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 WITH MARYA MANNES

WHAT YOUR KIDS REALLY WANT

IDEA-PACKED GUIDE HOME DECORATING 24-PAGE SPECIAL

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Founders Keepers’ Two. It makes light of your storage problems.

What appears to be one beautiful clean stretch of furniture hugging the wall is actually a series of storage units. Cabinets, chests, nightstands... made of light natural northern elm solids and veneers. And every single piece is made to hold and hide things, behind doors, inside drawers, tucked away on a shelf. And over every unit that stores... you can put a unit that lights. It’s a total system. Keeps what you want to see, in light... and what you want to hide, out of sight, in units that easily stack and bunch. In the bedroom or anywhere else, Founders Keepers’ Two is a beautiful answer when you want to make light of your storage problems.

To get the names of the Founders dealers nearest you, call this toll-free number anytime: 1-800-243-6061 (in Conn., 1-800-882-6500).

Want to be a connoisseur of the contemporary? Send $2 for Founders “Guide to Modern Decorating.” Write Founders, Box AH-F177, Thomasville, N.C. 27360. The richly sculptured Sultry carpet is also from The Indoor World® of Armstrong.
Coming Soon!
Good Ideas for DECORATING Your Home.

Now you can have the expert advice of Armstrong's decorators at your fingertips for only $1.50.

Armstrong's professionals put it all together. So you can get it all together. 100 pages of Good Ideas for Decorating Your Home, packed with advice, hints, how-tos, and where-to-buy information for every nook and cranny in your house. Beautiful four-color illustrations show you exactly “how-to” with floor plans and close-ups of the little details that can make all the difference.

It's not only what you can do to create a fresh new look, but the why is here, too. Why patterns add excitement. Why arranging furniture can make a room more inviting. Why certain colors create different moods. Why plants add so much. Buy it at the newsstand. Or get a subscription for four big issues a year. Take a look at all the good ideas coming up in the first book:

The Empty Room Challenge
How to Get Started
Sensuous Window Gardens
Take a Close Look
Here's What Makes It Work
Kitchens and Family Rooms
Super Shelves
Bathroom Exotics
Questions and Answers From the Experts
Now Is the Time
to Dry and Press Summer Flowers
Using Light to Set a Mood
Rainy-Day Projects

Now you can afford expert decorating advice.

Get Good Ideas for Decorating Your Home, starting May 24 at your newsstand, or send the coupon below with your check or money order.

Armstrong Sultry carpet.
Beautiful today. Beautiful tomorrows.

Beautiful today. A mix of color that's lush. A velvety sculpture that's plush. That is the magic of Armstrong Sultry, the sumptuous silky carpet shown above.

Beautiful tomorrows. Sultry is specially constructed to provide our best combination of performance features for the style and price. Just look at some of the quality checks Sultry underwent during development. These quality checks ensure that with proper care, your Armstrong carpet will enjoy many beautiful tomorrows.

For a look at all the newest Armstrong carpets and a free booklet on how to keep your carpet looking its best, write Armstrong, 7705 Elliott Ave., Lancaster, Pa. 17604.
When is a haircolor not a haircolor?

When it’s Happiness...
the Beauty Treatment for your hair.

Yes, the Beauty Treatment. Happiness is the haircolor that does lots of lovely, luxurious things for your hair—all at once.

First, it’s a gentle, no-peroxide haircolor that works magic on dull, fading hair. Adds highlights, glossy gleams and rich color kicks that pick up, perk up your natural haircolor. And, at the same time, Happiness is busy conditioning your hair. Adding bounce and fullness. Leaving hair shinier. Healthier-looking. And just plain more beautiful.

Treat yourself to Happiness regularly. It does lots of lovely, luxurious things for your hair—all at once.

Happiness Foam-In Haircolor.
Maybe $79.95 is all you should spend for a mattress
Come find the Sears-O-Pedic Mattress that's right for you.

$79.95* twin size mattress or boxspring
(544 coils full size) Sears-O-Pedic I

$89.95* twin size mattress or boxspring
(627 coils full size) Sears-O-Pedic II

$99.95* twin size mattress or boxspring
(716 coils full size) Sears-O-Pedic III

$119.95* twin size mattress or boxspring
(1000 coils full size) Sears-O-Pedic IV

Presenting four new mattresses, each with a different degree of coil-count comfort and firmness all for Sears everyday low prices.

Sears doesn't think you should buy more mattress than you need—or pay more than you have to.

So, to simplify your purchase of a new mattress, we offer this unique series of four mattresses. Each is made with a specific number of coils to offer you four distinctly different firmnesses. Each one is enhanced by a specially engineered, built-to-match boxspring. Each one is backed by a Sears warranty of from five to twelve years. All are available in twin, full, queen and king sizes.

Come in to Sears and lie down on the $79.95 Sears-O-Pedic I. It may be all the firmness and comfort you want. If you wish an even firmer and more luxurious mattress with an even longer warranty, you may want to spend a little more. Because this series features only four Sears-O-Pedic mattresses, you'll know immediately which one feels best.

But, no matter which of the four you choose, Sears doesn't think you'll find four better constructed mattresses with more firm coils and luxury features anywhere!

Come in and try our new line of Sears-O-Pedic mattresses and boxsprings now. At most Sears larger stores and through the catalog.

The place to shop for mattresses Sears ©Sears Roebuck and Co. 1977

*Prices higher in Alaska and Hawaii
Name one anti-perspirant that stops wetness better than Sure, Right Guard Silver and Arrid Extra Dry sprays.

Available in Regular, Unscented and Quick Dry.
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.
Who's in Charge Here?

Who should manage family finances—husband or wife?

by Sylvia Auerbach

It's obvious to many who has the decision-making power in the family: who's in charge of the family finances? The answer is often a matter of who handles the day-to-day money management tasks. But who makes the ultimate decisions about the family's financial future?

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 been a family financial responsibility. 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.

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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-
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.

You've come a long way, baby.

VIRGINIA SLIMS
Slimmer than the fat cigarettes men smoke.

16 mg. "tar," 0.9 mg. nicotine av. per cigarette, FTC Report Dec.'76

Seamless flooring: elegant, wall-to-wall beauty; a durable no-wax, seamless surface that's easier to keep clean. And seamless installations are easier to do yourself. Only Congoleum offers this, in widths that range from 6 to 15 feet. High quality, high fashion, seamless flooring—in a spectacular variety of no-wax colors and patterns.

Only Congoleum® gives you seamless flooring in rooms as wide as 15 feet. Seamless flooring that looks prettier, cleaner, newer longer.
SOFAS 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.
GRASS ROOTS REPORT: MINI-GOTHIC


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.

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.

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


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 a self-addressed, stamped 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"


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 Kiebala, 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.
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.

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 pale ingham 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 cutouts 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.

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.

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).

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.

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.
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. The casts are enormous, and there are live animals.

**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 Warwicke: 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 will remain in New York until May 23; the show will travel to the Minneapolis Institute, Rhode Island School of Design, and museums around the country and Canada, throughout 1977 and 1978.

-by Allan Albe
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. 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* probes 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 1960s. An "accidental" President is in the White House and the country is secretly ruled by "the military-industrial complex": All the elements for a 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 mithele-nents for a sent to prison on trumped-up negotiations bounce back and forth at a taut, icy document is disclosed to the world. In return, he wants asylum and the President as hostage. While the confrontations and nuclear document is disclosed over the middle of the missile base and threatens atomic holocaust unless a secret Viet-nam pol-negotiations bounce back and forth at a taut, icy document is disclosed to the world. In return, he wants asylum and the President as hostage. While the confrontations and tactics that could lead to World War III — making the movie even more frightening.

—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 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.

Toggler 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 wall is 1/2 inch or less, place 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 3/4 inches plus the thickness of the item being installed.

—by Joyce Roy


$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.

• 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 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. If you lose 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.

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• 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.
"MY DREAM ROOM."

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Your dream room. For a long time you've only imagined how beautiful it could be. But now you can make it come true. With GAF GAFSTAR® sheet vinyl flooring with the Brite-Bond® surface.

Our wide range of patterns and colors is uniquely designed. So, whether you choose to work with our rustic earth-tones or our beautifully coordinated contemporary patterns, you'll find there's only one limit to the looks you create. Your imagination.

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(If desired, gloss can be restored in heavy traffic areas by occasional application of GAF Brite-Bond Floor Finish.)

GAFSTAR Sheet Vinyl Floors are available throughout the United States and Canada. For the name of your nearby participating GAF dealer, call TOLL-FREE ANYTIME 800-243-6000 (in Conn. 1-800-882-6500). Or write: GAF Floor Products, Dept. QQ41, Box 1121, Radio City Station, N.Y., N.Y. 10019.

We can make your dream room come true.
"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
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 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 breastfeeding mothers.

A strong dose of motherwort tea will relieve menstrual cramps and is an excellent tea for "female trouble" in general. Motherwort is a nerve and an anti-spasmatic 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, smooths 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 left with sore nipples, a yarrow compress will alleviate the soreness.

The yohimbí 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 (sōm’el-yə) 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 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 restaurant 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.

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 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)

Wining Out

An insider's guide to ordering wine in restaurants.

by Creighton Churchill
A Windex shine is a beautiful thing to see. No matter what you see it on.

You know how beautifully Windex® shines windows. But why stop there? Its exclusive Ammonia-D® formula cuts grease and dissolves dirt on a lot of other surfaces.

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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.

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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, Könignliche Prussische 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 "Hyowatha." 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.

— J.M., Chillicothe, Miss.
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 slipps calmly 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."
“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 moisture 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 gentling 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!

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 she could slim 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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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.

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Gerald E. Bauer, Dallas, Texas.

"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."

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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
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 HOMESTYLE
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, Gremista, 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’s 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.

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.

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SWEET AND SOUR PORK

Preparation: 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
1 1/2 cups all-purpose flour
31/2 teaspoons salt
1/2 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
1/2 cup brown sugar
1/4 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 1/4-inch oil in large skillet or electric frypan over medium-high heat. Brown meat 1/3 at a time, about 5 minutes. Drain on paper towels. Drain pineapple chunk liquid into measuring cup; reserve pineapple. Add enough water to measure 1 1/2 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 1 1/4 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 10 to 11 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 anditty-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 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 them all. What I had become sure of was that there was nothing I couldn't do for 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 misdirection. 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 day does Sears close?" she asked.

"Forty five minutes" I answered.

"Get a sifter 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 kitc-
I 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.

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. "Golly," 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.

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.
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 chronically 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 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 should contain your most frequently used items. Assign space on a one-two-three priority basis. "It is amazing how many people keep crystals 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).
THE FOURTH DIMENSION

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, 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

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.

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.
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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.

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, 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.

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.

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 altogether. 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.

Marjorie Kriebel

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

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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 we thinking differently about space now, compared with past concepts?
A.: Yes. In the 50s there was a design-conscious group that thought the development of suburban tract houses would... (continued on page 57)

MAY 1977, AMERICAN HOME 43
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.

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.

Do your mother-in-law a favor. Tell her about BedSack.*

She can practically re-upholster her mattress and boxspring with BedSack® bedclothing, just as you protect your new ones. Ultrasonically quilted on all four sides and top. BedSack adds new luxury, comfort and hygiene to the bed. Machine washable, no-iron. Beautiful pastels and patterns, too. PillowSack™ to match. At linen departments everywhere.

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.
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.


APARTMENT LIVING

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.

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.
Sink your teeth into peach... a deee-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.
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Sears remarkable $599 Sofa
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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.

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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.


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.

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

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.

Photograph by Richard Alcorn
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.

Send 50¢ for color folder and furniture care booklet to: La-Z-Boy, Dept. 10-4, Monroe, Michigan 48161.

*I REGISTERED TRADEMARK OF HERCULES INCORPORATED, WILMINGTON, DELAWARE, FOR ITS OLEFIN FIBER*
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.

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 overscaled terra-cotta flower pots or planters in ceramic or plastic. When 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.

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—

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 potboiler or mystery, and one heady informative tome that will start the conversation flowing at breakfast.
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 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.: For the bedroom, more fashion, as I mentioned, even in the direction of fantasy. The tabletop is going to become more interesting as the area of mixed use. The tablecloth will return as a way of differentiating the same area of mixed use. The room's single purposeness will continue.

ROBIN JACOBSSEN
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.: 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.

MILO BAUGHMAN
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.: Are people thinking differently?
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.
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.
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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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KNOXVILLE — Woodruff's Century House
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The otherword. Ourselves with mark of excellence.
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.
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 ROTHCHILD

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

STOLEN SPACES

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.
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 suffer 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, stationary, 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 (filling 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 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? If you can't find it in 10 minutes, you need a better filing system.

2. Have you ever lost a magazine in your home for more than two weeks? If you are able to locate it after more than a week, you need to reorganize your file system.

3. Are the least-used items in your kitchen in the easiest place to reach? If you aren't able to reach them without getting out a chair, you need to create a stockpile in an easy-to-reach location.

4. Have you ever been missing anything in your home for more than two months? If you can't find things after a month, you need to consider outsourcing your filing system.

5. Have you missed an appointment in the last two months because you forgot it? If you are unable to remember appointments over the last six months, you need to consider hiring a professional organizer.

6. Do you fit as many objects as possible into a limited storage space? If you need a bigger file system, you need to consider hiring a professional organizer.

7. Has the electric company ever threatened to turn off your electricity because you forgot to pay the bill? If you get notice of late payments, you need a better filing system.

8. Are your baking utensils kept in the same place as your other utensils? If the oven mitt is stored in a different location than the spatula, you need to reorganize your kitchen space.

9. Do you ever feel everything is such a mess there is no place to start? If you feel overwhelmed by clutter, you need to create a system for handling your papers.

10. Do you ever have to look around at home to find your keys? If you need to search through your entire home to find your keys, you need to create a dedicated space for your keys.

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 8 1/2 pounds
 2. 1 tablespoon lemon juice
 3. 1/2 teaspoons salt
 4. 2 tablespoons butter or margarine
 5. 1/4 teaspoon paprika
 6. 1/4 teaspoon ground thyme
 7. 1/4 teaspoon basil leaves, crushed
 8. 1/4 teaspoon white pepper
 9. 1/2 cup rosé wine
 10. 1 individual package dehydrated chicken broth or 1 chicken bouillon cube, crushed
 11. 2 cups small, fresh mushrooms
 12. 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 1/2 hour per pound of turkey. Rinse, drain, and pat dry. Sprinkle turkey with lemon juice; season underside with 1/2 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 per pound, 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 8 1/2 pound bone-in or 6 1/2 pound boneless turkey breast roast will yield 16 cups meat, allowing 10 cups for first meat, 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 (13 1/2 ounces each) chicken broth
 1/4 cup flour mixed with 1/2 cup water
 1/4 cup chopped parsley
 1/2 teaspoon crumbled thyme
 1/4 teaspoon crumbled rosemary
 3 cups cooked turkey, cut into 1-inch cubes
 2 cups white potatoes, peeled, cooked, and cut into 1-inch cubes
 1 1/2 cups sweet potatoes, cooked, peeled, and cut into 1/4-inch slices
 19- or 10-inch one-crust pie (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 board, roll out pie crust to 2 inches larger than casserole. Place in 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 for bird in hole in center of crust. Fold over and either 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 and water, mixing well. Pour in 2-quart casserole. Set aside. On a floured board, roll out pie crust to 2 inches larger than casserole. Place in 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 label on freezer wrap before tightly wrapping casserole. Freeze up to 3 months.

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Defrosting time: 20 minutes to 2 hours

WORKING time: 10 minutes
 Baking time: 1 hour

 2 pounds all-purpose flour, about 8 cups
 2 teaspoons salt
 2 cups vegetables, green or yellow, such as broccoli, cauliflower, or carrots
 1 to 1 1/2 cups ice cold water

In a large mixing bowl, sift together flour and salt. With a pastry blender or fork, using in-and-down chopping motion, cut in shortening until particles are size of tiny peas. Sprinkle in water, 1 tablespoon at a time, tossing with 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 1-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).

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 pie crust on hand in the freezer to transform into a pie, quiche, or even pot pie. Crusts can be frozen in bartender patti 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
 Baking time: 20 minutes to 2 hours

 1 medium onion, chopped fine, about 1 1/2 cup
 1 egg yolk
 1/4 cup butter or margarine
 1/4 cup flour
 2 teaspoons curry powder
 1/4 teaspoon salt
 1/4 teaspoon powdered ginger
 1 can (10 1/2 ounces) chicken broth
 3/4 cup milk
 3 cups cooked turkey, cut into 1/2-inch cubes

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).
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WATER CHESTNUT QUICHE

Working time: 15 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
1/2 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 ham mixture. Sprinkle remaining cheese over top. Bake 10 to 15 minutes or until mixture is set. Let stand, covered, for 5 minutes before serving.

FREEZER BEEF-TOMATO MIXTURE

Working time: 20 minutes
Defrosting time: 15 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 casseroles 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, cover, 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. Reduce heat; uncover and add remaining ingredients. Simmer for 5 minutes. Sprinkle cheese over each serving. Makes 4 servings (795 calories per serving).

FREEMER 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 pine nuts (optional)
1 teaspoon ground cinnamon
3 large green peppers
3 medium-size Idaho potatoes
3 zucchinis, 12 inches long each
3 large firm red tomatoes
3 tablespoons olive oil or other vegetable oil

Follow defrosting instructions in Freezer Beef-Tomato Mixture recipe. Reduce heat; uncover and add raisins, parsley, pine nuts, 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 spoon and drain on paper towels, cut-side down. Hollow out an opening in middle of each potato large enough for 2 tablespoons stuffed. (A melon-balicer 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. Place on low heat 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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continued from page 73

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AT YOUR NEWSSTAND NOW!
How to Achieve Total Financial Freedom In 1977

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

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! They worked about 20 to 30 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. (Incidently, 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 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 alot 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, straightforward 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 your 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.

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Salt Lake City, Utah 84117

Mark and Lois, I am sending you the $10.00 only on the condition that you guarantee the material you will be sending me, and that you will not cash or deposit my check for at least 30 days after the material is sent to me. And that you will return the material the same day you receive my order and check so I can expect to receive your Formulas within 10 or 15 days. If for any reason I change my mind and send the material back, you agree to send my uncashed check or money order back to me immediately. Upon these conditions, here is my $10.00.

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Attn: Beverly Smith, Assistant Mgr.
Charles F. Huber, Certified Public Accountant, 1850 Beneficial Life Towers, Salt Lake City, Utah

I HEREBY CERTIFY THAT ALL THE ABOVE STATEMENTS ARE TRUE AND FACTUAL TO THE BEST OF MY KNOWLEDGE AND THAT I HAVE KNOWN MARK O. AND MRS. HARALDSEN FOR MORE THAN 10 YEARS. DURING WHICH TIME THEY ACCOMPLISHED THE THINGS HE HAS INDICATED ABOVE.

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(Mr. Haraldsen has lectured to many and varied groups on his methods and formulas, but never before now have all of these been available. They are now available through this ad, or at the place of his lectures.)
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The Attractor/Angstrom Black Light Bulb, with its special wave length, attracts insects to the IC8 Lamp like a magnet. Once they come in contact, they are exterminated and disintegrated. No clean-up needed—except an occasional brushing.

The lamp is 100% safe for children, pets, birds, is environmentally accepted... and it makes a handsome addition to your patio.

You've seen units like this selling for $30 and more. Order yours now, at this special price of only $9.95. Hurry. Mail this no-risk coupon today.

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INSECT CONTROL CO., INC. Dept. AN-577
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Yes, I want to rid my home and patio of flying insects the 100% safe, effective way. Please send me... (6) IC8 Insect Control Lamp(s) at only $9.95 each plus $.50 ea. to help defray postage and handling.

SAVE: Order 2 Insect Control Lamps at only $17.90 plus $.10 postage and handling for both.

I enclose full payment of $________ (Check or M.O.)

NAME__________________________

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STATE__________________________

ZIP_____________________________

MAIL THIS COUPON TODAY.

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.) Bloomcock "Moonlight" was used for reverse side (see rolled-up picture on page 33). 54/55" wide; repeat: 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, 8½" diam.; $1.10 each, (34) covered casserole (top not shown), holds 2 qts., #542-014; $1.85, (35) matching napkin rings, #542-015, set of 2 for $9.50, (36) jug pitcher, holds 1 qt., #542-017; $1.95. Items 33-36 are all part of the Bluebird porcelain group that goes with the

From Years of Research Comes News of AN AMAZING SCIENTIFIC BREAKTHROUGH

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, #31-S-Islander, one 5-piece place setting is $6.50.

PAGE 34: (STOWN-A-WAY STRATEGY 3) A collection of porcelain tableware and cookware in the classic linen pattern look in blue/white designed by Gene Balzanni for Rubel & Co. All cookware items are microwave and oven safe. (40) Snack set of cups and four 8½" diam. plates only one is shown), four per set of assorted patterns, $20, (41) rectangular baker, $22 each, (42) 7¼" diam. cake plates, set of four assorted patterns, $12. (43) 3 qt. casserole (cover not shown), $22, (44) #71001, 1½ qt. casserole (cover not shown), $18, (45) Stainless steel flatware 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/gray plaid, #7001, $2 each, by Scadinia, $4.25, tapered rattan stools, 1½" diam. X 15½" high, $35 each. (53) Large rattan round table.
AMAZING "MINI-FARM" KIT
lets you grow:

Over 60 lbs. tomatoes!
Over 60 lbs. cucumbers!
Over 10 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", each on its own 6" by 4½" "greenhouse" tray. 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!

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! Expect a possible yield of up to 90 tomatoes, approximately 67½ pounds of fruit!

"CUCUMBERFARM" 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 round shoulders packed with meaty, high quality cucumbers — perfect for salads, side dishes, sandwiches, pickles! May be staked to grow "up" instead of "out" for patio planting. Expect a possible yield of up to 216 cucumbers, approximately 67½ pounds of fruit!

"ZUCCHINI, PUMPKIN and CANTALOUPFARM" 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 combines 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 "Honeydew Cantaloupe", each up to 6" in diameter, about 2 pounds in weight. As sweet as candy, and so much healthier. Plus form grows Zucchini Squash! approximately 5" long, 6" wide. Great for main-dish casseroles, side dishes, salads, soups, etc.

MONEY-BACK GUARANTEE — Your money back promptly and in full (postage not included) on free replacement of any or all "Mini-Farms" if you are not delighted with — in 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.

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!

"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 been "programmed" to "tell" you when to water and when to plant! When starter pots turn a light brown, get 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. Since 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.

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☐ Kindly rush my "Mini-Farm" Kit—consisting of Tomato, Cucumber and Combination Zucchini, Pumpkin and Cantaloupe "Mini-Farms" — for only $5.99 plus 75¢ postage and handling. Don't forget to include my 100 FREE Lettuce Seeds!

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☐ Send C.O.D. I enclose $1.00 deposit. N.Y. residents add sales tax. I get to keep Lettuce Seeds even if return order(s).

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MAIL TODAY!
SECRETS FOR A SUPER SOUFFLE

1. Gelatin is available in unflavored and fruit flavor forms. Unflavored gelatin comes in boxes containing premeasured (1 tablespoon) 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 tilt 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 souffle 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 1/3 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)

At last. Enjoyment in a low tar cigarette. Salem Lights and Salem Long Lights.
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-voltage 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

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SIMPLE AS ONE, TWO, THREE...

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.”

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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:

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<th></th>
<th>extracted juice only*</th>
<th>peel and everything*</th>
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<td>LEMONS (VIT. C)</td>
<td>90 mg.</td>
<td>346 mg.</td>
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<tr>
<td>ORANGES (VIT. C)</td>
<td>109 mg.</td>
<td>319 mg.</td>
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**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)

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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

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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 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 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 1/2 cup water or 1 can (16 ounces) sliced cling peaches and liquid
1/4 cup dry sherry or lemon juice
2 tablespoons chopped candied ginger
1/2 tray ice cubes (8 to 10 cubes, depending on size)
1 cup (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
1/2 cup cold milk
1 cup milk, heated to boiling
2/3 cup sugar
1/2 teaspoon salt
1 package (6 ounces) semisweet baking chocolate pieces, about 1 cup
2 eggs
1/2 cup Turkish coffee liqueur
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 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 whirring 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
1/2 cup cranberry liqueur or lemon juice
1 teaspoon grated lemon peel
1/2 tray ice cubes (7 to 10 depending on size)
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, 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
1/2 teaspoon salt
1/4 cup cold water
1/2 cup green crème de menthe
1/2 cup crème de cacao
1 teaspoon vanilla
1/2 tray ice cubes (8 to 10 cubes, depending on size)
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, liqueur, vanilla, and ice cubes, one at a time; re-cover, whirring 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 1/4 cup sugar until stiff peaks are formed. Fold into the gelatin mixture. In another small mixing bowl, beat egg whites till soft peaks are formed, gradually add remaining 1/4 cup sugar until stiff peaks are formed. Fold into the gelatin mixture. Fold in the green crème de menthe 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 SOUFFLE
Working time: 20 to 30 minutes
Cooling time: 3 minutes
1/2 cup granulated sugar
1/2 tablespoons light corn syrup
1/2 cup cold water
1 tablespoon butter
1/4 teaspoon vanilla
1/8 teaspoon baking soda
1/8 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-betweenes. 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 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 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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A SLEEPING TABLET THAT’S EVEN SAFER THAN ASPIRIN!
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 fields 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 unwanted 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 Francesca 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 Francesca 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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And you eat. The Prolamine Diet Plan included in every package lets you enjoy 3 good meals and 3 delightful snacks every day on just 1,200 calories. So, you lose pounds and inches without fad dieting and without going hungry.

Don't try to hide excess weight. Take it off with Prolamine Time Action Capsules and Diet Plan. Start Prolamine today. See how soon you are wearing smaller sizes, smarter fashions—how light and alive you feel as you lose unhealthy excess weight.

Thousands of Prolamine users have written, praising their successful weight losses, like:

"Really curbed my appetite and was pleasantly surprised when I got on the scale. Lost 10 pounds in only weeks. Prolamine really made the difference."
L. M. C., Garden City, N.Y.

"I lost 9 pounds and really feel great. I can now wear the clothes I've always loved."
B. T., Baltimore, Md.

"78 pounds ago people used to tell me what a pretty face I have. With the help of Prolamine, I lost all that fat. Now I'm working as a model. But best of all, I feel healthier and happier now."
E. P., Gibsonia, Pa.

Available At All Leading Drug Counters. © 1977 Thompson Medical Co., Inc.
Don't be "bugged" by garden pests this summer. Enjoy pest-free flowers and vegetables with the Tudor Gardenspray. This lightweight sprayer can easily be carried around your backyard. Made of heavy-duty polyethylene material, it holds over 5 quarts of liquid (metric conversions are also given). Simply strap it over your shoulder and it goes where you go: It will eliminate the inconvenience of dragging a garden hose around behind you. Extra added features of the sprayer are a sturdy pump unit for easy action and an adjustable 17½-inch-long nozzle that lets you direct a fine or coarse spray wherever necessary with the greatest precision. There is also an extra wide shoulder strap for carrying comfort. The Gardenspray is an essential tool in any garden. To order the Tudor Gardenspray, send check or money order for $19.95 plus postage and handling: see coupon.
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 and 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; when 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.

ARE YOU MOVING?

To change or correct your address

Attach label from your latest copy here and show new address below—include zip code. When changing address, please give 8 weeks' notice.

1. All correspondence relating to your subscription should be accompanied by your address label. If you are receiving duplicate copies, please send both labels.
2. Send address changes to: American Home, P.O. Box 4568
   Des Moines, Iowa 50306.

Subscription prices:

- U.S. and Possessions: One year $5.94; Two years $9.00
- All other countries: One year $5.94; Two years $10.00.

Name
Address
City Zip

Postmaster: Send form 3579 to American Home, P.O. Box 4568, Des Moines, Iowa 50306.
Never has there been so many exciting options available for decorating your bathroom as there are today. Any of our three distinctive shower curtains will create a special mood that's "naturally" appealing. Put a lion in your life with the regal king of the jungle motif. The lordly lion is glorious in earthy colors of brown and bone. Or shower in the blue, waves off Malibu. The spider will weave an enchanting spell on a clear curtain in your bathroom. The curtains are made of softest vinyl; each measures 72 by 72 inches—no liners are needed. Specially priced at $16.95, the shower curtains come with a free gift of coordinated shower hooks.

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

American Home General Store
Dept. SHC 2
641 Lexington Ave.
New York, N.Y. 10022

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tr>
<td>Lion Shower Curtain(s) @ $16.95 plus $1.25 post. &amp; hdg.</td>
<td>$______</td>
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<tr>
<td>Sea Shower Curtain(s) @ $16.95 plus $1.25 post. &amp; hdg.</td>
<td>$______</td>
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<tr>
<td>Spider Web Shower Curtain(s) @ $16.95 plus $1.25 post. &amp; hdg.</td>
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<td>Total enclosed</td>
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</table>

Name

Address

City

State

Zip

Total enclosed

N.Y. residents add sales tax

Add a splash of color with these novel shower curtains. Each comes with a free set of coordinated hooks.
The World's Most Comfortable Shoe!

GENUINE LEATHER
Fashion Classic
"Charisse"
Not $25 Not $20
Just $9.99 pr.

Here is a fine quality leather fashion shoe, a classic that's never out of style! It gives your feet a gorgeous slim line, and pairs perfectly with dresses, pants or skirts all year 'round. Remember, you're getting real leather. No matter what claims are made about synthetics, they can never approach the comfort and durability of genuine leather! Synthetics make your feet hot and sweaty in summer, cold and clammy in winter. Leather lets your feet breathe and conforms to the shape of your foot! Why pay expensive department store prices for the same shoe? Order now from us and SAVE!

COLORS: Red, Black, Navy.
SIZES: 5, 5½, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10 and 11.
WIDTHS: B, C, D, E, EEE.

OUR 14-DAY GUARANTEE
Here's an offer a department store wouldn't dare to make! Try our shoes for yourself. Wear them. If not completely delighted, simply return within 14 days for a full refund of the purchase price, no questions asked! Now, that's a guarantee in writing!

NOW AVAILABLE
IN 2 HEEL HEIGHTS!
Easy-Walk 1¼”; New Fashion 2”

LOOK AT ALL THE QUALITY FEATURES!
(1) Reinforced Toe Cap (2) Supple Glove Leather Upper (3) Special Topline Trim Prevents Wear At Seam (4) Reinforced Heel Helps Shoe Retain Shape (5) Impact-absorbing 1¼-Inch Heel (6) Combination Last For Proper Fit (7) Steel Shank (8) Long-wearing Outsole.

P.Q. Lobell, Dept. M-320
Hanover, Pa. 17331

Canada: P.Q. Lobell, Dept. M-3296
9000 Charles de Gaulle
Montreal, P.Q. H8N 1M2

Satisfaction Guaranteed or Money Back

Easy-Walk 1¼-inch Heel

<table>
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New Fashion 2-inch Heel

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CHARGE IT: American Express Bank Americard
Carte Blanche Diners' Club
Master Charge Interbank

Enclosed is $__________ (Md. residents add sales tax.)

Name ___________________________
Address _________________________
City ____________________________
State ____________ Zip ____________
POCKET DOLLS—EASY TO MAKE WITH IRON-ON TRANSFERS

In these groupings of huggable little characters from legend and rhyme, each figure stands alone or can nestle in the pockets of its background pillow. Use our 4-color transfers on your own choice of pastel fabrics—simply iron on, cut, sew and stuff. Background pillow sizes are shown in each picture.

MAIL COUPON—ENCLOSE CHECK OR MONEY ORDER—MARK PATTERNS WANTED.
L.H.J. SALES INC. Pocket Dolls, Dept. 7780
1419 WEST FIFTH STREET, WILTON, IOWA 52778

---#7621 Humpty Dumpty  ---#7623 Noah's Ark
---#7622 Hey Diddle  ---#7624 Old Woman
Diddle In Shoe

Please send me Pattern(s) marked @ $2.50 ea. $ SAVE $2. Order four (or more) Patterns @ $2 ea.$
Sales Tax (N.Y. & Iowa)................. $
Total enclosed.......................... $

NAME (print) ...........................................
ADDRESS............................................
CITY...................................................
STATE..............................................
ZIP....................................................
Fill out coupon and enclose check or money order. No C.O.D., Canadian or foreign orders.

American Home General Store,
Department WW
641 Lexington Ave,
New York, N.Y. 10022

---

#90001 Wishing-Well plans
@ $2 ea. ...........$  

New York residents, add sales tax

Total enclosed ..........$  

[ ] print name

[ ] address

[ ] city  state  zip code

---

Build Our Wishing-Well Barbecue

It looks like an old-time country well, but our do-it-yourself project is really a generous-size barbecue—the perfect finishing touch for your yard or patio. Easy and fun to build, the “wishing well” is a dream to work at: The ledge gives you counter space aplenty; the roof shades you comfortably as you cook. And there’s a custom-built plus: The plan lets you add or subtract bricks to arrive at the cooking height that’s best for you.
**SHOPPING GUIDE** continued from page 76

**Vogue Pattern 1450**

**Fabric:** 48” wide

<table>
<thead>
<tr>
<th>VIEW A</th>
</tr>
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<tbody>
<tr>
<td>Trims: 3½ yds. of Wide Bias Tape, two one-inch D-rings</td>
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<tr>
<th>VIEW B</th>
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<tbody>
<tr>
<td>Back: Fabric width: 54/55” wide</td>
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<tr>
<td>Trims: ¾ yd. each for contrast fabrics</td>
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**VIEW D**

**PLACE MAT**

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<td>Trims: 3½ yds. of Wide Bias Tape</td>
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**PEACH POWER**

Page 48: The Botanica sheet collection designed by Jack Lenor Larsen for Ullica Fine Arts by J.P. Stevens is available in 50% cotton/50% polyester. Available at Bloomdale’s. Carpet is in a Jack Lenor Larsen coloration by Gulistan in Terra Rosa: “Luxury Living” carpet in 100% Antron 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 Circa 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 Guttury.

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 (3¼” X 3¼” square by ½” thick), 15-watt bulb included, $15 (also seen on opposite page on small Lucite bedside table). Shell, glass egg and vase from Scovia Janis Branch. Underneath: Jack Lenor Larsen designed Botanica cotton blend in Terra Rosa. Bottom, left picture: Oval vinyl place mat designed by Bob Van Allen for Fällani & Cohn in ginger and peach sherbert, #H238, 18¼” long X 12¼” 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-shapes vases in underglazed mat finish glass. All vases have handpainted time green edgeline. Left to right: 9¼” high, $12; 7¼” high, $11; 6” high, $10. Matching large rose ‘bowl’ 7¾” high; $13 (also shown with tulips on facing page on small Lucite bedside table). All glassware by Atelier Vitréon. Bottom, right picture: Peach oval placemat (11¼” x 13½”) and napkins (17½” x 17¼”) set in peach 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 round clam shell, $4, from Scovia 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 7¼” 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, 3” diameter x 4½” high, $16 per box of 4. White porcelain mug (this page, bottom right) with peach stripes, #40/35, 3½” diameter x 4½” high, $18 per box of 4. Cacheot in white porcelain with peach Art Deco design, #26/65, with saucer, small size (4½” x 3¼” high), part of set of Ritz Planters in 2 sizes, (medium size not shown), $30. Opposite page on Lucite table: large cacheot, #28/64-Ritz Planter, 7¼” x 6¼” high, $50. All are porcelain by Fitz and Floyd. Silk flowers arranged in both cachepots by Ed Stilffer. Peach (time green edgeline) and clear two-tier mat glass plate light with candle (refills available), 5½” high, $7.50 by Atelier Vitréon.

**THE 24-HOUR ROOM**

**SHOPPING GUIDE** continued from page 76

**TREMENDOUS SAVINGS ON ELEGANT Jewel-Ed Sandals**

Dazzling sandals for year ‘round glamour! Beautifully made with square-cut, exquisitely faceted “gems” handset in delicately etched mountings. Wonderfully comfortable with foam-cushioned insoles and matching 1½” inch heels. Perfectly fitting with adjustable back strap.

Buy these super fashion finds NOW—while the spectacular price slashing lasts! Order them in any sizes and colors, for yourself and gift-giving. Get together with your friends, place an order and

SAVE UP TO $12 DOLLARS WITH THIS SPECIAL OFFER!

**DAWN**

1 PAIR $13.00
2 PAIRS $12.00 per pair
3 PAIRS $11.00 per pair
4 PAIRS or more...$10.00 per pair

**COLORS:**

- GOLD, WHITE, SILVER, YELLOW
- PINK, GREEN, BLUE OR BLACK

**SIZE CHART**

<table>
<thead>
<tr>
<th>SIZE</th>
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<td>GOLD, WHITE, SILVER</td>
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<tr>
<td>MEDIUM</td>
<td>4 through 12</td>
<td>PINK, GREEN, BLUE</td>
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<tr>
<td>WIDE</td>
<td>5 through 12</td>
<td>BLACK</td>
</tr>
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**TO ORDER USE COUPON OR SEND LETTER**

- Add $1.25 postage and handling for the first pair ordered. If you order 2 pairs or more at the same time, all you pay is $2.00—maximum postage. We pay the additional postage.
- $1.00 extra per pair for all sizes over 10
- Sorry, no C.O.D.’s
- Prompt refund if not delighted.

**ADDRESS:**

1811 SAN JACINTO • DEPT. AJ-1 • HOUSTON, TEXAS 77002

**NAME**

**CITY**

**STATE**

**ZIP**

**NAME OF SHOE**

**SIZE**

**WIDTH**

**COLOR**

**PRICE**

Add $1.25 per pair, postage and handling. $2.00 max.

Texas residents add 5% sales tax.

**TOTAL $**

**STAINED SPACES**


**BLOW UPS**


**STOLEN SPACES**

You will receive a gift box of cosmetics containing an assortment of perfumes, polishes, shadows, moisturizers, creams and lotions that are guaranteed to have a minimum value of $25.00. THESE ARE FULL SIZE PRODUCTS, NOT SAMPLES.

We can't name names, but all of the labels are on these outstanding products. You're sure to recognize them and probably use some already. As manufacturer's representatives for many brands of nationally advertised cosmetics, we can offer you this extraordinary beauty value—with no strings attached.

For a Friend

FAMOUS COSMETICS Dept. FC-11
21 East 66th St., New York, N.Y. 10021

Please rush me this extraordinary value of full size, name brand cosmetics.

☐ $25.00 worth of Famous Brand Name Cosmetics for only $2.00 plus 50¢ postage and handling.

☐ $50.00 worth (all different products) of Famous Cosmetics for only $4.00. (We pay all postage and handling charges.)

NAME__________________________AGE__________
ADDRESS_________________________STATE______ZIP_________
CITY_____________________________

For You

FAMOUS COSMETICS Dept. FC-11
21 East 66th St., New York, N.Y. 10021

Please rush me this extraordinary value of full size, name brand cosmetics.

☐ $25.00 worth of Famous Brand Name Cosmetics for only $2.00 plus 50¢ postage and handling.

☐ $50.00 worth (all different products) of Famous Cosmetics for only $4.00. (We pay all postage and handling charges.)

NAME__________________________AGE__________
ADDRESS_________________________STATE______ZIP_________
CITY_____________________________
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, Wisc.

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 Lowell
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 they'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 enlighteners 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 blissfully 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 didn't exist.

Because until this year, whirlpool baths weren't available from Kohler. Now they are. And they're the best you can buy, for good reasons.

Kohler whirlpool baths offer you a choice. The Bath in fiberglass, 5½' x 7'. The 6' Caribbean and the 5' long, 20' deep Steeping 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 bulges, Kohler baths are engineered for comfort and deep down whirlpool enjoyment.

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.

The Bold Look of Kohler
Announcing new Winston Light 100’s.