.



0-hours



5-hours



10-hours

The result: meat with an evenly browned outside and a deliciously juicy and tender inside. Vegetables delicately cooked in their own juices.

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The pictures on this page tell part of the story. You'll have to rely on your mouth to tell the rest.

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System III Oven Broilers

AMERICAN Home

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Photography by Gary Gladstone

COVER: Several cultures come into play in this contemporary-primitive portrait by Mimi Vang Olsen, an American who lives in Denmark. Ms. Olsen, in the tradition of itinerant folk artists, spends part of each year traveling around America, painting family portraits. Here she has captured the essence of the Gladstone family, who have built on their own distinctive backgrounds to create an eclectic American lifestyle. More on the Gladstones and other American originals beginning on page 40.

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Bicentennial hopes have centered around America's ability to rediscover the best of the past, ideologically and physically. Towns and cities were to use the occasion as an opportunity for renewal, an excuse to designate their historic areas, save what was left of their finest buildings and restore their charm—so that the United States would not continue on its path to becoming a wasteland of gas stations, development housing, malls, billboards and superhighways.

Except in a few isolated cases, where communities created parks or restored treasured landmarks, it didn't happen. Why? In some cases, it seemed to be too late. The trend was irreversible. Acquisitiveness and the lack of adequate zoning regulations have made it possible for developers to ruthlessly exploit the American dream of owning a home, and we are left with tract housing that fills a common need but defiles the common landscape.

How many old and charming houses have been either leveled or bastardized with modernizations sold to the public by fast-buck home improvement charlatans with no respect for American design or the American heritage?

How many main streets across the U.S.A. have replaced their quaintness with hideous manifestations of retailing gone mad? The countryside is pockmarked with the results of unbridled free enterprise. Small towns wasted by unrestricted growth, abandoned movie houses on abandoned streets—all haunt the countryside.

Who in America is lucky enough to be able to say, "My town is beautiful," or, "I'm proud of my city"? Few towns in America today can really be called "beautiful," fewer still are "memorable." As for cities, there is a national mental negativism that could well imply that man is ready to desert traditional centers of civilization and return to the hills.

On the occasion of our nation's Bicentennial, let's hope we can rediscover the spirit that gave birth to America, and harness it to reclaim the land we have raped so brutally. It's never too late to start again: to improve, to correct, to clean, to beautify. The first requirement is a willing and determined attitude. The second is the intelligence to discern between what is worth saving and what has outlived its usefulness.

What America doesn't need in 1976 is one more Disney-like restoration of a colonial village. What it does need are:

- suburbs with character
- cities that are habitable
- a revival of main streets in small towns
- more imaginative alternatives to the suburban shopping mall
- more parks

In 1976, the call to arms can still be responded to. It's not too late to use our 200th birthday as an occasion to beautify America and incorporate a healthy respect for our past with a positive approach to the future. America deserves it. □

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- **Chief Justice John Marshall**, who defined judicial distinction as "the ability to look a

lawyer straight in the eyes for two hours and not hear a damned word he says."

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

In order to do justice to America's grand past, the Editors of TIME-LIFE BOOKS searched museums, libraries, archives and private collections for some 3,000 photographs, woodcuts and paintings, many in full color, which would best recreate the feel of the past.



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ZANE GREY, WORDSMITH OF THE OLD WEST, STRIKES AGAIN

As a creative writer, Grey was a literary shooter of fish in a barrel. Once he realized he could hit the barrel, he just kept changing fish. Now, Grey's variations on his famous themes are back in print.

The tall lean gunman stepped out into the street, gray eyes flinty, hands hanging loosely at his sides. "The name's Keene. Brazos Keene." And with that he beat the bad guy to the draw and shot his way into my 10-year-old consciousness.

Zane Grey brought the Old West to me. Thanks to him, I expect mesas to glow with gold, flame-bright at sunset; deserts to soften into a blue-gray haze at dawn. And I am rarely disappointed. For beyond the Big Mac and the dude ranches and the new desert cities, the West has changed little since 1904 when the dentist-turned-writer forsook his New York practice to explore the trails of plainsmen and Indians.

In this Bicentennial year, every stone of cultural Americana—including the literary ones—will be overturned and chipped at. We anticipate articles on the "greats"—from James to Whitman; from Fitzgerald to Hemingway; Mailer to Bellow. Yet what of the great American "popular" writers? Often it was these story-spinners who technicolored the American Dream.

Grey had a writing shtick . . . a sure-fire formula, and from the publication of his first western novel, *The Heritage of the Desert* in 1910, through his last, *Lost Pueblo* published posthumously in 1954, he worked out 57 variations on his theme—and got away with it, selling more than an estimated 40 million copies.

The answer to the question "Why?" is—in the broadest sense of the word—"romance." Wild animals in a wild frontier; the awesome romance of the macho super-man; the romantic tension between hot-blooded men and women. His characters are noble, his stories, heroic.

Even a brief review of the novels reissued by Pocket Books in paperback reveals the formula.

Plot: Take a stranger with a questionable past. Add him to a situation that includes a young woman in need of help. Blend blushing. Simmer gently . . . she bewitches him . . . he experiences feelings of he knows-not-what . . . falls in love . . . straightens out her mess . . . and just as he's about to ride into the hazy blue-gray desert



with the golden sun glowing on the mesa, she confesses that despite his wild ways she loves him, and they live happily ever after.

Characters: These standard characters are refined and changed from tale to tale, if not by personality, then by name: Terrill Lambeth, Conrad Brasee, Arizona Ames, Carley Burch, the aforementioned Brazos, Raine Surface, Lin Slone, Pecos Smith. The stranger-hero is a loner. . . .

Grey heroes, whatever their lack of verifiable heritage, are Westerners. Depending on the story, they are horse-hunters, grubline-riders, gunmen, good-hearted outlaws and, best of all, blond, gray-eyed Texans . . . American "vaqueros."

The Zane Grey woman is without peer in American fiction, a delight to women's movement partisans and pussycats alike. Invariably, she dresses like a boy, rides like an Indian and shoots like a gunslinger. She has a spirit as free and as uncontrollable as the wind, and nine times out of 10, possesses an almost mystic quality that drives wild range-riders, bestial outlaws and splendid horses (not nec-

essarily in this order) to distraction.

The Grey heroine—however tomboyish—is still pure, beautiful and blushing; she tends to have a hard-living daddy, a dead mother and nobody to guide her into maturity but a faithful Negro, Indian or gnarled wrangler.

Then, his topic securely roped, Grey branded it with a prose style all his own. He was no Dickens-of-the-desert. He relied on endless description. He was a master of the staggering, ongoing sentence, often stringing together with a few syncopated semicolons a description of time, place, temperature, season, psychological, emotional and physical motivations of the character, the cut of his clothes, number and style of his firearms.

Exploretively speaking, Grey was puritanical, loosening up only late in his career. While sex was implicit in every book, rarely has so little actually happened so titillatingly. "Making love" indicated flirting, "passionate abandon" meant a kiss.

A notable exception, incorporating not only lust but Grey's seldom verbalized preoccupation with women and horses, is found in one of the best horse books ever written, *Wildfire*.

"'Jest fer . . . that . . .'" he panted hoarsely, 'I'll lay fer you—an' I'll strip you—an' I'll tie you on a hoss—an' I'll drive you naked through Bostil's Ford!' Heady stuff.

Another of Grey's peculiarities and attractions was his curious and contagious use of archaic language. He was as faithful to his tried and true formula as he was to the same verbal clichés, the most favorite of which was the "soliloquy."

"'No lion could even get close . . .'" he soliloquized, with a short laugh."

"'Utes, I reckon,'" he said, answering to the habit of soliloquy that loneliness had fostered in him."

Zane Grey's writing has always appealed to the frustrated free spirit, to those who yearn for simplicity. As our lives become increasingly urbanized and complex, it's likely that modern readers will continue to respond to these tales in which good guys triumph over bad guys as much as—or more than—previous generations. □



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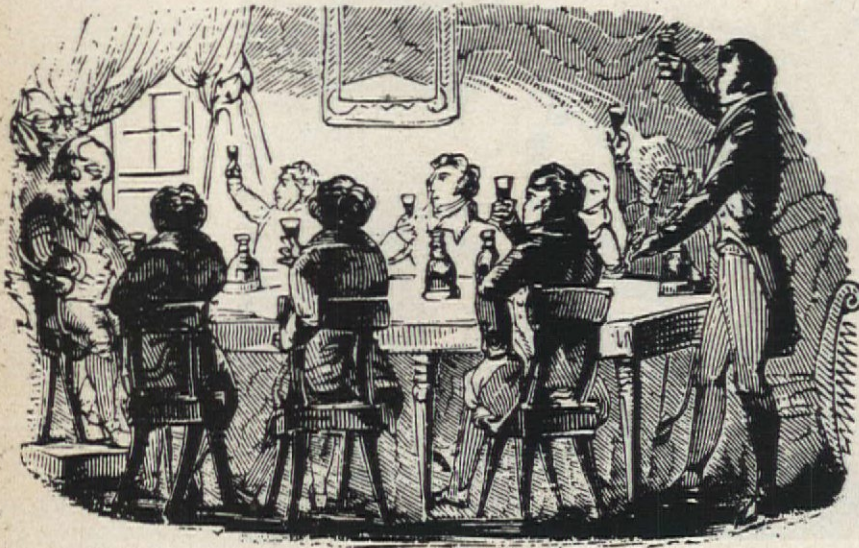
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A TIPPLER'S GUIDE TO COLONIAL DRINKS

By CREIGHTON CHURCHILL

Get in the spirit of days of yore—with Flips, Shrubs and other authentic drinks. Here's how.



In the days when mothers admonished children to “mind your P’s and Q’s,” they probably didn’t realize they were taking words from the mouths of early American tavern-keepers. In colonial times pewter tankards used for beer and cider were pint- and quart-size. “Mind your P’s and Q’s” was the barman’s way of saying at closing time, “Drink up.”

Making beer and cider came easily to the settlers, for both drinks had been traditionally popular in the Old Country. Harvard College had its own brewery and urged its students to pay part of the tuition in malt and grain. Mead (fermented honey), another traditional English drink, was also made in the colonies, but cider eventually became the drink of the common man. Cider was also made into applejack. The art is still practiced in parts of rural New England: A barrel of fermented cider is put outdoors for part of the winter. Freezing condenses and drives the alcohol to the center. Around February, a hole is bored through the barrel until the pocket of pure applejack is reached.

When the colonials spoke of wines, they generally meant fortified wines—Madeira, sherry or port—not table wines. Thomas Jefferson, who knew his European wines, once wrote a friend that he’d had a native American wine that “was as good as a Chamber-tin”—the prized red Burgundy for which Napoleon had such an addiction

that he took a supply to Russia on his ill-fated campaign. But American table wines of that day were all but nonexistent—the few made in the home were not that good. Most table wines were imported from Europe.

Of the fortified wines, Madeira was probably the most popular, principally because it was plentiful. In the slave and gold trade with Africa, ships often stopped for supplies at the island of Madeira, and the wines came back as ballast. Madeira has the reputation of improving considerably when subjected to extremes of heat and cold, and any “pipe” (cask) of Madeira that had seen a long sea voyage, even around the world, brought a premium price. Rainwater Madeira, so called because of its exceptionally light color, is still widely seen today. The name is attributed to a Savannah importer who kept his “pipes” in his attic, where they would benefit from seasonal fluctuations of temperature. A tube led down to a spout in the store, and whenever a demijohn was filled for one customer within earshot of another who might be a member of a temperance organization, the liquid was referred to as “rainwater.”

Considering the limited variety that was available, a surprising number of our Founding Fathers were not only connoisseurs of Madeiras, but devotees of wines and liquors in general. Thomas Jefferson’s interest in wines was so great that while ambas-

sador to France he found time to travel by donkey to all the famous vineyards, taking copious notes to record in his now-famous *Journals*. At Monticello he amassed what must have been the most complete cellar in the New World. George Washington, too, liked his liquors, and knew how to put them to work. At one political rally in Virginia, he dispensed some 150 gallons of rum, wine and whiskey to a couple hundred constituents, and was duly rewarded at the ballot box.

Although early settlers were said to have looked on the potato as poisonous, because it wasn’t mentioned in the Bible, they had no such scruples when it came to rum and corn whiskey. By today’s standards, colonial rums and whiskeys were strong—none of your 80-proof stuff, but instead something comparable to Demerara rum, which can be 160 proof, or 80 percent alcohol. Mixed drinks were common and, considering the strengths of the ingredients, very potent.

One of the less complicated punches was “Loggerheard Flip,” a drink you can try today in your own home, at your own risk. Mix two-thirds beer or cider with one-third rum, sweeten with molasses and finish by plunging a red hot poker into the bowl before drinking.

I remember visiting Colonial Williamsburg years ago and excitedly ordering a Raspberry Shrub in a restaurant. The trouble was I’d forgotten that the State of Virginia was as dry as the Dust Bowl then, and the result was disastrous. A true Shrub, such as our ancestors drank, has teeth in it. Here’s how you make it: To the juice of four lemons with their sliced peels and two grated nutmegs, add four bottles of brandy. Let the mixture stand bottled a few days, then add four bottles of light Madeira; let it stand bottled three days to three weeks.

Bear in mind that Shrubs and Flips are customarily enjoyed in quart-size tankards. Suggested drinks for your mornings-after include a “Whistle-belly-Vengeance” (soured beer, molasses and bread crumbs) and a “Syllabub”—lemon juice, cream, sugar, beaten egg whites and a touch of white wine, all whisked together. □



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from Heublein.**



INDIAN POWERHOUSE

LaDonna Harris is a politician's wife with a cause of her own.

By MARIANNE LESTER

In her office, handsomely decorated with Indian baskets, hanging plants and photos of her family, LaDonna Harris maintains an air of soft-spoken informality that belies the hectic schedule she keeps. As a nationally known expert on Indian affairs, a Comanche Indian, president of Americans for Indian Opportunity, she is deluged with requests for speaking engagements at colleges, television interviews and appearances at government conferences on Indian problems. She travels throughout the country, often to small towns or isolated Indian reservations, bringing a message of hope and determination to demoralized tribes.

In addition to her work with AIO, LaDonna serves on the national boards of such organizations as the Urban Coalition, Common Cause and the Committee for Full Employment. She is also a member of the advisory committee of NOW, a convener of the National Women's Political Caucus. Until recently, she was frequently consulted by political aides to her husband, former Oklahoma Senator Fred R. Harris, on strategy in his bid for the Democratic presidential nomination.

LaDonna says she tries very hard to juggle her responsibilities so she'll have plenty of time for her three children. Laura, a ninth grader, is still at home. A housekeeper who does the cooking helps LaDonna see her off to school. But LaDonna gives her children something else. Although the children have spent most of their lives around Washington, D.C., she has tried to give them a sense of their own Comanche heritage, teaching them Comanche history and language, taking them to Indian gatherings in Oklahoma: "Fred and I have always wanted them to be proud of their heritage, not made to feel ashamed of it as I was."

That sense of pride she has instilled is already evident in one of the Harris children, Kathryn. When she graduated from law school last year, Kathryn decided to become a legal aide for the American Indian Policy Review Commission. And when Kathryn was married last spring, it was in an Indian church in Oklahoma, wearing a gown

handsewn by Comanche friends.

Last spring, too, LaDonna joined Fred on the hustings as often as her own schedule allowed. But for LaDonna Harris, helping her husband campaign has meant more than standing silently at his side at press conferences and campaign rallies. Fred always introduced his wife at any gathering, and LaDonna would respond with an articulate, impassioned speech, often referring to the plight of women and minorities in this country.

When Fred Harris is away alone, he and his wife communicate constantly by telephone. "We hate to be apart," LaDonna says. "Even when we entertain at home, we always try to have small groups—so we can be together and share in the same conversation." This year, they were apart more than they liked. "But I couldn't give up all the things I'm involved in," LaDonna says. "Fred wouldn't want me to, for one thing. You just have to work hard to be able to do everything."

LaDonna Vita Crawford was born on a farm in Cotton County, Okla., in 1931. Her parents separated when she was a child, and she was raised by her Comanche grandparents. It was an almost all-Indian community, but there were no reservations in Oklahoma, and she rode a bus to school. It didn't take long to find out how other Americans felt about Indians.

The taunt they used was "gut-eater." "The kids all called us 'gut-eaters' because Indians ate entrails, tripe, made sausages . . . That was a word that hurt. I used to come home crying and, to make me feel better, Grandmother would say, 'But do you know what they eat? Crawdads and mussels!' And I'd say, 'Oh, Grandmother, really?' because Comanches didn't even eat fish. And do you know I couldn't bring myself to eat crab or lobster or clams until we moved to Washington!"

But most of the discrimination LaDonna experienced was more subtle. "The teachers did it in their way—advising you to go to trade schools instead of college, making you feel inferior because you come from a different cultural background. That kind of discrimination is insidious and

even harder to fight.

"Indians were made to feel embarrassed—I know I was—embarrassed about our language, taught that our culture had no value. If I had nurtured these negative feelings, I would have been emotionally crippled. I was fortunate—my grandparents and other Indian people gave me back enough strength to cope with it. And then, of course, I met Fred."

High school sweethearts, Fred and LaDonna were married in 1949, during his freshman year at the University of Oklahoma. They have a standing private joke that says much about their awareness of their roots. "I took you as a barefoot Indian girl and made you what you are today," Fred tells LaDonna. "And I took you as a red-neck sharecropper and made you what you are today," she counters.

The marriage of an Indian and a non-Indian was unusual enough to cause comment. LaDonna says she'll never forget a cousin of Fred's who told him, "Well, she may be pretty now, but when she gets older she'll sit on the floor like her mother." She smiles as she tells the story, but a little of the old hurt shows through.

How did the marriage survive? "We needed each other and reinforced what the other needed. He's helped me and I've helped him. I lacked self-confidence, and he had a lot of it. And he took an interest in my background—in fact, he's quite an authority on Plains Indian culture. But I had a kind of warmth. I've helped him be a little more humanistic. He's always been compassionate, but in a more distant, objective way. Now he's much more sensitive and he's learned a lot about touching people and showing emotion. Men were never taught that; I think it's been good for Fred.

"I've also learned from him to show some restraint. I used to get too emotional about human rights issues, for example, and I've learned that I'm ineffective if I do that. So if I take some of his style and put it together with my instincts, I'm more effective."

LaDonna knows her husband is sometimes criticized for including her in so many political details. "When

President of Americans for Indian Opportunity, LaDonna divides her time between managing her home, speaking at colleges and government conferences, and holding informal "Indian meetings" at AIO offices (right).

Fred ran for the U.S. Senate, some people around him said, 'There's too much LaDonna.' People tease Fred about always saying 'My wife, LaDonna, and I' or 'LaDonna and I feel such and such a way about an issue.' He always makes it a mutual thing, and people think of us that way. We've always been so close that we share. We grew up together and we've just not been very far apart on the issues.

"I was always a little different from other political wives. Even when Fred was in the State Senate, I got to know the people and issues, sat in on meetings, watched from the galleries."

Harris was elected to the U.S. Senate in 1964. At 33, he was the youngest Senator-elect in Oklahoma's history. The move to Washington was a jolt for both Harris. But Fred, at least, was a Senator. LaDonna, as a senator's wife, had no official duties.

"The first year I was in Washington, I didn't really know what to do. For a while I tried to do all the regular things 'Senate ladies' do. There's a Senate Ladies Red Cross where you go every Tuesday and roll bandages." She winces slightly at the memory. "I testified before Congress on Indian problems and later found out I was the first Congressional wife ever to testify. Can you imagine that!"

She didn't have to roll bandages for long. She was appointed to the Women's Advisory Committee for the Office of Economic Opportunity and later to the Indian Opportunity Council, where she was the only woman member. Then in 1970, Americans for Indian Opportunity was founded, with LaDonna Harris as its president.

LaDonna speaks eloquently about the problems of Indians and women. Seated in her office in a renovated townhouse, feet tucked under her, she's so unself-conscious and informal one wonders how she fared with the protocol of the "Senate Ladies."

In fact, she thinks Washington political families get "spoiled and out of touch with the real people in this country. Since Fred's been out of the Senate [he chose not to run for reelection in 1972, during his first presidential bid], he's (continued on page 66)



PHOTOGRAPHY BY RUTH SILVERMAN

WILL THE REAL BETTY CROCKER PLEASE STAND UP?

Betty Crocker has received millions of letters from housewives asking for advice. But there is no Betty Crocker any more than there is an Aunt Jemima, a Jolly Green Giant or a clutch of youngsters called the Campbell kids. These are all symbols dreamed up to sell the revolutionary processed foods—canned vegetables, dry cereal and cake mixes—that began to appear in the American marketplace at the turn of the century.

Here were products that could help free housewives from the drudgery of meal preparation, cut down on shopping trips and make hard-to-get items easily available. But first their creators had to change the homemaker's cooking habits, and to do that they had to gain her trust and confidence. Gradually, sellers hit upon symbols that worked.

The birth of Aunt Jemima perhaps best illustrates how the successful personification of a product helped to sell it. Two ambitious young men, Chris Rutt and Charles G. Underwood, owned a small mill in St. Joseph, Mo., a thriving mill town. To compete, the two set out to concoct a product that was exclusive, novel and easy to do: pancake batter. After many tests, Rutt and Underwood developed the first ready-made pancake batter from wheat flour, corn flour, phosphate of lime and a bit of soap ash in 1889. Then came the next step—perhaps the hardest—to find a trademark that would make the housewife rush out and buy the new product. Rutt wanted a name that would reflect its appeal. While he waited for inspiration, he attended a vaudeville show. On the bill was a pair of black-face comedians, Baker & Farrell, who did a jazzy cakewalk to the tune of "Aunt Jemima." Baker performed in the apron and red bandanna headband of the traditional Southern cook.



For 55 years Betty Crocker has been the homemaker personified—and grown younger, as you see: 1936 (left) and 1968 (right).

She was a cook any housewife would trust, for she was all-knowing and eager to advise. It didn't matter that she was dreamed up by a manufacturer to sell new packaged foods.

Presto! Rutt knew he had found the symbol he wanted—a black woman who knew how to cook, a respected culinary figure to American women.

The birth of the Campbell kids was the result of another coincidence. In the early 1900s, the Joseph Campbell Co.'s newly developed condensed soups were advertised on car cards in one-third of the New York City trolleys. Each poster featured jingles, product pictures and the red-and-white can. As the campaign grew, the creator of the jingles thought it would be a good idea to add some human interest. Enter one Theodore E. Widerseim, Jr., an advertising man in Philadelphia who was vying for the account. On an impulse, as he was leaving his house to make a presentation, he asked his wife, Grace, an illustrator, to slip her children's sketches into his portfolio. The client fell in love with Mrs. Widerseim's kids, and the rest is history.

In an interview in 1926, she explained the origins of her stylized cherubs. "I was my own model because I began young. I was much interested in my looks. I knew I was funny. I used to look in the mirror, and then with a pencil in my round, chubby fingers, I would sketch my image as I remembered it. . . ."

On the other hand, the Jolly Green Giant, or Green Giant as he was called at first, began life as "a scowling hunchback wearing an untidy bearskin, who looked like a fugitive from Grimms' fairy tales," according to *Advertising Age*. It all began in 1924 when Minnesota Valley Co., in Le Sueur, Minn. (later to become Green Giant Co.) discovered a new variety of pea. Because it was larger than other peas on the market, the code name chosen was "Green Giant." And that's how it was marketed in 1924.



Not always the big man we know and love, the Jolly Green Giant began his evolution (left to right) in the '30s, gained stature in the '40s, became even jollier in the '50s, added a scarf (to sell frozen foods) in the '60s and put on boots in the '70s.

Another two years lapsed before a change took place: The giant turned green. But, it took the inventiveness of an ad man, Leo Burnett of the Leo Burnett ad agency, to add the final touch. Looking at an ad one day, Burnett was struck by its alliterativeness. "For the heck of it," Burnett once recalled, "I inserted the word 'jolly' in the ad, which was about to go to press. The client liked it, and it has remained in the Green Giant vocabulary."

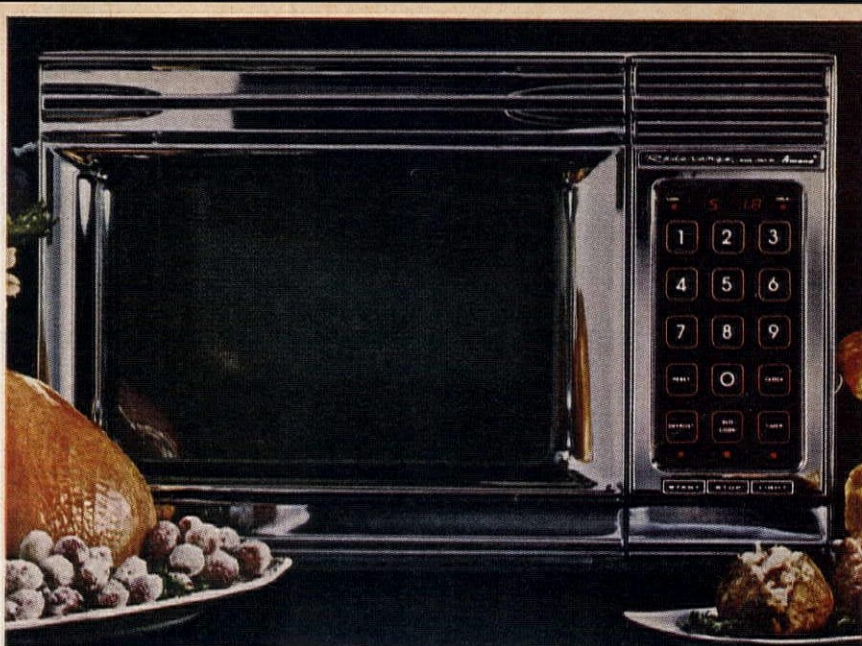
Betty Crocker, the woman who came to be regarded as one of the homemaker's most loyal friends, was "born" in 1921 out of the need to provide cooking help to consumers. When a contest with a reward for solving a jigsaw puzzle appeared in a Gold Medal flour advertisement, the Washburn Crosby Co., forerunner of General Mills, was swamped not only with entries but with questions as well. This had been its first chocolate cake ad. Sam Gale of the advertising department quickly saw the potential of creating a woman—a friend—who could be of service.

The name "Crocker" was chosen to honor William G. Crocker, then recently retired as secretary and director of the company, and also because it was the name of the first Minneapolis flour mill. "Betty" was selected because it was warm, friendly and the most popular woman's name then.

Borden faced a different problem in establishing its trademark—creating someone or something to sell condensed milk. Concerned about the deadliness of milk advertising, Stuart Peabody, Borden's ad manager, plunged headfirst into an adventurous 1936 campaign in what he later described in a *Reader's Digest* article as "the toughest trying ground of all—the medical field. Into doctors' journals, we dropped our first cartoon campaign with caricature cows in bucolic surroundings. These ladies of the pasture were Mrs. Blossom, Bessie, Clara and Elsie. Elsie appeared only three times."

A few years later, Elsie made her national debut—by chance—on a radio program. Groping for material for a Borden commercial, a writer came upon a medical ad depicting a cow reading a letter—"Dear Momma, I'm so excited that I can hardly chew. We girls are sending our milk to Borden's now. Love, Elsie." It was read over the air. After that, consumers couldn't get enough of her.

Perhaps, the most dramatic metamorphosis has been experienced by the Jolly Green Giant. It took three decades for the gnome to achieve his famous pose—hands on hips, bending down now and then to lend a hand in picking products—a gesture with which the American consumer can identify.—**Donna Johnson/Jil Curry**



Model RR-6W

The revolutionary **Amana Touchmatic™** *Radarange®* MICROWAVE OVEN makes microwave cooking simple as 1-2-3!

Take food directly from the freezer and place in the Amana Touchmatic Radarange. On china, in ovenware, paper plates—right on the serving dish.

Touch the numbers for defrost time. Touch Defrost. Touch the numbers for cooking time. And start. The Amana Touchmatic Radarange is the first microwave oven with a memory. It "remembers" how long to defrost. "Remembers" to wait for the temperature to equalize. Then "remembers" with split second accuracy just how long to cook. Finally, when cooking's done, it "remembers" to shut itself off and call you for dinner with a "beep."

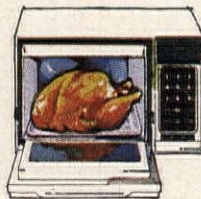
Serve dinner.

See. The Amana Touchmatic Radarange gets food from the freezer to the table—simple as 1-2-3!

There's more. The Touchmatic Radarange can defrost and cook—or defrost and simmer (great for stews, chili, or your favorite gourmet recipes). The Amana Touchmatic

Radarange Microwave Oven—makes the greatest cooking discovery since fire . . . even greater!

For further information, see your Amana Retailer. Or write Ann McGregor, Dept. 558, Amana Refrigeration, Inc., Amana, Iowa 52204.



Food gets hot but oven stays cool—so cleanup is a snap. Built-in kit is available.

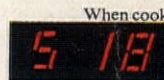
Pulling down the jewel-chrome finish see-thru door reveals the stainless steel interior large enough to defrost and roast a family size turkey. Removable glass broiler tray contains most spatters and spills.



Slo Cook simmers food, bringing out all the full rich flavors like a slow oven—in a lot less time.

SAVES ENERGY

Uses 50% to 75% less electricity than the conventional electric range.



When cooking's done, the split-second timer automatically "remembers" and displays the time of day . . . in lights!

**675
WATTS**

of cooking power—cooks almost everything in 1/4 the usual time. Operates on ordinary 115 V household current.

Full 5-Year Warranty on the magnetron tube.

For five years from date of original purchase, Amana will repair or replace free of charge any defective or malfunctioning magnetron tube. It pays to check the warranty, because many manufacturers provide a one year FULL Warranty.

If it doesn't say **Amana**—it's not a *Radarange*®

SOLD AT FINE RETAILERS THROUGHOUT THE WORLD

Amana Refrigeration, Inc. • Amana, Iowa 52204

MICROWAVE OVEN
A Raytheon Company

DON'T LET THIS SUMMER DESTROY YOUR COMPLEXION

Summer may be a recreation season for you, but a near-disaster for your complexion. You could end the three-month summer season looking decidedly older.



Just one summer day can be like a whirlwind tour through the climates of the world. You swim, then bake on a beach beneath a desert-like sun. You step from sun-baked sidewalks into chilly air-conditioned restaurants or stores. A sudden summer storm leaves the air steaming and humid. Your complexion is exposed with shocking suddenness to a gamut of environments.

No wonder your skin becomes dryer as the summer days pass. And the dryer your skin, the more that dryness emphasizes little lines and wrinkles. And the older you can look. But there's no need to fret. You may enjoy summer fun and still maintain your own youthful look.

Many younger-looking women, from Acapulco to Sydney, discovered a beautiful secret, a unique fluid known in the United States as Oil of Olay beauty lotion. This summer, share the secret of the lovely benefits of this world-renowned liquid that eases

away wrinkle-accenting dryness. Complexion-cherishing Oil of Olay, discovered by beauty connoisseurs, softens and silken a woman's complexion with a wealth of pure moisture, tropical moisturizing oils and other emollients.

Oil of Olay, available at drugstores, penetrates so quickly, so completely, it leaves no greasy after-feel on the skin, so the dryness that can make you look older than you like is eased away. The beauty fluid helps maintain the oil-moisture balance, necessary if your complexion is to look as young as possible. The skin-loving liquid also helps keep nature's own moisture from evaporating into the summer air.

Your skin would welcome Oil of Olay whenever it feels dry or slightly tight or rough to the touch. Smooth on at bedtime so it can work its wonders during nocturnal hours. Again in the morning, as a moist, non-greasy base that lets cosmetics stay fresh for hours.

Summer Beauty Secrets

Gently bathe away your sun-protective lotion after sunning. Pat your body not-quite-dry, then soothe your still-damp skin with Oil of Olay wherever the sun's rays have reached you.

* * *

When you're dieting (and who isn't these days), denying yourself the pleasure of delicious food, you deserve a little pampering. More frequent applications of Oil of Olay during diet time will let you feel a little self-indulgent. You may well achieve both a younger-looking face and figure.

* * *

If you wear sunglasses, your skin can seem dry where the frames touch your nose, temples and ears. More frequent use of Oil of Olay on these sensitive spots will be welcome and helpful.

* * *

During these months when the need for Oil of Olay® is great, always carry a bottle with you... to the beach, on week end trips, shopping.



WHAT'S NEW UNDER THE SUN

By CAMILLE DUHÉ



More than 50 million words of caution must have been issued to sunbathers since 1925. For it was that long ago that suntanned skin was transformed from social stigma (only the poorest farmworkers were exposed to the sun, hence the derogatory "red neck") to social asset (only the richest idlers could afford to lie on the golden sands long enough to become golden themselves).

Now, as we go into the peak of the sun season, is a good time to review what you know about skin and sun.

Remember, not all parts of the body react the same way to the sun. Noses, ears and bald heads are especially vulnerable. Don't forget that the skin under the eyes, on the throat and backs of the hands is very delicate. Many people take a shirt to the beach for cover—good idea, but make sure it's not too porous and don't count on clothing for total protection. When you've had enough sun, get out of it. Even better than a shirt, which can only protect your back and shoulders, is a terry beach robe that will cover your legs. Legs burn very easily and are very painful when burned. Be extra-cautious.

Forget the idea that "you can't get a burn after two o'clock." The sun at 3 p.m. is less intense—10 a.m. to 2 p.m. is the most dangerous period—but late-afternoon sun can compound the damage done earlier in the day. Also, in the early stages of sun exposure you can get a burn just by staying in the sun too long, whether at 9:00 in the morning or 4:00 p.m.

Remember that your watch and your protective sunscreen are indispensable in achieving the perfect tan. Never just estimate the time you spend in the sun; clock it to the minute. Timing (continued on page 72)

RIDGEWAY ANNUAL SALE

SAVE ON A RIDGEWAY GRANDFATHER CLOCK
DURING JULY & AUGUST



SAVE \$112
on The Tuscan
Regularly \$1119
NOW \$1007

SAVE \$93
on The
Wakefield
Regularly \$929
NOW \$836

SAVE \$50
on The Granada
Regularly \$499
NOW \$449

SAVE \$65
on The Sarah Payne
Regularly \$649
NOW \$584

SAVE \$170
on The
Gainsborough
Regularly \$1699
NOW \$1529

SAVE \$75
on The Luna
Regularly \$749
NOW \$674

For the participating dealer nearest you

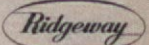
CALL ANYTIME TOLL-FREE
800-243-6100

(In Conn., call 1-800-882-6500)

Dial as you normally dial Long Distance. Tell the Operator you're interested in a Ridgeway.

What better way to commemorate the bicentennial than with a Ridgeway Grandfather Clock! And now thru August 31st, you can save \$45 to \$190 on your choice of over 40 different styles*. All with the craftsmanship that has been our

Company's trademark for half a century. Prices and styles above are just a sample of the tremendous values available. If you'd like more information on our complete line, write us for our colorful illustrated brochure.



*Styles not carried by your dealer may be ordered through his catalog. Prices suggested retail. Sale dates may vary.

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

If you got crushed in the clinch with your soft pack,
try our hard pack.



Benson & Hedges 100's

Regular and Menthol

17 mg. "tar," 1.1 mg. nicotine,
av. per cigarette, by FTC Method.

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

EXTRA

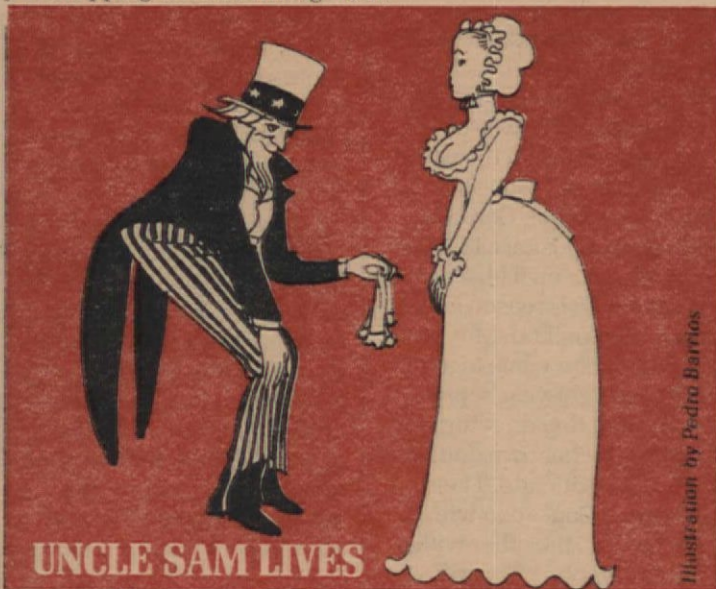
The Home Front News



GREAT AMERICAN FACES: Twelve photographs that capture the spirit of "living Americans who symbolize our Bicentennial heritage" were chosen as national winners in an amateur photo contest sponsored by the Kinney Shoe Corp. Here is a selection of first-prize winners that will be on display at Washington's National Visitors Center along with 36 regional winners, opening July 4th. Other exhibits will travel around the country at shopping centers during 1976.

A BRUSH WITH HISTORY

Historical murals adorning barn in Exeter Township, Pa., are one man's contribution to the Bicentennial. The artist is John F. Brailer, over half a century old himself, who says it all started when he saw women painting a fireplug in Reading, Pa. "I'm going to paint something on a bigger scale—a barn," he decided.



UNCLE SAM LIVES

Samuel Wilson was barely nine years old on the night of April 18, 1775, when Paul Revere rode out from Boston past the Wilson place toward Lexington. During the War of 1812, as a provisioner for the U.S. Army, he became known as "Uncle Sam." His story is the subject of a book distributed by the National Board of Realtors for the Bicentennial (available from local realtors).

Illustration by Pedro Barrios

PROTEIN PANACEA?

Ricetein, a new high-protein food, is the latest product to be suggested as a possible solution to the problem of worldwide hunger. A blend of rice and soy protein, Ricetein will be priced competitively with grains rather than meats, fish and other traditional protein sources. It is designed to be compatible with traditional diets of the two-thirds of the world's population who depend on rice for a staple. Ricetein will be marketed by Rice Protein Foods International Corp., jointly owned by Nabisco and Riviana Foods.

SAVE OUR CITIES: THE CHURCH SPEAKS OUT

"Be part of the rising, not the dying," the Rt. Rev. Paul Moore, Jr., Episcopal Bishop of New York, declared in his Easter Sunday sermon, exhorting the religious community to come to the aid of New York—and all cities. "The struggle for the city's survival is the struggle for the soul of America, for here is being played out what may be the preview of the disintegration of industrialist society which exploits the poor, the weak and the old and then throws them away like refuse. When this occurs, our civilization is doomed."

CHARGE-IT

Dead batteries no longer have to be thrown away. General Electric has introduced a low-cost Recharge Battery System with mini-charger that plugs into a wall socket and recharges batteries in 14 hours. GE's own nickel-cadmium batteries can be renewed 1,000 times or more. Charger (model BC-3) sells for \$5.98.



BOOKS

By
Catherine
Bigwood

FLAW SHOW

Report from the Heart by Consuelo Saah Baehr (Simon & Schuster, \$7.95) is an autobiographical account of one typical day in the life of an upper middle-class, 39-year-old Long Island housewife who has just about everything ("the husband, the house, the skinny Bendel's shirt, the palazzo pants, the espadrilles, the three children slipping and sliding on the oak floor in their Saf-T-Foot jammies"), but is none too sure she wants any of it. She has lost touch with her family and with herself. ("I am my husband's income, his lean, muscular body, his lack of five-o'clock shadow. I am his ability to sail, his interest in birds as well as the stock market. Because he is well-rounded and well-to-do, I can snuggle in bed in the morning and say slightly irresponsible things at luncheons with the girls or large cocktail parties. My identity, my security, is as ephemeral as his next breath and his monogamous instinct.") She goes through the day on "automatic pilot," without being there emotionally. Baehr attempts to deal with her emptiness by talking to other women, meditating and by toying, periodi-

cally, with the idea of abandoning husband and kids in order to be alone and function from "initiative instead of forever reacting" to the others around her. While Baehr sometimes lapses into an irritating, self-indulgent tone, the book remains an honest appraisal of the pleasure, pain and ambivalence of being an American woman, wife and mother today.

Rosellen Brown's **The Autobiography of My Mother** (Doubleday, \$7.95) is the fictionalized account of one Renata Stein who is, at 29, by her own admission, "unaccomplished, unmarried, unemployed, ungood, unclean, not much more than a vapor of lazy habits and withered flower-child whims, passive to the point of endless drowsiness." Renata's mother, Gerda, is the very opposite: a famous powerhouse civil liberties lawyer who is reason and order personified. Mother and daughter come together after an eight-year separation when Renata returns home with her own daughter, who is illegitimate. Their confrontation—one with a life too full, the other with a life too empty—is a sad, powerful story, brightened by brilliant poetic imagery, of how we fail and are failed by others.

Much lighter factual fare, on the other hand, can be found in Alice Loomer's **Famous Flaws** (Macmillan, \$9.95). We get the lowdown on exactly which well-known people more than made-do with exactly what physical imperfections—baldness, bad skin, big noses, overweight, underweight, etc. Psychotherapist Loomer supplies an amusing, informative read and helps to provide a more healthy perspective for most of us, who are less than perfect.

MOVIES

By Daphne Davis

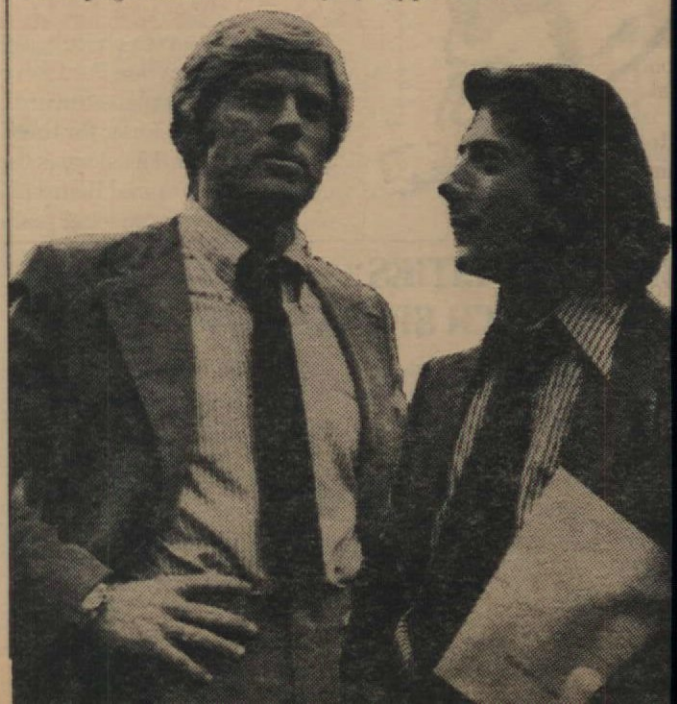
MEDIA THRILLER

Even if you haven't read **All the President's Men**, you should see the movie. It's a first-of-its-kind political film landmark, which duplicates the journalistic investigation that led to the Watergate scandals and the resignation of President Nixon. The film scrupulously avoids the clichés normally used in the creation of newspaper melodramas and, instead, pioneers a groundbreaking movie form combining suspense and history. There's not a phony moment or cheap shot in **All the President's Men**, yet it keeps you on the edge of your seat for over two hours.

As reporter Bob Woodward, Robert Redford sheds the shallowness of his previous superstar roles for the responsibilities of a serious man. He turns from the mechanics of selling a politician, in his other election year film, **The Candidate**, to the machinery of bringing down an irresponsible and corrupt government. Though

All the President's Men is a male partnership movie, Redford's sincerity matches the depth of Dustin Hoffman's street-smart portrayal of Carl Bernstein, the other half of the team. The eager pair uncover the truth about Watergate over the objections of friends and superior and despite threats on their lives. For viewers, the excitement of the movie lies in experiencing the reporters' ironic discoveries at the same time they do.

Alan J. Pakula's taut direction of **All the President's Men** interweaves television coverage of the events, adding a Kafkaesque touch to this media thriller. As Deep Throat, the mysterious official who gave Woodward important clues to the unraveling of Watergate, Hal Holbrook is brooding. Jason Robards' excellent profile of a tough news paper editor is a study in courage against the forces of fear and bureaucratic suppression.



The Home Front News

STAY HUNGRY

Who is turning into our most popular movie entertainer faster than you can say Robert Redford? Jeff Bridges. That's who. Bridges began giving Redford hard competition as America's golden boy when his charms and talents glistened in *Hearts of the West*, a cowboy spoof as culturally popular as Redford's *Butch Cassidy and the Sundance Kid*. Hauntingly reminiscent of James Dean, but without the destructive rebel streak, Bridges underplays the con- cessed boy-next-door with such freshness and natural acting you'd think he took lessons from Spencer Tracy.



Above: Jeff Bridges as Craig T. Thayer in *Stay Hungry*

In his latest film, *Stay Hungry*, a roughhouse non- stereotyped movie about the New South, body-builders and greedy real-estate men, Bridges is a rich orphan looking for love and meaning. His sheer spunk dominates and holds together this off- beat sliver of contemporary American pie. A tremendous natural actor, Jeff Bridges is the only typically American movie star of the 1970s. Watch for him in the upcoming remake of *King Kong*.

Left: Robert Redford and Dustin Hoffman as Woodward and Loewenstein



WHATEVER HAPPENED TO...

Tender and mesmerizing, *Grey Gardens*, featuring big and little Edie Bouvier Beale, is the finest film portrait of haunted house madness and mother-daughter love ever recorded. Tennessee Williams would have trouble competing with noted film-makers Albert and David Maysles' hypnotic chronicle of Jackie Kennedy Onassis' aunt and cousin recalling lost dreams and missing beauty in their dilapidated, cat-infested Long Island mansion.

Left: Edith Bouvier Beale of *Grey Gardens* as a young woman

BRAVO! FOR HOLLYWOOD PART-TWO

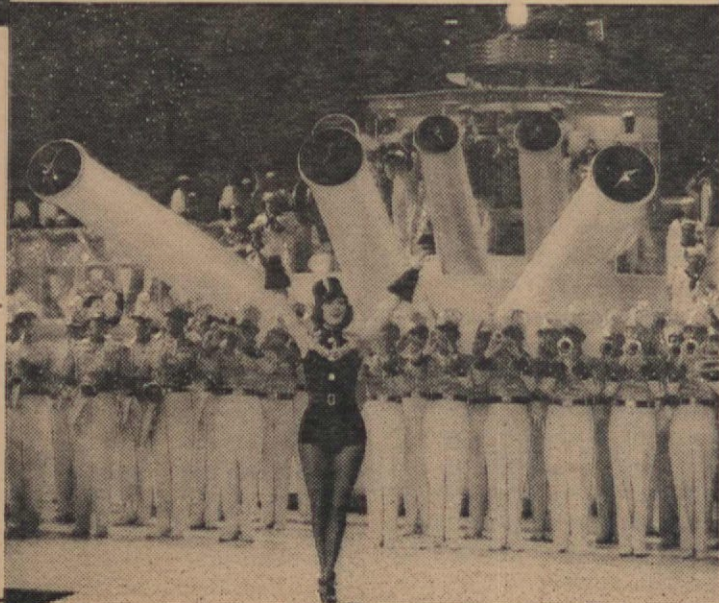
Rush out and see the second installment of *That's Entertainment* — the marvelous continuing series from the best of MGM's film library. Whether you're a movie buff or not, it's a thrill to glide down memory lane with Fred Astaire and Gene Kelly. Thanks to the magic of back-lot folk art, Eleanor Powell taps to a red, white and blue cannonball finale, Esther Williams water-skis to the clouds, and Kelly and Astaire dance their hearts out with Judy Garland, Cyd Charisse and Ginger Rogers. This glittering movie scrap-book is sensational.



Margaux Hemingway in *Lipstick*

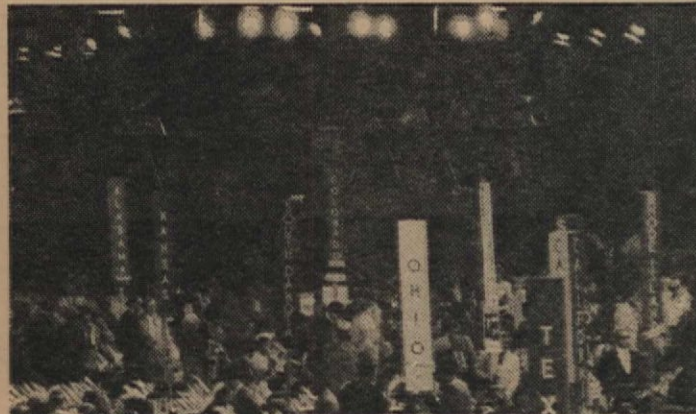
FLOSSY FIASCO

Lipstick, a glossy, test-marketed, rape-sploitation flick, introduces fashion model Margaux Hemingway and her 14-year-old sister, Mariel, as twin victims of the same attacker — none other than Chris Sarandon, the would-be transsexual in *Dog Day Afternoon*. If this trio doesn't boggle your mind, *Lipstick* — which could easily have been named blush-on or eye shadow — will. It's a very shabby treatment of the horror and brutality of rape and the sisters Hemingway are dreadful.



Eleanor Powell in a star-spangled salute

IN VIEW By Bill Weston



CONVENTION COUNTDOWN

There probably never has been a happier marriage than that between television and political conventions. Politicians thrive on the national exposure, and television is at its best covering a live, noisy event. The two belong together like ham and eggs. This Bicentennial year, they're primed to do it all over again.

When and where: The Democrats convene in Madison Square Garden, New York, starting Monday July 12 and concluding by the end of the week—if they're lucky. The Republicans meet in Kansas City Monday August 16, and most likely everything will be settled no later than Thursday.

The problems: Kansas City's chief handicap is the shortage of hotel rooms. Some delegates and members of the press will bed down in towns miles away. New York City presents bigger problems. The Garden is great for hockey games, but woefully short of working space for delegates and for the 2,000 or so journalists expected on the scene. Accommodating them all has become a major logistical undertaking.

The schedules: CBS and NBC will cover both con-

ventions gavel to gavel. ABC will start at 9 p.m. on most nights, offer summaries and stay on as interest dictates.

TV Who's Who: As usual, Walter Cronkite will sit majestically alone in the CBS control center; John Chancellor and David Brinkley will team up for NBC. Harry Reasoner and Howard K. Smith for ABC.

ABC, more finely attuned to show biz, has Senators Barry Goldwater and George McGovern standing by as commentators...Goldwater on the Democrats, McGovern on the Republicans. (Goldwater is supposed to have said to the ABC executive who signed them up: "You've got two of the biggest losers in American political history.")

Theodore White, author of *Making of the President* books since 1960, will add his observations for CBS. And, of course, roving reporters with small cameras and packs on their backs will be everywhere you look.

What to expect: an explosive all-stops-pulled convention in New York, less so in Kansas City. There will be enough speech-making to last you four years, with screaming, frenetic delegates rallying for their man. And countless references to "The Man Who..."

It can be exciting. And it's exclusively American.

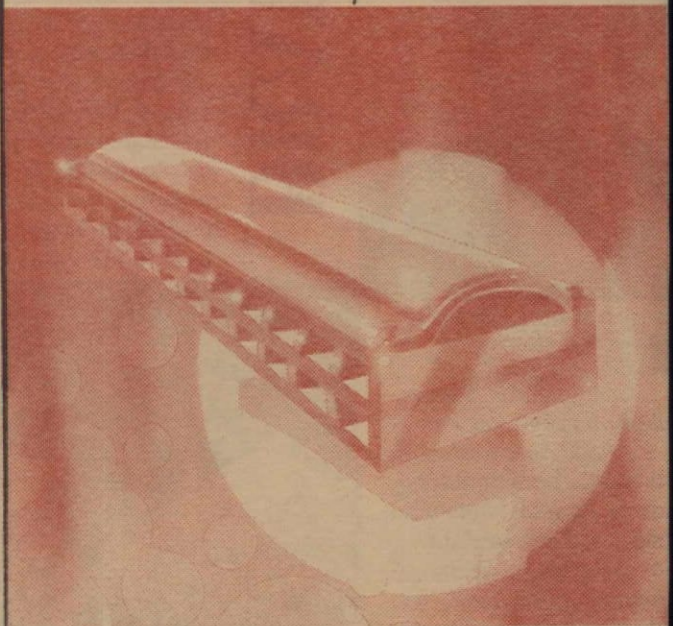
MUSIC By Peter McCabe

GREAT MOMENTS IN AMERICAN MUSIC

The history of American music is the 300-year saga of the opposition of two trends, one toward freedom and folk instinct, the other toward established tradition. The battle began way back in the 17th century between those who wanted regular psalm singing, with its square-toed meters and sing-song stanzas, and those who pushed for greater improvisational freedom and rhythmic contrast. One wonders what the 18th-century musical authority Thomas Walters would have said about Elvis Presley. In 1721, Walters wrote, "Our tunes are left to the mercy of every unskilled throat to chop and alter,

twist and change." His reaction was strikingly similar to Mitch Miller's 240 years later, when the great Columbia Records arranger and producer announced his distaste for rock 'n' roll.

On the side of self-expression were such early American composers as William Billings (1746-1800). Billings, self-taught and self-reliant, proclaimed that all the hard, dry, studied rules ever prescribed would not enable any person to form an air. "I think it best for every composer to be his own carver." It is in the spirit of Billings and others like him that we dip into America's rich musical past to discover some of its unique origins.



BEN INVENTS AN ARMONICA

Dylan has acknowledged his debt to folk pioneer Woody Guthrie, but Guthrie was part of a long tradition of American folk music. One of the first exponents of the harmonica and guitar was Ben Franklin. Franklin

was the inventor of the glass harmonica, or "armonica" as he called it. And he was playing a guitar almost 150 years before it became recognized solo instrument in the concert halls of Europe.

The Home Front News

EARLY AMERICAN WOODSTOCK

This phenomenon may find its roots in the early camp meetings and great revivals of early America. To many settlers, these camp meetings were the major emotional outlet of their lives. Mrs. Trollope wrote in her 1832 book, *Domestic Manners of the Americans*, of her experience at one such event in Indiana, a sort of early American Woodstock: "About a hundred persons, nearly all females, came forward uttering howls and groans, so terrible I shall never cease to shudder when I recall them. They threw about their limbs with such incessant and violent motion that I expected some serious accident to occur. The stunning noise was sometimes varied, but then the convulsive movements of the poor maniacs only became more violent."



MINSTREL MUSIC

In 1853, the music establishment held definite views of the popular minstrel shows of the day. "This cheapened, popularized music has no merit," it declared. Stephen Foster dissented. "I drew my inspirations from many of the songs of the minstrels," he announced, and his inspirational sources have been followed by the likes of Jimmie Rodgers, Bob Wills, Hank Williams and a few others.



CHILD'S PLAY FOR LOUIS

In 1913, Louis Armstrong, age 14, was arrested in New Orleans for carrying firearms within the city limits. He was sent to a waf's home for a year, where he was given a bugle and a trumpet to help him pass the time. When he emerged from the institution of correction, he was the leader of its band. He never looked back.

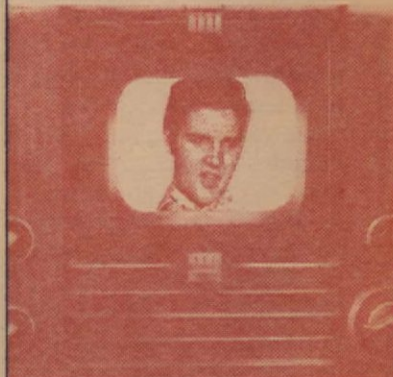
HOPPING FOR LINDY

The Hustle, Shake, Twist and Jerk owe their origins to a pioneer pilot, Charles Lindbergh. His flight across the Atlantic in 1927 gave rise to hundreds of songs in his honor, including the "Lindy Hop." The songs disappeared quickly, but the Lindy in modified form was the dance to do to the swing music of the '30s and '40s. It became the basis for rock 'n' roll's many dance steps.



GROOVING ON LP

Remember *The Graduate*. Remember how everyone howled at the mention of plastics. Then a few million people bought the soundtrack. J.P. Maxfield was grateful to plastics. He showed that there was a minimum satisfactory speed at which a record moves past a stylus. For the optimum record diameter, 33 $\frac{1}{3}$ rpm seemed the best. But the invention of the LP record was not practical until very strong plastics were available.



X-RATED ELVIS

The Soviet Army Ensemble can execute scissor kicks several feet from the ground without dropping a beat. We admire the techniques of Nureyev, and were delighted when he became part of the Western ballet world. But we believe in modesty for our own musicians. That's why we made sure that when Elvis Presley first appeared on the Ed Sullivan show in 1956, he was shown only from the waist up. Still, half a talent is better than none.

BUY-CENTENNIAL

AMERICA:

4 PERSONAL VIEWS

Four interpretations of "The American

Dream" are particularly noteworthy:

Alistair Cooke's America

We read so much history that is, as author Cooke says, "based on patriotism and colored by inspirational themes." Expanded from his popular television series, Mr. Cooke's account of our past 200-plus years is, by contrast, witty, candid and anecdotal; ample illustrations enhance incidents and people integral to his story (Alfred A. Knopf, \$17.95).

Norman Rockwell's America In his paintings, Norman Rockwell—perhaps more than any other American illustrator—captures the small but vital occurrences of American daily life. This comprehensive volume includes all his *Saturday Evening Post* covers, plus a biography and commentary by Christopher Finch (Harry N. Abrams, \$35).

I Remember America by Eric Sloane. For a nostalgic portrait of the landscapes and buildings of rural America, Eric Sloane draws upon the reserve of watercolors he has painted over the past half-century to depict an America that is, ecologically speaking, fast disappearing (Funk & Wagnalls, \$22.95).

In America by Ernst Haas. Ernst Haas focuses his lens on "Living Americana" in this sweeping photo essay. He selected each photo as a symbol of a specific American trait—such as "being pals"—and further illuminated each with a brief text (Viking, \$42.50).



INDEPENDENCE IN THE BATH

In pursuit of life, liberty and a happy bathroom, Saturday Knight Ltd., has created a shower curtain imprinted with the words of the Declaration of Independence. At \$16 it's available by mail from Shower Posters, P.O. Box 75, Osbornville, N.J. 08723.

Illustration by Pedro Barrios

REVOLUTION IN THE AIR

LoveCosmetics claims to have recreated the essence of '76 with four new scents: "Freedom Wildflowers," "Liberty Herb Garden," "Colonial Potpourri" and "Loyalist Rose" (once used by loyalist women to turn patriots into traitors). Available at department stores—they're each \$2.50, packaged in old-fashioned 1 oz. apothecary bottles.

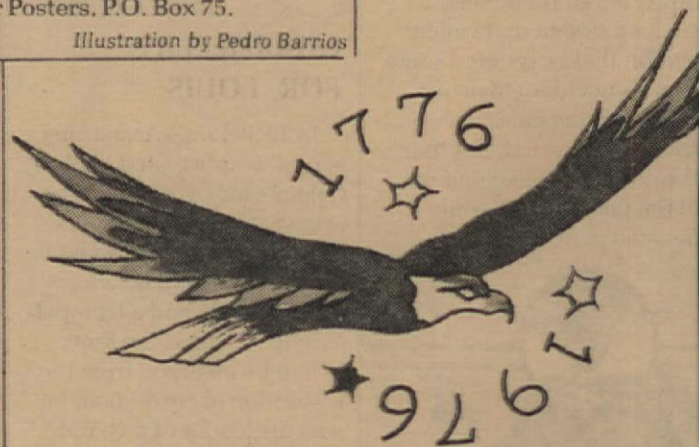
BICENTENNIAL BUBBLY

Thomas Jefferson is said to have been a great fan of Moët et Chandon champagne, which has been shipped to America since the days of the Revolution. Moët has introduced a Bicentennial Cuvée in a specially designed bottle approximately \$11.65.



VANISHING CLASSICS

Nostalgia buffs and amateur academicians, take note(s): A literary era is about to die *Classics Illustrated*—those comic book-style versions of great works, cherished by young writers of book reports since the 1940s, are nearing extinction. Since the suspension of printing in mid-1972, *Classics Illustrated's* available titles have shrunk from 300 to fewer than 50. Collectors can obtain copies of their favorites from Guild Books, 86 Riverside Dr., New York, N.Y. 10024.



SCRATCH A PATRIOT

Spider Webb, President of the Tattoo Club of America, has designed the Bicentennial Tattoo. It depicts a flying eagle surrounded by red, white and blue stars, and the years 1776 and 1976.

This design is available wherever tattoo studios are legal. Spider Webb will do it himself for \$50. For more information, contact: The Tattoo Club of America, 112 W. 1st St., Mt. Vernon, N.Y. 10550.

NEW GLORY

Steuben, known for its craftsmanship in glass, has produced a tetrahedron of prismatic stars and stripes in honor of the Bicentennial. It's 2 1/4" wide, \$160. From Steuben Glass, 5th Ave. at 56th St., New York, N.Y. 10022; 212-752-1441; mail and telephone orders accepted.





ACROSS AMERICA

Americans will be traveling "at home" this summer, celebrating America's 200th birthday. Here is a selection of Bicentennial events for you to enjoy.

ALASKA July 4—**Marathon Mountain Race:** Track is a 3,000-foot mountain; record time is 44 minutes, 11 seconds (Seward Jaycees, Box 784, Seward, Alaska 99664).

CALIFORNIA July 2—**Fiestanight:** Kingsburg's celebration of California's ethnic heritage, with food, music and dance (Kingsburg Bicentennial Committee, P.O. Box 126, Kingsburg, Calif. 93631).

July 8-August 29—**Folk Sculpture, U.S.A.:** Features work of self-taught artists, emphasizing contributions of various ethnic traditions and cultural backgrounds to American folk art (Los Angeles County Museum of Art, 5905 Wilshire Blvd., Los Angeles, Calif. 90036).

COLORADO July 4—**An Old-Fashioned Fourth:** Parades, fireworks, hosecart races (old fire pumpers) and colonial children's games (Georgetown Historical Society, Box 657, Georgetown, Colo. 80444).

ILLINOIS July 4-September 5—**The World of Franklin & Jefferson:** Spans the combined 120 years of Franklin and Jefferson's lives, has four sections — 1) Friends & Acquaintances; 2) The Two Men: Contrast & Continuity; 3) Three Documents; and 4) Jefferson and the West (Art Institute of Chicago, Michigan Ave. & Adams St., Chicago, Ill. 60603; 312/443-3600. Also at Los Angeles County Museum of Art, 5905 Wilshire Blvd., Los Angeles, Calif. 90036; November 2- January 2).

LOUISIANA July 4-July 14—**France-Louisiana Festival:** Events include Pirogue Race (bayou boat similar to a canoe or kayak) and a performance by the Delta Festival Ballet (New Orleans Bicentennial Commission, 545 St. Charles Ave., Gallier Hall, Rm. 205, New Orleans, La. 70130).

MASSACHUSETTS July 4—**An All-American Picnic:** Traditional barbecue with Shaker picnic specialties (Hancock Shaker Village, Rte. 20, Hancock, Mass).

Boston Tea Party Ship & Museum: Permanent exhibit of the brig *Beaver II*, full-size replica of one of the original Tea Party ships, open for touring. (Boston Tea Party Ship & Museum, Congress Street Bridge, Boston, Mass. 02210).

MICHIGAN April 15-October 31—**The Struggle & The Glory:** Exhibition tracing America's revolution and events preceding it through the eyes of those who were there. Diaries and letters are

combined with room settings and displays of everyday objects (Greenfield Village & Henry Ford Museum, Dearborn, Mich. 48121).

NEW JERSEY-NEW YORK July 4—**Operation Sail 1976:** Parade of more than 225 sailing vessels — barquentines, frigates and schooners — from 35 nations sailing from Verrazzano-Narrows Bridge to George Washington Bridge (N.Y. Visitors Bureau, 90 E. 42nd St., New York, N.Y. 10017).

SOUTH CAROLINA July 10—**Cart Challenge:** Race similar to soap-box derby, held in Charleston (Capt. Audley McCain, Charleston Bicentennial Committee, P.O. Box 1776, Charleston, S.C., 29402).

UTAH Now through June 27—**The People:** Planetary show combined with ancient stories of North American Indians. (Dr. Mark Littman, Hansen Planetarium, 15 South State St., Salt Lake, Utah 84111).

VERMONT June 26—**Old-Time Fiddlers' Contest:** In Barre fiddlers will play a waltz, a jig and a tune of their choice (Chamber of Commerce, Barre, Vt. 95641).

WASHINGTON, D.C. June 5-September 6—**The Eye of Thomas Jefferson:** Collection of sculpture, paintings and decorative art of Jefferson's day, highlighted by film made when National Gallery hosted a program of fireworks, music and theatrical effects similar to that which Jefferson described in his letters from Paris (National Gallery of Art, 6th St. at Constitution Ave., N.W., Washington, D.C., 20565).

Opening June 5—A Nation of Nations: Permanent exhibition of ethnic contributions to the development of America, telling the story of immigrants — what they brought to America and how the American experience modified their customs and tools (Smithsonian Institution, Museum of History & Technology, 14th & Constitution Sts., Washington, D.C. 20560).

WYOMING July 21-24—**Mormon Pioneer Trek:** Three-day trek commemorating the Mormon settlers' journey from Evanston to Fort Bridger, consisting of wagon train of approximately 20 wagons and 175 people (Ralph Stock, Curator of the Ft. Bridger Museum, Ft. Bridger, Wyo. 82933).

E.R.A.

A CALL TO ACTION

As of the month of July 1976, the Equal Rights Amendment to the Constitution of the United States has been ratified by 34 states. In order for the amendment to become law, four more states must ratify it by March 1979. There has been much discussion of the ERA — pro and con. And in recognition of the importance and urgency of well-informed discussion, the editors of 34 women's magazines published in the United States have joined together to discuss the Equal Rights Amendment in their July issues. While each magazine will approach the subject matter in its own way, we are unanimous in our opinion that discussion is of primary importance.

The amendment states:

Section 1: Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.

Section 2: The Congress shall have the power to enforce, by appropriate legislation, the provisions of this article.

Section 3: This amendment shall take effect two years after the date of ratification.

Opposition to the ERA has largely centered around the fact that the amendment is not necessary...that women are already protected under the Constitution. Women have found some relief from discrimination under the 14th Amendment, but the standard used by the Supreme Court has not been sufficient to protect women in any consistent way.

According to its propo-

nents, the ERA would be a national mandate against sex discrimination.

If the amendment is not passed, they say, federal laws like the Equal Credit Opportunity Act and Title VII of the Civil Rights Act of 1964, which guarantee equal treatment for women, could be ignored or even repealed.

If the amendment is ratified, it could have far-reaching effects on the lives of both men and women. It could mean:

- Social Security inequities might be resolved. Whatever Social Security benefits provided for one sex but not for the other would be equalized.

- Minimum wages might be regulated nationally. At the moment, women and men working for a company with less than a dozen employees, or one that does not deal in interstate commerce, come under the jurisdiction of state minimum wage laws. The amounts mandated by states are often considerably less than the federal minimum wage.

- Women (and men) may no longer be required to pay federal estate taxes. At present, the husband or wife who does not contribute money to the upkeep of a house is subject to taxes.

- Insurance companies might have to change their rates. While women pay less than men for life insurance, they pay more for almost every other kind of insurance: health, disability, pension.

- Women may have to share in child support when there is a legal separation or divorce. Many states have already enacted legislation decreeing that women must share financial responsibility in cases where husband and wife are both able to contribute.

COOPS

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.

BABY-SITTING By Martha Moffett

In New York City, Mary and Richard Crawford return from an evening out. They greet the baby-sitter, a neighbor from the next block, a young lawyer who has brought his briefcase along. Payment is three and a half "spocks."

Mary counts out three pink and two blue ones. The cards read: "THE GROUP: In Spock We Trust." The pink cards are marked "1 hour" and the blue cards are marked "¼ hour." This is the way the 35-family baby-sitting co-op that the Crawfords belong to keeps track of the sitting hours members have earned and used.

In this particular baby-sitting pool, new members are admitted upon recommendation by an old member. The new members introduce themselves and their families by circulating their names, address and phone numbers to the rest of the group.

The secretary-treasurer, who serves a six-month term, provides each new member with 20 hours' worth of cards, a copy of the group's rules and a membership list. Members call each other to arrange sitting hours.

The membership roll, with names, addresses and phone numbers, also lists children's names and ages and member's availability. For example: "Virginia and Bill Meyer, 251 Riverside Dr., Apt. 4A; Lisa, 5, and David, 3; no Tuesdays; last-minute calls OK."

Among the rules is one requiring that a female sitter be escorted home at night by the sittee's husband and other rules covering such contingencies as last-minute cancellations. A common rule in all co-ops: Don't recommend new members cavalierly. "Thoughtful consideration should be given to the kind of person you want to care for your child in your absence."

The minimum workable number for a co-op is six families; the maximum is 30 to 35. Larger groups may divide into two pools.

The economical advantages of this arrangement can make a difference in a family budget. If members use the co-op just under once a week — 50 times a year, for example — for an average outing of three hours, it amounts to a saving of about \$225.

NOTICE TO READERS

American Home, along with other publications, inadvertently ran an ad in its April issue for "a new line of incredibly practical, unwoven polyester and rayon-bleed towels." The cost of the five-towel set was \$1 plus 25 cents for postage and handling. According to a textile expert quoted in the Long Island, N.Y., newspaper *Newsday*, the towels are "no better than paper towels." We regret any inconvenience this ad may have caused readers.



*Wedgwood Blue and White Jasper
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You'll receive the Society's Newsletter, where the new Editions are presented, as well as other pertinent news about Wedgwood. There is never an obligation to purchase anything and nothing will ever be sent to you without your first placing an affirmative order.

Membership costs \$10 a year. But if you *act now*, your first year's \$10 can be applied toward the purchase of the Zodiac Plate shown above.

We cannot promise you that the value of any specific item will increase, but because of the nature of Wedgwood Limited Editions, the likelihood is great that it will. Traditionally, Wedgwood items have been sound investments.



**American Home Publications, Dept. W
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Please enroll me in the Wedgwood Collectors Society, send me my free membership plaque, and start sending me your Society Newsletter which pictures and describes the Society Limited Editions available exclusively to members. I understand there is a \$10 annual membership fee, which will be applied toward my first purchase. However, I am under no obligation to take any Limited Editions.

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OR

I am enclosing only my first year's \$10 membership fee. I prefer to apply my \$10 toward a Society Limited Edition I select at a future time.

Payment enclosed for \$_____.

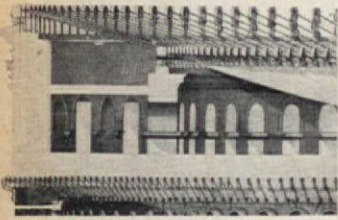
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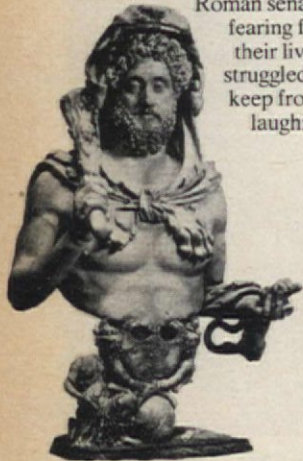
In Rome, you can see it in ruins. Here, you can enjoy all its glory!



The first Astrodome! A giant awning, the *velarium*—worked with dozens of ropes—shielded the audience from sun and rain.

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

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



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



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

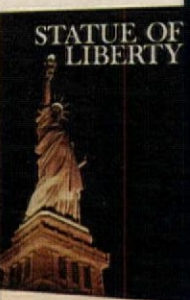
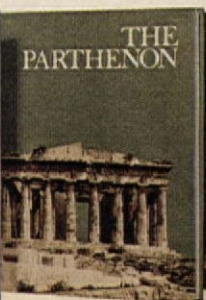
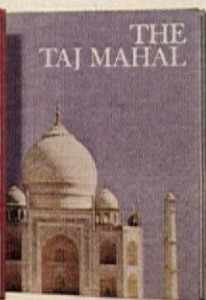
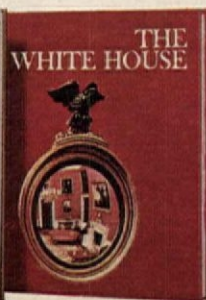
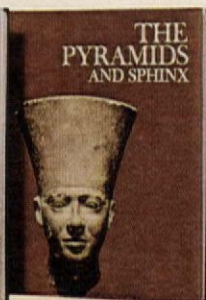
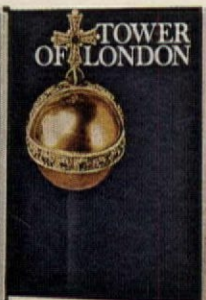
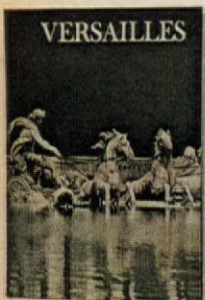


By the 19th century, the ruined Colosseum had become overgrown with more than 400 varieties of shrubs, weeds, and plants—some found nowhere else in Europe! The Italian archeologist Pietro Rosa finally received permission to strip the ruins bare in 1871.



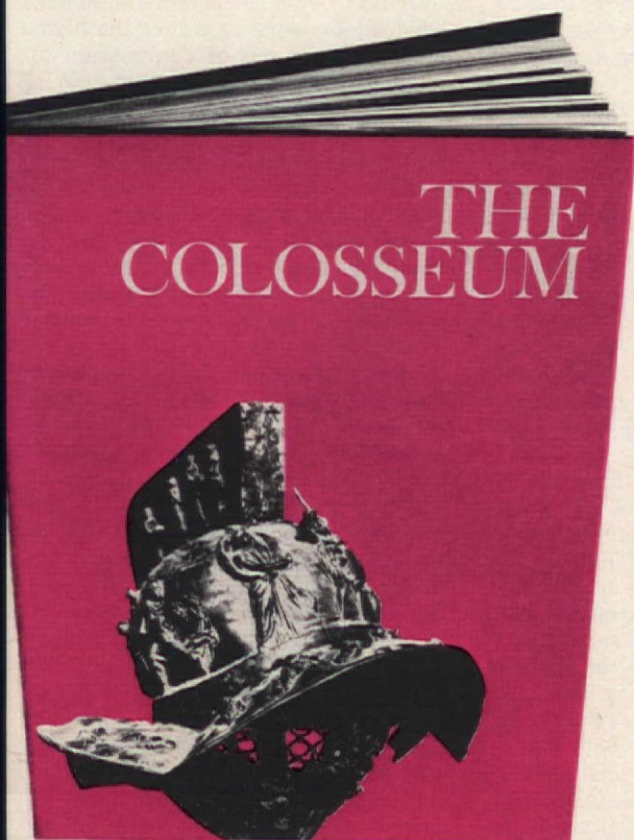
Nature and man have worked together to reduce the Colosseum to a ruin. Earthquakes sapped parts of its massive masonry crashing to the ground. The master architects of the Renaissance carried off many of its huge fallen stones to build the palaces and churches of Rome's present glory.

A triumph of engineering! An elaborate system of elevators raised gladiators and wild animals from their underground cells. Vast crowds easily reach their numbered seats through 76 public entrances.



The Colosseum.

**Newsweek invites you
to examine The Colosseum
for 10 days FREE—
to introduce you to
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HOW TO PICK A HOUSEHOLD CLEANER

By KAREN CURE

As you sift through powders, liquids and sprays, remember: One product's virtues are another product's vices, depending on the type of grime you're attacking.



One are the good old days when all you needed to clean house was some soap, ammonia, vinegar, a pail, a mop, a scrub brush and a lot of elbow grease. Today, there are dozens of household cleaners on supermarket shelves. One claims to work like a white tornado on smudged woodwork; another promises to degrease white-wall tires and get rid of old wax. Some come in spray bottles; others are liquids; still others are in granular form. The advertisements that tell you about them make spring cleaning sound as easy as putting on a pair of rubber gloves.

Yet when you do get to work, home-sweet-home usually seems discouragingly unwilling to sparkle and shine until your back begs for mercy and your shoulders ache from scouring in nooks and crannies that seem always to be out of reach. It's enough to make you skeptical of any of these much-touted products. After all, could something that smells as serene and mild as the great North Woods clean off a year's accumulation of family grime?

Why not go back to the old-time methods? In the old days ladies used hot water and vinegar, then followed up with ammonia to keep glass twinkling. And though no great chemical know-how had gone into determining that this procedure worked, there were good reasons why it did: The vinegar, a mild acid, dissolved mineral deposits and other foreign matter on the surface of the glass; the ammonia, actually a weak water solution of an alkaline gas made of nitrogen and hydrogen that has always been popular as a grease-cutter, took care of greasy

scum and neutralized the acidic vinegar.

For this, and for grease-cutting on its own, ammonia is a good product. It "emulsifies" greasy substances and keeps them suspended in your cleaning water. But as an all-purpose household cleaner, ammonia is not nearly so satisfactory. It does not, for example, take care of nongreasy dirt, and it does not keep even greasy dirt in suspension in your cleaning liquid for very long. Like the particles in the cloud of dust stirred up by a car on a graveled road, the little bits of dirt you're trying to remove remain suspended in your ammonia-and-water solution for only a short time before they settle back to the surface. When that happens you've got a dirt-streaked surface that looks worse than it did before you started cleaning in the first place.

Soap, made by mixing fats or fatty acids with an alkali, is an alternative that works better than ammonia in some ways and not so well in others. True, it is effective at keeping dirt particles from dropping back onto the surface you want clean. Soap molecules act like two-ended magnets: One end attracts dirt particles; the other grips molecules of water so that soil particles are attached via detergent molecules to the water molecules—when you wipe away the water, you wipe away the soil.

But soap has its own drawback: It combines with certain soil and water minerals to form a precipitate called lime curd—you see it all the time as a ring around your bathtub—that is subsequently deposited back on the surface you want to clean. Even diligent wiping can't always keep the surface free from a dulling, graying lime-curd film. To minimize this, you've got to go over the whole thing again with a vinegar solution. And that's what women did for years. There were no better products until the advent of synthetic detergents little more than a quarter-century ago.

Why are today's all-purpose household cleaners so much better? The many brand names that stock your grocer's shelves represent something of a miracle in the cleaning world. With only a few exceptions, they're synthetic detergents that act almost exactly like soap to keep soil from being

redeposited on the cleaned surface, yet don't leave any residue either. Two basic classes of ingredients in these products help do this. *Surfactants*, the principal agent in this process—the substance with the soil-attracting and water-attracting properties described above—reduce a certain annoying tendency that water has to behave as if its surface were covered with a tight skin. Surfactants loosen the skin so that water flows freely around soil particles, thus flushing them from the surface and getting them into the water. *Builders*, the other ingredient, work like tiny magnets to boost cleaning power by tying up those minerals in your water that would otherwise combine with—and decrease the effectiveness of—the surfactants. In effect, what the builders do is take the hardness minerals out of commission to make any water environment into a soft-water one.

There are various kinds of surfactants and various kinds of builders, but—just as there are only so many basic colors—there are actually only a limited number of ingredients used in home cleaning products. In fact, many are the same ingredients that can be found in laundry detergents as well as in all-purpose cleaners.

How are all-purpose household cleaners different from each other? By mixing the same ingredients together in different ratios, manufacturers can produce effects so different that you would expect to find entirely different contents. When you look at the labels of a number of different detergent products and find the same strange chemical names on most of them, you might be tempted erroneously to think that you could use one bottle for all your household cleaning, from dishes to floors.

In the detergent business, however, the ratio's the important thing. It determines whether the product cleans grease quickly or does a better job on dirt; whether it works better as a liquid or a spray or a powder; whether it works well on hard surfaces only or whether it can, as in laundry detergents, penetrate the interstices of woven surfaces as well.

Liquid cleaners, for example, generally contain less builder and more surfactant than the powders. Some liquids contain such additives as am-

Who says Dynamo[®] works better than Tide?

©1976 Colgate-Palmolive Company

monia for grease-cutting action, or solvents to take the greasy-waxy substances off your walls or floor and into your cleaning water. Another difference is that some products keep soils in emulsion for longer periods of time than others, so that your cleaning solution doesn't have to be wiped up quite so quickly.

Finally, as you can see from reading product labels, all-purpose household cleaners also vary in their water content: Some contain 80 percent water, some as little as 40 percent. Be aware that "more water" does not necessarily mean "less effective." A product that contains a small quantity of high-quality active ingredients can work just as well as another product containing a larger amount of inferior ingredients—sometimes better. Don't fall prey to the widespread concentration fallacy.

How can you find a good cleaner? They are called "all-purpose" cleaners, but are not equally effective for all jobs. To find one that's right for you, think about the kind of soil you most often clean and study product labels carefully to find the one that will handle it. Some are good on dust and dirt, some on greases and oils; some are good for heavy-duty jobs; some are meant for lighter soils.

You may, for example, want a product that will clean up the chicken noodle soup your baby dumped on the floor, but leave your wax intact. You may want a product that will take off the wax entirely. The label will tell you exactly what a product will or will not do. And if the label doesn't say that a product will do a given job, it probably won't give you immediate results. Look at the next bottle on the shelf if you don't want to work overly hard.

If you want a substance that will kill germs in your kitchen or bathroom, look for a product containing disin-

flectants such as chlorine bleach or pine oil, a rosin derivative.

Convenience is another criterion for making a choice. Spray cleaners are handy only for small jobs and for getting into corners; powdered products are more useful for big jobs (unless you like the idea of mixing up a cleaning solution every time you want to wipe up a gooey spill). Somewhat more versatile liquids, on the other hand, can be used direct from the bottle to wipe up small puddles and to clean small areas on walls and woodwork—or they can be diluted to clean whole walls and floors. What you keep around the house will depend on the size of the cleaning jobs you most often tackle and on the kind of dirt.

Can you substitute one detergent product for another? You can certainly try, and depending on the product and the type of dirt you're going after, you

"I do."



Helen Hossa,
Former Tide User

"My whole wash comes out cleaner, 'cause it works better on greasy stains. And you can use it for everything from white shirts on down to dirty coveralls."

may have acceptable results. For example, in a pinch you might want to try your laundry detergent on the floor. If the dirt there is similar to what's often found in your washing machine, you'll probably get an acceptably clean floor.

Some household cleaners—those designed to remove heavy oil and grease—might work on dishes. But those cleaners that remove only dirt can't clean off greasy food residue.

Don't bother to fill up an empty spray-cleaner bottle with a liquid cleaner. You won't get the results you're hoping for. The combination of ingredients in a liquid will react with the materials in the plastic container, and the spray device will plug up in almost no time. Manufacturers put considerable work into designing their packages, and they use different

plastics for different formulas.

Why do spray cleaners sometimes take off paint? Spray cleaners will not affect oil-based paint and most alkyd resin-type paints. But certain latex paints, when not well-bonded to the surface, do come off because of the energetic penetrating action of the cleaner, which behaves as if the paint were foreign matter to be cleaned off. This will happen less frequently if you don't leave the cleaner on so long. All spray products work best when you wipe them off as soon after application as possible.

What about toxicity? Among multi-purpose household cleaners, ammonia and products containing ammonia or chlorine bleach are all extremely toxic; particles of all-purpose cleaning powders, when inhaled, can very seriously irritate the mucus membranes of the esophagus and the lungs. But all cleaning products are labeled "caution," "warning" and "danger" when they're potentially harmful or poisonous. Those that are not so labeled, though they may also clean like a white tornado, won't harm you if swallowed. The same goes for dilute solutions of cleaning powders. Even so, all household cleaning products should be kept well out of the reach of children, and all cautionary instructions on labels heeded carefully.

Also, do not mix cleaning products. When blended, even all-purpose household cleaners that are perfectly harmless when used as directed on their own—particularly solutions containing bleach and those containing ammonia—give off deadly noxious gases. So don't play chemist with your cleaners. Buy what you need in the first place. □

Karen Cure, whose expertise includes first aid and preventive medicine, discussed the pros and cons of building a backyard swimming pool in June AH.

Recommended by women who used to use powders.

We want to thank Mrs. Hossa and the thousands of other women who have found that "the little blue jug" really does work better than powders. They rub a little into greasy spots; they only use ¼ cup to get a whole washload clean; and they save money since Dynamo costs less to use. In fact they're so happy with the results, many even recommend Dynamo to their friends.

Thank you,
Mrs. Hossa.



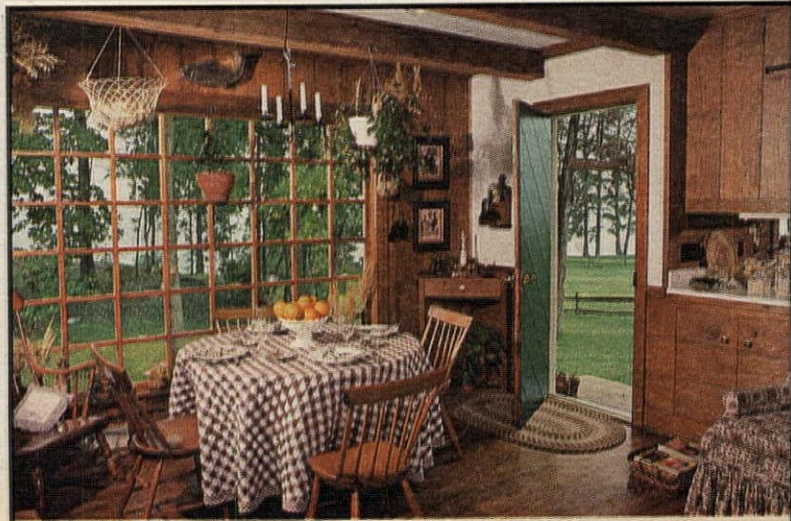
House plans include working drawing plus specifications for Williamsburg mantel, moldings and staircase, and the arched brick fireplace. To order, see coupon, page 101.



THE AMERICAN HOME

Built in the style of yesterday, it offers all the comforts of today.

Kitchen has built-in ovens, cooktop and barbecue. Informal "tavern" dining room, off kitchen, is designed for a view.





Live in the elegance of an 18th-century James River manor house created for spacious contemporary living. Lavish details of its 3,000 square feet—comprising 4 bedrooms, 3 bathrooms, “tavern” kitchen, dining room and dramatic fireplaces—are incorporated in a complete set of building plans plus a materials list that can be yours for only \$20.00.

Paneled fireplace and Williamsburg mantel dominate living room.

Formal dining room has rich traditional accents.



GEORGE WASHINGTON (AND OTHERS) SLEPT HERE

Although our Founding Fathers all loved hearth and home, their hearts were not always where their slippers were.

George Washington, master of Mount Vernon, breakfasted modestly on tea and Indian cakes with honey before riding out to spend six hours managing his efficient little 2,500-acre world. By seven in the morning, he had spent enough time with his ledgers to know to the pound and the penny how much tobacco and wheat were in the ground and in the barns, what feed there was for his horses and cattle, how much wood had been cut, how many Potomac fish were caught and salted down, what goods were to be ordered from his London agent.

George Washington was the most domestic of the men we have come to call the Founding Fathers—a planter, a warm stepfather to his two adopted children, a generous host to an endless stream of visitors. Uncomplicated and supremely capable, he had made a reputation as a soldier and surveyor on the frontier, then returned to marry the most eligible widow in Virginia and settle down to a happy 16 years of caring for his own and Martha's holdings before he reluctantly took command of a revolution that was a doubtful proposition until he made it otherwise. After he had gained the glory of victory and the esteem of literally the entire civilized world, he had to suffer through two terms as President before he could go home at last to the little country kingdom that was the only one he had ever cared to rule.

On becoming President, Washington and the First Lady assumed the status of royalty in residence at New York and Philadelphia, and hated it. Martha was moved to write to a friend that "when I was younger I should probably have enjoyed the gaieties of life as much as most persons of my age; but I have long since placed all the prospects of my worldly happiness in the enjoyments of the fireside at Mount Vernon. . . ."

In the spring of 1797 they returned to their beloved Mount Vernon, and Washington took up the life of a gentleman farmer and family man (Martha had brought her widowed daughter-in-law and her two grandchildren to live at Mount Vernon when her son died) as though nothing had changed.

But things *had* changed. The Wash-

ingtons were never alone: Visitors, from Lafayette to total strangers, came constantly. Good-natured and modest, George and Martha coped, but George went up to bed at nine whatever revels were taking place around his table. The farm came first. In 1798, the year before he died, the Father of his Country wrote to his friend and former secretary Tobias Lear: "I am alone at present, and shall be glad to see you this evening. Unless someone pops in unexpectedly, Mrs. Washington & myself will do what I believe had not been done within the last twenty years by us—that is, to sit down to dinner by ourselves."

Benjamin Franklin's home life was a far cry from the tranquillity of Mount Vernon. In his famous *Autobiography*, Franklin wrote of the somewhat muddled marital circumstances of his bride-to-be, Deborah Read, whose first husband had deserted her. But he neglected to mention that his marriage in 1730 was a common-law union and that early the following year someone was to bear him an illegitimate son. Whether it was Deborah or a girl named Barbara, who came into the Franklin household as a servant, will never be known. It is likely, although typically obscure, that Ben had affairs throughout his life. He certainly tried.

Franklin went to London in the summer of 1757 as representative of the troubled Colonies, and he spent most of the rest of his life in Europe. Periodically, in his replies to his wife's letters, he urged her to pay no attention to malicious gossip about him of an unspecified sort.

When he went to France as ambassador in late 1776, he was at the height of his powers as a scientist, politician and wit. He may or may not have been at the height of his powers as a roué, but in Louis XVI's France he enjoyed himself enormously. Now a widower, he spent considerable time with Madame d'Hardancourt Brillion, the wife of one of his neighbors, and he wrote her a series of love letters.

He also saw much of the widow of the philosopher Claude Arién Helvétius, to whom he proposed marriage. She declined, and he responded with a brilliant letter describing a dream he had of meeting Helvétius in heaven and be-

ing introduced to the new Madame Helvétius who was none other than the late Mrs. Franklin.

Thomas Jefferson, despite his dalliances, was never the ladies' man Franklin appeared to be. Like George Washington, Jefferson was a gentleman farmer from Virginia. He built and planted Monticello with a fervor that was the equal of Washington's, and he kept incredibly detailed records. But his ideas about plantations—and indeed, about life—were more complex than Washington's. Jefferson was an intellectual and a dreamer who equated the life of a farmer with a life of virtue, a thought allied to Rousseau's nobility of the natural. He lived at Monticello and Paris and in the White House, but he really lived all his life in his own head.

In 1770 he met Martha Skelton, a widow at 19 and a woman praised to him by one of his friends as having "all that sprightliness and sensibility which promises to insure you the greatest happiness mortals are capable of enjoying."

They were married on January 1, 1772 and as Jefferson's elder daughter Martha later told the story: "They left The Forest after a fall of snow, light then, but increasing in depth as they advanced up the country. They were finally obliged to quit the carriage and proceed on horseback . . . to pursue their way through a mountain track rather than a road, in which the snow lay from eighteen inches to two feet deep, having eight miles to go before reaching Monticello. They arrived late at night, the fires all out and the servants retired to their own houses for the night." The newlyweds settled down before a great fire in one of the outbuildings—there was no main house yet—and Jefferson is said to have brought out a bottle of wine he had hidden behind some books.

This romantic beginning was prophetic of their 10 years of marriage. They lived happily at Monticello, and Martha gave birth to two daughters. Four other children died in infancy and the last, born May 8, 1782, fatally impaired her health. When Martha died on September 6, Jefferson collapsed from grief. "The scene that followed I did not witness," recalled his daugh-

By JOSEPH GRIBBINS

er Martha, "but the violence of his motion, when almost by stealth I entered his room at night, to this day dare not trust myself to describe."

Jefferson was so devastated by his wife's death that he never married again. He spent months afterward riding over his lands accompanied by his elder daughter, who remained an emotional support to him for the rest of his life. He did not begin to recover from his loss until 1787 when he was in Paris as ambassador. There he met Maria Cosway, a famous London beauty and the wife of a famous London philanderer. She kept him company on day-long Paris rambles until he returned to London with her husband. Also at that time Jefferson probably formed what is thought to have become a lifelong liaison with a teen-aged mulatto household slave, Sally Hemings, a half-sister to his wife whose father, John Wayles, had taken Sally's mother as his mistress. During Jefferson's years in Paris, according to Sally Hemings' third son, Madison, "my mother became Mr. Jefferson's concubine, and when he was called some she was *enceinte* by him." Jefferson very likely fathered other children by Sally Hemings as well.

Jefferson returned to Monticello from Paris and continued perfecting his house, a task interrupted only by his two terms in the White House, 1801 to 1809. He was everything from architect to household gadgeter, and his many devices are still in perfect working order at Monticello—including a huge seven-day clock over the front door and double drawing-room doors that open simultaneously at the touch of a hand. At Monticello and at the White House, he entertained with the perfect European tastes he had cultivated, and his daughters were often in attendance with their families.

Jefferson's years of retirement were nearly as happy as the years of his marriage. His house was full of guests, and his household, with two daughters and their families in residence, was full of his grandchildren. A guest at that time described a summer evening after dinner: "He gave the word for starting and away they flew; the course round this back lawn was a quarter of a mile, the little girls were much tired by the time they returned to the spot from which they started and came panting and out of breath to throw themselves into their grandfather's arms, which were open to receive them. . . . They now called on him to run with them. . . ." At 67, full of love and liveliness, the author of the Declaration of Independence joined them in race. □

Joseph Gribbins is a magazine editor and author of "A Connoisseur's Guide to Junk" in the March AH.



"How I found the strength to overcome my soap scum."

"I always dreamed of being a bathroom you'd see in one of those fancy decorator magazines, but I had a ghastly case of soap scum.

It took the industrial strength of 20 MULE POWER® Bathroom Cleaner to clear it up.

20 MULE POWER dissolves all the soap scum on my shower doors. It does the same to the scum on my chrome fixtures and tiles.

It cuts through my hard-water scale. It wipes out my mold and mildew, and even keeps them away for up to 30 days!

And 20 MULE POWER does such a super job of disinfecting that I always feel exhilarated.

Who knows? Now that I have the strength of 20 MULE POWER, you may see me on TV next!"

Industrial Strength
20 MULE POWER
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LIMITED WARRANTY TO CONSUMER
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Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE





SIMPLE SUMMER SALADS FROM DÖLE



You can slice a Dole banana to help turn cottage cheese, sour cream or yogurt into lively warm weather treats. Just garnish with

strawberries or watercress or use your imagination for simple-to-create and simply sensational cool summer salads.

or in a salad
The Dole Banana. As a snack, it's a natural.





MS. LIBERTY HAS A SECRET...★★★

OUR FOREFATHERS CAME TO THIS COUNTRY SEEKING LIBERTY AND THE PURSUIT OF HAPPINESS (EXCEPT THOSE WHO CAME UNWILLINGLY, BUT STILL HOPED TO GAIN FREEDOM LATER). ACCEPTING THE STANDARDS AND BLENDING INTO THE "AMERICAN WAY OF LIFE" SEEMED THE QUICKEST ROUTE TO THE GOOD LIFE. AS TIME PASSED, EVERYONE WANTED TO BE AMERICANIZED, BUT SOMETHING HAPPENED ON THE WAY TO THE MELTING POT. HOMOGENIZED CITIZENS HAD TO GIVE UP TOO MUCH INDIVIDUALLY FOR WHAT THEY GOT COLLECTIVELY...HAD TO LOSE TOO MUCH OF THE IDENTITY THAT MADE THEM UNIQUE. AND SO, 200 YEARS AFTER THE SIGNING OF THE DECLARATION OF INDEPENDENCE BY THOSE DETERMINED, FAR-SEEING PATRIOTS, AMERICANS ARE STILL TRYING TO BE FREE ("LIBERATED," SOME OF US ARE SAYING NOW). TODAY'S AMERICANS ARE LEARNING TO VALUE THEIR RICH HERITAGE, TO UNDERSTAND THAT KNOWING WHO YOU ARE STARTS WITH KNOWING WHERE YOU CAME FROM. TODAY'S FAMILIES ARE CREATING AN ENVIRONMENT WHERE INDIVIDUALITY FLOURISHES...AND ENRICHES THE FAMILY ITSELF AS WELL AS THE COMMUNITY. AMERICANS ARE TRYING TO BE FREE TO BE THEMSELVES. WE CELEBRATE THIS CONTINUING AMERICAN REDISCOVERY ON THESE PAGES. —THE EDITORS

ALL PEOPLE ARE CREATED EQUAL...BUT DIFFERENT. VIVE LA DIFFÉRENCE!

BLENDING OLD AND NEW



Californian in outlook, Chinese in tradition, Norman and Natalie Ng are a fine blend of two worlds. They represent the Ng side of Taylor & Ng, the San Francisco firm that features specially designed housewares, clothing and jewelry—"objects which bring joy to life," according to Norman. The same sense of design is expressed in their home, where the simplicity of earth tones and natural woods is accented by touches of the Orient.



Norman Ng (above) spends his day minding the San Francisco store. At home in their living room (top), the Ngs look over plans for their new office and warehouse, which will include a tennis court and cooking facilities. The Ngs' son Clifton, 9, (right) is more concerned with a career in sports than in being part of the family business. "I think I'll be a basketball player," he says, "but if I'm too short I'll settle for being a chemist." The whole family enjoys sports and outdoor California living.





If Clifton (opposite) seems the all-American boy, his mother is a combination of old world and new. Born in Hong Kong, Natalie met Norman when he was there with the U.S. Navy, and shares his enthusiasm for all that is contemporary. The Chinese coat she wears (left) is not imported, but a new design from their store. She loves to cook Chinese, but only learned when she came to San Francisco—from Norman's mother.

For Natalie, food represents continuity with the Chinese culture. "Language changes, clothing, sports—everything blends with the people here—but food remains the same from generation to generation." The Ngs try to have a Chinese meal every day, and they serve rice even with steaks and chops.

A big Chinese meal at home is a special occasion for the Ng family. It all begins with a shopping trip through San Francisco's Chinatown, which Natalie calls "a go-go kind of place filled with people and excitement." The meal is designed en route according to what is fresh and in season. Shops offer live chickens, roast pork, pressed duck, assorted fruits and vegetables, and Dungeness crab, a delectable West Coast specialty.



continued

BLENDING OLD AND NEW

"In Chinese cooking, the most time-consuming part is the cutting," explains Natalie Ng, cleaver in hand (below), as she tackles a mountain of fresh ingredients for the savory dishes she is creating. First, she places the rice in an electric cooker to boil while the other dishes are being prepared.

The first dish is Chinese mushrooms stuffed with minced seafood and water chestnuts. They are arranged in a bamboo steamer set in a wok full of boiling water. Then the steamer is removed and the mushrooms stay hot inside while the other dishes cook in the wok. Next, the crab (by now cleaned and separated into segments, the shells cracked) is stir-fried in the wok in oil seasoned with ginger, garlic and green onions. The beef with peppers and onions is cooked in two steps: The vegetables are stir-fried together to seal in juices, then removed. Beef is added to the wok to be cooked, and the vegetables are returned at the end. The vegetable dish is Chinese broccoli that is dropped into boiling water just long enough to wilt, then tossed in soy sauce and sesame oil. The pressed duck, which is bought ready-cooked, is reheated and sliced for serving.

—Lucy Wing/Ann Scharffenberger





A simple butcher-block table is the setting for the Ngs' family dinner (top). Guests include Norman's sister, Beatrice Mo, who lives nearby, and her daughter Shana, 6 (right). The table has no centerpiece (left); food is the center of attention. Clockwise from the top: crab with ginger and green onions, seafood stuffed mushrooms, broccoli in sesame sauce, beef with peppers and onions and pressed duck. Each place is set with a bowl of rice on a small plate, a teacup and chopsticks. Small divided dishes contain sauces.



Everything is placed in the center of the table and served family style. Dessert is a basket of fresh fruit. There are no home ovens in the traditional Chinese kitchen, so cookies as well as roast meats are bought ready-cooked. The Ngs' kitchen, however, is equipped with modern appliances, including items from their store, which are pre-tested at home. The built-in wok (above, left) is used to stir-fry meats and vegetables and can be filled with water to hold a bamboo steamer (above). For the Ngs' recipes, turn to page 89.

Meredith, Gary and Gregory Gladstone form a joyful family unit that's a throw-back to our country's early days, when life and work revolved around the home. Theirs (right) is a house in upstate New York and a combination office/apartment in the city, where Gary and Meredith work free-lance, he as a photographer and

FAMILY 1976



CREATING TOGETHER

she as a designer of needlepoint kits. They have pooled their talents to produce two books. The latest, *Kids' Clothes*, with basic patterns to sew plus embroidery and appliqué ideas (see coupon, page 66). They love folk-art motifs and objects that reflect their European roots. The family portrait on the cover represents a blend of the cross-cultures that influence the Gladstones' lives. —Pat Sadowski

Above: The Gladstones enjoy an antic moment in front of their fire-engine red country house. (Knitting instructions for Gregory's rainbow-stripe sweater are in his mom's book.)

Right: Meredith is surrounded by pillows she's designed, all bright, bold and graphic—a Gladstone trademark. The colorful heart is from the Gladstones' collection of painted wood sculptures by William Accorsi.



Opposite: Not surprisingly, Gary is fascinated by the Accorsi airplane sculptures, since he's a licensed pilot. Gregory, 4, who accompanies his parents on weekend flying trips, sports his very own jean-overalls with a scenic to embroider (from *Kids' Clothes*). You can make it, too, from instructions on page 90. For information on accessories and wood sculptures, see Shopping Guide, page 94.



PHOTOGRAPHY BY PETER LEVY

FAMILY 1976

PRESSING FOR CHANGE

Washington, D.C., is more than home base for the Williams family; it's a way of life. Eddie and Sallie Williams are political activists, working within the system to bring about change for blacks. "It's politics, not protests, that's at the heart of civil rights today," says Eddie. "We want to implement now what was legislated in the past."

—S.Slesin/ Jil Curry

As president of the four-year-old Joint Center for Political Studies, a nonpartisan nonprofit organization, Eddie Williams (right) visits the U.S. Capitol often to confer with members of the Congressional Black Caucus. "Part of our job," says Eddie, "is to compile vital statistics for black leaders. We also try to act as liaison between the government and minority elected officials."

"The Joint," as workers call the organization, is legally part of Howard University in Washington. At the National Urban League (opposite, center left), Eddie talks to Dr. R.B. Hill, research director, about cochairing the Census Bureau Advisory Committee for Blacks. Sallie Williams (opposite, center right) is equally committed in her role as public information officer for the United Planning Organization, a nonprofit antipoverty agency. She edits newsletters and other publications about community action programs.

The Williamses try to have lunch together during their hectic work week and to make each breakfast and dinner a family affair with their children: Traci, 13, and Larry, 10. Here, a "Joint" staff member, John Britton, joins them for dinner (opposite, bottom).





REVOLUTION IN THE

Four authorities respond to the question, "How do you think today's



JOAN GANZ COONEY

Ms. Cooney is president of Children's Television Workshop, producers of such innovative programming for children as Sesame Street and The Electric Company.

The nuclear family will go through a lot of wrenches before a new "norm" emerges. Meanwhile, children are sure to be subjected to a variety of living arrangements other than traditional two-parent homes. They will reside with one parent for a period of time, or experience a mother's or a father's new partner as a parent. Whether this will result in greater flexibility or increased anxiety on the part of children, I do not know.

I think the rate of divorce will increase. It's difficult to imagine a world in which most children are products of transitory, multiple households, but we shouldn't kid ourselves: If there are fewer stable families, and that seems to be the trend, we are definitely going to see a different kind of child and a more chaotic society. Young people need strong, secure family environments, something for which there is no substitute.

Most children raised by single parents will be raised by mothers. While fathers will become more involved in child-rearing (you see it now in divorced families in which the father spends the weekend with his children), I don't expect to see a shift.

The changing roles of women make day-care centers absolutely inevitable. Putting a child in day care, especially in the context of a supportive, loving family, will probably be stimulating and good for the child. Americans cling to the myth that mother-as-primary-influence is natural and best, but a baby does not get the attention it requires confined to a small apartment with a lone caretaker. It would be far preferable for a mother to work and enjoy seeing her child at the end of the day, than to seclude her with an infant she grows to resent. Most women would be happier in the mainstream of life than isolated with a child.

Of course if we did it right, corporations, which hire vast numbers of women, would establish day-care facilities for their employees. Mothers would be able to lunch with their children, and most would treasure an arrangement that permitted their youngsters to be close by.

Fewer people will become parents to fulfill themselves, so in that sense, children won't be used to satisfy adult needs. Couples will create families because they are ready to cherish and support their vulnerable charges. This is certainly the most positive of the trends I foresee.



DR. ALVIN E. POUSSAINT

Dr. Poussaint, associate professor of psychiatry and associate dean of students at Harvard Medical School, is the coauthor of Black Child Care.

Despite alternative living arrangements, I see no evidence that the nuclear family will change. The housing market continues to build for mother/father/children households. As an economic unit, the nuclear family works best.

Community support for the nuclear family will increase with facilities like day-care centers. The trend is very positive, since it will allow children to play with other youngsters and meet other adults. Children will profit from group experiences and from having a greater choice and range of role models.

Due to the bombardment of information from the media, family influence over offspring will continue to erode. Parents will have to focus on the development of children's inner discipline. They will teach young people to evaluate issues and make decisions for themselves. They will involve children in family decision-making and provide them with more explanations, fewer absolute commands. Children will no longer be ego extensions of their parents. They will cease to be "property."

If we continue to have high unemployment, there will be a breakdown of many families, particularly among the poor. Everyone is affected by the economic situation, but blacks come last in this society, so the impact on black families is intensified. Blacks suffer more from the decay of inner cities and public educational systems because they depend so heavily on these support programs. If after-school activities are eliminated, who will supervise those youngsters until Mom or Dad comes home?

There has always been more role equality between the sexes among blacks. This is largely due to the fact that black women have been forced into head-of-household positions by necessity. For generations—and even today—many shouldered child-rearing responsibilities as well as the breadwinning role. As more blacks move into the middle class, the trend toward a stable nuclear family model will continue to increase.

The pressure to marry to have sex, or to provide a family for a child on its way, will disappear. More women of every social strata will postpone marriage until they have established themselves professionally. But the desire to marry will not subside. People will continue to search for "that special one," and increased sexual freedom will never satisfy the ideal of being in love.

AMERICAN FAMILY

family and the roles of its members will be changing in the future?"



CAROLINE BIRD

*An authority on the economic problems of women, Ms. Bird is the author of *Born Female* and *What a Woman Needs to Know to Get Paid What She's Worth*.*



DR. LEE SALK

*Professor of pediatrics and psychology at Cornell University Medical College, Dr. Salk authored *What Every Child Would Like His Parents to Know*.*

Marriage will cease to be the way in which women "earn a living." Already, half the married women in America are in the labor force, and most young women not only expect to work, they have career aspirations. As a result of their new economic independence, it may well be that fewer women will feel compelled to marry, and most will marry later in life.

The current adult generations in America will continue to feel the effects of women's liberation for years to come. Middle-aged housewives, who sacrificed outside interests and jobs when they married, are terrified at the erosion of their investment in the family. Their daughters shake their heads and say, "Not me, Mother, I'm not going to spend my life dusting furniture in an empty house."

It's my belief that one out of four middle-aged women would depart from their marriages tomorrow if they had sufficient incomes of their own. But they are unable to support themselves; or tradition traps them into low-paying jobs; or there are no jobs available. In any event, these women do not have the same job opportunities as men the same age who are experienced workers, nor do they earn equal incomes.

In the future, this will change. The divorce rate, which closely parallels the acceleration of the women's movement, will continue to climb. Even so, the nuclear family will survive as a living arrangement. The great strength of the nuclear family is that people seek intimacy and need the support of others. In spite of the greater freedom of women, most Americans will spend most of their lives in marriage situations.

As more women claim the right to strive as individuals, to be more than child custodians and housekeepers, the structure of the American family will adjust. Men will accept more child-rearing responsibility. School systems will be extended downward to include younger children. The care of children will be shared.

In future generations, couples will elect to have fewer children; some will have no offspring at all. When women were passive child-bearing vessels, becoming a parent was simply a matter of course. Actually *thinking* about and *planning* for children mean making serious commitments. People will be more likely to think twice before assuming such a heavy responsibility.

Today's nuclear family is under a great deal of stress because of the women's movement and the changing roles of family members. Many women are considering alternatives to the lives they've already established; some might not have chosen marriage and family life in the first place if they'd had other options. For these people a different lifestyle would have been preferable.

In the future, people will be freer to choose for themselves. No longer will they be judged, or judge themselves, on the performance of predetermined, sexually assigned roles. Instead, they will respect themselves and be respected for their character and accomplishments.

When more women have acquired the self-esteem to make their own decisions independent of role expectations, they will go through a revisionist period. Many will want to be traditional homemakers and a woman who decides to breast-feed will feel free to do so. Feminists argue that breast-feeding is perpetrated upon women by males to enslave them. While I agree that there has been exploitation based on gender in many areas, this is not one of them. Many similar aspects of womanhood and relationships between women and men that were distorted in the course of the revolution will be readjusted during this revisionist period.

In the future, more people will consider *not* having children. I hope that those who really *want* to be parents, on the other hand, will feel free to do so without restriction. I suspect the threat of overpopulation will fade as women enjoy other options to find an identity.

Males and females will be taught not only to prepare themselves for careers and the practicalities of life, but also for parenthood. Young people will be more aware of the fact that it is an awesome commitment to bring a child into the world.

I'd like to see the elimination of the concept of child-rearing as synonymous with women. The presumption that men are not capable of rearing children will change, and it should. We will see more and more fathers getting custody of children in divorce cases. Some human beings make better parents than others.

As people become liberated, they will begin to relax their traditional role concepts, and couples will create their own divisions of labor. The nuclear family will survive, but people's expectations of each other will change.





stitch a folk-fest patchwork


Celebrate (the you-know-what!) by setting a table with an "America, hurrah" feeling. For a contemporary patchwork look, update traditional designs by making them big, bold and bright. The work will go faster by enlarging the design and using machine appliqué.

To get a puffy, quilted look, add layers of polyester fiberfill and hang on artist's stretcher bars. The squares can be used in a variety of ways: pillows, place mats, an apron bib, or as pockets on a skirt or dress. By multiplying the squares, you can have a crazy-quilt bedspread. Or be really adventurous and try the designs that border this page. They have delightful names like "Mrs. Cleveland's Tulip" and "Goose In The Pond."

Table Talk: Go the paper route with place mats and napkins (opposite) designed by Gail Levites for Paperworks. The pewter-look tableware is by Liberty Craft, the stainless by Supreme Cutlery. See page 92 for instructions, page 94 for the Shopping Guide.

—Pat Sadowsky





Nobody doesn't love spaghetti. American-born Chinese find it irresistible, and Bostonians are eating more pasta than beans. Spaghetti is America's favorite ethnic dish. Thomas Jefferson is credited with introducing it here when he imported a spaghetti maker from Naples to satisfy his fondness for macaroni. Its popularity since then has spurred sales of pasta and tomato products and encouraged the proliferation of packaged mixes and frozen entrées. If you love cooking the authentic way, here's Spaghetti with Meat Sauce. Make it a first course as Italians do, or serve it as a satisfying main dish. Spaghetti often turns out thick and soggy. To find out how to cook it properly and serve it in other delicious ways, see page 64. —Donna Johnson

PERFECT PASTA



The New Frontier... Foreign Vegetables

KALE

BELGIAN
ENDIVE

PARSNIPS

ARTICHOKES

KOHLRABI

BROCCOLI RABE

MINIATURE
EGGPLANT

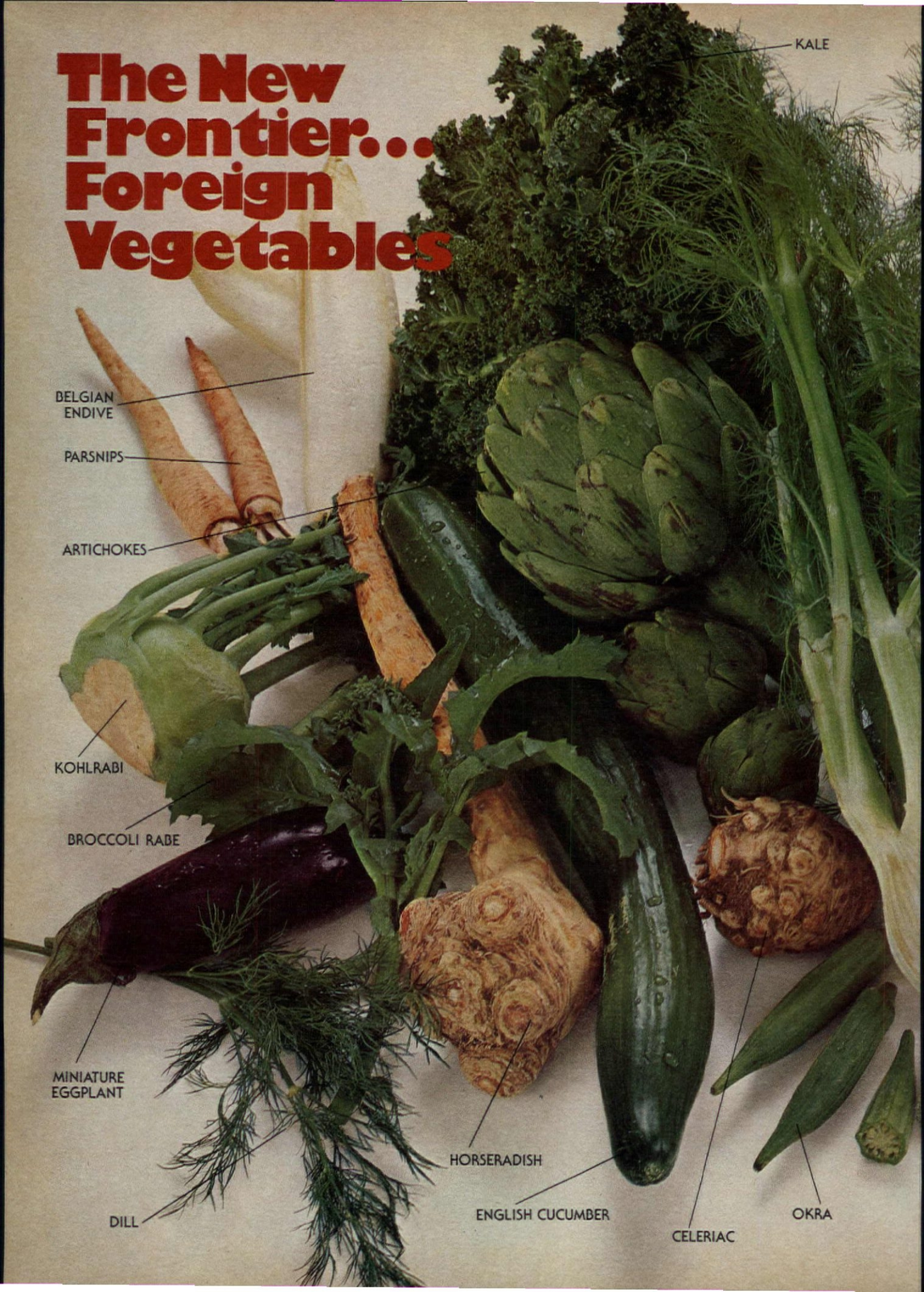
DILL

HORSERADISH

ENGLISH CUCUMBER

CELERIAC

OKRA



Fascinating vegetables from foreign lands, which have come here along with the people who enjoy them, translate well into American usage. Eat them raw or cooked for new taste sensations. To find some of them may require ingenuity, as distribution varies by season and according to where you live. Varieties shown here are widely used in Europe, Africa, Eurasia. (continued)

Old World Favorites

FENNEL

RUTABAGA

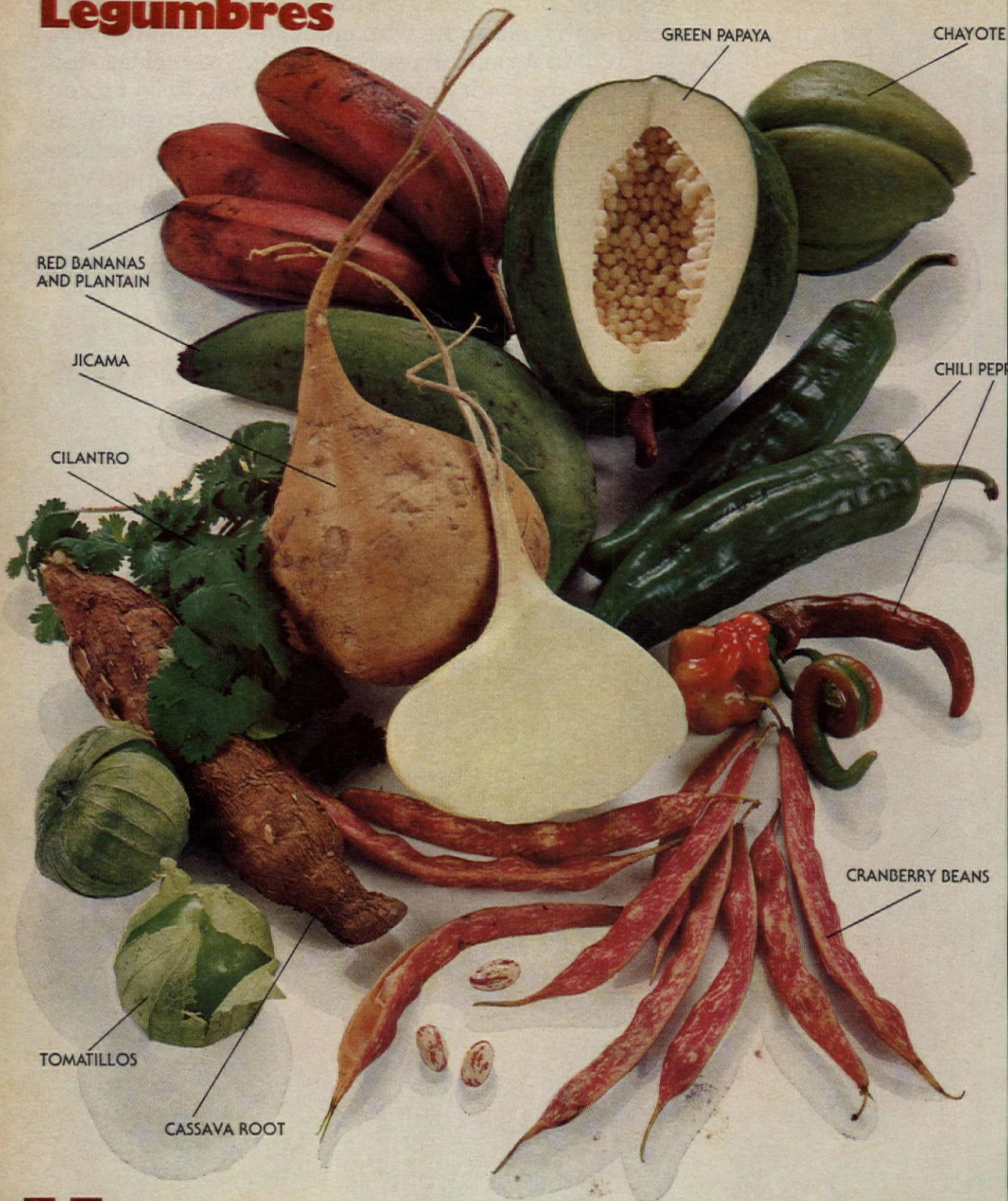
DANDELION

LEEKS

JERUSALEM ARTICHOKE

SHALLOTS

Latin Legumbres



Here is a grouping of favorites enjoyed in Mexico, South America and the far-flung Caribbean area. Some of them — the plantain and red bananas, for example — are actually fruit, but they are used in cooking as though they were vegetables.

Far Eastern Bounty



NAPA CABBAGE

WINTER MELON

BOK CHOY

TARO ROOT

DAIKON

GINGER

LOTUS ROOT

SNOW PEAS

CHINESE CHIVES

SEE GOO

CHINESE OKRA
OR LUFFA

BITTER MELON

WATER CHESTNUTS

CHINESE GREEN BEANS

SOYBEAN SPROUTS

Rising in popularity throughout America, Oriental cooking utilizes the vegetables pictured — once native to Japan, Korea, Malaysia, the Philippines and China. For descriptions and ways to use our global selections, see page 60. —Lucy Wing.

SHERBET

the french way

"Sherbet" in French is sorbet, a light, cool confection made by combining fresh fruit, or heavy sweet wines or liqueurs, and sugar-water, then freezing it to icy smoothness. Once served exclusively to the elite of France, sorbet is descended from centuries-old tradition, dating back to ancient Rome and the distant cultures of the Orient. Today, it's a treat the world over—as dessert or served the French way, between courses, to refresh the palate. Now, when summer fruits are all in season, is the perfect time to make sorbet. Mold it into ring shapes or scoop it into stemmed dishes, as shown below, at the PariSorbet in Palm Beach, Fla. To find out how to make the natural-flavored sherbet served at the PariSorbet, turn the page.





SHERBET

the french way

STRAWBERRY OR RASPBERRY SORBET

Either can be attractively molded for spectacular desserts, or scooped and served in glasses. Champagne or rolled cookies make perfect companions.

- 1 cup sugar
- 2 cups water
- 1 quart fresh strawberries or raspberries
- 2 tablespoons kirsch or lemon juice

1. In saucepan mix sugar and water. Bring to boil. Boil 5 minutes. Let cool to room temperature.
 2. Rinse and hull berries. Puree in blender or crush with food mill. Strain puree through fine sieve to obtain seedless juice. Pour cold sugar-syrup over berry puree; pour mixture in container of ice cream machine. Churn-freeze 30 to 35 minutes.
 3. Add kirsch or lemon juice to sorbet. Continue to churn-freeze until mixture is smooth and homogeneous. Scoop into balls and serve in chilled stemmed glasses or pack into 4-cup ring mold. Freeze until firm. Unmold ring onto platter; serve with fresh whole berries in center, if desired. Makes 4 to 5 servings.

4. To prepare sorbet without ice cream machine, beaten egg whites must be added to discourage large ice crystals from forming. Beat 2 egg whites stiffly with 3 tablespoons sugar; fold into syrup-puree. Turn mixture into shallow, metal pan. Cover with plastic wrap; freeze 2 to 3 hours or until mushy. Scrape sorbet into mixing bowl; beat in kirsch or lemon juice with electric mixer or wire whip until sorbet is light and soft.

Jacqueline and Bernard Kandel, creators of the sorbet delights shown on the previous pages, have provided the superlative finish for many a Palm Beach dinner party with dessert from their shop, Parisorbet (other family members run sorbet shops in La Jolla, Calif., and Paris). The Kandels make their specialties the Old Country way, using fresh, natural ingredients—no emulsifiers, no artificial colors or flavors. Bernard says the only way to begin to duplicate the creamy, smooth textures for which Parisorbet is famous is with a home ice cream machine. "Freshness is important," Jacqueline cautions. "Never make sorbet the night before; it will turn into ice by serving time. Make it three or four hours ahead; freeze at 0°." Here are adaptations of Kandel recipes. —Lucy Wing.

Return to pan. Refreeze 1 hour or until firm. Serve in chilled dishes.

MANGO OR PEACH SORBET

The Kandels like to serve this sorbet on a fruit salad platter of freshly peeled and cored pears and peaches.

- 1 cup sugar
- 4 cups water
- 4 cups mango or peach puree (6 mangos or 8 peaches)
- ¼ cup lemon juice

1. In saucepan mix sugar and water. Bring to boil; boil 5 minutes. Cool.
 2. Make mango or peach puree by forcing ripe

peeled, pitted fruit through sieve or puree in blender. Stir lemon juice into puree. Add sugar syrup. Pour into ice cream machine container. Churn-freeze until firm. Without machine, follow step No. 4 in recipe above. Makes about 8 servings.

ORANGE OR GRAPEFRUIT SORBET

For breakfast, try a scoop of this on top of a grapefruit half instead of sugar. Or fill hollowed navel oranges or lemons with scoops for a colorful dessert; add a touch of mint.

- 1 cup sugar

- 2 cups water
- 2 tablespoons grated orange peel or 3 tablespoons grated grapefruit peel

- 1 cup orange or grapefruit juice
- 2 tablespoons lemon juice

1. In saucepan mix sugar and water. Bring to boil. Boil 5 minutes. Add grated peel, orange or grapefruit and lemon juice. Cool mixture to room temperature. Strain through sieve lined with cheesecloth.

2. Pour into container of ice cream machine. Churn-freeze until firm and smooth. Stir in 3 tablespoons chilled rum, curaçao or orange liqueur, if desired. Without ice cream machine, follow step No. 4 in first recipe. Makes about 4 servings.


CRÈME DE MENTHE SORBET

Sensuously flavored, its pastel green will add a refreshing touch to a special meal.

- 1 cup sugar
- 2 cups water
- ¼ cup lemon juice
- ½ cup fresh orange juice
- ½ cup green crème de menthe

1. In saucepan combine sugar and water. Bring to boil; boil 5 minutes. Add lemon and orange juice. Cool to room temperature. Pour into container of ice cream machine. Churn-freeze until firm and smooth.

2. Add crème de menthe. Continue to churn-freeze until homogeneous. Serve in chilled sherbet dishes. Without ice cream machine, follow step No. 4 in first recipe. Makes about 4 servings.



**This is
pineapple in its
own juice.**

**And this is
pineapple in its
own juice.**

**And that
makes tantalizing
sweet and sour
chicken.**

**At Dole,
sweetness comes
naturally.**



FOREIGN VEGETABLES

continued from page 55

When you select vegetables, rely on your senses—as you would when picking any fresh produce. Use your eyes to check for warning signs such as bruises, dark spots, shriveled leaves, mold. Touch and smell for firmness and freshness.

Here are descriptions and some ideas of ways to use our pictured selections.

OLD WORLD FAVORITES

(shown on pages 52-53)

Artichokes (commonest are globe or French artichokes) have been enjoyed for centuries in countries around the Mediterranean. The part that's eaten is the young flower head, or bud, of the thistle plant. Unwary eaters have been known to choke on the choke, the fuzzy core concealing the heart. Artichokes, although available year-round, are best in spring. Choose compact heads, from small to large size. Use the small ones in baking with meats, large for appetizers.

To prepare: Cut off stem; pull off tough outer leaves. With knife cut off top 1 inch of each head. Trim thorny tip off each leaf with scissors. Drop into bowl of lemoned water while trimming others to prevent browning. Stand artichokes on stems in 1 inch of boiling water; cover. Cook 15 to 35 minutes until leaf pulls off easily. For first-time eaters, dip the base of a leaf in melted butter or mayonnaise; draw between teeth to remove the tender edible part; discard leaf. When you get to the small internal leaves, remove them as a group. With spoon scrape away the fuzzy choke and enjoy the best part . . . the heart.

Jerusalem artichokes are misnamed; they are not related to globe artichokes. Sometimes called sun chokes, they are knobby underground tubers once native to Virginia, brought to France and cultivated there. They may be served raw or cooked. Difficult to peel. Will be like potatoes if left unpeeled. Scrub well with stiff brush. Their crisp texture makes them nice in salads or raw vegetable platters, but be sure to dip in acidulated water to keep them white. Raw flavor is sweet and mild; when cooked, they do taste like globe artichokes. Can be boiled, sautéed, scalloped and baked or batter-dipped and deep-fried.

Broccoli rabe, an Italian favorite, resembles common broccoli, but is leafy and bitter. Whole stalks may be steamed, boiled or sautéed in oil and garlic. *Here's a quick idea:* Rinse 1 lb broccoli rabe in cold water. Remove outer leaves; pare stems of woody skin. Drop into $\frac{1}{2}$ inch boiling water. Blanch until tender crisp. Drain. Melt 1 Tbs butter or margarine. Add 1 Tbs sesame seeds and blanched broccoli rabe. Sauté a minute. Season with salt and soy sauce. Serves 2 or 3.

Celeriac is a popular European turnip-shaped root vegetable. Young roots can be eaten raw. Has celery flavor with a potato texture. Also known as celery root or knob; only root is edible;

tops are removed before it's sold. Once peeled, it must be dropped into acidulated water to prevent browning. Cook peeled large roots after slicing or dicing in 1 inch boiling water until tender. Drain, salt and serve with butter plus a squirt of lemon juice and sprinkling of parsley. Raw or blanched julienne strips are delicious marinated in bottled creamy onion dressing.

English cucumbers are a seedless variety commercially grown in American greenhouses. Most modern varieties evolved from European types. Cucumbers, once native to India some 3,000 years ago, can be long, squat or even round, green or yellow. Since they contain lots of water, salt can be used to extract the moisture which is later drained, a hint recommended especially for salads.

Dandelion, brought from Europe for home gardens, escaped and went wild. Name is "dent de lion," French for lion's tooth—describing the jagged leaves that add bitterness to salad. Leaves can be steamed or braised like other strong-flavored greens. Great flavored with bacon. Add to quiche, omelets, soups.

Dill is often called dillweed to distinguish it from dill seed in recipes. This feathery plant with a pungent odor and flavor is regularly used in pickling cucumbers. A native of southeastern Europe, it flavors soups, salads and appetizers such as herring or salmon.

Miniature eggplant, though not as easy to find as the common large one, comes closer to the original egg size and shape it once was in India. Flavor is similar, but more delicate. Actually a fruit made popular by Italians, who enjoyed it as a cooked vegetable. White variety and a purple-streaked white type are also found in some markets. Cook miniatures whole or halved. For summer grill them after tossing in bottled Italian dressing.

Belgian endive is known also as witloof (white leaf) chicory. A small, tightly folded plant that grows upright in a thin, long stalk, it must be covered while growing to bleach or keep it white and yellow instead of green. Originally imported, it's now grown in California and Florida. Separated leaves add bitter tang to salads and make a splendid appetizer stuffed with herbed cheese. Firm heads, braised, make a great vegetable.

Fennel possesses a sweet licorice or anise flavor. Prized by Italians who call it finocchio, it looks like bulbous celery with feathery leaves. Serve raw as an appetizer or a tasty salad bowl addition or cook. All parts are edible.

Fennel Mimosa

Cut off enough tops of 2 fennel bulbs until they're 6 inches long. Reserve tops for garnish or add to salads. Halve or quarter bulbs lengthwise. Place in skillet. Add 1 can (13 $\frac{3}{4}$ oz) chicken broth. Cover. Cook until tender, about 25 minutes. Remove with slotted spoon to serving dish; keep warm. Mix 2 Tbs softened butter or margarine and 1 Tbs flour to a paste. Add a bit at a time to broth in skillet, while cooking and stirring. Cook until thickened. Pour sauce over fennel.

Sprinkle with 1 sieved hard-cooked egg. Garnish with chopped fennel leaves. Makes 4 servings.

Horseradish, like other radishes, is a member of the mustard family. The root's pungency makes it excellent in flavoring sauces. Only the root is sold (the top is poisonous). Its highly volatile oil might cause eyes to tear; use a blender to grate quickly. Sold prepared and ready to use in refrigerated jars. To prepare your own, wash root. Pare the outer skin. Cut into cubes. Grate in blender. With 1 C grated root, mix with $\frac{1}{2}$ C white vinegar, $\frac{1}{4}$ tsp salt. Pack in jar; chill.

Kale, a strong-tasting primitive cabbage popular in cold regions as a winter vegetable, is usually cooked but can be eaten raw. Curly leafed and loose headed, it grows wild in northern Europe and England. Popular as a home-grown vegetable. This flavorful dish complements pork or sausages.

Kale in Cream Sauce

Separate leaves of 1 head kale. Rinse in cold water. Drain well; chop. Melt 3 Tbs bacon drippings, butter or margarine in skillet. Add kale, $\frac{1}{4}$ C chicken or beef broth and 1 Tbs fresh chopped chives. Cover. Cook until tender, about 15 minutes. Stir in $\frac{1}{2}$ C dairy sour cream and season with salt and pepper. Makes 6 servings.

Kohlrabi, a German and northern European favorite, translates as cabbage (kohl) turnip (rabi). Its bulbous pale-green or violet stem can be eaten raw or cooked. Leaves of young plants can be cooked like other greens. Young bulbs can be peeled and sliced or julienned into a salad. Woody mature bulbs, 3 to 4 inches in diameter, must be cooked. Can be julienned and tossed in vinaigrette or scooped, stuffed and baked. Cooked, it tastes like broccoli stalks.

Kohlrabi au Gratin

Trim off tops and pare bulbous stem of 6 to 8 kohlrabi (about 2 bunches). Slice. Cook in salted boiling water until tender, about 15 minutes. Drain. Melt $\frac{1}{2}$ C butter or margarine. In small bowl, toss half of melted butter with $\frac{1}{2}$ C packaged bread crumbs; reserve. To rest of melted butter, stir in 3 Tbs flour. Cook until bubbly. Remove from heat. Stir in 1 $\frac{1}{2}$ C milk gradually while stirring until smooth. Cook over medium heat until thickened. Add cooked kohlrabi; heat through. Spoon into serving dish. Sprinkle with crumbs. Serves 6.

Leeks are often thought to be jumbo scallions or green onions, though they are as pungent. Most people eat only the white part, usually braised or added to the soup pot. Their green tops are tough, best for seasoning soups. The white part grows in sand; thus it must be washed well. From eastern Mediterranean area, cultivated 3,000 to 4,000 years ago and still found growing wild. Here's a fresh summer soup:

Summer Vichyssoise

Cut off roots of 2 bunches leeks (6 to 8). Trim tops; leave about 1 $\frac{1}{4}$ inches of green. Strip away outer 2 or 3 layers of leaves. Split leeks lengthwise. Rinse under cool running water; separate

ers gently to wash away sand.
 arseley chop leeks. Melt ¼ C butter
 margarine in pan. Add leeks; cook
 til soft but not brown. Add 1 can
 (8 ¾ oz) chicken broth. Cover. Cook
 til leeks are tender, about 15 min-
 utes. Whirl mixture until smooth in
 tender. Return to pan. Reheat. Stir in
 C instant mashed potato flakes or
 anules until they dissolve. Off heat
 r in 2 C milk and 1 C heavy or light
 cream. Season with salt and pepper.
 Chill. Serve sprinkled with chopped
 ives, if desired. Makes 6 servings.

ra, the immature seed pods of a
 viscous plant, is used principally in
 soups and stews. It makes a natural
 thickener because of its gelatinous
 nature. Discovered in Ethiopia, it was
 cultivated in Egypt, brought to Europe
 by the Moors, then introduced to New
 Orleans by the French. Makes a tasty
 vegetable appetizer when dipped in
 beaten egg thinned with 1 tablespoon
 water, then rolled in seasoned cracker
 crumbs or cornmeal and deep-fried.
 Dip and dip into bottled chili sauce.
 Parsnips, related to carrots, have a
 high starch and sugar content and a
 nutty flavor. Actually a winter vege-
 table, its roots are sweeter after ex-
 posure to frost, when starch converts
 to sugar. Usually it's served steamed,
 boiled and buttered, or sliced and
 fried. Seek tender small roots; large
 ones are woody. Cooked, delicious as
 a salad, too. Just pare and slice into
 thin boiling water, cook until tender.
 Drain. Toss with oil and vinegar dress-
 ing. Chill until cold.

rutabaga tastes like pungent sweet
 potatoes and is mashed and flavored
 in a similar manner. Looks like a huge
 yellow turnip, often called a Swedish
 turnip in Europe. Grown in northern
 parts of the U.S. and Canada. The
 bulb, waxed to retard evaporation and
 improve keeping quality, is sold with
 cabbagelike tops. Must be peeled
 before cooking.

Shallots look like garlic when peeled,
 but have a mild onion flavor. A French
 favorite adding a delicate taste to
 soups, patés and entrees. Shallot
 bulbs are expensive and seasonal.
 When the white part of green onions
 is used in a recipe substitutes. Transported
 from Syria to England to France, shall-
 ots can be grown easily in home gar-
 dens where the lovely green tops can
 be used for flavoring like the bulb.

TIN LEGUMBRES

(shown on page 54)
 Cassava root, also called yuca or
 manioc, is a starchy, slender root
 vegetable with barklike skin and very
 white flesh. It possesses a potato
 flavor, but a very firm, dry texture. To
 pare, peel with peeler to remove
 rough skin. Rinse. Leave whole or cut
 into ½-inch slices; boil til tender.
 Drain; season with butter or margarine.
 Cook unpeeled scrubbed roots until
 tender; peel will fall off in pieces.
 Slices can also be pan- or deep-fried
 in oil. Flavor with chives or onions.

Chayote (cha-yó-tah), botanically a
 fruit, is eaten as either a cooked or
 raw vegetable. Member of the squash
 family, this (continued on page 62)

Thursday's chicken is Thursday's chicken. But a blend of two rices and twenty-three different herbs and seasonings is not a potato.



What a success.



FOREIGN VEGETABLES

continued from page 61

pear-shaped vegetable is white on the inside with a large, flat, edible seed. The light-green skin may be smooth or corrugated and covered with small spines. Young fruit does not have to be peeled before using. Skin of mature chayote will be tough. Small, tender fruits are ideal cut into wedges, dip into curry mayonnaise. Try them sliced in salads or marinated. Firm, crisp flesh is delicate in flavor like patty-pan squash. Can be cooked like summer squash in water or sautéed in butter. Halves can be parboiled, hollowed, stuffed and baked. Often called vegetable pears. **Chili peppers** are related to sweet or green peppers. Range in shapes, sizes, colors and flavors. Some are green when first picked; when fully ripened, they turn orange then red. Some remain yellow, others dark green. Some are tapered and long, others twisted and wrinkled. Flavors vary from mild to very hot. Usually more abundant in the fall, primarily used to season foods. Enjoy this chili cheese sauce on cooked cauliflower or as dip for chips or raw vegetables.

Chili Cheese Sauce or Dip

Melt 2 Tbs butter or margarine. Add 1 C chopped onion. Sauté until tender. Add 1 C chopped, peeled and seeded tomato (1 large), 5 green chilis,* peeled, seeded and diced, or use 1/2 C canned diced green chili. Cook 5 minutes or until tomato is soft and pureed. Stir in 1/2 pound shredded Muenster or Monterey Jack cheese by handfuls. Stir in 1/2 C heavy cream. Season with salt and pepper. Serve this zippy sauce immediately.

*To peel fresh chilis, spear with long-handled fork; hold over gas flame until skin blisters. Or place chilis on broiler pan and broil until skin blisters on all sides. Drop into plastic bag until cool. Remove skin, stems and seeds.

Cilantro is the Spanish name for coriander. It has flat parsley-like leaves, very pungent flavor used in seasoning Mexican and also Oriental dishes. Sold by bunches with roots. Do not remove roots before storing. It'll keep well if refrigerated with roots in cup of water and leaves covered with plastic. Clean then use as you would parsley but sparingly.

Cranberry beans are also called shell-eyes. Sold in mottled beige and red pods, beans must be shelled and cooked. Found in Latin American and Hungarian markets, the season is brief and varies locally. The large flat beans lose their red streaks once cooked. For a hearty do-ahead salad:

Tomato Marinated Cranberry Beans

Shell 2 lbs cranberry beans. Rinse beans. Boil in 1 inch salted boiling water until tender, about 20 minutes. Drain. Heat 2 Tbs olive oil. Add 1/2 C chopped onion and 1 small clove of garlic, crushed. Sauté until transparent. Add 1 can (15 oz) peeled whole tomatoes, drained and coarsely chopped. Remove from heat. Add cooked beans. Stir in 1 Tbs red wine

vinegar. Season to taste with salt, pepper and sugar. Add a pinch of Italian seasoning mix, if desired. Marinate overnight in refrigerator. Serves 6.

Jicama (heé-ca-ma) is a light-brown turniplike root, popular in Mexico, that can grow up to a foot in diameter. Eat it raw as part of a raw vegetable platter or slice thin and serve as salad. Its white, crisp flesh tastes like fresh, sweet water chestnuts. It retains its crunchiness when cooked, but raw, starchy texture is removed. Chinese cooks like it as a water chestnut substitute or stir-fry it like a vegetable. It's much easier to peel than tiny water chestnuts. Sold by the pound; select smaller roots. Store unwashed in refrigerator. Keeps several weeks. Try this vegetable melange:

Oriental Jicama

Peel 1 small jicama (about 1 lb) by inserting tip of knife into skin at pointed end. Pull skin off like a banana to expose white flesh. Cut off any dark blemishes. Rinse. Quarter jicama; cut quarters crosswise into thin slices. With peeler, peel 1 small fresh lotus root; cut into thin crosswise slices. Peel 1 Chinese okra; cut into 1-inch pieces. Nip off ends of 1/4 lb fresh snow peas; remove strings of pods; rinse. In bowl, mix 1/2 C chicken broth and 1 tsp cornstarch. In large saucepan heat 2 Tbs vegetable oil. Add vegetables. Stir-fry until tender-crisp. Stir cornstarch mixture into vegetable. Cook until thickened, stirring constantly. Season vegetables with salt and pepper. Serves 8.

Plantains and red bananas are fruits cooked and served like vegetables. They're starchy, so use them as a potato or rice alternative. Plantains must be cooked to be palatable. They can be boiled, fried or baked, and make marvelous crisp fritters to serve with meat dishes. Very firm plantains can be thin-sliced and fried for snacking chips. Plantains are difficult to peel. Use knife and cut off ends; cut in half crosswise. Score skin lengthwise about 4 times. Lift skin away a section at a time by starting at a corner of the section. Unlike plantains, red bananas are very sweet. A bit starchier than regular bananas, they're excellent baked or broiled with melted butter and a sprinkling of grated lemon peel and brown sugar. Mashed red bananas can be used as a recipe ingredient. Store either at room temperature. Refrigerate if soft.

Green papaya, with its firm white flesh and immature seeds, can be cooked like acorn squash and served as a vegetable. This subtropical fruit is generally eaten raw when fully ripened with sweet apricot-colored flesh. Grown in California, Hawaii, Florida and Puerto Rico, it comes to market green and ripens at room temperature. Refrigerate to stop ripening. Once cooked, it tastes like summer squash. For pork or ham entrées:

Glazed Papaya

Quarter a 2- to 3-lb green papaya lengthwise. Scrape out seeds; discard. In large kettle or deep skillet, boil 1/2 inch water. Arrange papaya quarters, flesh sides up, in pan. Cover. Cook

until fork tender and translucent. Remove with slotted spoon to broiler pan. Drain skillet. Melt 2 Tbs butter or margarine. Add 1/4 C pineapple or orange juice, 1 Tbs orange marmalade. Boil until mixture is blended. Spoon syrup mixture into cavity of papaya. Sprinkle with salt. Broil until glazed; brush with syrup. Serves 4.

Tomatillos, or tomatos verdes, are Mexican green tomatoes with a brownish parchment covering that is the husk. They grow on ground-trailing vines. Taste like greengage plums, tart and very un-tomatolike. Traditionally cooked into sauces, they can be served raw in salads. To prepare, remove husk. Rinse. Pat dry. Cut out stem end. Slice and arrange on platter. Sprinkle with vinaigrette dressing, salt and pinch of sugar. Add minced parsley, if desired. Or fry slices as you would green tomatoes.

FAR EASTERN BOUNTY

(shown on page 55)

Bean sprouts, the inexpensive staple in Oriental cooking, have won the palates of naturalists and vegetarians. The sprouted soybeans shown have large golden heads and a stronger bean flavor than the more familiar mung bean sprouts. High in protein; adds crunch to salads and sandwiches. To rinse, submerge in bowl of cold water; remove husks on the bean heads. Change water several times. Drain. Can be stored a week if refrigerated in cold water changed daily.

Bitter melon is extremely bitter until blanched. Also known as balsam pear, it grows on vines as a squash. Must be split and the spongy membrane and seeds removed before cooking. Chinese cooks stuff the cavity with minced pork and steam them or slice thinly and stir-fry. Abundant in summer. Try this sweet-sour cold relish:

Bittersweet Relish

Split 1 bitter melon lengthwise; cut off tail and ends. With spoon scoop out seeds and membrane. Cut melon into thin crosswise slices. Drop into salted boiling water. Cook until just tender. Drain. Scrub 1 daikon (12 oz) and pare. Shred coarsely on metal grater (about 1 1/2 C shredded). Slice 1 small mild chili pepper into rings. Cut 1/2 English cucumber into thin slices. In bowl, toss vegetables with 1/2 C distilled white vinegar, 3 Tbs sugar, 1 1/2 tsp salt and 1 Tbs oil. Cover bowl with plastic wrap. Chill overnight. Drain before serving. Keeps well in jar 2 weeks refrigerated.

Bok choy resembles Swiss chard with its white stems and broad, dark-green leaves, though it has tiny yellow flowers in center of head. Also called Chinese chard or white mustard cabbage. Sold year-round, its flavor is mild and tasty; use in soups or sautéed. Slice separated stalks into diagonal slices or 1-inch pieces. In sautéing or stir-frying, cook the white stem first, then add the tender green part later to avoid overcooking. And very little cooking is needed. Season with salt. **Napa cabbage** is one of two Chinese varieties. One, the celery type, has long, slender, (continued on page 82)

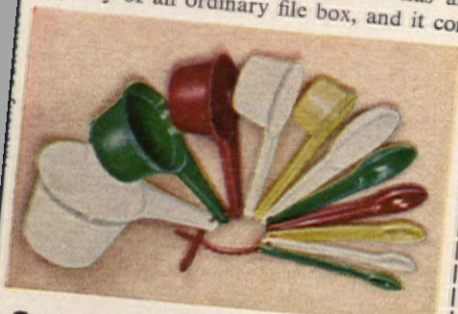
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PERFECT PASTA

continued from page 50

Here are the secrets of perfect pasta-or spaghetti-making: In 8-quart saucepot bring 6 quarts water to boil. Add 2 tablespoons salt and 1 tablespoon pure vegetable oil. Gradually add 1 package (16 ounces) thin spaghetti (preferably No. 9) so that water continues to boil. (For easier eating crack spaghetti in half before adding to boiling water, if desired.) Boil uncovered 10 to 12 minutes, stirring occasionally, until "al dente" or firm but not hard in the center. As soon as the pasta is cooked, remove from heat and add 1 cup cold water to stop cooking. Reserve 1/4 cup cooking liquid; drain pasta in large colander. Do not rinse with cold water; this will only cool off the pasta. Shake until all water is drained, then return spaghetti to pot; add desired sauce and toss well. If pasta seems dry, add drops of cooking liquid until moist. Makes 4 main-dish or 8 first-course servings.

SPAGHETTI WITH MEAT SAUCE

(pictured on page 50)

3 tablespoons olive or pure vegetable oil

1 small onion, minced

1 carrot, peeled and minced

1 stalk celery, minced

1 pound ground round

1/4 cup red wine

1 can (35 ounces) peeled Italian-style tomatoes

1 can (13 3/4 ounces) chicken broth

1/3 cup tomato paste

2 teaspoons salt

1/2 teaspoon pepper

1 teaspoon butter or margarine

1 package (16 ounces) thin spaghetti (No. 9), cooked and drained

3/4 cup grated Parmesan cheese

1. In 3-quart saucepan heat oil. Add onion, carrot and celery. Sauté until golden, stirring frequently. Add ground round; brown well, breaking up with wooden spoon as it cooks. Add red wine and cook until liquid evaporates. 2. Meanwhile, press tomatoes with liquid through food mill or fine sieve to puree; discard seeds. Add puree to meat mixture with chicken broth, tomato paste, salt and pepper. Simmer sauce 1 1/2 to 2 hours or until thick. Stir in butter or margarine. Toss hot cooked spaghetti with 1/2 cup Parmesan cheese. Add sauce; toss. Serve with remaining cheese. Makes 4 servings.

SPAGHETTI WITH TUNA SAUCE

1/4 cup olive or pure vegetable oil

1 small onion, finely chopped

1 clove of garlic, minced

2 cans (7 ounces each) tuna, drained and flaked

1 can (13 3/4 ounces) chicken broth

2 tablespoons chopped parsley

1/4 teaspoon pepper

1 package (16 ounces) thin spaghetti (No. 9), cooked and drained

1. In skillet heat oil. Add onion and garlic; sauté until soft. Stir in tuna, chicken broth, parsley and pepper. Simmer 15 to 20 minutes, stirring fre-

quently to reduce liquid.

2. Toss sauce with hot cooked spaghetti. Serve with lemon wedges, if desired. Makes 4 servings.

PASTA WITH CHICKEN LIVERS

1 pound chicken livers

1/4 cup olive or pure vegetable oil

1 small onion, finely chopped

1 clove of garlic, minced

1/4 pound mushrooms, sliced

1 can (13 3/4 ounces) chicken broth

1/4 cup dry white vermouth

2 tablespoons tomato paste

2 tablespoons chopped parsley

3/4 teaspoon salt

1/4 teaspoon pepper

1 package (16 ounces) thin spaghetti (No. 9), cooked and drained

1. Wash chicken livers. Cut each into 3 or 4 pieces. In skillet heat oil. Add onion and garlic; sauté until soft. Add livers and mushrooms; sauté 5 minutes, stirring frequently.

2. Add chicken broth, vermouth, tomato paste, parsley, salt and pepper. Simmer uncovered 30 to 40 minutes or until thick. Toss with hot cooked spaghetti. Makes 4 servings.

PASTA WITH WALNUT SAUCE

1/2 cup chopped walnuts

1/4 cup pignoli nuts

1 can (2 ounces) anchovy fillets, drained

1 clove of garlic

1/4 cup olive oil

1/2 cup heavy cream

1/2 teaspoon pepper

1 package (16 ounces) thin spaghetti (No. 9), cooked and drained

1. In blender container place nuts, anchovies, garlic and olive oil. Cover. Blend on medium speed, stopping and stirring frequently with rubber spatula, until smooth.

2. Stir in heavy cream and pepper. Toss with hot cooked spaghetti. Makes 4 servings.

PASTA WITH FRESH BASIL-TOMATO SAUCE

(From Aldo Cipullo, jewelry designer, dubbed the "Pasta King" by his friends.)

1 cup fresh basil leaves, stems removed

Water

2 pounds firm ripe tomatoes (about 6 large)

3/4 cup sweet butter

Salt and pepper

1 package (16 ounces) thin spaghetti (No. 9), cooked and drained

3/4 cup grated Parmesan cheese

1. Wash basil leaves in cold running water. Drain; dry with paper towels. 2. Boil 1 inch of water in large skillet. Dip tomatoes in boiling water 30 seconds; dip in cold water. Peel off skins. Cut off stem ends and halve tomatoes. Squeeze to remove seeds (save for soup). Coarsely chop tomato pulp. Discard water in skillet. 3. In skillet melt butter. Add tomatoes. Cook 5 minutes, stirring frequently. Add basil leaves; cook 2 minutes longer. Add salt and pepper to taste. Toss with hot cooked spaghetti. Sprinkle with cheese. Makes 4 servings.

PASTA WITH HERB-CHEESE SAUCE

5 tablespoons butter or margarine

3 tablespoons all-purpose flour

2 1/2 cups milk

1/2 teaspoon salt

1/4 teaspoon pepper

2 egg yolks

1 carton (15 ounces) ricotta cheese or substitute 1 carton (8 ounces)

large-curd creamed cottage cheese and 2 packages (one 8 ounces and one 3 ounces) cream cheese

1 package (8 ounces) mozzarella cheese, shredded

1/4 cup chopped Italian or regular parsley

1 1/2 teaspoons dried basil leaves

1 teaspoon dried oregano leaves

1 package (16 ounces) thin spaghetti (No. 9), cooked and drained

1. In saucepan melt 2 tablespoons butter or margarine (reserve remainder). Stir in flour. Cook slowly over low heat, stirring constantly, until mixture foams and bubbles for about 2 minutes. Remove from heat. While stirring rapidly with wire whisk, gradually add 2 cups milk (reserve remainder), salt and pepper. Cook over medium heat, stirring constantly, until thickened.

2. With wire whisk beat egg yolks with remaining 1/2 cup milk. Stirring rapidly, slowly add at least 1/2 of hot white sauce mixture to egg yolk mixture; return to sauce left in pan. Add ricotta and mozzarella cheeses, parsley, basil and oregano. (If ricotta is not used, press cottage cheese through sieve. Mix with softened cream cheese. Add sugar to taste, if desired.) Cook over low heat, stirring occasionally until cheese is melted and no longer stringy. (If heat is too high, mixture will curdle.)

3. Toss hot cooked spaghetti with remaining 3 tablespoons butter or margarine. Add sauce and toss until well coated. Serve with grated Romano cheese, if desired. Makes 4 servings.

SPAGHETTI CARBONARA

1/4 pound sliced bacon, cut crosswise into 1-inch pieces (4 or 5 slices)

3 large eggs, at room temperature

1/4 cup olive or pure vegetable oil

2 tablespoons butter or margarine

1 small onion, finely chopped

1/4 cup chopped Italian or regular parsley

1/2 cup heavy cream

2 ounces thinly sliced Italian

prosciutto or boiled ham, cut into julienne strips

1 package (16 ounces) thin spaghetti (No. 9), cooked and drained

1/2 cup grated Parmesan cheese

1. In skillet fry bacon until crisp. With slotted spoon remove to paper towels to drain; reserve. Discard remaining fat. Beat eggs with mixer until foamy and light in color.

2. In skillet heat oil with butter or margarine. Add onion. Sauté until soft. Stir in parsley, cream and prosciutto or ham. Sauté 3 minutes, stirring frequently. Toss hot cooked spaghetti with eggs. (The heat from the spaghetti will warm the eggs.) Sprinkle with Parmesan cheese; add bacon bits and sauce. Toss. Makes 4 servings.

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If you haven't seen your own country lately, this is the year to do it. What a year.

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Your travel agent can give you news of these events.

If you fail to take your kids on The Great American Vacation of '76 this summer, they will never forgive you.



learned to carry his own luggage again—it's been good for him!"

She fixes you with her startlingly blue eyes when she talks about the work of Americans for Indian Opportunity. The nonprofit AIO provides technical assistance to Indian tribes by arranging grants, serves as an advocacy group in negotiations with the government and in lobbying for legislation, and attempts to educate non-Indians about the problems of native Americans.

Those problems seem almost overwhelming: the lowest standard of living, highest suicide and alcoholism rate, greatest unemployment in the country. One out of every three Indians will be jailed in his lifetime. In one county in Nebraska, where Indians comprise about 23 percent of the population, 98 percent of all those arrested in one year were Indians. Much of AIO's work involves explaining legal rights to Indians and opening dialogues between the Indian community and law enforcement officials.

"Most of the problems arise because there is no information," LaDonna Harris explains. "People don't understand that there are 200 tribes, for example. One of the roots of the problem is that it's been the policy of the federal government, the churches and of education to bring the Indian community 'into the mainstream of American society,' to acculturate Indian people, so that there wouldn't be any tribes left.

"What was so destructive was that the government said, 'If you'll give up your tribal culture and identity and accept our larger society's ideas, then you will be accepted socially.' Some people tried that, but they weren't accepted socially. So people started resisting, saying, 'Why should I give up what I am?' It caused a great deal of confusion. Children dropped out of school because they couldn't identify with textbook history—they were being taught that there was no value in their culture. Indians escaped from the conflict through alcohol and other forms of social malfunction.

"Now we're saying: 'We're proud we're Comanches. And because I know who I am as a Comanche, I have the strength to compete in school or do anything I want within the larger society. But I need to know who I am in order to do that.'

"The solution sounds so simple now, but as a young nation it was decided that everybody should be encouraged to melt into the pot. And we didn't—we weren't allowed to, because we were dark-skinned. Now, because we are different, we can share something prideful with society. If you feel comfortable with who you are, that's

the most motivating force there is. It's the same thing with women, of course."

Economic change is one obvious key to improving the lives of American Indians, but not at the price of what LaDonna calls "cultural genocide." Her eyes grow fierce when she talks about the historic exploitation of Indians by American corporations. "Many tribes are now looking at what they've done to themselves. They were eager for industry or mining to come onto the reservation. It meant jobs in the short run, but in the long run they lost control of their resources, their independence, their land, their destiny. Now, Indians are realizing that each tribe is a landowner, and they're looking at the social and ecological impact of inviting outside interests onto Indian land.

"Now, reservations must be regarded as young developing nations. And if you do that, it opens your mind to so many possibilities."

How does LaDonna's work for the Indian movement relate to her dedication for feminism? "The two are entwined as human rights issues. You cannot accept discrimination in any form. If you're fighting it in one area, you must understand it and fight it in all areas. As a young woman, sometimes I couldn't tell if I was being patronized because I was a woman or because I was an Indian. And, believe me, Indian women know when they're being patronized!"

The image of the "squaw" walking three paces behind her man still prevails among non-Indians. LaDonna is indignant at the suggestion that Indian society is among the most oppressive for women. "That's ridiculous! Each tribe is different in its cultural structure as far as the position of women goes. But many tribes are matriarchal. This whole image of the 'squaw' is a misconception fostered by non-Indians. As the educational and professional level of Indian women improves, they're as interested in feminism as other women.

"I know minority men as a whole have been somewhat threatened by the women's movement. But I tell them, 'If you want to act just like white men, that's what you're doing.' Discrimination in any form will hurt you in the long run."

LaDonna Harris knows she presents an unorthodox image for a politician's wife. She knows she is a symbol of hope for thousands of oppressed minorities. And she thinks the country is ready for an activist First Lady.

Despite the fact that Fred Harris is no longer in the '76 presidential running, both he and LaDonna are committed to public service, and no one expects him to give up his presidential ambitions. Perhaps someday LaDonna Harris will become First Lady.

She is optimistic. Several months ago she was on her way to the White House for a meeting with administration officials on Indian affairs. Two reporters caught sight of her heading across the White House lawn. "Hey, LaDonna," one yelled, "what are you doing in the enemy camp?" With characteristic good humor, LaDonna shouted back, "Oh, I'm just measuring the drapes." □

Marianne Lester, associate editor of *Army Times Magazine*, has written articles for *McCall's* and the *Christian Science Monitor*.

ORDER "KIDS' CLOTHES," PAGES 40 & 43

Meredith Gladstone's *Kids' Clothes* is the most practical book you can own to sew for kids. Included in it are four basic sewing patterns with all instructions, from which you can create a year-round wardrobe for either a boy or a girl, ages 1 to 5. You'll find special chapters devoted to *basic instructions* (selecting fabrics, cutting out garments), *decorations* (ideas for appliqué and embroidery) and *pockets* (jean, pouch, safari). The basic shapes included are a button shoulder dress and jumpsuit, embroidered jean overalls (which son Gregory wears, page 43), jacket and sweaters—plus variations of each. The hardcover book has 128 pages, with color photos and black and white illustrations.

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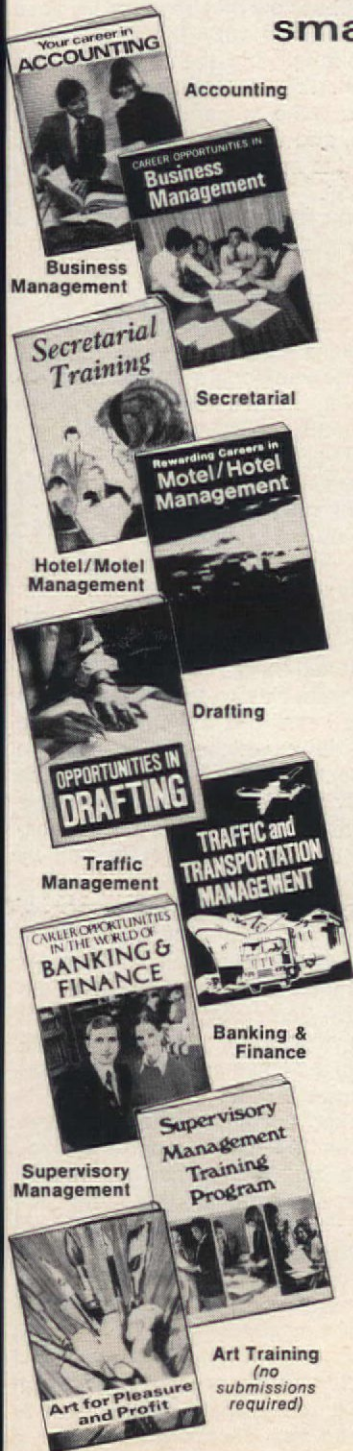
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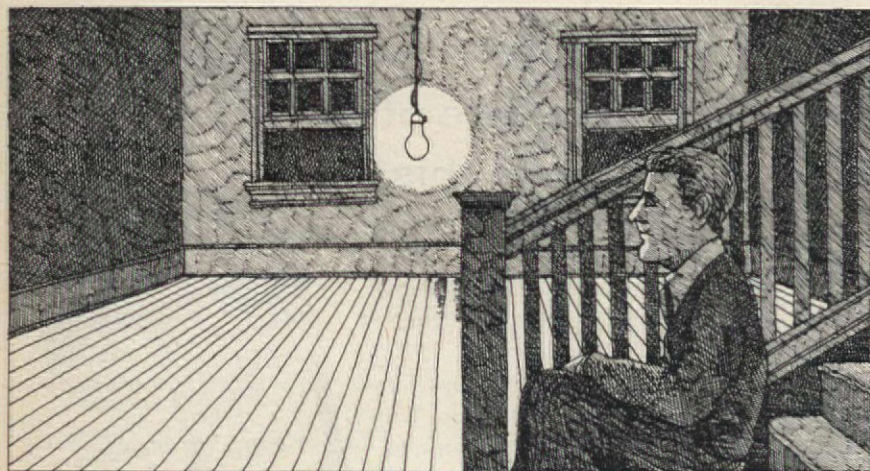
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STARTING OVER—ALONE

By NED WILLIAMS

"Here I was, alone after a quarter of a century of marriage—my four grown children scattered—and facing the prospect of starting over at the age of 53."



When I first went back to the house after my divorce five years ago, it was a shock to find all the furniture gone from the living room, dining room and bedroom. It had been agreed beforehand, of course, that my wife would take these things, but the reality of the empty rooms became a metaphor of my life. I sat on the hall steps looking at the naked light bulb suspended from two wires where the chandelier had been.

For some reason, I remembered a time 10 years earlier when a single man bought a house in the neighborhood and everyone seemed uneasy about his being there. Why didn't he go to an apartment in the city like other single men? Was he some kind of a nut? I wondered if people would have the same attitudes toward me.

After a while, it occurred to me that I'd need a place to sleep, so I went to a department store and bought a bed and some sheets and blankets for same-day delivery. On the way home I stopped at the market for food. By that time I felt better. Being busy kept me from feeling sorry for myself.

In the months to come, I thought a lot about moving out of the house, but kept putting off the final decision. The house itself is ridiculously large for one person, but I hoped I wouldn't always be alone. It is in the New York suburbs on a lake, which means I can swim in the summer, paddle a canoe most of the year and even ice skate sometimes in the winter.

The street level has a super-large living room facing the lake plus a din-

ing room and kitchen. The upper level has a very large bedroom on the lake side and two smaller bedrooms and two baths. Since the land slopes down to the water, the lower level containing a studio, family room, second kitchen, bath and laundry is all above ground. An elevator connects the levels.

I finally decided to stay on, even if that meant giving up many other things. I'm still there.

I didn't want to be dependent on cleaning people, and I couldn't afford them anyway, so I left the living room and dining room completely unfurnished, which makes them easy to care for. I have put lots of pictures on the walls, and my guests enjoy the informality of sitting on cushions. When I have a dinner party I spread a plastic sheet on the floor. The lower level of the house is conventionally, although sparsely, furnished, but I enjoy its uncluttered feeling.

That first year was very tough emotionally, as it is for most people after a divorce. I had just started a new stock brokerage business, and that really kept me busy. But when I wasn't working, I played tennis or cleaned the house—anything to keep my mind off my problems.

After that first year, with the help of psychotherapy, I began to widen my horizons. During my married years my friends were a pretty homogeneous lot, very much like my wife and me. I learned to be comfortable with people of different ages and with disparate attitudes. I began a relationship with an exciting young woman writer. I

learned to dance, I learned to play. All the enjoyable things I didn't do in that other life became possible.

Giving parties was once painful for me, because I felt the need to be a "host," but now they're great because everyone helps with the preparation and clean-up, and the atmosphere is informal. Friends stay overnight. My children come to visit and bring their friends, and they become my friends. I started to become a *doer* instead of a spectator.

During World War II, I had been a military glider pilot, and I have begun to soar again in sailplanes. There isn't time to do this often, but when I do, it can be a peak experience. This year, I have joined a ceramics workshop and find pottery-making a wonderful creative outlet. There's not much furniture in the house, but loads of ashtrays. Lately I've been doing sculptures in clay, marveling that these crude pieces can bring me so much satisfaction.

How do I find time to do all these things? My daily routine is to get up at 6:30. By the time I leave the house an hour later, I have made the bed, washed the breakfast dishes and straightened things up a little. The 30-minute train ride to the city is a boon because I can read the paper or sleep or just think, whichever I happen to need most that day. I leave the office promptly at 4:00, so I can rest awhile before the evening activity. On weekdays, I usually try to get to bed by 11:30.

Things aren't always great, of course. There are still periods of loneliness and sometimes depression. At times, I look at my work and feel it's worthless. Some days I wonder if I'm capable of sustaining a real relationship with a woman again, now or ever. The prospect of retiring someday is frightening, but increasingly I believe I'll be able to keep busy and involved. I have a long way to go, but when I think back to the beginning of my single life, I realize how far I have come since that grim day five years ago when I stared at that naked light bulb in my empty house and faced the reality of starting over. □

"Ned Williams" is a pseudonym for a New York stockbroker who is also a successful free-lance writer.

ILLUSTRATION BY ROBERT BYRD

My slacks didn't stretch. I "shrank" 79 pounds.

By Shirley Wentz—as told to Ruth L. McCarthy



Me, at a gross 200 pounds. Next to my baby laughter, I really look like I weigh more.

That's right. I went from a solid 200 pounds to a trim 121 and wound up looking like Mrs. Baggy Pants. But it was the most beautiful sight in the world to me.

Funny thing is, I never really thought I looked as big as I did. My husband certainly never said anything to me about my weight. And it's probably just as well because I hurt easily. I remember once, when visiting my father-in-law, he said: "Shirley, you make two of your sisters." I didn't say anything but I didn't go back for another six months.

Meanwhile, I tried several drastic ways of losing weight. Mainly through the mail. By that I mean I sent away for diet pills. One ad said something like "Lose weight overnight while you're sleeping." But like the other things I tried, these pills didn't work, either. So I continued to eat ice cream, potato chips, pizza, bread—enough fattening food to fill out a size 20 dress. I also tried "starving" myself. But I got sick and even had dizzy spells.

Finally, I went to my doctor and asked him for some reducing-drug pills that would work. But I didn't get any satisfaction there, either. He simply said: "Shirley, if you'd just set your mind to losing weight, you could do it." My problem was I knew I couldn't do it without help. So I went back to looking through magazines for some kind of reducing aid. And you know what? I found one. Only it's spelled A-y-d-s, the reducing plan candy that contains vitamins and minerals but no drugs. I bought a box of the vanilla caramel kind at one of the stores in Hanover, Pa.; then I



started following the Ayds plan.

I took two Ayds before each meal, either with hot coffee or with hot broth, and those candies really helped satisfy my appetite. I was able to eat regular meals, but I ate smaller portions. At supper, for instance, I'd have a piece of meat, potato, a vegetable, even a little bread. And I was happy. Of course, the weight didn't come off overnight, but I sure lost it steadily. I know because I kept a record. There's a chart in each Ayds box and by writing down how many pounds I took off each week, I always knew where I was at. Why, in the first few weeks, I dropped 10 pounds, yet I overheard a woman in a store say it took her three months to lose the same amount on another diet.

As the scale went down more, I began getting out more. I even dragged my husband onto a dance floor to do "The Bump". Why, it made me feel like a teen-ager again. It also made me feel stiff and sore, but not for long. Besides, it was good exercise and well worth the laughs. So you can see I really had fun getting down to 121 pounds. What's more, thanks to the Ayds plan, I can nearly get both my legs into one leg of my old fat slacks. Isn't that nice?



Me, at 121 pounds. I keep those baggy pants around to remind me never to get fat again.

BEFORE AND AFTER MEASUREMENTS

| | Before | After |
|------------|----------|----------|
| Height.... | 5'3½" | 5'3½" |
| Weight ... | 200 lbs. | 121 lbs. |
| Bust..... | 38" | 33" |
| Waist..... | 38" | 24½" |
| Hips..... | 44" | 32½" |
| Dress..... | 18-20 | 7-9 |

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PSOREX MEDICATED CREAM



HEALTH AND BEAUTY

continued from page 14

depends on previous sun exposure and skin type, but one doctor I spoke to says that a 15-minute limit should be set for everyone.

Remember, your age can greatly affect your tolerance for sun. Children can tolerate only half as much exposure as adults; older people, too, need extra protection.

Remember, almost all the burning ultraviolet rays are transmitted by water. Be sure you count swimming time as part of your total sun exposure for the day. Apply your sunscreen or sun block—if only lightly—before your dip, renew it when you come out of the water.

Forget all those recipes for homemade sun preparations. Neither baby oil nor mineral oil is effective or even good for you in the sun.

Remember to get plenty of all the B vitamins during the sun season. Melanin, the tanning pigment, can only be produced if the body's supply of elements found in the B vitamins is high. Adding wheat germ or brewer's (food) yeast to your diet will greatly increase your B vitamin levels.

Remember, antibiotics, diuretics and tranquilizers may cause your skin to become photosensitive (a blotchy condition brought about by the reaction of certain chemicals to sunlight). In the past, many perfumes contained natural ingredients that could also cause photosynthesis. Now, safe synthetics have replaced the risky elements in most perfumes, but you might find the alcohol in fragrances irritating in the sun, especially if you have very sensitive skin. Try putting a clean, fresh smell in your outdoor life by spraying fragrance onto your cotton scarf, your tennis towel, anything you wear and wash.

Remember, cheating is fair when the game is suntanning. Instead of risking permanent sun damage to skin, it's a good idea to investigate the new bronzing gels and sheer waterproof makeups that can give the look of a glowing tan. Many have sun-screening or sun-block agents built in. Read the label carefully, then pick the one that works best for you.

Remember, where you take your sun is important, too. Ten minutes in the noon sun of Flagstaff, Ariz. (elevation: nearly 6,000 feet), will give you a sunburn equal to what a half-hour on a Florida beach would produce. That's because at high altitudes the sun's rays must pass through less of the earth's atmosphere and thus are shorter, hotter and stronger. The closer your strip of sandy beach is to the equator, the stronger the sun is and the closer you have to watch it. Back in your own backyard, the sun

life is easier: Green grass won't reflect the sun's rays; sand and water will. And those reflected rays will burn you—that's why you can't depend on beach umbrella for protection.

Forget the idea that "you get worse burn" on a hazy day. You will get the same bad burn with overexposure on a day that's sunny or hazy. But the scattering of radiation produced by haze doesn't give you the same early warning of trouble that you get on a hot, sunny day.

Forget your book but not your sunglasses when you go to the beach. The excessive glare of sun on printed pages is too strong for any but the very darkest of dark glasses. Instead of reading on the beach, take a walk or swim; play volleyball.

Remember, hair can sunburn, too. Keep it under a cool covering whenever you can—men and women can wear hats when golfing or on the beach. For women, a cotton scarf wrapped around the head is fashion as well as function this summer. For times when you can't cover your head, comb through a no-rinse conditioner (such as Alberto VO5) before going out in the sun and the wind. Rinse your hair with fresh water after swimming in the ocean or pool, and shampoo your hair when you get home.


BETWEEN YOU AND THE SUN

Consider the invisible protection of the super, new protecting agents.

A sunscreen will block most ultraviolet rays but let tanning rays filter through. This is done chemically, and some chemicals are more effective than what they do. PABA—para-aminobenzoic acid—is one of the most effective sunscreens. The often cited drawbacks of pure PABA products are that they stain clothing. But there are sunscreens available, with derivatives of PABA, that are effective and without drawbacks.

The law requires that any product claiming to prevent sunburn must list all sun-screening chemicals on the label. Especially effective ones, in addition to PABA and its derivatives, include cinoxate, homosalat and benzophenones. These chemicals should be in a cream or lotion form if you tend to burn easily; a oil or tanning butter is for the sun worshiper who very rarely burns.

A sun block is the most complete protector. It will shield the skin from both ultraviolet and tanning rays. If you can't, shouldn't or don't want to tan, or if you plan to spend a long time in the sun and don't want to deepen your tan, use a sun block. That tried-and-true, zinc oxide ointment, is still good, especially for the area under your eyes that is not so delicate but very sensitive. Now, though, there are effective and invisible sun blocks in clear lip pomades. Get one and use it, not just on lips but on all the tender spots.



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a lacelike crochet stitch and fringed on two ends. The afghan is easy and quick to do. It's also wonderfully practical, made of machine-washable Orlon. When completed, it measures 50" x 70". Price of kit: \$15.95. Complement your afghan with a matching pillow (left). It's 16" x 16". Price of the kit: \$4.98. To order, see coupon, page 101.

A rare opportunity to acquire a historic collection on a convenient monthly acquisition basis...

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AN OFFICIAL ISSUE OF THE COLUMBIA MINT, WASHINGTON, D.C.



A strictly limited edition of 50 pure silver (.999 fine) ingots issued in recognition of our Nation's Bicentennial.

To Clarify Detail Ingot Shown Approx. 25% Larger Than Actual Size (1-1/8 x 1-15/16)

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MONEY BACK GUARANTEE 204

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COOL DESSERTS TO WHIP UP IN THE BLENDER



Grind nuts or cookies, whirl fruits, whip cream or eggs — using our recipes and your blender you can turn out luscious, lighthearted creations in no time.

PINEAPPLE SNOW

Pour 1 can (20 ounces) crushed pineapple packed with juice into shallow pan; freeze 30 minutes or until partly frozen. Meanwhile peel and section 1 medium grapefruit. Put 2 large egg whites and $\frac{1}{8}$ teaspoon cream of tartar into blender container. Cover. Blend on high speed until frothy. Add 2 tablespoons sugar or sugar-substitute equivalent. Remove cover and add chunks of frozen pineapple alternately with grapefruit bit by bit. Whirl until slushy. Turn mixture into individual stemmed sherbet dishes or footed compote dish. Freeze until firm yet soft enough to spoon. Makes 6 tart, low-calorie servings.

STRAWBERRIES CARDINALE

With small knife cut peel off 1 navel or Valencia orange and remove all white membrane. Coarsely cut up peeled orange; put in blender container. Add 1 package (10 ounces) frozen raspberries, cut into 1-inch chunks. Cover. Blend on high speed until smooth. Rinse and hull 2 pints fresh strawberries. Place in serving bowl. Drizzle with raspberry sauce. Chill until serving time, about 1 hour. Spoon dollops of dairy sour cream on each serving. Makes 8 servings.

PEACH GRANITÉ

Put 4 large or 6 small sherbet dishes in the refrigerator to chill. In blender container place 2 packages (10 ounces each) frozen peaches in quick thaw pouch, cut into 1-inch chunks, 2 tablespoons orange liqueur or Grand Marnier, $\frac{1}{4}$ cup orange juice and 1 teaspoon grated orange peel. Cover. Blend on high speed, stopping and stirring frequently with rubber spatula, until mixture is pureed. Spoon immediately into dishes. Freeze until serving time. If frozen longer than 2 hours, remove from freezer 10 minutes before serving. Makes 4 to 6 servings.

APRICOT SWIRL

Put 1 can (17 ounces) apricot halves, well drained, 2 tablespoons confectioners sugar and 1 teaspoon lemon juice in blender container. Whirl until smooth. Layer puree in 4 small parfait glasses alternately with 1 carton (8 ounces) vanilla yogurt. Stir each glass once around to swirl. Chill until serving time. Makes 4 servings.

BANANA COTTAGE CHEESECAKE

In covered blender container whirl 5 graham crackers, broken into pieces, until crumbled or use $\frac{2}{3}$ cup packaged graham-cracker crumbs. Pour into 8-inch springform pan. With fork, mix in 2 tablespoons softened butter or margarine. Press buttered crumbs well into bottom of pan. Rinse blender container. Put $\frac{1}{4}$ cup cold water, 2 tablespoons lemon juice and 2 envelopes unflavored gelatin in container. Heat $\frac{1}{2}$ cup evaporated skim milk to boiling. Add to gelatin mixture. Cover. Whirl until gelatin is dissolved. Add 1 carton (16 ounces) cottage cheese, 2 egg yolks, $\frac{1}{2}$ cup sugar, 1 teaspoon rum flavoring and 2 bananas, peeled and broken into chunks. Cover. Whirl on high speed until smooth, stopping and stirring frequently with rubber spatula. Pour into crumb-lined pan. Chill until firm or freeze for fast chilling. With knife loosen cheesecake from sides of pan; remove rim. Peel and thinly slice 1 large banana; arrange over top. Makes 8 servings.

MOCHA ALMOND TORTE

With serrated knife, cut 1 frozen pound cake (10 $\frac{3}{4}$ ounces) horizontally into 4 thin layers. In blender container put $\frac{1}{4}$ cup unsweetened cocoa, 2 tablespoons instant coffee, 2 cartons ($\frac{1}{2}$ pint each) heavy cream and $\frac{3}{4}$ cup confectioners sugar. Cover. Blend on low speed, stopping and scraping frequently with rubber spatula, until mocha cream is fluffy and smooth. Do not overbeat; cream will curdle. Mixture should be firm enough to spread. Fill and frost cake layers on serving

platter. Sprinkle or border top with sliced or slivered almonds. Freeze before serving, about 30 minutes, or chill 1 hour. Makes 8 servings.

MINT JULEP CUP

In blender container put $\frac{1}{4}$ cup fresh mint leaves and $\frac{1}{4}$ cup bourbon. Cover. Blend on high speed until leaves are pulverized. Add one quarter of 1 quart vanilla ice cream. Whirl until mixed, stopping and stirring down with rubber spatula. With spatula, stir in remaining ice cream. Spoon into 4 large or 6 small juice glasses. Freeze until firm. Before serving, garnish with sprig of mint. Makes 4 to 6 servings.

COCONUT SPICE CAKE

Heat oven to 350°. Grease and flour 9x9x2-inch baking pan. In covered blender container whirl 2 large eggs, $\frac{3}{4}$ cup milk, $\frac{1}{2}$ cup sugar, 1 teaspoon pumpkin-pie spice, 1 teaspoon vanilla and 2 tablespoons butter or margarine. Add 1 $\frac{1}{2}$ cups buttermilk baking mix. Blend on low speed just until well mixed. Pour into pan. Bake 30 minutes or until wooden pick inserted in center comes out clean. Meanwhile, blend 2 tablespoons butter or margarine, $\frac{1}{3}$ cup light-brown sugar, $\frac{1}{3}$ cup flaked coconut and 1 tablespoon milk. Remove cake from oven. Turn oven to broil. Spread coconut topping over cake. Broil until golden and bubbly. Serve cake warm. Makes 9 servings.

LOW-FAT CHOCOLATE FLUFF

In blender container put 2 envelopes unflavored gelatin and $\frac{1}{2}$ cup boiling water. Cover. Blend on medium speed until gelatin dissolves. Add 1 $\frac{1}{3}$ cups instant nonfat dry milk and 1 cup ice-cold water. Cover and blend until fluffy. Add $\frac{1}{3}$ cup unsweetened cocoa, $\frac{1}{3}$ cup sugar, dash of salt and 2 teaspoons vanilla; blend until mixed. Add about 2 cups ice cubes; blend on high speed until ice is crushed and mixed. Let stand 5 minutes until set. Spoon into dessert dishes. Serve immediately or chill. Makes 6 low-calorie servings.

CHAMPAGNE MARQUEE

Put 1 can (11 ounces) mandarin orange segments with their syrup in shallow metal pan. Put 1 cup champagne into ice cube tray. Freeze both until slushy, about 35 minutes. Spoon oranges, champagne, 1 tablespoon lemon juice and 2 tablespoons confectioners sugar into blender container. Cover. Blend on high speed until pureed, stopping and stirring with rubber spatula frequently. Fold in 1 carton (4 $\frac{1}{2}$ ounces) frozen whipped topping. Return mixture to shallow pan. Freeze until firm. Spoon into chilled champagne glasses. Makes 4 to 6 servings.

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stand. The Armoire has real little metal hangers. The "four poster" bed has a separate inch-thick mattress and matching floral printed canopy, spread and bolster of real fabric and lace. Every feature is authentic, and each piece is fully assembled. (These are not kits). Wonderful for collectors and superb for a luxury doll house.

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FOREIGN VEGETABLES

continued from page 62

tightly packed heads with wide, flat white leaves rimmed with green. The other, the Napa type, is squat and solid, with crinkled light-green to yellow leaves. Neither has a cabbage odor or flavor when cooked in soups or stir-fried dishes. Napa cabbage can also be used like regular cabbage in making shredded salad though it tastes more like celery. Store refrigerated in plastic bag.

Chinese chives have larger grasslike leaves than chives we are familiar with. Chives were brought to China about 2,000 years ago and used medicinally as an antiseptic. Flavor is not different—mild—but Chinese chives have white flowers, while regular chives have pink or purple ones. Use chopped chives in flavoring salads, soups or eggs.

Daikon is a Japanese radish very similar to lo bok, a Chinese turnip or icicle radish. Can be used interchangeably. Grown in Hawaii, daikon is larger than lo bok and tapers to a point. Often pickled or shredded for relishes or thinly sliced into soups and salads. Use thin strips or slices on raw vegetable trays. Mildly hot flavor. Chinese like to stew chunks of them. Select firm roots. Store in refrigerator up to 1 week. Scrub; peel with vegetable peeler and cut as desired.

Ginger is native to India and China. A little goes a long way to season foods, even desserts. Chinese don't even bother to peel before using. The simply cut off a well-rinsed piece, crush with back of a knife, then fry in oil until oil is seasoned. Remove and add foods to stir-fry. This pungent aromatic rhizome can be kept on hand by peeling pieces with peeler. Store in a jar of dry sherry and keep refrigerated. Remove pieces as needed. One tablespoon fresh grated ginger may be used in place of 1/8 teaspoon powdered dried ginger.

Chinese green beans are used like regular green beans, but don't have to be de-stringed and are uniformly 12 to 16 inches long. Pencil-thin beans are snipped at ends, then cut into 2-inch pieces, blanched then sautéed or can be marinated in salads. Sold bunched.

Lotus root grows underwater in sections like sausage links. Pinkish white with holes when sliced crosswise, may be eaten raw when peeled or cooked. Has a delicate chestnut flavor and spongy texture, eliminated by cooking. Slice thin, dip in batter and deep fry for unusual appetizer. Ideal in soups or with vegetable combinations. Here's a refreshing salad.

Lotus Root Salad

Rinse 1 lb fresh lotus roots under cold running water. Peel skin with peeler. Trim off ends. Cut crosswise into 1/4 inch slices. Drop into cold water to prevent discoloring. Blanch slices in boiling water 1 minute. Drain. Rinse in cold water. Pat dry. Add 1 Tbs soy sauce, 1 Tbs white vinegar, 1 Tbs sugar, 2 tsp sesame seed or vegetable oil and 1/2 tsp salt. Toss. Chill 1 hour. Serves 6. (continued on page 89)



PHOTOGRAPH BY ANDRE GILLARDIN



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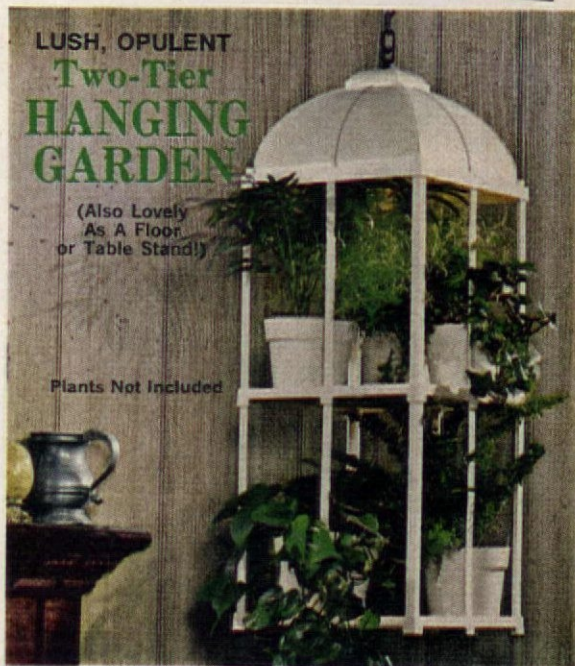
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MEMENTOS OF OUR AMERICAN HERITAGE

Create your own souvenirs of the Bicentennial. Stitch a colorful cherry branch on a 17" square linen pillow (top). It's easy enough for beginners. Backing and cording are included. Or crewel a design of the famous Paul Revere ride printed on a linen twill footstool (above), which measures 7"x15"x7" when completed. Kit includes fabric, wood sections (unpainted), wool, screws and padding material. The Liberty Sampler, "Proclaim Liberty throughout the Land" (left), is a 12"x16" crewel piece whose slogan is part of America's history. To order, see coupon, page 101.

Who'd want to invest in a bunch of revolutionaries?



They didn't exactly look like winners.

But then our revolutionary army beat the British at Saratoga in 1777. And people recognized Washington's men as an army, rather than a band of renegades.

So faith was won as well as a battle. And investments in our government's securities started picking up.

It took courage to take

stock in America back then. But it paid off.

And it can do the same for you now.

Just join the Payroll Savings Plan, or buy U.S. Savings Bonds at your bank. There's no safer, easier way to build your savings.

Buy the specially designed Bicentennial Series E Bonds. Those brave revolutionaries would be proud.

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Take stock in America.

200 years at the same location.

QUESTIONS FROM READERS

By MARVIN D. SCHWARTZ



White with a rough texture, this vase has been in our family for three generations. Any information you could supply would be appreciated.

—(Mrs.) P.K., Madison, Wisc.

The vase you own is made of an unglazed white ceramic known as Parian ware, introduced in England in the 1840s, so called because it was considered as white as Parian marble. It was used for small sculpture as well as decorative pieces. The hand holding a lily was a typical mid-19th-century theme, perfect in pure white. While this vase is most likely an English example, Parian was made at a number of American potteries between 1850 and 1890.



This teapot, of pewter we believe, has been passed down from my great-great-grandmother. The markings contain the words ". . . & Hart." Can you identify the manufacturer?

—L.E.K., Spring Valley, N.Y.

The teapot you own is a fine example of 19th-century American pewter by one of the better-known makers. The mark should read "Boardman and Hart, N York," a firm that thrived from 1828 to 1853. The squat shape of the body and the scroll handle are characteristic for the 1830s and '40s. These represent a variation on the classical urn forms used in silver, adapted to meet the needs of the spinning technique in the factory production of pewter. This urn was made in the last years that pewter was manufactured on a large scale.



We recently purchased six of these chairs and were told they were about 150 years old. They are made of tiger maple and appear to be handmade. Could you tell us anything more about their style and period, and whether they are, in fact, that old?

—C.O., Richmond, Va.

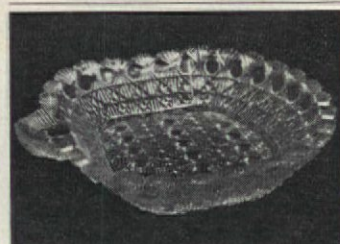
Your chairs are handsome examples of American Empire furniture first produced between 1820 and 1840. They are unusual, as mahogany and rosewood were more commonly used. Graceful curved legs mark yours as early 19th-century examples; chairs produced in the 1890s, when the style was revived, have clumsier legs. Design of such chairs, inspired by Greek and Roman frescoes, resulted from a desire to adapt the best of ancient art to latter-day needs.



This chair has been in our family some 50 years. It was supposedly 350 years old when given to us. The material seems to be solid teak, hand-crafted and assembled without nails or screws. We were told it's a cathedral chair; others have called it Chinese, however. What and how old do you think it is?

—E.A.D., Glendale, Calif.

Your chair is Chinese. Its straight legs, the seat set on the legs with the subtle molding all around and the carved elements under the seat, are each indicative of Oriental craftsmanship. However, the shape of the back and the carving on it are not standard, thus a cause for puzzlement. The most likely reason for the unusual variation is that the chair was made in the late 19th century. For it was then that Chinese craftsmen were adventurous.



This small blue glass dish, in our family since about 1880, has a rough design on its underside. Can you tell me about its history?

—E.F., St. Paul, Minn.

Your dish was made in the United States at the end of the 19th century, very likely in Pittsburgh, at that time the center of the American glass industry. It is the kind of colorful pressed glass that was typical then, its pattern inspired by the elegant cut glass of the period. Collectors have named the many diverse patterns produced at the time. While this is close to the pattern they have named "Daisy and Button," it is a less well-known variation.



Please tell me about this sugar bowl. Stamped on its bottom are the words "Meriden Company, 1874." Could it be that old?

—(Mrs.) B.S., Los Altos, Calif.

The design of your bowl, an elaborate Renaissance Revival style, was fashionable in the 1860s and 1870s. Meriden was one of the most important manufacturers of silver plate in the 19th century—and still is. Although the animal's head and legs are a rare detail, the plain handles and engraved medallions of the bowl are characteristic. If you still have the cover for this sugar bowl, treat it with care; the cover will increase the value.

We can't appraise an object for you, but we can tell you about its style and origin. Send descriptions plus clear black-and-white photo to: Questions About Antiques, American Home, 641 Lexington Ave., New York, N.Y. 10022. Sorry, we cannot return photos or send personal replies.

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PAISLEY: authentic Kashmir design that swirls prettily in combinations of brown and beige; dark and light blue; acid green and teal blue.

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CANING: bold, geometric look, great in modern or traditional settings; in crisp brown/white or green/white.

GARDEN BOUQUET: Palette of springtime flowers profusely scattered on fresh, clean white.

BAKUBA: free-spirited mix of light brown/terra cotta/light blue, with a primitive beat.

STRAWBERRY: ripe red berries and green leaves dropped on soft beige or striking black.



Paisley brown

Paisley blue

Paisley green



Ching yellow

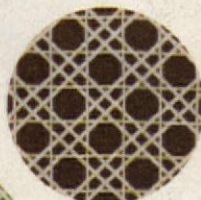
Ching red



Strawberry beige



Strawberry black



Caning brown



Caning green



Garden Bouquet



Bakuba

Simulated wood-grain table in heavyweight corrugated cardboard measures 20" in diameter, 26" high. Supports up to 100 pounds. Arrives in two parts that lock together quickly, without tools.

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Order as many extra cloths as you want! Cloth alone: \$9.50; Table alone: \$6.95. All prices include postage and handling.



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Enclosed is my check or money order (no cash, please) to GOOD HOUSEKEEPING
Please send me the items in the quantities I have indicated below:

| | PAISLEY | | | CHING | | CANING | | GARDEN BOUQUET | BAKUBA PATCH | STRAWBERRY FLORAL | | UNIT PRICE | TOTAL |
|---------------------|---------|------|-------|-------|--------|--------|-------|----------------|--------------|-------------------|-------|------------|-------|
| | Brown | Blue | Green | Red | Yellow | Brown | Green | | | Beige | Black | | |
| Cloth and Table Set | | | | | | | | | | | | \$13.95 | |
| Cloth Only | | | | | | | | | | | | \$9.50 | |
| Table Only | | | | | | | | | | | | \$6.95 | |

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(Sorry, we cannot handle Canadian, foreign or COD orders.)
Please allow 4 weeks for delivery.

COOKING WONDERS WITH A WOK

The wok has been a mainstay of Chinese kitchens for centuries. The Chinese love its versatility and the speed with which a sumptuous meal can be prepared. You'll love it for the same reasons! The wok's unique bowl shape disperses heat quicker and more evenly than the standard frypan, enabling you to stir-fry vegetables and meats in minutes while retaining more vitamins, minerals and flavor! The wok also makes a perfect saucepan, deep fryer, sauté and braising pan. Use it for steaming, simmering and parboiling. It even prepares soups and works equally well on a gas or electric range. For the special low price of \$11.49 (plus postage and handling) you can own the set pictured at right: 14" heavy-gauge steel wok, steel ring and brushed aluminum cover. At no extra charge you will also receive an instruction booklet plus recipes. To order, see coupon on page 101.



Chinese okra, called luffa by gardeners, looks like African okra, but there are no seeds. It grows up to 6 feet tall, feels spongy, has edible seeds, and tastes like cooked cucumber, is crunchy and juicy, refreshingly sweet. To prepare, peel with peeler to remove the strings in the ridges and stems. Cut off ends. Cut into thick slices or chunks. Must be cooked quickly like cucumbers. Use as ingredient in other vegetables in stir-fry dishes, or sauté in butter like squash. The Goo looks like water chestnuts, tastes like potato and is a starch substitute in Oriental menus. Grown under water, the tubers are very moist with a soft parchmentlike skin covering. To prepare, scrape skin off with knife. Cut off tips. Cook as you would potatoes by boiling, stewing, frying. Snow peas are called edible podded peas, sugar or Chinese pea pods. Sold fresh by pound or packaged frozen. Can be grown easily in home gardens. To prepare, snap off both ends and remove strings. Rinse. Blanch in boiling water before stir-frying in oil or oil and enjoy in salads. Adds variety of color to appetizer relish tray.

The root grow wild in the Tropics and cultivated and eaten not only in Japan and Hawaii, but also the West Indies. It is a staple of the Pacific where it is eaten like potatoes, boiled or fried, roasted or ground into flour. Japanese call it dasheen. Hawaiians eat it in the form of poi. The roots vary in size, round to oval and pointed, all with rough barklike skin. Internal color ranges from white to pink or purple. Boiled or steamed, it has texture of a starchy potato, the flavor recalling chestnuts or almonds. To prepare, peel tough skin with knife. Cut in 1/4-inch slices. Sauté in bacon drippings with sliced green onions until tender and lightly browned. Season.

Water chestnuts are enjoyed raw or stir-fried in the Orient. Their flesh is apple-like, sweet and starchy. If cooked, as sold in cans, starchy texture is gone. The edible bulb, once grown wild in the Tropics, is an aquatic vegetable cultivated now in Florida. Sold by the pound; look for firm ones. Store refrigerated in plastic bag. To prepare, rinse in water to remove dirt. Peel tough brown skin with knife, cut off tips. Rinse again. Slice into salads. Adds refreshing crunch.

Water melon is used primarily as a soup ingredient. Tastes like soft, watery cucumber and turns translucent when cooked. Best season is winter, but is stored and sold all year. Shaped like a round watermelon up to 12 pounds or more, has a tough, apple-like skin with chalky white dust. Peel whole or any size slice you want. To prepare whole, scrub skin to remove dust. Cut off top stem end. Scoop out seeds. Steam whole with chicken broth and other vegetables in a pot for a delightful soup in its own liquid, or peel off skin and cut into chunks and blanch in water. Drain, top with a sauce and buttered crumbs. □

SEAFOOD STUFFED MUSHROOMS

20 large dried Chinese mushrooms
1 tablespoon vegetable oil
1/2 pound fillet of rock cod or perch
6 shrimp, peeled and deveined
2 tablespoons chopped fresh cilantro
5 fresh water chestnuts, peeled and chopped or use canned
1 tablespoon light soy sauce
1 tablespoon sesame oil
Dash of salt
1. Soak mushrooms in water overnight. Drain. Drop into boiling water 1 minute. Drain. Pat dry. Cut off stems. Toss caps with vegetable oil.
2. Chop cod or perch and shrimp until pastelike. Combine seafood with remaining ingredients. Fill caps with mixture; place on heatproof dish or pie plate. Steam in bamboo steamer 5 to 10 minutes or until fish is done. Without steamer, place dish over custard cups in saucepot with 1 inch boiling water. Makes 4 to 6 servings.

GINGERED CRAB AND ONIONS

2 live Dungeness crabs, or use any local crab variety but buy more
3 to 4 tablespoons vegetable oil
2 pieces (1-inch) fresh ginger, crushed
2 cloves of garlic, peeled and crushed
1 teaspoon salt
1 small bunch green onions, trimmed of roots and cut into 2-inch pieces
2 tablespoons chopped fresh cilantro
1. Put crabs in sink. Pour boiling water over them to cover. Drain. Rinse in cold water. Scrub crabs. With each, snap off tail and tear off top shell. (Reserve coral and crab fat, if you choose.) Discard spongy gills and soft stomach under the eyes. Remove legs and claws from bottom shell or body. Cut body into 2-inch pieces. Crack shell of legs and claws.
2. Heat wok or large saucepot over high heat. Add 3 tablespoons oil, ginger, garlic and salt; stir-fry to flavor oil. Discard ginger and garlic or leave as traditionally done. Add crab and reserved coral. Stir-fry 5 minutes or until shells turn red. Add more oil, if needed. Add onions and cilantro. Transfer to serving platter. Makes 4 to 6 servings.

BEEF WITH GREEN PEPPERS

1 pound flank steak or boneless beef
3 small green peppers, seeded
2 medium-size onions
2 tablespoons soy sauce
2 teaspoons cornstarch
2 teaspoons dry sherry
1 teaspoon sugar
4 tablespoons vegetable oil
1 teaspoon salt
1. Slice beef into thin strips. Cut peppers into strips and peeled onions into thin wedges. Mix beef, soy, cornstarch, sherry and sugar.
2. Heat wok or skillet over high heat. Add half of oil, salt and vegetables. Stir fry until tender but crisp. Remove to bowl. Add remaining oil. Add beef. Cook 1 minute, stirring once. Return vegetables. Stir-fry until beef is medium. Spoon into serving dish. Makes 4 to 6 servings. □

Price Breakthrough!

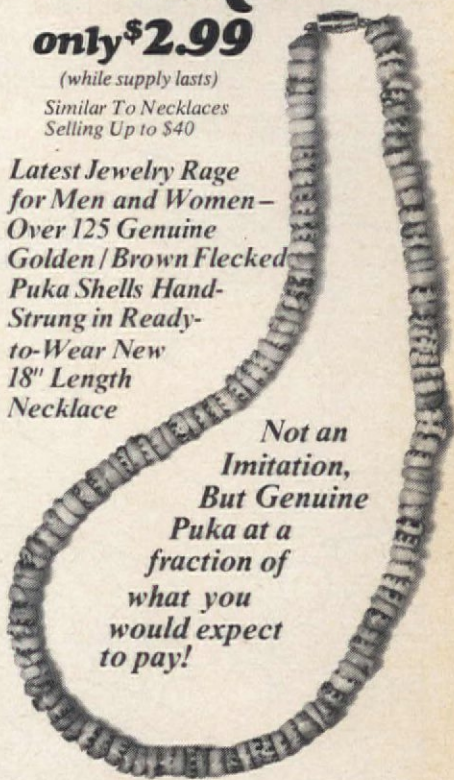
Genuine Tiger Shell Puka Necklace

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Not an Imitation, But Genuine Puka at a fraction of what you would expect to pay!

"Fabled Shell Jewels of the Sea" imported from the South Pacific

Found on the romantic South Sea Island beaches are the magnificent Tiger Shells, whose sparkling gold and brown marbling against a pearl-white background make them one of the most prized—and imitated—in the world. From this rare shell the exquisite Puka necklace is fashioned! The shells are sorted, then polished before they are strung, and over 125 shells are required to make just one Puka necklace. Each is 18" long and is joined by a screw-together silvery clasp. Now, through a special purchase, we are able to bring you genuine Puka necklaces from half-way around the world for a tiny fraction of what others are asking, and they make marvelous gifts for both men and women.

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Please rush Genuine Tiger Shell Puka Necklaces checked below:

1 #17720 @ \$2.99 + 75¢ postage and handl.
 SAVE \$1.50! 2 for ONLY \$5.98 postpaid
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GREGORY'S EMBROIDERED JEAN-OVERALLS

(shown on page 43)

Copyright © 1976 by Meredith Gladstone and Gary Gladstone. From KIDS' CLOTHES by Meredith Gladstone, published by William Morrow & Co., Inc.

GENERAL INSTRUCTIONS

Give a favorite pair of jeans the personal touch with some creative embroidery. The patchwork landscape design can be used as shown; or take parts of it and embellish pockets on a shirt or jacket,

collars on a blouse (see rainbow and monogram motif on Meredith's blouse, page 40). The patchwork landscape embroidery is perfect for bibbed jean-overalls. Use instructions below to enlarge the design and transfer to a finished garment. Be sure to save color picture on page 43 as an easy color and stitch guide when doing project. Jean-overalls are available nationally in Army-Navy stores. If you can't find them, you will find all instructions and diagrams for making short or long overalls in the *Kids' Clothes* book. See coupon on page 66 to order. It also includes an overall

jumper with shirt, pants, shorts and skirt. Order indigo blue 100% cotton denim by White Rose fabrics for A.E. Nathan from Designers Fabrics by Mail, see Shopping Guide, page 94.

When doing embroidery on a garment that is already put together, make sure you don't sew the pieces together. A total of six easy embroidery stitches were used to embroider the landscape. When embroidering, do not use bulky knots. When starting or ending your thread, take one or two small back stitches on the wrong side of the fabric, trying not to go through to the right side.

Fig. 1

Embroidered Landscape And Rainbow Motif

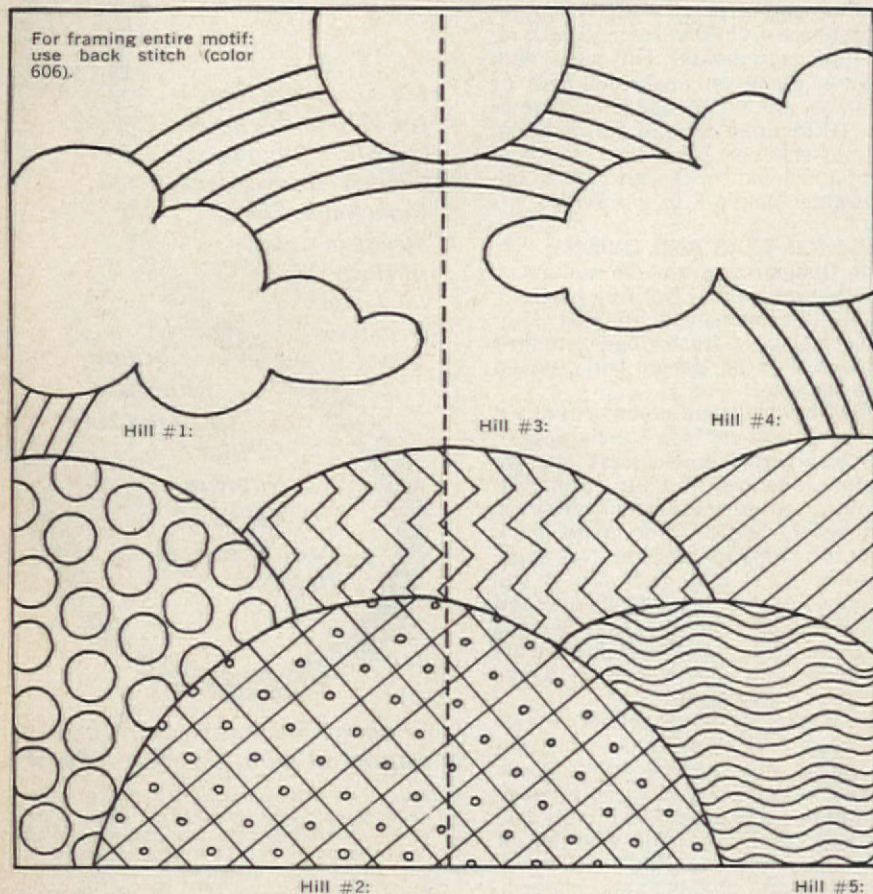


Fig. 2 HOW TO ENLARGE A DESIGN

Mark off design in squares, if it's not drawn on a graph. Count the squares; mark off the same number on the larger area you need for final design. Copy the design outline, square by square, onto the enlarged graph.

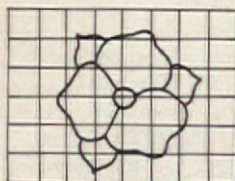


CHART A

D.M.C. Embroidery Floss Color Guide—1 skein of each (numbers in () are D.M.C. color numbers)

| | |
|-------------------|-----------------------|
| Yellow (725) | Pale aquamarine (598) |
| Gold (742) | Sea-green (992) |
| Dark yellow (782) | Green (700) |
| Orange-red (606) | Pale green (369) |

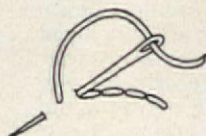
90

| | |
|-------------------|------------------|
| Soft pink (224) | Moss green (987) |
| Violet (552) | Lime green (907) |
| Blue-purple (792) | Turquoise (996) |
| Aquamarine (943) | Snow-white |

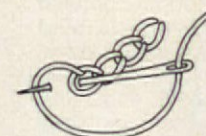
CHART B STITCH GUIDE

Sun: Rows of chain stitch close together (color 725)
 Rainbow: Rows of stem stitch close together (1 row each of the following colors: 606, 742, 700, 996, 792, 552)
 Clouds: Rows of stem stitch swirling around (use snow-white in center, and then outline with 2 rows of color 224)
 Hill #1: Each circle is done in satin stitch, in one of the following colors: 992, 907, 369, 987. Outline the top of hill with stem stitch, using color 992.
 Hill #2: Lazy daisy stitch (color 725) with French knots (color 782) in center. Lines running across hill are done in back stitch (color 907).
 Hill #3: Outline top of hill in stem stitch (color 907). Fill in zigzags alternately with the following colors: 996, 907. Outline each zigzag in back stitch (colors 606 and 224)
 Hill #4: Rows of chain stitch, alternating in colors 943 and 598. Outline tip of hill with stem stitch (color 943).
 Hill #5: Rows of back stitch, alternate the following colors: 700, 725, 606. Outline top of hill with stem stitch in color 700.

CHART C EMBROIDERY STITCHES

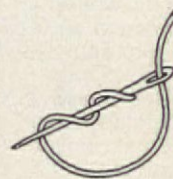


Back stitch:
Work from right to left, keeping stitches of even length.



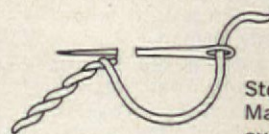
Chain stitch:
Bring needle and thread up through fabric and, holding back a loop of thread,

insert needle again just next to spot it came from. Then bring it back out inside loop and begin again, holding back a new loop. Make all links equal in length and tightness.



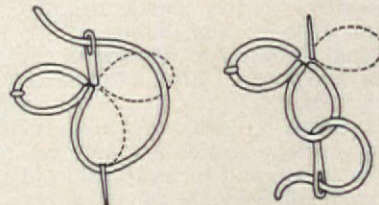
French knot:
Bring needle up from back of fabric and pull thread through. Hold thread firmly about 2" from fabric; wind

tip of needle 3 times around it and insert needle in nearly the same place. Pull thread carefully through to back.

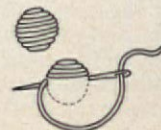


Stem stitch:
Make each stitch overlap the one

before it partway; make stitches of equal length and very close together for a smooth line.



Lazy Daisy: Bring needle up in the center. Hold a loop back with your left thumb where you want the end of your petal, and insert needle back in center next to where it first came out. Bring it out just inside loop; pull thread through and take a short stitch to anchor petal.



Satin stitch:
Made up of many straight stitches taken next to each other.

continued on page 92



“FISHERMAN’S KNIT” NEEDLEPOINT PILLOW KITS

These pillows have the look, the warmth and heft of a hand-knit afghan or a bulky sweater—the kind made traditionally by fishermen’s wives. Yet with our directions you can work these handsome, rich-textured pillows in needlepoint. All three are large (18” square) and can be throw pillows or cushions. One kit provides needlepoint canvas and enough acrylic yarn to make whichever design you choose. It also includes a needle plus charts and instructions for making any of the pillows. If two of them strike your fancy—or if you’re ambitious enough to make all three—additional kits can be ordered. To order, enclose coupon and make check or money order payable to A.H. Specialties-American Home Kits. Allow at least four weeks for delivery. Items shipped to Canada are subject to Canadian tariff.

A.H. Specialties—American Home Kits
Dept. 8-776, P.O. Box 1400
West Englewood, N.J. 07666

NP149 Needlepoint Pillow
Kit(s) @ \$13.95 plus .85
post. & hdg. ea. \$ _____
Canada: Add \$1.00 for ea.
item ordered \$ _____
I enclose (total amount) \$ _____

print name _____
street address _____
city state zip code _____

Dept. 8-776, Vendor: A.H. Specialties, 689
Front St., Teaneck, N.J. 07666

MATERIALS

- Pencil or pen
- Embroidery scissors
- Thimble
- Embroidery needle
- Artist's tracing paper
- Dressmaker's carbon paper (if using dark fabric like denim, use white dressmaker's carbon paper)
- Tracing wheel, knitting needle, or anything with a blunt end to trace design
- Straight dressmaker's pins
- D.M.C. 6-strand 100% cotton embroidery floss. For colors and amounts used see list, page 90*

*To order embroidery floss from Threadbare, Unltd., see Shopping Guide, page 94 (listing for page 43).

PROCEDURE

HOW TO TRACE EMBROIDERY DESIGN
(Note: First you must scale up the motif; see "How to enlarge", Fig. 2)

Trace landscape and rainbow motif (Fig. 1) onto a piece of tracing paper, marking center guide line if necessary. Once traced design is complete, transfer it to fabric. Pin tracing in place on the bib, slipping a piece of dressmaker's carbon between paper and fabric, the carbon side down. Outline design carefully, using a tracing wheel, knitting needle, or anything with a blunt end. Press firmly when tracing, so design is visible. Once design is transferred to fabric, begin stitching. See Charts A, B and C on page 90 for stitch and color guides.

PATCHWORK WALL HANGING
(shown on page 48)

MATERIALS

- Fabric: Springmaid's Super Stowe™ polyester/cotton duck, 44/45" wide, in the following colors and amounts: 1/2 yd each of Flame Red, Lime, Pencil Yellow, Brown, 4 yds of White—also used for backing*
- 1 bag of Mountain Mist® polyester batting by Stearns & Foster, quilt size (90" X 108")
- 1 1/2 yds of Stitch Witchery® iron-on fusible web by Stacy Fabrics, 18" wide
- 1 skein dark brown embroidery floss
- Colored thread to match
- Wooden stretcher bars for mounting and hanging the patchwork wall hanging: 1 pair 20" long and 1 pair 54" long*
- White drawing paper (26" X 56", or several pieces to make this size)
- No. 2 pencil and a yardstick
- Old terry-cloth towels
- Staple gun and staples
- 2 screw eyes
- Picture wire for hanging

*To order fabric from Designers Fabrics By Mail and stretcher bars from Charette, see Shopping Guide, page 94 (listing for page 48).

PROCEDURE

How to enlarge Fig. 1: Count number of squares on graph of Fig. 1 (the entire graph, Patches A, B, C) and mark off on paper the same number of squares, similarly placed, in area the design is to occupy (1 square = 1 inch). Enlarged design measures 20" X 54" (each patch measures 14" square minus borders). Now copy outline of design from graph onto new squares, square by

square. Once you have enlarged Fig. 1 on paper, go over all lines with black felt-tip marker. Make a paper or cardboard pattern for each lettered shape (Fig. 2); these shapes will be duplicated several times.

Measure patterns for geometric shapes precisely so they will fit together to form neat patches. Refer to information and diagrams of shapes given in Fig. 2. For center patch, make individual patterns for flowers, leaves and basket handle from drawing of Fig. 1. Trace shapes with pencil on colored fabrics as follows (refer to photograph on page 48 for color guide): Trace all shapes in Patch A on Pencil Yellow. Patch B: Basket is Brown, flowers are Flame Red, centers are Pencil Yellow, leaves are Lime. All shapes in Patch C are Lime. Trace border rectangles on Flame Red, corner squares for Patch A on Lime, squares for Patch C on Pencil Yellow. Cut out all shapes. Now cut a duplicate for each fabric piece from Stitch Witchery®. Cut white fabric into two 2-yd lengths. Prepare one length for appliqué background as follows: Hand-baste 2 center guidelines on fabric, 1 on the crosswise and 1 on the length-wise. Use other length of white fabric for wall-hanging backing. Make a large flat ironing surface by covering a table, counter top (or use floor) with terry-cloth towels. Place drawing of design on towel-covered ironing surface. Place the basted length of white fabric over the drawing, using basted guidelines to help center fabric. The black lines of drawing will show through white fabric. Starting with center Patch B, place each fabric shape on the white fabric over its corresponding shape. Place each Stitch Witchery® shape between corresponding fabric shape and the background. Adhere each shape to background with iron, following Stitch Witchery® package directions. Iron each shape carefully, 1 at a time, making sure shape does not shift from its correct position as you work. Now adhere border rectangles and corner squares surrounding Patch B. Then adhere shapes on Patches A and C and corresponding border sections. Set sewing machine for a narrow zigzag stitch. Stitch over edges of all colored shapes

Fig. 2 PATCHWORK WALL HANGING

- a = 3" square
- b = 2 3/4" square
- c = rectangle 1 1/2" x 3"
- e = 1 1/2" square
- g = rectangle 3" x 14"
- i = 1 5/8" square
- k = 4" square

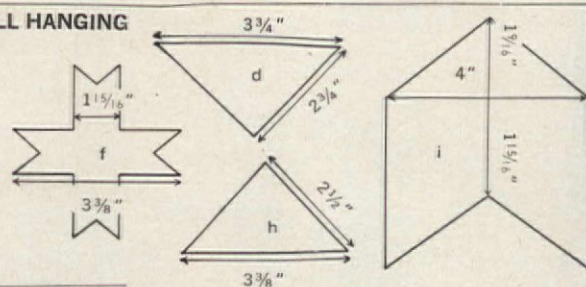
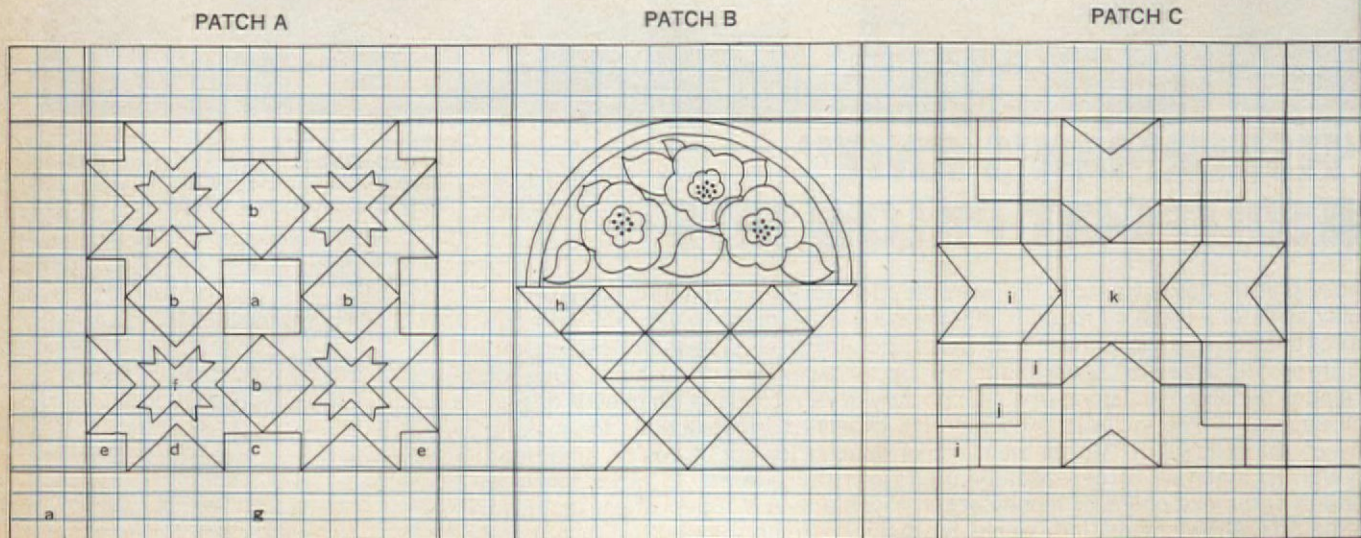


Fig. 1 1 SQUARE=1 INCH





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and borders with matching thread. Work dots in center of each flower, using embroidery floss and satin stitch (page 90). Cut 2 pieces of polyester batting 20" x 54". Place pieces on top of one another; center batting on other length of white fabric for wall-hanging backing. Place patchwork, right side up, over batting. Line up perimeter of border with edges of batting; pin. Hand-baste through all layers around all edges of red border rectangles and each yellow and green square. Straight-stitch by machine along basted edges with matching thread; remove basting. Trim white fabric leaving a 4" margin around all sides. Assemble stretcher bars to make a frame. Place patchwork right side down; place stretcher frame on top of fabric. Starting at one 20" end, wrap fabric around frame, lining up corners and edges of patchwork border with those of frame. Bring edge of white fabric around to back of frame. Using a staple gun, staple securely in center of strip. Pull fabric tautly across frame to the opposite 20" strip. Staple in the center of strip (be sure to line up edges of patchwork). Again, pull fabric tautly; bring it around a 54" strip; staple in the center. Then pull fabric and staple in center of second 54" strip. You have now stapled fabric onto the centers of all 4 sides of frame. Finish tacking the rest of fabric to frame in the following manner: Working from the center of each strip out to corners, tack fabric to 1 edge, then to the opposite edge, leaving corners undone. Alternate top and bottom, and keep fabric taut. Finish each corner neatly by folding over fabric and stapling. Screw in eyes on frame back; attach wire and hang.

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.

To obtain purchasing information on merchandise, write to manufacturer or store; 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.

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 Designers Fabrics By Mail, Dept. AH-7, P.O. Box 569, Evanston, Ill. 60202
 Great North Woods, an Olde New England Trading Post, 683 Lexington Ave., New York, N.Y. 10022
 Head To Toe, Etc., Dept. AH-7, 400 Hibiscus Ave., Palm Beach, Fla. 33480

- Hot Sox Co., Inc., Dept. AH-7, 1441 Broadway, New York, N.Y. 10018
 L'Enfant terrible, Dept. AH-7, 844 Lexington Ave., New York, N.Y. 10021
 The Metropolitan Museum of Art, Dept. AH-7, 255 Gracie Station, New York, N.Y. 10028
 The Pottery Barn, 231 10th Ave., New York, N.Y. 10011
 The Rainbow Gallery, Dept. AH-7, 349B Commercial St., Provincetown, Mass. 02657
 Sigma Marketing Systems, Inc., Dept. AH-7, 225 5th Ave., New York, N.Y. 10010
 Singer Sewing Co., Dept. AH-7, 321 1st St., Elizabeth, N.J. 07207
 Stacy Fabrics Corp., Dept. AH-7, 469 7th Ave., New York, N.Y. 10018
 Stearns & Foster Co., Consumer Textile Svc., Dept. AH-7, Wyoming Ave. & Williams St., Cincinnati, Ohio 45215
 Threadbare, Unltd., Dept. AH-7, 20 Cornelia St., New York, N.Y. 10014

CREATING TOGETHER

Pages 40 & 43: Stitchery and needlepoint kits designed by Meredith Gladstone for Columbia-Minerva are available nationally at many department stores. The rainbow stripe sweater worn by Gregory Gladstone was knitted in Columbia-Minerva's Nantuck 4-ply 100% Orlon acrylic, 272 yds. approx. per ea. 4 oz. skein, article #2914: sapphire (5905), turquoise (5909), Kelly green (5947), lettuce (5976), yellow (5963), light orange (5988), scarlet (5914), light magenta (5989), bright magenta (5974), purple glow (5949). Instructions for the stripe sweater start on page 51 of *Kids' Clothes*. See coupon, page 66.

Page 40, bottom: Multicolor many-strand silk cord 15" long choker with 3 knots, \$11; matching 6½" long bracelet, \$10. Ivory plastic bangles with silk cord wrappings in gold, purple, red; \$5 each. All from Tango by Alexis Kirk. On window seat: Handcrafted bright multicolored painted layered-wood heart sculpture on round natural wood base; each layer is separate, about 6½" tall by 6½" wide, \$30 (1.50). From William Accorsi.

Page 43, Top: The "Gary" 14" long puzzle airplane is custom-made; the domino "Spirit of St. Louis" plane is one-of-a-kind; both by Accorsi. **Left, center:** Cotton knee-high multi-color stripe socks, sizes 5-6½ and 7-8½, \$2 per pair, by Hot Sox For Kids. **Bottom:** Sterling silver chain necklace with rainbow design on cloisonné pendant set in sterling silver; designed by Ginny Whitney, about \$45; custom order from The Rainbow Gallery. **Right:** *Apple green 100% cotton short-sleeved T-shirt. Sizes: 2/4/6 (\$4.60), 8/10/12 (\$5.75), 14/16 (\$6.70). Add \$1.50 postage per T-top ordered. Order from L'Enfant terrible. *D.M.C. 6-strand 100% cotton embroidery floss, article #117, from Threadbare, Unltd. Need 1 skein (8.8 yds. per skein) of ea. of the following colors: snow-white, yellow (725), gold (742), dark yellow (782), turquoise (996), lime green (907), moss green (987), aquamarine (943), green (700), sea green (992), pale green (369), pale aquamarine (598), violet (552), blue-purple (792), soft pink (224), orange-red (606). Minimum order of 12 skeins at 20¢ per skein, 75¢ per order for postage and handling. Handcrafted multicolored painted-wood rainbow sculpture, each layer is separate, about 9" long by 3½" high, \$30 (1.50). From William Accorsi; allow 2 to 3 weeks for delivery.

STITCH A FOLK-FEST PATCHWORK

Pages 48-49: Patchwork wall hanging was stitched on a Futura II sewing machine by the Singer Co. *Fabric for wall hanging is Springmaid's Super Stowe™ to order from Designers Fabrics by Mail. Machine-washable permanent press in 50% Kodel polyester/

50% cotton duck, 44/45" wide. Colors: flare red (9703), pencil yellow (98163), lime (98046), white (75), brown (9607). \$2/yd (1.50 per order). Stearns & Foster mountain mist® polyester batting, quilt-size (90"x 108"), #201. Stitch Witchery® iron-on 100% polyamide fusible web by Stacy Fabrics; 18" wide, style #300, about \$1/yd. Wall hanging is stretched on artist's white pine pre-notched stretcher bars (or strips), 1¾" wide machine-cut corner miters and tongue-and-groove assure square, tight corners. Wedges for tightening wall hanging are included. Order kit from Charrette that includes: illustrated step-by-step instructions, two 20" long and also two 54" long bars. \$7.90 postpaid. Add \$1 for 180-page illustrated catalog of art and craft supplies. The following are from the American Patchwork Collection designed by Gail Levites for Paperworks: paper dinner napkins, package of 20/\$1.50, in Checkerboard and Sunburst, paper place mats in Red Quilt (1 doz./\$2.50). Green Quilt paper place mat shown in patch border on page 49. All available at B. Altman & Co., New York. On table: "Anvil" stainless 5-piece place setting, \$20, from the 18/8 Designer Collection by Supreme Cutlery. Pewter-look tableware is metal alloy and ovenproof, all by Liberty Craft. 10" dinner plate, \$8.50. 7½" soup plate, \$8, 56 oz. water 9" tall pitcher, \$20, porringer with 4¾" diameter, \$5, candlesticks: 10", \$10, 8", \$7.50, 6", \$6, 2-qt. covered soup tureen, \$30, 12" long round ladle, \$5, napkin rings, set of 4, \$7.50. 9 oz. wine goblet, \$7.50. All Paperworks Supreme Cutlery, Liberty Craft merchandise by Sigma Marketing Systems, Inc. *Small amber glass pitcher with diamond sunburst and diamond quilting patterns, about 4¼" tall, hand wrought clear crystal handles. Each pitcher is marked in quilted band with identifying museum monogram, boxed with descriptive text. Allow 3 weeks for delivery. Order code #243, \$12.50 (1.25) from The Metropolitan Museum of Art.

PERFECT PASTA

Pages 50-51: Natural mahogany forks Great North Woods; oval platter, Trend Pacific Dinnerware, The Pottery Barn.

SHERBET THE FRENCH WAY

Pages 56-57: Top, skirt and hat from Head To Toe, Etc.

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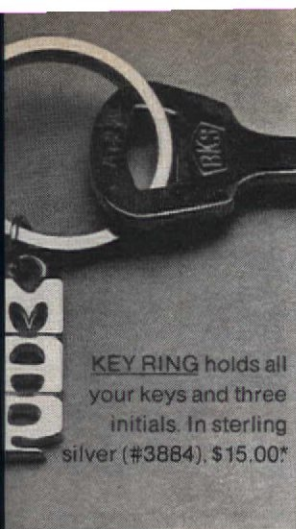
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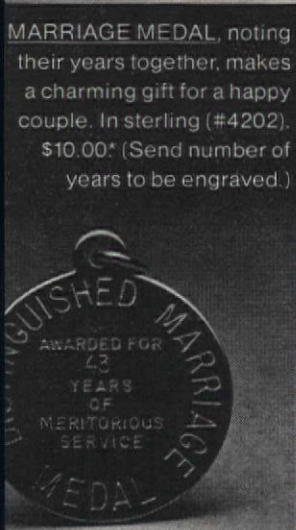
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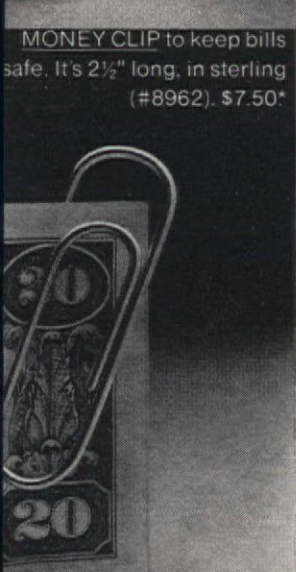
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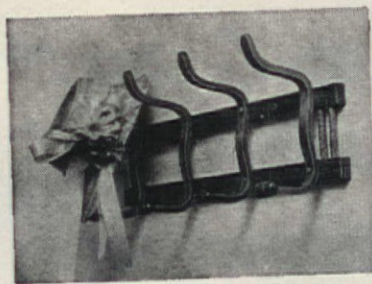


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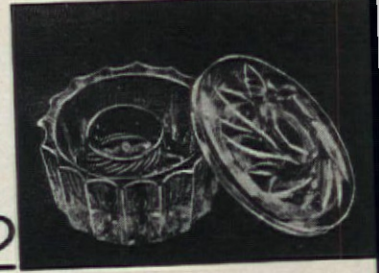
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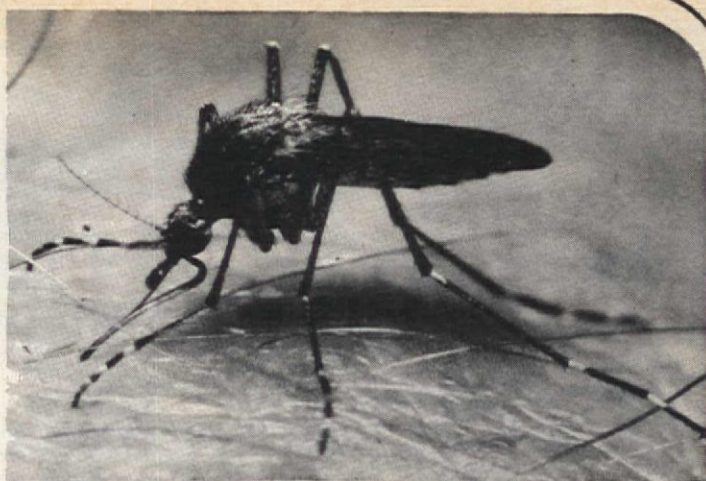


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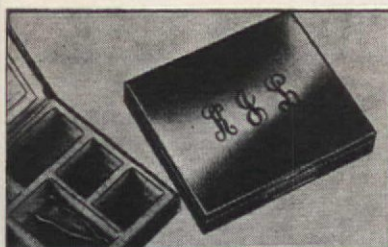
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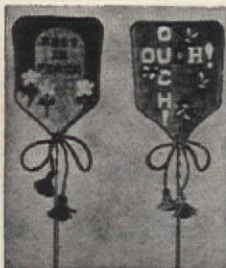
Strong message
"Lord, help me to remember that nothing is going to happen to me today that you and I together can't handle." These inspirational words serve as a fine reminder on an 8"x6" wooden plaque. Full color scroll border.

Laminated for performance. Ready to hang. \$1.98 plus 50¢ p&h. Cadlyn's, Dept. AL-7, 10250 N. 19th Ave., Phoenix, AZ 85021.



Pierced earring case

Sleek brass case keeps your pet pairs of drops 'n studs together and untangled. Has 7 velvety compartments in two sizes, plus tiny tongs to pick up your earrings with tender loving care. 2 3/4"x2 1/2"x1/2". State 3 initials engraved. \$4.95 each; 2, \$9.50. Bolind, AH7, Boulder, CO 80302.



Fly swatters?

Yes, and fun to needlepoint! You get swatter, design on #14 canvas, Paterna Persian wool, vinyl backing, needle, finishing instructions. Fun to use. Fun to give. Fun to hang as a picture, too! Rest in Peace kit, Ouch! kit, or Frog and Fly (not shown) kit. \$3.50 each. Any 3 kits, \$9.95. Add 60¢ p&h. Classic Corner, 12 A Water St., Bryn Mawr, PA 19010.



Look again
It's electric! Country Charm automatic electric range, is an authentic cast iron reproduction with an easy-care porcelain top. Coffee mill houses clock, oven timer and minute minder. Fits modern range space. Prices start at

\$555 plus freight. Send 25¢ for "Country Charm" appliance folder and gift catalog. The House of Webster, Dept. AH7, Rogers, AR 72756.



RED BARN SAMPLER

Early American scenes come to life in easy-to-do cross-stitch samplers. Framed size 10" x 10". Each kit includes stamped natural Belgian linen, bright colored floss, and simple instructions.

| | |
|---------------------------------|--------|
| Red Barn Kit (shown) | \$2.25 |
| Covered Bridge Kit | \$2.25 |
| Old Mill Kit | \$2.25 |
| Little Red Schoolhouse Kit | \$2.25 |
| Lighthouse Kit | \$2.25 |
| Spirit of '76 Kit | \$2.25 |
| Minute Man Kit | \$2.25 |
| Pilgrims Kit | \$2.25 |
| Town Crier Kit | \$2.25 |
| Frame, mahogany finish, 10"x10" | \$1.50 |
| Frame, maple finish, 10"x10" | \$1.50 |

PLUS 60¢ POSTAGE & HANDLING
Pa. Res. Add 6% Sales Tax. Sorry No COD's.

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12-A Water Street, Bryn Mawr, Pa. 19010



Free Catalog Hard-to-find Canning and Kitchen Tools

This year, don't get caught short without the essential food preserving tools and utensils you'll need for "stocking up"! We've got full supplies now for smart early-bird shoppers.

Our new full color Catalog lists over 100 items: food mills, pressure canners, blanchers, dehydrators, meat grinders, corn sheller, grain mills, juicer, accessories—and books galore! Many wonderfully useful kitchen helpers nearly impossible to find elsewhere. Plus free booklet and product offers, preserving charts, etc.

For FREE Catalog write today to:

GARDEN WAY CATALOG
Dept. 64417

47 Maple St., Burlington, Vermont 05401

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Save by sending your film directly to us. Highest quality paper and chemicals plus our trained technicians guarantee your pictures, 100%. Color prints, color slides, or movies.

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Plus: With each photo order, get a free ADMOR® picture-pocket album page made of crystal clear vinyl.

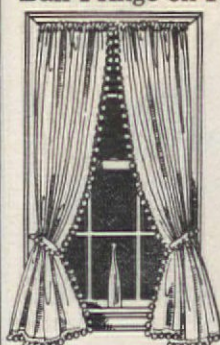


Send today for your supply of Good Time Photo Service mailers and we'll send you a pair of folding pocket scissors with travel case, absolutely free.

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COUNTRY CURTAINS

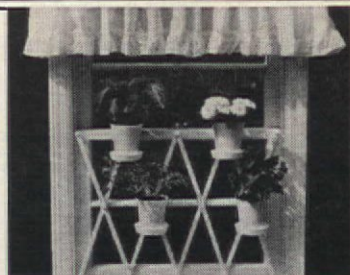
Ball Fringe on Permanent Press



Natural or White
Tiebacks
45", 54", 63" 9.00 pr.
72", 81", 90" 11.00 pr.
Tiers
20", 25" 6.50 pr.
30", 36", 40" 7.00 pr.
All pairs are 90" wide.
Valance
10" x 80" 3.00 ea.
For years New England housewives have used charming Country Curtains in their homes. Here they are in wonderful permanent press... truly a care-free fabric in warm beige-tone or sparkling white blend of cotton and polyester. When ordering please specify natural or white. Please enclose check or money order. Sorry, no COD's. Mass. res. add 5% sales tax. Postage and handling; under \$10 add \$1.10, for orders \$10 and over add \$2. Send for free catalog. Satisfaction guaranteed.

COUNTRY CURTAINS

Dept. 72 Stockbridge, Mass. 01262



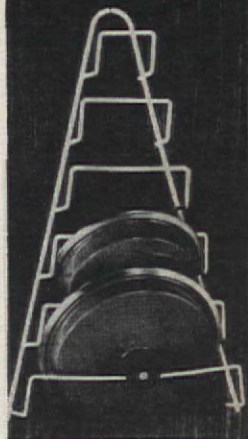
WINDOW GREEN Expandable Trellis

Turn your window into a beautiful living green house. Holds ten flower pots up to the sun, creating a smashing effect with your favorite plants! Trellis is crafted of fine sturdy white plastic 18" high, expands to 36", hangs on sash without screws. Four snap-on 3 1/2" pots with removable watering trays included. It's weatherproof—screw it on outside walls or windows. Only \$9.95 plus \$1.25 post. Two complete sets \$19.95 plus \$1.50 pp. Set of two extra Pots and Trays \$1.95

J. W. HOLST, INC., Dept. AH-76,
1864 E. US-23, East Tawas, Mich. 48730

A PLACE FOR POT LIDS!

Handy vinyl rack in new slim size that makes it easy to pick out the lid you want at a glance! Holds any type or size lid (unlike others that hold only certain knobs.) Convenient for cake, pie or muffin tins, too! Sturdy steel wire, cushion-coated in white vinyl—hangs handily on wall or door.
8613 Pot Lid Rack
17x9"\$1.98
2 for \$3.75



Add 50¢ post. & hdlg. NY res. add taxes



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Dept. A71, 510 S. Fulton Ave., Mt. Vernon, NY 10550

Stop racket mixups & thefts! Solid brass with adhesive-bond backs, they stick tight to the end of any handle. Well-placed security! Expertly engraved. Full price \$2.50 each. Satisfaction guaranteed or your money back. We ship in 2 days. Mail your order direct to ELGIN ENGRAVING CO., 974 Edwards Ave., Dundee, Illinois 61114.

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"SAVE YOUR HEART"

with a **STAIR-GLIDE** stairway lift

RENTAL-PURCHASE Program Available

Your STAIR-GLIDE® installs easily and in less than 2 hours. No marring walls or stairway. No special wiring required. Shipped directly from factory within 4 days. STAIR-GLIDE®... the nation's largest selling stairway lift! **UL LISTED!** USED BY THOUSANDS: CARDIAC PATIENTS, ARTHRITIS, SENIOR CITIZENS, RESTRICTED PHYSICAL ACTIVITIES, POST OPERATIVES... and household convenience. (outdoor models available) WRITE FOR FREE BROCHURE AND NAME OF DEALER NEAREST YOU.

AMERICAN STAIR-GLIDE® CORP.
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Grandview, Missouri 64030

LACY COPPER BRACELET



We don't know if copper has any of the magic curing powers claimed. We do know that this is the prettiest, most feminine bracelet we've seen. It's solid copper, with a delicate, lacy open-work pattern; 3/4" wide; flexible to fit any size wrist. A perfect gift; order one for yourself, too. We will ship at once.
\$1.98 each; 2 for \$3.50. Add 45¢ postage.

FERRY HOUSE Dept. H-776
Briarcliff Manor, N.Y. 10510

WICKER WALL LAMP
Suspended from a rattan bracket with lacy natural wicker 11" shade. 9 ft. rattan chain and fully electrified. Takes up to 100 watt bulb.

1395 plus \$1.00 postage
Send 25¢ for Catalog

Visit Our Warehouse Showroom
Satisfaction Guaranteed

FRAN'S BASKET HOUSE
Route 10, Dept. AH7, Succasunna, N.J. 07876

YOU CAN BE A MURAL ARTIST!

- Paint-by-the-numbers wall murals... fool-proof way of helping you become a mural artist, with professional results.
- Paint full-size murals in hours, on walls, canvas, masonite, etc.
- 74 designs. Sizes: 2 to 12 ft. widths; dramatic color schemes.
- Kits complete with pattern, brushes, paints... \$4.95 to \$49.95.
- For a 32-page color catalog with decorator guide, mail 25¢ to:

MAGIC MURALS Dept. AH-807, P.O. Box 8500
Fountain Valley, Calif. 92708

OPPORTUNITY MART

For ad rates—Classified, 100 E. Ohio, Chicago 60611

SEWING—NEEDLEPOINT

★ **PUT YOUR SEWING MACHINE TO WORK!** Up to \$500 monthly. Send \$1. Box 99, Pinerville, NC 28134.

BARGAINS—CATALOGS

FREE CATALOG: Buy jewelry at wholesale prices. Hertzer's Inc., Dept. AH, Waseca, MN 56093.

HOBBIES

BICENTENNIAL PROJECT. Beautiful Colonial Candle Sconces. Plans \$1.00. McDonnell, Box 415, Elmira, NY 14901.

PHOTO FINISHING

★ **LOOK—SPECIAL MONEY SAVING OFFER!** Kodacolor Rolls developed with Jumbo Prints \$1.60. B&W 49c. Big Discounts on Supplies. Enclose Advertisement. Wisconsin Film, Dept. AH, LaCrosse, Wis. 54601.

STAMPS

200 WORLDWIDE STAMPS 10¢. Approvals. White, Box 24211-YF, Indianapolis, Indiana 46224.

EDUCATION—HOME STUDY

★ **UPHOLSTERY DECORATING.** Free Booklet. Learn at home. Upholstery Decorating School, Dept. 5321-076, Little Falls, N.J. 07424.

OF INTEREST TO ALL

★ **TWO POWERFUL BAR MAGNETS.** \$1.35. Magnets. Box 192-AH, Randallstown, Maryland 21133.

★ **ORANGE BLOSSOM HONEY!** Pure, healthful, fresh golden nectar. Tantalizing taste. Buy direct, save. 2 1/2 lbs. \$4.95, 5 lbs. \$7.95 postpaid. Sunshine Groves, Box 119AH, Miami, Florida 33139.

CUT HEATING COST! The Fuel Saver Manual shows you how with simple household tools. Just mail \$2.00 to: Lifetime, Box 1561, Smyrna, Georgia 30081.

OF INTEREST TO WOMEN

★ **JEWELRY CATALOG** 50¢. Write: Goals, 12183C Aster Road, Philadelphia, Pennsylvania 19154.

HOMEWORKERS NEEDED PAINTING NOVELTIES. Roland, Box 56-M, Hammonton, N.J. 08027.

RAPE PREVENTION. "Womens' Self Defense Guide" \$5.00 ppd. Arizona Residents add tax. Three Pine Press, Box 350, Mesa, Arizona 85201.

5800 MONTHLY POSSIBLE addressing-stuffing envelopes (longhand-typing) your home. Experience unnecessary. Details, send stamped addressed envelope. American, Excelsior Springs, Missouri 64024.

BUSINESS OPPORTUNITIES

★ **HOME IMPORT** Mail Order Business. Start without capital. Free report. Mellinger, Dept. C1977, Woodland Hills, California 91364.

FREE EXCLUSIVE DEALERSHIP; Party Plan Jewelry. Gifts. Cliffords, 2534A San Marcos, Colorado Springs, Colorado 80910.

MONEY MAKING OPPORTUNITIES

★ **CASH FROM BOXTOPS, LABELS.** Information 15¢. Continental, B11616, Philadelphia, Pa. 19116.

\$39.60 DAILY easy homework. Information: self-addressed stamped envelope: Sbielado, Postbox 4099, No. Hollywood 91607.

★ **STUFF-MAIL ENVELOPES.** \$250.00+ per thousand profit possible!! Offer details: stamped envelope. Kings-MAH, B-21487K, Ft. Lauderdale, 33319.

HOMEWORK! BIG MONEY Addressing, mailing envelopes. Exciting offer 10¢. Linco, 8636-H Peterson, Chicago, Illinois 60659.

\$500.00 WEEKLY! IMMEDIATE. Guaranteed Earnings Stuffing Envelopes. Free Supplies! Send 25¢. Stamp: Profits, Box 725-AH7, Belen, N.M. 87002.

★ **\$175.00 WEEKLY** correcting pupils' lessons! Samples, \$1.00! Castle's, 507-LR Fifth, New York City 10017.

\$3000.00 MONTHLY. Immediate income. Stuff envelopes at home. Information, send self-addressed stamped envelope. Cottage, Box 25053-KBF, Los Angeles, CA 90025.

ALL TYPES LIGHT WORK. Top Money. Details 15¢. Associates, Dept. 422, 310 Franklin, Boston, Mass. 02110.

\$800 MONTHLY IMMEDIATELY POSSIBLE Stuffing Envelopes! Send stamped envelope. Southland-B, 918 So. Parkview, Los Angeles 90006.

SONG POEMS—MUSIC

SONGS, SONGPOEMS Wanted for Radio Show. Hollywood Music Productions, 6425-AH Hollywood Blvd., Hollywood, California 90028.

PERSONAL—MISCELLANEOUS

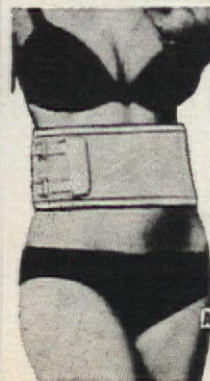
★ **WARTS.** Verruc Cream is painless, safe, easy. At all better pharmacies.

CLASSIFIED'S GUARANTEE

CLASSIFIED, INC. guarantees refund of any initial money sent in direct response to the above advertisements, AH-7.

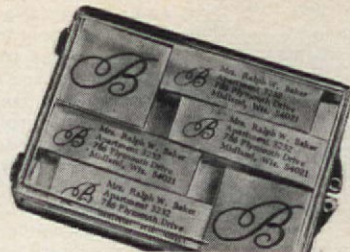
TRIM YOUR WAISTLINE IN ONLY 3 DAYS!

NOW ONLY \$4⁹⁵



Shrink waistline without fad diets, appetite appeasing-pills or strenuous exercise. **SAUNA TRIM BELT**, unique, inflatable waist belt made of durable, washable vinyl plastic... feather-light and adjustable... covers entire waist area, causing it to perspire with the slightest exertion. Tones, tightens, slims—actually firms sagging waist muscles. Send only \$4.95 today. No C.O.D.'s. **MONEY BACK GUARANTEE**
AMERICAN IMAGE INDUSTRIES, INC., Dept. P-424-E
276 Park Avenue South, New York, N.Y. 10010

THE AMERICAN HOME MAILER



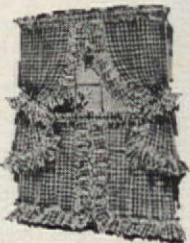
Golden labels!

Set "glows" with 250 black-on-gold script initial address labels 1 1/2" x 1 1/2", and 125 matching gold initial envelope seals, 1" x 1". To 20 letters per line, 4 lines. Print name and address. \$3.50. Via 1st, add 48¢. Bruce Bolind, AH7 Bolind Bldg., Boulder, CO 80302.



"Gloves" on your feet

The New Dancing Doll, by Kraus, is of so-soft kid glove leather. Foam padded with tricort lining. Leather sole. 1 1/4" composition heel. Light blue, pink, yellow, white, bone, black. 6-10N; 5-10M. \$13. Gold or silver kid, \$14. Add \$1 p&h each. Vicki Wayne, 600 S. Country Club, A7D, Tucson, AZ 85716.



Go gingham! Classic woven 1/4" gingham checks of no iron 65/35 perma-press. 76" wide. 3" ruffles. White with red, yellow, lime green, blue, or brown. Tiers (without tiebacks): 24", 30", 36", \$7.50. Tie-

backs, \$1 pr. Curtains (includes tiebacks): 45", 54", \$11; 63", 72", \$12. Preshrined 10"x54" valance, \$4. Add \$1.75 p&h. Catalog. Old Colony Curtains, A67GE, Box 759, Westfield, NJ 07090.



Money mate Pigskin coin purse is just 3" x 3" with two compartments. Rim holds change in easy view and prevents

coins from falling out. Bill compartment has separate flap. Durable pigskin. Plain, \$2.98. Monogrammed, \$3.29. Add 40¢ p&h. Stratford House, AH-7A, P.O. Box 591, Stratford, CT 06497.

ORDER WOK, PAGE 88

To receive this cooking wonder, with recipes and instructions, fill out coupon and enclose check or money order. Allow 4 weeks for delivery. Sorry, no C.O.D. or foreign orders.

American Home, Dept. W
641 Lexington Ave.
New York, N.Y. 10022

14" wok(s) with cover(s) @ \$11.49

plus \$1.00 post. & hdlg. ea. \$

N.Y. residents, add sales tax

Total enclosed... \$

print name

street address

city state zip code

VIOLET AFGHAN, PAGE 74

To order kits, with complete instructions, fill out coupon and enclose check or money order payable to: A.H. Specialties—American Home Kits. Allow 4 to 6 weeks for delivery. Items shipped to Canada are subject to Canadian tariff.

A.H. Specialties—American Home Kits
Dept. 7-776, P.O. Box 1400
West Englewood, N.J. 07666

#9040 Violet Afghan kit(s)
@ \$15.98 plus \$1.75 post.
& hdlg. ea. \$

#9041 Matching Pillow kit(s)
@ \$4.98 plus 85¢ post.
& hdlg. ea. \$

Canada: Add \$1.00 for each item
I enclose (total amount) \$

print name

street address

city state zip code

Dept. 7-776, Vendor: A.H. Specialties, 689
Front St., Teaneck, N.J. 07666.

HERITAGE KITS, PAGE 84

To order kits with materials and instructions, fill out coupon and send check or money order payable to: A.H. Specialties—American Home Kits. Allow 4 to 6 weeks for delivery. Items shipped to Canada are subject to Canadian tariff.

A.H. Specialties—American Home Kits
Dept. 6-776, P.O. Box 1400
West Englewood, N.J. 07666

#KC606 Cherry branch pillow
kit(s) @ \$9.98 plus \$1.00
post. & hdlg. ea. \$

#KC235 Bicentennial foot-
stool kit(s) @ \$17.98 plus
\$1.50 post. & hdlg. ea. \$

#BS9135 Liberty sampler
kit(s) @ \$5.98 plus 75¢
post. & hdlg. ea. \$

Frame(s) of sampler(s) @
\$9.98 plus \$1.00 post.
& hdlg. ea. \$

Canada: Add \$1.00 for ea.
item ordered

I enclose (total amount) \$

print name

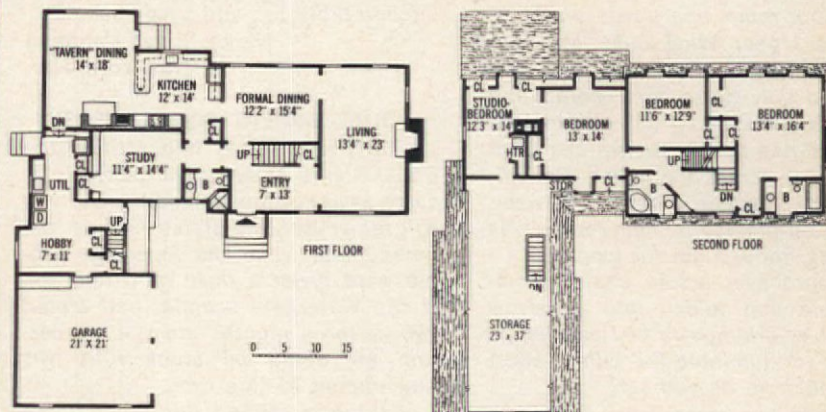
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Dept. 6-776, Vendor: A.H. Specialties, 689
Front St., Teaneck, N.J. 07666

HOW TO BUILD THE AMERICAN HOME

Our contemporary version of an 18th-century James River manor house is elegantly detailed and, as you can see in the floor plans below, lavish in the use of space. You can build this house yourself! To order plans, fill out coupon as indicated. A complete set of drawings plus materials list costs just \$20 and is all you need for a builder's estimate. Three sets (\$35) will start you on construction. Also available is a catalog of 52 best-selling house plans from *American Home*.



Despite its 3,000 square feet, the house is less than 63 feet wide, for easy siting. In addition to 4 bedrooms, plans show storage area (with separate stairway) over garage that could convert to living space.

Enclose check or money order. Sorry, no C.O.D., Canadian or foreign orders.

American Home
Dept. 1224
4500 N.W. 135th St.
Miami, Fla. 33059

Check James River manor-house plans desired:

#31209 Single set @ \$20.00 ea. \$

#33209 Triple Set @ \$35.00 ea. \$

#31000 Catalog of 52 other house plans
@ 75¢ ea. \$

Please add sales tax (N.Y. and Fla.) \$

Total enclosed \$

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

BankAmericard
 Master Charge*

Acct. No. _____

Good thru _____

Interbank No.* _____

(find above your name)

print name

address

city

state

zip code

COOK NOW, SAVE LATER

Learn skilled techniques of preserving, canning and freezing

Grow your own food? *The Canning and Freezing Book* is an essential 104-page guide packed with how-to illustrations and charts on preserving and pickling foods. Beginners will find it full of creative recipes, safety tips and solutions to common problems. Take advantage of seasonal bargains. Only \$1.95, postage included.

Enclose check or money order, \$1.95 postpaid per copy. Allow 4 weeks for delivery. No C.O.D. or foreign orders. N.Y. residents add sales tax.

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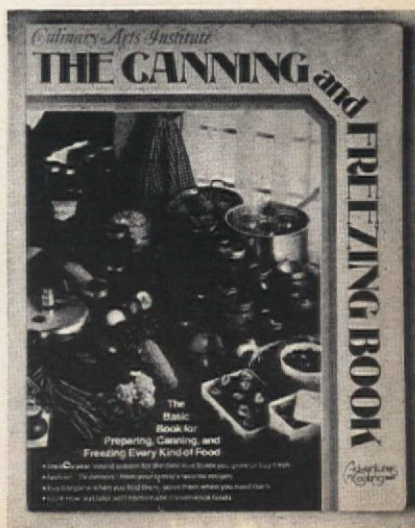
street address

city state zip code

American Home, Dept. MO-9

641 Lexington Ave.

New York, N.Y. 10022



OUR READERS WRITE

"MINIMAL" YEARNINGS

I got a wistful pang reading Bo Niles' "Confessions of a Minimalist" in your May issue, for I could have been a minimalist once. Nine years ago, a newlywed, I moved into a spacious four-room apartment on Manhattan's Upper West Side. My husband and I, in our bachelor years, had collected only those basic nonfolding items that distinguished our respective high-rise apartment set-ups from camp sites across the nation. Considering the meager pickings between us, the emptiness of four rooms was inspiring, though not for long.

We purchased a sofa, chairs, a dining table that folded into a narrow side table, a king-size bed and lamps enough to illuminate the Eiffel Tower. How could we do without?

Despite our compulsion to fill the void, we have always been space-conscious. Take my 13-by-23-foot living room. The front quarter is an office—desk (actually a long table) with file cabinets tucked discreetly underneath. The desk (with lamp) acts as an end table for the sofa, whose size defines the length of our living area: 84 inches. The opposite wall is dominated by a breakfront that serves as storage for the remaining area, which is, of course, the dining room.

To accommodate the needs of each stage in our daughter's development, we have added hooks in profusion to the backs of already cluttered closet doors. When the child graduated from crib to bed, the former was disassembled and concealed under our king-size bed. I'm sure that's why my once-blissful relationship with the cleaning lady deteriorated. When she could no longer move the furniture, there wasn't much room to clean.

Our daughter's room is lined with shelves, part of a never-ending attempt to keep toys from spilling out into the hall—or the living room. Occasionally I spirit away some long-neglected toddler-era plaything, but invariably that's the night the kid can't get to sleep without it. So I retrieve it from the Goodwill bag we keep in the back closet.

This closet also contains my husband's off-season wardrobe plus the overflow from our record collection. I'd be happy indeed to purchase a larger record cabinet, but a new one, wider by even four inches than the present one, would collide with the stereo speaker . . . which would infringe on the breakfront . . . which would crowd the dining table and chairs that would then collide with one

of our bikes. Which leaves me, inevitably, up against the wall.

Still, what are city-dwellers if not optimists? How else explain my tireless search for a washer and dryer no taller than 28 inches to fit under the kitchen table . . . and save space.

Nancy Simon Kaufman
New York, N.Y.

EQUAL RIGHTS CONTROVERSY

Thirty-four states had ratified the Equal Rights Amendment before I became aware of this amendment. If you will remember, the states ratified this amendment while the American people were given a dose of Watergate. If the Watergate scandal had lasted two or three months more, I am certain we would be stuck with this amendment at this time.

California ratified this amendment during the week of Thanksgiving '72.

I have been researching the Equal Rights Amendment since early 1975 and find that with it women would lose—not gain—rights. For example, we lose the right of support by our husbands for our children and for ourselves. That one reason alone is all I need to be opposed to the proposed Equal Rights Amendment.

The referendums in New York and New Jersey last November conclusively prove that the big majority of women oppose the fraud called ERA. Why do the American people get so much of what they do not want?

Mrs. R. L. Nowlin
Turlock, Calif.

Editor's Note: If this amendment becomes law, divorced husbands will continue to contribute to their family's support if their earnings are its sole source of income. If wives have income, however, they may be required to contribute. For a summary of what this amendment could mean, see "ERA, Call to Action," page 24.

WHAT PRICE, CHANGE?

When my husband and I were married eight years ago, we began reading *American Home*. Through all the lean years, we somehow always managed to scrape together a few dollars to renew our subscription. Somehow the warmth, beauty and inspiration the magazine provided was worth it. Browsing through the pages, we would dream of the house we would build, and the antiques we would fill it with.

Ironically, in the last few years our financial situation has improved appreciably. Many of those old dreams have come true, including a lovely

home of our own. Renewing subscriptions no longer puts a strain on the budget, but where is our lovely old friend to renew? Like time and love, the old AH no longer exists.

Surely there is still room for the beauty, warmth and creativity that can transform any house into a true American home.

Jacqueline Arndt
Hayward, Wisc.

HOME IS . . .

The students in my fourth grade creative writing class wrote about what the word "home" means to them. In the hope that you might want to share with others the values these young Americans have, I am passing some of their efforts along.

Elizabeth Tilden
Shades Mt. School
Birmingham, Ala.

My home is warm with love. It has many good smells, like when Mom bakes cookies, pizza, pot roast, spaghetti or my other favorites. . . . The sounds of my home are laughter, relaxing times with the stereo and a book. Sounds from wrestling with dad and my brother Mack, and the barking of my dog, Simba, and the sounds of the cuckoo clock cuckooing. . . .

Peter Melsen

Home means warmth, love, comfort, security. Our home is nice and warm and comfortable. There is a bedroom for my brother and sister and I have a pretty room of my own. We have a dog who protects our home and who loves us. . . . Home is the most important thing in the world to me.

Susan Morgan

Home means to me, the good things inside my house. I like the smells and tastes. . . . I like the sight of everybody in my home getting along together. But out of all the things in my home, the thing I like best is love.

Joni Wilkin

A home is not just a house. It is a place where you and your family live. It is where you love your family. . . . But most of all, it's being able to be nice and warm and under a roof. And when you go to bed, you like to know how lucky you are to have a home.

Jeff McIlwain

Address letters to editors to: Our Readers Write, *American Home*, 641 Lexington Ave., New York, N.Y. 10022. Include your signature and address.



If GE Washers last through all this,

Coin-operated washers get a real workout. Load after load. 7 days a week.

That's why, last year, so many new apartment laundries installed GE Washers. They can take it.

At home, you can have a washer with essentially the same basic design. (And a matching extra-large capacity dryer.) Without the coin slot, but with these fabulous added features:

The Dispensall System. Load it at the beginning of the wash with pre-wash, detergent, bleach and fabric softener. The Dispensall System dispenses each

thing automatically at the proper time in the proper cycle.

The Mini-basket[®] feature for small or delicate loads. It gives you an energy-saving 10-minute Mini-Quick[™] cycle. Which saves electricity, detergent and water.

When you buy GE, you get Customer Care[®] Service. Our pledge that wherever you are, or go, in the 48 contiguous states, you'll find a qualified GE serviceman nearby. Should you ever need one.



GENERAL  ELECTRIC

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That Cigarette Smoking Is Dangerous to Your Health.

14 mg. "tar", 1.0 mg. nicotine av. per cigarette, FTC Report SEPT. '75