

AMERICAN HOME

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MAY 1977

**WIN A
MICROWAVE
OVEN
SEE CONTEST
DETAILS
INSIDE**

**DESIGNER
SECRETS:
LIVING BIG IN
LESS SPACE**

**THE 24-HOUR
ROOM**

**HIDDEN
ASSETS: INVISIBLE
FURNITURE**

**WHO'S
HOLDING THE
PURSE
STRINGS?**

**MOTHER'S
DAY SPECIAL:
APRONS TO
SEW**

**FREEZER-
TO-OVEN:
FAST-FOOD
LIFESTYLE**

**SHAPE UP
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**WHAT
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**IDEA-PACKED
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May 1977 Volume 80, Number 5

COVER: M-M-M good... a sauce that will be the base for instant meals to come. The idea is to stock up your freezer for family meals and on-the-spot entertaining using dishes and cookware that go from freezer-to-oven-to-table. Four freeze-ahead strategies start on page 31. The smart cooking couple works in aprons to sew from a Vogue Pattern: Hers in a crisp print by Bloomcraft, his a ticking stripe by Waverly. See Shopping Guide page 73. Make-up from Maybelline, hair by Ernest and make-up by Margaret, both of Cinandre. Photographed by Enrico Ferorelli.

AMERICAN HOME

EDITORIAL

- 7 **FY.I.** From the Desk of Leda Sanford, Publisher

SPECIAL HOME DECORATING GUIDE

- 39 **Your Own Space: The Fourth Dimension**—Bring the outdoors in. *By Bo Niles*
- 43 **Living Big in Less Space**—Interviews with four leading designers. *By Chris Jones*
- 44 **Hidden Assets**—Deceptive decorating. *By Virginia Perlo*
- 46 **Apartment Living: Same Space 3 Ways**—How one floor plan was individualized by three owners. *By Bo Niles*
- 48 **Peach Power**—This summer everything's coming up peaches. *By Pat Sadowsky*
- 52 **24-Hour Room**—One with nine lives. *By Chris Jones*
- 54 **Blow Ups**—It's all done with mirrors. *By Chris Jones*
- 56 **The Invisible Guest Room**—Now-you-see-it, now-you-don't ideas. *By Bo Niles*
- 58 **Home Furnishing Trends '77**—*By the Design Department*
- 60 **Stolen Spaces**—Making something from nothing. *By Bo Niles*

FOOD & WINE

- 20 **Wines: Wining Out**—A guide to ordering in restaurants. *By Creighton Churchill*
- 31 **The Streamlined Homestyle**—Strategies for lively meals on instant notice. *By Pat Sadowsky and Gale Steves*

- 69 **Foolproof 10-Minute Soufflé**—A dramatic dessert you don't even cook. *By Gale Steves*
- 70 **Favorite Family Recipe Contest**—Enter and win a G.E. Microwave oven.

LIFESTYLES

- 24 **Emerging Woman: Professional Mom**—Joan Bear's family of 13 reflects her "planned parenthood" philosophy. *By Ann Scharffenberger*
- 36 **What Your Kids Really Want**—Try praise and kisses. *By Phyllis Theroux*
- 38 **Get Smart**—Efficiency pro Stephanie Winston tells you how to organize your life. *By Janet Spencer King*

FEATURES

- 8 **More Than Money: Who's in Charge Here?** Husband or wife? *By Sylvia Auerbach*
- 11 **Home Front News: People, places, and events you should know about.**
- 19 **Beauty at Home: Herbs for Beauty, Health, and Sex**—An almanac of cure-alls and aphrodisiacs. *By Lois Lee*
- 23 **Antiques: Questions from Readers.** *By Marvin D. Schwartz*
- 26 **Health and Beauty: The Five-Minute Cure**—A prescription for staying in shape. *By Marya Mannes*
- 80 **Cashing in on Cooling**—How to buy a room air-conditioning unit. *By Janet Spencer King*
- 100 **Our Readers Write**
- 73 **Shopping Guide**

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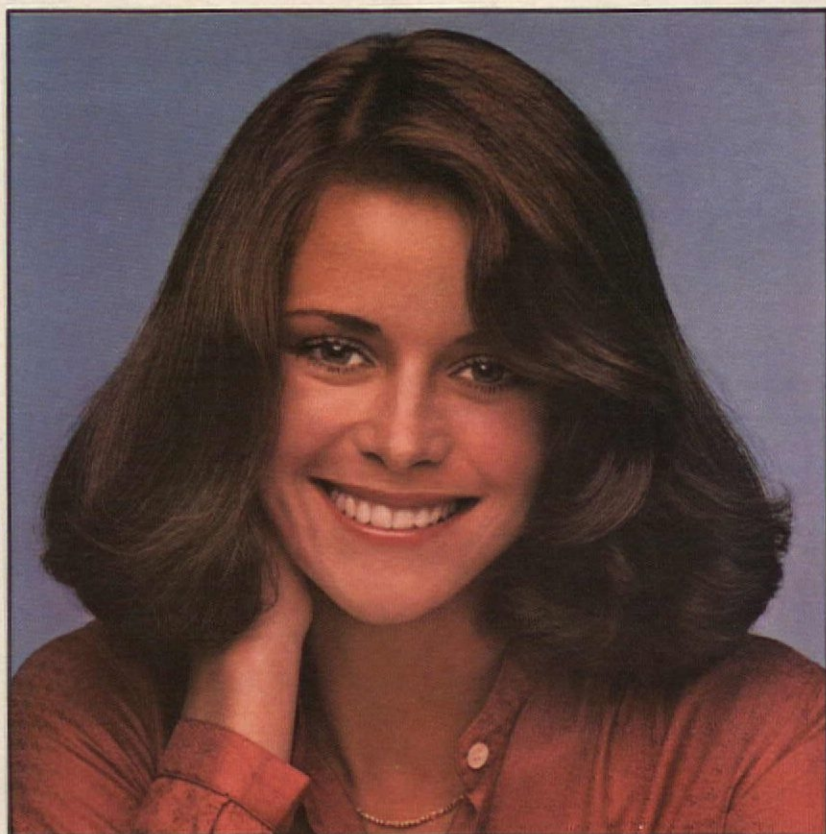
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**F.Y.I. FROM
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At a recent party a heated discussion developed around the subject of women and work. Provoked by a woman's comment that it was her right to seek fulfillment outside the home, a man in the group said, "I work for a living and my wife makes the living worthwhile. She can't do that and work too."

Later, after the debate had ended and the mob had dispersed, I thought about what the man had said. We work for a living but someone must make the living worthwhile. Can one person alone do that, even a super-wife-mom type?

Despite the trend toward a new togetherness and a shared responsibility that characterizes contemporary lifestyles, society still keeps major duties firmly planted on a woman's shoulders. Decorating the nest and making a "home" is still done largely by women. And most of them enjoy and take pride in doing it. Cooking and feeding the family is still "mom's" job. If she works or is involved in community activities, her only salvation is to develop her cooking expertise and various strategies to cope with the family's never ending needs.

How busy women are doing it is what *American Home* is all about. Our underlying philosophy is that the thoughtful approach to managing and decorating and cooking being developed independently by women all over the country is evolving into what we call The Streamlined Homestyle.

The Streamlined Homestyle rule is simple: THINK.

Think about your home and what it should be rather than just what it should look like. Decorate for comfort and easy maintenance and make the most of your appliances and gadgets. Apply the vacation-home philosophy to your house year round for less work. In this issue we talk about making the best use of space and how to get organized. Some of these ideas should encourage people to reconsider the practicality of their home environments.

Think about your menus and plan ahead. Cook two meals at once and maximize your time in the kitchen. Teach your children to think of the freezer as the "food bank" where there is always an almost instant nutritious meal—not junk food.

Making the most of appliances can do much to make the living worthwhile. But, unless there is some unforeseen reversal of present trends, sharing of home life responsibilities will also be a basic ingredient for the future survival of the family. And a man's share is not merely to be the provider anymore than it is a woman's role alone to make life meaningful. □



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Who's in Charge Here?

Who should manage family finances—husband or wife?

by Sylvia Auerbach



Both mates should contribute to family financial planning. Today, more than ever, marriages are a partnership between equals. According to the U.S. Department of Labor, more than half of all married women are working; more than half of these have children under 18 years of age; and about a third have children under 3. In 1974 (the most recent year from which figures are available) women's earnings accounted for 38 percent of family income, and the proportion has probably increased.

As women continue to work outside the home, men are changing their work patterns, too. According to recent studies, more men with working wives are refusing job transfers from city to city; choosing shorter working hours rather than higher salaries; changing jobs more often, and—during the recent recession—taking longer to look around for new jobs when they've lost their old ones.

There is no "best" way for everyone to share family money management; the choices have to be governed by your individual personalities, financial goals, and the timetable you set for reaching these goals. However, there are some general guidelines:

1. *Set goals jointly*, after full and honest discussion of your aspirations, not only as a family, but also as individuals. Psychologists and marriage counselors point out that unless both partners wholeheartedly agree on financial goals, the unwilling partner can unconsciously undermine these goals while seeming to participate.

2. *Define long-term goals clearly* and have a general plan for implementing them. Pick specific amounts, either in dollars or a percentage of your income, and stay with these choices. The decisions should be realistic from a budgetary standpoint and comfortable from a psychological standpoint. Some people feel insecure unless they have savings that would last a year; others are happy with enough to get by for a month.

3. *Make major decisions on insurance and wills* only after carefully considering the wishes of the beneficiary. Too often in the past, men have made arrangements without consulting their wives.

Good estate planning has always meant that both spouses have wills. These days, with more and more women flying or driving on job-related business trips, and with the new recognition of a homemaker's contribu-

tion to the household, individual wills—and even insurance policies—are vital.

4. *Have written records* accessible to both of you. The records should include details of insurance policies (life, health, and automobile, including those from employers); bank accounts; social security, driver's license, car registration, and hospitalization numbers; and the names and addresses of individuals or companies to contact if and when the need arises. Also helpful is a calendar that notes when payments are due from you, and when dividends or interest are due to you.

5. *Have an independent source of funds* each of you can draw on in an emergency. This precaution is particularly important for the partner who doesn't have a job, since joint accounts may be frozen in case of death, until they have been examined by the Internal Revenue Service. One solution is to establish a separate savings account in one name only.

6. *Tell the people you deal with* that both of you are responsible for the family finances. Despite new equal rights laws, there are still lawyers, accountants, and insurance agents who are not in the habit of discussing financial matters with women. Such people need to be reminded, forcefully, that yours is a joint-decision household.

7. *Allow for some "squander" money* that each one of you can spend at will—and no questions asked.

8. *Have a regular review*—semiannual or quarterly—of your decisions to be sure you have kept pace with the fluctuating economy, a change in your economic status, or a change in goals.

9. *Don't try to account for every penny*; once you have decided on your spending limits, be satisfied with your decisions until you have your review. If you are too rigid, you will feel the whole arrangement is a burden and be tempted to return to former methods.

10. *Have some kind of filing system*. Set aside a drawer, a file cabinet, or a set of envelopes to store receipts, bills, canceled checks, bank statements, installment loan records, and tax records. Make it a system that both of you understand and use. It will be your handy reference at all times, may solve some questions of fact that could otherwise lead to arguments, and make compiling your income tax easier.

11. *Let one person handle routine* money management chores. Never mind sharing when it comes to paying bills, listing expenses, and answering mail. It's usually more efficient to let one of you handle the job.

Gone (and good riddance) are those clichés about it being "the man's role" to control the money and "the woman's role" to spend what's given to her. Today's household money manager is the spouse best suited to the task.

12. *Be sure each of you understands* the total financial picture, as well as your own part in it. Periodically there should be a changing of the guard, with each partner taking a turn doing the other's job for a set time.

Could a switch in assignments upset the food budget, or result in a messy bank statement? It certainly could—but such setbacks are temporary. They have to be weighed against the advantage of both the "new" controller and the "new" purchasing agent learning to appreciate each other's problems by facing them herself or himself. In addition, the new person may bring a fresh viewpoint to a given task and may even come up with an easier way of doing it.

In contrast to short-term upsets, the change in understanding and efficiency may be permanent, improving not only the family's money management, but also the marriage relationship. And that's certainly worth more than money. □



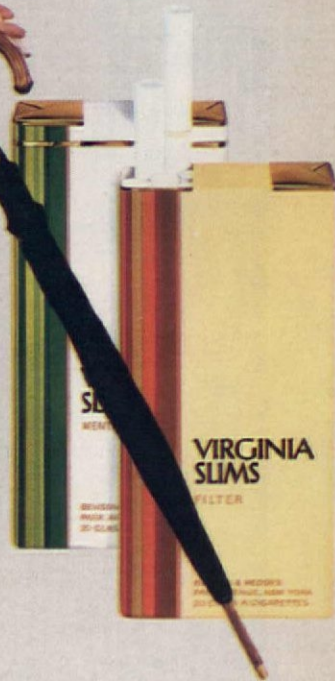
In 1906 Benjamin Glazer wanted to marry a woman with a little fire. He found one, and on his wedding night, he put the fire out.



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HOME FRONT NEWS



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OUCH!

Attention members of the summer nose peelers club! Studies show that almost every type of skin requires some kind of protection from the sun. To help consumers find their way through the jumble of sun blocks, sun screens, and sun lotions, the FDA is developing uniform standards for these products. By the summer of 1978 all sun products will be coded for degree of protection, and hopefully red noses will be on the wane.

Simmons' Lotus sofa bed and matching chair



SOFA BEDS COME OUT OF HIDING

Remember sofa beds? Those clunky convertible sofas (also called sleep sofas) banished to the den for spur-of-the-moment overnight guests and opened out with much creaking and groaning.

Sofa beds have come a long way. Not only have fold-out mechanisms improved, but the new spring line up also features many sleep sofas with sleeker lines and high style.

Boxiness is gone and arms

are less bulky. Ficks Reed has three new sofa beds incorporating rattan and other light natural materials. Its Chinese Chippendale sofa bed (below) has open fretwork arms that come in 28 different lacquers and wood finishes with luxury upholstery in a whole spectrum of splashy prints and solids (\$949).

Simmons' Lotus sofa bed (above) comes in an Art Deco look geometric chintz with simple "Parsons leg" sides and no arms at all (\$650, prices approximate).

Many sofa beds, such as Domani's soft oversized Capricorn series, are part of furniture groups including matching love seats and chairs.



Ficks Reed's Chinese Chippendale sofa bed



GRASS ROOTS REPORT: MINI-GOTHIC

Here is a picture of a miniature house my husband and I built from a picture in *American Home's* "Guide to Understanding & Restoring Vintage Houses," February 1975.

This is a Carpenter Gothic House, 1870-1910. We spent some 200 hours making it. The 14 windows can be raised and lowered; the siding was cut from pine; the floors are oak—cut and finished the same as floors in a full-size house. The wallpaper is copied from 19th-century patterns, and all the furnishings are handmade of walnut and



cherry. The house is painted light rose with white and brown trim.

We hope to do another of the styles this winter; maybe a Queen Anne. Thanks for the inspiration!
Faye Miller
Greeley, Colo.



AIR RAID

Air is the enemy of home freezing. The new Freezer Vacuum Pump provides a simple solution to a simple problem: creating an airtight seal in plastic food storage

bags. Just hold the pump inside the bag and give a few ins and outs. \$2.35 postpaid from Poly-Commodity Corp., Dept. AH, 1350 Ave. of the Americas, New York, N.Y. 10019.

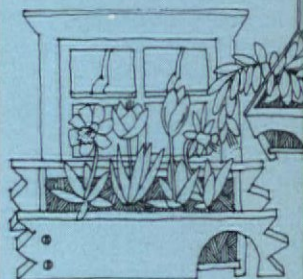
TAKE-HOME TENNIS

Tired of fighting for court time? Insta-Court provides everything you need to transform any empty piece of blacktop into a private tennis court. Netting, posts, and poles come in kit form with an instruction manual designed for 10-minute assembly. Installation is 12 subsurface aluminum caps that hold everything together; \$1,995. Write Disco Industries, P.O. Box 1384, Studio City, Calif. 91604.

BOOKLETS: HOME PROJECTS

Recipe for Furniture Buying tells how to recognize the right ingredients for a successful purchase of all types of furniture. For this 2 page booklet, send 25¢ and self-addressed, stamped No. 10 envelope to: National Association of Furniture Manufacturers, Recipe for Furniture Buying, Dept. AH, 8401 Connecticut Ave., Suite 911, Washington, D.C. 20015.

From "About Fascia Ideas"

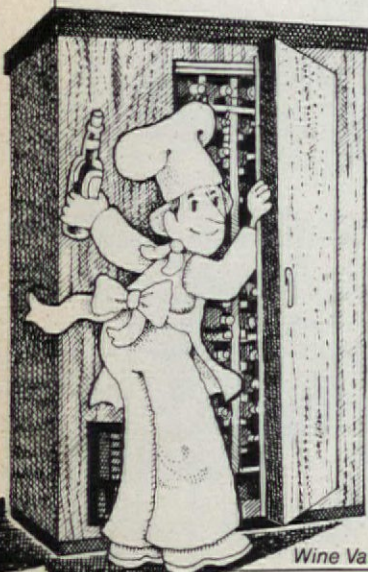


About Fascia Ideas offers household building projects—from planters to a corner telephone table—using redwood fascia board. Send 25¢ for handling and postage to "About Fascia Ideas," Louisiana-Pacific Corp., 1300 S.W. Fifth Ave., Portland, Ore. 97201.

—by Phyllis Schill

CONTEMPORARY CAVE

If you're a wine connoisseur without a suitable limestone cave, consider a Wine Vault. Prefabricated redwood wine storage systems come in seven different sizes to hold 156 to 2,208 bottles. A special cooling unit keeps wine at a constant 53-57°F. Want to build your own? If you send the dimensions and shape of the space in question, the folks at Wine Vault will custom-design a system for you, in kit form for easy installation. Starting at \$1,500. Information: Viking Sauna, 909 Park Ave., P.O. Box 6298, San Jose, Calif. 95150.



Wine Vault

FEEDBACK FOR DIETERS

"Eat it today, wear it tomorrow!" Hearing voices? The latest word for dieters is the refrigerator or cupboard that talks back. Invented by Carol Kiebal, the system operates through a tape recorder for you to program your own anti-eating message, a pressure-sensitive switch that activates the recording when you open the door, and a power supply so you can't make a raid during power failures. Information: Lawrence Peska Assoc., 500 Fifth Ave., New York, N.Y. 10036.

10 Cheers for Mom



1. PROP HER UP. The mother who loves the frilly and feminine will appreciate Peacock Alley's lacy baby pillows. In 100 percent cotton white eyelet, lace boudoir pillows are about \$22; elbow pillows around \$20, and neck rolls about \$28. A selection of Peacock Alley pillows is available at Bloomingdale's, New York; Neiman-Marcus, Dallas; Sakowitz, Houston; and I. Magnin's, San Francisco.



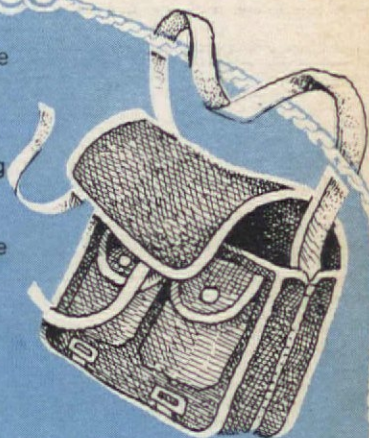
3. MAKE HER OVER. Give her the "Miracle Morning" at Elizabeth Arden, one of the companies that offers special self-improvement days. A four-hour package includes a massage, haircut and set, facial, and make-up consultation. For a really big splash, the six-hour "Main Chance Day" promises exercise, steam cabinet, shampoo, haircut and set, facial, make-up, manicure, pedicure, and lunch! \$55 and \$80 respectively at Elizabeth Arden salons in major cities.

4. GIVE HER A KISS.— A silvery adaption of a Hershey Kiss, that is! Made of tarnish-resistant alchemy silver, this 2½-inch-high paperweight is \$21 postpaid from The Exchange, 315 Cameron St., Alexandria, Va. 22314.



5. GIVE HER THE DAY OFF. Make Mother's Day a real holiday for Mom! Bring her breakfast in bed. Do a chore she's been putting off: wash the car, do the mending, clean out a closet. Take her to see a new movie or play, or throw a surprise picnic for her to celebrate spring.

6. SEND HER PACKING. The Danish schoolbag is the perfect carryall for Mom's summer travel. A roomy, pocketed canvas tote, it's big enough to hold a change of clothes for overnight, and sturdy enough for a day at the beach. Available in brown or blue canvas, \$30 postpaid from The Chocolate Soup, 249 E. 77 St., New York, N.Y. 10021.



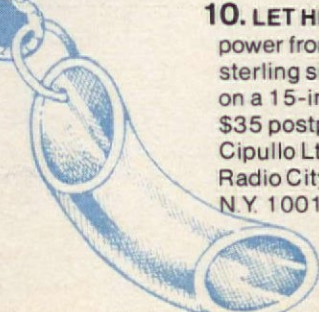
9. SHOWER HER WITH FLOWERS. Give a little greenery with Harry and David's pre-potted amaryllis. Just add water and within four to six weeks the plant will burst into blossoms of white and streaky pink. Bulbs can be stored and replanted. \$7.95 postpaid (check only) from Harry and David, P.O. Box 631-A, Medford, Ore., 97501.

7. OFFER A TOAST. Paul Natkiel's handmade goblet in ivory-glazed porcelain with an embossed heart is \$10 postpaid from Paul Natkiel, Hill Design, Box F, Hill Center, N.H. 03243.



8. BOOK HER. *Raising Happy, Healthy Children* by Dr. Karen Olness will help mothers-to-be prepare (Meadowbrook Press, \$3.95, paper).

10. LET HER SHINE. Pasta power from Aldo Cipullo! This sterling silver elbow noodle on a 15-inch silver chain is \$35 postpaid from Aldo Cipullo Ltd., P.O. Box 1495, Radio City Sta., New York, N.Y. 10019.



SMATH

2. GET HER FRAMED. Buy a natural wood dime store picture frame. Paint outer wood molding white, using acrylic polymer paints, then paint a flower motif on top of the white surface. Paint inner wood molding a second color or paste on a narrow velvet ribbon. Take a piece of mat board and glue fabric (a paleingham check or dot) over the entire surface of the board. On back side of board, measure and draw with ruler the size of the frame and cut-outs for photos. Cut out photo windows with mat knife and trim board around edges to fit frame. Mount photos on back side of mat board and place board in frame.

THEATER

DOWN-HOME SPECTACULARS

The Bicentennial blitz is behind us, but American history as spectacle has always been right in the American backyard.

On Independence Day 1937, the Pulitzer-prize-winning playwright, Paul Green, opened *The Lost Colony* at the Waterside Theatre, in Roanoke, Va. Every summer since,



thousands of families have settled down with a basket of

fried chicken and a thermos of lemonade to enjoy the nightly re-creation of the founding of America's first English-speaking colony.

There are two dozen, more or less, of these historical quasi-religious spectaculars playing in outdoor amphitheatres throughout the country every summer.

The casts are enormous, and there are live animals.

orchestras, native and folk dancing, special lighting effects, elaborate costume and all the fixings of a P. T. Barnum extravaganza.

Here's a sample of historical epics:

The Lost Colony, Waterside Theatre, Roanoke, Va.; story of first English-speaking settlement.

The Common Glory, Lakemataoka Amphitheatre, Williamsburg, Va.; Revolutionary War spectacular, Thomas Jefferson central character.

Cross and Sword, St. Augustine, Fla., Amphitheatre; founding of America's oldest city.

Texas, Palo Duro Canyon State Park, Tex.; a musical history of panhandle.

Drumbeats in Georgia, Tybee Island Amphitheatre; musical history of Georgia, 1732-1742.

—by Allan Albee

MUSIC

GUIDE TO BARGAIN BINS

Ever wonder what's in those \$1.99 record bins you find in discount and department stores? Nope, the albums aren't damaged or defective; they happen to be first-quality records that have never been played. Either "cutouts" (the disc industry's version of remaindered books) or "budget records" (specially created for sale at low prices), these varied offerings are aimed at the album buyer who doesn't care to spend \$6.98.

Cutout albums are the result of a record company pressing too many copies of a popular title or unloading its remaining inventory of an item dropped from the catalog for lack of sales. Years ago such discs would have been melted down and recycled, but in the last decade a number of merchandisers have been buying up cutouts at cut-rate prices and selling them.

The best of the budget records are those that make available priceless performances by the greats of contemporary music. The top manufacturers of economy-priced albums, Pickwick International, and Springboard International, have special licensing arrangements with major

record companies for material from their vaults. By cutting corners the budget-label companies can produce a fresh package of memorable music for just a few dollars.

PICK OF THE BINS

Country and Western: *George Jones Sings the Big Ones* (Buckboard, Springboard's country division); *Elvis Presley Burning Love and Hits From His Movies* (Pickwick); *Willie Nelson: Country Winners* (Pickwick).

Historic Jazz

Archive of Folk Music, albums by legendary jazzmen (Everest Records); *The Gold Medal Collection*: rare pre-1950 jazz (Olympic Records).

Mellow Music

Frank Sinatra: *My Cole Porter* (Pickwick); Perry Como: *The Sweetest Sounds* (Pickwick); Dionne Warwick: *Greatest Hits* (Springboard).

Rock 'N Roll

The Beach Boys: *The Beach Boys' Greatest Hits (1961-1963)* (Springboard); *Eric Clapton and the Yardbirds* (Springboard); The Supremes: *Baby Love* (two volumes, Pickwick).

—by Steve Ditlea

ART



BRIGHTON REVISITED

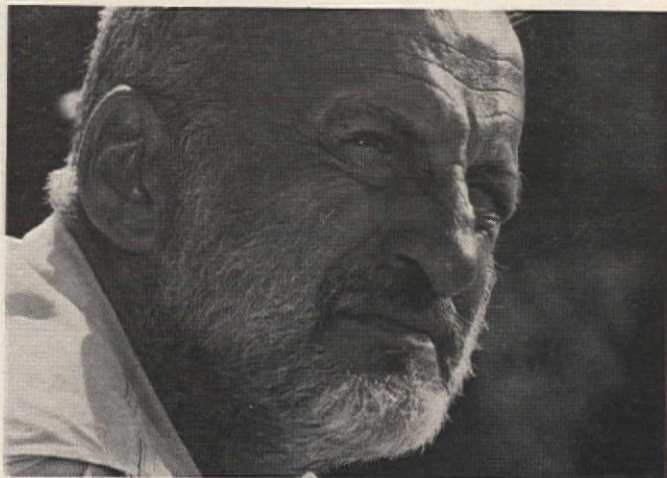
The Royal Pavilion at Brighton, the extravagant pleasure palace built by the English Prince Regent who later became King George IV is the subject of a major traveling exhibit. Mounted by the Cooper-Hewitt Museum, which opened last fall as the Smithsonian Institution's National Museum of Design, the show includes furniture,

drawings, paintings, and decorative objects from both the Royal Pavilion and the new museum's collection. Cooper-Hewitt in New York until May 23, the show will travel to the Minneapolis Art Institute, Rhode Island School of Design, and museums around the country and Canada, throughout 1977 and 1978.

MOVIES

George C. Scott rants and roars as a lost Hemingway hero;
 Art Carney cuts up as a Philip Marlowe private eye in *The Late Show*;
 Burt Lancaster almost starts a missile crisis.

Big, brawling George C. Scott devours and destroys everything he comes in contact with—people, animals, and boats—in the emotionally torturous screen treatment of Hemingway's *Islands in the Stream*. The film faithfully captures the steamy mood of the allegorical novel and Scott's acting is tailor-made for the role of Thomas Hudson, a painter who has become an island unto himself in the Bahamas. Through a series of grimaces and pouts, Scott etches a boozy and penetrating portrait of the artist as an old man.



George C. Scott in *Islands in the Stream*

Although it's basically a one-man show, *Islands in the Stream* comes to grips with the wastefulness of freedom that ends in isolation. Twice-divorced, Scott becomes doubly malcontent when one

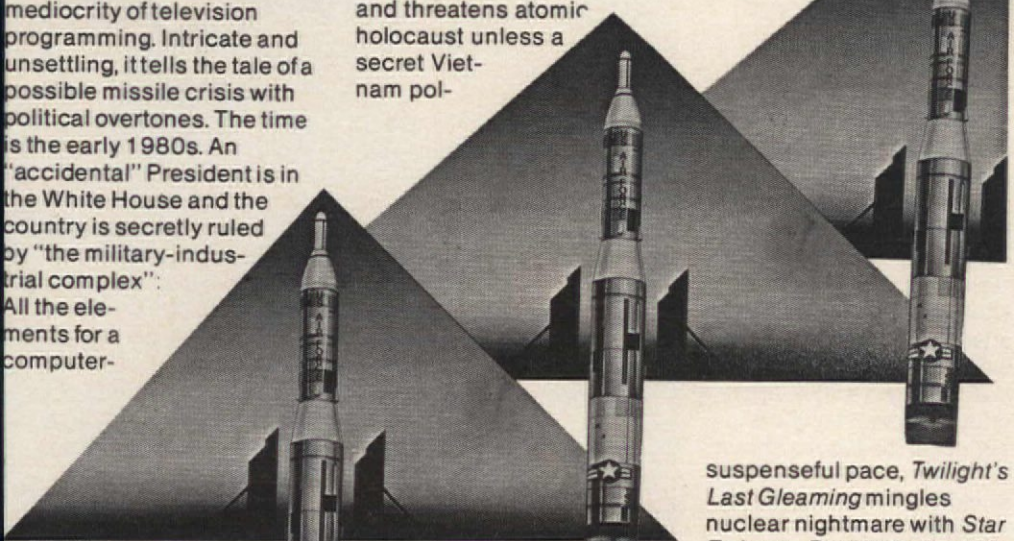
of his sons is killed at the outbreak of World War II and his first wife, the only woman he has ever loved, marries a general. Those who like rough and tumble period-piece adventure will find

Islands in the Stream a strong brew of intellect and spent passion, with George C. Scott poignantly and pathetically digging away at the lonely heart of an expatriate artist.

Twilight's Last Gleaming prods the potential for nuclear warfare the way *Network* worked over the mediocrity of television programming. Intricate and unsettling, it tells the tale of a possible missile crisis with political overtones. The time is the early 1980s. An "accidental" President is in the White House and the country is secretly ruled by "the military-industrial complex": All the elements for a computer-

sent to prison on trumped-up charges. With a handful of escaped convicts, Lancaster seizes a missile base and threatens atomic holocaust unless a secret Vietnam pol-

negotiations bounce back and forth at a taut,



zed doomsday.

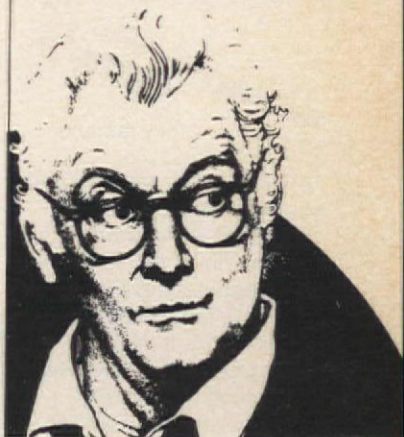
In his most complicated part in a long time, Burt Lancaster does a good job in the role of a short-changed Air Force officer

icy document is disclosed to the world. In return, he wants asylum and the President as hostage. While the confrontations and

suspenseful pace, *Twilight's Last Gleaming* mingles nuclear nightmare with *Star Trek* sets. During the last 30 minutes, the screen splits in halves and quarters so you can follow the action and tactics that could lead to World War III—making the movie even more frightening.

A character actor's dream, *The Late Show* is this year's private eye sleeper. The movie marks Art Carney's most appealing performance since *Harry and Tonto* and links him with TV's zappy Lily Tomlin in a gumshoe round robin set against the hip, therapy-infested playground of Los Angeles. The escalating who-is-the-real-killer plot gets off to a tongue in cheek start when Tomlin seeks out Carney to rescue her kidnapped cat.

Lily Tomlin is terrific as a dizzy California dame who's



Art Carney in *The Late Show*

into the occult, meditation, liberated clothes designing, psychoanalysis, and robbery. Carney matches his wit and experience against her trendiness, while the top-heavy script of blackmail, murder, and double double cross unravels and winds up and down the tacky streets of Hollywood.

In addition to the inspired casting of Carney and Tomlin as semi-crazy updates of Nick and Nora Charles from the old *Thin Man* flicks, *The Late Show* is littered with some of film and television's best character types. Their takeoffs of California synthetic people are drop-dead scene stealers.

—by Daphne Davis

HUNG UP ON A HOLLOW WALL

How are you going to hold up your shelf, mirror, towel rod, painting, plant, if you find that your wall is only skin—plaster or gypsum board—deep? A molly fastener, toggle bolt, or a new anchor on the market called a “toggler” will do the job if you can't find a wood stud where you want to put your nail.

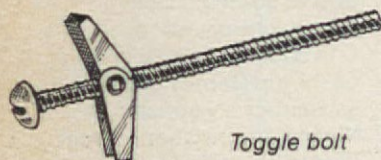
Molly fasteners come in various sizes. The usual five-and-dime store packaging has good information on how to select the correct size for the weight of the object and the thickness of your wall, and how to install them. Drill a hole using the masonry bit specified (or try it with one



Molly fastener

1/16 of an inch smaller) and screw the molly fastener clockwise with a screwdriver until the rim of the sleeve is firmly against the wall and the bolt is fairly hard to turn. Then remove the bolt by turning counterclockwise. The sleeve will remain permanently in the wall and you can use the bolt for your hang-ups. Hooks that work on the same principle can be used in the ceiling for hanging plants.

Toggle bolts should be used to hang heavy items such as large mirrors or wall cabinets, if you can't fasten them to the wood or steel stud frame. A toggle bolt has



Toggle bolt

folded wings so you have to drill a hole large enough for them to pass through, usually 1/2 inch. First put the bolt through the object to be hung, then attach the “wings” and push them through the hole into the hollow space



where they will spring open. (Be sure the bolt is long enough to go through both the hanging object and the wall with the “wings” closed.) Now turn the bolt head clockwise while pulling the object away from the wall until it is screwed tight against the wall.

Togglers are plastic fasteners that can work in both solid and hollow walls. First drill a 5/16-inch hole with a masonry bit; then fold the toggler, insert it into the hole, and tap with a hammer until it is flush with the wall. If your



Toggler

wall is 1/2 inch or less, place the small red rod provided in the toggler's head and push until it “pops,” opening the plastic wings inside the wall. If the wall is more than 1/2 inch, you don't need to pop it. Now you can install your shelf, standard, whatever, by attaching it into the toggler with a sheet metal screw size no.6 through 14 (6 is large enough for most objects). Length of the toggler should be 1 1/4 inches plus the thickness of the item being installed.

—by Joyce Roy

Address letters to Ann Scharffenberger, Editor, Home Front News, American Home, 641 Lexington Ave., New York, N.Y. 10022. \$25 for each idea published.

consumer WATCH



HOW TO FIGHT THE I.R.S. — AND WIN

With the error rate in this year's federal tax returns running at an all-time high, it is no surprise that Internal Revenue Commissioner Donald Alexander has promised that the number of audits will increase also. Your chances of getting audited now stand at about one in 40 if you make between \$10,000 and \$50,000, and one in eight if you make over that. And if you are audited, two times out of three the I.R.S. will demand more money.

Should you give it to them? Ninety-nine out of a 100 taxpayers fork over the extra tax with little more than a grumble. But it often pays to put up a fight. The auditor's decision is merely a recommendation, not the last word, and the taxpayer has the right to appeal the auditor's decision either to I.R.S. or in Federal Tax Court. In fact, if you do appeal, you have an excellent chance of getting your tax assessment cut in half. Some people end up paying nothing extra. One reason is that I.R.S. would often rather switch than fight back.

Here's what to do if you get what you think is an unfair audit:

- Don't agree on the spot that you owe the extra money. If you let the auditor pressure you into signing a form agreeing to pay the extra tax, you forfeit your right to contest the matter in Tax Court.

- Study the I.R.S. appeals procedures outlined in free booklet no. 556, “Audit of

Returns: Appeal Rights and Claims for Refund,” available from any I.R.S. office. Then if you wish to appeal through the I.R.S. hierarchy, you start first with the auditor's immediate supervisor, proceed to the district level and then to the appellate level. At each stage I.R.S. agents, who are empowered to bend the rules a little, will pressure you to settle for a lesser amount. You've heard of business settling tax bills for so much on the dollar. Ordinary taxpayers sometimes can do the same thing. An I.R.S. mediator, called a conferee, will offer a settlement depending on how strong your case appears.

- You're probably better off, though, to by-pass I.R.S. appeals procedure and go directly to Tax Court. After the audit, simply ask I.R.S. for a



letter of “statutory notice of deficiency.” You then have 90 days to petition the Tax Court; failure to do so within 90 days results in an automatic tax assessment. If the disputed amount is \$1,500 or less, you can go to a “small case” session. There, for a \$10 filing fee, you can represent yourself in an informal atmosphere. The judge's decision, though, is binding. But chances are you'll never get to court; usually at the last minute, I.R.S. will make you an offer you can't refuse. Figures for 1976 show I.R.S. settled 82 percent of the small tax cases out of court for an average of 48 cents on the dollar.

—by Jean Carper

"MY DREAM ROOM."

"A place that creates a rustic, outdoor feeling indoors. Comfortable, yet elegant; with rich, earthy textures. And a shiny floor in soft, natural tones to accentuate the flow of light and space."



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“I’m basically a shy person. But selling Avon has brought me out of my shell. I’ve got confidence now, and it sure is a great feeling.”

Sue Engelman

St. Petersburg, Florida

“I need Avon in my life. Avon gives me the opportunity to be a success, to really accomplish something on my own. It gives me a feeling of self-worth. My husband Phil can see a real change in me and he feels as happy as I do.

Because of Avon, I’m more conscious of the way I look. Now, I experiment with makeup. And, the more I work with my own Avon cosmetics, the more I’m able to help my customers. I find this very rewarding because looking better can help a person’s self-image enormously. I know that from personal experience.

I feel I lead a full, rich life. Our two children bring me a lot of joy. I’m very involved with the church where Phil is a

youth minister and assistant pastor. And being an Avon Representative has added a new dimension to my life—one of confidence and self-worth.”

If Sue Engelman’s story interested you, and you’re 18 or over, find out how you can become an Avon Representative. Simply call toll-free 800-325-6400 (in Missouri call: 800-342-6600) and someone from Avon will be in touch with you to answer all your questions. Of course, there is no obligation.

AVON

Herbs for Beauty, Health and Sex

An herbalist discusses
nature's cosmetics,
stimulants, and aphrodisiacs.

by Lois Lee

It's amazing that some of our most frequent ailments seem to respond to inexpensive, easy-to-acquire herbs. In the early 19th century, 80 percent of medicines were derived from herbs or plants. Gradually chemical substances were substituted and today only about 30 percent of our medicines contain a plant base, though such drugs as aspirin, quinine, and penicillin once did. However, with all the innovations of science, no cures have been found for cancer, arthritis, the common cold, or heart trouble, and the population is once again turning to herbs you can purchase at health-food and herb shops.

As children, my older sister and I spent a few summers with our great aunt Sarah in Arkansas. Anytime we were sick with the usual colds, aches, constipation, or just plain laziness, we received a healthy dose of **sassafras** tea, and now I know why. Sassafras, a diuretic, has been found to be one of the best blood purifiers and cleansers of the entire system.

To make tea, sassafras leaves should be steeped by boiling the water first, then pouring the water over the leaves and covering the container. One teaspoon of tea per cup of water is the usual mixture; let steep 10 to 20 minutes.

A clean system and healthy blood are basic requirements for a healthy body. **Dandelion** greens destroy the acids in the blood. They're suggested for treating anemia and for use as a laxative. Use the leaves as a tea or cook them along with **mustard** or **turnip greens**, which make a tasty dish. And this is one herb you can pick in the backyard.

After the body is balanced and healthy blood cells are racing and tripping over each other, you'll want to keep them strong by strengthening and revitalizing the entire body. Call on **ginseng**, which has been found to be a powerful stimulant. Research has shown that ginseng stimulates the endocrine glands, and especially the gonads, which control our sexual and

creative activity. Even though the American Medical Association does not yet endorse those findings, it has reported that ginseng helps inflamed mucous membranes.

Ginseng can be purchased as a powder, capsule, instant tea, or in the more potent root form, which some people chew. It takes a minimum of 10 to 14 days to notice the effects of ginseng, so be patient.

Alfalfa is an excellent source of trace food minerals. Trace food minerals are those essentials, like sulphur, phosphorus, and sodium, that the body needs only in small quantities. The alfalfa root will descend approximately 50 feet into the ground to get trace minerals. It is one of the best providers of vitamin K, which is essential to blood clotting, and also one of the best milk producers for breast-feeding mothers.

A strong dose of **motherwort** tea will relieve menstrual cramps and is an excellent tea for "female trouble" in general. Motherwort is a nervine and an anti-spasmodic herb. Use two tablespoons of tea per cup of water for a strong dosage. The flavor of motherwort is nothing to brag about, but it'll do the job.

For a relaxant try the **lobelia** herb. It isn't much on taste or looks—dried it looks like hay. You can mix together lobelia, **black cohosh**, **catnip**, and **peppermint** for a nerve tonic.

Herbalists prescribe various hair treatments. Gray hair can be dyed by using strong **sage** tea and **bay rum**. This mixture is massaged into the scalp daily until the hair is as dark as you like. Mix one teaspoon of tea per

cup of water and leave on mixture for a half hour.

Rosemary makes a fine hair rinse and the oil of rosemary, besides being a good conditioner, smoothes out snarls and kinks. It's excellent for dandruff, too. You can mix the tea or the oil with a hair oil to take advantage of the fragrance.

Henna is used as a dye for tinting the hair red or a light shade of brown. The leaves of the plant are used, but henna can be purchased in a powder. Add one half ounce of henna to one quart of boiling water and let the mixture permeate. You may need to repeat, depending on desired color.

Jojoba (pronounced *hohoba*) oil, from the plant of the same name, is said to be beneficial for growing and conditioning hair. Apply like any other scalp oil.

The **zendo** herb has been known to decrease appetite, and, some say, if used in conjunction with a proper diet, it has aided weight loss. Similarly, the **cuassia** plant is said to stimulate appetite.

Chamomile tea, applied externally, will soften the skin and prevent wrinkles. Use it on your face and in the bath. The usual mixture is one teaspoon of tea for each cup of water.

The **yarrow** herb is a powerful astringent, good for large pores. For mothers who are breast-feeding and are left with sore nipples, a yarrow compress will alleviate the soreness.

The **yohimbi** herb is said to be an aphrodisiac; steep the bark of the yohimbi tree. Years ago this herb could only be purchased on prescription for male impotence.

Damiana has been praised as an aphrodisiac, sexual stimulant, a good relaxant and nervine, or just a refreshing beverage. It supposedly increases fertility.

Odds and ends: **oil of peppermint** is used for toothaches; put the oil on a small piece of cotton, then lodge in the spot where the ache is. About six drops of **olive** (continued on page 83)



Ordering wine in a restaurant can be an unsettling experience or a challenging adventure—depending on how you approach it. To begin with, take your time when you're faced with an unfamiliar wine list. Don't allow yourself to be rushed. If you need help, consult the sommelier (*sumí-el-yāy*) if there is one. He is the waiter whose job it is to serve wines. He's been hired because he is an expert, and he can be an invaluable friend and fund of information. He can name the exact wine to fit your choice of food, explain vintages, and advise on brands. He should be tipped about 15 percent of the value of the wine, especially if you expect to again seek his expertise.

When there is no sommelier, try your waiter. If he is too hasty with his suggestions, or doesn't seem to know as much as you would expect, ask for the manager. He probably bought the wines and is in a good position to advise you.

THE LOW-DOWN ON MARKUPS

Understanding what motivates restaurant managers in selecting wines may give you some help in finding real values for yourself. Remember first that an average markup of 100 percent is standard for most restaurants. Logically, a manager will select wines that are as expensive as his restaurant's traffic will bear. A high-priced meal calls for a high-priced wine. He also knows that most of his clients will be suspicious that a low-priced wine may not be good.

As a starter for his list, the manager has probably chosen at least one German Liebfraumilch, a Portuguese *rosé*, and an Italian Lambrusco. Since brands of these wines are well advertised, they are familiar to most people, and are usually marked up more than 100 percent on cost. The restaurant wine buyer expects to sell these to the unknowing and the uninitiated, unfortunately still a majority group among wine drinkers in the United States. Then he chooses his still red wines, domestic and imported, and for the other side of the page, his whites. He hopes to sell a lot of these, too, but his markup will be fairer, usually about 100 percent, since the customers for these are more apt to be veteran wine drinkers and know their true value. In looking over such a list, it is often also handy to know that there will usually be one of two wines in each category—red and white—that the restaurant's manager has not marked up as

Wining Out

An insider's guide to ordering wine in restaurants.

by Creighton Churchill

high because he expects to reap a profit from them based on volume of sales. They may be the manager's own particular favorites—or just wines he has picked to recommend and sell a lot of. These are generally found near the lower priced end of the list, and obviously constitute the restaurant's best value.

In the field of champagnes and sparkling wines, restaurants make their largest profits, so beware, unless you're set to splurge recklessly. By tradition champagnes and sparklings are thought of (and taxed) as luxuries, a bit like precious jewels, and a restau-

BE WARY OF HOUSE WINES

Most of us are under the impression that the best wine values in restaurants are the so-called "house wines"—those sold by the glass or carafe. Nothing could be further from the truth. Naturally, if you want only a small amount of wine with your meal and don't care that much about the quality, the "house wine" is the answer. But in terms of what your dollar buys, the "house wine" is almost invariably the least economical wine offered, even a worse buy than imported champagnes. Purchased by the restaurant in bulk—by the gallon or half-gallon—the quality of house wine is always the lowest the trade will bear and the markup usually begins at around 300 percent. If you don't believe me, allow about 20 glasses to a gallon (a 6-ounce glass means an unusually generous restaurant), estimate the wholesale cost to the restaurant at \$3.50 to \$4.50 a gallon, and



rant always feels free to capitalize on this with a markup of 200 percent or more. This especially applies to imported champagnes. Your best value is usually a domestic champagne, such as N.Y. State Great Western or Taylor's, or California's Almadén or Paul Masson. Most restaurants only double their investment on these. Since so few people can really appreciate the subtle difference between domestic and imported champagnes, one of them should satisfy your tastes.

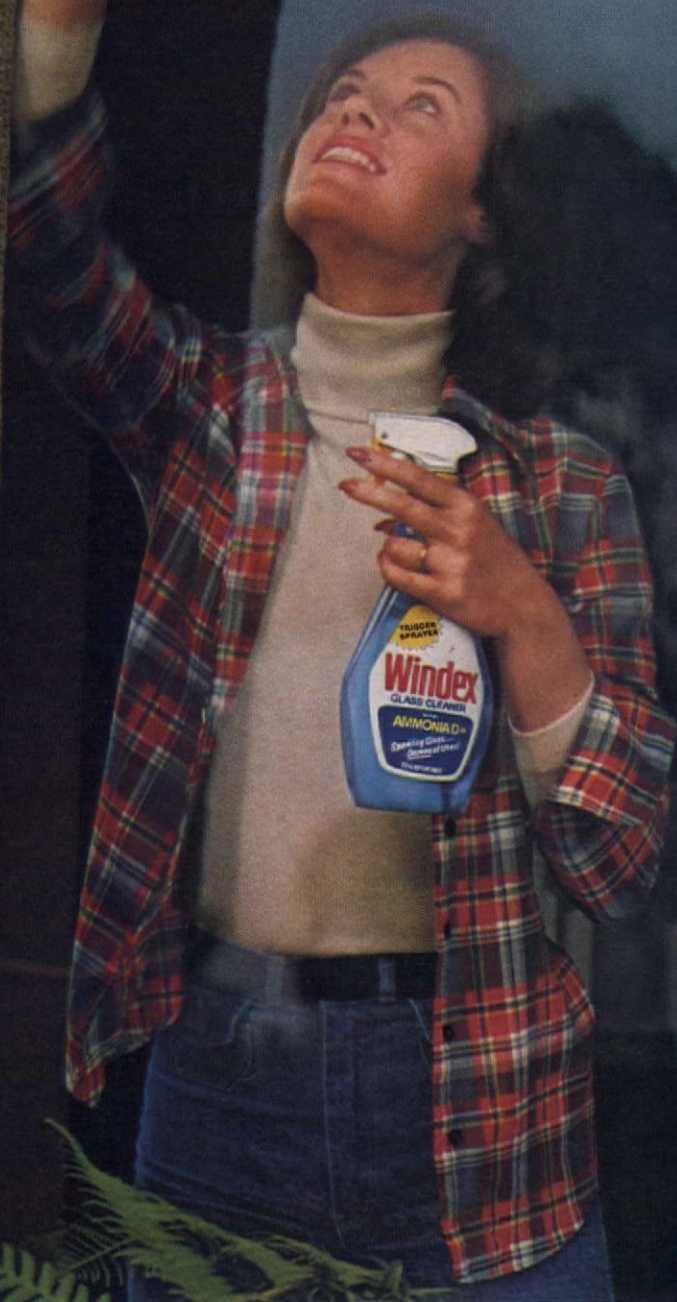
see for yourself what the profit is on a glass of wine at \$1 or \$1.25.

VINTAGE OR ETHNIC CHOICES

Because most establishments think it inhibits sales of wines of poor or mediocre years, it's a rare restaurant that prints vintage years on lists. To many a wine lover, this is frustrating. It is certainly within your right to ask about vintages, and if you don't happen to know the good or bad years, to expect the (continued on page 83)

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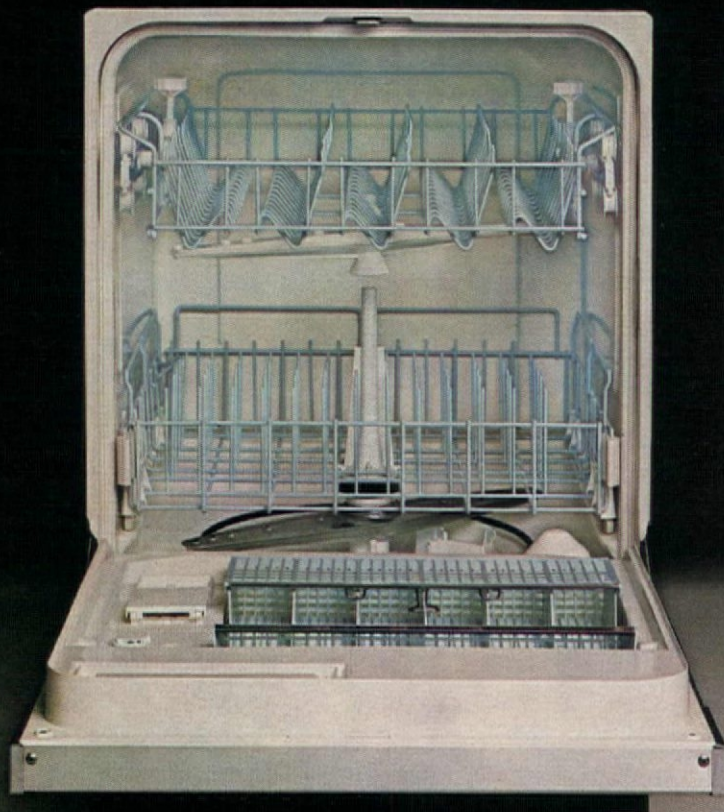
that saves you money and trips to the store.

Try it. Whatever you clean, you'll see no dirt, no film, no streaks — nothing but that beautiful Windex shine.

Windex with Ammonia-D.

© The Drackett Products Co., 1977

Nobody told us to make it better.



Why aren't we satisfied with merely building a dishwasher that washes dishes and making a comfortable living off selling it?

Because long ago we realized that to survive in this harsh competitive world, an appliance manufacturer, like the corner diner, has to deliver a better hamburger or die.

So we designed our dishwasher to wash dishes, of course. But then we put the silverware and cutlery baskets in the door.

Why? Not because you asked for it, but because we think it's a convenience that simplifies loading and saves your fingers from occasional nicks and jabs.

We included a super scour cycle should you dare entrust a pot to a dishwasher and expect it to come clean. Because we expect it to.

We designed the top rack to tilt easily so you can put in unusual loads.

We included sound insulation so it runs quietly. And we even installed a switch that lets you save energy by air drying the dishes if you like.

We do all this because we believe everything we make, from dishwashers to washers and dryers, says a lot about us.

And we want it to say only the best.


Whirlpool
Home Appliances

We believe quality can be beautiful.

Questions From Readers

by Marvin D. Schwartz



This silver teapot, part of a four-piece service, belonged to my husband's family. The underside of the pot has a mark and the words "Pennsylvania Silverware Co., Kane, Pa." Could you tell us anything about the teapot's history and age?

—P.B., Boulder, Colo.

The mark on your tea set is not one that has been recorded. Consulting the town directories of Kane, Pa., might tell you when the company started and if they still are operating. The simple engraved decoration, the delicate shape, and the light proportions of the teapot make it appear to be a product of the period between 1910 and 1930. Earlier work was generally heavier. If that dating is correct, the teapot must have been made by a stamping process and careful examination will reveal that the metal is thin and smooth. Pieces from the 18th century were hammered into shape and bear the marks of the process.



This stove has us puzzled. The name Vose and Co., appears on the shelf in front of the doors. Could you tell us where and when the stove could have been made?

—name withheld

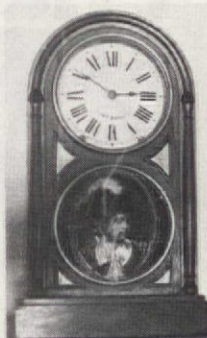
Cast iron devices for heating were popular in the 18th century in the American colonies. In the 1840s, improvements were introduced to make them more practical. Vose and Co. was one of several manufacturers of stoves in the Troy-Albany area of New York State that flourished in the mid-19th century. This stove, called a parlor stove, is similar in appearance to one patented in 1854. The shape of your stove, a gothic revival cottage, would have made it ideal for the parlor of just such a house.



What can you tell me about this lamp? Its shade is heavy, almost heavier than the base, and it is lined with thin strips of copper. The base itself seems to be made of brass. I can find no markings on it. Although there is no signature inside the shade, do you think it could be a Tiffany lamp?

—R.H., Atlanta, Ga.

Your lamp is a product of the turn-of-the-century but not by Tiffany who was then producing stained glass that was set in lead and made into handsome lampshades. The bases of these lamps were usually in a dark or greenish bronze or gold finish. Your lamp's shade is close in spirit to Tiffany but the design appears to be painted on the glass. It is one of the characteristic types of the period that began in about 1890 and lasted until the Depression. Other glass shades had long borders of beaded fringe and more exotic patterns on the bases.



This eight-day spring clock has been in our family for some time. It has the words "Seth Thomas" on its dial, and inside appears "Thomaston, Conn." The clock appears to be either mahogany or walnut with gold decorations. The lady is wearing a turned-up hat with a plume. Can you tell me about its age?

—J.M., Chillicothe, Miss.

Eight-day clocks with this wire spring mechanism were first made in the 1850s. However, the name Thomaston and the style of the case indicate that your clock was actually made in about 1875 or a little later. The Seth Thomas Co. is situated in a little Connecticut town that was called Plymouth Hollow until 1866, when the name was changed to Thomaston.



I purchased this gravy boat in northern Washington because of its beauty. The word "Germany" and the letters KPM with a crown over them appear on the underside. I was told that it belonged to the private collection of a king of some country. Can you tell me its age and if this is true?

—F.H., Eugene, Ore.

It seems remote that this gravy boat belonged to a king, although the factory, *Königliche Preussische Manufaktur—Royal Prussian Manufacture*—was sponsored by the king. It was made after 1891, probably before 1910. The use of the word "Germany" and the simplified KPM were used after 1891 to comply with U.S. Customs law. The simple shape with its restrained scroll elements in relief and the delicate painting are signs of early 20th-century origin.



This is one of a pair of Indian heads that belonged to my grandparents. They have been a conversation piece since I can remember, in the 1920s. Made of some sort of plaster, they are natural in color with very distinct details. Only this one is marked "Hyawatha." Can you tell me their age?

—(Mrs.) V.A.L., Hudson, Mass.

A craze for Western mementos began in the late 1800s and early 1900s, and is now being revived. Starting with the work of Frederic Remington (1861-1909), cowboys and Indians were a popular subject. This representation of Hyawatha was probably made in about 1900. Its simplicity indicates it to be the work of a less famous sculptor.

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

PROFESSIONAL MOM

In the kitchen of Joan Bear's Southern California canyon home is a long height chart with 13 brightly colored flags strung from top to bottom to mark the progress of her growing family. "That's how I keep track of 13 children," she explains with a laugh.

Keeping tabs on 13 kids and coordinating responsibilities of car pools, homework, housekeeping—just feeding them all—is no easy task; but Joan approaches it all with the same easy laugh and good humor. She is a combination of skilled organizer, efficiency expert, role model, and friend—and the center of energy for the Bear clan.

Vivacious Joan and her casual, bearded husband Ted, who look like some advertisement for the California "Good Life," claim theirs is very much a "planned family." After their fifth child was born, they began adopting children, eight all together. "My baker's dozen," Joan says. The Bears have created a very personal lifestyle centered around their home and family. "The biggest challenge is keeping in touch," she confesses. But keeping in touch is Joan's special talent.

On a typical afternoon, a tour of the four-acre Bear homestead in a canyon above Los Angeles turns up most of the kids. Four of the children are away from home. Chris, 22, lives in Minneapolis and works for Western Airlines. Michael, 21, Liz, 19, and Francesca, 12, are away at school. Outside, the younger children, along with a few friends and a multicolored collection of neighborhood dogs, are playing in the family treehouse: David, 10; the twins Larry and Carrie, 9; and Stevie, 7. Herbie, 15, and John, 13, are weaving in and out on their skateboards dazzling the younger children with their acrobatics. Inside the house, three teen-age girls, Therese, 17, Maggie, 15, and Ante, 16, are home from school, wrangling over use of the telephone, trying to avoid weekly piano lessons, and working out how to finish the dinner dishes in time to get to the basketball game that night. Joan slips calmy in and out of the fray.

Everything, from the large, airy house that Joan designed in the middle of a citrus grove to the daily routine she has established for her family, reflects her focus on the people in her life. "My family is my profession," she says. "We all have things we're good at and this is mine."



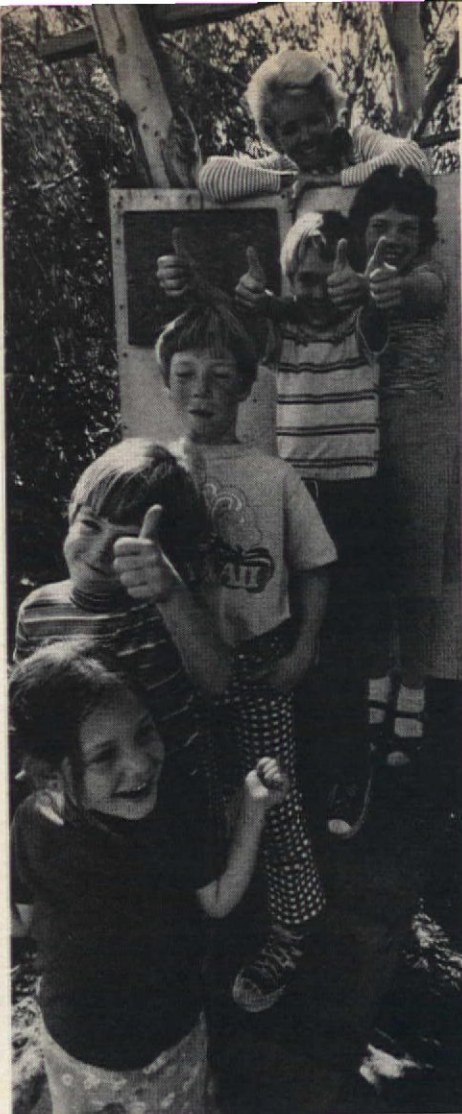
PHOTOGRAPHED BY ROBERT PAUL MONKTON

"My family is my profession," says Joan Bear, mother of 13 and community activist.

Joan is a minimalist as far as rules and regulations go. "I only have one rule really," she says, "that the children respect each other's privacy. Each one has his own particular place and things that are his alone. There's no borrowing without asking first." Ted adds: "The one thing we demand of our kids is honesty. In exchange we respect their privacy." The honor system seems to work.

It's not always easy to keep one step ahead of the kids. Joan's special difficulty is dealing with three teenage girls. "Sometimes I wish I could put them in cold storage between the ages of 14 and 17." Competition for the single phone line can be pretty fierce, despite an attempt to limit calls to 10 minutes. "We offered to pay for our own telephone," protests Therese.

Left: Some of the Bears' 13 children pose with their parents around their authentic 20-Mule Team Borax Wagon. Clockwise: Joan visits the tree house headquarters of the younger children. Joan always finds time to pick fresh oranges for breakfast. Ted enjoys coaching his sons on weekends.



"The final solution will be a pay phone in the driveway," says Joan.

"There's a lot of give-and-take in a large family," says Ted, "and one thing Joannie and I try to do is to teach our kids to be independent." The children all have regular assignments around the house and when they reach the age of 16, they all get part-time jobs after school and in the summer. Ted helps a little with financing big things like the extra car, which is a necessity to prevent Joan from becoming a full-time chauffeur.

An important part of Joan's plan for her family was creating the right space for them to live in. Four years ago, the Bears completely rebuilt their home to suit a family that had swelled to 15. There is one wing of six bedrooms and a large, open kitchen with room for everyone. (continued on page 90)



Do People Guess Your Age Too Easily?



You don't pretend to yourself that you still look like an untouched-by-life twenty-year-old. In fact, you and those who love you probably think you're infinitely more interesting-looking than you used to be. Experience and emotion have given you your own very special look. But it's still an unpleasant surprise if someone you've just met guesses your age too easily. Or, worse still, thinks you're older than you are.

That is definitely the moment for you to discover a secret shared by knowledgeable women from around the world, the secret of a mysterious beauty fluid that can help you look younger by creating a moist climate for your skin. This remarkable liquid is known in the United States as Oil of Olay beauty lotion.

Simply smooth Oil of Olay over your face and throat. As you watch, the precious fluid disappears into your skin, beginning to help you look younger by easing dryness. Dryness, you know, inevitably makes you appear older than necessary, because it accents little wrinkle lines. But the very first day you use Oil of Olay, those little lines can be less noticeable. People will be able to see the difference...perhaps those same people who once found it too easy to guess your age.

The skin-pampering beauty fluid penetrates your skin remarkably quickly, bringing a wealth of pure moisture, tropical oil and precious emollients that work with nature in a

mysterious way. Within moments, you'll notice a radiance and lustre. Your face takes on a fresh, dewy glow...a look you might not have expected to see again.

Oil of Olay not only helps maintain your skin's moisture balance. It is also beneficial in maintaining natural moisture in your skin, letting your complexion become softer, smoother, younger looking.

When will you use Oil of Olay? Any time that your skin feels dry and you would like to increase the mois-



ture content is an ideal time for Oil of Olay. But most devoted users like to make the beauty fluid an integral part of their beauty ritual morning and night. In the morning, fast-penetrating, non-greasy Oil of Olay is marvelous under makeup. Or if you like to let your face feel free and easy, the skin-loving liquid lets your skin live in a marvelously moist climate and imparts a natural kind of glow that some women prefer to a made-up look. At night, at bedtime, to cherish your skin into lovely hours of sleep.

Why let people guess your age too easily? Let Oil of Olay become a beautiful part of your life.

Beauty Secrets

- If you're going out for the evening after a tiring day, even a ten-minute soak in the tub can be relaxing and refreshing. Those private all-to-yourself moments are perfect for getting on Oil of Olay.

* * *

- Don't put too much blame for dry skin on your additional birthdays. Wind, sun, too little humidity in the air...all these things can cause dryness. It's a good idea to get in the habit of applying Oil of Olay whenever you come in from harsh weather.

* * *

- If you like to lie abed on an occasional weekend morning, reading the papers and catching up on letter-writing, that's a good time to give your skin and yourself some additional pampering. Shower, apply Oil of Olay® and then go back to bed with a goblet of iced orange juice and a mug of steaming black coffee. Glorious!

(Advertisement)

HEALTH & BEAUTY

The Five-Minute Cure



Marya Mannes' personal prescription for keeping in shape.

by Marya Mannes

When a well-known author and social and cultural critic discovered that she was beginning to accumulate unwanted flab, she asked herself how could she firm up at home in the least amount of time.

She came up with the exercise plan described here. For the last 15 years she reports that these exercises together with moderate eating and a lot of walking have kept her trim and at an even weight.

Possibly the greatest compliment one American woman gives another is, "Haven't you lost a little weight, dear?"

Compliment is not quite the word. For the receiver the shadow-phrase is, "My God, how fat she was!" I know. Being 5 feet 10½ inches in bare feet, I was a lot of woman to take in; especially as the phrase "Junoesque"—a polite alternative—suggests, inevitably, a monument.

I must, in all candor, confess that I was a bit statuesque until I found, after a bitter search for a new dress, that neither a size 14 or even a 16 would adequately cover me, and that the only alternative left to me was Lane

Bryant or a shroud. In the ads, anything desirable was invariably six to 14, or maternity (a bit late).

So finally, not wanting to take a companion to Jack LaLanne's or to stop eating, I devised a few exercises for myself that could be done in five to 10 minutes flat and required no health club, no fee, no transportation, and no partner. Here they are, in short (short is the operative word).

1. A hundred jumps in place or, if your living quarters permit, a steady jog through it all.

2. Standing upright, extend arms out from shoulders and make 100 circles in the air with both arms. This takes care of flab on the inner-upper arm.

3. Fifty rotations of the stomach, as in belly dancing. Stand with feet spread apart; rotate the midsection of your body (from top of thighs to under the breast) in whichever direction comes easiest. This also takes care of what in the ads and commercials is called "irregularity." You know, on TV, there's this poor old lady staring at the shelves in a pharmacy until the kind, old gentleman or woman who runs the store leads her to the right laxative. She is thereafter "regular."

4. (Winded already?) Standing, bend over gradually until your fingers touch the floor—breathing evenly and trying to relax without bending your knees. This is difficult, but possible. A little bend is acceptable, but the main point is to go limp from the waist up so that sooner or later your fingertips will touch the floor. At which point relax and exhale. Limpness is again indicated. And it's hard on the calves.

After all this you can lie down and look at television, knowing that you have deserved it, and feeling very smug.

You'll feel even smugger when you get that compliment: "Darling, you *have* lost a lot of weight; you look wonderful!"

Now if nothing in the above appeals to you, there's always a brisk bicycle ride around your local park, or for real, unending fitness, that supreme reducer—the ocean. Pools are nice, but they never slug you and slap you the way the sea does—wild, capricious, salty, and a superb pummeler of excess fat.

If you're really too lazy to do any of the above, hire a weekly masseuse.

Frankly, I'd rather belly dance—it's quicker and costs less. □



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For Father's Day, graduation, birthday or anniversary, here's the answer in a unique and important gift. Superbly styled by International Silver. This is a man's razor, no doubt about it. From the luxurious feel of the rugged Pewter Pistol Grip, to the silky smooth Schick shave, there's no finer way to start each day. Every Schick Super II Classic comes complete with four Super II Teflon-coated twin blade adjustable cartridges, all nestled in a handsome presentation case.

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Two years in the painting and meticulously accurate in nautical detail, this high fidelity lithograph will delight all those who admire fine art. Painted by the renowned marine artist, Kipp Soldwedel (Tall Ships Artist of Record), this official commemorative print is reproduced in magnificent color, 21 x 28 inches.

Depicted here in misty nautical splendor are the Blue Nose (Canada), Danmark (Denmark), Segres (Portugal), Christian Radich (Norway) and the Gorch Foch II (Germany), winner

of the International Trans Atlantic race.

Good art that is bound to accrue in value, handsome decoration for office or home, nostalgic memorabilia for sea lovers and sailors alike.

Handsomely framed in silvery metal, ready to hang.

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Please send _____ framed "Tall Ships" print(s)
@ \$25.00 each plus \$2 handling and shipping.

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Ships" print(s) @ \$55.00 each plus \$2 handling
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Please send _____ unframed "Tall Ships"
print(s) @ \$10.00 each plus \$1 handling and
shipping. *No C.O.D.'s*

Okay to charge it. Fill in credit information.

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Expiration date _____

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Name _____

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"Received your very lovely lithograph and it now has a place of predomance in my office. This is truly a magnificent work and is a conversation piece for all who come into my office."

Gerald E. Bauer, Dallas, Tx.

"I have just received a print of the "Tall Ships" by Kipp Soldwedel from my niece. It is truly a lovely work of art. It is in my foyer and has added much charm to that area. I am sure that other people

will enjoy these beautiful ships in their homes."

Mrs. M. B. Flournoy, New York, N.Y.

"Those who thrilled at the sight of the soaring masts and graceful hulls in July will recapture that thrill when they see the clean lines of Kipp Soldwedel's paintings. His works... carry the fresh, salty tang of ocean air wherever they go."

Genesis Galleries Ltd., New York, N.Y.

STRATEGY 1



Home life... good food... those happy moments
that make up our best memories...
No need to sacrifice all this, if you started here with the

STREAMLINED HOMESTYLE



We call it Stow-A-Way Strategy—a system of cooking, storing, and serving that allows you to feed your family and friends nutritious, budget-saving, lively meals on instant notice. The first big time- and energy-saver is to prepare the food in bulk at less busy times. Plan freeze-ahead dishes with multiple uses. The next trick is to store portions in freezer-oven-table containers or in preshaped form to pop into microwave- or oven-proof dishes that can then be brought to table. —PAT SADOWSKY/GALE STEVES

STOW-A-WAY STRATEGY 1. (See previous page.) Take advantage of a super supermarket special on a large piece of meat or poultry. Here it's a turkey breast that you roast, have for a meal, and then divide up for a curry, and for the deep-dish turkey pot pie that just emerged from the freezer.

STOW-A-WAY STRATEGY PLUS. These place mats store a napkin and flatware when rolled up (see above); open view, right. Perfect for a buffet and for saving drawer space. Sew up from a Vogue Pattern.



PHOTOGRAPHED BY ENRICO FERORELLI

STRATEGY 2



STREAMLINED HOMESTYLE

MAKE-UP BY MARGARET HAIR BY ERNEST, BOTH OF CINCINNATI

STOW-A-WAY STRATEGY 2. (Above) Want to have a bunch over for a festive brunch? Quick Water Chestnut Quiches all start from made-ahead pie crusts (the same dough you used for the turkey pot pie in Strategy 1). When they've been stashed in the freezer in space-saving bluebird of paradise dishes that go from freezer-to-oven-to-table, you've got it made.

For all information on table settings, see Shopping Guide page 73. For recipes see pages 35 and 64.

(continued)

STRATEGY 3



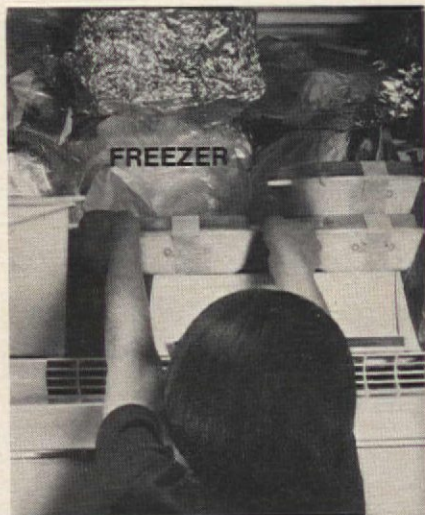
STREAMLINED HOMESIDE

STOW-A-WAY STRATEGY 3. The cosmopolitan Greek company dinner (opposite) is just one of the interests paid on your investment in a versatile beefy tomato mixture. Put together three quarts when you're in the mood for a cook-ahead and freeze session. Separate the basic sauce into quart containers that become the source of a United Nations of menus any day you want to ask friends in. The Greek version, Ghemista, features the summer's freshest vegetables (zucchini, tomatoes, green peppers—and even potatoes) stuffed with the beef and tomato mixture. Add more Mediterranean flavor with *pita* bread; a salad of feta cheese, ripe olives, and mushrooms. The finishing touch—coffee with cinnamon swizzle sticks.

While you defrost one quart of beef-tomato mixture, prepare the vegetables and then in a flash, combine them in dishes for their oven-to-table trip. The haberdashery-look white-and-blue porcelain dishes pictured here go from microwave or oven to table and always look their crisp, natty best.

THE SAME ADAPTABLE MIXTURE can also take on an Italian flavor as a spaghetti sauce or turn into a South of the Border chili menu. Just freeze the basic sauce and adapt with the proper seasonings as the ethnic mood strikes you. For these relaxed evenings, the relaxed host and hostess can join their guests on plump cushions in a bold tenting stripe (opposite). Straw floor cushions and a collection of small rattan tables are perfect for serving up informal, impromptu suppers. It is fun to try new settings as part of your new strategy. And you can be there to enjoy your guests instead of stuck in the kitchen or jumping up and down like a jack-in-the-box. Once you get onto stow-away liberation you'll be free of rush-hour cooking or making do with boring leftovers. Use your freezer as a food savings bank, but remember to make frequent deposits. Careful planning and labeling will pay off, too. Once you start thinking ahead, you'll create your own space-saving, time-saving, money-saving, energy-saving ideas that will keep you a cool space-age cook. For recipes see page 65.

For merchandise see Shopping Guide, page 73.



STRATEGY 4

STOW-A-WAY STRATEGY 4. Into the mouths of babes goes a favorite casserole! School's out, Mom is working, and what's a kid to do? Go the junk food route? Not this young fella. His mom cares and freezes ahead enough tasty Sweet and Sour Pork for extra

meals. Last week it fed the family; what was left was divided up into individual containers and frozen. Our pal can race in, grab it from the freezer, pop into the microwave or oven, and eat a nutritious and tasty snack to tide him over to dinner. Not bad eating for a kid on the go! The multipurpose dishes shown here go from freezer to microwave to table. They stack easily for storing in freezer or shelf, have dozens of uses, and look great on the table. This sturdy freezer-oven-tableware (by Corning) is also available in a variety of other casserole sizes.

SWEET AND SOUR PORK

Working time: 10 minutes

Cooking time: 20 minutes

Defrosting time: 25 minutes

- 2 eggs
- 2 tablespoons water
- 3 pounds lean pork shoulder, cut into 1-inch cubes
- 1½ cups all-purpose flour
- ¾ teaspoon salt
- ½ teaspoon ground ginger
- Corn or other salad oil
- 1 can (30 ounces) pineapple chunks
- 1 medium green pepper, cut into julienne strips
- 1 medium onion, coarsely chopped
- ½ cup vinegar
- ¼ cup brown sugar
- ¼ cup water
- 3 tablespoons cornstarch
- 1 tablespoon Worcestershire sauce

In a large mixing bowl, beat eggs with water. Add meat, tossing until cubes are well coated. Mix flour, salt, and ginger in another large bowl. With tongs, coat cubes with flour. Heat ½-inch oil in large skillet or electric frypan over medium-high heat. Brown meat ⅓ at a time, about 5 minutes. Drain on paper towels. Drain pineapple chunk liquid into measuring cup; reserve 1½ cups. Mix remaining ingredients in large saucepan. Cook over medium heat, stirring constantly until mixture thickens and boils. Remove from heat; stir in pineapple chunks and fried pork. Divide into six 1½ cup individual freezer-to-oven casseroles. Cool quickly. Cover, label, and freeze up to 2 months.

To serve: Remove freezer wrap. Preheat oven 375°F. Bake for 15 to 18 minutes. Makes 6 servings (460 calories per serving).

Microwave version: (Defrosting time: 7 minutes)

Remove freezer wrap and cover with glass lid or plastic wrap. Microwave individual casseroles on reheat or high setting for 4 minutes; let stand, covered, 3 minutes before serving.

WHAT YOUR KIDS REALLY WANT

After trial and error, this mother has finally discovered what children want most from their parents.

by Phyllis Theroux

The other evening, after putting in a day that would have crippled Hercules, I sat at the kitchen table riffling through the paper for some soft news that my brain could handle. I had in mind something fascinating and itty-bitty like what Cher's wardrobe costs, or a little paragraph about Doris Day's tennis game.

The day had not been rewarding, parentally speaking. No school, husband out of town, and three small children full of *angst* and energy on a collision course. Finally, in desperation, I threw them into the car, drove to a local shopping plaza, and dumped them all at a Walt Disney movie.

While the children watched "Freaky Friday" I sat in my Joyce Carol Oates car coat and fantasized as to how I would make my getaway from the family—once and for all. "Sorry," they

Phyllis Theroux is a Washington, D.C.-based writer who contributes to the Washington Post, Reader's Digest, and other magazines. She is married and has three children, aged 5, 7, and 9.

would find written in the bathtub grime, "My spirit has been broken." But somehow the day had come to an end, and as I glanced through the paper, I chanced upon an article entitled "The Undermining of the Family's Capacity to Provide for Itself." I was in no mood to be criticized.

Fortunately, the author (a university professor, who probably has a quiet library carrel where he ponders his ideas) was targeting in upon a different theme. Today's family, he wrote, has been brainwashed into thinking that it can't possibly function, sexually, parentally, emotionally, or economically, without the advice and consent of a variety of "experts."

Oddly, this thought cheered me up. As impossible as that very day had been, I had nevertheless gotten through it without telephoning a single government agency or hot-line for advice. Furthermore, the writer made a case for my brand of parenting, which is heavy on first reactions, second thoughts, and waiting to see what the day brings forth.

"Instead of imposing their own standards of right and wrong," he wrote, "now thoroughly confused, parents influenced by psychiatry and the doctrines of progressive education seek to understand the 'needs' of the young and avoid painful confrontations."

I am just as anxious to meet needs and avoid painful confrontations with my children as the next parent. But early on, I came to the conclusion that I wasn't going to join the ranks of those adults who studied up on how to be parents. This was not because I felt more confident than the next mother. My decision was born of a deep desire not to be rattled.

There were more theories, stratagems, and insights than I could absorb, nor could I possibly memorize the lines of dialogue that, once spoken, were guaranteed to set my children free from my instinctive mis-

direction. The alternative I chose was to rely on past experience, old recollections of my childhood, values I believe in, and random tips from my brilliant pediatrician.

When our second child arrived and the first-born took to diabolical fits of frenzy over being displaced, I called the pediatrician in great distress and begged her for advice. At that very moment, the first child was crying his head off, refusing to leave his room.

"What time does Sears close?" she asked.

"Forty five minutes" I answered.

"Get a sitter for the baby, bundle up the other—it's very cold out today—and take him to Sears for hot chocolate and a ride on their mechanical horse in the parking lot."

That's the kind of advice I can always use. She never failed me, which is what every mother hopes to hear her child say when child rearing is over. Time will tell, no less for me than any other mother.

If, 10 years from now, I find myself waiting for one of my children to be fingerprinted at the local police station, I will have to reevaluate my stance and ask whether I gave my child everything he needed.

I had always thought that the complete list of everything my children wanted was goods, services, love, attention, metaphysical explanations, and a long arm to reach for the first-aid box. In other words, everything. For quite a few years I obliged them.

Then it flashed through my mind that unless I became a little more protective of myself, my children would be writing to me in care of the local nut house. The fault was mine. I had so accustomed them to believe that there was nothing I couldn't do for them, a belief that often accompanies a certain spineless aversion to imposing discipline, that I almost believed it myself. While I made sure that they ate well, wore warm clothes, and received plenty of hugs, kisses, and fresh air, I found nothing odd about a five-year-old walking barefoot across the kitch-

en table to retrieve the sugar bowl. One of my friends did, however, and it was then that I realized I had gotten a little spaced-out. I began to make regular hair appointments, read novels, and have lunch downtown. Things began to turn around a little.

The other evening I sat the children down for their dinner. Within 10 seconds my five-year-old had knocked over a glass of milk. I scolded him mildly, wiped up the spill, and poured a new glass of milk. Ten more seconds elapsed and—crash—the new glass toppled over. This time, his number was up. I felt obliged to be angry, which I was, and sent him upstairs to his room.

My other two children were horrified. "He didn't do it on purpose" said one child. "Yeah, it was just a mistake," said the other. "Gol-lee," they breathed accusatorially under their breaths. "You're mean!" As if to emphasize my meanness, a long sob came from upstairs. I did feel very much like a bully.

Excusing myself, I went upstairs to my son's room and approached the bed. He was crying bitter tears into his teddy bear's belly.

"Justin," I said apologetically, "I'm sorry. I know you didn't mean to spill your milk. I just got mad. You know, when two glasses of milk are spilled in a row... well, what's a mother to do?"

I got my answer right off.

"Kiss him," he bawled self-righteously into his teddy bear. "Kiss him and tell him that he's a good boy!"

I did, and within a few minutes, his integrity had been set to rights again. Integrity is extremely important to children, and to be wronged by one's own parents is a very cruel blow.

Admittedly, you can't give children *everything* they want, but when I reflect upon what they want the most, I think it is to feel that they are good—deep down, where maybe no one else, including themselves, can see it.

There have been times when I have caught myself being afraid to praise my children, fearing that they will stop being good. I'm not sure what is the source of this reaction but perhaps it is related to my own self-doubt, and

my own inability to see that I have a potential for goodness, too. We hold our children up, like mirrors, and search the reflection for proof that we have not failed, ostensibly as parents, in reality, as human beings. Hard on ourselves, we are often doubly hard on them, asking them to perform better than we can. How tedious. How unfair. No way to throw a party. But we do it, using our power as parent to exorcise our own self-doubts. Yet self-doubt is just what children—some more, some less—have to side-step every day.

It is commonly assumed that childhood can be summed up as having the luxury of being upstairs combing your hair while somebody else prepares dinner. But weigh that luxury against a child's knowledge that he is half-baked, imperfectly finished, and only haphazardly equipped to deal with a world that demands a great deal of expertise. That painful half-awareness that everything can come apart with one clumsy misstep—that is the dark part of childhood. The parent who remembers suffers doubly as a witness.

Yet I keep coming back to the conviction that parents who get down on their knees to ally themselves with their children, lose stature with them. Parents and their children are not equal, and our height should give us perspective. But publishers are busy grinding out books that reinforce the conviction that parents are dreadfully ignorant, by nature, and must bone up in order to be any good at all. I think that's taking "a little child shall lead them" too far.

This is not to say that grownups don't make mistakes. The kitchen floor is littered with the broken crockery of our intentions. But the difference between children and parents is that parents should be wise enough to admit their mistakes, confident enough to pick themselves up and carry on, and compassionate enough to allow that, even in the midst of error, they can work it out. If we can't do that for ourselves, how can we pass that on to our children? Yet that is what they want from us, I believe, the feeling that they amount to something.

Ironically, children have a sixth sense as to when their parents could use a little boost in the morale department. The odd moments when they slip up to give a hug, or simply put down their crayon and gaze across the kitchen table to say, "You know what, Mom? I love you," are times that invariably have made all the difference. I suppose I should be ashamed to be bought off so casually, but that's the kind of off-hand remark that makes the world go round. Some needs you never outgrow. □



Stephanie Winston makes organization her business. Until two and a half years ago she was a book editor and translator. Then she decided to use her natural gift for organizing to help other people straighten out their homes and offices. Her business, *The Organizing Principle* (TOP), soon had clients ranging from studio-apartment dwellers to IBM. She was amazed to discover the extent of general disarray in most people's lives.

Now in her mid-30s, Stephanie Winston has just finished a book called *Getting Organized* to be released by W. W. Norton this fall, and is teaching a series of one-month classes on organization in New York. The classes have proved so successful that she's considering going national with them. "It is the kind of education people should have," she says, "but didn't receive as children. Most people just never learned how to organize."

Your kitchen is a model of efficiency, your desk a mirror of precision—but you can never find anything in your top bureau drawer. If so, according to organization expert Stephanie Winston, you are like most of us. "Usually people have at least one area of organization hanging over the edge," she says. One look in your top bureau drawer, a kitchen catchall shelf, or living room bookcase at your pile of unpaid bills, or list of errands that need to be done, will probably prove her point. All of us have some area of our lives that we would like to organize better.

Stephanie Winston believes there are ways to help those with transitory, minor problems as well as those who might chronically lose keys, letters, and bank statements; who have a closet's contents regularly fall on their heads; or who are always late for appointments. The Organizing Principle (TOP) is not only the name of her business, it is also the system with which she proposes you unscramble your own organizing puzzle. To her, *The Organizing Principle* is to determine your goal. The goal could be as narrow as say, getting more enjoyment out of baking. Once you know what you want to accomplish, you can design a system that would make the process of baking more comfortable for you.

The trouble people have in identifying a goal is that they commonly see organization as an all-engulfing, abstract problem. It is hard for people to come up with a specific problem, Stephanie Winston finds. "Usually they have a desperate feeling of 'Help, my life is a mess.'" By identifying your goal, you give the problem manageable proportions. By making it manageable, the problem becomes solvable.

Winston suggests two techniques to identify your goal. The first she calls "geographic exploration." Stand in a room and divide it into areas.

"Look at one corner with blinders on to everything else and pick out the problems in that corner only. There might be a pile of magazines you want to go through—that is one problem. Then there might be a bag of pictures you want to hang—that is another problem. It is extremely important to articulate problems in a rather arbitrary way. If you look at the corner as a whole, you will be overwhelmed and probably never get through it."

The second technique is to put a mental movie camera on yourself to help track down the cause of a problem. For instance, if you are chron-

GET SMART

An expert tells you
the easy way to put order
into your life.

by Janet Spencer King

ically late in the morning, Winston's advice is to follow your actions step by step from the moment you get out of bed.

Pay attention to your body movement, to the second your muscles begin to tense. It may be as soon as you brush your teeth; you might have a phobia, but probably your medicine chest is so junky and cluttered you can't find the toothpaste. Or it may be your closets or the kitchen, your pans are in disarray so it takes too long to make breakfast. Maybe you aren't allowing yourself enough time, and should be doing things the night before instead of in the morning. Break down all the contributing factors into specifics."

Once you have identified those areas that need organization, it is time to make a list. Keep the list to five or six projects only so it won't overwhelm you. It is also vital to overcome the temptation to put projects in a one-two-three breakdown of importance, because people get bogged down trying to decide the order of importance. Rather, lump projects into three categories of urgency. You might have two under "Must do immediately or I will

go nuts," two under "Should get to soon," and one or two under "Would like to do it someday next year."

Once you have identified your goals and when you want to achieve them, you are ready to go to work. But first, Stephanie Winston has one more bit of advice on scheduling that will help insure success. She has found that the single greatest hindrance to being organized is "rebellion against the demands of an authority figure in the background. Usually people who are disorganized had a parent who harassed them with commands about personal orderliness. People with this history internalize those commands and set such high standards for themselves they start to rebel. They establish a pattern of 'I can't be this perfect so I won't be organized at all.'"

To break the compulsiveness and self-defeat implicit in overly high standards, Winston suggests you schedule your organizing projects on a once-a-week basis; it could be a full day, but should be at least an hour. But make the appointment with yourself as inviolate as one would be with the dentist or doctor, because, "after all, you are as important." That way, organization will become a habit, an ingrained part of your life.

All organization neatly breaks down into three major blocks: space, paper, and time. Once you understand the principles for each, the pieces of your organization puzzle will fit snugly in place.

Space

The basic principle behind any kind of spatial organization is to connect objects in terms of frequency. The most accessible cabinet, shelf, or closet space should contain your most frequently used items. Assign space on a one-two-three priority basis. "It is amazing how many people keep crystal they use once a month on a number-one shelf. Infrequently used items should go on the space that is the least accessible."

The second principle of space might make you blush in self-recognition because it is a common misconception. It is to use your space. Stephanie Winston points out that people get the idea saving space is being organized. It is *not* being organized. A quick way to determine if you are using your space is in the kitchen. There should be no more than three different items stacked on top of each other. "Unless it is absolutely unavoidable," she adds, "stacking more than three different objects in an attempt to save space is a misuse of space."

The two final basics of space organization overlap (*continued on page 63*)

24-PAGE SPECIAL
HOME DECORATING
GUIDE

YOUR OWN SPACE

THE FOURTH DIMENSION



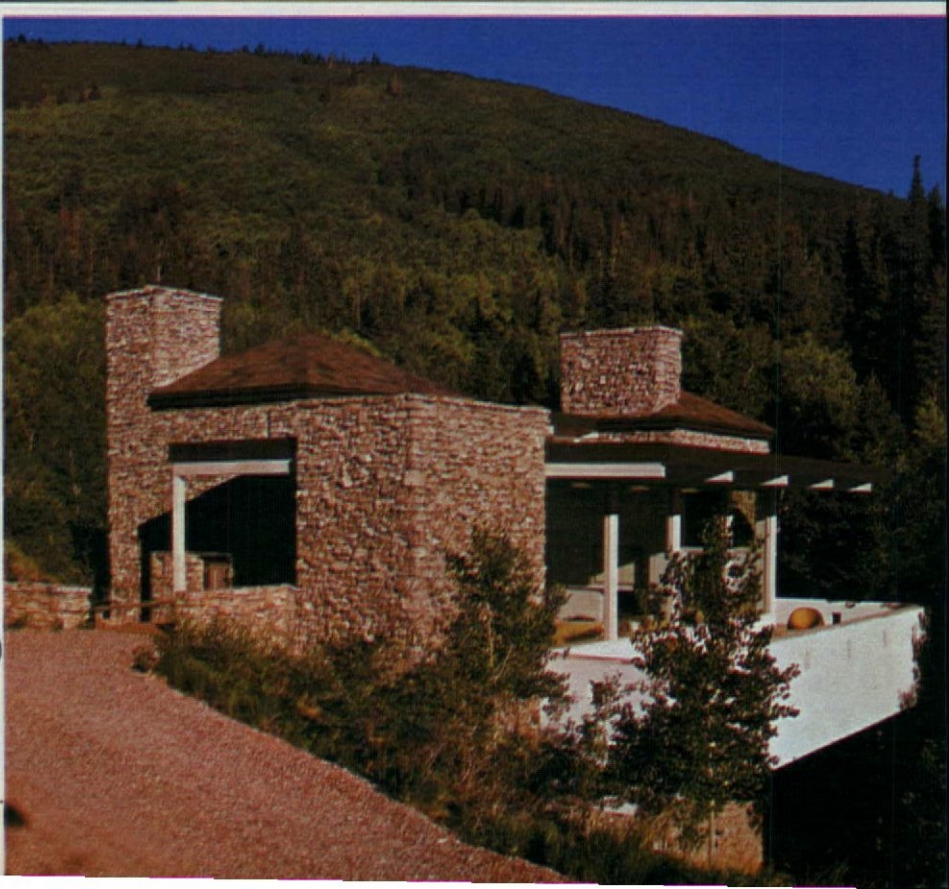
PHOTOGRAPHED BY MARG SCHUMAN
PORTRAITS BY FRANZ BERKO

I feel that the space inside a house should reflect, relate to, and respect the space outside the house." Because of her special regard for space, architect Eleanor Brickham chose a steep and wooded site in the mountains near Aspen, Colo., for her own house. The site appealed to her in two ways: First, it has a spectacular, wide-open view of the valley and of the mountains on the other side, and by contrast, *(continued on next page)*





For a space to feel open, the eye should feel free to look around walls, around corners, up stairs—to want to see what is beyond, and then it won't be trapped.



also offers very intimate glimpses into the fragile-leaved aspen trees all around. "I designed my house," she says, "to reflect and refract both these qualities. I wanted the larger spaces to feel as open as the big view—with high ceilings, an expansive wall of glass, an outside deck. The small spaces—where I eat,

SPACE THE FOURTH DIMENSION

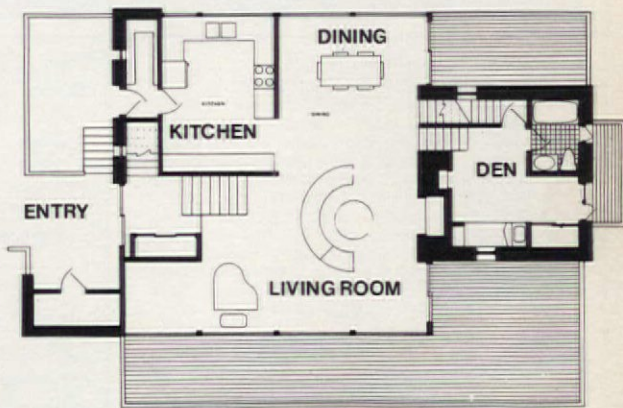
sleep, work—are cozier, more intimate, with small window openings to closer, tree-fringed views." Architect Brickham also kept her furnishings to a minimum so that they would not distract from her spaces, and every large surface area—carpeting, walls, upholstery, rattan or wood furniture—is white or neutral in tone. The furniture is clean-lined, with no fussy detailing. This simplicity of form, and absence—or near absence—of color, acts as the perfect foil for the breathtaking views. And as a backdrop, too, for an intensely personal collection of art objects, glass and pottery, and a painting or two. Plants flourish in the house, and further reinforce the feeling of indoors and outdoors being in harmony with each other in this setting. Within this indoor-outdoor house, Eleanor Brickham also maintains a studio. To virtually eliminate distraction she has tucked the room up half a level and behind the fireplace—and has allowed herself only a few tiny windows that let in only light, no views.—BO NILES

Because of the steepness of her site (below left), which falls from the access road to a gully, Architect Brickham bonded the house to underlying rock with two massive masonry piers; chimneys echo their form. A mason friend helped her choose the stones; many were encrusted with pale lichens to soften texture. The house cantilevers over the gully from the piers, with a deck projecting still farther. Inside, the living room is situated a level below the entry (previous page) and, for increased intimacy, the high ceiling drops down to eight feet over the dining area (above left). A convenient pass-through to the adjoining kitchen is punctuated by a band of shallow storage plus two shelves used to hold sculpture.

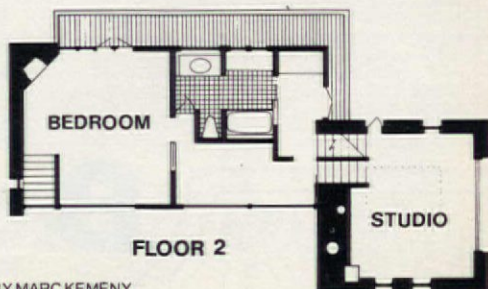
In plan (right), Eleanor Brickham designed her house with several personal conveniences in mind. The bedroom is just inside the front door, up a few steps, because she finds it easy to drop parcels or whatever, there on her way into the house. Her studio is secluded behind the fireplace wall, but this location is still handy to the living room which she uses for consultations with clients. Under the studio is a den that quickly converts into a guest suite when necessary. Because each kind of space—work, sleep, living/dining, guest—is on its own level, each retains its sense of privacy; but Architect Brickham purposely set the levels only half a flight from each other to keep traffic flow easy between the spaces.



The spaces in a house, no matter how open, should always relate to human scale. If a ceiling is too high, or a room too big, the human quality is lost—and the sense of space is distorted and too uncomfortable.



FLOOR 1



FLOOR 2

PLANS BY MARC KEMENY

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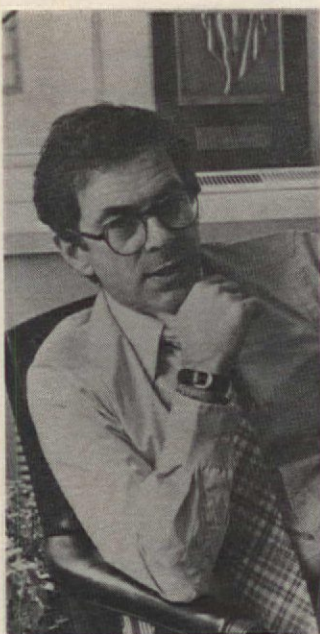
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BIGELOW DEALER



LIVING BIG IN LESS SPACE

American Home asked four designers in different fields these questions relating to the shrinking American house: 1) Do you think interiors are getting smaller? 2) If so, how are you responding to the change? 3) Are we thinking differently about space now, compared with past concepts? 4) How important is privacy? 5) Can you forecast any trends? Here is what they said. —C. J.



Julian Tomchin

Julian Tomchin is Director of Design for Wamsutta Corporation, New York City.

Q.: Are spaces smaller?

A.: For certain, there are fewer closets per capita now than there were in the past. Ceilings are lower and spaces like the dining room are being integrated into other rooms or eliminated all together. I don't think the bedroom will shrink any more. That space is becoming more a family-center room for relaxing and watching television

Q.: How do you respond?

A.: By creating believable fashion for the consumer. We design for the bedroom so that the bed can take the decorative force in the room. By making that surface the fashion statement, we leave walls and floor for backdrop, and (continued on page 57)



Marjorie Kriebel

Marjorie Kriebel is a practicing architect and Assistant Professor of Design at Drexel College, Philadelphia, Pa.

Q.: Are spaces smaller?

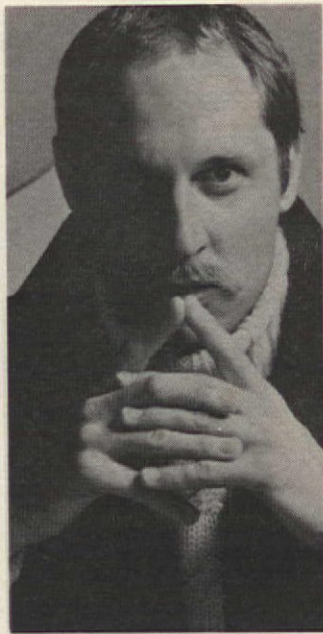
A.: Yes, particularly in new construction. Victorian era, middle-class houses had a great deal of space, and many people today occupying these structures are escaping the space squeeze.

Q.: How do you respond?

A.: We are educating our students to be particularly aware of the fact that the smaller the space the less the alternatives for its use. Or, the smaller the space, the less one has the physical means to satisfy the needs of the client. For this reason we always make the student responsible to whom he is designing, thus building the human element into the training process.

Q.: Are people thinking differently?

A.: Yes. In the 50s there was a design-conscious group that thought the development of suburban tract houses would (continued on page 57)



Robin Jacobsen

Robin Jacobsen is a New York City-based interior designer, formerly director of interior design for Knoll International.

Q.: Are spaces smaller?

A.: Although the alternatives still exist for larger spaces, such as lofts, new interiors are pretty boring, lack any kind of architectural interest or definition, and are generally speaking, smaller.

Q.: How do you respond?

A.: By eliminating the furniture. I design with levels within a space and put little emphasis on furnishings. By creating multifunctional living levels, one area can serve many purposes during the day. Today, eating dinner, watching television, and curling up to sleep are functions that may all occur in the same room. I do not like to let function create a static space. (continued on page 57)



Milo Baughman

Milo Baughman heads Milo Baughman Design Inc., of Stuart, Va., and designs all furniture for Thayer Coggin, Inc.

Q.: Are spaces smaller?

A.: Yes; however, I no longer associate smaller with less expensive. People who are living in quite expensive apartments or condominiums have the same space restrictions we once associated with tract housing.

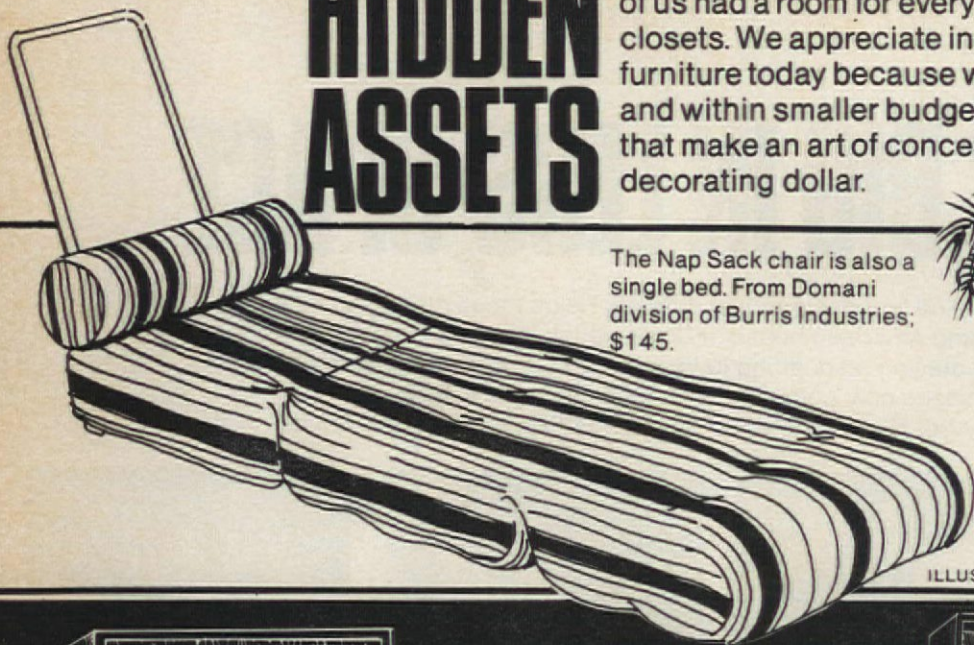
In rural areas the desire for space and the grander scale relates chiefly to land. The house in the country can be as small as the suburban dwelling or city apartment. Increasing heating and air conditioning costs, if nothing else, will keep houses small.

Q.: How do you respond?

A.: By reducing dimensions, among other things. It is important to go vertically in storage pieces and use lighter veneers and/or opaque lacquers to make storage pieces less visually obtrusive in smaller rooms. In larger seating pieces, off-whites, (continued on page 57)

HIDDEN ASSETS

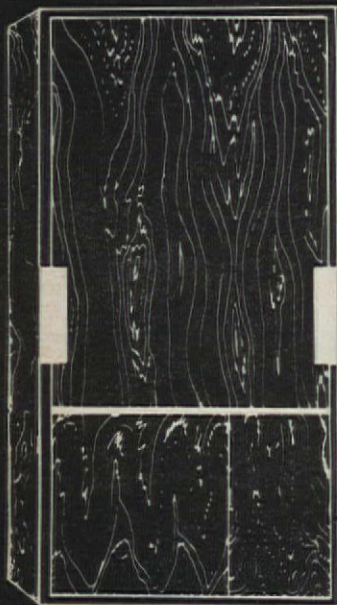
In the past living space was not at a premium and most of us had a room for every purpose and a few walk-in closets. We appreciate ingenious dual-purpose furniture today because we live with smaller spaces and within smaller budgets. Here are pieces that make an art of concealment and stretch your decorating dollar.



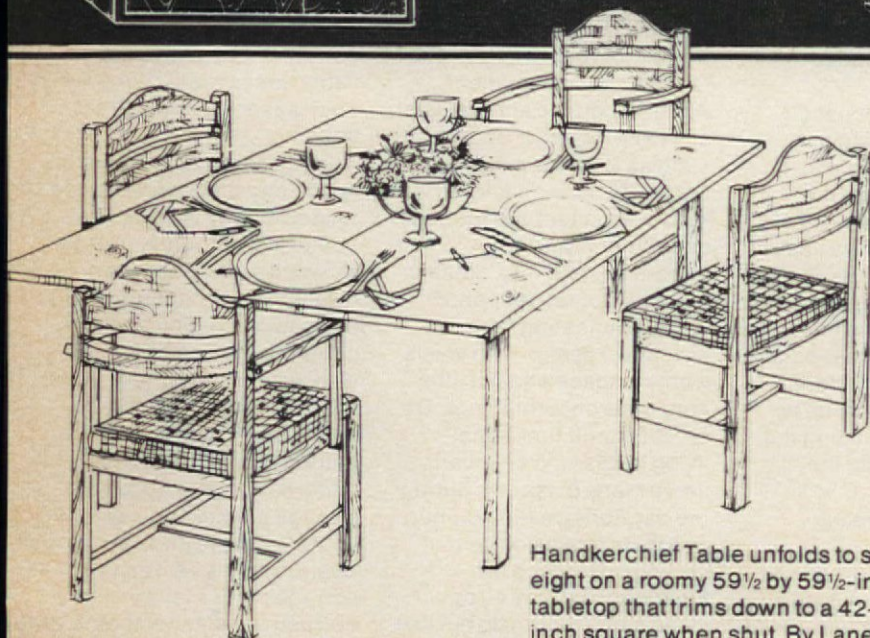
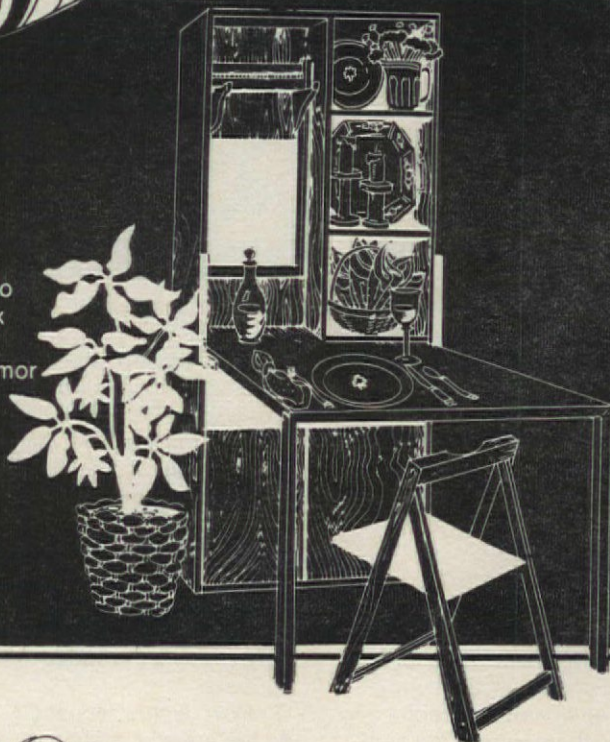
The Nap Sack chair is also a single bed. From Domani division of Burris Industries; \$145.



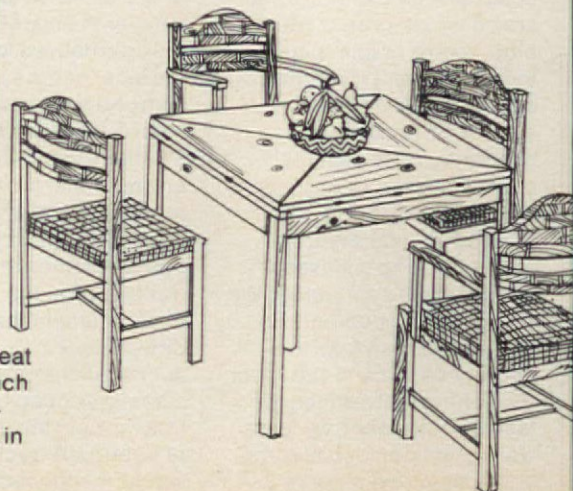
ILLUSTRATED BY KATHERINE C. PURNELL

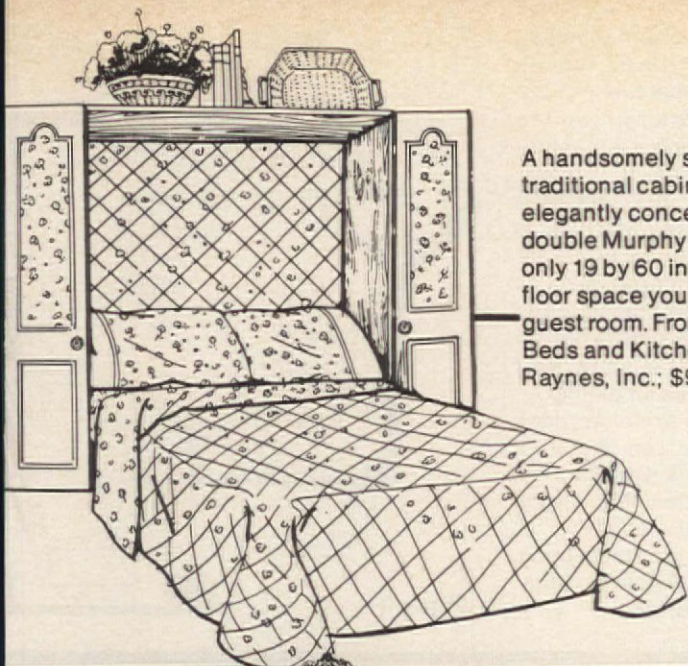


A dining room in a box provides dining accommodations for up to six and storage space for the six chairs as well as china, linen, glassware, and silver. From Raymor Moreddi; \$440.

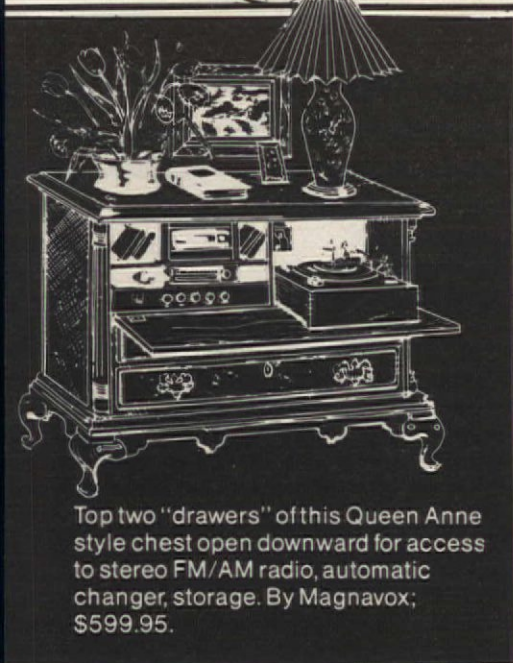
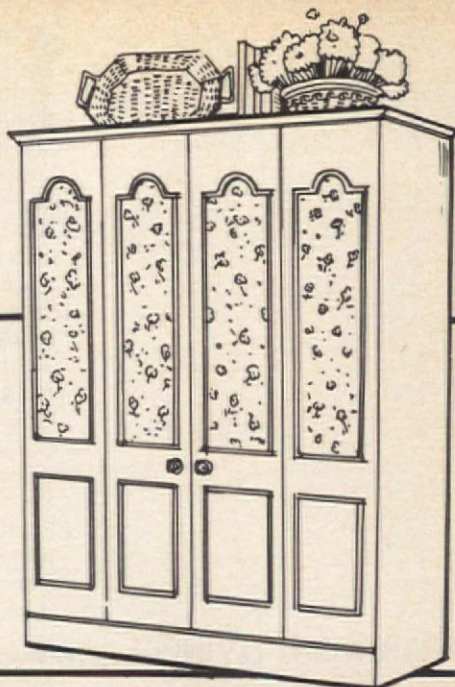


Handkerchief Table unfolds to seat eight on a roomy 59½ by 59½-inch tabletop that trims down to a 42-inch square when shut. By Lane in pine; \$400.





A handsomely styled traditional cabinet elegantly conceals a double Murphy bed. In only 19 by 60 inches of floor space you can hide a guest room. From Murphy Beds and Kitchen Co.; Raynes, Inc.; \$900.



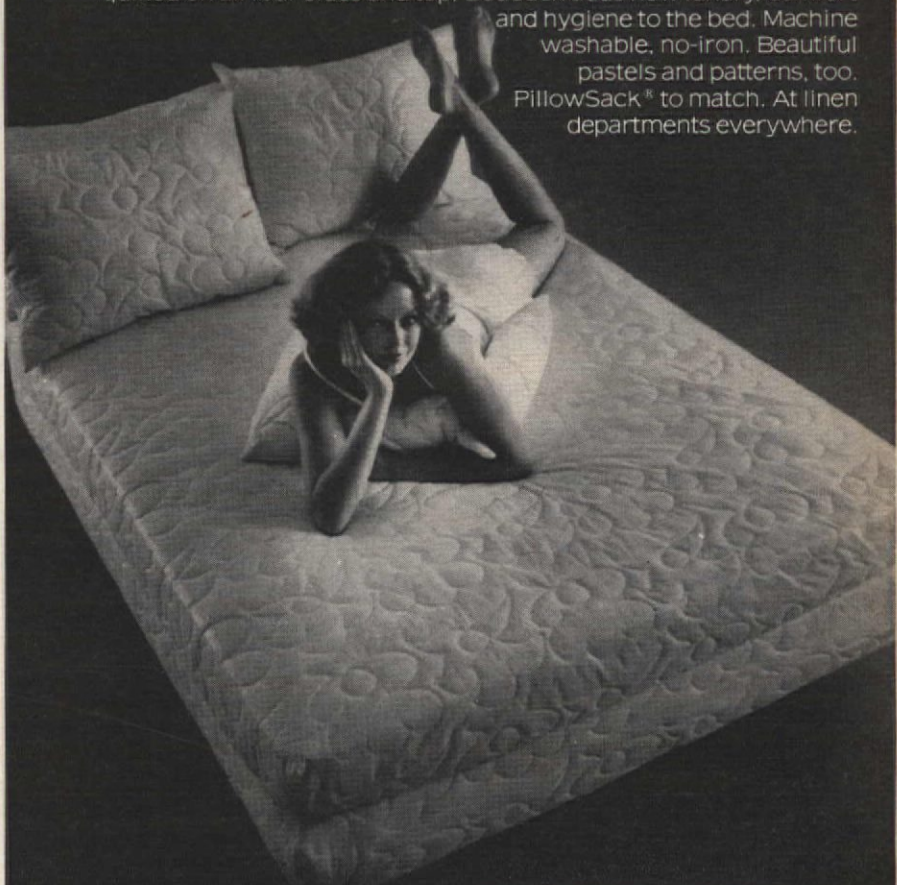
Top two "drawers" of this Queen Anne style chest open downward for access to stereo FM/AM radio, automatic changer, storage. By Magnavox; \$599.95.

Closed it's a handsome cabinet, made of carefully selected hardwoods, and just 48½ inches wide, 51 inches high, and 19½ inches deep. Open, it's a complete office at home—even if you live in an efficiency apartment. Norsk's Mini-Office is available in teak, \$490; walnut, \$515; and rosewood, \$575.



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*Patent pending

APARTMENT LIVING

SAME SPACE 3 WAYS

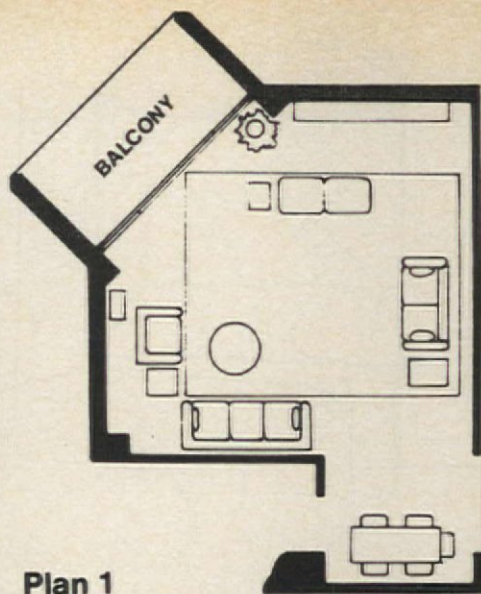
Each of us uses our living space in different ways. Here, in the Cadman Towers, Brooklyn, N.Y., the same apartment layout—L-shaped living room with dining alcove—was transformed by three different tenants to express their individual needs, tastes, and personalities.

—BONILES

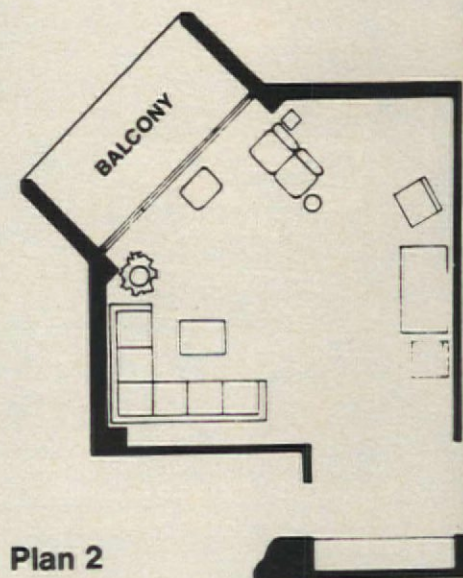
CADMAN TOWERS DESIGNED BY CONKLIN & ROSSANT AND GLASS & GLASS

INTERIORS PHOTOGRAPHED BY N. LIEBERMAN

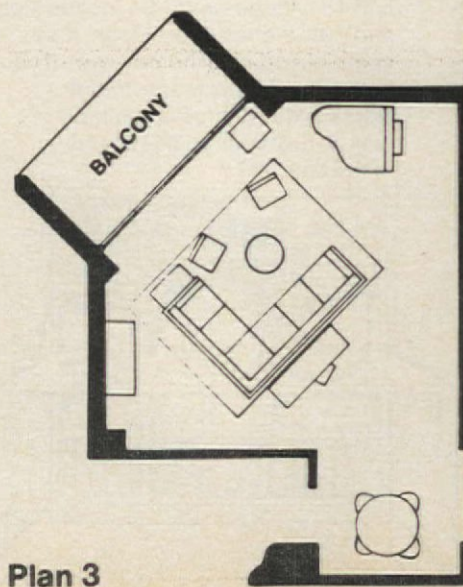
1 The secret of the comfortable look of this family-oriented living room is the easygoing compatibility of the hand-me-down Victorian settee and contemporary bench, both upholstered in the same small-print fabric, and the feet-up bulk of a matching sofa and armchair. Favorite collectibles and two sets of Oriental prints are warm accents. The dining area is sparsely furnished; the classic cane chairs and butcher-block table do double duty for office work and children's play, as well as for dining. Furnishings: Sofa and armchair, Jack Cartwright, Inc.; fabric on Victorian settee and bench, Boris Kroll Fabrics, Inc.; wall system, Intrex, Inc.; track lighting, Progress; butcher-block tabletop, J. & D. Brauner, Inc.; table base, Bon Marché; chairs, Thonet Industries, Inc.; china, Arabia, Inc.



2 Flexibility plus sophistication are the key to this apartment, where living and dining areas are virtually interchangeable. The long table can be used for dining, or just as a pedestal for plants and sculpture. Ottomans roll out from under the table to join their modular counterparts near the window or a pair of sofas to create clusters for conversation and buffet dining. The alcove was filled in with a mirrored bar. Geometric-pattern carpet links areas. Furnishings: Modular furniture, Craft Associates; pseudo-suede-covered sofas and yellow wool upholstered chairs, Selig, Inc.; dining table and vertical blinds by Al Burkhardt Custom Shade Co.; carpeting, Phoenix Carpet; lighting, Lightolier, Inc.; "Jean Harlow" mylar wall covering, South Bay Design Corp.



3 A serene, gentle setting has been created by a big soft-colored, velvet sectional sofa that forms the conversational centerpiece in this living room. All the rest of the furniture and accessories—Italian provincial-style pieces for the most part—were chosen for their delicacy of line and muted hue. The flowing shapes of the various furnishings curve unobtrusively around the central contemporary sectional. The dining table, set with country-style pottery dinnerware, serves four or six. Furnishings: Sectional sofa, John Stuart; fabric, Schumacher; desk, Sligh Furniture; desk chair, Miele; coffee table, Majestic Reproductions; credenza, Niccolini; piano, Sohmer & Co.; area rug, Spinning Wheel Rugs; dining table, Brancusi; chairs, The Chair Store; flooring, E.L. Bruce Co.





Multipurpose space



Family-oriented comfort



Alcove bar



Modular for flexibility



Convivial dining



Pulled-together eclectic

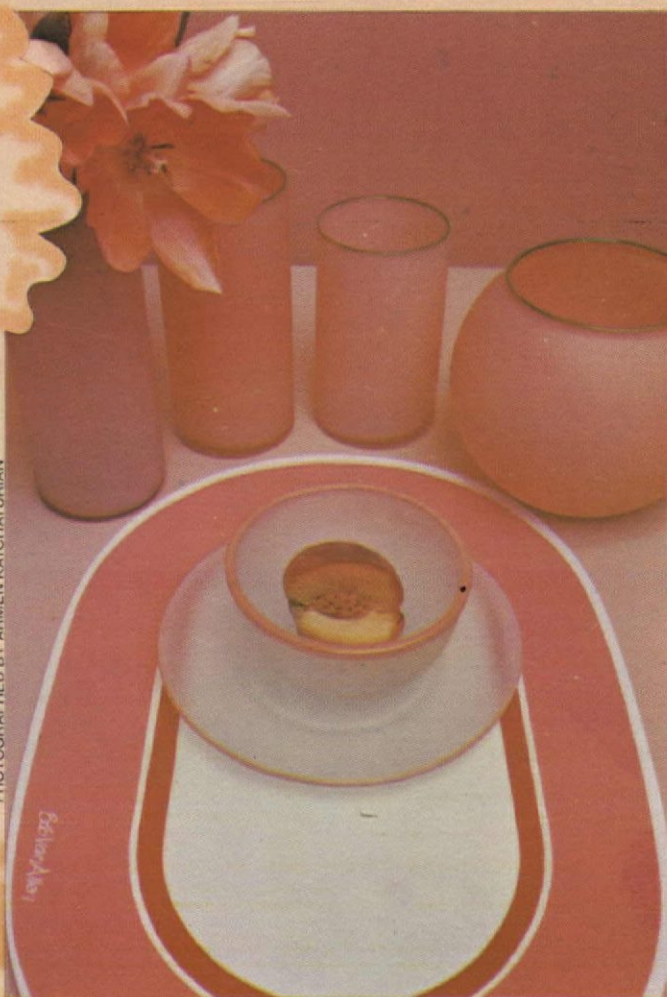
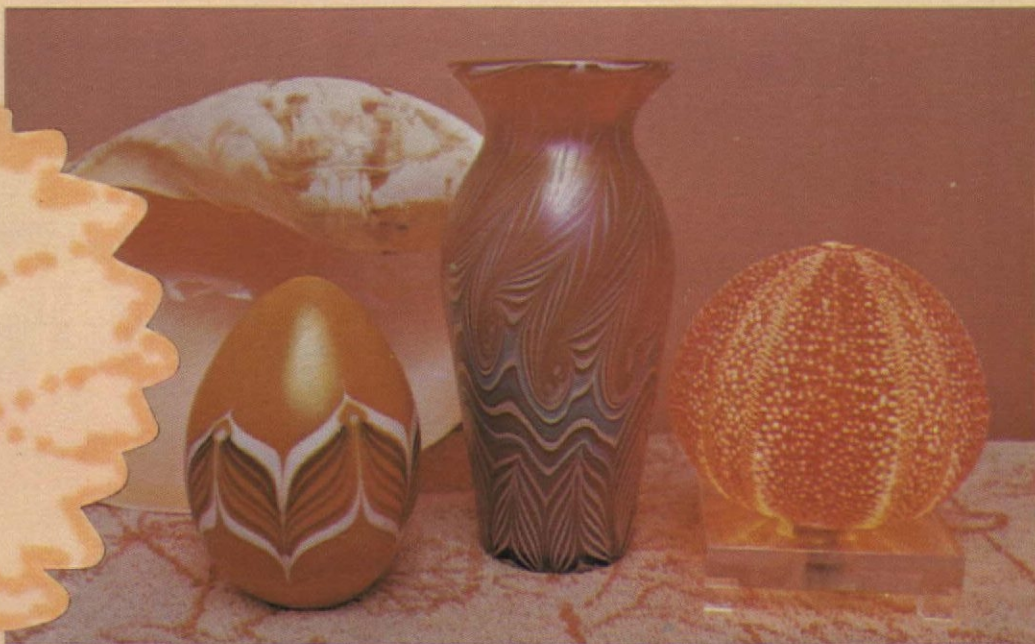
Sink your teeth into peach... a dee-licious way to bathe your life in a refreshing, clear, natural glow. Everything's coming up peaches—fresh, subtle, and not just one shade or tint but the whole peach family, ranging from rose, terra cotta, and rich pigeon blood darks to the palest almond. **BEDROOM UPLIFT:** Inspired by his love of nature, Jack Lenor Larsen has designed an exciting, soft way to dress a bedroom (this page below) for Utica Fine Arts by J.P. Stevens. Using Terra Rosa, which he describes as "almost the color of a dry flower pot," he created the leafy Botanica print in a collection for bed and bath. For great decorating possibilities, Larsen designed the print in both positive and

negative color versions. Also available are solid sheets in warm, rich Terra Rosa (used below on the walls and to cover the four-poster bed) to coordinate with the prints. Underfoot: Terra Rosa 100 percent Anso nylon carpeting by Gulistan. As Larsen says, "Design is to please the senses, and what better time for aesthetic pleasure than at the beginning or end of each day." Room design by Hura/Maas Interiors. **NATURAL PEACH:** (opposite clockwise) A volute shell or a sea urchin lamp with a Lucite base add a natural touch. Subtly tinted glass egg and vase repeat the shapes of nature... by Vandermark. All from Soovia Janis Branch. Underneath, a coordinated Botanica cotton-blend towel. **PEACH-FLAVORED**

ACCENTS: One perfect butterfly is captured on a porcelain plate with coordinated dinner plate and mug. Art Deco cachepot holds silk flower arrangement by Ed Stiffler. All by Fitz and Floyd. Mat glass patio light (Atelier Vitreon), mauve stoneware flatware (Denby Ltd.), and ruffled clam shell (Soovia Janis Branch) sit on a peachy Belgian linen/polyester place mat by Matouk. **PEACHES'N'CREME**... colors an oval easy-care vinyl place mat by Fallani & Cohn. Translucent glass bowl and saucer serve up one perfect peach. Mat glass vases with lime green edges will add a peachy glow to a table. All by Atelier Vitreon. Let a little bit of peach bloom in your home. — PAT SADOWSKY



PEACH POWER



PHOTOGRAPHED BY ARMEN KATCHATURIAN

Opposite: Make-up by Polly, hair by Gerard, both of Cinandre. Two-piece outfit by John Kloss for Cira, jewelry by Vendome. All make-up by Revlon: 'Frosty Peach' Blush-On, 'Sun Ripe Peach' lipstick, and 'Chili Peach' nail enamel. Sigma rattan flatware, Fitz and Floyd dishes and cachepot. See Shopping Guide, page 73.

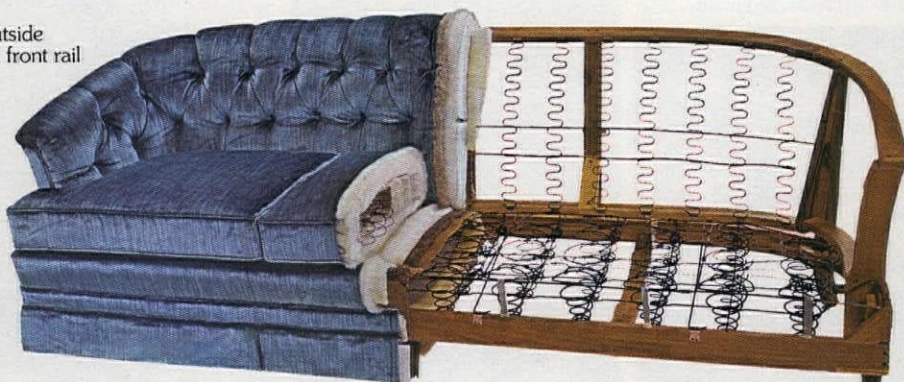
Sears remarkable \$599 Sofa



It's designed and constructed as carefully as many sofas that cost much more.

Padded outside arms, back and front rail

Kiln-dried hardwood frame construction in all areas of stress



Helical coil suspension system

Individually pocketed coil-spring cushions wrapped in polyurethane foam and polyester fiber fill

Four-layer seat deck padding

Full coil-spring seat construction

Double-doweled and braced

There are very few sofas at any price that are built with the long lasting comfort and durability of helical coil suspended spring systems. The 4-gauge, wire-tied, helical coil suspension system in Sears Benchmade Sofas offers the optimum in equalized softness and resiliency.

All-Hardwood Frame Construction. Only 10% of all sofa frames are made from all-hardwood. It's the basis of sofa durability. All of Sears Benchmade Sofas are also double-doweled and braced at all stress points.

Combination Coil-Foam Seat Cushions. At the core of each cushion are individually pocketed coil springs. The springs are encased in molded polyurethane foam, and covered again with a double wrap of polyester fiber fill. All for long lasting resiliency and the spectacular look and feel of down feather cushions.

Breathtaking and Durable Fabric Selection. Sears doesn't think you'll find a better selection of first quality sofa fabrics anywhere. All 87 possibilities come from the finest mills in America. There is a superb array of plush velvets of

100% cotton, scrumptious jacquards of 100% nylon. Tapestries of 67% rayon and 33% cotton. Dramatic prints, textured tweeds, and smashing solid colors. All are treated with Scotchgard® Brand fabric protector. All were chosen to give you "oohs" and "ahhs" for as long as possible.

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Six Lasting Classic Styles. All with the proper proportions. All designed and redesigned till they all really became Sears Benchmade Sofas. Come see Sears Benchmade Sofas and understand why they have features that usually cost a great deal more. Come sit on them to understand their amazing balanced

comfort. Come in today and learn more about why \$599* is such a great price for such a beautifully built sofa. At most Sears larger stores.

Benchmade Sofas

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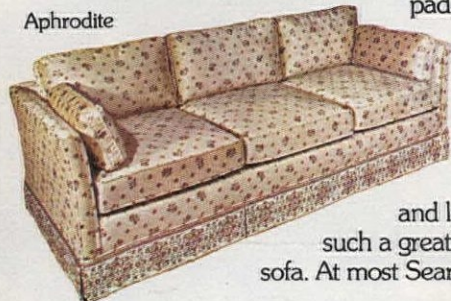
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Gateshead



Palmetto



Aphrodite



Main Chance

*Prices higher in Alaska and Hawaii
Prices may vary depending on the fabric you select.

PHOTOGRAPHED BY STEPHEN GREEN-ARMYTAGE



Brass and Oriental chests, Four Corners Collection, Thomasville. Buffet and storage cabinet, Storehouse. Cocktail and end table, Selig. Sofa bed, tables, and chairs, Founders. Fabric, Waverly. Carpet, Armstrong. For complete information, see page 73.



24 HOUR ROOM



Sherby and Jim McGrath's living room was the largest room in the house, but seemed empty most of the time. When they wanted to redecorate, they decided to make it into a room that could function as a guest room, home office, for listening to music, TV viewing, and entertaining. With the help of interior designer Betty Smith, High Point, N.C., the McGraths turned it into a room with nine lives.

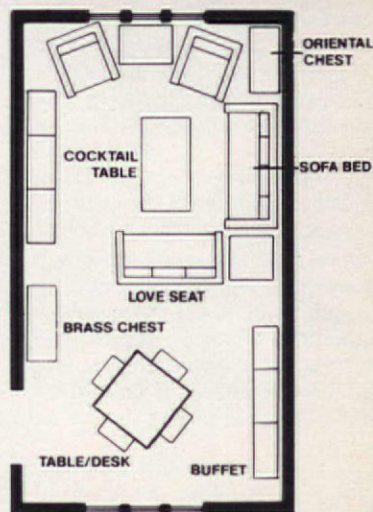
MIDNIGHT TO 8 A.M.: To accommodate overnight guests: a sofa bed, and a storage cabinet with a full-length closet and space for pillows and blankets. The brass chest provides more storage for bed linens and guest use. The dining table is convenient for breakfast, and the buffet holds china,

silver, and table linen for four.

8 A.M. TO NOON: After the bed is tucked back into the sofa, the room becomes a place for reading, listening to music, or catching the news on TV. Or it turns into a home office with the table for a work surface; the section of the buffet not used for storing tabletop items holds supplies.

NOON TO 6 P.M.: The room comfortably entertains as many as four for a sit-down luncheon or an afternoon of bridge. Bar gear and glassware are stashed in the cabinet, at the ready for cocktails.

6 P.M. TO MIDNIGHT: Informal buffet dinners for up to 14 are a snap, with floor cushions for extra seating and cocktail table for overflow dining.





BLOW UPS

Do you become claustrophobic every time you enter your kitchen? Do the dimensions of your foyer remind you more of a bowling alley than a home? Wherever the problem may be, here are a few clever ideas for expanding your fixed space with the use of mirrors.

A mirror on a wall in a small room has the effect of making the wall recede while visually doubling the size of the area. Also, a mirrored surface never needs painting or wallpapering; just an occasional wipe-down with a mild household cleaner keeps it like new. Mirrors simultaneously expand cramped room dimensions and multiply beauty—a view, plants, works of art.

In a foyer, a mirrored wall appears to double the apparent size of the space and provides the convenience of a

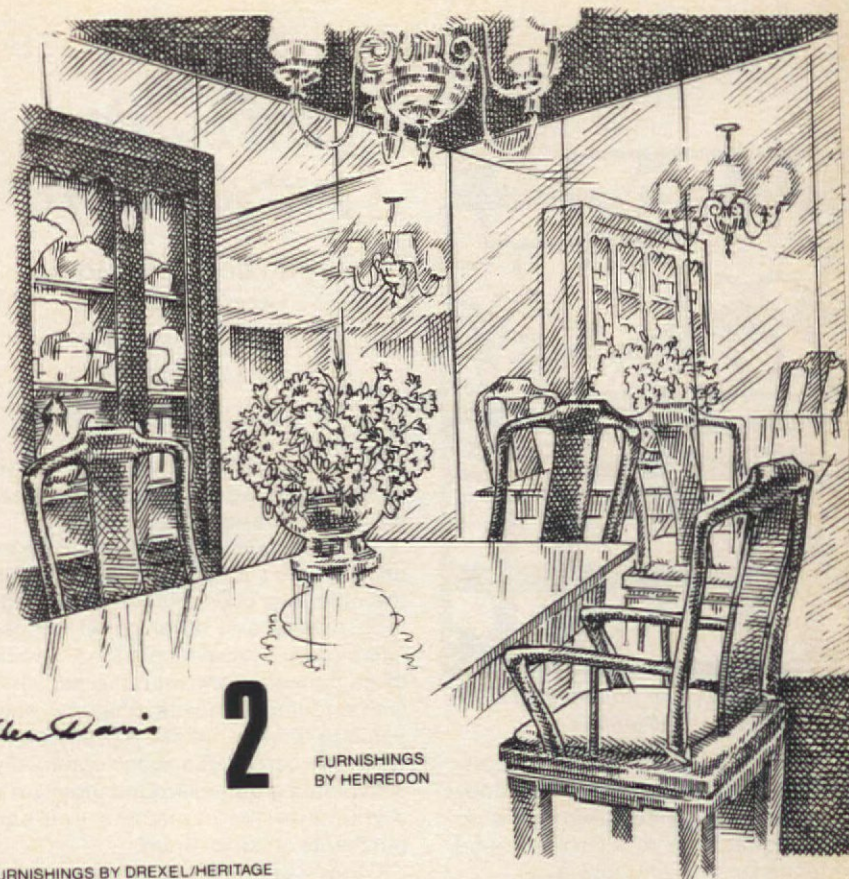
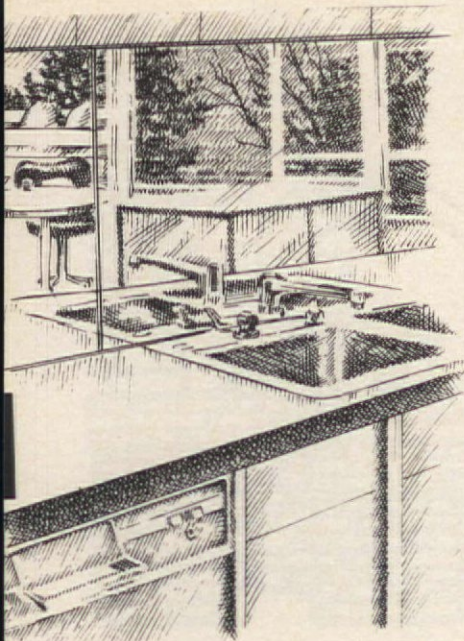
PHOTOGRAPHED BY RICHARD ALCORN



final appearance check on your way out the door. In a dining room, a mirrored wall helps make a skimpy room seem large and more elegant—and gives you two chandeliers for the price of one.

In bedrooms, mirrored closet doors function doubly to enlarge the space and provide the dressing-room convenience of full-length mirrors. If you'd like the doors to disappear, mirror the

New York architect Ari Bahat specified a floor-to-ceiling mirror (above) for the back wall of this narrow apartment kitchen and doubled the impact of the space. In this small den (left) with typically low ceilings, the suspension of Mirrex (a new lightweight plastic material) panels creates dimensions suitable for a baronial mansion. See Shopping Guide, page 73.



Allen Davis

2

FURNISHINGS
BY HENREDON



FURNISHINGS BY DREXEL/HERITAGE

3

wall as well. Mirroring all walls is a great way to bring visual excitement to a small powder room or bathroom.

Mirrors are available in squares with beveled edges for the creation of elegant effects such as those shown in illustration No. 3. By joining two mirrored walls, as in the dining alcove shown in illustration No. 2, you quadruple the apparent size of a small area. In the kitchen, a mirror under the cabinets over the sink can serve to reflect a window on the opposite wall (illustration No. 1). This permits enjoyment of the outdoor view.

Ideas for decorating with mirrors can be found in a booklet called "Mirror Magic," prepared by the National Association of Mirror Manufacturers, 5101 Wisconsin Ave., Suite 504, Washington, D.C. 20016. The price is \$1.—C.J.

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The Invisible Guest Room

If you don't have the space for a guest room, try some of our now-you-see-it/now-you-don't ideas.



A steamer trunk can double as a bedding storage unit and table.

A great difficulty in a small apartment—especially a studio or one-bedroom arrangement—is deciding how to squeeze in your favorite friend or friends for an overnight stay.

The most common solution, of course, is the sleep sofa; these come in lots of styles and sizes—even pop out of ottomans. Another solution is the Murphy bed, which is a bed that drops down out of a wall system.

Or devise your own variation on the Murphy bed. Make a shelf for a wall system that would be long enough and wide enough to hold your tallest friend (or simply the size of a standard cot mattress or foam pad cut to measure). Upholster your pad in a heavy-duty fabric for durability; foam pads can roll up for storage when not in use.

Hinge fold-up legs to the two outer corners of the shelf to support it when it is set up for sleeping. If you install your shelf at a height of 29 inches (rather than the conventional bed height of about 18 inches), it can double as a dining table or buffet. Keep a small stool handy for climbing up to bed.

An exercise mat is a convenient alternative to a mattress and will save you the trouble of contriving your own mattress from a foam pad. Some exercise mats come in standard cot dimensions; they are usually covered in vinyl (some in terry) so you'd probably like to slide some sort of bedpad between the mat and sheet.

Storing a mat—whether for such a shelf arrangement or even just for sleeping on the floor or on the sofa—

can be a problem if you don't have much closet space. A rolled-up mat will fit into a variety of containers.

Try a tall cylindrical straw basket, usually used for laundry. Along with the rolled-up pad, you can store bedding, towels, and other guest necessities (see survival kit box) too. Two or three baskets—one with the pad, one with bedding, one with whatever else you can think of—make a pretty cluster in the corner of a room, especially with plants grouped around them. And, if you cover the containers, you can put plants on top of them.

Other containers to try are oversized terra-cotta flower pots or planters in ceramic or plastic. When



A do-it-yourself Murphy bed can extend room's "guest capacity" in minutes.

you don't want to look at your container at all, place a plywood or heavy cardboard round on top and drape it with fabric to be used as an extra occasional table.

A wicker trunk or antique steamer is another attractive storage unit. If you use these, everything has to be folded inside. Easiest bedding to fold includes an inflatable mattress, along with requisite sheets, towels, etc. Trunks make handsome coffee tables or end tables.

Sleeping bags take up little room on a shelf and come in lots of bright colors. Many zip together if your



Cluster baskets will create easy storage for overnight necessities.

guests come in pairs. It's nice to make a bedslip to slide inside into the bag. Take a sheet and fold it over on itself; sew up bottom and side, and leave top open.

A guest room can hang on a bare wall. Some of the military-style cots come apart; poles and canvas sling all roll together and are easy to support on conventional shelf brackets. Or, if you paint something terrific on the canvas, you can simply hang the bed up as is—like a scroll painting.

Finally, for seating as well as sleeping, try hanging a hammock across one corner of your living space. Add a pillow and quilt or blanket for snugness. Be sure to bolt the hammock securely into the wall studs; plaster might give way under the weight of your guest.—BO NILES

THE GUEST SURVIVAL KIT

(This kit is geared to one guest. Multiply as needed.)

One contour sheet, one standard sheet, pillowcase, and pillow.

Thermal blanket.

One bath towel, one hand towel, washcloth.

Toothpaste, toothbrush, soap in a box, razor, shampoo.

Deodorant, and whatever scent you like to have around.

Terry robe or easy cover-up, and scuff-like slippers.

Night light, for the midnight crawler.

A couple of good paperbacks: one timely non-fiction, one good pot-boiler or mystery, and one heady informative tome that will start the conversation flowing at breakfast.

JULIAN TOMCHIN*continued from page 43*

by combining low-key lighting for relaxation the room is complete.

Q.: Are people thinking differently?

A.: Yes, fantasy is becoming legitimate. People are letting themselves go and letting their interiors reflect their impulses. This is particularly true in the bedroom where new sheet fashions are creating remarkable change.

Q.: Is privacy important?

A.: Yes it is, perhaps as a direct result of Watergate and Nixon's use of personal information for political power, we have become more conscious of privacy. Basic concepts of privacy are regional, however. In the Northeast people assume that one's privacy is part of the lifestyle. On the other hand, in the South, personal questioning is part of having good manners. President Carter is a reasonable example of the sort of Southern openness and personal privacy that typifies the region. In the West there is a great deal of privacy involved in the "cowboy syndrome." The loner ethic. And in San Francisco, everyone insists they live in a small town. The area is much less privacy oriented.

Q.: Any trends?

A.: For the bedroom, more fashion, as I mentioned, even in the direction of fantasy. The tabletop is going to become more interesting as we begin to lose the dining room's single purposeness and the table becomes an area of mixed use. The tablecloth will return as a way of differentiating the same table for eating as opposed to other functions, like serving as a desk. □

MARJORIE KRIEBEL*continued from page 43*

have a detrimental effect on the occupants. Studies done in the late 60s established that the majority of people were quite happy, so we have had to reevaluate our thinking about spaces.

Q.: Is privacy important?

A.: It is generally recognized by behavioral scientists that privacy is essential for the stabilization of the individual. A sense of enclosure can also simulate privacy. A family should look at itself

ROBIN JACOBSEN*continued from page 43*

Q.: Are people thinking differently?

A.: Yes, about everything now, and this change in our consciousness is appearing in our homes. We are a much more open society now than we used to be, and spaces are opening up in response to that.

Q.: Is privacy important?

A.: Privacy is still important, and we are still creating it for ourselves. However, today we realize that privacy is

MILO BAUGHMAN*continued from page 43*

naturals, grays, etc.—usually blending into the floor covering or wall color—help achieve the illusion of greater space. Mirrored walls are also good. Chrome and other reflective surfaces on furniture make it virtually disappear, alleviating a crowded look.

Q.: Are people thinking differently?

A.: Yes, it is no longer important to own an imposing house. The cost of

maintenance and burden of supervision make the American dream of owning a big house an anachronism. It is also possible that many have been affluent long enough to make old-fashioned comfort, emotional coziness, personal convenience, and freedom more "in" than the blatant symbol of house size alone. Incidentally, psychological studies indicate that people are happier in spaces that are more similar to those they lived in as small children, no matter how much they can afford.

Q.: Is privacy important?

A.: Privacy becomes more important in the family's relationship to the immediate neighborhood.

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and consider how it uses space before buying a house or selecting furniture. For the informal family a series of clearly defined spaces could feel confining, but the same spaces might offer the formal family the potential for individuality and privacy that it desires.

Q.: Any trends?

A.: More and more the individual is becoming the important element in the interior. Fashion is taking second place to human considerations. □

primarily a state of mind and we don't need walls and doors to achieve it, necessarily.

Q.: Any trends?

A.: The increased residential use of no-nonsense industrial materials like aluminum and steel enhancing the honesty of space. I hate draperies and wallpaper; they camouflage architecture. Also, I think bathrooms are going to take on more importance and become integral in the bedroom design. □

Inside the house, the requirements for privacy are much the same now as ever. Individuals still need to know that within their home there's a place that offers privacy from other family members.

Q.: Any trends?

A.: Not much that suggests a truly significant breakthrough relevant to our shrinking spaces. Wall systems, modular bedroom furniture, emphasis on furniture suitable for buffet serving, and reducing scale will continue. □



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Trends

Flexibility, mobility,
multipurpose—
but no compromise on
comfort.

The demands of smaller homes and apartments, greater mobility, more informal lifestyles, the need for ease of maintenance—are all reflected in the current crop of home furnishings. But along with the hurried pace and frequent change of the 70s, the home has become increasingly a bastion against the pressures of the outside world. Comfort is what makes the home that kind of castle. Consumers will find comfort readily available this season without giving up any of the other qualities they want.

In response to shrinking spaces, the industry is coming up with 1) Scaled-down traditional pieces—everything from Queen Anne chairs to Chippendale breakfronts are being translated into smaller versions. 2) Ingenious multipurpose furniture—bars that are also cocktail tables, dining tables that double as desks. 3) Many new ideas for storage—beds that store their own linens and blankets, desks that store chairs.

Modular sofas, or the "conversation pit," is probably one of the most comfortable, informal, and adaptable of the new ideas now on the market. These upholstered groups that can be arranged in many combinations for sitting, sleeping, even eating, come in a variety of prices.

Modular case goods—bookcases, chests, and other wooden storage units—are also popular because of their flexibility. They can be easily rearranged in new quarters or just because you want a change.

Knock-down furniture that you assemble yourself continues to grow in acceptability. Many retailers are opening Lifestyle Departments to merchandise K-D furniture in a way that will make it easy for buyers to understand how they can be used.

As functional as all of these pieces are, the best also meet current demands for comfort. The softening effect of upholstery was never more in evidence. You will see it on chair legs and arms and covering tables. Carpeting is running up platforms and walls and over room dividers.

One revival seems to be feeding the need of our society for psychological comfort: nostalgic furniture evokes the warmth of the turn-of-the-century home you wish your grandmother had had. —DESIGN DEPARTMENT

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DOTHAN—The Village Carriage House
HUNTSVILLE—Bragg's Ethan Allen Gallery
MOBILE—Gull Carriage House
MONTGOMERY—Country Manor



ARKANSAS
LITTLE ROCK—Joe Bass Carriage House

FLORIDA
DANIA—Georgetown
FT. MYERS—Carriage House of Fort Myers
FT. WALTON BEACH—Danley Furniture Co.
GAINESVILLE—Cox's Carriage House
JACKSONVILLE—Carriage Hse. Inc. of Jacksonville Carriage House
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MIAMI—Georgetown
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COLUMBUS—Maudin's Carriage House
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NEW MEXICO
ALBUQUERQUE—Homestead House

NORTH CAROLINA
ASHEVILLE—Shipley's Carriage House
CHARLOTTE—Carriage House
GREENSBORO—Houston's Ethan Allen Gallery

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BEAUMONT—Georgetown Manor
CORPUS CHRISTI—Carriage House
DALLAS—Coach House
DENTON—Thomas Furniture
EL PASO—Charlotte's Carriage House
FT. WORTH—Plymouth House
HOUSTON—Black's Carriage House
Georgetown Manor
HURST—Manor House
LUBBOCK—Concord House
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RICHARDSON—Fowler's Carriage House
SAN ANTONIO—Georgetown Manor
WICHITA FALLS—Spears Carriage House

VIRGINIA
ROANOKE—Kweller's Ethan Allen Gallery

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Allen
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Sally's only 11, but she's already planning her own room around this Ethan Allen rolltop desk.

The Ethan Allen Treasury gives me 392 pages of ideas. Free—at the Gallery.

MEET THE PEOPLE WHO MAKE THEIR FURNITURE DECISIONS AT ETHAN ALLEN.

I'M MY OWN DECORATOR

AND THE ONE STORE THAT MAKES THE MOST OF MY IDEAS IS ETHAN ALLEN.

I've got more ideas than I know what to do with! For me, the hardest part is finding the furniture to express those ideas. The minute I walked into Ethan Allen, I knew I was going to find everything I wanted.

For example, a sofa you can put your feet up on, and relax. That's Fred's idea of what a sofa should be. I agree. Who wants to feel like a guest in his own house! When I saw this Tuxedo sofa sitting next to its matching loveseat in one of Ethan Allen's room settings, I knew it was right for us. Who would have thought you could furnish a whole living room at such a comfortable price.

There's just no end to the help you can get at Ethan Allen. Yet, I get the feeling Ethan Allen really respects my judgement. I wouldn't go anywhere else, because it's the one store that helps me be my own decorator.



The Ethan Allen Home Planner helped me pick this fabric, and figure out the measurements so the sofa fits exactly. It looks made to order—for a lot less than we expected to pay. And what a find this rug was!

**Ethan
Allen
Galleries**



COME ON OVER TO OUR HOUSE AND FURNISH YOUR HOUSE, YOUR WAY.



STOLEN SPACES

An alcove in a typical L-shaped apartment was converted by designer Noel Jeffrey into a sleek and efficient home office. The drama of this space is reinforced by the elegantly curving wood sheathing that wraps one wall, continues up across the ceiling, and then sweeps out and down to form a desk. The wall system has glass shelving for books, audio equipment and TV; drawers and files are contained underneath. A special inset cubicle was designed for the typewriter. Recessed lighting highlights work area and wall system.

PHOTOGRAPHED BY BILL ROTHSCHILD



HALLWAY AND CLOSET
PHOTOGRAPHED BY ERIC JOHNSON

Mary Carroll Scott works part-time in an office and part-time at home. Her husband, architect William P. Scott III, A.I.A., rerouted a circuitous hallway between their entry and living room to create space for a new study for her. He lined the walls with floor-to-ceiling bookcases, curving them at the far end of the room for visual interest. One wall embraces her desk, a simple door set on two filing cabinets, a bulletin board, plus a spice rack used for pencils and miscellaneous desk necessities. All surfaces were painted with a warm espresso brown glossy paint, including the slatted ceiling. Brown self-stick carpet tiles are by Tretford.

The spiral staircase in the adjacent duplex created a curved wall in the entry hall of this apartment. The owners closed in the space to make a tiny bar. They played up the curved wall by papering it, and then put in a row of pairs of nails to hang wineglasses from. On the opposite wall, shelving holds the rest of their crystal. The overhead shelf is for soft drinks and mixers, and a cabinet under the counter is reserved for liquor.—BO NILES ShoppingGuide page 73

GET SMART

(continued from page 38)

and are ones that are especially helpful in the kitchen.

Accessibility, again, is the premise; place items as near as possible to where they are used. Then apply what Winston calls the "cluster syndrome." That is, put items used together in one place. Many people who bake a lot, for example, store the egg beater and sifter with the utensils when they belong with the baking pans.

Paper

It might surprise you to realize that the masses of paper assaulting your home or office fall into one of only three categories. A piece of paper is either something to be tossed, something that requires a response (i.e., a phone message or letter), or something with reference information that you need to keep. (Magazines could be considered a fourth category, but since they require action, they can be grouped in the second category.) As soon as the mail comes or any paper enters your life, condition yourself to sort it immediately. After throwing away the junk, put the number-two group into a "to do" file, and the third group into a file of "things to file."

The tools you need for efficient paper handling are a desk or desk area with a wastebasket, stationery, files, and a desk calendar. The calendar is probably the most important factor in keeping your paper work moving. When you've taken action on the number-two group (filing copies of letters in a "pending" file), mark on your calendar the date when you should expect a reply.

Filing systems were meant to simplify, but for many people they represent a horror of confusion. If you are starting a new one, sort all of your papers into the three paper categories and start from there. When it is time to label your files, keep to the broadest possible word. "People get into trouble with files," Stephanie Winston observes, "because they think in such precise terms. Let's say you own property—then all papers pertaining to it should go into one file labeled 'property.' If you have to add a qualifying word, put it *after* the main word and keep all related files in the same place."

One of the most important groups of papers in people's lives pertains to money matters. Winston puts anything about finances—bills, statements, stocks—in one file labeled, you guessed it, "money." Once a month she goes through it and takes care of everything at the same time.

Janet Spencer King is a free-lance writer whose work has appeared in Glamour, Viva, and other magazines.

DO YOU NEED TO GET ORGANIZED?

Test yourself to find out how organized you are. You might be suffering from the "impossibly-high-standards syndrome." When you answer the following questions, you may find you haven't far to go to get really organized.

1. Does it take you more than 10 minutes to find a letter (bank statement, bill) you need?
2. Have you ever lost a magazine in your home for more than two weeks?
3. Are the least-used items in your kitchen in the easiest place to reach?
4. Have you ever been missing anything in your home for more than two months?
5. Have you missed an appointment in the last two months because you forgot it?
6. Do you fit as many objects as possible into a limited storage space?
7. Has the electric company ever threatened to turn off your electricity because you forgot to pay the bill?
8. Are your baking utensils kept in the same place as your other utensils?
9. Do you ever feel everything is such a mess there is no place to start?
10. Do you ever have to look around at home to find your keys?

If you answered ten no's, you should probably relax a little. Remember, compulsiveness isn't organization. Two yeses mean that with little effort, you could tie up the loose ends. Five yeses indicate you should study this article carefully and set up an appointment with yourself immediately. More than five yeses: clip this article, memorize it, and don't lose it!

Time

If you suffer guilt pangs because you aren't using every minute of your day, you can give them up. Being able to use time well has almost nothing to do with the bulk of your time. Rather than

learning to crowd every minute, being efficient means learning which minutes to crowd.

All of us have a peak period, a time when our systems are on go. For some people it is mornings, for others it is the afternoon or evening. If you aren't sure when your own personal rhythms are highest, keep a pad handy and check in with yourself every two hours for several weeks. Remember, your peaks have nothing to do with mood, it is the energy level you are pinpointing. As Stephanie Winston notes, "You can feel miserably unhappy and still have lots of energy."

Once you have established your own peak period, schedule the work and projects which take maximum concentration and create the most stress for those hours. Tasks that are more routine should be left for the hours when you feel more routine. Try a specific schedule. "If your peak is in the morning, you might set your difficult projects from 9 A.M. to 11 A.M. Not only have you committed yourself to do whatever the tasks are, you have also committed yourself to stop doing them. The idea is to get to the hard work in an effort to free yourself from it."

If your peak periods conflict with routine chores, try to find alternatives to the chores rather than another time for yourself. For instance, if afternoons are your peaks but you have to pick up the kids, get a car pool going. You will miss out on some days, of course, but at least you will have some days free to work on your best level.

Stephanie Winston has some general tips for saving time. She suggests you keep a pad in a central place (possibly near your calendar) to note items that are running low and necessary errands. When you go out, accomplish everything on your list. Another means of consolidating and saving time is to cover particularly onerous chores all at once. "I know women who do the marketing and cooking for the week in one day. When it is time for dinner, they go to the freezer, make the salad, and that is that." (See "Streamlined Homestyle" page 31.)

Finally, before going to bed, many people find it helpful to make a list of a few projects they want to accomplish the next day. Not too many because you don't want to overload the circuits. That will just get you depressed and you will end up not starting. A manageable list of projects for the coming day, on the other hand, tends to automatically focus you, giving you a sense of direction. As organization becomes a way of living, you may soon find some of the projects on your list are the ones for which you could never find time before. □

STOW-A-WAY STRATEGY

continued from page 35

STOW-A-WAY STRATEGY 1

The strategy here is to take a few hours to cook ahead, using purposely created leftovers. Roast a whole turkey breast and have enough for two more straight-from-the-freezer meals. Any large meat could be substituted for this time-saving idea. Another shortcut: For the Turkey Pot Pie, use the extra pie crust you stash away in Strategy 2.

ROAST TURKEY BREAST

Defrosting time: 4 hours

Roasting time: 3 hours 20 minutes

- 1 whole turkey breast, bone-in, fresh or frozen, about 8 to 8½ pounds
- 1 tablespoon lemon juice
- 1½ teaspoons salt
- 2 tablespoons butter or margarine
- ½ teaspoon paprika
- ¼ teaspoon ground thyme
- ¼ teaspoon basil leaves, crushed
- ¼ teaspoon white pepper
- ½ cup rosé wine
- 1 individual package dehydrated chicken broth or 1 chicken bouillon cube, crushed
- 2 cups small, fresh mushrooms
- 1 can (8 ounces) small whole onions, drained

To thaw turkey, leave in unopened plastic bag, and place on tray in refrigerator overnight. For quicker thawing, submerge turkey in plastic covering in cold water, changing water occasionally, allowing ½ hour per pound of turkey. Rinse, drain, and pat dry. Sprinkle turkey with lemon juice; season underside with ½ teaspoon salt. Mix remaining salt with butter, paprika, herbs, and pepper. Place turkey skin-side up in a shallow roasting pan. Preheat oven 400°F. Roast 20 minutes or until skin begins to brown. Reduce heat to 325°F and roast 3 hours, until meat is tender, basting frequently with wine mixed with bouillon cube. (Turkey is done when meat thermometer reads 170°F.) Add mushrooms (halved or whole) and onions during last 20 minutes turkey roasts. When done, let stand 15 minutes before carving. If desired, pan juices may be thickened slightly with cornstarch. *Makes 10 to 12 servings (168 to 140 calories per serving).*

Editor's note: 8 to 8½ pound bone-in or 6½ pound boneless turkey breast roast will yield 16 cups meat; allowing 10 cups for first meal, that will leave you 2 meals of 3 cups meat each.

Microwave version: (Defrosting time: 50 minutes; cooking time: 1 hour 12 minutes) Place turkey in a large flat glass baking dish. Microwave on defrost or low setting for 15 minutes. Let sit 10 minutes and then turn over. Microwave for another 15 minutes. Finish thawing by immersing turkey in cold water in sink about 10 minutes. Drain. Place turkey back breast side down in baking dish. Brush with butter mixture. Microwave on high setting for 18 minutes. Baste with wine mixture. Turn breast side up and continue cooking on high setting for 18 minutes. Turn breast side down and baste again. Microwave on defrost or low

setting for 18 minutes. Turn breast side up; insert microwave meat thermometer in thickest part of breast. Add mushrooms and onions. Continue to microwave on defrost setting for another 18 minutes or until thermometer registers 165°F to 170°F. Let stand covered in foil 10 to 15 minutes before serving.

TURKEY POT PIE

Working time: 20 minutes

Baking time: 1 hour 15 minutes

- 2 cans (13¾ ounces each) chicken broth
- ¼ cup flour mixed with ½ cup water
- ¼ cup chopped parsley
- ½ teaspoon crumbled thyme
- ¼ teaspoon crumbled rosemary
- 3 cups cooked turkey, cut into 1-inch cubes
- 2 cups white potatoes, peeled, cooked, and cut into 1-inch cubes
- 1½ cups sweet potatoes, cooked, peeled, and cut into ¼-inch slices
- 1 9- or 10-inch one-crust pie pastry (see Multiple Pie Crusts recipe)
- 1 egg yolk
- 1 tablespoon water

In a large saucepan, combine broth, flour mixture, and herbs. Cook over medium heat, stirring constantly, until sauce thickens. Add remaining ingredients, except pie crust, egg yolk, and water, mixing well. Pour into 2-quart casserole. Set aside. On a floured surface roll out pie crust in shape of casserole, allowing an overhang of 1 inch. (If using a pie bird, place base in center of casserole and cut small hole in crust to allow bird to be attached.) Otherwise with small cookie cutter, cut a decorative shape from center of crust. Place crust on top of pie. Place decorative cutout (or bird) in hole in center of crust. Fold over overhang and either press edges of crust onto rim of casserole with fork or flute edges with fingers. Place label on freezer wrap before tightly wrapping casserole. Freeze up to 3 months.

To serve: Remove from freezer and unwrap. Brush crust with egg yolk beaten with water. Loosely cover edges with 2- to 3-inch strip aluminum foil to prevent excess browning during baking. Preheat oven 350°F. Bake 1 hour 15 minutes, or until crust is golden and filling is bubbly. Let set 10 minutes before serving. *Makes 4 servings (748 calories per serving).*

Microwave version: (Baking time: 27 minutes)

Do not use aluminum foil on crust. Microwave on medium heat for 15 minutes. Transfer to preheated conventional oven 425°F. Bake for 10 to 12 minutes or until crust is brown.

CURRIED TURKEY

Working time: 10 minutes

Baking time: 1 hour

- 1 medium onion, chopped fine, about ½ cup
- ¼ cup butter or margarine
- ¼ cup flour
- 2 teaspoons curry powder
- ¾ teaspoon salt
- ¼ teaspoon powdered ginger
- 1 can (10¾ ounces) chicken broth
- ¾ cup milk
- 3 cups cooked turkey, cut into ½-inch cubes

1 tablespoon lemon juice

3 cups cooked rice

1 large tart apple, cut into thin wedges

In heavy skillet, cook onion in butter over medium heat until onion is tender but not browned. Combine flour and spices. Sprinkle over onions, and mix well. Stir in chicken broth and milk. Cook over low heat, stirring occasionally, until sauce is thickened, about 3 or 4 minutes. Add turkey and lemon juice, tossing to coat meat. Place in 1½-quart casserole. Wrap tightly, label, and freeze up to 3 months.

To serve: Remove freezer wrap, if not foil, and cover tightly. Place in preheated oven 350°F. Bake for 1 hour. Serve on hot cooked rice garnished with apple wedges. *Makes 4 servings (420 calories per serving).*

Microwave version: (Cooking time: 28 minutes)

Do not use aluminum foil to cook curry. Cover instead with glass lid or plastic wrap. Microwave on defrost or low setting for 8 minutes. Turn to high setting for 15 to 18 minutes. Let stand, covered, 5 minutes before serving.

STOW-A-WAY STRATEGY 2

Do you like to entertain but never have the time? Pie crusts are easily made in advance; when making up a one-crust recipe, why not triple or quadruple it? Then there is always pastry on hand in the freezer to transform into a pie, quiche, or even pot pie. Crusts can be frozen in hamburger patty shape or rolled out two inches larger than pie plate and frozen flat. Keep fillings on hand in freezer, too, or make up complete quiche or pie in advance and store that way.

MULTIPLE PIE CRUSTS

Working time: 10 minutes

Defrosting time: 20 minutes to 2 hours

- 2 pounds all-purpose flour, about 8 cups
- 2 teaspoons salt
- 2⅔ cups vegetable shortening
- 1 to 1½ cups ice cold water

In a large mixing bowl, sift together flour and salt. With a pastry blender or fork, using an up-and-down chopping motion, cut in shortening until particles are size of tiny peas. Sprinkle in water, 1 tablespoon at a time, tossing with a fork after each addition. Mix lightly until all flour is moistened and dough almost cleans side of bowl. (Since flour absorbs moisture during humid weather and dries out in dry climate, the amount of flour will vary.) The dough should be the consistency of clay, soft and malleable, but it should not be sticky to the touch. Gather dough together with hands; press firmly into a large ball. Cut dough into 8 equal parts. Pat each part into burger patty shapes. Wrap tightly, label, and freeze up to 3 months. Or on a floured board, roll out each part into an 11-inch circle. Place each circle on a sheet of freezer or wax paper or aluminum foil. Stack circles in airtight plastic pie container. Label and freeze up to 3 months.

To serve: Thaw each part as necessary at room temperature. The ball of dough will take up to 2 hours; rolled circles will thaw in 20 minutes. Complete as directed in recipe. *Makes eight 9-inch crusts (1,110 calories per crust).*

(continued on page 66)

The Heirloom Look of Classic Pewter Dinnerware

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STOW-A-WAY STRATEGY

continued from page 64

WATER CHESTNUT QUICHE

Working time: 15 minutes

Baking time: 50 minutes

Defrosting time: 40 minutes

(if quiche has been frozen in advance)

- 1 one-crust pie pastry, 9 inches in diameter
- 2 tablespoons butter or margarine
- 1 cup cooked ham, cut in 1/4-inch cubes
- 1/3 cup thinly sliced scallions or green onions
- 1 can (8 1/2 ounces) water chestnuts, drained and chopped
- 1 1/4 cups grated imported Swiss cheese
- 2 eggs
- 1 cup milk
- 1 teaspoon soy sauce
- 1/4 teaspoon salt

On a floured surface roll out dough to form 11-inch circle (or 2 inches larger all around than inverted pie or quiche pan). Ease dough into pie pan and toward center by pressing with fingertips. Fold under overhang and flute edges. Prick bottom and sides thoroughly with fork to prevent puffing while shell bakes. Preheat oven 475°F. Bake for 8 to 10 minutes. Cool before filling. Reduce heat to 350° F. Meanwhile, melt butter in medium skillet. Add ham and scallions; cook over medium heat, stirring occasionally, for 2 minutes. Add water chestnuts and continue cooking 2 minutes longer. Sprinkle half of cheese in cooled shell; top with half the water chestnut mixture. Repeat. In a small mixing bowl, with a rotary beater or wire whisk, beat remaining ingredients until blended. Pour into shell. Bake for 40 minutes or until firm. Serve at once or freeze for future use. Cool to room temperature on wire rack. Place label on wrapping paper before wrapping tightly and freeze up to 3 months.

To serve: Remove freezer wrap. Preheat oven 375°F. Bake on lowest rack position 35 to 40 minutes. *Makes one 9-inch pie or 6 servings (568 calories per serving).*

Microwave version: (Baking time: 35 minutes)

Microwave on defrost or low setting for 30 to 35 minutes or until knife inserted near center comes out clean. Let stand 5 minutes before serving.

STOW-A-WAY STRATEGY 3

Our triple-threat Freezer Beef-Tomato Mixture is a good example of a base concoction that can be frozen in family-size containers and help give you a headstart on a range of interesting variations for the dinner hour. Other freeze-ahead mixture possibilities: spaghetti sauce, seasoned hamburger mixture, or even a cream or cheese sauce.

FREEZER BEEF-TOMATO MIXTURE

Working time: 5 minutes

Cooking time: 20 minutes

Defrosting time: 25 minutes

- 4 pounds lean ground beef
- 2 1/2 cups chopped onions, about 3 large onions
- 1 1/2 cups chopped green pepper, about 2 green peppers
- 4 cloves garlic, finely chopped
- 3 cans (1 1/2 ounces each) sauce for sloppy joes

1 can (12 ounces) tomato paste

2 teaspoons seasoned salt

3/4 teaspoon pepper

In a large skillet, cook meat over medium heat until browned. Drain off fat. Add remaining ingredients, mixing well. Heat to boiling. Reduce heat; cover, and simmer 15 minutes, stirring occasionally. Divide mixture among three 1-quart freezer containers. Cool quickly. Cover and label. Freeze up to 3 months.

To defrost: Dip containers of frozen mix into hot water just to loosen. Place in large saucepan and cook over medium heat to boiling. Reduce heat; cover and simmer, stirring occasionally, until mixture is thawed, about 20 minutes. *Makes 12 cups or 3 quarts of beef-tomato mixture (372 calories per 1 cup serving).*

Microwave version: (Defrosting time: 15 minutes)

Make sure that plastic container is microwave-proof; otherwise transfer to glass casserole by dipping in hot water to loosen. Microwave on defrost or low setting for 1 minute to loosen. Transfer to 2-quart glass or other microwave baking dish. Cover with glass lid or plastic wrap. Microwave on defrost or low setting for 6 minutes. Stir, recover, and continue microwaving on defrost setting for 5 minutes more or until hot. Let stand, covered, 3 minutes.

FREEZER CHILI

Cooking time: 25 minutes

- 1 quart frozen beef-tomato mixture
- 1 can (16 ounces) kidney beans
- 1 can (16 ounces) whole kernel corn
- 1 1/2 cups sliced ripe olives
- 1 tablespoon chili powder
- 3/4 cup shredded Cheddar cheese

Follow defrosting instructions in Freezer Beef-Tomato mixture recipe. Reduce heat; uncover and add remaining ingredients. Simmer for 5 minutes. Sprinkle cheese over each serving. *Makes 4 servings (795 calories per serving).*

Microwave version: (Cooking time: 10 minutes)

Follow defrosting instructions in Freezer Beef-Tomato Mixture recipe (microwave version). Place defrosted mixture plus remaining ingredients except cheese in 2-quart glass or microwave-proof baking dish. Cover with glass lid or plastic wrap. Microwave on high setting for 5 minutes or until hot. Let stand, covered, for 5 minutes before serving.

FREEZER SPAGHETTI

Cooking time: 25 minutes

- 1 quart frozen beef-tomato mixture
- 1 cup water
- 1 can (6 ounces) tomato paste
- 1 can (4 ounces) mushrooms, stems and pieces
- 2 teaspoons oregano
- 1 teaspoon basil
- 1 teaspoon sugar
- 1 package (7 ounces) thin spaghetti
- 1/2 cup grated Parmesan cheese

Follow defrosting instructions in Freezer Beef-Tomato mixture recipe. Reduce heat; uncover and add next six ingredients, mixing well. Simmer for 5 minutes. While mixture is thawing, cook spaghetti according to package directions. Drain well and transfer to serving platter. Pour heated sauce over

spaghetti. Serve with grated cheese. *Makes 4 servings (719 calories per serving).*

Microwave version: (Cooking time: 8 minutes)

Follow defrosting instructions in Freezer Beef-Tomato Mixture recipe (microwave version). Place defrosted mixture, water, tomato paste, mushrooms, herbs, and sugar in 2-quart glass or microwave-proof baking dish. Cover with glass lid or plastic wrap. Microwave on reheat or high setting for 3 to 5 minutes or until hot. Let stand, covered, 3 minutes before serving. Meanwhile, prepare spaghetti in conventional manner. Drain and transfer to serving platter. Pour heated sauce over spaghetti. Serve with grated cheese.

GHEMISTA (GREEK STUFFED VEGETABLES)

Working time: 30 minutes

Cooking time: 30 minutes

- 1 quart frozen beef-tomato mixture
- 1/2 cup raisins
- 1/2 cup chopped fresh parsley or mint
- 1/4 cup pinenuts (optional)
- 1 teaspoon ground cinnamon
- 3 large green peppers
- 3 medium-size Idaho potatoes
- 3 zucchini, 12 inches long each
- 3 large firm red tomatoes
- 3 tablespoons olive or other vegetable oil

Follow defrosting instructions in Freezer Beef-Tomato Mixture recipe. Reduce heat; uncover and add raisins, parsley, pinenuts, and cinnamon. Simmer 5 minutes longer. While beef mixture is cooking, prepare vegetables. Cut off tops of peppers, remove and discard seeds. Blanch peppers for 5 minutes in boiling water. Remove carefully with slotted spoon and drain on paper towels, cut-side down. Hollow out an opening in middle of each potato large enough for 2 tablespoons stuffing. (A melon-baller is perfect for this.) Blanch them in water for 5 minutes. Drain cut-side down. Cut off stem ends of zucchini. Cut crosswise, about 1/4 inch from top edge. With small spoon, scoop out pulp, being careful not to puncture skin. Blanch them in boiling water for 1 minute. Remove gently and drain, cut-side down. Slice tops off tomatoes. With spoon, scoop out pulp. Stuff vegetables with beef mixture loosely with a spoon. Arrange them in groups in shallow ungreased 9x12x2-inch baking dish, stuffing side up. Drizzle oil over all. Cover tightly with foil. Preheat oven 400°F. Bake for 20 minutes. Remove foil and bake 10 minutes longer. *Makes 6 servings (483 calories per serving).*

Microwave version: (Cooking time: 13 minutes)

Follow defrosting instructions in Freezer Beef-Tomato Mixture recipe. Prepare as directed above. Place in glass or microwave-proof baking dish. Cover with glass lid or plastic wrap. Microwave on roast or medium setting for 4 to 5 minutes. Remove cover. Microwave on high setting for 4 to 5 minutes or until heated through. Let stand 3 minutes before serving.

After defrosting the Freezer Beef-Tomato Mixture, you may add additional spices or seasonings—use your imagination. And in the time that it takes to defrost, you can prepare the rest of the meal. □

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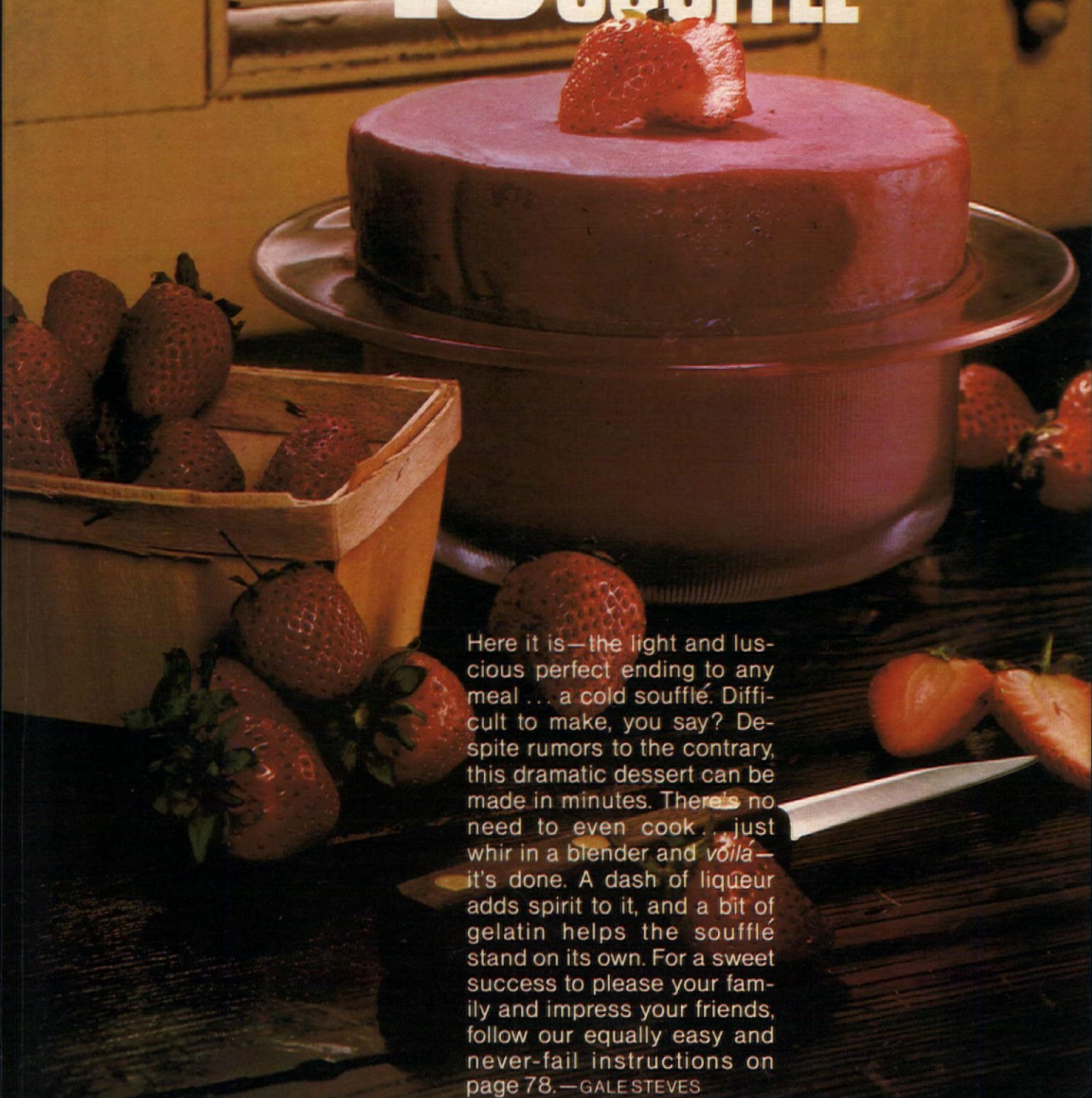


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PHOTOGRAPHED BY ANDRÉ GILLARDIN

If there's an original recipe in your family, you can

WIN A COUNTERTOP MICROWAVE OVEN

Announcing AMERICAN HOME's Favorite Family Recipe Contest

What's the best original recipe in your family, the one that's become a tradition at family get-togethers? Is it your mother's crispy fried chicken... Aunt Kate's luscious lemon chiffon... your husband's Sunday night chef's salad... or one of your own concoctions? Tell us about it! We want your Favorite Family Recipe, whether it's a culinary *invention* or a personal *variation* on a standard dish that makes it uniquely yours. Send us your favorite appetizer, soup, main dish, dessert, or snack that's *truly original* with your family. And tell us about its origin, too. If your recipe is a top winner, we'll publish it in AMERICAN HOME and award you one of these fabulous prizes:

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1. Follow directions on entry form.
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3. Entries will be judged under the supervision of the D.L. Blair Corporation, an independent judging organization, on the basis of originality, creativity, and ease of preparation. Recipes judged as potential winners will be prepared under the supervision of the judging organization, and final winners will be chosen on the basis of appearance and taste. The decision of the judges is final.
4. Recipes must fall into one of the following categories: a) Appetizers and Soups; b) Main Dishes; c) Desserts and Snacks. Include directions for preparation, mixing, cooking, temperature setting, cooking time, and all ingredients used, given in standard American measurements.
5. All recipes submitted become the exclusive property of the sponsor and none can be returned. Winning entries and names may be published in a future issue of AMERICAN HOME without any further compensation to the winners.
6. Contest is open to residents of the United States, except employees and their families of American Home Publishing Company, Inc., its agents, and those involved in the food professions. Contest is void where prohibited by law. All federal, state, and local regulations apply. No substitution for prizes permitted. All tax liability for prizes is responsibility of the winners. All prizes will be awarded. Winners will be notified by mail.
7. For a list of prizewinners, submit a self-addressed, stamped envelope with your entry.



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To enter, type or print your recipe and its origin on a plain piece of paper no larger than 8½" by 11" (one side only), attach securely to this completed entry form and mail to:

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Your Name _____
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Name of Recipe _____

Category (check one): Appetizers and Soups
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Shopping Guide

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 Atelier Vitreon, Dept. AH-5, 24 East 64 St., New York, N.Y. 10021
 The Belgian Linen Association, Dept. AH-5, 280 Madison Ave., New York, N.Y. 10016
 The Bert Pulitzer Company, Dept. AH-5, 27 West 23 St., New York, N.Y. 10011
 Bloomcraft Fabrics, Dept. AH-5, 295 Fifth Ave., New York, N.Y. 10016
 Bloomingdale's, Dept. 70/AH-5, 1000 Third Ave., New York, N.Y. 10022
 Bon Marché, Inc., 74 Fifth Ave., New York, N.Y. 10011
 Brancusi of New York City, Inc., 1001 First Ave., New York, N.Y. 10022
 J. & D. Brauner, Inc., 298 Bowery, New York, N.Y. 10012
 E.L. Bruce, Box 16902, Memphis, Tenn. 38116
 Brunschwig & Fils, 979 Third Ave., New York, N.Y. 10022
 Al Burkhardt Custom Shade Co., 1152 Second Ave., New York, N.Y. 10021
 Burriss Industries, P.O. Box 698, Lincolnton, N.C. 28092
 C & D Concepts, Inc., 240 East 35 St., New York, N.Y. 10016
 Jack Cartwright, Inc., 150 East 58 St., New York, N.Y. 10022
 The Chair Store, 755 Second Ave., New York, N.Y. 10017
 Cinandre Hair Salon, Dept. AH-5, 11 East 57 St., New York, N.Y. 10022
 Cira, Dept. AH-5, 105 Madison Ave., New York, N.Y. 10016
 Corning Glass Works, Consumer Products, Dept. AH-5, Corning, N.Y. 14830
 Costumakers, Div. of Lidz Brothers, Dept. AH-5, 75 Varick St., New York, N.Y. 10013
 Craft Associates, Inc., Division of The Lane Co., 1212 Scott St., Wilkes-Barre, Pa. 18705
 Decorator's Walk, 342 Madison Ave., New York, N.Y. 10017
 Denby Ltd., Inc., Dept. AH-5, Customer Service, 10880 Wilshire Blvd., Los Angeles, Calif. 90024
 Drexel/Heritage Furnishings, Drexel, N.C. 28619
 Eurotex, The Marketplace, 2400 Market St., Philadelphia, Pa. 19103
 Fabrications, Dept. AH-5, 146 East 56 St., New York, N.Y. 10022
 Fallani & Cohn, Dept. AH-5, 14 East 38 St., New York, N.Y. 10016
 Fitz and Floyd, Dept. AH-5, 2040 Dallas Trade Mart, Dallas, Tex. 75207
 Founders Furniture Industries, Inc., P.O. Box 339, Thomasville, N.C. 27360
 Gulistan Carpet, C/O Rea Lubar Assoc., Dept. AH-5, 15 West 38 St., New York, N.Y. 10018
 Heller Designs, Inc., Dept. AH-5, 460 Ogden Ave., Mamaroneck, N.Y. 10543
 Henredon Furniture Industries, Morganton, N.C. 28655

Holmegaard of Copenhagen, Dept. AH-5, 575 Madison Ave., New York, N.Y. 10022
 Intrex, Inc., 341 East 62 St., New York, N.Y. 10021
 Boris Kroll Fabrics, Inc., 979 Third Ave., New York, N.Y. 10022

Lane Company, Altavista, Va. 24517
 Lightolier, 11 East 36 St., New York, N.Y. 10016
 Litton Microwave Cooking, Dept. AH-5, 1405 Xenium Lake North, Minneapolis, Minn. 55440
 Lord & Taylor, Dept. 44(AH-5), 424 Fifth Ave., New York, N.Y. 10018

Magnavox Company, 1700 Magnavox Way, Fort Wayne, Ind. 46804

Majestic Reproductions, 222 East 58 St., New York, N.Y. 10022

Manila Bay at Banana, Dept. AH-5, 246 East 51 St., New York, N.Y. 10022

Ralph A. Miele, 979 Third Ave., New York, N.Y. 10022

Monet, Dept. AH-5, 16 East 34 St., New York, N.Y. 10016

Raymor Moreddi, Kaleidoscope, 2231 Faulkner Rd., Atlanta, Ga. 30324

Murphy Beds & Kitchen Company, 40 East 34 St., New York, N.Y. 10016

Niccolini, 926 Third Ave., New York, N.Y. 10022
 Norsk, 114 East 57 St., New York, N.Y. 10016

Oneida Ltd., Oneida, N.Y. 13421
 Oxford Hall Silversmiths, Ltd., Dept. AH-5, 225 Fifth Ave., New York, N.Y. 10010

Phoenix Carpet, 979 Third Ave., New York, N.Y. 10022

Progress Lighting, Lighting Division of L.C.A. Corp., Box 12701, Philadelphia, Pa. 19134

Royal Copenhagen Porcelain Store, Dept. AH-5, 573 Madison Ave., New York, N.Y. 10022

Royal Worcester, Dept. AH-5, 11 East 26 St., New York, N.Y. 10010

Rubel & Co., Dept. AH-5, 225 Fifth Ave., New York, N.Y. 10010

Scandia, Dept. AH-5, 235 Fifth Ave., New York, N.Y. 10016

Schmid Brothers, Inc., Dept. AH-5, 55 Pacella Park Drive, Randolph, Mass. 02368

Schumacher, 919 Third Ave., New York, N.Y. 10022

Selig Manufacturing Co., Inc., 54 Green St., Leominster, Mass. 01453

Sigma Marketing Systems, Inc., Dept. AH-5, 225 Fifth Ave., New York, N.Y. 10010

Sligh Furniture Co., 174 East 11 St., Holland, Mich. 49423

Sohmer & Co., Inc., 31 West 57 St., New York, N.Y. 10019

Soovia Janis Branch, Dept. AH-5, 225 Fifth Ave., New York, N.Y. 10010

South Bay Design Corp., 136 East 57 St., New York, N.Y. 10022

Spinning Wheel Rugs, 295 Fifth Ave., New York, N.Y. 10016

Ed Stiffler, Dept. AH-5, 1190 Third Ave., New York, N.Y. 10021

Storehouse, Inc., 2737 Apple Valley Rd., N.E., Atlanta, Ga. 30319

John Stuart, Inc., 205 East 58 St., New York, N.Y. 10022

Termini, 243 East 78 St., New York, N.Y. 10017

Thomasville Furniture Industries, Inc., P.O. Box 339, Thomasville, N.C. 27360

Thonet, 305 East 63 St., New York, N.Y. 10021

Trend Pacific, Dept. AH-5, 2817 S. Hill Street, Los Angeles, Calif. 90007

Utica Fine Arts, J.P. Stevens, Dept. AH-5, Public Relations, 1185 Avenue of the Americas, New York, N.Y. 10036

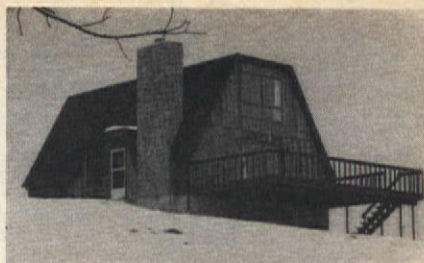
Vendome, Dept. AH-5, 385 Fifth Ave., New York, N.Y. 10016

Vera, 417 Fifth Ave., New York City, N.Y. 10016

Waverly Fabrics, 58 West 40 St., New York, N.Y. 10018

Wm. E. Wright Co., Dept. AH-5, West Warren, Mass. 01092

COVER: Sew his and hers aprons and a casserole potholder all from one Vogue Pattern (#1450), \$3. Her apron: View A-pullover wrapped apron dress. View E-Casserole potholder. His apron: View C-butcher block apron. For all back-views and yardages, see page 98. Vogue Patterns are sold in most department stores. To order by (continued on page 74)



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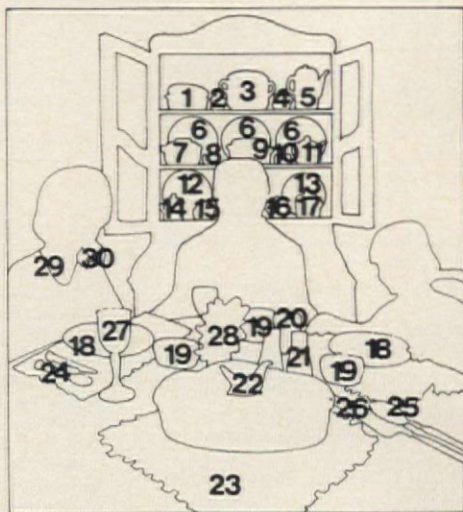
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SHOPPING GUIDE

continued from page 73

mail, send check or money order, pattern number(s), and sizes to: Butterick Fashion Marketing Co., P.O. 549, Altoona, Pa., 16603. In Canada: Butterick Fashion Mkt. Co., P.O. Box 4001, Terminal A, Toronto 1, Ont., Canada, M5W-1H9. Please add 15¢ postage and handling for each pattern ordered. Pennsylvania residents please add sales tax. Her apron is made up in a bold geometric red/white print fabric by Bloomcraft designed by Peter Condu. Fabric is 100% preshrunk lightweight sailcloth cotton, with DuPont's Zepel soil/stain repeller. "Sunrise" pattern, P7292, 54/55" wide, approx.; repeat: 2 3/8"; color: red/white #501; \$8 per yd. Casserole potholder (View E) made up in Bloomcraft's print "Moonglow," P 7291; 54/55" wide, approx.; repeat: 1 1/4"; color: blue/white, #401 (used for inside length of potholder). Bloomcraft's print "Eclipse," P7290; 54/55" wide, approx.; repeat: 5/8"; color: blue/white, #401 (used for outside layer of potholder). Both "Moonglow" and "Eclipse" are preshrunk 100% cotton lightweight sailcloth treated with DuPont's Zepel soil/stain repeller, \$8 per yd. All three Bloomcraft print fabrics are available at Lord & Taylor, New York. Casserole potholder (View E) is trimmed with Wrights Wide Bias Tape in 50% Kodel/50% cotton, 3 yds. per package; color: #116-202, scarlet 76; 55¢ each. Gold plate 1 1/2" long link chain necklace, #4341, \$7.50, by Monet. All her make-up by Maybelline. His apron is made up in Waverly Fabrics Ticking Stripe, 48" wide clipper cloth, 100% cotton with Scotchgard finish; color: #372894 blue, \$5.75 per yard postpaid from Fabrications. Trimmed with Wrights Wide Bias Tape in 50% Kodel/50% cotton, 3 yds. per package, color: #116-202, color: scarlet 76, 55¢ each. White plastic D-ring closings by Costumakers, Division of Lidz Brothers. His workshirt by The Bert Pulitzer Company; #3517-225, sizes: small, medium, large, extra large, \$35.



STREAMLINED HOMESTYLE

PAGE 31: (STOW-A-WAY STRATEGY 1) All dishes and cookware shown are Royal Worcester Porcelain Oven-to-Tableware in the blue and white all-over floral Rhapsody pattern, also recommended for microwave use. Shown in chest: (Top shelf left to right), (1) oval deep casserole, holds 2 1/4 qts.; \$49.50, (2) pot de creme, box of 6, \$59.50, (3) Boston bean pot, holds 4 1/2 qts.; \$79.50, (4) see (2), (5) coffee pot holds 6 cups; \$27.50. Back middle shelf: (6) 10" diameter dinner plates, \$10 each. Middle shelf (left to right, front): (7) round deep casserole, holds 1/2 qt.; \$27, (8) ramekin, box of 6, \$22.50, (9) oval deep casserole, \$44, (10) see (8), (11) tea pot, \$27.50. Back of bottom shelf: quiche dishes (left to right), (12) 10 1/2" diam., \$30, (13) 7 1/2" diam., #59/3; \$22.50. Bottom shelf (left to right, front): (14) marmalade jar, \$19.50, (15) & (16) see (2), (17) mug, 3 1/2" high; \$8.75. On dining room table: (18) see (6), (19) individual salad bowls, \$17.50, (20) see (17), (21) salt and pepper shakers, \$24.50, (22) pie bird, \$11.50. (23) Blue/white place mats (also under turkey pot pie) and napkins in 100% homespun cotton in "Hearthside," #307. Place mat is \$2; napkins are \$2 each. Clear acrylic twist napkin rings, #QH45, 90¢ each. All by Fallani & Cohn. (24) Stainless steel flatware with blue Melamine handles, "Fashion-ware"; 5 piece place setting is \$7.50. (25) matching berry spoon \$2.75, (26) matching pastry server, \$3.25. All by Oxford Hall Silversmiths, Ltd. (27) Wineglasses, "Bluebells," \$14.50 each. (28) Centerpiece: Clear glass globe to hold flowers, # 341-12-12, 5 1/4" diam., \$12.50, all by Holmegaard of Copenhagen at Royal Copenhagen Porcelain Store. Information on man's shirt, see listing for cover. Her accessories: (29) gold-filled 15" long fine chain necklace, #4246; \$5., (30) gold-plate bar and chain bracelet, #3446; \$7.50; both by Monet.

PAGES 32-33 (STOW-A-WAY STRATEGY 2) (31) napkins and (32) place mats to sew from Vogue Pattern 1450, View D. This is the same pattern that also includes the two aprons and the casserole potholder shown on the cover. For more information on this pattern and to order it, see information listing for cover. For all backviews and yardages, see page 98. Rectangular place mats are lined-to-edge; bias tape was used for ring to hold napkin, pocket holds flatware. Bloomcraft's fabrics were used: inside place mat

(continued on page 76)

How to Achieve Total Financial Freedom In 1977



33 Year Old Millionaire
and his 30 Year Old Wife (Mother of Five)

Millionaires are not 100 or even 10 times smarter than you, but it is a fact that millionaires are making 10 to 50 and even 100 times more than you.

Are these wealthy people working that much harder than you? No way!

If you are working only 20 hours a week, it would be physically impossible. (There are only 168 hours in a week, no one gets more.)

These questions used to really stump us. That was six years ago.

My wife and I then lived in Denver, Colorado, at 2545 South High Street. We paid \$135 a month rent for a cramped, tumbled down house. We were expecting our second child and we were flat broke. We felt desperate and forced into a corner. We had to borrow \$150 from my father and another \$150 from my wife's father just to buy the groceries and pay the rent. If that wasn't enough, I was several thousand dollars in debt.

Things are much different now. Last year we could have retired and lived off the income of our one million dollars in real estate holdings. (Incidentally, almost all of the income from the real estate is tax free).

Since I had worked 20 to 40 hours a week and my wife stayed home with the family, I know that we didn't work even 10 times longer or harder than you. And with my C-average from Ames High School (located in Ames, Iowa) and my wife's B-average from Twin Falls High in Idaho. I'm sure that we were not any smarter than you.

If hours, efforts, or brains are not what separates the rich from the average guy who is swamped with debts and very little income, then what is?

We learned the answer to that question from an old fellow in Denver that we met at our church. This fellow worked in a drug store stocking the shelves. Very few people knew that he had \$200,000 in the bank, all of which he had earned starting from nothing.

Within a year after meeting him, we were told and shown the same thing by a

"Millionaires Are Not 100 Times Smarter Than You, They Just Know The Wealth Formula"

young man who had recently earned over a million dollars. By this time, we began to realize that what we were being shown was truly a remarkable and workable way to grow rich.

We began to apply the principles and methods we had been shown. My wife, acting as a counselor, did her part by encouraging me when I was discouraged and pointing out where we could take some short-cuts. The results were amazing. We couldn't believe how easy it was, in fact, it seemed too easy.

But then we met an elderly lady (83 years old), who, had made \$117,000 using the same formula.

We then figured our beginning wasn't luck. For three and one half years, we worked hard to refine and improve on the formula that we had been shown, so that it would be easy to get quicker results.

As we did this, our assets multiplied very rapidly (160% per year) to the point that neither of us had to work any longer.

I guess we're bragging now, but I did start spending a lot of time in our backyard pool, traveling around the country, and doing a lot of loafing while my wife, with the aid of in-house help, was able to spend more time with our children besides being able to do all the things she had wanted to try for years.

Then one day a friend asked us how he could do what we had done.

So we began to outline the formula that we had improved to show him really how simple it was, and how he could do the same thing.

By the next time he approached us, we had written almost a complete volume on the easy way for him to copy our results.

We wrote this in simple, straight forward language so anyone could understand it.

This time our friend's questions were very specific. (He had already begun buying properties with the formulas we had been giving him). Now he had a property he wanted to buy, but was out of cash. How could he buy it?

We not only showed him how to buy without cash, but by the time the deal was complete, he had \$5,000 cash in his pocket to boot.

We also showed him how to buy a \$26,000 property for \$75 down.

You, or anyone, can do exactly what we did, or our close friends have done; in fact, you may well do it better. (We began doing this in our spare time only).

It doesn't matter where you live or the size of your town or city, our formula will show you exactly how to:

- Buy income properties for as little as \$100 down.
- Begin without any cash.
- Put \$10,000 cash in your pocket each time you buy (without selling property).
- Double your assets every year.
- Legally avoid paying federal or state income taxes.
- Buy bargains at 1/2 their market value.
- Allow you to travel one week out of every month.
- Borrow cash easily (my wife found out recently that with the new laws, borrowing can now be easily done by a woman alone).

When you send us a check or money order for \$10, we will send you all our formulas and methods, and you are free to use them anywhere and as often as you would like.

Now if you were a personal friend of ours, we know you would believe us and not need any kind of guarantee, but since you don't know us personally, we will guarantee that you will be completely satisfied and that our formula will work for you if you apply it. We will back up that guarantee by not cashing your check for 30 days, and if you for any reason change your mind, let us know and we will send your uncashed check back.

You may well ask, why are we willing to share our formula for wealth? Well, because many of you will probably seek further consultation and direction from us as your wealth rapidly grows and the consultation fee of \$75 an hour adds to our fortune.

But you shouldn't care if we profit as long as you profit. And we guarantee that you will.

There is one small catch; you will have to apply some effort in order to get results from our formulas. But of course, nothing worthwhile comes without some effort, but let us assure you your efforts will be rewarded beyond what you believed possible. Besides the great monetary benefits, we find that by working on our financial future together, it greatly strengthens and improves our marriage and family life.

REFERENCES

Tracy Collins Bank & Trust, 4707 Holladay Blvd., Salt Lake City, Utah
Attn: Beverly Smith, Assistant Mgr.

Charles F. Huber, Certified Public Accountant, 1850 Beneficial Life Towers, Salt Lake City, Utah

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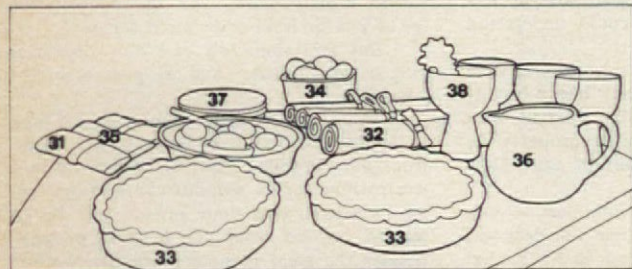
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SHOPPING GUIDE

continued from page 74

open flat is "Eclipse," P7290; 54/55" wide; repeat: 5/8," color: red/white #501. (See picture on bottom of page 32.) Bloomcraft "Moonglow" was used for reverse side (see rolled-up in picture on page 33), 54/55" wide; repeat: 1 1/4", color: red/white #501. Both are available at Lord & Taylor, New York. Wrights Wide Bias Tape was used for place mat edging and ties in Yale blue and scarlet for napkin ring. (33) quiche dishes with bluebird in center, #542-009, 8 1/2" diam.; \$11.50 each, (34) covered casserole (top not shown), holds 2 qts., #542-014; \$18, (35) matching napkin rings, #542-035, set of 2 for \$9, (36) jug pitcher, holds 1 qt., #542-017, \$15. Items 33-36 are all part of the Bluebird porcelain group that goes from the

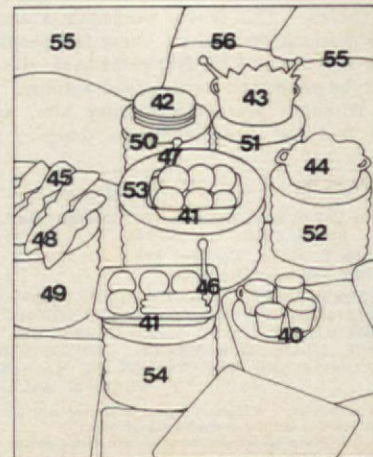
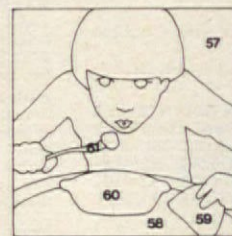
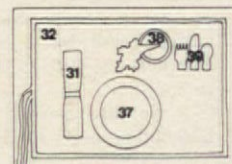


freezer to oven-to-table. (37) Dinner plates, set of 4, for \$16.50. Items 33-37 are all from Schmid Brothers. (38) Handblown Balloon Maxi glasses, \$19.50 each from Holmegaard of Copenhagen, available at Royal Copenhagen Porcelain Store. (39) Red handled flatware shown in open place mat is by Trend Pacific, #3/9-Islander; one 5-piece place setting is \$6.50.

PAGE 34: (STOW-A-WAY STRATEGY 3) A collection of porcelain tableware and cookware in the classic linen patterned look in blue/white designed by Gene Balzarini for Rubel & Co. All cookware items are microwave and oven safe. (40) Snack set of cups and four 8" diam. plates (only one is shown), four per set of assorted patterns, \$20. (41) rectangular baker, \$22 each, (42) 7 1/2" diam. cake plates, set of four assorted patterns; \$12, (43) 3 qt. casserole (cover not shown), \$22, (44) #70001, 1 1/2 qt. casserole (cover not shown), \$18. (45) Stainless steel flatware with white Melamine handles; one five-piece place setting of Fashionware is \$7.50. (46) matching berry spoon, \$2.75. (47) matching pastry server, \$3.25, all by Oxford Hall Silversmiths, Ltd. (48) 100% Indian cotton 18" square napkins in white/navy plaid, #7001; \$2 each, by Scaindia. (49-52) tapered rattan stools; 12 3/4" diam. X 15 1/2" high, \$35 each. (53) Large rattan round table,

20" diam. x 17" high; \$45 each, (54) small round rattan table (13 1/2" diam. x 13" high), \$35. All rattan tables by Manila Bay at Banana. Boxed-cornered 30" square cushions are made in Marignan's 100% cotton sailcloth fabric, 51" wide; color: yellow/white, (55) thick 'n thin stripe, #55954, (56) stripe squares, #55955. 1 1/4 yds. is needed to make one 30" square box-cornered pillow. \$6.75 per yard postpaid, one yard minimum order. Free instructions to make pillows will be included with fabric order upon request, all from Fabrications.

PAGE 35: (STOW-A-WAY STRATEGY 4) (57) Litton's "Memorymatic" Model 420 microwave, suggested retail, \$499. (58) Round wafer vinyl place mat, color: indigo/ice; \$1.85 each. (59) Cotton napkin, in white with indigo blue border, #H733; \$1.75 each. Both designed by Bob Van Allen for Fallani & Cohn. (60) Small casserole glass ceramic dish with plastic cover by Corning Glass Works in "Cornflower Blue Emblem," size: petite pan holds 1 1/4 cups, can go from freezer to microwave or oven to table; sold in sets of four for \$12.50 (61) Trend Pacific flatware is same as (39) shown on page 32. **BACKVIEWS & YARDAGES:** Approximate fabric yardages are given in widths of actual fabrics featured and for fabrics without nap, except if otherwise noted. These yardages do not include extra fabric for matching checks, stripes, or plaids. See individual listings in Shopping Guide for fabrics used. (continued on page 98)



AS SEEN ON TV

Amazing "MINI-FARM" KIT lets you grow:

Over 60 lbs. tomatoes!
Over 60 lbs. cucumbers!
Over 110 lbs. zucchini, pumpkins and cantaloupes!

No seed-planting, no starter pots! Just add water, and stand back! With minimal care and proper sunlight, see your first seedlings in only 7 to 14 days—your first produce as quickly as 30 days!



It's the "Space Age" way of vegetable and fruit gardening!

So easy, you won't believe it! You receive 3 separate "Mini-Farms"—(1) Tomato; (2) Cucumber; (3) Combination Zucchini, Squash, Cantaloupe and Pumpkin. Each "Farm" is a total growing unit, containing 6 pre-seeded, disc-shaped "Magic Pellets," set into their own 6 1/2" by 4 1/4" "greenhouse" trays. All you do is add water... watch "Magic Pellets" swell into their own self contained starter pots, complete with special sterilized nutrient-enriched soil, and soon-to-be bumper crops!



Harvest bushels and bushels of luscious, fancy, vine-ripened vegetables and fruit all season long! Eat like a king without paying a king's ransom!

Imagine all the fresh vegetables and fruit you crave for salad bowls, sauces, gourmet side dishes, main dishes, desserts, cakes, pies, canning... vine-ripened... picked at the height of perfection as you need them. Luscious red saucer-sized "beefeater" type tomatoes—the kind often selling for \$1 a pound or more... firm, crisp cucumbers... zesty zucchini squash... bright meaty pumpkins... sugar-sweet cantaloupes. Bushel after bushel!

Day after day... week after week... "reach out" and pick these super-delicious vegetables and fruits from your garden or patio. Here's all you get!



"TOMATO FARM" with 6 "MAGIC PELLETS"

These are F-1 Super Hybrids of the expensive "beefeater" type. Fruits are bright red, firm, yet juicy, especially sweet. Each tomato is approximately 5" in diameter and weighs up to a whop-

FAIRWAY NURSERIES SALES, INC. ISLAND PARK, NEW YORK 11558

WEATHER SKYROCKETS PRODUCE PRICES!

Recent increases in vegetable and fruit prices have been astronomical! You know every time you fill your market basket and empty your wallet. Just how high these prices may increase as a result of present unpredictable weather staggers the imagination! Experts predict severe shortages. What better time to take advantage of this fabulous money-saving grow-your-own "Mini-Farm" offer!

ping 12 ounces. Perfect for salads, sauces, sandwiches, stews, preserves, canning! Grown from California's largest producer of tomato seeds, the kind used and preferred by many commercial tomato growers. May be staked to grow "up" instead of "out" for patio planting. Expect a possible yield of up to 90 tomatoes, approximately 67 1/2 pounds of fruit!



"CUCUMBER FARM" with 6 "MAGIC PELLETS"

These are F-1 Super Hybrids with firm, dark green fruit. Each is about 7" to 8" long, straight, smooth-skinned with rounded shoulders packed with meat right to the end. Super producing! The more you pick—the more great cucumbers appear! Perfect for salads, side dishes, sandwiches, pickles! May be staked to grow "up" instead of "out" Expect a possible yield of up to 216 cukes, about 67 1/2 pounds.



"ZUCCHINI, PUMPKIN and CANTALOUPE FARM" with 6 "MAGIC PELLETS"

These are super-producing F-1 Hybrids, bred for compact growth habits and easy harvesting. Unlike common varieties, no large growing area needed. "Mini-Farm" contains bright orange "Bush Pumpkins," about 12" in diameter, and 10 pounds in weight. They make perfect Halloween decorations and fantastic pies and cakes. Also contains "Honeyball Cantaloupes," each up to 6" in diameter, about 2 pounds in weight. As sweet as candy, and so much healthier. Plus firm green Zucchini Squash! approximately 5 ounces, 6" long apiece. Great for main-dish casseroles, side dishes, salads, soups. Ex-

pect a possible yield of up to 92 squash and cantaloupes—up to 114 pounds.

A thrill for your palate and your purse!

If you've never tasted a vine-ripened tomato or cantaloupe... a cucumber or squash picked at "just right" perfection, you're in for the thrill of your life. As different from "store-bought" as day is to night!

Tested for germination-potency—shipped air tight, shrink-wrapped to preserve freshness and vitality.

You receive the 3 "Mini-Farms"—Tomato, Cucumber and Combination Zucchini, Pumpkin and Cantaloupe—a total anticipated yield of approximately 398 prime quality, fancy vegetables and fruits—or a possible whopping 249 pounds costing only \$6.99 for the best eating of your life! Just imagine the giant savings over store bought produce. That's right, just \$6.99 buys it all!

Order now! Offer may not be repeated at special low prices when current supplies are gone.

MONEY-BACK GUARANTEE—

Your money back promptly and in full (postage not included), or free replacement of any or all "Mini-Farms" if you are not delighted within 30 days upon receipt of the order (the choice is yours!). Keep the free Lettuce seeds as your gift to you even if you decide to return order.

"MAGIC PELLETS" programmed for fast, healthy growth!

Pellets are made of Norwegian Peat, known the world over to be one of the finest planting soils available! With easy care and proper sunlight, your Mini-Farms will zoom into taste-tantalizing vegetables and fruits even if you've never grown anything before. "Magic Pellets" have even been "programmed" to "tell" you when to water and when to plant! When starter pot turns a light brown, get out your watering can. When color is dark brown, go read a book! And when it's time to plant out of doors, pot will "tell" you by pushing roots through its sides. Even then, there's little to do. You just set plants, pots and all into the ground or into large tubs or planters on terrace or patio. Completely eliminates transplanting shock that kills off so many plants! Your vegetables and fruits settle happily into the garden to instantly start their "production line"... while "Magic Pellets" disintegrate into valuable plant and garden food.

ORDER NOW and receive 100 FREE "LETTUCE SEEDS!"



Contains 100 pre-tested lettuce seeds for 16 square feet of crisp, tender, sugar-sweet "snip 'n grow again" lettuce. Cut what you need for fresh salads and sandwiches each day, then watch leaves grow back taller than ever! The more you snip, the better the growth!

MAIL MONEY-BACK GUARANTEE COUPON TODAY

Fairway Nurseries Sales, Inc. Island Park, New York 11558 Dept. 104

- Kindly rush my "Mini-Farm" Kit—consisting of Tomato, Cucumber and Combination Zucchini, Pumpkin and Cantaloupe "Mini-Farms"—for only \$6.99 plus 75¢ postage and handling. Don't forget to include my 100 FREE Lettuce Seeds!
- SAVE EVEN MORE**—Send 2 complete "Mini-Farm" Kits—6 "Mini-Farms"—plus 200 FREE Lettuce Seeds for only \$11.99 plus \$1.00 for postage and handling
- Send C.O.D. I enclose \$1.00 deposit. N.Y.S. residents add sales tax. I get to keep Lettuce Seeds even if I return order(s).

Name _____
 Address _____
 City _____ State _____ Zip _____

Cooking Bonanza

Cooking bonanza offers a 7-piece cookware set at an affordable price to get you started in the kitchen in style. In durable dark blue with white, its porcelain-on-steel construction is a joy to cook with because it's lightweight, easy to clean, and allows even heat distribution. Set contains: one 8-inch skillet (heavy gauge) one 3-quart saucepan and cover one 2-quart saucepan and cover

one 4-quart pot and cover
A matching 8-piece bakeware set (not shown), which will fill your baking needs from pies and cakes to meat loaf and lasagne, is also available:
two 9-inch pie plates
one 7-by-11-inch bake pan
one 9-by-14-inch bake-and-broil pan
two 8-inch-round cake pans
one 8-inch-square cake pan
one 4-by-8-inch loaf pan

Enclose check or money order. No C.O.D. or foreign orders. Allow 4 weeks for delivery.

American Home General Store, Dept. Cook
641 Lexington Ave.
New York, N.Y. 10022

___ Set(s) of 7-piece cookware @ \$10.95 plus \$1
post. and hdlg. \$ _____
___ Set(s) of 8-piece bakeware @ \$14.50 plus \$1
post. and hdlg. \$ _____
N.Y. residents add sales tax \$ _____
Total enclosed \$ _____

name _____

address _____

city _____

state _____

zip _____



10-MINUTE SOUFFLE
continued from page 69

SECRETS FOR A SUPER SOUFFLE

1. Gelatin is available in unflavored and fruit flavor forms. Unflavored gelatin comes in boxes containing premeasured (1 table-spoon) envelopes, enough to set 2 cups of liquid. The 3- and 6-ounce packages of fruit flavor gelatin have sugar and flavorings added. Add liquid as label or recipe directs. Do not substitute fruit flavor for unflavored gelatin or vice versa.
2. Gelatin dishes are easily prepared since the only "cooking" required is dissolving gelatin in a hot liquid. The gelatin must be completely dissolved for recipes to set properly.
3. If you do not have a blender, you can quick-set the gelatin mixture. Dissolve gelatin in boiling liquid as directed. Add ice cubes to bowl. (Use a metal bowl, if possible; metal chills more quickly than glass, pottery, or plastic.) Stir about 3 minutes to melt ice, or until gelatin is thickened like egg white. Remove any unmelted ice. Add other ingredients such as whipped egg whites or cream.
4. If the gelatin mixture thickens too much before other ingredients are added, melt it over low heat and chill again to reset, as if nothing happened.
5. Whipped cream or egg whites added to gelatin mixtures produce a creamy smooth texture. To add either egg whites or cream, chill until gelatin mounds when dropped from a spoon. To test, just follow directions literally; when you tip the mixture off a spoon, it should mound rather than stream off. Fold gently with rubber spatula or wooden spoon to hold air and volume.
6. To create collar, evenly fold an 18-inch strip of regular foil or wax paper lengthwise 3 times, forming a triple-thick collar. Lightly grease one side. Place around top of dish, making sure that greased side faces inside. Secure bottom and top with paper clips. Pull lightly to give collar a smooth, even fit.
7. If you plan to make a cold soufflé ahead, store in refrigerator, covered, to prevent drying and evaporation.

STRAWBERRY SOUFFLE

Working time: 10 minutes

Total setting time: 2 hours 20 minutes

- 2 envelopes unflavored gelatin**
1/2 cup cold water
1 cup boiling water
1 cup sugar
1 quart strawberries, washed and hulled, or 3 packages (10 ounces each) frozen strawberries, thawed
2 eggs, separated
1 tablespoon lemon juice
1 teaspoon vanilla
1 cup ice cubes or crushed ice (about 6 to 8 cubes)
1 cup (1/2 pint) heavy cream
- In 5-cup blender container, sprinkle gelatin over cold water. Let stand until moistened, about 3 minutes. Add boiling water, cover and whirl at low speed (stir) until dissolved, about 2 minutes. Add 2/3 cup sugar, strawberries, egg yolks, lemon juice, vanilla. Add ice cubes, one at a time. Recover and whirl at high speed (blend) until ice is melted. Pour into large mixing bowl. Chill, stirring

(continued on page 82)

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

LIGHTS: 11 mg. "tar", 0.8 mg. nicotine av. per cigarette,
FTC Report DEC. '76. LONG LIGHTS: 12 mg. "tar",
0.9 mg. nicotine av. per cigarette, by FTC method.

Salem Long Lights

Salem Lights



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Malcolm Hereford unveils another formidable pleasure for your palate: The Incomparable French Vanilla Hereford's® Cow.

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For great drink, punch and dessert recipes, send 50¢ to cover postage & handling to: Malcolm Hereford's Book of Cows, P.O. Box 11152, Newington, Ct. 06111. Offer expires 6/30/77.



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PRESENTING
THE FRENCH VANILLA
COW.

Cashing in on Cooling

A properly selected air conditioner will provide about ten comfortable summers.

by Janet Spencer King

A room air conditioner is a major home appliance investment. Though units can cost more than \$600, the popular models are in the \$250 to \$300 range. If the unit you choose is too small, it simply can't do the job. On the other hand, since air conditioners dehumidify as well as cool, a unit that's too large will cool so quickly that the temperature control will shut off before its job is done—leaving the air clammy.

Take all measurements of the rooms before you go out to select a unit. Note window style (double-hung, casement, etc.); indicate the purpose of the room and its usual traffic flow. Then sketch a floor plan; include all windows, marking direction (afternoon sun can bake a room that would be adequately cooled on an easterly side). The floor plan tells the dealer how air circulates and where a unit would best be placed.

Next list the variables. How effective is your insulation? Where are the hot-water pipes? Are there shade trees near you that affect the temperature of your rooms? If yours is an apartment building, is the incinerator near you?

Know your wiring. If you don't, an electrician, your landlord, or superintendent should have the information you need.

An air conditioner can be purchased for 115-, 208-, and 230-volt wiring and it must be compatible with yours. Since the country tends to be 115 and 208 or 115 and 230, some new units have switches that automatically convert 208 to 230. If your voltage is 115, you'll have to check the local electrical code before making a purchase. Some codes require special single-outlet plugs for 115-volt models and others prohibit their usage completely. If your code does prohibit them, call in an electrician about the possibility of installing special wiring. (continued on page 93)

STOP WASTING FOOD, Time, Energy, Money SAVE! MAKE BREAD

Total Juices®, hot soups, all grain cereals, flour, instant dinners, salads, hamburgers, cakes, peanut butter, baby foods, bland diets, purees, party drinks, chopped ice, freeze "ice cream."

"3600" VITA MIX® makes them all INSTANTLY ...
SIMPLE AS ONE, TWO, THREE ...

TOTAL JUICER®

The one that throws NOTHING away!

Now is the time to start saving money and the nutrition in your food

Use patented "impact" method—not old separation "throw-away" method.

U.S. Dept. Agriculture handbook says:

	extracted juice only*	peel and everything*
LEMONS (VIT. C)	90 mg.	346 mg.
ORANGES (VIT. C)**	109 mg.	319 mg.

**Fresh, ripe Cal. Valencias *per pound of fruit

Now you can get up to the nutrients shown above the Vita Mix way.

("Peel and everything" is the VITA MIX® way)

SUPER 3600 STAINLESS STEEL VITA MIX® BREADMAKER

The easy way to make home made bread — not only fresh-baked but of fresh-ground grain with precious, fragile vitamin oils retained for that yummy "3-minute fresh" flavor.

Only VITA-MIX® can grind grain, mix and knead the bread all in one easy 3-minute operation.*

No need for old fashioned, oversized bowls, kettles, dough hooks or stone grinders that clutter your kitchen and take so much time.

* 3 minutes for us
5 minutes for you if you are new at it

CHECK THESE FEATURES

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- Commercial Super Powered Motor
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- UL Listed — Commercial Quality
- 265 MPH Blade Tip Speed—Instant head-on impact in safe, heavy, stainless steel concussion chamber
- Safest Stainless Steel Construction
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Always wide open. Safe for hot liquids! Your "3600" juices, freezes, cooks boiling soup, porridge, pudding, etc. in a never-ending stream as long as you continue to add food through the wide open top.
2. **FLIP FULL-IMPACT LEVER — THAT'S THE DIFFERENCE!**
Hammer blades revolve and reverse — smash into foods up to 1,000 times harder than any one-way appliance that just pushes food around.
3. **OPEN THE PATENTED PRESSURIZED SPIGOT**
serve Total Juice® "ice cream", hot soup—over 800 recipes—by dish, glass or by gallons. No lifting, pouring or lid handling. Continuous usage for the first time — right at the table. Large or small quantities.

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SEND THIS COUPON TODAY to:

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8615 Usher Road, Cleveland, Ohio 44138

YOUR NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP CODE _____

10-MINUTE SOUFFLE

continued from page 78

occasionally, until mixture mounds slightly when dropped from a spoon. In separate bowl, beat egg whites till soft peaks are formed. Gradually add $\frac{1}{3}$ cup sugar and continue beating until very stiff peaks are formed. Fold gently into gelatin mixture. In another bowl beat heavy cream until stiff peaks are formed. Gently fold into the gelatin and egg-white mixture till thoroughly combined. Turn into a 1-quart soufflé dish, with a 2-inch collar. Chill until firm, about 2 hours. Remove collar before serving. *Makes 8 servings (344 calories per serving).*

A PEACH OF A SOUFFLE

Working time: 5 to 7 minutes

Total setting time: 2 hours 20 minutes

- 1 cup boiling water
- 1 package (3 ounces) peach-flavored gelatin
- 3 large fresh peaches, peeled and sliced plus $\frac{3}{4}$ cup water or 1 can (16 ounces) sliced cling peaches and liquid
- $\frac{1}{4}$ cup dry sherry or lemon juice
- 2 tablespoons chopped candied ginger
- $\frac{1}{2}$ tray ice cubes (8 to 10 cubes, depending on size)
- 1 cup ($\frac{1}{2}$ pint) heavy cream

In 5-cup blender container, combine water and gelatin. Cover and whirl at low speed (stir) until gelatin is dissolved, about 2 minutes. Add peaches, sherry, and candied ginger. Re-cover and whirl at high speed (blend) until smooth. Add ice cubes, one at a time, until ice is melted. Pour mixture into large mixing bowl. Chill until mixture mounds slightly when dropped from a spoon, about 20 minutes. In a small deep mixing bowl, beat heavy cream until stiff peaks are formed. Gently fold in whipped cream to gelatin mixture with rubber spatula or wooden spoon. Pour into 1-quart soufflé dish with 2-inch collar. Chill until firm, about 2 hours. Remove collar before serving. *Makes 8 servings (205 calories per serving).*

TURKISH MOCHA SOUFFLE

Working time: 10 minutes

Total setting time: 2 hours 20 minutes

- 1 envelope unflavored gelatin
- $\frac{1}{2}$ cup cold milk
- 1 cup milk, heated to boiling
- $\frac{2}{3}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 package (6 ounces) semisweet baking chocolate pieces, about 1 cup
- 2 eggs
- $\frac{1}{3}$ cup Turkish coffee liqueur
- 1 teaspoon vanilla
- 1 cup ice cubes or crushed ice (about 6 to 8 cubes)
- 1 cup ($\frac{1}{2}$ pint) heavy cream

In 5-cup blender container, sprinkle gelatin over cold milk. Let stand until moistened, about 3 minutes. Add boiling milk, sugar, and salt. Cover and whirl at low speed (stir) until gelatin is dissolved, about 2 minutes. Add chocolate, eggs, liqueur, and vanilla. Re-cover and whirl at high speed (blend) until smooth. Add ice cubes, one at a time, and continue whisking at high speed until ice is melted. Pour mixture into large mixing bowl. Chill until mixture mounds slightly when dropped from a spoon, about 20 minutes. In a small, deep mixing bowl beat heavy cream until stiff peaks are formed.

Gently fold the whipped cream into the chocolate mixture with a rubber spatula or wooden spoon until thoroughly combined. Pour into a 1-quart soufflé dish with 2-inch collar. Chill until firm, about 2 hours. Remove collar before serving. *Makes 8 servings (354 calories per serving).*

CRANBERRY ALEXANDER

Working time: 5 minutes

Total setting time: 2 hours 20 minutes

- 1 cup cranberry juice, heated to boiling
- 1 package lemon-flavored gelatin (3 ounces)
- 1 can (16 ounces) whole cranberry sauce
- $\frac{1}{2}$ cup cranberry liqueur or lemon juice
- 1 teaspoon grated lemon peel
- $\frac{1}{2}$ tray ice cubes (7 to 10 depending on size)
- 1 cup ($\frac{1}{2}$ pint) heavy cream

In 5-cup blender container combine cranberry juice and lemon gelatin. Cover and whirl at low speed (stir) until gelatin is dissolved, about 2 minutes. Add cranberry sauce, cranberry liqueur, lemon peel, and ice cubes, one at a time, and re-cover whisking at high speed (blend) until ice is melted. Pour mixture into bowl; chill until mixture mounds slightly when dropped from a spoon, about 20 minutes. In a small, deep mixing bowl, beat heavy cream until stiff peaks are formed. Gently fold in whipped cream to gelatin mixture with rubber spatula or wooden spoon. Pour into 1-quart soufflé dish with 2-inch collar. Chill until firm, about 2 hours. Remove collar before serving. *Makes 8 servings (280 calories per serving).*

GRASSHOPPER SOUFFLE

Working time: 5 minutes

Total setting time: 2 hours 20 minutes

- 1 cup boiling water
- 2 packages (3 ounces each) or 1 package (6 ounces) lime gelatin
- 2 eggs, separated
- 4 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{3}{4}$ cup cold water
- $\frac{1}{3}$ cup green crème de menthe
- $\frac{1}{3}$ cup crème de cocoa
- 1 teaspoon vanilla
- $\frac{1}{2}$ tray ice cubes (8 to 10 cubes depending on size)
- 1 envelope ($2\frac{1}{8}$ ounces) whipped topping mix or 1 cup ($\frac{1}{2}$ pint) heavy cream

In 5-cup blender container, combine boiling water, lime gelatin, egg yolks, 2 tablespoons sugar, and salt. Cover and whirl at low speed (stir) until gelatin is dissolved, about 2 minutes. Add cold water, liqueurs, vanilla, and ice cubes, one at a time; re-cover, whisking at high speed (blend) until ice is melted. Pour mixture into mixing bowl; chill until mixture mounds slightly when dropped from a spoon, about 20 minutes. Beat egg whites until soft peaks are formed. Gradually add remaining 2 tablespoons sugar and continue beating until very stiff peaks are formed. Prepare whipped topping mix as directed on package, omitting vanilla, or whip heavy cream to soft peaks. Gently fold with rubber spatula or wooden spoon into gelatin mixture. Pour into 1-quart soufflé dish, with 2-inch collar. Chill until firm, about 2 hours. Remove collar before serving. *Makes 8 servings (296 calories per serving).*

ALMOND BRITTLE SOUFFLE

Working time: 10 minutes

Total setting time: 2 hours 20 minutes

- 2 packages unflavored gelatin
- $\frac{1}{2}$ cup cold milk
- 1 cup light cream, heated to full boil
- $\frac{1}{2}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 2 eggs, separated
- 2 teaspoons vanilla
- 1 cup ice cubes or crushed ice, about 6 to 8 cubes
- $\frac{1}{4}$ cup almond-flavored liqueur
- 1 cup ($\frac{1}{2}$ pint) heavy cream
- 1 cup almond brittle, crushed (see recipe that follows)

In a 5-cup blender container, sprinkle gelatin over $\frac{1}{2}$ cup cold milk. Let stand until moistened, about 3 minutes. Add boiling cream, $\frac{1}{4}$ cup sugar, and salt. Cover and whirl at low speed (stir) until gelatin is dissolved, about 2 minutes. Stop blender. Add egg yolks, vanilla, and ice cubes, one at a time. Cover and whirl at high speed (blend) until ice is melted. Pour mixture into mixing bowl and chill for about 20 minutes, until mixture mounds slightly when dropped from a spoon. In a small, deep mixing bowl, beat egg whites till soft peaks are formed, gradually add remaining $\frac{1}{4}$ cup sugar until stiff peaks are formed. Fold into the gelatin mixture. In another small mixing bowl, beat the heavy cream till stiff peaks are formed. Fold into the gelatin and egg-white mixture till thoroughly combined. Carefully fold the crushed almond brittle into the mixture. Pour into a 1-quart soufflé dish with a 2-inch collar. Remove collar before serving. *Makes 8 servings (485 calories per serving).*

ALMOND BRITTLE

Working time: 20 to 30 minutes

Cooling time: 3 minutes

- $\frac{1}{2}$ cup granulated sugar
- $1\frac{1}{2}$ tablespoons light corn syrup
- $\frac{1}{3}$ cup cold water
- 1 tablespoon butter
- $\frac{1}{4}$ teaspoon vanilla
- $\frac{1}{8}$ teaspoon baking soda
- $\frac{1}{3}$ cup blanched, toasted, chopped almonds

In a small saucepan, combine sugar, corn syrup, water, and butter. Over medium heat, stir till sugar is dissolved. Continue cooking without stirring to 300°F, or when syrup separates into hard brittle when dropped into cold water. Remove from heat and blend in vanilla, soda, and almonds. Pour onto an oiled cookie sheet. When slightly cooled, pull edges to make a thin sheet. When thoroughly cold, break into small pieces then crush using a rolling pin. *Makes 1 cup crushed brittle (821 calories per cup).*

MORE ABOUT GELATIN

Don't just stop with successful soufflés; there's a whole world of gelatin dishes for meal beginnings, endings, and in-between. For 144 recipe ideas plus hints on handling gelatin in an attractive hardcover book, "The Knox Gelatine Cookbook," send \$1.99 (check or money order only) to: Knox Cookbook Offer, Dept. AH-5, P.O. Box 9872A, St. Paul, Minn. 55198.

WINES

continued from page 20

waiter or manager to inform and reassure you about your choice.

In restaurants that specialize in the food of a particular country, always try to order a wine of that country. The chances are the owner or manager of an outstanding Italian or German restaurant will be a connoisseur of the wines of the fatherland, hence his wine list should excel in that area. In such places you might consider buying the more expensive wines; they will probably be worth it. But be careful with restaurants gastronomically aligned to countries that don't produce wine. Few Japanese, for instance, know much about any wine but sake, a Japanese rice ferment and not properly a wine at all. In Mexican, Japanese, or Armenian places I myself stick to beer. Also, be forewarned about Greece's age-old favorite—retsina—a wine spiked with resin, a common ingredient for varnish. It's an acquired taste and may give you a nasty jolt.

ETIQUETTE TIPS

It always helps to know the etiquette of serving wines in restaurants. After the cork is pulled, it is presented to the host for inspection. A rotted or otherwise deteriorated cork can impart a musty flavor to the wine and ruin the taste. A good rule of thumb to follow here: If the cork smells of clean wine, the bottle is probably all right, but if it smells musty, you should be suspicious. You'll get a chance to confirm your suspicion with the next traditional step in wine etiquette: The waiter pours a little wine in the host's glass, before serving the guests, so that he/she may taste it.

Many of us are shy about sending back a bottle of spoiled or bad wine. On the other hand, there are those few who send back a wine they find they don't like, *claiming* it has gone bad. The fairest way to settle whether it is a matter of spoilage or personal taste, is to call for the opinion of the sommelier or manager. Spoiled wines can always be returned to the wholesaler for credit, so any restaurant can cheerfully afford to bring another bottle to your table. On the other hand, if you've mistakenly ordered a bottle you find you don't like—but one that in the opinion of others is truly what it should be—the most graceful way to handle the situation is to chalk it off to experience, and down the wine anyway. By the time the bottle's finished, you may be pleasantly surprised. One of the best ways to make friends of wines is to drink them. □

BEAUTY AT HOME

continued from page 19

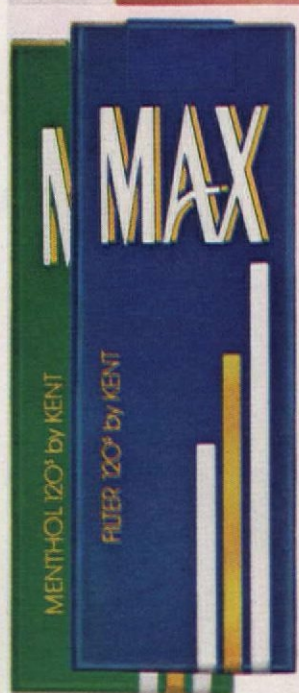
oil and a pinch of **dry mustard** taken before going to bed will help prevent snoring. Some people find **cinnamon oil** helpful in removing warts; apply two drops to the wart daily. If work and study require a lot of brain and nerve energy, you need phosphorus-containing foods like apples, **caraway** seeds, and **licorice** root; apples have more phosphorus than any other fruit. **Marigold** leaves are claimed to soothe the varicose vein ache if added to the bath water or just used as a wash for the legs.

Herb shops sell plants in their natural form and you get the part of the herb that is most often used; health-food stores usually prepackage them. Be sure to read about any herb that you buy to ascertain its function, and ask the herb shop owner for suggestions for use. Most shop owners have been in business long enough to be quite knowledgeable about their products.

Nan, the Herb Lady of Los Angeles, believes herbs have helped to fulfill her spiritual destiny by helping to balance her body. She was involved with drugs for over ten years, but after becoming acquainted with a Chinese herbalist, she turned to nature as a means of nutrition. "One cannot develop oneself spiritually if the body isn't sound and wholesome," says the Herb Lady. □

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Your home can reflect the candlelight appeal and gracious atmosphere of Early American Colonial elegance when you grace your table with this incredibly beautiful service. Through a special purchase, we can offer you the famous Pistol-Handled Flatware with all its stunning Colonial simplicity in magnificent, satin finish stainless steel at just a fraction of what you would pay for luxurious Sterling Silver. Each and every piece is a lovely replica of the graceful place settings that highlighted many a candlelit Colonial dinner. The knives are the genuine hollow pistol grip handles; the forks are the graceful 3-tined design. And the entire 50-Piece Set is made of modern stainless steel, to give you years of carefree service.

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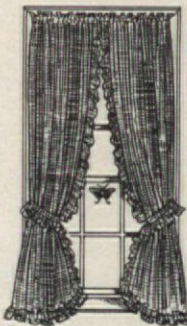


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What a pleasure to read, eat or watch TV with this back rest for great sitting-up comfort. Adjusts to 6 positions. Mahogany plywood with elastic cords to hold your pillow in place. 16"x24" high. Light, it folds wafer-thin for storage. \$12.98. Better Sleep, Dept. AH5, New Providence, NJ 07974.

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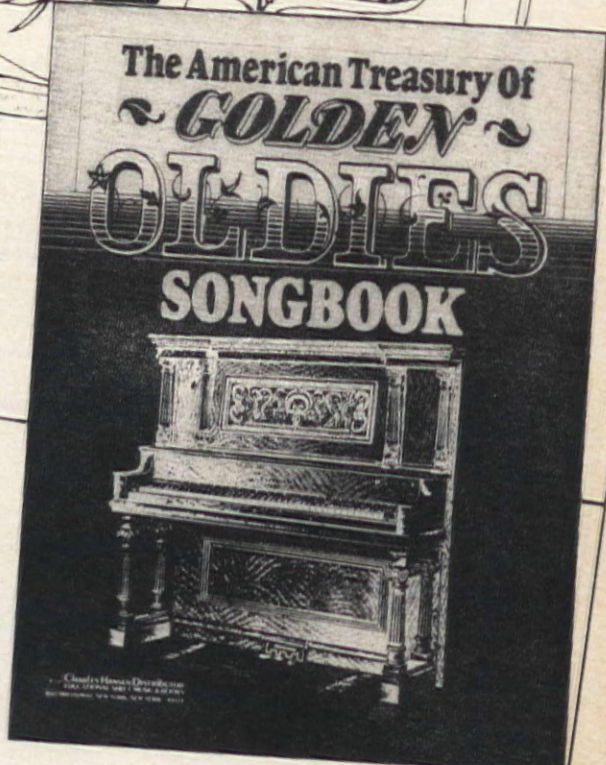
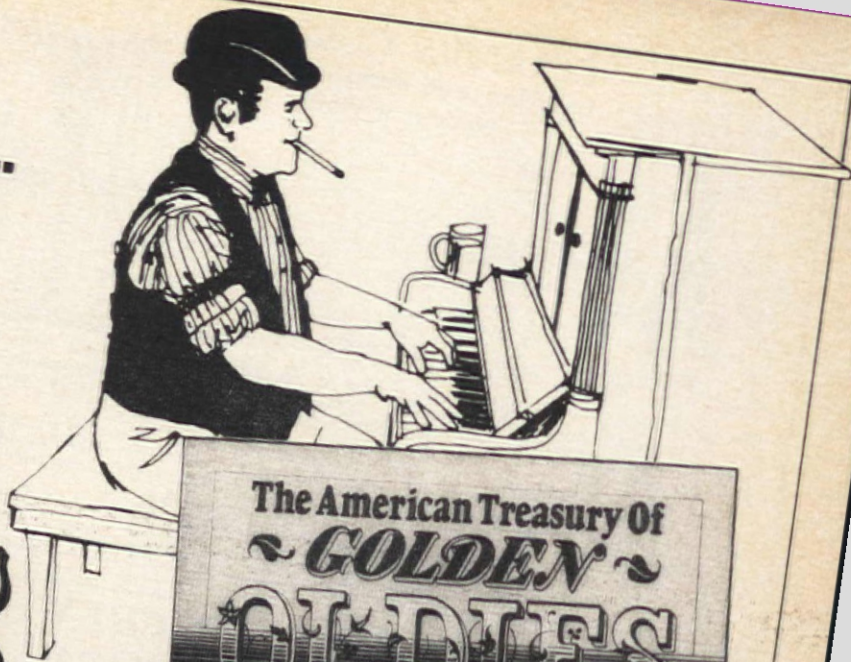


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- A Hot Time In The Old Town Tonight
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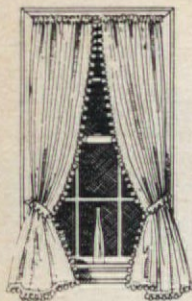
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"I HAD TO WEAR WHITE ALMOST EVERYDAY

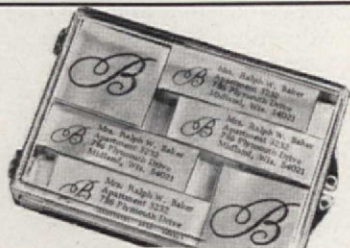
... I was so ashamed of my embarrassing dandruff."

Those white, scaly flakes on my shoulders had me wearing white more and more often. Regular shampoos cleaned my hair, but the dandruff — and the itching — remained. Then I learned that persistent dandruff scales may be a symptom of mild seborrhea. That's when I turned to Psorex Shampoo.

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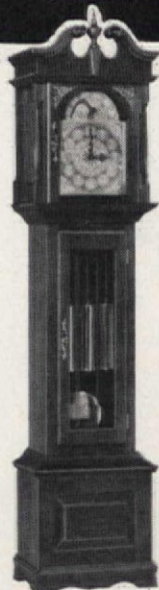
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EMERGING WOMAN

continued from page 25

The greatest contribution to the family living arrangements is the California weather. Decks around the house extend the spaces out towards the citrus and eucalyptus trees on the hillside and the magnificent view of the city of Los Angeles below.

Perhaps one reason Joan Bear can remain so young and relaxed despite the demands of her family is that she insists on keeping some time to herself. She is always suntanned and beautifully dressed. An avid reader with a tremendous curiosity, she confesses that she'd rather talk about almost any subject than children. She insists on seeing her children as people and enjoys them more and more as they get older.

"I don't try to hide things from my kids. Death, illness, problems, these things are all a part of life." Another thing that has no place in her life is guilt and martyrdom. "I think the point is to extend yourself as much as you can. Ted and I feel that we can do it for 13 children and we hope that these kids will feel the same way."

Though it is Joan who has created the rhythms in the Bear household, she and Ted are equal partners as far as family responsibilities are concerned. "I never could have done this with any other man," she admits. "I met Ted at a college party. He followed me right into the ladies' room to ask me to dance! I should have known our life together would be a bit unusual."

Ted works in the insurance business, but he loves his role as gentleman farmer on four acres of citrus groves and vegetable gardens that surround the house. His favorite "toy" is the tractor he uses to keep the grounds clear.

It's hard for Joan to explain exactly what it was that led them to adopt children after they had five of their own. They have both been active volunteers in family service programs and over the years have been very involved with the problems of unwed mothers. When they decided to adopt their first child, Francesca, now 12, there was a great need for adoptive parents and it just seemed like the natural thing to do. "Maggie, my youngest daughter was three years old and all the kids were really excited about having a new baby in the house." So Joan and Ted—and their kids—found room in their lives for Frannie and four more new babies.

Then three years ago, the Bears decided to bring three more children into the family. Ante, Herbie, and John Carlson had lost both their parents, and though they were being cared for by relatives, they had no real family.

Joan talked it over with Ante, then 13, and they all decided to try it for a summer. "It was a completely different situation than adopting children as infants," Joan explains. "We all decided that since the three kids have relatives and grandparents of their own, they would keep their last name instead of changing it to Bear." After three years, Ante, John, and Herbie are very much at home with their new brothers and sisters. "Now, if I'm angry at them, I feel I can yell as much as with the other kids. I guess that means we're all one family!" Joan explains.

Though the decision to have an extended family was principally Joan's and Ted's, all the children were consulted. A social worker from the adoption agency spoke to each of the other children in the family to find out how they felt about having a new brother or sister and to intercept any problems. "The problems we have are just like any other family, really," according to Joan.

Though Joan doesn't like to "talk children," she does try to help other parents who have similar problems. Francesca, 12, is in a special school for mentally retarded children. "It was really a tough decision to send her away from the family, but Frannie has finally found her own identity. There was just too much competition for her with the other children here." Another problem was to help their seven-year-old, Stevie, adjust to the family, after living with two other sets of parents before the Bears adopted him at age two. "We sent him to a psychologist and through testing found that he is extraordinarily perceptive and sensitive. After only a few sessions he's been able to settle into the family."

Joan admits that she and Ted spend a lot of their time together just keeping up with the children. They try to have dinner together alone at least once a week "preferably out," says Joan. "We also try to go away together for an R&R break every few months or so. It's the only way to keep our communication going. Without it, the whole thing would fall apart."

To celebrate 25 years of communication, the Bears decided to hold a special church service to renew their marriage vows on their 25th wedding anniversary. All their children and friends gathered around and afterwards all 125 guests were invited back to the house for dinner and dancing catered by the 13 Bear children. Joan remembers a moment in the middle of the ceremony, when Stevie, then five, looked around and said "A wedding! Oh boy, now we get to have another baby!" Joan laughs and shakes her head "no", but in the Bear family, you never know. □

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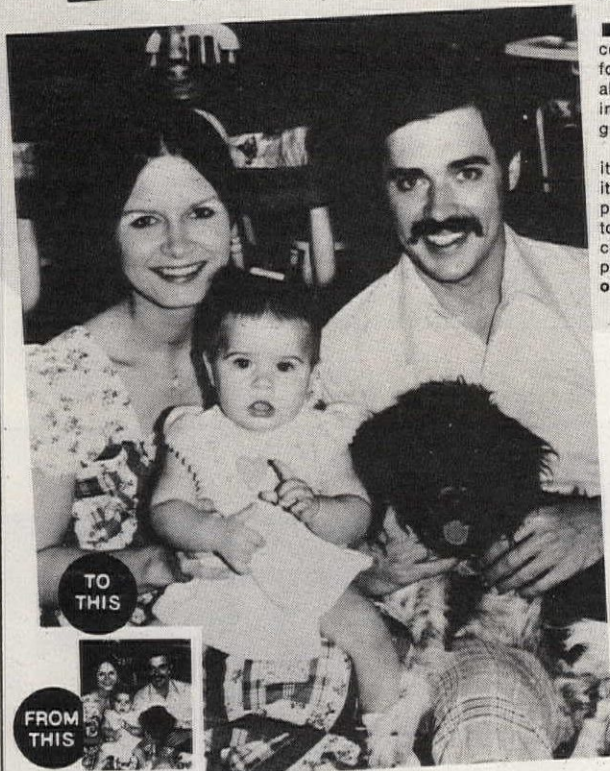
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CASHING IN ON COOLING

continued from page 80

Amps measure the strength of electric current coming through the wires (watts are the amount used), and the number you have is shown on your fuse box. Amps are often a fuse-blowing problem in older structures. Even when amps are ample, take care using other appliances while the air conditioner is on. Note that a single light uses one amp. Television, stereos, and irons use more. In general, it's wise to conserve energy while operating an air-conditioning unit.

BTUs indicate the power of a unit. British Thermal Units measure the amount of heat an air conditioner removes in an hour, and most room air conditioners come in sizes from 4,000 to 30,000 and up. The rule of thumb in selecting size is the "WHILE-divided-by-60" formula (see below). With today's energy shortage and rising electrical costs, BTU efficiency is a major consideration. Happily, many large

manufacturers are working on new models with lowered amps and greater BTUs. However, the efficiency of any model can be computed with the Energy Efficiency Ratio (see below). BTUs, watts, and amps should be certified on each unit with an Association of Home Appliance Manufacturers' seal or listed in its directory at your dealer.

A few other considerations before you buy: Air-conditioner service shops, although they charge approximately 10 percent more than department stores, are worth considering since they do estimates, install, and guarantee their work. A well-known brand name will probably be your safest buy when it comes to service. In any case, be sure the unit you select has a service dealer behind it; get the phone number *before* you leave the store and place it with the serial and model number of your unit. Also keep the bill of sale. A brand-new unit could be an older model and coded as such;

without the receipt, the service dealer has no way of knowing if your warranty still holds. Be sure to ask what year model it is. If it is last year's, you have a right to pay last year's price. □

Janet Spencer King's apartment in New York City is not wired for air conditioning.

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Cool Calculations

WHILE (Width x Height x Insulation x Length x Exposure) ÷ 60 = necessary BTUs. All measurements should be in feet. Insulation factor ranges from 10 (excellent) to 18 (poor). Exposure is determined by the direction the room's largest wall faces: 16 (north), 17 (east), 18 (south), 20 (west).

EER (Energy Efficiency Ratio): Watts used by unit ÷ BTUs supplied by unit. The answer will fall between 5 and 12; the higher the number, the more efficient the unit.

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Softwear shoes

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SHOPPING GUIDE

continued from page 76

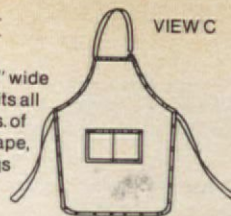
VOGUE PATTERN #1450



VIEW A

BACK
Fabric width: 54/55" wide
Yds: 3 (for size small)

Fabric: 48" wide
Yds: 1¼" for one size fits all
Trims: 3¾ yds. of Wide Bias Tape, two one-inch D-rings

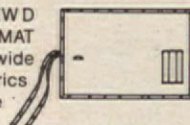


VIEW C

VIEW C: Back-tied butcher block apron with front patch pocket, neck strap, D-ring closing.

VIEW D
PLACE MAT

Fabric: 54/55" wide
Yds: ¾ yd. each for contrast fabrics
Trims: 3¾ yds. of Wide Bias Tape



PEACH POWER

Page 48: The Botanica sheet collection designed by Jack Lenor Larsen for Utica Fine Arts by J.P. Stevens is available in 50% cotton/50% polyester. Available at Bloomingdale's. Carpet is in a Jack Lenor Larsen coloration by Gulistan in Terra Rosa: "Luxury Living" carpet in 100% Anso nylon with jute backing, 5-year guarantee. 12' and 15' widths available at \$19.95 per square yard. Available nationally at better carpet stores. Two-piece lounging outfit by John Kloss for Cira in peach Antron: terrycloth trimmed front button cardigan jacket, low-rise pants, sizes: petite, small, medium, \$45. Shown with 15" long gold-look chain necklace #930/49, \$5 and gold-look chain bracelet, #920/22, \$5, all by Vendome. Revlon make-up. Flatware shown on tray: Rattan handles with stainless steel, \$17.50 for 5-piece place setting by Supreme Cutlery.

Page 49: Top, left to right: Large peach volute shell, \$35 (also shown on opposite page on Lucite table). Vandermark Art Glass handblown egg (\$35) and vase (\$80), (vase also seen on opposite page on small Lucite bedside table). Sea urchin shell lamp on Lucite base (3½" X 3½" square by ¾" thick), 15-watt bulb included, \$15 (also seen on opposite page on small Lucite bedside table). Shell, glass egg and vase from Soovia Janis Branch. Underneath: Jack Lenor Larsen designed Botanica cotton blend towel in Terra Rosa. Bottom, left picture: Oval vinyl place mat designed by Bob Van Allen for Fallani & Cohn in ginger and peach sherbet, #H238, 18½" long X 12½" high, \$1.85 each. Clear frozen glass 8" plate with 5" bowl; both with handpainted high gloss peach edgeline, each \$3.50. Collection of 3 melon-colored cylinder-shape vases in underglazed mat finish glass. All vases have handpainted lime green edgeline. Left to right: 9" high, \$12; 7¼" high, \$11; 6" high, \$10. Matching large 'rose' bowl, 7" high, \$13 (also shown with tulips on facing page on small Lucite bedside table). All glassware by Atelier Vitreou. Bottom, right picture: Peach oval place mat (19" X 13") and napkin (17½" X 17½") set in Belgian linen/polyester by Matouk, #500, sold in a set of 4 place mats and 4 napkins for \$16. For store information, write to The Belgian Linen Association. Stainless steel flatware with stoneware handle, "Regency" in Gypsy (mauve), \$26.95 for a 4-piece place setting, by Denby Ltd., Inc. Far left: small ruffled clam shell, \$4, from Soovia Janis Branch. Peach bordered 10½" diameter porcelain 'Rondolet' dinner plate with white center, #40/39, \$7.50 each (available in boxed set of 4). Shown with 'Papillon' porcelain 7½" diameter salad plate with peach butterfly, #4025, \$4 each (available in sets of 4). 'Rondolet' dinner plate also shown on opposite page on tray with coordinated peach 'Prunier de Chine' porcelain 7½" diameter salad plate, #40345, \$3.50 each (available in sets of 4). In model's hand on opposite page: solid peach porcelain beaker mug, #40/9 ph, 3" diameter x 4" high, \$16 per box of 4. White porcelain mug (this page, bottom right) with peach stripes, #40/35 ph, 3" diameter x 4" high, \$18 per box of 4. Cachepot in white porcelain with peach Art Deco design, #28/65, with saucer, small size (4¾" x 3¾" high), part of set of Ritz Planters in 2 sizes, (medium size not shown), \$30. Opposite page on Lucite table: large cachepot, #28/64-Ritz Planter, 7¾" x 6¾" high, \$30. All are porcelain by Fitz and Floyd. Silk flowers arranged in both cachepots by Ed Stiffler. Peach (lime green edgeline) and clear two-tier mat glaze glass patio light with candle (refills available), 5½" high, \$7.50 by Atelier Vitreou.

THE 24-HOUR ROOM

Page 52-53: Sofa bed, love seat, dining table and chairs, arm chairs and lamp table, from Founders; brass and oriental chests, from the Four Corners Collection by Thomasville. Buffet and storage cabinet, Storehouse, Inc.; cocktail table and end table, Selig Mfg. Throw pillows, Waverly Fabrics; "Thais" fabric on wall and floor cushions from the Fresh Flowers collection of Waverly Fabrics. Carpet, "Dreamspun" in Silver Blue from Armstrong. Limoges Porcelain china, "Country Blossom," and "Gustav" glassware both from Denby; "American Colonial" silverware from Oneida, Ltd.; linens by Vera. Lamp, Decorator's Walk. Original artwork by Christine Termini.

BLOW UPS

Page 54-55: Mirrex panels by C & D Concepts, Inc.

STOLEN SPACES

Page 60: Hallway study: Tretford modular carpet tiles, Eurotex. Bar: Wallpaper, Brunschwig & Fils.

THE FOOLPROOF 10-MINUTE SOUFFLE

Page 69: 1-quart glass "Au Gratin" casserole with cover (not shown) by Heller Designs, Inc., \$9.95.

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LOVE VS. SEX

A feather in your cap for your articles and pictures on decorating, gardening, beauty care, and food preparation.

For years I have looked forward to receiving AH because it contained helpful suggestions for improving and beautifying the home. I feel that the conversation between publishers Leda Sanford and Bob Guccione ("Sex in the Seventies," February 1977) was a sad departure and very distasteful. Real love is beautiful when you are more concerned with the happiness and fulfillment of your beloved than with what you can get out of the relationship. It is this preoccupation with one's own desires that leads people into perversions and wrecks lives and relationships.

(Mrs.) Mildred E. Anderson
Ellison Bay, Wis.

A home is based on a marriage where parents love one another and love their children. We try to adjust our thinking to the changing times without changing our principles. At best this is not easy, when one is confronted with sex on every side. We are striving to help our children to cope in a difficult world that seems forever to be striving to tear down the home.

I am no prude. But some of us believe in fidelity to one's spouse, and some of the other things that make marriage and a home beautiful—and make for a "meaningful relationship"!

Mrs. Richard Lovell
Manito, Ill.

Why do you feel it necessary to print an interview with the publisher of Penthouse? When I want his level of thought I will subscribe to his level of magazine.

I wonder how many of your other long-time readers foolishly expect, as I do, your magazine to be filled with decorating ideas, table settings, all types of recipes for all types of foods, house plans, gardening tips, etc.

Mrs. G. B. Macfie
Miami, Fla.

Penthouse depicts women as things to be used. This blatant exploitation of women gives lie to Guccione's statement that Penthouse "makes a big thing of love." There is no love of any kind in that magazine unless it is Guccione's love of money.

Mrs. James Delaney
Middletown, N.Y.

Leda Sanford's interview with Bob Guccione was such a beautiful and enlightening article! All I've got to say is

Bob really has got it all together! It's too bad everyone doesn't see things that way.

S.S.
Emporia, Kan.

No wonder your magazine makes such an impact on homemakers like me. You listen and you react.

Leda Sanford's "FYI." columns show an amazing insight into what makes people tick. She seems to have empathy for her contemporaries, but mostly for women who are truly concerned with the quality of life in today's homes. She speaks to women who use their talents as best they can. That's why her interview with Bob Guccione seemed a betrayal. This man feeds on people's insecurities not their strengths. People who feel good about themselves don't care what you're wearing when they make love to you.

(Mrs.) Margaret Roussin
Pittsfield, Mass.

TOGETHERNESS TRUTHS

Three cheers for TD Allman's "Why We Can't Stay Married" (February 1977). I, too, resided overseas for some time and have often made similar observations about the state of marriage in our society. Women's libbers and enlightenment to the contrary, the attitudes fostered by a background of arranged marriages aren't all bad; they certainly do help develop the ability to accept the limitations of marriage and to tarnish the halo of romanticism that envelops the ideals of matrimony in our society.

"Danger in the Combat Zones" by Daphne Davis left me cold. Although some of the hints for easier living are very good, they tend to be costly and impractical. Would it not have been desirable to emphasize that living together requires a little consideration and "give-and-take"?

Clarice H. Funk
Eatontown, N.J.

As much as I agree that we shouldn't expect sexual fulfillment exclusively with one person for a lifetime, our culture's been set up that way forever... and some of the European marriages I've known, wherein extramarital affairs are tolerated and even occasionally expected, don't seem to be nearly as idyllic as TD Allman would imagine.

Maybe it's our continual coupling that needs reevaluating, coupling with or without expected fidelity and togetherness. If we put as much energy into building successful marriages, we'd put an end to the successive multiple marriages we're seeing.

Dr. Allman might be minimizing the effects the women's movement has had on many less than perfect marriages. Women now feel supported when they opt to end a relationship and go it alone; it's given them confidence. There's much less emphasis on needing a man as a ticket to security and happiness. (Have you heard the slogan: "A woman without a man is like a fish without a bicycle"?)

Marti Newman
Woodland Hills, Calif.

Bravo Dr. Allman! I found his article on marriage breathtakingly direct and blessedly honest. I am now going to have to re-examine my membership in The Pursuit of Happiness Club, to which I had pledged compulsive allegiance. I would like to add to his comments on the Chinese way of marriage what the I Ching repeatedly promises—that perseverance furthers. Thank you for reminding me.

Mrs. Samuel Goff
Big Island, Va.

EXPERIMENT CONTROL

I was very upset about the negative representation of Pepperidge Farm in "The Rating of New Bread" (February 1977)... Using Pepperidge Farm White Bread as a control with five cellulose breads implies that we have more of all the bad things such as calories and carbohydrates and less of all the good things like fiber and protein... In addition, the five breads were compared in appearance and taste. Yet Pepperidge Farm was not even in the running although we appeared at the bottom of the rate sheet.

Mary McGrath
Manager, Public Relations
Pepperidge Farm, Inc.
Norwalk, Conn.

Editor's Note: The composition of Pepperidge Farm White Bread was used as a control comparison for the rating of fiber breads. It was meant to be representative of noncellulose breads. We were not making a value judgment of the contents of this fine product.

Question of the Month: How do you select a school or day-care center for your child? American Home would like to know about the circumstances of your choice—and we'll publish answers on this page in September. Address letters to editors to: Our Readers Write, American Home, 641 Lexington Ave., New York, N.Y. 10022. Be sure to include your signature and address.

**UNTIL THIS YEAR, THE FINEST
WHIRLPOOL BATHS AVAILABLE
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The Bath in Fiberglass 5½' x 7' - 6 adjustable jets.



Caribbean in Enameled Cast Iron. 6' x 36" - 4 adjustable jets.



Sleeping Bath in Enameled Cast Iron. 5' x 36" x 20" deep. 4 adjustable jets.

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Kohler whirlpool baths offer you a choice. The Bath in fiberglass, 5½' x 7'. The 6' Caribbean and the 5' long, 20" deep Sleeping Bath, both in durable enameled cast iron. All in an unmatched selection of original colors to complement other Kohler fixtures. All with more built-in adjustable jets than most other whirlpool baths... and dual air controls for more pleasurable water massage.

Kohler whirlpool baths are designed for comfort, too. Unlike some whirlpool baths which have ridges and

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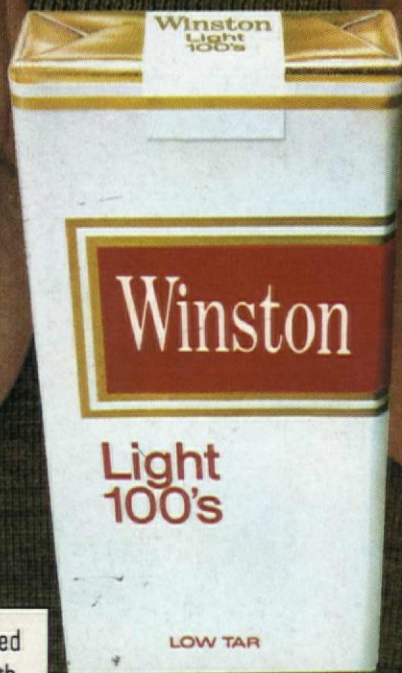
Given the facts, Kohler's new whirlpool baths are the finest available. Our competitors might call it beginner's luck. We call it a Kohler tradition, and it has been going on for more than 100 years.

For more information on Kohler whirlpools, write to Box DB, KOHLER CO. KOHLER, WI 53044 Kohler products available in Canada.

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