HAPPY BIRTHDAY AMERICA!

IN THE FAMILY

PERFECT SPAGHETTI • WOK COOKERY

GROWING UP AMERICAN: THREE PORTRAITS

EVOLUTION IN THE FAMILY

AMERICAN: PERFECT SPAGHETTI • WOK COOKERY
Marlboro Lights

The spirit of Marlboro in a low tar cigarette.

Lighter in taste. Lower in tar. And still offers up the same quality that has made Marlboro famous.

Warning: The Surgeon General Has Determined That Cigarette Smoking is Dangerous to Your Health.
The woman who's cooking this complete meal won't be home for 10 hours.

Toastmaster Introduces the Miracle of Separate Dish Slow Heat Cooking.

The miracle is Toastmaster's new System III Slow Heat cooking. It's totally unique because it allows you to cook a wide variety of foods—meats, vegetables and desserts—all at the same time, each in its own dish.

Slow crockery cooking is not new. The limitation of this method is that everything is cooked together in a soup or stew. The flavors intermingle.

How Does Slow Heat Work?

The System III Slow Heat method applies a totally new principle. Rather than quickly raising the oven temperature, it slowly raises the temperature over the 10 hour period indicated on the chart.

Foods Cook in Their Own Juices.

By raising the oven temperature slowly, meats and fowl brown delicately, sealing in the precious, natural juices. The juices then begin their work. As their temperatures slowly rise, they cook the food from within.

Each food cooks in its own juices, maintaining its distinct and separate flavor. The flavors only mix if you wish them to.

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

Because the temperature rises slowly you needn't be home while dinner cooks.

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

System III Complete Versatility.

The miracle of Slow Heat lets you begin cooking a dinner of meat, vegetables, potatoes and dessert early in the morning, leave for the day, and return to a complete meal, ready to be served.

That's only part of its versatility. The Toastmaster System III will also bake, roast and broil all types of foods to perfection at normal cooking times and temperatures.

Saves Energy and Money.

You enjoy the economy of table top cooking with a Toastmaster System III. Baking, roasting and broiling uses less energy than cooking in a regular oven.

And Slow Heat cooking requires even less energy. It costs only pennies a day to operate.

Toastmaster Also Presents Clean Cookery.

The System III and the full line of Toastmaster oven broilers are continuous cleaning. The porcelain enamel catalytic oven surfaces clean themselves so you don't have to.

The Greatest Miracle of All.

The greatest miracle of all is that you can buy the Toastmaster System III for under $90.

In fact, Toastmaster's complete line of Clean Cookery oven-broilers starts as low as $36.

PAT. PEND.
CONTENTS JULY 1976 VOL. 79, NO. 7

EDITORIALS
F.Y.I. From the Desk of Leda Sanford, Publisher 4
Ms. Liberty Has a Secret 35

THE HOME FRONT NEWS
SPECIAL 8-PAGE SECTION on People, Places and Things You Should Know About 17

FOOD
Perfect Pasta 50
Foreign Vegetables . . . the New Frontier 52
Sherbet the French Way 56

DECORATING AND CRAFTS
Stitch a Folk-Fest Patchwork 49

DEPARTMENTS IN EVERY ISSUE
Your Place or Mine: Zane Grey, Wordsmith of the Old West, Strikes Again 6
Wines: A Tippler’s Guide to Colonial Drinks 8
The Emerging Woman: Indian Powerhouse 10
Health and Beauty: What’s New Under the Sun 14
Men at Home: George Washington (and Others) Slept Here 32
Singlehood: Starting Over—Alone 70
Letters to the Editors: Our Readers Write 102

SPECIAL FEATURES
Will the Real Betty Crocker Please Stand Up? 12
How to Pick a Household Cleaner 28
Antiques: Questions from Readers 86
FAMILY 1976
Blending Old and New 36
Creating Together 40
Pressing for Change 44
Revolution in the American Family 46

INFORMATION
Craft Instructions 90
Shopping Guide 94

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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Want a tough stain out?

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Want a tough stain out? Shout it out.
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.
America is a great country! There is so much of which we can be proud... the intrepid venture into a new continent... the valiant struggle for independence... our continuing fight to stay free! Now, for our Bicentennial, TIME-LIFE BOOKS pays tribute to our noble heritage by portraying the whole American story. Not as a recital of names, dates, battles, treaties. But as the intensely human story of people... pilgrims, trappers, gunfighters, homesteaders, immigrants... men and women whose unswerving commitment to freedom and democracy truly made our nation "the land of the free and the home of the brave."

The Life History of the United States uses the picture-story techniques for which TIME-LIFE BOOKS are famous. Fascinating facts and anecdotes that bring the story of America to vivid life. You'll meet such people as:

- **John Hancock**, signing the Declaration of Independence in letters large enough "for the English to read without spectacles."
- **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.

**Examine volume 1 free for 10 days.**

The result is a rich, colorful library which belongs in the home of every American family who cares about our heritage as our nation nears its 200th birthday. See coupon for details—then mail it to examine Volume 1 free for 10 days.
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 surefire 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 re-issued 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 blushingly. 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 heroines, whatever their lack of verifiable heritage, are Westerners. Depending on the story, they are horse-hunters, grubine-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 live with. 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 necessarily 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.

Expletively 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 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 cliches, 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—previous generations.
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Betty Nettleton's story interested me in filling out this coupon.

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WINES

A TIPPLER'S GUIDE TO COLONIAL DRINKS

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 ambassador 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 whiskies 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 "Loggerhead 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 "Syl-labub"—lemon juice, cream, sugar, beaten egg whites and a touch of white wine, all whisked together.
Delicious.
Smooth.
Rich.
Tempting.
Delectable.
Luscious.
Toothsome.
Tasty.
Wet.
Potent.
Full-strength.
Pre-mixed.
and
Ready-to-Pour.

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Toothsome.
Tasty.
Wet.
Potent.
Full-strength.
Pre-mixed.
and
Ready-to-Pour.

The Grasshopper from Heublein.

The Brandy Alexander from Heublein.
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 feel in­

I was for­

"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."

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Pres/deni of Amer/cans for /nd/an
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, LaDon-
na, and I' or 'LaDonna and I feel such
and such a way about an issue.' He al-
ways makes it a mutual thing, and peo-
ple 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 meet-
ings, 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 Harrises. 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
wincs slightly at the memory. "I tes-
tified before Congress on Indian prob-
lems 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 Wom-
en’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 LaDon-
na 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 infor-
mal one wonders how she fared with
the protocol of the "Senate Ladies."

In fact, she thinks Washington po-
litical 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 reelec-
tion in 1972, during his first presiden-
tial bid], he’s (continued on page 66)
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 with 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 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 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 Aunt Jemima perhaps best illustrates how 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 bear-skin, 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.
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 home-maker'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 also 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. Grooping 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

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

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.

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

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
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 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 moisty, 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 dining (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.

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 Tuscany
Regularly $1119
NOW $1007

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

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

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

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

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.

*Ridgeway Clocks, Dept. AS76, Division of Gravely Furniture Co., Inc., Ridgeway, Va. 24144
If you got crushed in the clinch with your soft pack, try our hard pack.

Benson & Hedges 100's
Regular and Menthol
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.

PROTEIN PANACEA?

Riceteln, 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, Riceteln 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. Riceteln will be marketed by Ric Protein Foods International Corp., jointly owned by Nabisco and Riviana Foods.

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).

SAVING THE 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.
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-Feet 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, periodically, 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 of how lowdown 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.
STAY HUNGRY

Who is turning into our most popular movie entertainer 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 lents glistened in Hearts of the West, a cowboy spoof 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 coned boy-next-door with such freshness and natural acting you'd think he took lessons from Spencer Tracy.

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 scrapbook is sensational.

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 filmmakers Albert and David Maysles' hypnotic chronicle of Jackie Kennedy Onassis' aunt and cousin recalling lost dreams and misspent beauty in their dilapidated, cat-infested Long Island mansion.

FLOSSY FIASCO

Lipstick, a glossy, test-marketed, rape-sploration 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.
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 conventions 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.

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.

AMERICAN HOME, JULY, 1976
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."

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 waif'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.

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.

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 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.
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, Osbornsville, 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.

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.

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 Cuvee in a specially designed bottle approximately $11.65.

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 2¾" 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, hogs on fire 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; 312/443-3000. 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).


**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**

**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: Planetarium 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**
ERA

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 proponents, the ERA would be a national mandate against sex discrimination. If the amendment is 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.

Co-ops

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 babysitting co-op that the Crawfords belong to keeps track of the sitting hours members have earned and used.

In this particular babysitting pool, new members are admitted upon recommendation of 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.

NOTICE TO READERS

American Home, along with other publications, inadvertently ran an ad in its April issue for "a new line of incredibly practical, American polyester and rayon-blend 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.
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The FREE Blue & White Membership Plaque. Wedgwood is a U.S. registered trademark of Wedgwood Ltd.
In Rome, you can see it in ruins. Here, you can enjoy all its glory!

Symmachus, a 4th-century Roman noble, sponsored a notoriously 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 and 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 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 reached their numbered seats through 76 public entrances.

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.

The first Astrodome! A giant awning, the velarium—worked with dozens of ropes—shielded the audience from sun and wind. 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!
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HOW TO PICK A HOUSEHOLD CLEANER

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 degrime 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 twinkle. 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 gravelled 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 redepósited 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-
Tonia for grease-cutting action, or
solvents to take the greasy-waxy sub-
stances off your walls or floor and into
your cleaning water. Another differ-
ence is that some products keep soils
in emulsion for longer periods of time
than others, so that your cleaning so-
lution 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 con-
tent: 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” clean-
ers, 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 han-
dle 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 prod-
cut that will clean up the chicken
noodle soup your baby dumped on the
deck, 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
germ$ in your kitchen or bathroom,
look for a product containing disin-
fectants 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 get-
ing into corners; powdered products
are more useful for big jobs (unless
you like the idea of mixing up a clean-
ing 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
may have acceptable results. For ex-
ample, 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 ac-
ceptably 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 applica-
tion 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 pow-
ders, when inhaled, can very seriously
irritate the mucus membranes of the
esthagous and the lungs. But all
cleaning products are labeled “cau-
tion,” “warning” and “danger” when
they’re potentially harmful or poison-
ous. 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 house-
hold cleaning products should be kept
well out of the reach of children, and
all cautionary instructions on labels
needed carefully.

Also, do not mix cleaning products.
When blended, even all-purpose house-
hold cleaners that are perfectly harm-
less 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, dis-
cussed 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 1/4 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.
THE AMERICAN HOME
Built in the style of yesterday, it offers all the comforts of today.

The 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.

Panelled 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 end of meeting Helvius in heaven and be

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-
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 dawdling 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 ten-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 one 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 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 through 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
Bathroom Cleaner
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.

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!
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.
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
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 Ng’s 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 Ng’s recipes, turn to page 89.

A simple butcher-block table is the setting for the Ng’s 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 Ng’s 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 Ng’s recipes, turn to page 89.
Meredith, Gary and Gregory Gladstone form a joyful family unit that's a throwback 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 freelance, he as a photographer and 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.
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/Jill 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).

PHOTOGRAPHY BY SERGE KORNILOFF
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 day-care centers (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.

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.
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.

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
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)
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.
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" 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. 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 in center, if desired. Without ice cream machine. Churn-freeze until firm. Unmold into 4-cup ring mold. Freeze until firm. Serve in chilled dishes.

Make 4 to 5 servings.

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**PEACH SORBET**

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.

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. In saucepan mix sugar and water. Bring to boil; boil 5 minutes. Add grated orange peel or 3 tablespoons grated grapefruit peel.
2. Pour into container of ice cream machine. Churn-freeze until firm and smooth. 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.

Makes about 4 servings.

**CREME DE MENTHE SORBET**
Sensuously flavored, its pastel green will add a refreshing touch to a special meal.

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

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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.
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.
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, 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, 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 stem end. Cook in boiling salted water. Drop into bowl of lemon 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 into bowl of lemoned water while trimming to keep them white. Raw flavor is sweet and mild; when cooked, they do taste alphanumeric.

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. The thin, tough outer skin 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 battered and deep fried.

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 eaten raw in salads or tossed in vinaigrette or scooped, stuffed and baked. Cooked, it tastes like broccoli.

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 1/4 C butter or margarine. In small bowl, toss half of melted butter with 1 cup each bread crumbs and milk; stir and reserve. To rest of melted butter, stir in 3 Tbs flour. Cook until bubbly. Remove from heat. Stir in 1/2 C milk gradually while stirring until smooth. Add cooked kohlrabi; heat through, stirring occasionally. Serve in dish sprinkled 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 of the scallion or onion itself 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 Richyssose
Cut off roots of 2 bunches leeks (6 to 8). Trim tops, leave 1 1/2 inches of green. Strip away outer 2 or 3 layers of leaves. Split leeks lengthwise. Rinse under cool running water; separate 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 sprinkled paprika. Parmesan stuffed 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 quiches. 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 in a variety of shapes and sizes: round, oblong, long or thin. Some are white 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 miniature eggplant in boiling salted water, drain and serve.

Belgian endive is known also as witloof (white leaf) chicory. A small, tightly folded plant that grows upright in a form resembling a cone. It is native to Belgium and France and flavor is regularly used in pickling cucumbers. A native of southeastern Europe, it flavors soups, salads and appetizers such as herring or salmon.

Fennel possesses a sweet licorice or anise flavor. Prized by Italians who call it finocchio, it looks like bulbous garlic. Here’s a quick idea: Rinse 1 lb fennel bulb. Halve or quarter bulbs lengthwise. Reserve tops for garnish or add to salads. Cut off enough tops of 2 fennel bulbs (6 inches long). Reserve tops for garnish or add to salads. Chop 2 Tbs minced fennel. Add a bit at a time to broth in skillet, gradually while stirring until smooth. Gradually add 1 cup 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.


Horseshad, 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 as a vegetable. It is a 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 and hose the outer skin. Cut into cubes. Grate in blender. With 1 C grated root, mix with 1/2 C white vinegar, 1/4 tsp salt. Pack in jar; can.

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;

ra, the immature seed pods of a vicular plant, is used principally in ups and stews. It makes a natural ckerner because of its gelatinous ture. Discovered in Ethiopia, it was tivated in Egypt, brought to Europe he Moors, then introduced to New eans by the French. Makes a tasty etable appetizer when dipped in ten egg thinned with 1 tablespoon ter, then rolled in seasoned cracker mbs or cornmeal and deep-fried. t and dip into bottled chili sauce.

ips, related to carrots, have a h starch and sugar content and a alty flavor. Actually a winter vege able, its roots are sweeter after ex sure to frost, when starch converts sugar. Usually it's served steamed, shed and buttered, or sliced and sized. Seek tender small roots; large ies are woody. Cooked, delicious as ad, too. Just pare and slice into ted boiling water, cook until tender. in. Toss with oil and vinegar dress i. Chill until cold.

babaga tastes like pungent sweet atoes and is mashed and flavored a similar manner. Looks like a huge ow turnip, often called a Swedish nip in Europe. Grown in northern ts of the U.S. and Canada. The b, waxed to retard evaporation and prove keeping quality, is sold with cabbagelike tops. Must be peeled ore cooking.

allots look like garlic when peeled, have a mild onion flavor. A French prite adding a delicate taste to ps, patés and entrees. Shallots es are expensive and seasonal. en the white part of green onions recipe substitutes. Transported n Syria to England to France, shallots can be grown easily in home gar es where the lovely green tops can used for flavoring like the bulb.

IN LEGUMBRES (own on page 54)
sava root, also called yuca or nioc, is a starchy, slender root etable with barklike skin and very white flesh. It possesses a potato or, but a very firm, dry texture. To pare, peel with peeler to remove gh skin. Rinse. Leave whole or cut 1/2-inch slices; boil till tender. in; season with butter or margarine. Cook unpeeled scrubbed roots until der; peel will fall off in pieces. es can also be pan- or deep-fried oil. Flavor with chives or onions.
yote (cha-yó-tah), botanically a t, is eaten as either a cooked or vegetable. Member of the squash ily, this (continued on page 62)
FOREIGN VEGETABLES

continued from page 67

peach-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 cut into wedges. Fruits will vary from mild to very hot. Usually more abundant in the fall, primarily used to season foods. Enjoy this chilli 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 chilies,* peeled, seeded and diced, or use 1/2 C canned diced green chilli. Cook 5 minutes or until tomato is soft and peppers are tender. Stir in 1 Tbs Muenster or Monterey Jack cheese by handfuls. Stir in 1/2 C heavy cream. Season with salt and pepper. Serve this zippy sauce immediately.

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- or white-eyed beans because of the red pod. The 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

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 flesh tastes like fresh, sweet water chestnuts. It retains its crunchiness when cooked, but raw, stalky 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 small, firm. 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 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 tiny 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 1/2 lb fresh snow peas; remove strings of pods. Combine all vegetables from onion to okra; mix, if desired. Marinate overnight in refrigerator. Serves 6.

Bitter melon is extremely bitter until cut open and simmered. It has a pinkish flesh, green stem, and immature seeds, can be cooked as a soup vegetable. This subtropical fruit is generally eaten raw when fully ripe and separated stalks into diagonal slices. In large kettle or saucepan, boil in 1-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スキル. 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.

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 an acquired taste. It is not used as a food but is a essential part of the diet. 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 membranes. Cut melon into thin crosswise slices. Drop into salted boiling water. Cook until just tender. Drain. Stir 1/2 C daikon (12 oz) and 1 Tbs oil. Sauté until soft. Cover bowl with plastic wrap. Chill overnight. Drain, rinse, and pat dry. In large bowl, combine 1 1/2 C sliced green onion, 1 C thinly sliced green bell pepper, 1 1/2 C thinly sliced radish, 1/2 C finely chopped celery. In large bowl, combine 2 C vinegar, 1 C sugar, 1/4 C salt, 1/4 C white vinegar. Mix well. Pour over vegetables. Cover bowl with plastic wrap. Chill overnight. Drain well. 2 weeks refrigerated.
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Special free offer
Complete 11-piece measuring set is free with every Menu Maker. Measures ½ teaspoon to 1 cup. Offer limited. Order now.
Here are the secrets of perfect pasta—continued from page 50—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 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 cold. Do not rise pasta in large colander. Do not rinse pasta. Do not rise pasta in large colander. Do not rinse pasta.

**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
1/2 cup red wine
1 can (35 ounces) peeled Italian-style tomatoes
1 can (13 1/3 ounces) chicken broth
1/2 cup tomato paste
1 teaspoon pepper
1/4 teaspoon salt
1/4 teaspoon salt
1 package (16 ounces) thin spaghetti (No. 9), cooked and drained

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.

**PASTA WITH WALNUT 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. 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 frequently to reduce liquid.


**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 1/3 ounces) chicken broth
1/2 cup dry white vermouth
2 tablespoons tomato paste
2 tablespoons chopped parsley
1/4 cup grated Parmesan cheese

1. Wash chicken livers. Cut each into 1/4 pound mushrooms, sliced; 1 can (13 1/3 ounces) chicken broth; 1/2 cup dry white vermouth; 2 tablespoons tomato paste; 2 tablespoons chopped parsley; 1/4 cup grated Parmesan cheese. Makes 4 servings.


**PASTA WITH FRESH BASIL-TOMATO SAUCE**

(Pictured on page 50)

1 package (16 ounces) thin spaghetti (No. 9), cooked and drained
1/4 cup fresh basil leaves, stems removed
Water
1/3 cup milk
1/2 cup heavy cream
Salt and pepper

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.


**PASTA WITH HERB-CHEESE SAUCE**

2 tablespoons butter or margarine
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
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**

(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
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3/4 cup grated Parmesan cheese

1. In skillet heat oil. Add onion and garlic; sauté until soft. Stir in tuna, chicken broth, parsley 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.

2. In skillet heat oil. Add onion and garlic; sauté until soft. Stir in tuna, chicken broth, parsley 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.

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1/4 cup olive oil
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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.


**SPAGHETTI CARBONARA**

1/2 pound sliced bacon, cut crosswise into 1-inch pieces (4 or 5 slices)
3 large eggs, at room temperature
1/2 cup olive or pure vegetable oil
2 tablespoons butter or margarine
1 small onion, finely chopped
1/2 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 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.

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.
See more of America when there's so much more to see.

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

There's something inspirational, patriotic, symbolic, or just plain fun going on almost everywhere in the U.S. Once-in-a-lifetime Bicentennial events. Historical re-enactments. Important sporting events. Whole towns turning out to make free pancakes, or rhubarb pies, or a one-ton banana pudding. People racing in washtubs or milk carton boats. Classical music or jazz festivals. Rodeos. Logrolling and old-time fiddlers' contests. Horse shows. Antique shows. Rhododendron shows.

Honor is paid to the peanut, to mules, hot air balloons, the English, French, Germans, Scots, Irish, Czechs and all the others who came here in the name of freedom. Tribute is paid to Hiawatha, Helen Keller, King Kalakaua, the Wright Brothers, P.T. Barnum and Paul Bunyan. Only in America can so much originality, talent, variety and sheer joy of living come together. 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.
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 administrative 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 applique 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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LaSalle's Associate Degree Programs
“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 the 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 I kept putting off the final decision. 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.
My slacks didn’t stretch. I "shrank" 79 pounds.

By Shirley Wentz—as told to Ruth L. McCarthy

Mission: 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?

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 wanted to look 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 Ay-ds, 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

BEFORE AND AFTER MEASUREMENTS

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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 sunscreening 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. 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—thats why you can't depend on beach umbrella for protection.

Forget the idea that "you get worse burn" on a hazy day. You 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 to get you 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 or 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 wrap the head is fashion as well as function this summer. For times when you can't cover your head, choose 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 others. 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 sunscreening chemicals on the label. Especially effective ones in addition to PABA and its derivatives, include cinoxate, homosalate and benzophenones. These chemicals should be in 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 sunblock is the most complete protector. It will shield the skin from both ultraviolet and tanning rays. 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 sunblock that tried-and-true, zinc oxide ointment, is still good, especially for the area under your eyes that is not on your face and those surrounding it. Some tryin sunblocks in clear lip pomades. Get one and use it, not just on lips but on all the tender spots.
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Each ingot contains one troy ounce (480 grains) of pure silver; the complete collection a total of over four pounds of pure silver. The original issue price of each pure silver proof ingot is $12. And the Columbia Mint guarantees that this price will be maintained throughout the entire series regardless of how high the price of silver may rise in the international markets during the course of the minting of this collection. During these times of persistent inflation, a guarantee such as this is both comforting and in itself valuable.

A Strictly Limited Edition

This edition, the only edition of the American Revolution Bicentennial Ingots, will be limited solely to those individuals who enter their subscriptions before the minting limit of 4,980 collections has been reached. All orders received after the minting limit has been reached will be declined and promptly returned.

The proof ingots will be issued to subscribers at the rate of three ingots per month until the collection of fifty ingots is complete. Once the ingots have been completely issued, the special proof minting dies will be destroyed, and this collection will never be available again.

Furthermore, there is an absolute limit of one subscription per person. Therefore, to be among the few fortunate families who will possess this official collection, you must act now. The series will not be available through coin and medal dealers.

Deluxe Version

24 Kt. Gold on Pure Silver

For those who desire an even more valuable collection, a strictly limited edition of 1,900 pure silver ingots layered with 24 Kt. gold will be minted. Each individually hallmarked and serially numbered at only $15 each.

Your Collection Serially Numbered

To further guarantee the integrity of this valuable collection, each ingot will be individually numbered and hallmarked to permanently attest to its status as a flawless Limited Edition Proof. Numbers will be assigned in the sequence in which subscriptions are received. A prompt decision is important, then. Finally, a Certificate of Authenticity, suitable for framing, will attest to your collection's rareness and indicate your serial number.

Special Presentation Album Included

A handsome presentation album to hold your entire collection will be sent to you at no additional cost with your first shipment. You will be able to proudly display this precious collection of medallic art in your home — from the very beginning.

An Urgent Reminder

For the serious collector there can be no finer goal than to possess a Proof Set of the Bicentennial Collection of The American Revolution. A collection to be cherished, to be enjoyed and displayed proudly now and for generations to come. A collection which combines great beauty, assured rarity, and the intrinsic value of pure silver.

Because of the limited nature of this collection, you are advised to act promptly so that you will not be among those who will be disappointed by having their subscription arrive too late. Once the minting limits have been reached, orders will regretfully be declined and returned.

You are therefore urged to act now while the opportunity is before you.

Subscription Application

MONEY BACK GUARANTEE

The Columbia Mint
1709 New York Avenue, N.W.
Washington, D.C. 20006

Please accept my subscription application for a Limited Edition Proof Set of The American Revolution Bicentennial Ingots, consisting of 50 Proof Ingots in pure (.999 fine) silver, to be serially numbered and issued to me at the rate of 3 ingots per month at $12 per ingot. I understand that I will receive a special presentation album with my first shipment signed by the President of the United States and that the price of the ingots will be guaranteed to me for the entire series.

☐ I am enclosing my remittance of $60.00 for the first 3 silver ingots in my collection.
☐ I am enclosing my remittance of $45.00 for the first 3 silver ingots in my collection.

I understand that I will be billed monthly in advance of each subsequent shipment of 3 ingots and that if I am not completely satisfied with my first shipment I may return it within 10 days for a full refund and be under no further obligation.

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STATE_____________________ZIP

Residents of Washington, D.C. add 5% sales tax
Here's an easy canvas stitchery kit that proved so popular when we first featured it that we're making it available again. It makes a great way to recreate the style of an American-primitive painting. Start with canvas painted with the outlines of this charming dreamscape, then color with D.M.C. tapestry wool. By using a long, upright stitch and covering as many as 20 meshes with one needle stroke, even a beginner can make short work of this 20" x 21½" needlework. Kit contains outline-printed mono mesh interlock needlepoint canvas, 12 meshes to the inch, plus instructions, color listing and a rundown of required materials (yarns are not included). To order this kit, see coupon at right.

American Home, Dept. CS-1
641 Lexington Ave., New York, N.Y. 10022

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Please Print Name

Address

City       State       Zip
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 1/2 teaspoon cream of tartar into blender container. Cover. Blend on high speed until foamy. Add cup unsweetened cocoa, 2 tablespoons sugar, 1 teaspoon pumpkin-pie spice, 1 teaspoon vanilla and 2 tablespoons butter or margarine. Blend on low speed 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, 1/2 cup light-brown sugar, 1/2 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 6 servings.

**BANANA COTTAGE CHEESECAKE**

In covered blender container whirl 5 graham crackers, broken into pieces, until crumbled or use 1/2 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 1/4 cup cold water, 2 tablespoons lemon juice and 2 envelopes unflavored gelatin in container. Heat 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, 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 on top. Makes 8 servings.

**MOCHA ALMOND TORTE**

With serrated knife, cut 1 frozen pound cake (10 1/4 ounces) horizontally into 4 thin layers. In blender container put 1/2 cup unsweetened cocoa, 2 tablespoons instant coffee, 2 cartons (1/2 pint each) heavy cream and 1/4 cup confectioners sugar. Cover. Blend on high 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.

**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, 1/2 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.

**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.

**MINT JULEP CUP**

In blender container put 1/4 cup fresh mint leaves and 1/2 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.

**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.

**COCONUT SPICE CAKE**

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 1/2 teaspoon cream of tartar into blender container. Cover. Blend on high speed until foamy. Add cup unsweetened cocoa, 2 tablespoons sugar, 1 teaspoon pumpkin-pie spice, 1 teaspoon vanilla and 2 tablespoons butter or margarine. Add 1 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, 1/2 cup light-brown sugar, 1/2 cup flaked coconut and 1 tablespoon milk. Move cake from oven. Turn oven to broil. Spread coconut topping over cake. Broil until golden and bubbly. Serve cake warm. Makes 6 servings.

**LOW-FAT CHOCOLATE FLUFF**

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 orange, 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 1/2 ounces) frozen whipped topping. Return mixture to shallow pan. Freeze until firm. Spoon into chilled champagne glasses. Makes 4 to 6 servings.
Magnificent Reproductions for Collectors of Miniature Early American Wood Furniture

* Furniture really works — cradle and chair rock, doors open, drawers slide!
* Solidly constructed, beautifully finished and fully assembled!
* Truly large sizes up to 8" high and 7" wide!
* Colonial finials, wood-turned legs, other authentic features!

These are truly incredible reproductions of the furniture of an Early American bedroom at truly incredible low prices. Copied from actual pieces made in America between 1750 and 1787. Each is carefully crafted from choice woods with a richly grained walnut finish to faithfully match original. Careful attention has been paid to every detail — doors and drawers open smoothly. Knobs are solid metal with an antique brass look. Winthrop Desk has an upholstered red bench, a tiny quill in its inkstand. 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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Rush the collector-furniture below at prices listed plus 75c postage and handling for each piece. Dimensions are given in order of height, width and depth:

(A) #16370 Triple Dresser (3 1/2" x 5 1/2" x 2") .......... S3.99
(B) #17137 Rocking Chair (3 1/2" x 1 1/2" x 2") .......... $1.99
(C) #17136 Rocking Cradle (3/4" x 1 1/2" x 2") .......... $2.49
(D) #16688 Canopy Bed (6 1/2" x 5 1/2" x 7 1/2") ...... $9.99
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SAVE 81.49 — COMPLETE COLONIAL BEDROOM (7 pieces) #16889 for ONLY $19.99 plus $1.50 postage and handling (you save $7.49 on furniture and $3.75 on postage — a total of $11.49). □ Please send me Catalog #16445 @ 60c. Enclosed is check or m.o. for $  
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FREE 24-HOUR 7-DAY-A-WEEK SPEED PHONE SERVICE for our charge card customers (for ordering only), Dial 800-327-8351; Florida customers dial 800-432-7521. CALL NOW!
FOREIGN VEGETABLES
continued from page 62

tightly packed heads with wide, flaxen 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 chive flowers are white, while regular chives have pink or purple ones. Use chopped chives in flavoring salads or 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. Simply cut off a well-rinsed piece, crush with back of a knife, then fry 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 teaspoon powdered dried ginger.

Chinese green beans are used like regular green beans, but don't have to be de-stinged and are uniformly 12 to 16 inches long. Pencil-thin beans are nipped 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 ¼ 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 ½ tsp salt. Toss. Chill 1 hour. Serves 6. (continued on page 8)

HAVE HEALTHIER HOUSEPLANTS

Prolong houseplant life by preventing needless overwatering. Easy-to-operate plant meter provides an instantaneous reading of soil moisture at root level. Device comes with vinyl carrying case (no batteries needed) and an instruction book that contains watering guide to common houseplants. Price: $9.95.

Fill out coupon and enclose check or money order. Sorry, no C.O.D. orders. Canadian residents, pay by International Money Order (U.S. currency) available at Canadian post offices. Please allow at least 4 weeks for delivery.

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Plant meter(s) @ $9.95 plus .98 post. & hdg. ea. $
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Total enclosed $
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**INDOOR/OUTDOOR**

**Plant Showcases**

- choose window “greenhouse”, hanging garden, etagere!
- all hold many plants in a limited space!
- all are rustproof and spillproof (catch water overflow!)

**EXQUISITE Two-Shelf WINDOW GREENHOUSE**

Now create an elegant greenhouse effect—enhance any window or wall with vivid color or bright green foliage. Grow 6 to 12 plants (depending on size) in less than 2 feet of space. Beautifully made of space-age, high-impact plastic—virtually indestructible and completely rustproof. Will never stain or mark walls or paint. Shelves feature unique design that holds water overflow from planters and pots, protects carpets, walls and furniture. Classic “summer house” design with white leaf motif end panels, curved white strapping and two pretty lime mint shelves. 21¾” long, 4½” deep, approx. 24” high. Assemblies in seconds. Holds 10 pounds of wet weight. ONLY $8.99

**LUSH, OPULENT Two-Tier HANGING GARDEN**

(Also Lovely As A Floor or Table Stand)

Create a bold, dramatic decorative accent in any room with this breathtakingly beautiful hanging garden display. Add charm and elegance to patio, porch or terrace. Grow 12 or more plants (depending on size) in less than a foot of space! Unique protective spillproof shelves act as decorative “umbrella”, catch any water overflow. Handsomely made of high impact, decorator-quality plastic with two oyster white tiers and classic cupola top. Harmonizes with any decor. Rustproof and virtually indestructible, too. 10¾” square, approximately 30” high. Assemblies easily in seconds. Holds 24 pounds of wet weight. Complete with decorative ceiling hook and antique chain. Order now at ONLY $14.99

**MAGNIFICENT AND REGAL Four-Tier PLANT ETAGERE**

(May Also Be Used As Hanging Garden)

The ultimate plant stands with display room for 24 plants or more (depending on size), yet takes less than one foot of floor space. A delightful and enhancing showcase for live or artificial plants. Perhaps it is the commanding, romantic appearance—a glistening oyster white tower, nearly four-and-a-half-feet high, crowned by a decorative finial and exotic cupola roof—but suddenly plants are endowed with a magic-like glamour. Ordinary Philodendron is now gleaming and glamorous...a sweet little Coleus becomes regally magnificent...a garden-variety Begonia is as lush and rare as an orchid! Meticulously crafted of decorator-quality high impact plastic with our famed protective spillproof tiers. Can’t rust and virtually indestructible indoors or out. 10¾” square, 53” tall. Assembles in seconds. Holds 48 pounds of wet weight. Lovely with all decor. ONLY $19.99

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Please rush me the following plant showcase(s):

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Or Charge My: □ Master Charge □ BankAmericard

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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.

Now E Bonds pay 6% interest when held to maturity of 3 years (4% the first year). Lost, stolen or destroyed Bonds can be replaced if records are provided. When needed, Bonds can be cashed at your bank. Interest is not subject to state or local income taxes, and federal tax may be deferred until redemption.

Take stock in America.
200 years at the same location.
QUESTIONS FROM READERS

By MARVIN D. SCHWARTZ

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.

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.

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.

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.

This flower vase has been in our family for three generations. Any information you could supply would be appreciated.

-(Mrs.) P.K., Madison, Wisc.

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.

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 chair was made 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.

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 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.

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.
Decorating is easy—and affordable—with our accent tables and brightly patterned, care-free cloths

You'll want more than one table—and a variety of pretty cloths—when you see all the ways our Accent Table fits into your home. It's perfect at bedside, next to a sofa or chair, in an entrance hall, a tiny kitchen. Cloths are 70" round, made of 50% Fortrel polyester, 50% cotton, and need little or no ironing. Buy a batch to quick-change for different decorating effects.

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

CHING: 18th century Chinese-inspired pattern, richly interpreted in red/blue or yellow/blue.

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 with a primitive beat.

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

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.

COMPLETE SET: TABLE AND CLOTH $13.95

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

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:

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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.
continued from page 82

continued from page 39

Inks and blanch in water. Drain, top container. or peel off skin and cut into chunks. Must be cooked quickly in cucumbers. Use as ingredient with other vegetables in stir-fry dishes, or sauté in butter like squash. A Goo looks like water chestnuts, tastes like potato and is a starch institute in Oriental menus. Grown in water, they remain moist, with a soft parchment-like skin covering. To prepare, scrape skin off with knife. Cut off top stem end. Cut whole or any size slice you want, en skin with chalky white dust, which is gone. The edible bulb, once must be cooked quickly in vegetables. Stir-fry until beef is med­

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 teaspoon light soy sauce
1 tablespoon sesame oil

BEEF WITH GREEN PEPPERS
1 pound flank steak or boneless beef
3 medium-size onions
2 tablespoons soy sauce
2 teaspoons chicken stock
2 teaspoons cornstarch
1 teaspoon salt
2 tablespoons vegetable oil

GINGERED CRAB AND ONIONS
2 live Dungeness crabs, or use any local crab variety but buy more
1/2 pounds seafood
1 to 2 tablespoons vegetable oil
1 teaspoon salt
1/2 cup white wine
2 tablespoons shrimp paste
125 shells are required to make just one 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.

Gingered Crab and Onions
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 vegetable 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
1 teaspoon salt
2 tablespoons vegetable oil

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CRAFT INSTRUCTIONS

GREGORY'S EMBROIDERED JEAN-OVERALLS
(shown on page 43)

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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, 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.

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.

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"

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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.
CRAFT INSTRUCTIONS
continued from page 90

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 48).

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.

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, similar 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 handles 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 lengthwise. 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.
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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 leaving 4" for hanging. 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. Start stitching 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 neatly by folding over fabric and staple securely 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 sewing corners undone. Alternating top and bottom, and keep fabric taut. Finish each corner neatly by folding over fabric and stapling. Screw in eyes on frame backing. Place stretcher frame on top of fabric. Start stitching from the center of each strip out to each side, leaving corners untrimmed (to line up edges of patchwork). Bring edge of white fabric around to back of frame. Using a staple gun, staple securely in center of strip. Pull fabric and staple in center of second strip. Pull fabric and staple in center of 4th strip. Pull fabric and staple in center of final strip. Your complete patchwork border is now completed. A 54" strip; staple in the center. Then pull fabric neatly by folding over fabric and 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 neatly by folding over fabric and staple securely 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 sewing corners undone. Alternating top and bottom, and keep fabric taut. Finish each corner neatly by folding over fabric and stapling. Screw in eyes on frame backing. Place stretcher frame on top of fabric. Start stitching from the center of each strip out to each side, leaving corners untrimmed (to line up edges of patchwork). Bring edge of white fabric around to back of frame. Using a staple gun, staple securely in center of strip. Pull fabric and staple in center of second strip. Pull fabric and staple in center of 4th strip. Pull fabric and staple in center of final strip. Your complete patchwork border is now completed.

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 handling. Write to manufacturer or store; include date of magazine, page number and handling.

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Attach label from your latest copy here and show new address below—include the city and state and zip code. If you are receiving duplicate copies, please send both labels. Send address changes to: American Home, P.O. Box 4568, Des Moines, Iowa 50306.

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VIOLET AFGHAN, PAGE 74
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HERITAGE KITS, PAGE 84
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OF 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 side­board, 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 office­desk (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 king­size bed. I’m sure that’s why my once­blissful 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 long­neglected 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 in­trigue 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.
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