

THE JOY OF SUMMER

# AMERICAN HOME

JUNE 1977

75¢

**LIBERATED  
HOUSES  
FOR EASY  
LIVING**

**WOMEN  
ATHLETES:  
THE NEW  
BEAUTIFUL  
PEOPLE**

**FEELING  
ALIVE WITH  
THE NEW  
HEALTHIER  
FOODSTYLE**

**SKY GARDENS:  
GREENING  
OF THE CITY**

**ADULT  
ICE CREAMS**

**GREAT  
AMERICAN  
RIB RECIPES  
Plus  
BARBECUE  
GRILL  
REPORT**

**TURN ON TO  
HOT TUBS**

**STYLISH  
RECLINERS**

**QUICK WRAP  
FASHIONS  
TO SEW**

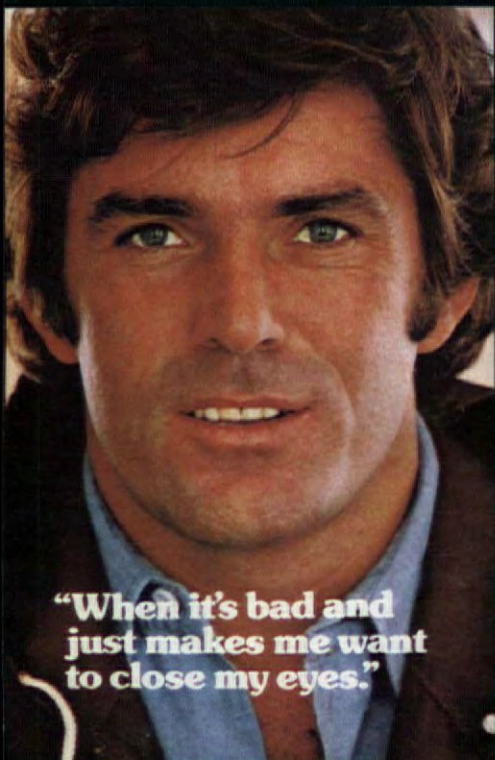


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MAKE YOUR KIDS  
SMARTER**



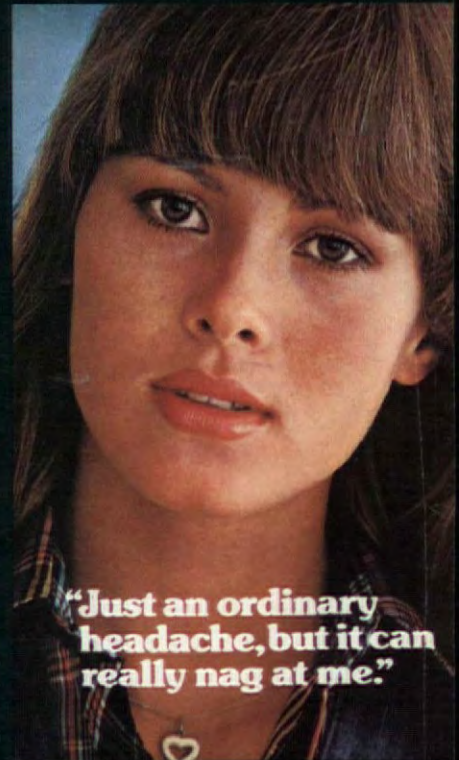
# When is a headache The Excedrin Headache?\*



**"When it's bad and  
just makes me want  
to close my eyes."**



**"Anytime it hurts.  
I just don't want to put up  
with the pain."**



**"Just an ordinary  
headache, but it can  
really nag at me."**

\*Reg. T.M. of Bristol-Myers Co.,  
for analgesic. © 1977



**"It's beautiful  
when the pain stops."**

**When your head aches  
and you want relief  
that's really fast, really  
effective...that's  
The Excedrin Headache.  
So try Excedrin. With  
more pain reliever, more  
total strength than  
regular aspirin tablets.**

**The  
Extra-Strength  
Pain Reliever.**



## Doesn't your headache deserve Excedrin relief?

Read and follow label directions.



# "Your haircolor can only be as beautiful as your hair. Spend 30 minutes with condition.\*"

*Pierre Henri*



porous, protein-deprived areas.

condition\* can really help improve the lustre, shine and texture of your hair—leaving it with an extra measure of body, fullness and manageability. Even more important, condition\* helps maintain that healthy look that makes blond hair beautiful, red hair radiant, and brunette hair positively brilliant. Helps protect against future damage, too.



**30 minutes of good can make up for a lot of bad.**

And because condition\* was originally developed specifically for haircolor users, it is especially gentle to color treated or tinted hair.

So, whether you use a haircoloring product or not, be sure to use condition\*. After all, why shouldn't your hair color and your hair *both* be as beautiful as they possibly can?"



**condition\***  
The 30-minute treatment  
for mistreated hair.

"Maybe your hair is the color nature gave you, and maybe you gave nature a little help. In any case, the quality of your haircolor is enhanced by the lustre, shine and texture of the hair itself.

And that's what I'm worried about. The lustre, shine and texture of your hair are so vulnerable to sun, wind, drying heat, even air pollution. Why, even over-brushing and styling can affect the color quality of hair, turning it dull, dry, lifeless.

That's why I recommend that all my clients—haircolor users or not—spend 30 minutes with condition\* at least twice a month.

condition\* is the intensive treatment that really takes its time working on your hair's problems. And condition\* is rich in protein. It can actually penetrate the hairshaft to help provide protein to





Jogging on the beach or enjoying the fun of your own backyard... just two ways to get the most out of summer. The couple on the cover is enjoying the outdoors in Malibu, Calif., in view of the one-room hideaway house (page 52), one of our three featured houses that illustrate how you can translate a lazy, relaxed vacation philosophy to year-round living. And to keep that healthy summertime glow, check out "The New Healthier Foodstyle" (page 66), "Be a Good Sport" (page 28), and "Barrel of Fun" (page 36).  
Photography by Robert Paul Monkton.

June 1977 Volume 80, Number 6

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**SALE!**  
May 29 through June 25, 1977

# Now! Save \$2.00 on Sears Superplush Bath Towels

**\$4.99** bath size

## Super big, super thick, super thirsty, super soft, super sale prices!

Ah! Sears Superplush Towels. Easily as luxurious as towels that usually cost *much* more. Once you wrap yourself up in one, Sears thinks that you'll agree.

Superplush towels are made with 100% combed cotton terry loops – both sides. They come in up to 12 magnificent colors, plus many coordinating bold stripes and two-tone woven border patterns.

All sizes are now on sale at savings of from 10% to 28%. Matching Superplush bath rugs, carpeting and accessories are also on sale at savings of 10% to 25%. The 24-inch by 36-inch bath rug is now only \$5.99. The 5-foot by 6-foot size bath carpeting is now only \$27.99. May 29 through June 25, 1977 at most Sears larger stores.

Prices higher in  
Alaska and Hawaii.



Only at

**Sears**

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*Sears \* Best*



# TASTE THE RAIL

NEW DOUBLE COUPONS ARE HERE



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



# GOOD TIMES. EIGH

Good news! Raleigh now packs twice the coupons — 2 on every pack, 8 extra in every carton. So, you get any of more than 1,000 Raleigh gifts twice as fast. Genuine tobacco flavor plus Double Gift Coupons. That's Raleigh. For free gift catalog, call now, toll free: (1-800) 626-5510. (Ky. residents call collect: (502) 774-7563.)

**Now get gifts  
twice as fast!**

Filter Kings, 16 mg. "tar," 1.1 mg. nicotine; Longs, 18 mg. "tar," 1.3 mg. nicotine, av. per cigarette, FTC Report Dec. '76



# LONG DISTANCE IS FOR LITTLE THINGS, TOO.



Why just call Long Distance when people expect it? Little things come as surprises, and the telephone is a convenient, inexpensive way to share them. Pick up your phone the next time you have some news, and bring someone you love into your life again. Long Distance is the next best thing to being there.



**Bell System**



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



**H**ow often have you wished you could carry over some of that wonderful easy-living style of summer to the rest of the year? And, if you're lucky enough to have a second home, have you also wondered why some of that easy maintenance couldn't be part of your year-round home?

More and more people are discovering that it can be, and that the only thing preventing anyone from transferring the simplicity and minimum-maintenance lifestyle of vacation houses to our permanent homes is our own attitudes and hang-ups about decorating.

Since *American Home* is dedicated to home improvement compatible with quality-of-life improvement, we constantly feature homes that look easy to clean rather than rooms that are traps for the unsuspecting. I personally spent too many hours as a child crouched under the dining room table with a dust cloth trying to dislodge dust from Victorian carvings to want to pass that tradition on to my children. There are better places to be than under the dining room table.

How to become the master of your house rather than letting it master you is a worthy goal, so let's consider some of the characteristics of what we choose to call the liberated house.

Starting from the floor up. Do you have no-wax, minimum-care vinyl floor covering in the kitchen and other appropriate areas? Have you considered the virtues of wall-to-wall or area rugs in relation to how the room is used? The vacation-house concept would favor area rugs and the use of natural fibers such as straw. Stay away from deep shags that require vigorous vacuuming and show every footstep.

Are the counter tops and cabinets in your kitchen the kind that show every fingerprint and crumb and require constant polishing, or those miracle surfaces that defy dirt?

What about your bedroom? Have you tried the new open-bed approach of decorating with sheets and reducing bed-making time to seconds? Does your bedroom inspire formality or freedom of expression? Do you have dark woods that show every speck of dust or light finishes that always look clean?

What do you use your living room for? Is it really the "living" room and arranged for comfortable seating and conversation, TV, backgammon, or whatever the family enjoys together, or is it that unused relic of the past, the locked-up living room used only for special occasions?

"But it will get dirty and worn out if we use it all the time," I can hear some woman saying. It will probably wear out with heavy use, but get dirty? Not if you select heavy-wear fabrics with soil-resistant finishes. If on the other hand, you are determined to recreate a mini-version of the drawing room at Versailles, there might be a problem.

The bathroom—now there's the rub. Many hours are spent cleaning the bathroom, and rightly so, but breathes there a woman with soul so dead who isn't looking for a better way to stay ahead of germs? The new whirlpool tubs have a distinct advantage in this area: Add a little liquid detergent or bath additive to the water, and the swirling action cleans the tub and leaves it sparkling. As for surfaces and floors, here again, investigate thoroughly; some never look dirty, others always do. Avoid black if you use talcum powder.

These are just a few suggestions that we hope will set you thinking—about *American Home's* streamlined homestyle and your home. □

# Look what Woolite's washing now!



How to keep sports clothes looking sensational? With Woolite,<sup>®</sup> of course. With Woolite and cold water, the nicest washables won't shrink, stretch or fade. Your play-to-win outfits stay fresh and bright. No wonder David Smith designs say "Wash in Woolite."

You always look better—feel better, too—in the clothes you wash in Woolite.







# ADULT ICE CREAMS

Here's spirited  
proof that the kid's dessert has  
finally come of age.

Who ever said that ice cream was strictly kid's stuff? Not *American Home*. We think it's high time that grownups were given equal time in the flavors department. We based our adult ice creams on vanilla and then went wild, adding flavors sure to appeal to those over 21 who are still children at heart. So crank up your ice-cream maker and have a fun day with your very own homemade ice-cream concoctions.

## BASIC VANILLA ICE CREAM

*Working time: 10 minutes*

*Freezing time: depends on type of ice-cream freezer used*

- 3 large eggs
- 1 3/4 cups sugar
- 3 cups cold milk
- 3 cups heavy cream
- 2 tablespoons vanilla extract
- 1/4 teaspoon salt

In a large mixing bowl, beat eggs until foamy. Gradually add sugar; beat until thickened. Add remaining ingredients, mixing thoroughly. Chill. Churn-freeze according to directions given for your hand-crank or electric ice-cream freezer. Allow to ripen for 2 to 3 hours to blend flavors and harden. *Makes 3 quarts (190 calories per 1/2 cup serving).*

Use the Basic Vanilla Ice Cream recipe for all these variations. Reduce the amount of vanilla to 1 tablespoon. Blend in ingredients after ice-cream mix is cooled and before chilling unless otherwise directed. Try our suggestions below—and then experiment.

Name	Ingredients	Amounts	Instructions
Banana Daiquiri	Ripe bananas Lemon juice White rum	2 cups pureed 1 tablespoon 1/2 cup	Combine puree and lemon juice to avoid discoloration.
French Connection	Unflavored gelatin Cold milk Cognac or brandy Amaretto	1 envelope 1/2 cup 1/2 cup 1/2 cup	Soften gelatin in cold milk. Dissolve over low heat. Stir in liqueurs.
Harvey Wallbanger	Fresh orange juice Galliano Grated orange peel Vodka	1 cup 1/2 cup 2 tablespoons 3/4 cup	Mixture may appear curdled at mixing stage but final product will not be affected.
Lemon Anisette	Fresh lemon juice Anisette	1 cup 1/2 cup	Mixture may appear curdled at mixing stage but final product will not be affected.
Peach Kahlúa	Fresh or frozen peaches  Fresh lemon juice Kahlúa Yellow food color	2 cups mashed fresh or 2 10-ounce frozen packages 2 tablespoons 1/2 cup Optional—3 drops	Combine puree and lemon juice to avoid discoloration. Add liqueur and food coloring at same time.
Teatotaler	Instant tea mix (not seasoned)	1/2 cup powdered	Heat in 1/2 cup milk to dissolve.



# Nobody makes a lemonade cake like JELL-O® Pudding and you.

BRAND



Jell-O and Country Time are registered trademarks of General Foods Corporation.  
© General Foods Corporation 1977.

For one of the most lemony lemon cakes you can make, bake a JELL-O® Pudding lemonade cake. It's a deliciously light and moist triple lemon treat. And the recipe is simple. Start with your regular lemon cake mix. Mix in Jell-O® Lemon Flavor Pudding for more moistness and lemon flavor. Then top it off with a luscious lemonade glaze.

So make a really lemony lemonade cake. After it rises, you'll shine.

## Lemonade Cake Recipe

1 package (2-layer size) lemon cake mix  
1 package (4-serving size) JELL-O® Lemon Flavor Instant Pudding and Pie Filling  
3 eggs • 1 cup water • ¼ cup oil  
Lemonade Glaze

Combine cake mix, pudding mix, eggs, water and oil in large mixer bowl.\* Blend well; then beat at medium speed with electric mixer for 4 minutes. Pour into greased and floured 13x9-inch pan. Bake at 350° for 45 to 50 minutes or until cake tester inserted in center comes out clean and cake begins to pull away from edges of pan. Cool in pan about 5 minutes. Thoroughly prick warm cake with utility fork completely through to bottom of cake. Gradually spoon glaze over cake until completely absorbed. Cool and cut into squares.

**Lemonade Glaze.** Combine 2 scoops (about ½ cup) COUNTRY TIME® Lemonade Flavor Drink Mix, ½ cup water and 2 tablespoons melted butter or margarine in a bowl. Add 2 cups confectioners sugar, blending well with fork or wire whip. (Or use 1 can (6 oz.) frozen concentrated lemonade; omit the water and butter.)

\*For high altitude areas, use large eggs, add ¼ cup all-purpose flour, and increase water to ½ cups; bake 50 minutes.



**Bake in moistness.  
Bake a JELL-O® Pudding Cake.**

BRAND





# \$99.00

Twin Size  
Mattress

**Pocketed coil construction just like  
Sears \$129<sup>95</sup> Sears-O-Pedic Imperial makes this  
mattress an outstanding value.**

**The Innerspring Construction.** Individually pocketed coils carefully cushion body weight for proper comfort and support. (432 coils in twin size. 610 coils in full size. 742 coils in queen size. And 952 coils in king size.)

**Sears Exclusive Mattress-Within-A-Mattress Construction.** Surrounding the bed of individually pocketed coils are heavy gauge steel border coils supported by double wire edge construction. No matter how much abuse the edge of your mattress gets, it resists sagging.

Six plush layers of comfort. Four reinforced plastic handles. Eight air freshener vents. The same construction, but with a different cover.

**The Polymeric Foam Construction.** Sears exclusive contour support construction features hundreds of support cushions to cradle every square inch of your body.

6½ inches of high density polymeric foam for firm, even comfort. Virtually indestructible. Resists sagging, crumbling. Four vented cord handles.

**Innerspring or Polymeric Foam.** It's only \$99.00\* for the twin size mattress. All other sizes, full, queen and king are also remarkable values. Boxsprings also available. At most Sears, Roebuck and Co. larger stores.

\*Prices higher in Alaska and Hawaii

Only at

**Sears**

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\*Prices good from May 29 thru June 25, 1977





# HOME FRONT NEWS

## WOMEN BUY THEIR PLACE IN THE HOME

Increasingly, working wives are bridging the gap in the nation's housing crisis. A recent study by the Joint Center for Urban Studies of M.I.T. and Harvard University reported that only 27 percent of American families can now afford to buy a median-



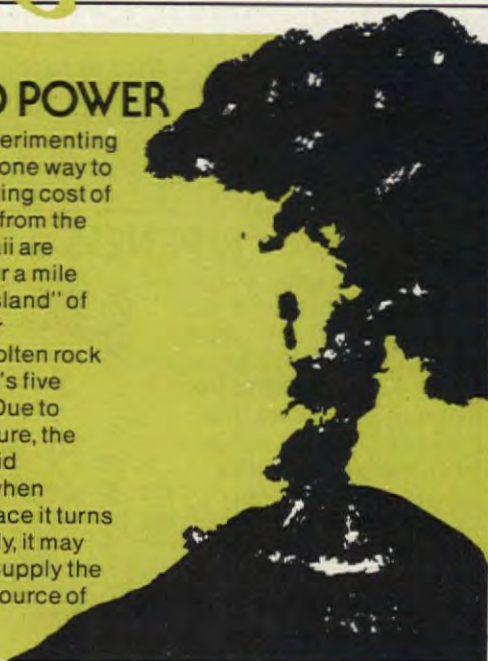
priced single-family home. In the last six years, prices of single-family housing increased twice as fast as family incomes, and monthly costs of homeownership such as taxes, insurance, and energy bills climbed 102 percent.

It is the additional salaries of working wives that have enabled families to buy houses despite the increases. In 1975-76 families with two wage earners purchased 43 percent of new houses, the study noted.

Other options people are taking range from simply stretching already strained resources even thinner to renovating older housing.

## VOLCANO POWER

Hawaiians are experimenting with volcanoes as one way to beat the skyrocketing cost of energy. Scientists from the University of Hawaii are digging a shaft over a mile deep on the "Big Island" of Hawaii to tap water superheated by molten rock beneath the island's five active volcanoes. Due to tremendous pressure, the water remains liquid underground but when brought to the surface it turns to steam. Eventually, it may power turbines to supply the island with a new source of electricity.



## SHOPPERS SPEAK OUT

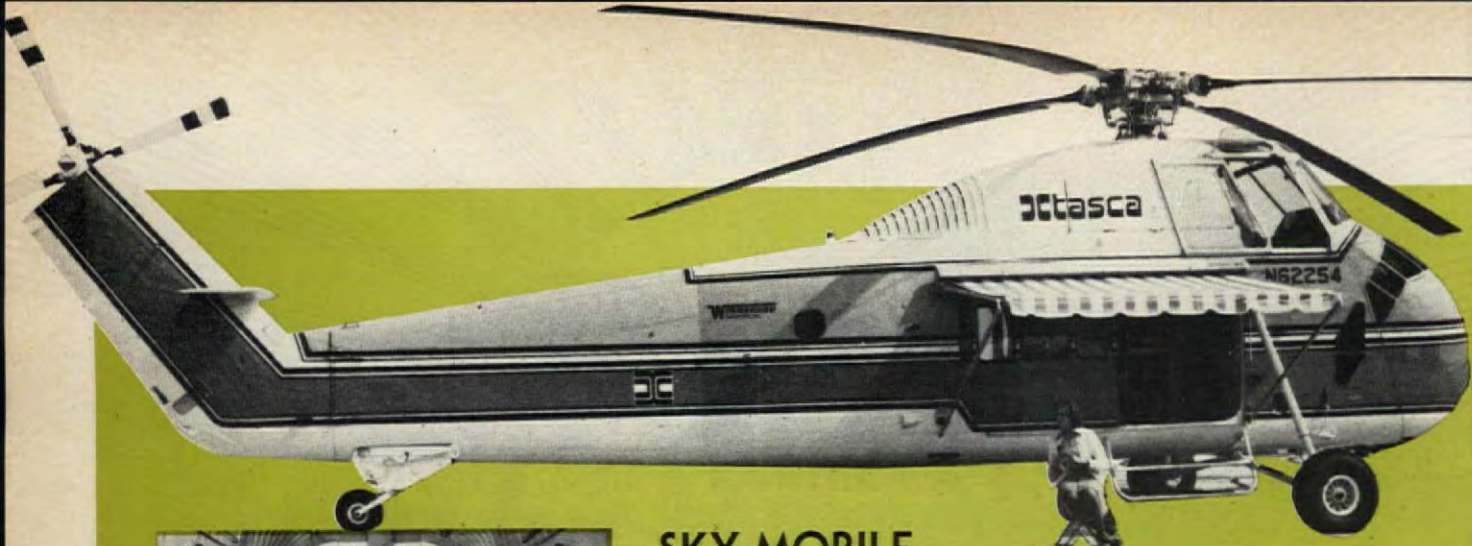
Shoppers across the country are being given a chance to improve the way their local supermarkets do business. Consumer panels, set up by the management at chains like Boston's Stop & Shop, Philadelphia's Pantry Pride, Chicago's Jewel, and Dallas' Tom Thumb stores have given customers input into how stores are run: Everything from changing the delicatessen wrap to designing the cash register tape for a new scanning system. Interested? Contact your local supermarket to see if it has a consumer panel or ask about establishing one.

## LIGHTWEIGHT WINE

Wine is great on a picnic, but how do you transport all those heavy bottles and jugs? Geyser Peak's Wine Sellar is one way to solve the problem. Their Summit Burgundy, rosé, Chablis, and Rhine wines now come vacuum-packed in corrugated boxes with heavy plastic liners. The vacuum means chilled wines will stay cold for hours and opened wines will keep for several weeks. There's a handle on top and a spout on the side. One gallon Wine Sellar is \$6.99 at liquor stores.







## SKY-MOBILE

It's a bird! It's a plane! It's a flying mobile home! Winnebago's new Heli-Home is a helicopter-based mobile home. Designed around Winnebago's Sikorsky H-19 and manufactured by Orlando Helicopters, the new mobile home sleeps six

people and includes bathroom and kitchen facilities as well as stereo, carpeting, and communications system. For information write: Winnebago Industries, Inc., P.O. Box 152, Forest City, Iowa 50436.

## GRASS ROOTS REPORT:

### From Ice To Crystal

An old steel icebox was given to me, badly scratched and layered with several different coats of paint. My husband stripped off all the old paint, then spray-painted the icebox black. We restored the latches and had tole painting (decorative painting done on sheet metal or tinware) done.

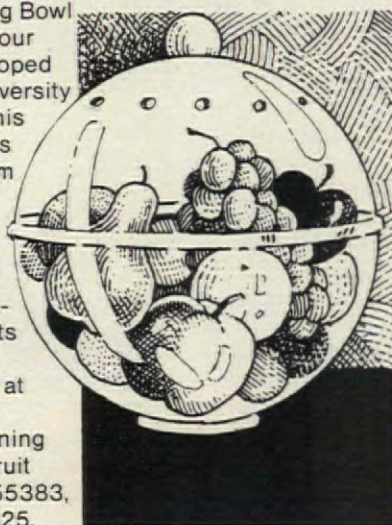


The pattern we chose was of hanging peaches, pears, and grapes. The box now stands in the kitchen and serves as the perfect place for my crystal. We have had many favorable comments on it.

Mrs. Charles Anderson  
Ottawa, Kan.

## RIPENESS IS ALL

The California Summer Fruits Ripening Bowl brings out the best in your summer harvest. Developed by scientists at the University of California at Davis, this domed, plastic bowl has holes around the bottom to allow air to circulate while holding in proper amount of moisture and ethylene (the gas given off by fruit that induces ripening) so fruits ripen evenly without refrigeration. It's \$3.99 at supermarkets. For information write: Ripening Bowl, California Tree Fruit Agreement, P.O. Box 255383, Sacramento, Calif. 95825.



## MONEY TALKS

Thinking about taking the plunge into the stock market? Listen before you leap. E.F. Hutton has prepared a new double-record album crash course for potential investors as a primer on the ins and outs of Wall Street. The album explains basics like what a share is and how to read the newspaper stock-market tables, and goes on to the how-tos of setting up your financial goals and evaluating a portfolio. The course is called *Learn a New Language: Money*; the two-record set is \$9.95 from E.F. Hutton, Inc., One Battery Park Plaza, New York, N.Y. 10004.

## STAMP YOUR ART OUT



Self-styled media addicts Bob Bloomberg and Marilyn Freund have designed a new line of whimsical rubber stamps. The alphabet takes on animal shapes in their Alphabeasts series and the

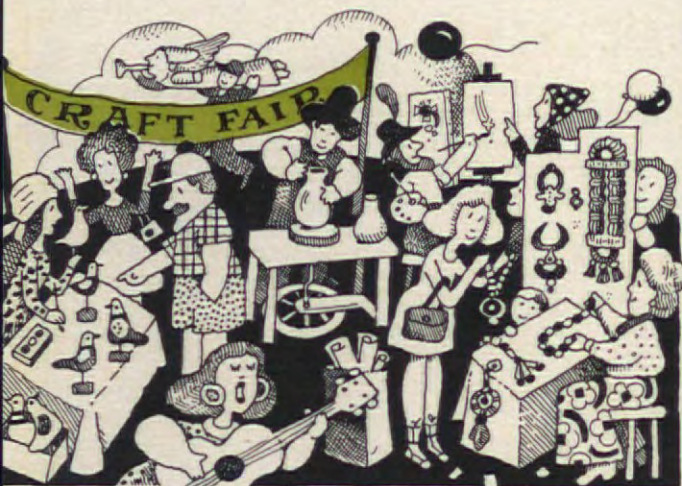
digits one to 10 sprout wings to become Numbirds. Their catalog, featuring almost 200 different stamps and accessories, is \$2 from All Night Media, Box 227, Forest Knolls, Calif. 94933.

## MAN-TAILORED SHEETS

Fashion designer Calvin Klein has brought his clean-lined haberdashery look to the bedroom. His new sheet collection for Wamsutta's Designers Workshop consists of mix and match stripes, tattersalls, and prints. Sheets, pillow shams, and comforters of 50 percent cotton, 50 percent polyester come with coordinating towels featuring the Calvin Klein monogram. Available at department stores.



# ON-THE-GO SUMMER



## FAIR WEATHER CRAFTS

Here are the locations for a few of the better-known crafts fairs to be held this summer:

### June

#### Frederick Craft Fair:

June 3-5, Frederick, Md.

**Kalamazoo Art Fair:** June 4, Bronson Park, Kalamazoo, Mich.

#### Monument Square Art Fair:

June 11-13, Racine, Wisc.

#### Northeast Craft Fair, Ltd.:

June 24-26, Dutchess County Fairgrounds, Rhinebeck, N.Y.; subsidiary of American Crafts Council.

#### Mountain Arts & Crafts Fair:

June 30-July 4, Charleston, West Va.

#### 25th Annual Mother Lode

**Art Show:** July 2-16, Sonoma, Calif.

**Festival of the Arts:** June 5, Mayo Park, Rochester, Minn.

### July

#### Craftsman Fair of the

**Southern Highlands:**

July 11-15, Asheville, N.C.

#### 17th Annual National Rocky Mountain Craft Fair:

July 13-17, Adams County Fairgrounds, Denver, Colo.

#### 18th Ann Arbor Street Fair:

July 20-23, Business area of S. University and "E," Ann Arbor, Mich.

### August

#### 44th Annual Craftsmen's

**Fair:** August 2-7, Mt. Sunapee State Park, Newbury, N.H.

#### Old Time Summer Fair:

August 6-7, Tippecanoe Battlefield, Battleground, Ind.

#### Annual Pacific State Crafts

**Fair:** August 11-14, Fort Mason, San Francisco, Calif.; subsidiary of American Crafts Council.

For a complete list, send \$1.50 for a copy of *Consumer's Guide to Indoor-Outdoor Art Events* to Henry Niles, 5423 New Haven Ave., Fort Wayne, Ind. 46803.

—by John Coyne

## EARTHLY ADVENTURES

Amateur adventurers in search of an expedition can participate in scientific field research studies by joining Earthwatch. Each year this unique organization sponsors projects throughout the world from archeological digs to protecting endangered species. Participants in Earthwatch expeditions make a contribution and become working members of the research team under an



expert in the field of study. For information on upcoming projects write: Earthwatch, 10 Juniper Rd., Box 127, Belmont, Mass. 02178.

## UP UP AND AWAY

Hot air balloon enthusiasts can learn practically everything there is to know about ballooning at The Balloon Ranch, a new Colorado resort. The ranch offers a variety of high-flying activities from balloon rides

to a complete certification course in ballooning. Down-to-earth fun includes riding, biking, and rafting. Write: The Balloon Ranch at San Luis Valley, Star Route, Box 41, Del Norte, Colo. 81132, (303) 754-2533.



## DUPLEX ON WHEELS



Want to take a trip in a motor home—without ownership hassles? One versatile mini-model is the new 22-foot "L'Esprit," with "loft," by Travco, which you can rent in almost any major city for about \$350 a week, plus 10¢ to 14¢ per mile. You can choose from four interiors; all have fully equipped kitchen and bath, but the loft or upper compartment can be reserved with either twin or double-bed arrangements, so four can be comfy. For information write: Travco Corp, Brown City, Mich. 48416.



# BOOKS

## THREE FOR THE BEACH

Vivien Leigh, who was always devastating on screen, as Scarlett O'Hara in *Gone With the Wind* and Blanche DuBois in *A Streetcar Named Desire*, led, at times, an equally devastating life off-screen. Anne Edwards has chronicled it in her biography, **Vivien Leigh** (Simon & Schuster, \$9.95). Seemingly, Leigh led an enviable life—with her indulged aristocratic upbringing, a circle of friends that included Winston Churchill and Noel Coward, and a luminous marriage to Laurence Olivier. But as Edwards' frank

plain looking and downright overweight) encounters the already married American banking tycoon, Paul Van Zale, the result isn't just your expected illegitimate child, but a series of entanglements that range from conspiracy to assassination. The sprawling 800-page story moves from 1922 to 1940 and adds up to some engrossing, easy beach reading.

Don't just set summer aside for escapist novels. Eileen Ford's **Beauty Now And Forever** (Simon & Schuster, \$9.95) is a guide to the reality of getting into good

book reveals, Vivien Leigh was also a manic-depressive who veered uncontrollably from being an elegant, intelligent, witty woman to a "sluttish," wild, "abusive" creature. Sadly, her illness resulted in many bouts with shock therapy, confinement, and, even more painful for Leigh, the loss of a love that has been rivaled only by the Duke and Duchess of Windsor for sheer storybook splendor.

Susan Howatch, who seems prone to writing best-selling romantic stories, such as *Penmarick* and *Cashelmara*, has certainly concocted another with **The Rich Are Different** (Simon & Schuster, \$11.50). When young, poor, and English Dinah Slade (who is, of course, the crafty heroine, but one who is refreshingly

physical shape, particularly for women over 35. An ex-model and head of her own model agency for several decades, Ford offers some sound professional advice on diet, exercise, and make-up, plus a privileged peek at the pampered regimens of some well-known American and European health spas. Ford, who has had facial silicone shots herself, also includes an informative chapter on cosmetic surgery. She backs up her belief, "beauty is not limited to the very young," with photographs and interviews with some famous former models. The well-adjusted ones, such as Suzy Parker, seem to hold to Coco Chanel's definition of beauty: "A woman can only be judged beautiful after she's 40, for then she has the face she deserves."

—by Catherine Bigwood

# MOVIES

## SOUL ON ICE

What better way for 50-year-old Paul Newman, America's best-liked and most durable male star, to prolong his versatile career than with **Slap Shot**, a pounding comedy about professional ice hockey that is unquestionably the most satirically funny, R-rated sports film ever made? George Roy Hill, who directed Newman so smoothly in *The Sting*, pulls out all the stops in *Slap Shot* and pummels the actor, who plays the captain of a fifth-rate hockey team, into what will be regarded as a Paul Newman classic.

With a choice selection of hilarious locker room one-liners, Newman bounces off the highs and lows of a midlife trauma, turning in a feisty and dynamic performance. His team, along with the mill in a Pennsylvania steel town, is scheduled to close at the end of the season. Things are a mess. Newman's wife has left him; he has no chances for a job; he's not ready for the liberated breed of hockey wives; and, even worse, he can't face the prospect of finally having to grow up.

Saddled with a new opening line trio of "cement-headed" young players, who use violence guaranteed to

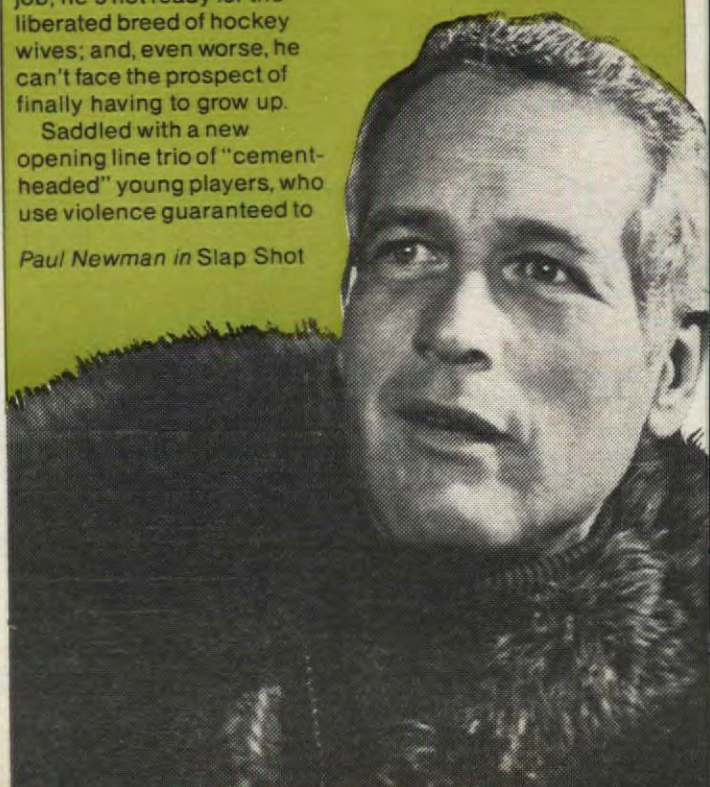
Paul Newman in *Slap Shot*

bring in customers, Newman eggs the team into playing outlaw hockey that will turn them into "win-at-any-cost" champs. His bloody Cinderella tactic works. But, he is such a casualty of a society that overprizes youth and sports, he easily accepts the success of his hollow carnival show as a victory. Newman is sensational and the fast and furious *Slap Shot* is as tricky as the game of ice hockey.

## RAG DOLL ROMP

Enchanting and wholesome without being humdrum, the all-singing and -dancing animated movie of the adventures of **Raggedy Ann & Andy** is a sparkling trip through the world of the light fantastic. Besides the beguiling rag dolls with their string hair, button eyes, and painted noses, the playful film is loaded with characters small children will find irresistible—mad King Koo Koo, The Greedy, a candy monster, and the Camel With the Wrinkled Knees.

—by Daphne Davis

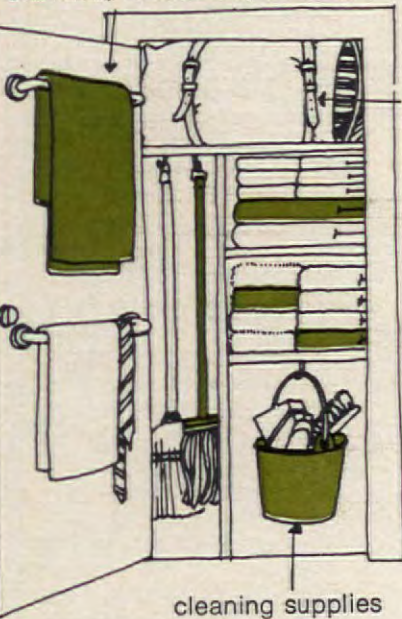




# Space SAVERS

## GETTING MORE SPACE FROM CLOSETS

towel bar for blankets, tablecloths, even ties



cleaning supplies

### Linen Closet

Well-stocked hardware stores or the closet shop of department or variety stores sell excellent gadgets that help to make full use of closet space—special hangers and hooks, racks and rods, even a complete kit with all the fittings necessary to redesign a closet.

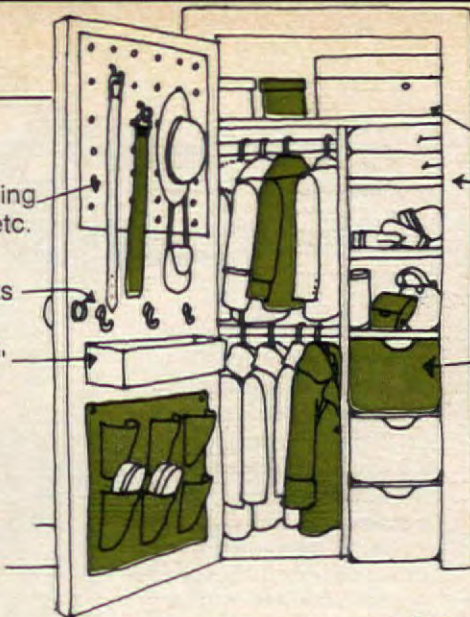
• **Clothes closet** should be designed to accommodate the size and type of clothing to be stored. To do this, first estimate the amount (width and height) of hanging space needed. Put clothes in groups roughly by size, length, and width, ideally allowing about 2 inches of width for each garment. Determine the height of the hanging space by measuring from the rod to the floor or, in the case of a high hanging rod, to the top of the next rod or to built-ins—chests or shelves. Add on a few extra inches for clearance.

pegboard for hanging belts, hats, bags, etc.

hooks

bins for socks, underwear

belts attached to shelf

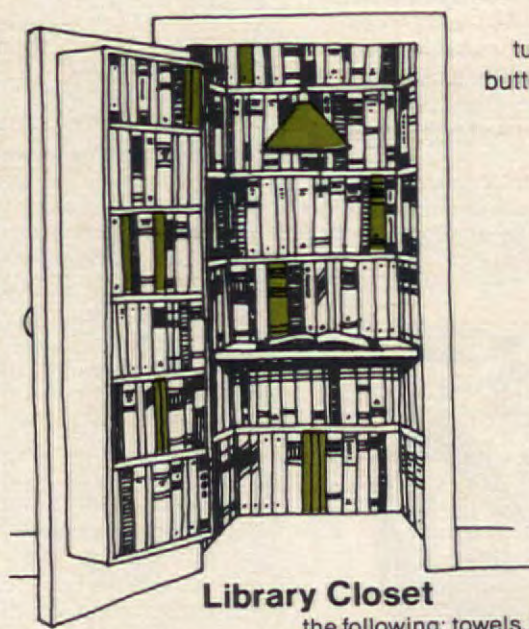


winter clothes  
adjustable shelves

two bars for hanging clothes

folded clothes in chest or plastic bins

### Clothes Closet



### Library Closet

Chests, shoe racks, and so forth can be put under the space left by shorter clothing. Upper shelves should clear the rod by about 2½ to 3 inches and ideally be about 10 to 12 inches deep. If shelves are very deep—18 inches or more—an excellent idea is to put articles of clothing on trays that can be pulled out.

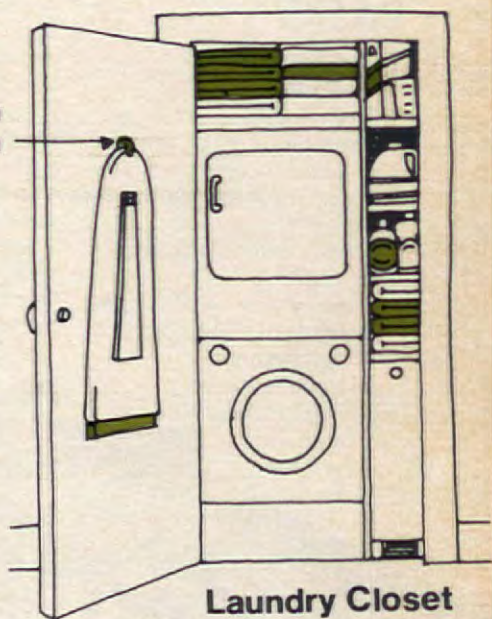
Tie and belt hangers, shoe bags, pocketbook bags, blouse and skirt trees all help make the most of vertical space. Ties, belts, shoes, bags, umbrellas, and more can be stored on a standard swing door but about 5 inches of space must be allowed.

• **Linen closet** should be planned to hold some or all of

the following: towels, bed and table linens, soap, pillows, blankets, toiletries, hamper, and assorted household appliances such as a hair dryer, vaporizer, or sewing machine. Blankets and tablecloths can be hung on large towel bars attached to the inside of a door, and if shelves are shallow, pillows can be strapped on face out.

• **Library closet.** Those lucky to have a spare closet can convert it to a mini-library by lining interior walls and one or both sides of a swing door with bookshelves. These shelves should be planned according to the size of the books to be stored, and should be as shallow as practical—5 to 8 inches for the average book—with the area between generally 8 to

turn button



### Laundry Closet

11 inches. A light, larger shelf for reading, and a stepstool for sitting and/or reaching upper shelves could also be included.

• **Laundry closet.** With the addition of the necessary wiring and plumbing—and provision for venting—a laundry in a closet can be created easily. A standard space-saving stacking washer and dryer can take up as little as 27 inches in width, 25½ inches in depth, and 70 inches in height; and a five-pound mini-unit is only 21 inches wide. Shelves to hold laundry and sewing supplies, an iron, and clean wash can be built around these units.

—Excerpted from *The Spacemaker Book* by Ellen Liman. Copyright © Ellen Liman, 1977. All rights reserved. Reprinted by arrangement with the Viking Press. To order *The Spacemaker Book*, see page 93.





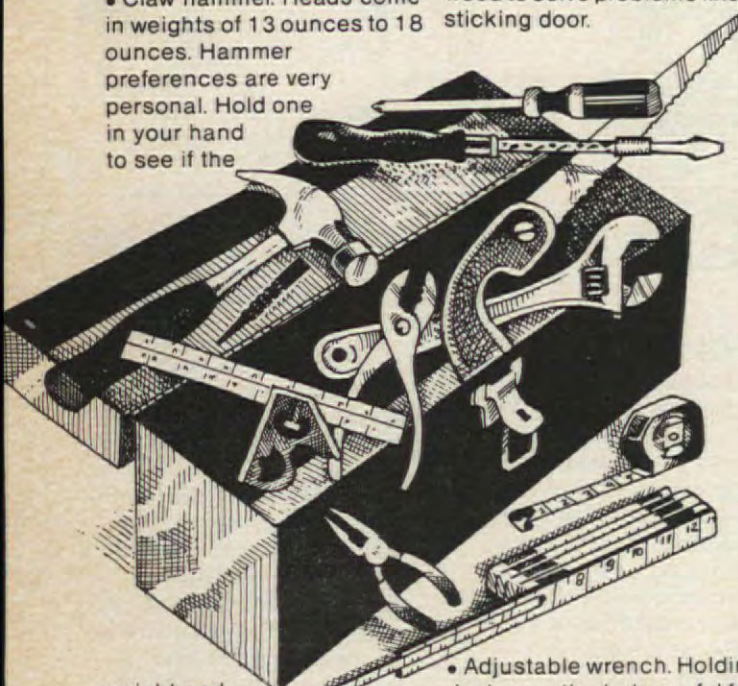
## BASIC TOOL BOX

Every experienced handy-person has a list of "essential" basic tools. Here's mine:

- Steel tape measure, 12 feet long.
- Folding extension ruler, 6 feet long.
- Claw hammer. Heads come in weights of 13 ounces to 18 ounces. Hammer preferences are very personal. Hold one in your hand to see if the

and 1/4-inch tip widths. And a number 1 and number 2 Philips head and/or a yankee spiral ratchet screwdriver with a variety of tips. Simply pushing it causes the tip to rotate and so facilitates the driving of screws.

- Combination square with level for checking squareness and measuring.
- Pliers. One slip-joint and one long nosed. Inexpensive ones do the job.
- Keyhole saw. Can make straight or curved cuts even in out-of-the-way places. Also used as occasional all-purpose saw.
- Chisels. One 1/4 inch and one 3/4 inch of well-tempered steel.
- Surform. A type of wood rasp, removes thin layers of wood to solve problems like a sticking door.



weight and style feel balanced. Claw is for removal of nails.

- Tack puller. For initial grabbing of nail to be removed. Also, it can be used as general prying tool and so save your screwdrivers.
- Nail set. For nailing in awkward spaces or for setting nails below surface of the wood.
- Screwdrivers. Buy quality tempered steel. Three flat-tipped, 1/8-inch, 3/16-inch,

- Adjustable wrench. Holding device particularly useful for plumbing repairs.
- Electric drill. Reconditioned 1/4-inch variable speed is fine.
- Odds and ends: a miscellaneous collection of nails and screws.

—by Joyce Roy

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

## consumer WATCH



## BEAT THE CHARTER CANCELLATION BLUES

Charter flights are great. But the prime reason they're so much cheaper is that you are required to pay for the ticket or tour 30 to 45 days ahead of time, as a guarantee that you'll show up. What happens then if you're forced to cancel because of illness? Or you have an accident during the trip and can't continue? Or you must fly home suddenly because of a death in the family? Can you get your money back?

It's a ticklish problem, according to the consumer advocate's office of the Civil Aeronautics Board. And the answer is: It all depends. The CAB does not make rules about cancellation refunds. Individual tour operators are free to charge whatever they want if you back out, and you can get stuck, as many travelers do, with substantial losses, unless you carefully read your charter agreement and protect yourself. Some travelers have been forced to forfeit the cost of the entire trip as a "cancellation fee."

It's not such a potential problem on the new, advanced-booking charters (ABCs) because tour operators can substitute a certain percentage of passengers in case of cancellation. Sometimes, there's a waiting list and if another passenger takes your place, a reputable tour

operator will refund your money after deducting a small fee of \$20 or so. It's a good idea to check on what the policy is when you make your reservation. On the popular one-stop charters (OTCs), however, no substitutions can be made after the passenger list has been filed with the CAB. If you cancel, the operator can't recoup the loss, and how much he charges you as a penalty depends on the cancellation provisions in the contract. Typically, says the CAB, it's a hefty 50 percent of what you've paid.

One way to protect yourself is by buying trip cancellation insurance, and consumer advocates heartily recommend it. Pat Kennedy, of Ralph Nader's Aviation Consumer Action Project, says she wouldn't consider a charter without it. It's sold by travel agents and tour operators, and if they don't mention it, ask about it. Cost varies, but it's usually about \$3.25 per \$100 worth of coverage. Provisions also vary, but generally it will cover your loss if you must cancel or interrupt your trip because of illness, injury, or death to yourself or a member of your immediate family.

Still, it's not foolproof. Some policies have clinker exclusions, such as injuries as a result of skiing accidents. Insurance often doesn't cover cancellation because of a pre-existing health condition.

The moral is: Before signing up for a charter or trip cancellation insurance, always read the fine print to determine whether in your case the risk is worth the savings.

—by Jean Carper



# Benson & Hedges 100's

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18 mg. "tar," 1.0 mg. nicotine av. per cigarette, FTC Report Dec. '76.



## A Father's Instincts

"What good would they be compared to a mother's instincts?" asked a single father. Quite good, it has turned out.

by Richard F. Koubek

I usually buy my meats in the supermarket, selecting packages quickly and silently from those cool, anonymous bins. But the service in a private butcher shop is superior, I was told—

more personal, more intimate, so to speak. And so it is! It took the butcher just a few moments to notice from my halting manner and stupid questions ("How many halves make a breast?")

that I was a neophyte. My order clinched it ("I'll take one breast, please"). The butcher, at first seemed slightly jealous, then urbanely aware. As he split the chicken breast, he winked and said, "Got a bachelor pad, hmm? Lots of girls?"

"A bachelor pad," I mused. "Lots of girls. Just this week Elizabeth, Jen, Terry, Lisa, and Daniele had stopped over, and of course Heather. I live with her."

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"Wow!" he said with a knowing smirk and another wink.

"Heather is my daughter," I said. "She and the other girls are all six years old."

I've seen that stunned look before. In fact, I am growing used to it. A father—with custody—living with his child? Absurd. Peculiar. Sad.

Three years ago I joined the growing mass of single parents, most of whom are women. Like them I have felt the fear, the sting, the loneliness, and the awesome weight of raising a child alone. This unusual responsibility befell me because my ex-wife had the courage, and I the temerity, to accept the fact that Heather should live with her father.

Me, a single parent! I was hardly prepared for the task. Cleaning a house had always been "woman's work," as far as I was concerned. So too were food shopping, cooking, and all the other homemaking chores. As for child rearing, I knew little more than what my instincts told me. And what good, I thought, would they be compared to *(continued on page 91)*



# Questions From Readers

by Marvin D. Schwartz



My grandmother's family brought this pitcher over from England in 1850. It is seven inches tall, of white-glazed china with deep pink flowers. The bottom has a mark under which appear the letters Rd. No. and the numbers 312035. Any information you can tell me would be appreciated.

—R.W.F., Orange City, Fla.

Your pitcher is a fine example of Staffordshire pottery dating from about 1840. It is very similar to better-known examples decorated with American scenes that were popular in the U.S. between 1820 and 1850. The rococo revival style decoration on this piece was applied by a printing process. The ceramic body is made of the relatively high-fired earthenware developed in England in the late 18th century. The mark Rd. No. 312035 is a registry number, indicating that the design was registered or patented. Later pieces, dating from between 1842 and the 1880s, bore a diamond-shaped sign with a date in code.



We have no information on this pitcher, but it does bear a mark. In a ring enclosing an anchor is the name Homan Silver Plate Co. and outside it are the words "Warranted by." Underneath appears "436 special metal." Could you help us identify it?

—W.C.H., Independence, Mo.

The covered pitcher you own is an example of late 1800s silver plate, a product of an electroplating process developed in the 19th century. The design indicates it was made in the 1880s or 1890s, in a style that was being manufactured all over the country. Similar pieces have the marks of Connecticut and New York manufacturers as well as the Ohio company on yours. Homan Silver Plate Company was a Cincinnati firm that could trace its origins to 1847 when it made a pewter alloy called Britannia. In about 1865, it began silver-plate production.



I bought 12 of these 8-inch white porcelain fruit plates with a Meissen-like mark in blue from a country shop in Green Bay, Wisc., about two years ago. The owner said she got them from a dealer in Boston. A pair of crossed swords appear on the back. Could they be Meissen or are they copies?

—C.B., Neenah, Wisc.

Yes, you do have Meissen; but Meissen is a German porcelain firm founded in about 1710 that has never ceased production. Crossed swords, their most common mark, is on early as well as late pieces. The basket-weave border of your plate is typical of mid-19th century pieces since it is much wider than earlier versions. Flower decorations on 19th-century examples tend to be dark in color and often appear to be applied mechanically. Earlier examples in the lighter rococo style are hand painted.



One of a pair, this decanter has been in my husband's family for years and is thought to be pre-Revolutionary cut glass. It isn't a bright glass, but it is definitely not pressed. Could you verify that it is cut glass?

—V.W.H., Jackson, Miss.

There is no doubt that your decanter is made of cut glass but I doubt that it was made before the Revolution. Its squat shape is typical of the 1815-35 period. The pattern cut into the surface is Gothic. There is a chance that the decanter was American-made, but that is not easily proved.



This lovely old chair has been in our family for many years; we were told that it dates back to George Washington. It appears to be made of walnut. I would appreciate any information you can get us on it.

—(Mrs.) J.I.K., Fairhope, Ala.

Your chair is an example of American Empire style that is sometimes hard to date precisely. The style came into fashion in about 1810 and was still popular in the 1840s, so that it is not likely your chair was made before George Washington died, in 1799. It is done in a simple design cut rather than carved decoratively to lessen costs. The same model is sometimes found in painted chairs that have stenciled floral designs.



This vase was recently given to me and I understand it is quite old. Standing 11 inches tall, the vase is made of clear glass with a translucent over-glaze that changes color in different light intensities. There is no visible manufacturer's mark or any artist signature anywhere on the vase. I would like to know more about its origin and age.

—I.C.A., Santa Cruz, Calif.

The vase illustrated in your photograph is a fine example of turn-of-the-century glass. Very likely it was made in France where the use of landscapes in low relief was particularly popular. The glass maker who made this piece in the late 19th century shared with Louis Comfort Tiffany a preference for near-Eastern shapes and iridescent surfaces. Tiffany was very influential among the glass makers of the period but he never employed landscape as an ornamental scheme. The Daum glasshouse of Nancy was one that did work like this although their work often bears the Daum signature near the base.

We can't appraise an object for you, but we can tell you about its style and origin. Send only clear black-and-white photos (no color) plus descriptions including details the 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. Questions of general interest will be published.



# Maternity Bills: Who Pays?

Take these steps to be sure you are getting all the benefits you are entitled to.

by Sylvia Auerbach



Should the controversy over maternity benefits be viewed as a "women's movement" issue? Absolutely not. Paying for maternity bills is, as it always has been, a family concern. And anything that affects those bills—from Supreme Court decisions to negotiations for employee benefit plans—is the business of both husband and wife.

But the situation is changing. Formerly, most maternity benefits were part of a group health plan—available as a fringe benefit through the husband's job and paid for partially or entirely by his employer. Then, as more women took jobs, the benefits sometimes came from their employers as well (though often they weren't as complete as the benefits available from the husband's job). Typically these family policies paid for all or part of the hospital costs of the confinement and the obstetrician plus other related expenses.

**Maternity disability.** Then a group of women employees at General Electric Company decided that the Civil Rights Act guaranteeing equality for women included the right to consider preg-

nancy and pregnancy-related complications as a disability—for which they should collect sick pay while temporarily away from their jobs. Men, they argued, received disability pay during their stay at home recovering from such male-only operations as circumcisions and prostatectomies. The Supreme Court thought differently when it ruled, last January, that GE was not discriminating against women when it excluded pregnancy-related disabilities from its benefit plan.

But that is not the final word. Since the Court's decision was based on the question of equal rights, Congress can still amend the Civil Rights Act so that maternity disability payments are granted to women as sick pay.

**Controversial cases.** Some states already do include pregnancy as a disability for which women can collect maternity benefits equal in proportion to the benefits provided in a health insurance policy for other illnesses. And the Supreme Court has a case pending that will decide if the denial of sick pay and seniority rights to employees on maternity leave is sex discrimination.

The outcome of these issues could have an impact beyond the specific cases involved. It's entirely possible that the decisions of the Court and the Congress may be the basis for maternity benefits to be provided under a National Health Insurance plan—if such a plan is adopted.

So it's not surprising that Blue Cross, private insurers, state insurance departments, employer and employee groups are following these developments avidly and letting their legislators know how they feel—since their budgets are bound to be affected.

As consumers, shouldn't we do the same? Our budgets, too, will be affected. We may get better benefits—but we may also have to pay part of the cost, in higher taxes, or higher health insurance premiums, or reduced fringe benefits to compensate for expanded maternity benefits.

**Act now.** While the issues are being decided, however, there are some steps you should take right now—if you are pregnant or planning to become pregnant—to be sure you are getting all the benefits you are entitled to under present laws:

1. See that your present plan is adhered to. The Court's decision doesn't mean current contracts that included disability pay for pregnancy aren't valid. They are. (continued on page 94)

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EL PASO—Charlotte's Carriage House  
FT. WORTH—Plymouth House  
HOUSTON—Black's Carriage House  
Georgetown Manor  
HURST—Manor House  
LUBBOCK—Concord House  
LUFKIN—W. H. Johnston Co.  
ODESSA—Castevens Furniture Co.  
RICHARDSON—Fowler's Carriage House  
SAN ANTONIO—Georgetown Manor  
WICHITA FALLS—Spears Carriage House

**VIRGINIA**  
ROANOKE—Kweller's Ethan Allen Gallery



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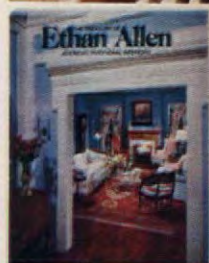


MEET THE PEOPLE WHO MAKE THEIR FURNITURE DECISIONS AT ETHAN ALLEN.

Speaking of family, we've got one now! Jamie's 5 months this week. See him asleep in his little cradle? That's from Ethan Allen, too.



Now with Jamie, I can't always browse around the Gallery, so I browse through their Treasury. 392 pages of pictures and ideas, free. They never let you go home empty-handed at Ethan Allen.



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That's how we feel about our furniture, too. And it's why I fell in love with the things at Ethan Allen. They seem committed to making really fine furniture, in styles that never go out of style, like this canopy bed Judd and I picked from their Heirloom Collection. Sometimes I lie awake imagining it was handed down to us by a great-great-grandmother.

When I think about what life was like years ago, when people cherished their few possessions, I realize it's not so different now. Judd and I think about every piece before we buy it, to make sure we get the kind of quality and value we want. You can tell just by looking at it, this furniture is going to last a long time—I bet Jamie inherits this bed! Then it really will be an heirloom.



You know, when our friends come over they can't believe we can afford to buy such good furniture. When I tell them it's all from Ethan Allen, they're even more impressed. They don't realize how affordable Ethan Allen really is.

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
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# HOW TO BUY A HOUSE AT A SHAMEFUL SAVINGS



by Maxine Daley

**R**emember that little gray frame house you looked at last spring—the one with the white shutters, the red brick fireplace, and the real hardwood floors? You didn't buy it because it was more like a cracker box than a salt-box. For one thing, it had only one bath. Oh, there was room to add another but who wants to get into the old remodeling hassle? The kitchen was right out of *The Waltons*. No formal dining room, of course. The third bedroom was a closet without hangers! Can you believe that they wanted \$42,500?

Surprise—that same gray frame house with the single bath is up for sale again. Hardly a year has gone by, but the new owners did a few things more or less in passing: ripped up the old carpets, refinished the hardwood floors underneath, fixed a few loose bricks in the fireplace, painted a little here and there inside. Big deal, all in all, about four weekends of work. Now they're asking \$62,500.

Which leads us to the first thing to remember if you want to win the house-buying game:

## THE ONLY WAY TO BUY IS TO BUY

The cracker box you couldn't get out of fast enough may soon be beyond your reach like, maybe, next Monday. When you see a house you think you can live with at a price you can live with—even if it's the first house you've seen—consider making an offer on the spot. If where you're trying to live is a seller's market (more buyers than sellers), shopping around could prove to be a painful luxury.

Here's the scenario: It's a lovely afternoon, just perfect for house-hunting. The first house you see is really not all that bad; with a little fixing up it might work. But, being a sane adult on a serious mission involving a large expenditure of money, you'd like the

privilege of looking at a few more houses first. And you'd like to spend more than just one weekend doing it. After all, how can you be expected to know what you're buying when you have nothing to compare it against? But the more you look, the better the first house looks. You decide to stroll through it again next weekend. Next weekend it has a big fat "Sold" sign.

## DON'T LET YOUR HEAD RULE YOUR HEART

Love at first sight counts in houses, too. Gus Fisher, who sells Spanish villas in the Hollywood Hills, and "starter" houses out in the San Fernando Valley, says, "You will never 'buy at a shameful savings' if you let your list of 'requirements'—number of rooms, square footage, built-ins, formal dining room, baths—overrule your emotional response to a house." Another thing, he says, is to look for a house that may need some work but is surrounded by more expensive houses, not vice-versa.

## DON'T BUY A "MAKE-UP JOB"

You will never buy at a "shameful savings" if you buy some other woman's—or speculator's—cosmetic touches. This is a mistake of basically insecure people who buy a house because perishables like the carpets and draperies actually *match*, or because there is not one, but two crystal chandeliers, one of them in the guest bath! Never mind that the chandeliers cost \$99 each and anyone could buy them at any lighting-outlet store. Then there is that flocked Victorian motif wallpaper in the wet bar with the cunning little imitation gaslights flickering on the wall like a wee bit of little old New York. The irresistible entry is done in a lovely, mellow parquet that meets the wall-to-wall carpet in the living room. So enthralled

are this couple by the decor, they fail to notice that the parquet floor of the entry is the only hardwood in the place; the rest is concrete slab. And they also miss the fact that the edges of the carpeting bear suspicious stains as if water had welled up from below. Is there a crack somewhere? There is a large, permanent-looking damp spot on the ceiling of the master bedroom, too. But they never look up because they're still basking in the glow of the two crystal chandeliers. Down in the cellar, the heater has an imposing red tag on it proclaiming for all the world to see that it is kaput ... not up to the code according to the gas company. On the roof there is a distinctly non-cosmetic crack outlining the chimney that appears to be going its own separate way from the house. They see none of this. How do I know all of this? Please don't ask embarrassing questions. It was a *steal* at \$52,500—but who stole what from whom is still being debated by the couple who bought a "make-up job."

## PLAIN JANES ARE OFTEN BEAUTIFUL UNDERNEATH

This very same couple two hours earlier fled, hand in hand, from a so-called "fixer upper." For openers, it looked like Bonnie and Clyde had been holed up in it for a year. The sink was full of coffee grounds and dishes with egg stains on them. The real brick fireplace had actually been *used*, for it was all black inside; there were a couple of loose bricks, and the falling mortar was lying around on the hearth (and as everyone knows, such inattention to small problems must indicate hidden, more serious problems). The leaded glass windows were opaque with filth, and one could hardly tell they were leaded anyway because of the woman's grape ivy plants trail- (continued on page 78)



# JET-SET TYCOON

"I'd get on the Monday morning plane sobbing. I felt awful." Vicky Davis' guilt was wrenching. In her Oak Park, Mich., kitchen she recalled those early days in the necktie business and for a moment relived that feeling. "I had to separate my reasons for feeling uncomfortable and finally decided it wasn't my guilt. It was more a matter of not doing what my friends expected. They'd say to me, 'You silly girl. Why do you want to work so hard, want to leave your family, when you have a nice husband to take care of you?'"

Worse, there weren't any profits.

Over the past six years, sometimes painfully, Vicky Davis, neighborhood cake baker, has evolved into Vicky Davis, necktie tycoon, with an apartment-showroom on Manhattan's Park Avenue. Seven years ago she would have giggled if anyone had suggested she could become a business success.

"I was Mrs. P.T.A.—from room mother to president. I was like Mrs. Perfect Suburban Housewife. I was afraid to fly. My husband Larry handed me a phenobarb and regretted it for years," she rattles on, recovering her mile-a-minute bubbling style.

At 7 A.M. any Monday morning, you'll find Vicky Davis hopping the Detroit-New York jet for a nonstop week of showing her ties to America's deluxe retailers—"Sometimes from the bathroom shower rod if the ties are wrinkled and need steaming."

Friday, bakery-bought cake in hand, she's on the 3 P.M. flight back home to a ranch house on a tree-lined street in suburban Detroit to spend the weekend with Larry, their two college-age sons, three cats, and an aging poodle named Jake. "I come back to reality fast," she says. "My family rushes me directly from the plane to the supermarket to buy food for Friday-night dinner. I stand in the kitchen cooking, at the same time making calls back to New York to set up appointments for the following week."

"Being a jet commuter with a shopping bag filled with 'Vicky Davis' neckties who turned a basement-born business into the main source of

How perfect suburban housewife Vicky Davis switched from cake baking to tie making.

by Marji Kunz

family income, makes Vicky Davis one of the more unique P.T.A. graduates. More remarkable, though, is that last September Vicky was one of the stars at the fashion industry's equivalent of film's Academy Awards. For her necktie designs, she was singled out to win a Coty Award—the highest accolade in American fashion—and was instantly plummeted into history along with fashion luminaries such as Norell, Blass, and Halston.

But Vicky Davis feels even prouder of another accomplishment. She's conquered her fear of what she calls The Husband Voice. "I mean that voice men sometimes use when talking to women to make them feel inferior. It's an impatient, don't-bother-me voice that men seem to take for granted, but terrified me when I first started telephoning stores. One time a retailer shouted at me, 'What's a little lady like you doing bothering a big store like me?' I froze. I didn't make another call that day," she admits. "It's tremendously important for women to understand that Husband Voice when they encounter it and to learn to deal with it. I keep a note by my telephone to remind me. Now if somebody speaks to me with that voice, I talk stronger, louder, faster, and more directly. It works."

Vicky took for granted that her business career was over when she retired as a legal secretary to await the birth of her first child. For 16 years she quietly baked cakes and threw herself into P.T.A. work and local politics. Eventually both sons were out of sixth grade—it was over. It was a letdown. "I was such a protective mother that when my son Robbie (now 22) went to summer camp nearby, I'd take Kenny (19) every day to the camp to check if Robbie was all right. We spent hours peeping through the fence.

"I knew eventually the boys would leave home and I had to be prepared." She simply beat them to it. "It's kinda nice," offers Robbie. "People make jokes about kids growing up and leav-

ing home. Our mother grew up and left." Away but not really absent. "Robbie would call me in New York to ask how to bake a potato. The boys and Larry and I would talk every night by phone. Larry and I had more to say to each other on the phone than we used to say sitting next to each other watching television."

Actually it was only two years ago that Vicky took the apartment on Park Avenue and officially moved her business out of the basement. By last year



*Marji Kunz is the fashion trends columnist for the Detroit News and the winner of this year's J.C. Penny fashion reporting award.*





PHOTOGRAPHED BY J. BARRY O'ROURKE

the business was making enough money so that Larry could quit his job as a carpeting sales manager to join his wife's firm. "Even when Larry had his own job, he'd take vacations to go with me to men's wear shows and conventions." The entire family has swatched fabrics into the night the way other families play Scrabble and Monopoly together.

Vicky didn't gamble much when she started. She spirited some fellow P.T.A. mothers who were also at loose ends

*Above, Coty Award-winning tie designer Vicky Davis carries her samples to New York stores in a shopping bag. Left, in her shipping/receiving room, Vicky examines fabric with the supervisor, her husband, Larry. Below, designer with exclusive finished product: she makes only 100 neckties from each carefully selected fabric.*



into her Oak Park basement where she served them TV dinners and champagne (for lunch yet), and put them to work scissoring and sewing neckties. "I was in the tie business for \$28—\$3 to register our name and \$25 worth of fabrics. This is still the land of opportunity—I'm proof. But this isn't just my business. It's my baby. I've nurtured it from a basement."

Vicky started making neckties in the first place because she couldn't find any she liked to buy for husband Larry when they went on a cruise six years ago. "Somebody recently said they think I'm still picking tie fabrics with Larry in mind and maybe they're right." Naturally, Vicky's neckties were the conversation of the cruise—numbers like long four-in-hands dripping with ruffles for formal wear.

"Making neckties wasn't so unusual then," says Vicky. "During the tie-boom a lot of women made neckties. I was the only one who went all the way. It wasn't easy." That's an understatement. In those early guilt-ridden days friends told her she was "a little crazy." Her sister was more blunt: "What's the matter with you that you can't be satisfied with your work on the zoning board? Why can't you be happy with your life?" Those were the days when Vicky worked off her guilt by doing laundry Sunday afternoons and cooking a week's worth of meals every Saturday to leave for the family.

She made no profits for five years and kept hitting Larry for business loans. Once she ran out of money in New York. "I just couldn't ask Larry for more so I begged a friend to let me spend the night in his sweater showroom. I slept on a mattress of cashmere sweaters."

On her way to the Coty Award and to selling ties to 80 crème de la crème stores (such as Saks Fifth Avenue, Neiman Marcus, Brooks Brothers, Bergdorf Goodman, and Bullocks Wilshire) Vicky learned a lot. One men's wear salesman warned her she'd never be a success. "You don't know how to screw people," he told her.

Vicky loves to relate tales of her naïveté: "I bought fabrics at retail to make ties. I used to buy fabrics in Hudson's basement and then take the ties to the (continued on page 72)



## Be a Good Sport

Rx for preventing summer sports injuries.

by Eva Zelig



Summer's here. You yearn to stretch those winter-weary, house-bound muscles. You vow to get in shape by playing tennis, riding a bike, running, or swimming. Whatever the sport, you want to plunge ahead to make up for months of inactivity. But here's where trouble starts. Remember that strenuous physical effort after months of sedentary living can be dangerous if you're not in good physical condition.

Sports medical specialists recommend a thorough examination before subjecting your body to the stress of exercise. And if you're over 40 and overweight, the checkup should include a test that measures the heart's activity while you work out on a treadmill or stationary bicycle.

At the beginning, a modest amount of exercise done regularly is more beneficial than sporadic bursts of strenuous activity. Keep in mind that each sport makes specific demands on the body; each involves different muscle groups requiring different conditioning and skills. Here first are some general rules to keep in mind:

1. Before attempting any sport always condition your body with warm-up exercises (see page 30). This will help reduce the risk of injury to muscles and tendons caused by sudden exertion.

2. In very hot weather beware of heat exhaustion by stopping to rest when you are tired. Wear loose cotton clothing that lets the body breathe. On cool days wear a warm-up suit to keep the muscles from getting chilled.

3. Never engage in strenuous sports activity on a full stomach.

4. During play replace fluid lost through perspiration by taking small sips of water instead of large amounts.

5. If you develop any local tenderness, stop; it's nature's way of telling you that you're overdoing it.

### TENNIS

Start out with caution: If you play strenuously, without adequate warm-ups, and don't employ correct technique in striking the ball, you can end up with painful muscle strain and elbow ailments that can keep you off the courts all summer and cramp your style in other ways.

It has been estimated that tennis elbow—a tear in the muscle or tendon

caused by stress on weak forearm muscles—plagues over half of all novice players. The key to prevention, says orthopedic surgeon Irving Glick, team physician for the New York Aples, World Team Tennis Champions, lies in proper warm-ups, in your choice of racquet, and in how you hit the ball.

He suggests a racquet that's not too heavy and that doesn't have too large a handle for your hand size; a metal racquet produces less strain on the elbow. Gut rather than nylon strings are easier on the muscles, and the stringing shouldn't be too tight. It's also a good idea to switch to lighter balls that lessen the impact when struck.

When you first step on the court, begin by practicing slow, smooth, leisurely forehands for at least two minutes, Dr. Glick counsels. "Make sure to follow through on the stroke to warm up and prime the arm muscles." Because 80 percent of tennis elbows come from improper backhands, if you experience pain on this stroke, Dr. Glick suggests switching to two-handed backhands. "You may not have quite the reach but you'll hit better. The important thing to remember is to lean into the ball at the time of impact, using your entire body for power instead of just your arm."

### RUNNING

Widely promoted as an excellent exercise to prevent heart attacks, running tones up the muscles, gets the heart pumping, lowers blood pressure, and helps you relax and sleep better.

But what about the hazards peculiar to running? They include low-back pain, runner's knee, muscle cramps, heat illness, general soreness, and shin splits—an injury in which muscle fibers pull away from the shin bone.

To prevent these, "train don't strain," is what Dr. George A. Sheehan, a cardiologist from Red Bank, N.J., tells novice runners. "Listen to your body. Stop when it tells you to stop. Most people attack the sport instead of enjoying it by building up to it gradually. They think that the more it hurts, the better it must be."

Before running, Dr. Sheehan suggests that you *walk* first. Start with a daily 10- to 15-minute brisk walk mixed with slow jogging. You can build this routine to a quarter of a mile and then to a mile in two weeks. "Eventually," he adds, "if you run 15 to 30 minutes four times a week, you'll be on the road to fitness."

Whether you run alone or with a companion, *talk* while running. "You should run at a conversational pace, a speed at which you can talk without straining," says Dr. Sheehan. This means that your blood is sufficiently oxygenated to allow the respiratory system to operate correctly.

He counsels warm-up exercises after as well as before running. "Because running tends to shorten the muscles at the back of the leg resulting in stiffness and cramps, you should stretch them after each run."

### SWIMMING

Physicians agree that swimming is one of the best sports for exercising all the muscles. It's also excellent for weight reduction because the body is forced to speed up its metabolism to counteract the cooling effect of water and this requires great expenditure of energy. A brisk 15-minute swim can burn 125 calories.

But watch out for cramps. Those painful muscle contractions, often caused by plunging suddenly into the cold water, usually affect swimmers' arms and legs, but virtually any muscle can cramp.

Dr. Willard Krehl, of Philadelphia's Jefferson Medical College, attributes the cramp (*continued on page 30*)

*Eva Zelig, a New York-based writer and frequent contributor to medical publications, runs six miles a day.*



# "We're looking for people to write children's books."

If you ever wanted to write and be published consider this opportunity.

by Francis Gemme

We need writers. There are over 150 publishers of books for children and more than 250 magazines, all of which have a need for writers.

Have you ever read a children's story and said, "I can do better than that"? Have you ever deplored the lack of good new literature for young readers? Do you love children? Do you want to do something important with your life? Do you want the personal satisfaction and the rewards that come with writing for children? That very attitude may be the clue that you can do it, for the desire to write must come first.

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Francis Gemme, a Founder of the Institute of Children's Literature, is the President and Publisher of *Gallery Books* and former President of Young Reader's Press.



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citement, and the great satisfaction of doing something important with your life. When you complete this course, you will be a trained writer with a future. And what a future!

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*Francis Gemme*

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(Province)

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## HEALTH & BEAUTY

*continued from page 28*

to sudden immersion in cold water causing an involuntary response in the nervous system. Peripheral circulation is shut off; the nervous stimulus combined with local accumulation of lactic acid causes the muscle to contract.

According to Dr. Krehl, the key to avoiding cramps lies in warm-ups prior to swimming.

What can you do if you experience a cramp? Above all, don't panic. Try to relax the limb as much as possible and massage the cramped muscle. Don't try to use the affected arm or leg; it only aggravates the cramp. Call for help, or float the cramped limb, and paddle to the shore using the other. Once out of the water, keep massaging to increase circulation and wrap the area in a warm towel."

## BICYCLING

If you're joining the rapidly growing number of bike enthusiasts, you'll find that cycling is a fun way to keep in shape, but you should be aware of ways to avoid bike-related injuries.

Safe biking starts with choosing a bike of proper dimensions so that you can control it well. Handlebars should be almost level with the seat. Adjust your seat so that your leg is nearly straight when the pedal is in its lowest position.

When the seat is too low, the legs are constantly flexed and the muscles at the back of the legs never stretch out. This leads to thigh cramps, improper muscle performance, and not enough power for easy maneuvering.

Medical specialists also emphasize the importance of pedaling only with the balls of the feet, never with the arches or toes. This method, known as ankleing, enables your muscles to work at full capacity.

Posture is also important; the forward racing posture is most efficient because it allows maximum use of leg, back, stomach, and arm muscles. Don't lean from side to side as you pedal; this wastes energy and will soon tire you.

Ability to stop your bike in an emergency without losing balance and control can save your life. Test yourself: Place a board on the ground. About 10 feet from the board, and parallel to it, draw a chalk line. Ride toward the board at normal speed and apply the brakes as soon as you cross the line. You should stop within three inches of the board.

When carrying a child on the bicycle, never buy a seat that fastens on the handlebars. The rear-fitting types are safer. Select a molded seat with leg guards that will keep the child's feet from tangling in the spokes. □

## The 10-Minute Warm-Up

Do these exercises very slowly and concentrate on stretching the muscles and tendons. After each exercise breathe deeply, inhaling through the nose and exhaling through the mouth.

1. Start by jogging, jumping, or marching in place for a couple of minutes. Now, stand on your toes, look up, and stretch your arms above your head reaching for the sky. Feel the pull in your arms, torso, and calves. Relax. Repeat this three times.

2. Shake your arms and hands as if trying to dry them off. Now, swing your arms forward in full circles three times. Reverse the swing. Shake arms and hands again.

3. Stand with feet comfortably apart, hands on hips. Bend to the left, forward, and to the right. Come back up. Bend to the right, forward, and to the left. Repeat three times on each side. Always rotate the body from the hips. Feel the pull on the torso and the back of the legs.

4. Stand with feet apart and just let your upper body and head hang forward. Don't force yourself to touch your toes unless you're flexible enough to do so. Count to 30 and come up.

5. Stand with feet apart, firmly planted, arms horizontal. Turn your head to the right and look at your fingertips, right hand. Slowly turn to the right; let the right arm go as far back as it can and follow with your head. Keep looking at your fingertips. Slowly rotate back to center position. Repeat this on the left side. Do each side three times.

6. Stand with feet apart, right arm touching your right leg, left arm over your head. Bend to the right slowly and slide your hand down your leg. Go over as far as you can. Come up and slide down the left leg. Do three times on each side.

7. Take a giant step in front of you with the right leg. Keep the left heel in back flat on the ground. Slowly bend the right knee. Feel the pull behind your left knee and in the back of the leg. Bend slowly, don't bounce. Reverse with left foot forward. Do each leg three times.

8. Put both hands around your right knee as you pull it up to your chest. Slowly try to pull it up to the right armpit. Keep your back straight. Repeat with the left leg. Do each leg three times. —E.Z.

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6 medium potatoes  
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and/or green cabbage  
½ cup chopped red or  
green pepper  
½ teaspoon salt  
¼ teaspoon pepper  
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Calorie Thousand  
Island Dressing

Cook, peel and cube potatoes. Combine with cabbage, green pepper, seasonings and dressing; mix well. Chill. Serve in bowl lined with cabbage leaves and garnish with pepper rings if desired.  
6 to 8 servings



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# SUMMER WRAP UP

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**Summertime and the living is healthier . . .** Tone up before you hit the tennis courts or golf links. And take a cue from women athletes—the new beautiful people—on preventing the potentially damaging effects of sun and water. Eat well and keep your heart healthy this summer with some simple tips and delicious recipes.

**Summertime and the living is breezier . . .** On this page, another streamlined idea: an easy-to-sew, easy-on-and-off wrap dress that keeps its cool. For more views and information, turn the page.





Floral Bouquet Wrap

PHOTOGRAPHED BY GUY LE BAUBE

Cool Halter Sundress



# SUMMER WRAP UP

Simple to sew,  
a breeze to wear...  
quick wraps for warm,  
sunny days.

You can sew them in a jiffy, get in and out of them in a wink—a collection of wraps to solve the what-can-I-wear-today? problem for the entire summer. **Cool Halter Sundress**... A thousand flowers grow in a garden print to stitch up into a sliver of a dress that shows off a tan (Very Easy Vogue Pattern 9757). The mini-floral print is a Liberty of London lawn that's yours for the mail ordering from Richard

Brooks Fabrics.

**Floral Bouquet Wrap**... A kimono-sleeved dress (Very Easy Vogue Pattern 9720) wraps in the back with long skinny ties. Its big bold garden print in sun-struck colors blooms on a shiny cotton chintz by Peter Pan Fabrics. Add a batch of rainbow bangles in satiny brights. Bangles and button earrings by Peter Catalano for P.C. Designs.

**Sizzle Stripe Skirt**... A bold and bright stripe skirt in purple, red, gold, and blue pairs with a red-hot one-shoulder top (both Very Easy Vogue Patterns: the skirt is 9782; the top is 9780). The

stripe is a country fabric by Liberty of London; the top is in Skinner's easy-care polyester. Danskin tights, Unisa espadrilles, earrings from Peter Catalano for P.C. Designs. Hair by Ernest and make-up by Margaret, both of Cinandre. All make-up from Charlie by Revlon. On the face, Fresh New Makeup in Light Beige. For healthy cheeks, Real Live Blush in Pure Creme Rose. Eyes look soft with Fresh Fresh Eyecolor in Indigo Blue on the lid, Smokey Rose as a highlighter. Lips glisten with Extra-Extra Shine Lipstick in Real Red. —PAT SADOWSKY



It's easy as one-two-three when you wrap yourself in a surprise package special. There are no buttons, snaps, or zippers, so wrapping can be done in seconds—unwrapping, too. All of these clothes pack in a wink, look

cool and collected any time of day or night. Stitch and stuff a soft sculpture chubby bracelet from Vogue Pattern 1634 (previous page and above). It's a thrifty way to use leftover fabric scraps. Panty hose by L'eggs; Unisa

espadrilles; necklace and bracelet by Monet; mini-floral-shape earrings by Cathy & Marsha for Catherine Stein. For more information on fabrics and accessories, see Shopping Guide, page 74.



Sizzle Stripe Skirt



# BARREL OF FUN

Turn on to hot tubs—  
the updated California version of traditional  
Japanese communal baths.

by Mark Chester

**S**ounds of crickets chirping and the swoosh of whirlpool jets mingled with the sighs of pleasure coming from the four people in the redwood tank in the backyard of a San Francisco home. Inside the tub, as the hot water swirled around them, their voices rose and echoed happily in the damp, chilly night air. They were "hot tubbing," the latest California sensation—bathing in a redwood tub from 4 to 8 feet in diameter and 3 to 4 feet deep, equipped with whirlpool jets in water that averages from 100 to 105°F.

"When the fog comes rushing in and you're sitting in the tub, nothing is more fabulous," says Chris Cutter, a San Francisco television producer. Constance Courey, a psychotherapist with a hot tub, loves that feeling too: "To be

in touch with the cold rain on your face and the cold snapping air while feeling the heat is incredible. It's a poem right there."

There is no prescribed time for tub bathing. Tub owners bathe daily or several times a week, some as often as two or three times a day. Hot tubbing is invigorating to some, tranquilizing to others. Some like to bathe in the early morning, while others prefer the late evening to release tensions from a day's work. Says Marshall Flam, a physician from Fresno, "It's healthier to jump into a tub than into a bottle of booze."

Hot tubbing is used for relaxing, for socializing, for its therapeutic benefits—and the tub itself is valued as an aesthetic addition to the house.

For centuries the Japanese have soaked in wooden tubs as a form of relaxation, as a ceremony and as a family affair. In the last few years Californians have modified tub bathing to their own environment and personal

tastes. Everyone is enjoying it—young and old, singles, couples, families. Those who own and sell tubs prefer to play down the sexual associations that immediately surface when communal bathing is discussed. Leon Elder, the author of *Hot Tubs*, describes a hot tub as "an orgy without sex," and hot tubbers usually talk about how they bathe with their spouses and children, entertain friends, or bathe privately.

For hot tubbers, the issue of nudity doesn't seem to exist. There is no overt pressure to shed bathing suits. Bill Williamson of Point Richmond, a retired policeman, believes that "nudity should come naturally when you get into a hot tub." But he almost fell out of his chair, he reports, when his 74-year-old mother-in-law struggled out of her clothes and jumped in during a hot tub "warming" party last spring. His wife Alyce, a nurse, thinks that hot tubs evoke a subliminal social pressure on the modest. "A person in a tub filled with wall-to-wall skin feels like an outcast, which forces him to take off his suit."

As soon as people drop their clothes,





their inhibitions drop with them, psychotherapist Constance Courey believes. She has observed that people feel a certain bond with each other, a reciprocal sharing, a "connection with the universe," and are unashamed of their bodies. "The first time my 19-year-old son and I were in the tub, he opened up in a vulnerable way that he had never done before."

Not only are hot tubs enjoyed for their socializing effect, but also for their therapeutic potential. One of the first on his block to buy a hot tub three years ago was Mark Theaman, 35, a former New Yorker. Theaman installed the tub for use in treating his spinal arthritis. His 5-foot diameter by 4-foot deep tub has four hydro-massage units (Jacuzzi jets) that he keeps at 110 to 112°F. "There's no therapeutic value to a hot tub if you don't have strong agitation and a high temperature," he says. Theaman describes his hot tub as utilitarian, convenient, unobtrusive, decorative, and an integral part of his lifestyle. "I start off every morning with a 15-minute soak, then swim laps in my swimming

pool, go back into the tub and do my telephone work." Theaman, an investment banker-turned-consultant, finds that hot tubbing is as good for his physical condition as it is for his psyche.

**M**anufactured tubs range in price from \$1,000 to \$3,500 not including installation, but kit forms are available at considerably less. (See Shopping Guide, page 74 for more information.) All hot tubs are basically alike. Each reflects the owners' own personality, however, when it comes to design and setting. Jack Strom, 47, spent over \$2,000 for the Japanese tea house and garden that surround his 7-foot by 4-foot tub (see next page). The Hobart Johnsons of Atherton styled the environment for their 6-foot by 4-foot tub after a Polynesian paradise complete with a "rain forest" sprinkler spray system and grotto fireplace, and set it in a volcanic crater-like pit.

Constance Courey feels, "A hot tub should be an expression of an individual's feelings about space, size, and shape, and should fit his or her internal, personal needs." When Courey decided to build her own hot tub, she kept changing her design until "it felt right." She placed the tub under an oak tree abutting a raised deck and surrounded it with Sonoma fieldstone (see next page).

The hot tub business is such a new one that just last year, Pacific Telephone in the greater San Francisco Bay area added a "Hot Tub" listing to its Yellow Pages. Hot tubs were first produced commercially in the early 70s by a small Santa Barbara company, which didn't last too long. Now there are nearly 40 hot tub firms scattered around the San Francisco area. Lee Hayden, one of



the new manufacturers, foresees the need to establish a Redwood Hot Tub Association for an industry that he believes will grow nationwide. "People in California used to ask, 'What is a hot tub?' Now, people outside of the state are asking the same question." The answer is almost as varied as the owners who swear by them. □

*Mark Chester is a free-lance writer/photographer for books and magazines, as well as a UPI wire-service stringer in San Francisco.*

#### WHAT'S A HOT TUB?

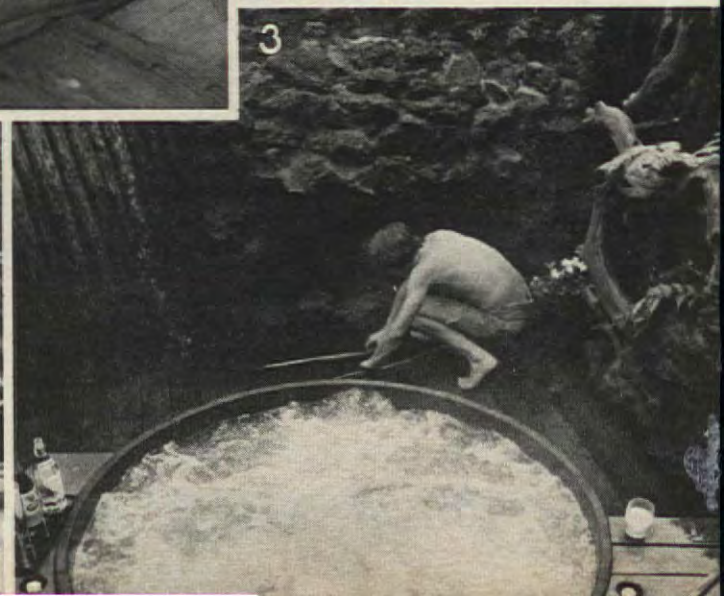
A hot tub is made from untreated, clear-heart redwood, the best natural material for retaining heat. Hot water conditions the redwood, making it smooth and velvet-like, so it does not splinter.

A tub system comes pre-plumbed and includes an insulated cover, water chemistry kit, support joists, spa thermometer, and inside benches. The pump, filter, and heater are mounted and interconnected on a compact redwood equipment pad ready for hook-up to electrical and gas utility extensions. A control system device automatically activates and cycles the hot tub system, chlorinates, filters, heats, and maintains the water at a desired temperature.

A hydro-massage unit comes with the tub system, the number of jets depending upon the size of the tub. Manufacturers make standard tubs from 4 feet in diameter by 3 feet deep, up to 8 feet by 4 feet, which can accommodate from two people to 14. Prices range from \$1,000 to \$3,500. But these costs do not include installation, plumbing/electrical hook-ups, or landscaping fees. Kit forms are sold at a considerable savings, complete with assembly manual. All parts are pre-cut and pre-drilled. Electrical and gas bills for hot tubs average from \$5 to \$15 monthly.



*Personalized hot-tub settings: (1) Mark Theaman sunk tub in deck adjacent to pool (Harriet Levin pictured); (2) Jack Strom built Japanese garden and tea house; (3) The Johnsons created Polynesian setting; (4) Constance Courey wanted natural environment; (5) Chris Cutter selected secluded part of yard; (6) Prospective buyers try tub in outdoor showroom.*







Fabrics and wall coverings, Connaisseur; rug, Saxony; chair, Roundtree; Lucite table and mirror, Karl Springer. Product sources on page 74.







# WHAT'S NEW RECLINING IN STYLE

Sit down, put your feet up, and relax. It feels good and it's good for your circulation. If you've always enjoyed the comfort and feet-up relaxation of recliners, but thought the bulk and hardware made the chairs unattractive, take heart. We've collected seven chairs that all recline fully and still manage to maintain a sense of style. They would be at home almost anywhere. Please note that all prices quoted are approximate.

Opposite page: His chair, a contemporary version of the traditional recliner, has been lightened by the use of bentwood arms and open side panels. Burris Industries, \$400. Her chair, a graceful recliner fully upholstered in cotton chintz, would fit as comfortably into a bedroom as a living room. Barcalounger, \$370.—C.J.



The handle that raises the footrest to the "Reclina-Rocker" (above) is hidden in the right side magazine pouch. The mechanism permits the feet-up position without fully reclining. La-Z-Boy, \$290.



A high-back traditional chair, the "York" (above) is elegantly tufted in vinyl with nail-head trim. Barcalounger, \$565.



The "English Wing" recliner (left) upholstered in cotton velvet, evokes a warm rustic feeling. Stratolounger, \$275.



Side panels of woven wicker and easy-care cotton cushions that are reversible make the "Dream Weaver" (left) a natural for a contemporary room. Burris, \$300. A recliner that can be placed only a few inches from the wall and still fully recline, the "Wallaway" (right) is covered in Haitian cotton and incorporates a hidden headrest. Berkline, \$400.



PHOTOGRAPHED BY HARRY HARTMAN  
Hair and make-up by Christopher Harrison for Ultima II



# HOW TO MAKE YOUR

One afternoon a few days after Keith came to our house as a foster child, I found him sitting at the window watching traffic. After a few minutes he noticed me, turned, and smiled.

"What were you thinking?" I asked.

"Me? I wasn't thinking nothing," he said. "I don't know how to think."

Three years have passed since then, and today Keith is our son by adoption. At 14, he's half a foot taller and 15 pounds heavier than he was—and he's crazy about girls. But the most exciting difference is that nowadays he knows he can think. In fact, he's a good thinker, for he's become smarter than he was—a lot smarter. Here's what I mean:

When he was in fifth grade, Keith's teacher told me his reading capacity was that of a second grader. In other subjects he reached a slow third-grade level, which was to be expected since, she explained, his I.Q. was 85. Today, Keith is in eighth grade and doing average eighth-grade work, with a current I.Q. score of 104.

If that sounds like something of a miracle, it isn't. Says psychologist Arthur R. Jensen in his book *Genetics and Education* (Harper & Row), "There can be no doubt that moving children from an extremely deprived environment to good average environmental circumstances can boost the I.Q. some 20 to 30 points and in certain extreme rare cases as much as 60 or 70 points."

Keith's original family of seven children, abandoned by the father and living on welfare in a depressed part of town, was by any standard an "ex-

tremely deprived environment." While most children from normal homes aren't likely to show such overwhelming improvement, the increase in both I.Q. and school achievement can be dramatic. Dr. Jensen cites studies in which I.Q.s have increased six to 10 points.

The key to making your kid smarter is what psychologists call a "more culturally enriched environment"—a virtually meaningless phrase to most parents. But my wife Alice is a college instructor, and I'm a former high-school English teacher, and so, drawing on the research of others and our own experience, we translated "more culturally enriched environment" into something practical. It helped Keith—and with some effort on your part, it will help your kids, too.

## SET AN EXAMPLE

Nancy Larrick, Ph.D., in her book *A Parent's Guide to Children's Education* says, "Probably the most effective way

to help a child achieve (intellectual) goals is by setting an example. Children are prone to imitate."

In fact, that's how they grow smarter—by imitating smart adults. We made imitating easier for Keith by taking him visiting with us, and whenever we entertained at home, Keith was hors d'oeuvres supervisor. Getting all that attention was great fun for a kid who had been lost among half a dozen sibling, but it was a learning experience, too. We didn't correct him in front of others when, at first, he explained to an inquiring guest, "We ain't got no more bacon and olives." But it wasn't long before, through intellectual osmosis, he began saying, "We have no more."

This assimilation, as the experts call it, goes on all the time in a child, even when adults are not aware of it. For example, one night a friend men-





# KIDS SMARTER

Here is some practical firsthand advice on how to enrich your environment and get results.

by Robert Bahr

tioned that her son had begun dating a girl. "I think he has a crush on her, in fact," the woman explained.

A week later, Keith came home from school beaming. At dinner, we asked him why he was so happy. "Oh, there's this girl at school," he said casually. "She keeps staring at me whenever she sees me. I know she's got a crush on me."

We tried to set an example in reading, too. Last month in New York I met a couple who, through mutual friends, had heard about Keith, and the first question they asked me was, "How did you ever get him to read? We've been harping about that till we're just worn out, and our kid still hates to pick up a book."

"Do either of you read very much around the house?" I asked. They were honest—they didn't. Television provided all their entertainment and was their source of local and worldwide news, as well. Of course, their daughter had imitated them in preferring to watch TV rather than reading.

Keith and I agreed to read together every single day. We began with the only material he seemed comfortable with, picture books with simple captions. But, while his reading level may

have corresponded at first to "Look, look," said Dick," his interests were those of a typical 11-year-old, and it wasn't long before he begged to read something more interesting. We moved on to the Hardy Boys, but the vocabulary was too difficult. Finally, we talked to the public library's children's librarian, and on her recommendation Keith tackled Walter Farley's *Black Stallion*.

That was the first story to really interest him, and after that we found as many books as we could about animals. Some nights Alice, Keith, and I simply sat in the living room each reading, sharing a closeness that would be difficult to experience any other way.

Alice and I have a small library in the study, and one day Keith decided to build a collection of his own. He began buying paperback books through a discount program at his school, basing his choices primarily on how sensational the covers were. But he did read a few of those books, and now he is careful to buy only the ones he knows he'll want to read and enjoy.

## UTILIZE THE SCHOOL

Chances are, your child is sharing his or her teacher's attention with 25 or 30 other students, and there's no way an average child can get anything resembling personal attention in that situation. It's not the teacher's fault—classes are just too crowded. The fault, if there is one, is with parents who leave their child's education entirely to the schools. Certainly kids will get by with no help from the parents. It

happens every day. But rare is the youngster who can achieve his maximum intellectual and scholastic potential without the input and direction of parents. Teachers and parents can work together.

For example, when Keith came to live with us, since he had been doing poorly in the lowest section of his fifth grade and had such a low I.Q., we knew no guidance counselor would place him in an average sixth-grade section. Yet, we thought that's what Keith needed. So we got involved.

First, we visited the head of the guidance department, and explained the work we'd been doing with Keith: His reading and vocabulary had improved, he'd developed some enthusiasm for learning, and he promised he would try hard to get good grades. Keith had told us that the slower groups were just so boring he couldn't make himself pay attention. "Besides," he told us, "them other kids beat you up if you act like you know what's going on." The psychologists and behaviorists call that peer pressure to conform.

So we asked that Keith be put in a group with other students of average performance or above. In exchange, we made two promises: We would help Keith every day with his schoolwork, and we would keep in close touch with his teachers so that, if it seemed the pressure was getting too tough, we could drop him into a slower group.

As it turned out, Keith did well, and last year he was placed in the school's second most advanced seventh-grade math class. (continued on page 82)

PHOTOGRAPHED BY BILL BINZIN



# EASY LIVING

## CAREFREE CUBE

Take it easy. Relax. Don't worry about a thing. These are vacation fantasies, right?

Well, you don't have to confine this philosophy to a vacation—or to summer or to weekends. Here are three houses that take time off from care, but two of them are lived in all year round. Try some of these ideas—and bring a vacation viewpoint into *your* house, too. —BO NILES

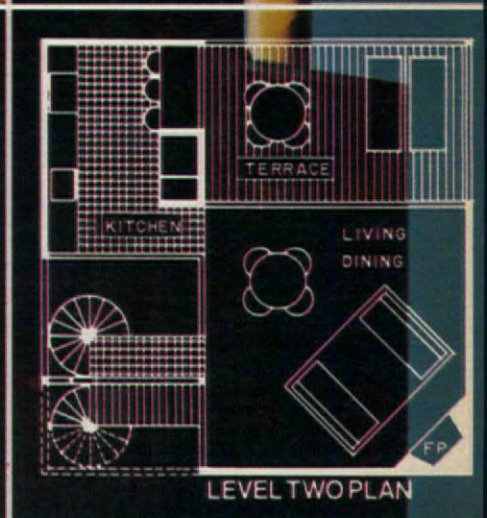
The simplest vacation house is economical in terms of space and upkeep. Klein Cohen Klein, architects, designed the Cube, a 27-foot by 27-foot by 27-foot beach house in Amagansett, N.Y., on speculation, but with the needs of a young family in mind. The results were so successful that the architects rented, then sold the house with ease. The house compactly illustrates their vacation viewpoint: They used stock materials that are easy to buy, build with, and take care of. The house was constructed for about \$40,000, exclusive of land. There were certain zoning restrictions: Amagansett allows only two floors of living space. The architects reversed sleep and living floors, and then shot the living room up to double height so that it would appear larger—and so they could add an extra deck on a third floor that is not, in theory, an "inhabited" space.

Although the lot size for the Cube was a mere 100 feet square, it had been virtually untouched and the shrubbery was nicely clumped and bushy. The architects set the house at 45 degrees to the road and neighbors to take advantage of the lay of the land and to insure privacy. The living room (4 and level - two plan) looks out over houses and trees to the ocean a block away. Entry to the house is on the bedroom level (level - one plan), and the laundry is here, too. Kitchen (1) has a pass-through to the living room deck (2 and 3), which is helpful for outdoor dining. A spiral stair (5) leads up to the third level deck.

PHOTOGRAPHED BY BERNARD ASKIENAZY









# EASY LIVING

## YEAR-ROUND SANCTUARY

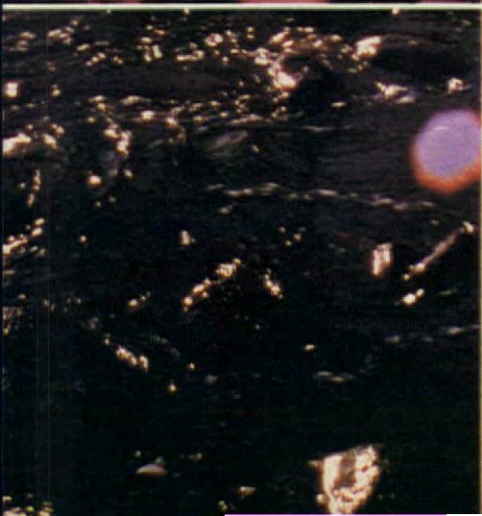
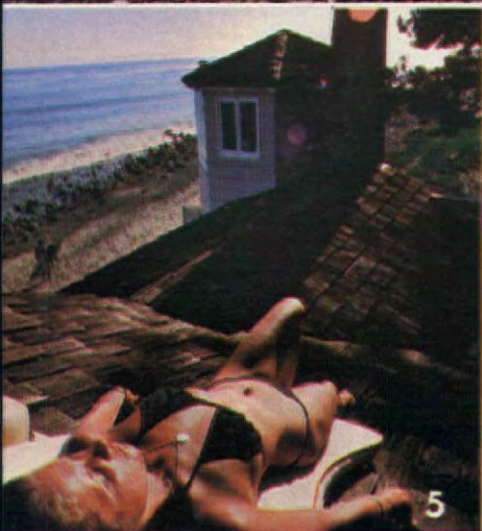
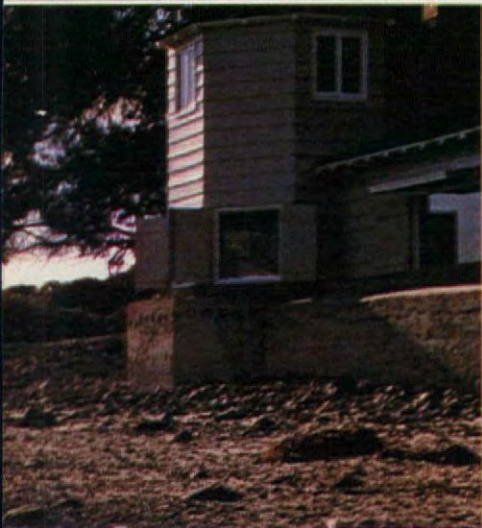
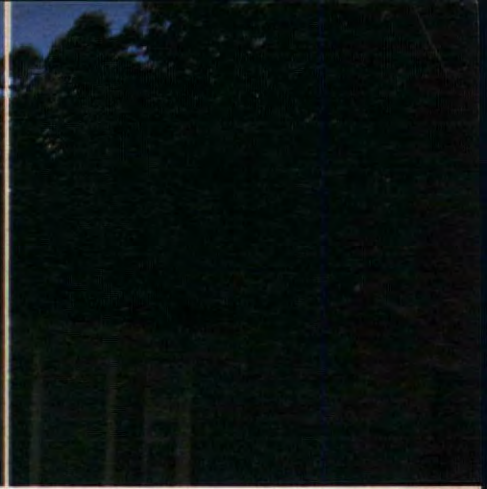
Sam Chew loves the sun; he also loves to entertain in an impromptu style, especially for his children and grandchildren. When he gave his former house — Philadelphia landmark, Cliveden — to the National Trust, he moved to Santa Barbara and bought a 1920s beach house that had been added onto in an eclectic fashion over the years. With the help of designer Claudine D. Calvin, Chew preserved its quirks and crannies, but updated it, brightened it, and then

mixed all his favorite antiques with up-to-date, easy-care vacation furniture. Bolted to a concrete breakwater, Sam Chew's beach house stands firm against incoming tides and storms. Shutters (6) batten down in fog and wind. Chew extended the patio (1) so that he can have room to separate dining and barbecuing from sunbathing. The original house consisted of a big barn-like space, now the living room (4), and an adjoining hexagonal tower which is

used as a dining room (2). The dining table was made by a local kitchen counter contractor to echo the shape of the room; chairs match those in Chew's backgammon nook (7) where he catches a game with his son, Sam, Jr. All-new bathroom (3), with deep whirlpool tub, is lined with ash and paved with cork, both treated to repel wet. Angled rooftop (5) is great for sunbathing. Product information, page 74









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and Gold sign. But soon, the name you'll be seeing and the card you'll be using is Visa.

We're changing because you're changing.



*We're keeping up with you.*



# EASY LIVING

## ONE-ROOM HIDEAWAY

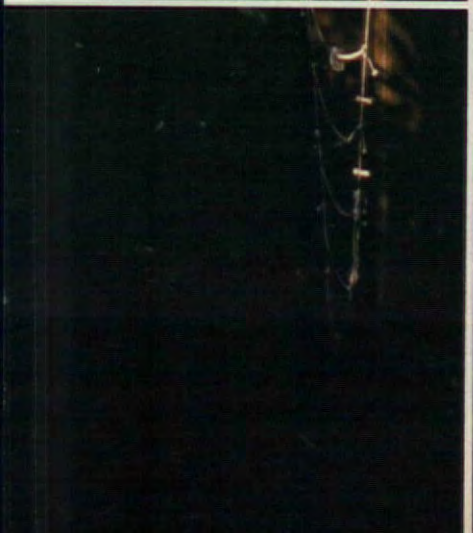
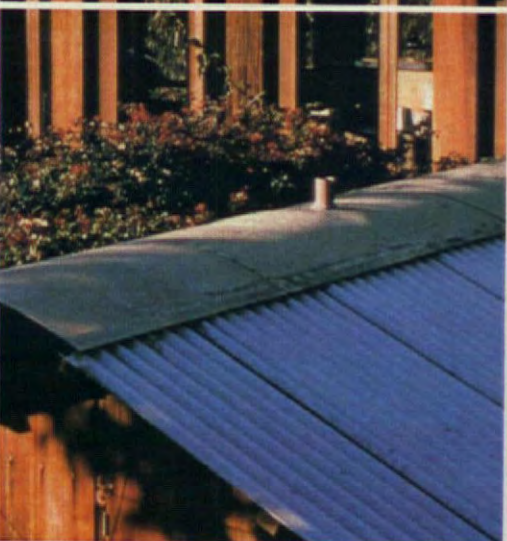
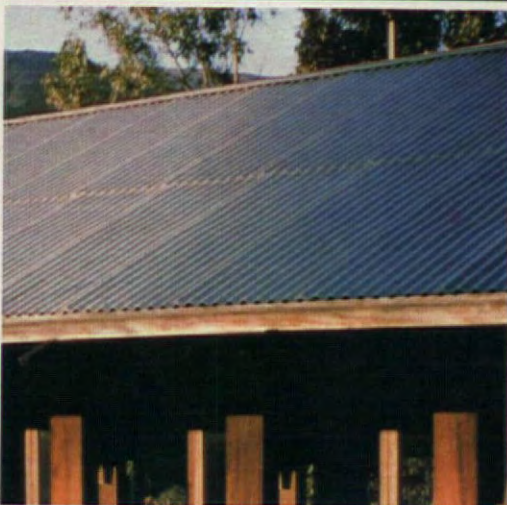
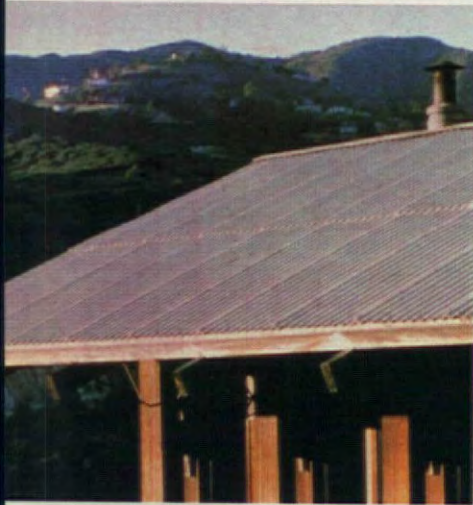
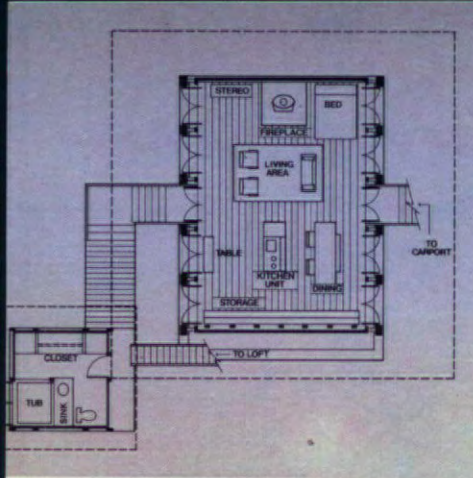
A pavilion for year-round living was designed by architect/owner, Fred Lyman, in a canyon in Malibu, Calif. A great, open, one-room space, it has, at the same time, carefully defined sleeping, eating, cooking, conversing, and writing areas. Built of redwood and glass, the boxy 24-foot by 30-foot house is suspended from a concrete asbestos "umbrella" roofed with corrugated metal. An upper story, walled with canvas like a tent, is shared by Lyman's twin sons and his painting gear. The house was constructed with two windowed walls positioned to face up and down the canyon so it would receive sunsets and breezes—but cut out views of cross-canyon neighbors.

In Fred Lyman's one-room house (5 and floor plan, opposite), each area, such as the dining corner (6), is set apart. Lyman designed his functional kitchen unit as a freestanding "sculpture," which flips out and unfolds to reveal minimal necessities: a sink, toaster oven, under-counter refrigerator, and preparation counter (5). He also crafted most furnishings. The house is held together by bolts (4); no nails were used anywhere. Steps, of spruce and cut in wedges (3), lead to sons' tented room. Ceramist John Mason made a tub enclosure (1) in the separate bathing house (2). Walls next to the tub open out so the Lymans can bathe "outdoors" in warm weather.

SANCTUARY AND HIDEAWAY  
PHOTOGRAPHED BY ROBERT PAUL MONKTON









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# Parties with Punch

For June celebrations,  
new variations on  
the traditional punch bowl.

by Doris Tobias



For weddings, graduations, and other celebrations that are so much a part of family joy in June, why not revive an old custom that has charm, elegance, and convenience—the punch bowl. Whatever type you choose, the punch bowl can be a festive focal point for happy gatherings—especially when at least part of the spirited drink is champagne or another sparkling wine.

Today, with the escalating interest in forebears and roots, you can combine fun and tradition by serving punches prepared with sparkling wines chosen from the country of your ancestors: Italy's sweetly gentle Asti Spumante mixed with an aromatic aperitif wine, such as Campari; French *vin mousseux*, a sparkling white wine, combined with a little cassis, the black currant liqueur; a Spanish sparkling wine transformed into a bubbling *sangría*; a not-too-dry German *Sekt* braced with brandy; or an American champagne laced with cranberry liqueur.

## PUNCH-BOWL POINTERS

- Chill your punch bowl ahead of time by filling it with cubes or crushed ice.
- Use graceful glasses. An elegant tulip-shape wineglass is perfect. It looks pretty and is easy to hold. Or serve in ballon-shape wineglasses, if you prefer. Avoid old-fashioned saucer or coupe champagne glasses. They're too shallow and dissipate the bubbles in the drink too quickly. They also tip easily.
- When adding fresh fruits to punch—peeled peaches, pineapple chunks, strawberries, and the like—pierce them here and there with the tines of a fork to permit their juices to mix freely with the wines.
- Where fruits are used as part of the recipe, you can heighten their flavors if you steep the fruit in brandy or still wine for two to three hours before adding the sparkling wines and ice.
- Plan the amounts. For receptions that precede a meal, figure on an average of two 4-ounce glasses per person. If the reception runs on, count on at least three glasses per person.
- Punches, when heavily fortified with wines and spirits, can be potent drinks. If you find your mixture too strong, add club soda, ginger ale, or even a quart of cold tea.
- Keep in mind punches are at their zingiest when first poured into the bowl and grow weaker as they stand. To revive a watery punch, you can

add additional still or sparkling wines.

- Get a head start by making your own ice blocks. Use square or round cake tins in dimensions that will produce the proper size block.
- When buying sparkling and still wines for your punches, enlist your wine merchant's aid in selecting sparkling wines that will fit your budget. There are good choices from many parts of the world at \$5 to \$8 the bottle.
- A pink champagne or pink sparkling wine, such as the new Almadén's Eye of the Partridge, makes an elegant instant punch with the addition of pink-tinted ice cubes (freeze pink lemonade in ice cube trays) and garnish with fresh red raspberries.

## PARTY PUNCH SUGGESTIONS

The following punch suggestions feature sparkling wines of various ethnic origins. You can substitute any sparkling wine that appeals to you.

### TEUTONIC PUNCH

*Gentle, refreshing, and light*

- 3 cups crushed pineapple, fresh or canned
- 1/2 cup superfine sugar
- 1 cup peach brandy
- 2 bottles Moselle or Rhine wine
- 2 bottles Sekt, German sparkling wine
- 1 quart ginger ale or club soda
- 1 quart fresh strawberries, with stems on, washed and patted dry

Combine crushed pineapple, sugar, peach brandy, and the still wine in a punch bowl. Let the mixture stand from two to four hours to macerate and blend flavors. When ready to serve add ice, sparkling wine, and soda; stir only to blend. Garnish with fresh strawberries. *Makes about 40, 4-ounce servings.*

### PUNCH BOWL PARISIENNE

*Simple, pretty, and gala*

- 2 magnums or 4 bottles sparkling vin mousseux, such as Krier or Bouvet Brüt
  - 8 ounces cassis or blackberry liqueur
  - Frais du bois (tiny French strawberries) or small native strawberries
- Float block of ice in the punch bowl. Add the sparkling wines and cassis; stir gently to blend. Serve in stemmed glasses with one perfect strawberry in each. *Makes about 24, 4-ounce servings.*

### POMPEIAN PUNCH

*Zingy, fruity, and delicious*

- 4 oranges, thinly sliced
  - 3 lemons, thinly sliced
  - 1 fresh pineapple, peeled, cored, and diced
  - 1/2 cup superfine sugar
  - 8 ounces Campari or other red aperitif wine
  - 4 bottles Asti Spumante or other Italian sparkling wine
- Fresh mint leaves for garnish, optional
- Combine orange and lemon slices, pineapple cubes, and sugar with Campari or other aperitif wine and let stand in the punch bowl at room temperature from two to four hours. When ready to serve, add ice and sparkling wine. Garnish with fresh mint leaves, if desired. *Makes about 24, 4-ounce servings.*

### SANGRIA LA MANCHA

*A bubbling variation on the Sangría theme*

- 4 oranges, thinly sliced
  - 3 lemons, thinly sliced
  - 2 apples, peeled, cored, and cubed
  - 1/2 cup superfine sugar
  - 1 cup medium-dry sherry
  - 1 cup brandy
  - 4 bottles Codorniu Brüt Spanish sparkling wine
  - 1 quart ginger ale or club soda
- Combine fruits, sugar, sherry, and brandy. Let stand in punch bowl at room temperature from two to four hours. When ready to serve add ice, sparkling wine, and ginger ale or club soda. Stir gently. *Makes about 30, 4-ounce servings.*

### BEAUTIFUL AMERICA PUNCH

*Pink and zesty—sweet*

- 2 cups Boggs Cranberry liqueur
  - 4 cups cranberry juice
  - 1/2 cup superfine sugar
  - 4 bottles California or New York State champagne
- Combine cranberry liqueur, cranberry juice, and sugar. Let stand at room temperature from two to four hours. When ready to serve add ice and champagne. *Makes about 35, 4-ounce servings.* □



# THE NEW BEAUTIFUL PEOPLE

Women sports stars are experts  
at juggling a beauty regimen and an active outdoor life.

by Ann Scharffenberger

**W**omen athletes are the new beautiful people. Trim, suntanned, active, radiating a special image of natural chic, many of today's sports stars have learned to make sun, fresh air, and healthy living work for them. What are their secrets?

First of all, they apply the same professional sense of training to every aspect of their lives, including their eating habits, and exercise and beauty routines. Secondly, since they are people on the go, they have had to become streamlining experts when it comes to summer health and beauty care. Each has her own way of following a cut-to-the-bone routine.

"I'm a natural type," says marathon swimmer Diana Nyad, who calls herself a water creature learning to cope on dry land. "I try to keep things as simple as possible. I use a natural shampoo for my hair and I go through a bottle of skin moisturizer a week." For swimmers, the biggest year-round problem is chlorine in pool water. "Chlorine is hard on your skin, but especially tough on your eyes," she explains. "I always swim with goggles. In fact, anyone who swims regularly for exercise should use them."

Last year, Nyad made front-page news across the country for her swim around Manhattan Island, and right now she has her eye set on a détente swim from Cuba to Miami next summer. For hard-working athletes like Diana Nyad, health, beauty, and conditioning are all parts of the same disciplined focus on a full life. "I am fairly regimented," she admits. "It's the only way to get everything in." "Everything" includes running 10 miles a day, playing four hours of squash, and taking courses toward a Ph.D. at New York University, and, of course, training for her swims. "I can get a lot done, but I do need a lot of rest. Sleep is one thing you just can't get away from."

Each sport has its own superstars, but especially tennis. The incredible boom in women's tennis in the past

five years has made media personalities of players like Chris Evert and Evonne Goolagong, women who seem at home under the lights both on the court and off. "Women players have become much more professional in their appearance, more conscious of their image," according to Kristien Shaw, Chris Evert's best friend, traveling companion, and fellow player on the Virginia Slims circuit.

Shaw calls herself "the most self-conscious" of the Virginia Slims players because she finds her interest in fashion and style is very compatible with her life on the circuit. She has her hair cut in New York in a long style, curled back from her face so she doesn't have to tie it back while she's playing, and she always wears makeup on the court.

She admits that she enjoys the show business side of the women's circuit. "There is definitely a real entertainment side to women's tennis. Women players have worked hard to prove that we're as good a form of entertainment as men. People can relate to our kind of game more easily."

But professional tennis isn't all life in the limelight. "One problem we all have," she explains, "is coping with an irregular schedule. You never know what time you're going to play so it's hard to regiment your eating and sleeping habits. I just try to go by my body, not by the clock."

Keeping in touch with your body is advice many women sports stars recommend. Kristien Shaw, who has recently lost 30 pounds, finds that a high-fiber diet is the best way for her. She tries to eat only two meals a day, and one trick she uses is eating half portions of everything, "And avoid the



COURTESY OF VIRGINIA SLIMS





Active beauty: Kristien Shaw's (opposite) hairstyle—curled back from her face—is perfect for tennis. Marathon swimmer Diana Nyad (top), a self-styled “natural type,” prepares for her swim around Manhattan Island last fall; Nyad (center) before a swim. Janet Guthrie (below), with her hair tucked up under her racing helmet, awaits the start of the Daytona 500.

CARY HERZ



ASSOCIATED PRESS

dreaded junk food binge,” she adds with a laugh.

Shaw's professional self-consciousness includes a carefully thought-out health and beauty routine geared to her active life. Like many women athletes, she is aware of the potential hazards of the sun. “I’m a person who loves the sun,” she says, “so I use a sun block at all times, both on my face and hands. I also combat the sun by using a conditioner on my hair and trying to cover it in the sun.”

Another high exposure sun sport is running. Marathon runner Gayle Barron who has been a runner for eight years, says “I’ve always noticed that women runners have strong hearts

and healthy bodies—and wrinkled faces.” Atlanta-based Barron spends most of the year outdoors. “I do worry about the sun as I get older—I’m 32. I use a sun screen while I’m running even though I have fairly dark skin. “People with fair skin should really take care.” She also finds that using moisturizers around her eyes and lips is the only way to avoid the dryness that is another side effect of life in the rays.

Gayle Barron is very outspoken about her image as a sportswoman: “I’ve always wanted to be a runner,” she explains, “but I didn’t want to look like the stereotype ‘lady athlete’—ugly!” Lately, she claims, women run-



ners are changing their ways. "For the first time people are coming up to me and asking me how I take care of my hair, or where I get my shorts."

Barron also believes that sports should be combined with other types of activity. She teaches a course in slow stretching exercises, and points out that the balance of a different type of movement is important to avoid stress in the body. "Athletes are supposed to look good," she says. "Exer-

strong sun and near the water. Instead of a sun block she wears a thin coat of make-up to protect her skin. "The only trouble is, it doesn't last longer than two hours," she adds. At home she backs up her sun protection plan with a beauty routine recommended by a cosmetician that includes using facial masques twice a week.

Women golfers have always had a fashion image and slim, 6 feet, 3 inches, Carol Mann is no exception.



COURTESY OF LPGA

COURTESY OF GAYLE BARRON

*Superstars: Marathon runner Gayle Barron (left) and golfer Carol Mann (above) are experts at sun protection.*

cise is great for your skin and for your circulation, But it only works when you avoid putting stress on your body."

Gayle Barron follows her own advice. She believes that running should be both healthy—and fun. She finished third in the women's division of the Boston Marathon in 1975 and '76 and she had the eighth fastest time in the first International Women's Marathon last fall in Waldniel, Germany. But this month she'll also be competing in the just-for-fun Mini-Marathon in Central Park sponsored by Bonne Bell (for more information: Roadrunner's Club of New York, P.O. Box 881, FDR Station, New York, N.Y. 10022).

The sun pervades every summer sport and women athletes all have their own way of coping with it. Professional golfer Carol Mann says that it's her great love as well as her great problem. "As a golfer, it would be completely unrealistic for me to have 'china skin'," she explains. I like to have healthy color as long as my skin doesn't dry out. So I have some rituals to minimize the damage."

Mann's rituals include using moisturizers while she's outside playing golf. She tries to wear a visor in

"About a year ago, I discovered to my horror that my blond hair had turned to sponge," she recalls. Now after a year of vigilance—she buys her hair care products by the dozen—people say her hair has never looked better. Mann, who is a great favorite with the crowds, is obviously pleased with the compliments.

This summer she is taking on some additional responsibilities, along with the usual LPGA tournament schedule. As head of the Carol Mann Golf Schools for *Golf* magazine, she will be touring local clubs with her staff to do special golf clinics for women. (Information: Betsy Hoffman, *Golf Magazine*, 380 Madison Avenue, New York, N.Y. 10017.)

Janet Guthrie is unique in the sport of racing. The first and only woman to qualify for the Indianapolis 500, she is constantly confronted with the fact of being "the first woman ever" which means constant attention from photographers. "No matter what you do," she complains, "a woman looks perfectly dreadful after a race. Between the sand and dirt on the track and wearing a helmet, you don't have a chance. The first thing I do after a race is make a dive for a hat!"

This year, driving both stock cars and Indy-type cars, Guthrie will be spending most of her time on the road or on the track. "I rely on a set of steam rollers to make myself presentable," she says. On the track she relies on a light layer of make-up to keep out the dust and grit. "In an Indianapolis-type race, you are completely covered and the ventilation is pretty good. After a stock-car race it seems I'm washing out dirt for three days!"

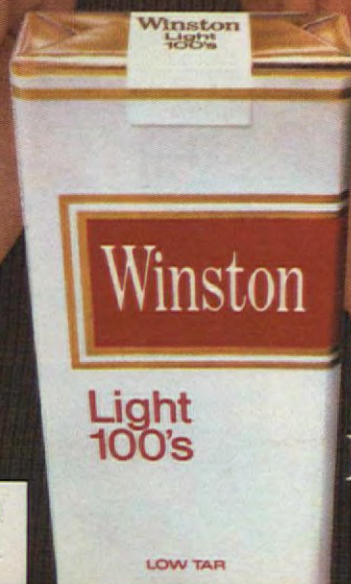
One of the luxuries of Guthrie's new-found status as a driver is that she can have "beautiful hands"—almost. "Now I work with professional mechanics," she explains, "but for 13 years I fielded my own cars and that meant doing all the engine work myself. Even with a thick layer of lanolin-based cream and gloves, it seemed I couldn't get rid of the grease!"

But her fame has other pitfalls. "One of the things I like most about traveling for races is trying new restaurants. "Last season, I gained eight pounds! It's an occupational hazard," she says laughing. "It took me all winter to recover." Not one to get out of shape, Janet Guthrie is keeping up her image as one of the comers in the new field of beautiful sports people. □





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# BARBECUE TIME

Good meat tastes even better when it's barbecued. What better way to get the most out of warm-weather dining and all-American outdoor foods like ribs. Today there's a grill for each budget and for every purpose. Turn the page for five Great American Rib recipes, tips on grilling ribs, a guide to grill types, and the low-down on the latest and most popular models. —GALE STEVES

1



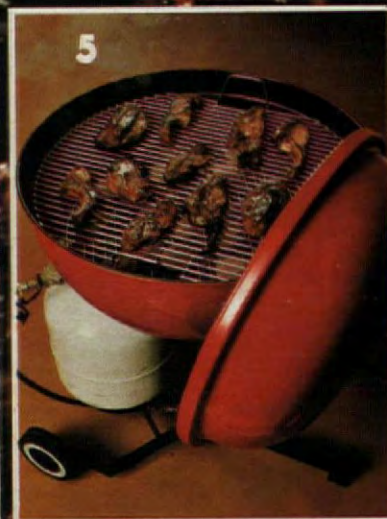
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6



5



4



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# BARBECUE TIME



2

## CHINATOWN SPARERIBS

Working time: 5 minutes

Cooking time: 1 hour\*

- 4 pounds lean pork spareribs, cracked
- 1/2 cup soy sauce
- 1/2 cup dry sherry
- 1/2 cup catsup
- 1/4 cup finely chopped onion
- 1 tablespoon season-all or seasoning blend
- 1 teaspoon dry mustard
- 1 teaspoon ground ginger
- 1 teaspoon lemon-pepper seasoning
- 1 teaspoon garlic powder

Trim excess fat from spareribs. Combine remaining ingredients, mixing well. Prepare bed of coals far enough ahead of time so they are white hot or follow manufacturer's directions for preheating electric or gas barbecue. Place ribs on grill 6 inches from coals or source of heat. Cook 30 minutes, turning ribs every 10 to 15 minutes. Then brush with barbecue sauce and continue cooking 30 minutes longer, or until ribs are

## Tips on how to cook the perfect ribs:

- Trim excess fat from meat to avoid excessive smoke and to prevent flare-ups. Also, don't leave ribs unattended on grill.
- To preserve juices, use tongs to turn ribs. Also, do not salt meat until it has been cooked; salt tends to draw out the juices.
- Cooking time for ribs will vary with cut, temperature of meat when placed over coals, distance from heat, weather, and amount and arrangement of charcoal.
- Check doneness by making a small cut in the meat near the bone.
- Allow about 1 pound per serving.

**Electric Char-B-Que** (large photo 1, page 60) is great for terrace, patio, fireplace, or counter top. The portable unit of rustproof cast aluminum has an 11-by-17-inch grill and uses lifetime lava rock briquettes that impart flavor as juices vaporize the rock.

done, turn and brush frequently. Makes 4 servings (1,063 calories per serving).

**Oven version** (Working time: 5 minutes. Cooking time: 1 hour 30 minutes)

Place single layer of spareribs in shallow baking pan. Preheat oven 450°F. Bake for 30 minutes. Pour off drippings. Brush both sides of ribs with barbecue sauce. Reduce heat to 350°F. Cook 50 minutes longer or until tender, turning and brushing with sauce frequently during last 20 minutes of cooking time.

\*Editor's note: Precooking before grilling will decrease barbecuing time 30 to 35 minutes. Preheat oven 450°F before barbecuing. Bake 30 minutes.

**Charmglow's** cast aluminum gas grill has an easy-cleaning stainless steel grill (14 1/8 by 23 3/4 inches) plus a split gas burner that allows you to heat either half or all of the grilling surface. It has a deep fire pit and high cover for rotisserie cooking. A rotating side handle enables you to partially open the cover.



3

## SUBURBAN SHORT RIBS

Working time: 20 minutes

Marinating time: 2 hours or more

Cooking time: 50 minutes

- 2 tablespoons butter or margarine
- 1 medium onion, finely chopped
- 2 large cloves garlic, finely chopped
- 1 cup maple-blended pancake syrup
- 1 can (8 ounces) tomato sauce
- 1/4 cup lemon juice
- 1 teaspoon salt
- 1/2 teaspoon dried basil leaves, crushed
- 1/4 teaspoon dried thyme, crushed
- 1/2 teaspoon freshly ground black pepper
- 4 pounds lean beef short ribs, cut into 2-inch pieces, excess fat trimmed

In a medium saucepan, melt butter. Add onion and garlic, cook over low heat until tender. Add remaining ingredients, except ribs; simmer 10 minutes. Pour over meat in shallow pan. Cover, chilling for several hours, turning occasionally. Lift ribs from marinade, reserving sauce. Divide short ribs equally between 6 long metal skewers.

Leave a space of about 1 inch between each piece of meat. Prepare bed of coals far enough ahead of time so they are white hot or follow manufacturer's directions for preheating barbecue. Place short ribs on grill 6 inches from source of heat. Cook 15 minutes. Brush with sauce and cook 30 to 35 minutes longer, or until done, frequently turning and brushing with sauce. Makes 4 servings (1,286 calories per serving).

**Oven version** (Working time: 20 minutes. Cooking time: 1 hour 45 minutes)

Prepare sauce as directed above and marinate meat. Preheat oven 350°F. Place short ribs in shallow roasting pan. Cover with aluminum foil and bake 45 minutes. Remove foil. Brush with sauce. Cook 30 minutes. Brush again, and continue cooking 30 minutes longer, or until tender, frequently turning and brushing with sauce.

**Buddy L** square smoker of heavy-gauge steel has a generous 21-by-21-inch grilling surface, a removable fire pan and ash catcher, and redwood side tables.

(continued on page 64)



## BARBECUE TIME

continued from page 63

4

### VEAL BREAST HODGEPODGE SAUCE

Working time: 10 minutes

Cooking time: 1 hour 45 minutes

- 1 breast of veal (4 pounds)
- $\frac{3}{4}$  cup water, divided
- 2 tablespoons corn or other salad oil
- 1 small onion, finely chopped, about  $\frac{1}{2}$  cup
- $\frac{1}{2}$  stalk celery, finely chopped, about  $\frac{1}{4}$  cup

- 1 can (10 $\frac{3}{4}$  ounces) tomato soup
- 2 teaspoons prepared golden mustard
- 1 teaspoon honey
- 1 teaspoon lemon juice

Preheat oven 350°F. Place veal, bone-side down, in roasting pan with  $\frac{1}{2}$  cup water. Cover with aluminum foil; bake 45 minutes. In a medium saucepan, heat oil over low heat. Add onion and celery; cook until onion is tender. Add reserved  $\frac{1}{4}$  cup water to remaining ingredients; simmer 5 more minutes to blend flavors, stirring occasionally. Prepare bed of coals far enough ahead of

time so they are white hot, or follow manufacturer's directions for preheating barbecue. Place precooked breast of veal on grill 6 inches from source of heat. Brush with sauce. Cook 30 minutes. Brush again. Bake 30 minutes longer or until done; turn, brushing with sauce frequently. Makes 4 servings (563 calories per serving).

**Oven version** (Working time: 10 minutes. Cooking time: 1 hour 45 minutes)

Prepare sauce as directed above. Preheat oven 350°F. Place veal in roasting pan with  $\frac{1}{2}$  cup water. Cover with aluminum foil and bake 45 minutes. Remove foil. Brush with sauce. Bake for 30 minutes. Brush again. Bake 30 minutes longer, or until done; turn, brushing with sauce frequently.

**Snapwagon heavy-gauge steel charcoal grill, with a separate warming oven, can be put together in 50 minutes. Two grids, 10 by 15  $\frac{5}{8}$  inches each, pull out when oven door is opened. Fire pan adjusts to six positions.**

5

### TEXAS COUNTRY RIBS

Working time: 5 minutes

Cooking time: 1 hour 20 minutes

- 4 pounds country-style pork ribs, cut into serving pieces

- 1 cup barbecue sauce
- $\frac{1}{2}$  cup water
- $\frac{1}{2}$  cup wine vinegar
- 1 medium onion, finely chopped, about  $\frac{1}{2}$  cup

- 3 tablespoons dark brown sugar
- 2 tablespoons Worcestershire sauce
- 2 teaspoons chili powder
- $\frac{1}{2}$  teaspoon ground cumin
- $\frac{1}{4}$  teaspoon liquid hot-pepper sauce

Trim excess fat from ribs. Combine remaining ingredients, mixing well. Prepare bed of coals far enough ahead of time so they are white hot, or follow manufacturer's directions for preheating electric or gas barbecue. Place ribs on grill 6 inches from coals or source of heat. Cook 1 hour 20

minutes, or until ribs are done; turn and brush frequently with sauce. Makes 4 servings (1,088 calories per serving).

**Oven version** (Working time: 5 minutes. Cooking time: 1 hour 30 minutes)

Place single layer of riblets in shallow baking pan. Preheat oven 450°F. Bake 30 minutes. Pour off drippings. Meanwhile, prepare sauce as directed above. Brush all sides of ribs with barbecue sauce. Reduce heat to 350°F. Cook 1 hour, or until ribs are done; turning and brushing frequently during last 20 minutes of cooking time.

**Weber portable gas-mount barbecue kettle is made of porcelain-coated heavy-gauge steel with top and bottom vents for even cooking. It has a wind diverter to prevent burner blow-out. You can move the burner down to lower flame and allow heat to spread out for slow cooking as well as quick grilling. Total grill area is 22 $\frac{1}{2}$  inches in diameter.**

6

### DOWN HOME LAMB RIBLETS

Working time: 15 minutes

Cooking time: 1 hour 10 minutes

- 4 pounds lamb riblets
- 1 cup honey
- 2 tablespoons lemon juice
- 1 can (6 ounces) frozen orange juice concentrate, thawed
- 1 tablespoon Worcestershire sauce
- 1 teaspoon ground ginger
- $\frac{1}{4}$  teaspoon freshly ground black pepper

Place single layer of riblets in shallow baking pan. Preheat oven 400°F. Bake riblets for 45 minutes. Combine remaining ingredients in medium-size saucepan. Simmer for 15 minutes to blend flavors. Meanwhile, prepare bed of coals far enough ahead of time so that they are white hot or follow manufacturer's directions for preheating electric or gas barbecue. Place riblets on grill 5 to 6 inches from coals or source of heat. Cook 20 to 25 minutes, or until ribs are done; basting with sauce and turning

frequently. Makes 4 servings (1,467 calories per serving).

**Oven version** (Working time: 15 minutes. Cooking time: 1 hour 45 minutes)

Place single layer of riblets in shallow baking pan. Preheat oven 450°F. Bake 30 minutes. Pour off drippings. Prepare sauce as directed above. Brush both sides of riblets with barbecue sauce. Reduce heat to 350°F. Cook 1 hour to 1 hour 15 minutes, or until ribs are done. Turn and brush with sauce frequently during last 20 minutes of cooking time.

**Jenn-Air Grillette, portable cast aluminum grill with temperature regulator, is perfect for apartments. A built-in power-exhaust system captures smoke and odors at broiling surface and then whisks them quietly outdoors through a special window vent or your regular kitchen exhaust hood. All non-electric parts remove to clean easily in sink or dishwasher. Cooking area is 16 by 18 inches.**



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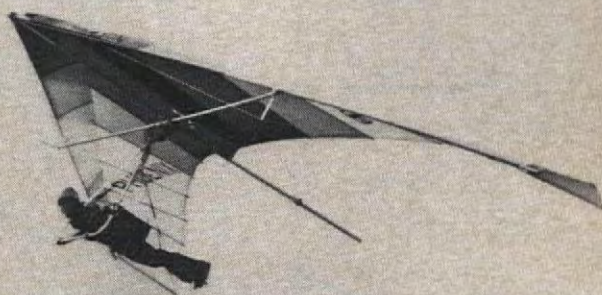
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THE NEW

# healthier foodstyle

A sensible eating plan for father... and everyone else in the family. by Carol Cutler

Father is King for the Day on June 19 and will be treated royally. Odds are that for dinner he will be presented with a thick, well-marbled steak embellished with creamy mashed potatoes topped with melting butter, a little salad, and then strawberry shortcake, unless he prefers a hot fudge sundae. With such royal treatment, how much better to be a pauper. This is the sort of kindness that can—and does—kill. In case you haven't recognized the villain in the scene, meet him now—cholesterol.

What makes cholesterol such a fearsome thing is its relationship to heart attacks. Other factors are also important for a healthy heart, but now leading specialists universally recognize the direct link between diets high in cholesterol-rich foods and the increased risk of cardiac attack. The affliction has reached epidemic proportions in the United States, accounting for more than 600,000 fatalities a year. The most vulnerable group is the American male between the ages of 40 and 45. Are you listening, Dad?

So what should our King for the Day give up at dinner if he wants to be prudent? That well-marbled steak, first thing. Animal fats are a prime source of cholesterol, the yellow wax-like substance that adheres to the arteries causing the opening to narrow, resulting in a smaller channel for the blood to flow through. The reduced passageway puts an extra burden on the heart trying to pump the blood.

When the build-up of cholesterol becomes thick, a piece can break off and block the artery. This can often result in a heart attack or a stroke. The picture becomes quite clear if you think

## MENUS

What better way to celebrate Father's Day than with meals that are a lifesaver for Father—and every member of the family. Here's a sample of healthy, low-fat dishes as pleasing to the eye as to the taste.

### breakfast

Fruit juice of your choice  
\* Puff Pancakes  
\* Golden Nut Fluff  
Beverage

### lunch

\* French Toasted Chicken-Tomato Sandwich  
Raw Vegetable Relishes  
\* Peppermint Ice "Cream"  
\* Oatmeal Raisin Cookies

### dinner

\* Carefree Crackers with Low-Fat Cheese of your choice  
\* Orange Poached Trout  
\* French-Style Peas  
Green Salad with  
\* Zesty French Dressing  
\* Bananas Melba

\*Recipes given on page 66

of the artery as an iron pipe with rust building up inside. Surely the man of the house has repaired enough plumbing to know what problems result from such a condition.

The list of foods to avoid is not overly long: Heavily marbled and fatty meats (this includes sausages, bacon, luncheon meat, and organ meats), fatty poultry like duck and goose, shrimp, egg yolks, cream, butter, lard, completely hydrogenated margarines and shortenings, and products containing coconut oil. The miscellaneous food products to avoid include cashew and macadamia nuts, coconut, and chocolate.

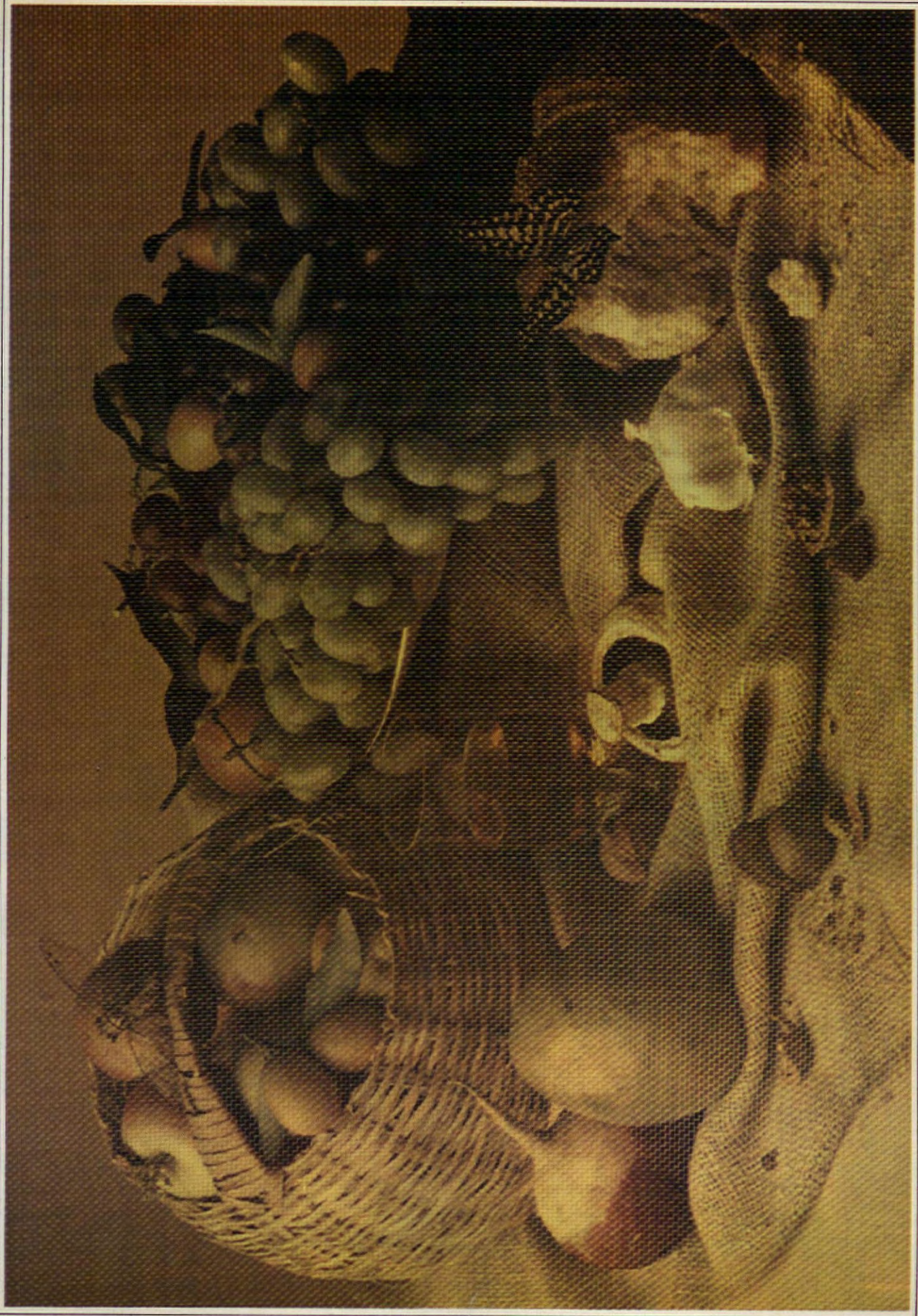
Don't be discouraged. The list of low-cholesterol products proves that the cook has plenty of wherewithal at his or her disposal: All lean meat (beef, lamb, pork, ham, veal), chicken, turkey, all fin and shellfish (except shrimp), fruits, vegetables, most nuts, peanut butter, buttermilk, skim milk, low-fat yogurt, low-fat cottage cheese, partially skim-milk cheeses, egg whites, polyunsaturated margarines and liquid oils (corn, cottonseed, safflower, soybean, sesame seed, sunflower), peanut and olive oil in moderation, cocoa. It's the fat in chocolate that is taboo. Cocoa contains none and still can be used to turn out moist, rich, chocolaty cakes.

With this repertoire of food, the Father's Day table could easily have offered cheese and homemade crackers, Orange Poached Trout served with French-Style Peas, and

for the finale Bananas Melba. Believe me, if Dad didn't know that this was a diet meal, his palate would never give away the secret. Good food can also be good for you. No one minds diet food, as long as it doesn't taste like it. To prove that point I have written two cookbooks without the rich supporting cast of artery poppers—both dedicated to the premise that with the imaginative use of substitutes and flavorings dinner time can still be a festive—and delicious—occasion. *Haute Cuisine for Your Heart's Delight* is 100 percent low-cholesterol and carries an introduction by Dr. Jean Mayer; *The Six-Minute Soufflé and Other Culinary Delights* has low-cholesterol variations for over 90 percent of the 255 recipes. Nothing abstemious about that.

Lest readers arrive at the mistaken impression that cholesterol alone is the clue to good heart health, I should like to stress that the problem is more complicated than that. Many factors are involved—family history, smoking, stress, high blood pressure, overweight, diabetes, and lack of exercise. The joggers who are stirring up roadways all across the country attest to the fact that weight control and exercise are taken seriously today. They believe their doctors who tell them that every pound of extra weight carried on the body puts extra strain on the heart. And when a patient is advised to exercise, soft, easy routines are not what the doctor had in mind. He means a (continued on page 70)





PHOTOGRAPHED BY HERB SCULNICK



## HEALTHIER FOODSTYLE

*continued from page 66*

### PUFF PANCAKES

*Working time: 15 minutes*

*Cooking time: 15 minutes*

- 2 cups unsifted all-purpose flour
- 1/4 cup instant nonfat dry milk powder
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/2 cups water
- 1/4 cup corn oil or other polyunsaturated oil

2 egg whites (save yolks for other purposes)

In a large bowl, stir together first five ingredients. Add water and oil, mixing until just moistened. In small bowl, beat egg whites with rotary or electric mixer until stiff peaks form when beater is raised. Gently fold beaten whites into batter. Pour 1/4 cup batter onto hot, lightly greased griddle. Cook over medium high heat until bubbles begin to form and break. Turn and cook on other side. Repeat with remaining batter. Serve warm. *Makes 16 pancakes (107 calories per pancake).*

*Editor's note: recipe may be divided in half.*

### GOLDEN NUT FLUFF

*Working time: 3 minutes*

- 1/2 cup creamy or chunky peanut butter
- 1/2 cup corn-oil or other polyunsaturated margarine (1 stick)
- 1/2 cup dark corn syrup

In small mixing bowl, combine peanut butter and margarine until smooth. Gradually add corn syrup, mixing well. Serve on pan-

cakes. (Mixture will keep well in refrigerator.) *Makes 1 1/2 cups (84 calories per 1 tablespoon serving).*

### FRENCH TOASTED CHICKEN-TOMATO SANDWICH

*Working time: 10 minutes*

*Cooking time: 8 minutes*

- 1 cup cooked chicken, cut in small chunks\*
- 3 tablespoons mayonnaise
- 1 1/2 teaspoons chopped chives
- 1 teaspoon Dijon mustard
- 8 slices white bread
- 1 tomato, cut into 8 slices
- 1 cup egg substitute
- 3 tablespoons corn-oil or other polyunsaturated margarine

In a medium bowl, mix chicken, mayonnaise, chives, and mustard together until well combined. Spread 1/4 cup chicken filling on each of 4 slices of bread. Top each sandwich with 2 thin tomato slices. Add second slice of bread. Dip sandwiches, one at a time, lightly in egg substitute, coating evenly. In large skillet, grill sandwiches, 2 at a time, in margarine. Cook over medium low heat, turning once, until toasted and golden brown. Cut in half and serve hot. *Makes 4 sandwiches (522 calories per sandwich).*

\*Or 1 can (4 3/4 ounces) chicken spread.

### PEPPERMINT ICE "CREAM"

*Working time: 15 minutes*

*Chilling time: 1 hour*

*Freezing time: depends on type of ice-cream freezer*

- 1 envelope unflavored gelatin
- 1 quart cold water

3/4 cup sugar

1 1/3 cups instant nonfat dry milk powder

1/2 cup corn or other polyunsaturated oil

1/3 cup light corn syrup

1 teaspoon vanilla extract

1/2 teaspoon salt

2/3 cup peppermint candy, crushed

In 1-quart saucepan, sprinkle gelatin over 1 cup of the water to soften gelatin. Stir in sugar. Cook over medium heat, stirring constantly, just until dissolved. *Do not boil.* Remove from heat. In large mixing bowl, sprinkle milk powder over remaining 3 cups water. Beat at low speed of electric mixer, adding oil, syrup, vanilla, salt, and sugar-gelatin mixture. Chill, covered, for 1 hour. Freeze in electric or hand-crank freezer following manufacturer's directions. When partially frozen add 1/3 cup crushed peppermint candy and continue freezing. Stir in remaining peppermint. *Makes 2 quarts (180 calories per 1/2-cup serving).*

### OATMEAL RAISIN COOKIES

*Working time: 20 minutes*

*Baking time: 15 minutes*

1/2 cup corn-oil or other polyunsaturated margarine (1 stick), softened

1/2 cup firmly packed light brown sugar

1 1/4 cups unsifted all-purpose flour

1 cup old-fashioned oats, uncooked

1/2 cup chopped walnuts

1/3 cup dark raisins

1/4 cup skim milk

1 1/2 teaspoons ground cinnamon

1/2 teaspoon vanilla extract

In a large mixing bowl, cream margarine with brown sugar until smooth. Stir in remaining ingredients. Form into balls, using



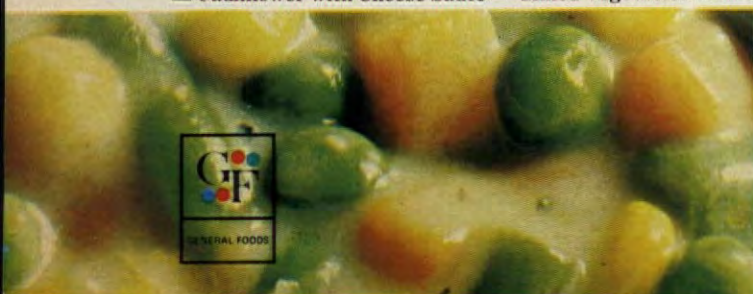
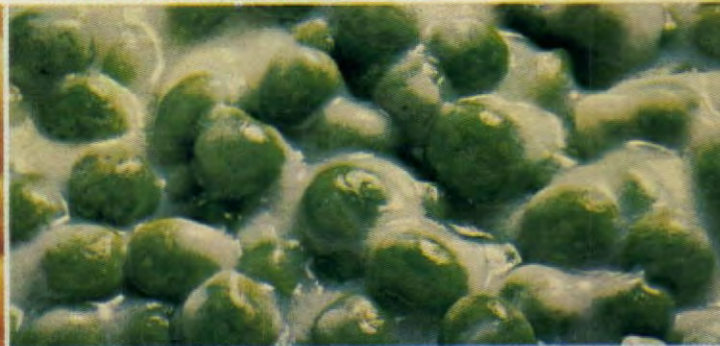
▲ French Green Beans with Toasted Almonds



▲ Small Onions with Cream Sauce



▲ Cauliflower with Cheese Sauce ▼ Mixed Vegetables with Onion Sauce ▲ Green Peas with Cream Sauce ▼ Broccoli with Hollandaise Sauce





1 tablespoon for each ball. Place balls about 2 inches apart on ungreased baking sheets. Flatten with lightly floured bottom of a glass. Preheat oven 350°F. Bake about 15 minutes or until done. Remove and cool on wire cake racks. *Makes 2½ dozen cookies (90 calories per cookie).*

#### LOW-FAT CHEESES

Most cheeses are high in butterfat. The U.S. Department of Agriculture specifies the minimum amount of fat each type of cheese must have. Today there are many new low-fat, low-cholesterol substitutes for such favorite varieties as Cheddar, Swiss, mozzarella, ricotta—and don't forget skim-milk cottage cheese! Several unusual hard low-fat cheeses are available in gourmet-food or cheese stores. Some are strong in flavor and aroma—gammelost, sapsago, and Harkkäse are good examples.

#### CAREFREE CRACKERS

*Working time: 20 minutes*

*Freezing time: 1 hour*

*Baking time: 15 minutes*

- 3 cups sifted all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon liquid hot-pepper sauce
- 1 cup corn-oil or other polyunsaturated margarine (2 sticks)
- 1 cup skim-milk cottage cheese
- 4 teaspoons sesame seed
- 4 teaspoons grated onion

In a large bowl, mix flour, salt, and hot-pepper sauce. Add remaining ingredients, cutting in with pastry blender or fork until well blended. Wrap dough in wax paper, and

freeze 1 hour. On a well-floured surface, roll out dough ⅛ inch thick. Cut out dough with 2-inch round or decorated cookie cutter. Place on ungreased baking sheet. Prick each cracker with fork 3 or 4 times. Preheat oven 450°F. Bake for 12 to 15 minutes, or until lightly browned. Remove from baking sheet and cool on wire cake rack. *Makes about 100 crackers (35 calories per cracker).*

#### ORANGE POACHED TROUT

*Working time: 10 minutes*

*Cooking time: 45 minutes*

- 2 cups orange juice, fresh or frozen
- 2 cups water
- 1 medium onion, sliced
- 3 tablespoons wine vinegar
- 1½ teaspoons salt, divided
- 6 whole peppercorns
- 1 whole allspice
- 1 bay leaf
- 3 sprigs parsley
- 4 trout, about 5 ounces each, fresh or frozen

- 2 tablespoons butter or margarine
- 2 tablespoons flour
- ¼ teaspoon dried tarragon

In a very large skillet or fish poacher, bring orange juice, water, sliced onion, vinegar, and 1 teaspoon salt to a boil. Tie peppercorns, allspice, bay leaf, and parsley in cheesecloth. Add to skillet. Reduce heat, cover, and simmer for 30 minutes. Add trout. Simmer, covered 8 to 10 minutes or until fish flakes when tested with a fork. Carefully remove to serving platter and keep warm. Remove cheesecloth bag from poaching liquid; reserve liquid. In small saucepan

melt butter. Blend in flour and tarragon and cook over low heat 2 minutes. Gradually stir in 2 cups poaching liquid. Cook over medium heat, stirring constantly until sauce thickens. Pour over trout; garnish with parsley. *Makes 4 servings (407 calories per serving).*

#### FRENCH-STYLE PEAS

*Working time: 2 minutes*

*Cooking time: 8 minutes*

- ¼ cup scallions, thinly sliced
- 2 tablespoons corn-oil or other polyunsaturated margarine
- 1 package (10 ounces) frozen peas
- 1 teaspoon sugar
- ⅛ teaspoon freshly ground black pepper
- ½ cup water
- 1 cup shredded lettuce

In a medium skillet, cook scallions and margarine over low heat until scallions are tender. Stir in peas, sugar, pepper, and water. Bring to boil. Reduce heat; cover and simmer for 5 minutes. Remove from heat. Stir in lettuce. Drain off excess liquid and serve. *Makes 4 servings (121 calories per serving).*

#### ZESTY FRENCH DRESSING

*Working time: 3 minutes*

- 1 cup corn oil or other polyunsaturated oil
- ½ cup wine vinegar
- 2 tablespoons catsup
- 2 tablespoons sugar
- 2 tablespoons lemon juice
- 1 teaspoon Worcestershire sauce
- ½ teaspoon paprika
- ½ teaspoon dry mustard
- 1 clove garlic, peeled, and cut in half

*(continued on page 70)*



rots with Brown Sugar Glaze



▲ Green Peas and Pearl Onions

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Does your husband think your vegetables are all alike as peas in a pod? Even when you're not serving peas? Then you should be serving Birds Eye® Combinations.

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## RECIPES

*continued from page 69*

Combine all ingredients into a cruet or bottle. Cover and shake well. Chill several hours to allow flavors to blend. Remove garlic. Shake thoroughly before serving. Makes 1½ cups (87 calories per 1 tablespoon serving).

### BANANAS MELBA

*Working time: 10 minutes*

- 1 package (10 ounces) frozen raspberries, thawed and drained
- 2 tablespoons sugar
- 1 tablespoon brandy (optional)
- 2 large fresh peaches, halved and pitted, or 4 canned peach halves, drained
- 1 banana, peeled and diced

In container or blender, place first three ingredients. Whir until smooth. Strain in fine-meshed sieve to remove seeds. Place peach half in each of 4 dessert dishes. Spoon bananas over top of each peach half. Top with raspberry sauce. Serve at once. Makes 4 servings (147 calories per serving).

## HEALTHIER FOODSTYLE

*continued from page 66*

work-out that brings on huffing and puffing and vigorous heart pounding; only then does exercise benefit the heart. Smoking, of course, should be given up for a number of reasons, but good heart health is a major one.

More and more, though, the American diet is proven the culprit in an ever-increasing number of health problems. Our excessive use of salt and sugar is particularly worrisome because of links with hypertension and obesity among other dangers. Indiscriminate use of them in the kitchen and at the table is only a small part of the problem—prepared foods carry the heaviest guilt. Although

## LOW-FAT COOKBOOKS

Here are some sources of interesting and tasty low-fat recipes for the entire family:

*Diet for a Healthy Heart* by Jeanne Jones, paperback (1975); 101 Productions (\$4.95).

*Haute Cuisine For Your Heart's Delight* by Carol Cutler, hardcover (1973); Clarkson N. Potter, Inc. (\$6.95).

*Low-Fat Cookery* by Evelyn S. Stead and Gloria K. Warren, newly revised paperback (1977); McGraw-Hill Paperbacks (\$4.95).

*The Six-Minute Soufflé and Other Culinary Delights* by Carol Cutler, hardcover (1976); Clarkson N. Potter, Inc. (\$12.95).

"A Diet for Today," 31-page free booklet from the makers of Mazola Corn Oil. Write: A Diet for Today, Dept. DT-AH-6, Box 307, Coventry, Conn. 06238.

statistics show that every American consumes 30 pounds of sugar a year, only five of them are from the sugar bowl at home. Food processors give us the rest in all sorts of unsuspecting ways.

We sit down at the table three times a day, which means many thousands of hours a year are spent consuming food and if the cook doesn't set the health standard right there in the kitchen, the whole family will pay for it eventually, one way or another. Extra care must be taken at family meals because so many meals are eaten outside the home.

Although the problem and the statistics are grim, medical science is making great progress in discovering and treating heart disease. But the best way to not become a statistic yourself is to be sensible about exercise, smoking and your eating habits. The early Romans coined a phrase for this regime, the golden mean. That is the kind of goal that could very well brighten up Father's big day, this year and the many to come. □

*Carol Cutler, cookbook author and food columnist, is Cordon-Bleu-trained chef.*



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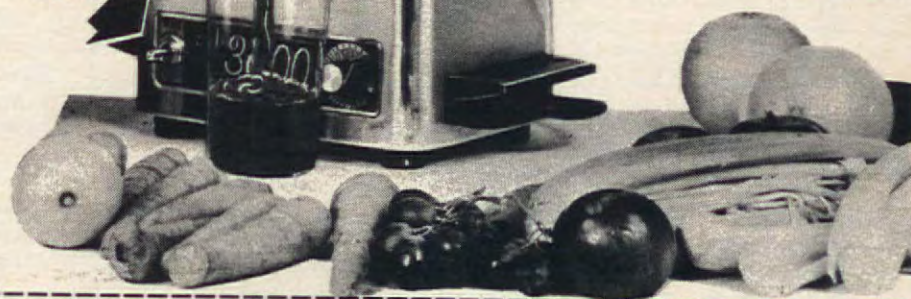
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\* 3 minutes for us  
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## EMERGING WOMAN

*continued from page 27*

upstairs store to sell them. When I sold my first order, the buyer asked, 'Do you keystone?' (the jargon for suggested-retail-markup). I said, 'No, but I cha-cha,' " she collapses into laughter.

Retailers find her refreshing, lug-ging her neckties around New York in rain-drenched shopping bags. "A buyer at Saks looked at me—a mess from the rain—and said, 'She sells to Saks?' " Now with the apartment (at first furnished only with a roll-away bed, card table, and chair) Vicky does less lugging and more serving cocoa and coffee to weary retailers. "I think the doormen wondered why so many men (tie buyers) came to visit me every day," she giggles.

At first, Vicky remembers, "Male tie-buyers were reluctant to take a woman's word as the last one on neckties. Now there are more female retailers buying ties and my feelings about fabrics and colors have turned out to be right." Vicky never uses traditional necktie fabrics for her wares—only those with other intended purposes. "Now I shop Europe like an Oak Park housewife looking for tiny mills with wonderful colors and prints. I buy only enough to make 100 neckties out of each fabric. My guys don't want their ties to be one of thousands,

and I agree," she adds warmly.

"I'm a good story for women's lib," Vicky announces. "I see so many women at home who are tired and bored. If I can do this, so can they. I can't even sew. (The job started by P.T.A. mothers sewing in the basement is now handled by a Manhattan contractor.) Larry supervises shipping.

"In the beginning I was so afraid of everything—traveling and seeing buyers," she admits. "And I disliked myself for being afraid. The first trip I made to Grand Rapids, Mich., to sell ties was the first time I'd ever stayed in a hotel room alone. I put a chair in front of the door because my husband told me to," she laughs about now-shed fears. "Every time I do one of these things (defy a fear) I feel better about me. Nobody is ever again going to step over me, even with a voice."

"If somebody uses that too-busy voice on me now, I've learned to say, 'Listen, I've got a lot to do, too, and I can't talk long to you either.'"

Learning to make decisions alone is another of Vicky's major triumphs. "I had to be in my 40s before I could make up my own mind. Husbands think they're being kind to make all the decisions and take care of things for their wives. But we must learn. We don't need to have other people affirm all of our decisions."

Not all of Vicky's decisions were exactly earthshaking. There was an afternoon early in tie-making when a friend called to tell her the labels on ties for Hudson's Northland store were sewn on badly. The labels had fallen off and were all over the tie department floor. "What could I do? I got into my car and drove to Northland to pick up the labels. I couldn't let the store know."

Vicky knows she's grown via the varied people she's met, the traveling, and the decision making. "Sometimes when I'm especially happy, I say to myself, if I hadn't taken that first step I wouldn't be here now," she muses.

A few months ago Robbie and Kenny completed the long-dreaded act—packed up the car and set off for college away from home. "They said to me, 'Hey, Mom, you're supposed to be sad when your kids are going away to college,'" she grins as Jake the pool-dle, impervious to her stardom begs for food. "I told them, who has time to be sad? I have a plane to catch." □

## Next Month

Feasting Alfresco:  
Four international  
picnics



# THE \$12,000.00 HOUSEWIFE

By Edward C. Lane, Ph.D

Have you tried to make an honest dollar at home lately?

My wife and I did. And, we found ourselves flooded with bogus envelope stuffing schemes, "party plans", and a variety of other non-profit balderdash. It was a sour experience.

Then, several years ago at a bridge party, one of the guests began discussing a very different and special home "money project". The secret was literally whispered across the table.

My wife and I discussed the idea on the way home and decided to try it.

The project kept us busy about four hours a week. We used our dining room as an office.

At first our earnings were low—\$25.00 to \$30.00 a week. But as the months went by, we began making hundreds of dollars at home on the weekends. It was almost beyond belief.

Obviously, this was too good to keep to ourselves. So I explained the project to my mother. She was over seventy and lived alone in an apartment in Akron. But within the first 87 days she made over \$2,200.00 in cash from the same money project.

As our curiosity grew, we discovered a variety of other people making money but with somewhat different money projects.

1. Consider the case of Mary Rittenhouse from Cleveland. For over six years she's been earning thousands of dollars at home in her spare time.

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- Mary works for no one else. She does not selling whatsoever. Most of her clients call her at home.
- What she does is so moral and supremely honest she could probably get a written endorsement from most clergymen.
- Her service is so simple that almost anyone could start the same project in just 9 days.



Again, these data are accurate or we couldn't—and wouldn't—print them.

2. John and Irene Tandy started this same special money project over 10 years ago. They report earnings as high as \$12,000.00 per year . . . all earned at home.

3. An Oregon husband-wife team started the same project we started. In a recent letter they reported gross income of \$4,600.00 in only 45 days. That's even better than we did!

Obviously, this is exceptional income. What you make is largely up to you. But the income potential of some "money projects" can be staggering! For example, two Colorado women started one several years ago with only twelve dollars. This year—operating full time—they made over \$38,000.00.

This income was verified in a recent national press report.

## HOW TO START

This is not a get rich quick scheme. These "money projects" require time and effort.

But, you don't need "money." Most of these projects can be started on less than \$25.00. . . many on less than \$10.00.

You don't need a car for most projects . . . in a few cases it would be helpful, but not necessary.

You don't need youth. Maturity and experience are excellent assets.

You don't need an "office." Just one corner of a spare room is usually sufficient.

Best of all, you don't need to wait. As we said before, many of these projects can be started in just 9 days.

We've put everything . . . every secret . . . in a simple guide. It's entitled **THE \$12,000 HOUSEWIFE**.

## PUBLISHER'S NOTICE

All data presented here are supported by correspondence and bank records on file. All the money projects described are independent. They do not involve you in any commercial "work-at-home" schemes or businesses in which you must deal in any way with a parent company.

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# Shopping Guide

Merchandise listed is available in leading department and specialty stores. Items not included may be privately owned, custom-made or one-of-a-kind.

All prices quoted are approximate at time of publication and are slightly higher west of the Rockies and in Canada. To obtain purchasing information on merchandise listed, write to manufacturer or store (complete address is provided in Shopping Guide Address Directory below). When writing, include date of magazine, page number, and description of item to insure prompt reply. Items followed by † are available through architects and decorators only. Items available by mail are preceded by \*; additional postage, if any, is indicated within ( ). Add city and state sales tax where applicable. Check or money order and zip code must be included. All manufacturers or shops listed will refund the cost of an item (unless monogrammed) only if it is returned within two weeks of receipt, in good condition.

## Shopping Guide Address Directory

Bailey-Heubner, 10 West 57 St., New York, N.Y. 10019  
Bailey-Heubner, 92 Main St., Southampton, N.Y. 11968  
Barcalounger, American Mart, 666 Lake Shore Drive, Chicago, Ill. 60611  
Berkline, One Berkline Drive, Morristown, Tenn. 37814  
Boulet Sportswear, Ltd., 11 West 30 St., New York, N.Y. 10001  
Richard Brooks Fabrics, Dept. AH-6, 125 Inwood Village, Dallas, Tex. 75209  
Brown Jordan, P.O. Box 1269, El Monte, Calif. 91734  
Burris Industries, Inc., Lincolnton, N.C. 28092  
Century Chair Co., P.O. Box 608, Hickory, N.C. 28601  
Charmglow Products Inc., Dept. AH-6, P.O. Box 127, Bristol, Wis. 53104  
Cinandre Hair Salon, Dept. AH-6, 11 East 57 St., New York, N.Y. 10022  
Connaissance Fabrics, Inc., 979 Third Ave., New York, N.Y. 10022  
Cosco, Inc. 41 Madison Ave., New York, N.Y. 10010  
Contempra Industries, Inc., Dept. AH-6, 371 Essex Road, Shrewsbury, N.J. 07753  
Danskin, Dept. AH-6, 1114 Sixth Ave., New York, N.Y. 10036  
Denby, Ltd., 10880 Wilshire Blvd., Suite 400, Los Angeles, Calif. 90024  
Douvel Designs, 75 Rockefeller Plaza, New York, N.Y. 10019  
Ege Rya, 919 Third Ave., New York, N.Y. 10022  
EKCO Housewares Co., Dept. AH-6, 9234 W. Belmont Ave., Franklin Park, Ill. 60131  
Nancy Edman Feldman, 294 Chestnut St., West Newton, Mass. 02118  
Halo Lighting, Elk Grove Village, Ill. 60007  
Helenware, Inc. Dept. AH-6, P.O. Box 186, Sparta, N.J. 07871  
Jenn-Air Corporation, Dept. AH-6, Sales Promotion Dept., 3035 Shadeland Ave., Indianapolis, Ind. 46226  
Evelyn de Jonge, Inc., 1407 Broadway, New York, N.Y. 10018  
Knoll International, Inc., 745 Fifth Ave., New York, N.Y. 10022  
Kreiss Imports, 1111 N. Olive, Los Angeles, Calif. 90069  
La-Z-Boy Chair Co., 1284 N. Telegraph Road, Monroe, Mich. 48161  
The Majestic Co., Huntington, Ind. 46750  
Monet, Dept. AH-6, 16 East 34 St., New York, N.Y. 10016  
Mylen Industries, 650 Washington St., Peekskill, N.Y. 10566  
Neosho Products Co., Dept. AH-6 (Marketing) P.O. Box 622, Neosho, Mo. 64850

P.C. Designs, Dept. AH-6, 385 Fifth Ave., New York, N.Y. 10016  
Peter Pan Fabrics, Dept. AH-6, 1071 Sixth Ave., New York, N.Y. 10018  
The Bert Pulitzer Co., Dept. AH-6, 27 West 23 St., New York, N.Y. 10010  
Regal Rugs, 295 Fifth Ave., New York, N.Y. 10016  
Roundtree Country Reproductions, Inc., 306 East 61 St., New York, N.Y. 10021  
Saxony Carpet Co., Inc., 979 Third Ave., New York, N.Y. 10022  
Scalamandre, 950 Third Ave., New York, N.Y. 10022  
Scandinavian Design, 117 East 59 St., New York, N.Y. 10022  
Skinner (Div. Springs Mills), Dept. AH-6, 1430 Broadway, New York, N.Y. 10018  
Karl Springer Ltd., 306 East 61 St., New York, N.Y. 10021  
Catherine Stein, Inc., Dept. AH-6, 417 Fifth Ave., New York, N.Y. 10016  
Stratolounger, Hayes-Williams, Inc., 261 Madison Ave., New York, N.Y. 10016  
Structo Division, Lang-Seely Thermos Co., Dept. AH-6, Freeport, Ill. 61032  
Thonet, 305 East 63 St., New York, N.Y. 10021  
Trend-Pacific, Dept. AH-6, 2817 S. Hill St., Los Angeles, Calif. 90007  
Unisa, Dept. AH-6, 347 Fifth Ave., New York, N.Y. 10016  
Weber-Stephen Products Co., Dept. AH-6, 100 N. Hickory Ave., Arlington Heights, Ill. 60004  
The Workbench, 470 Park Avenue South, New York, N.Y. 10016

### SUMMER WRAP-UP

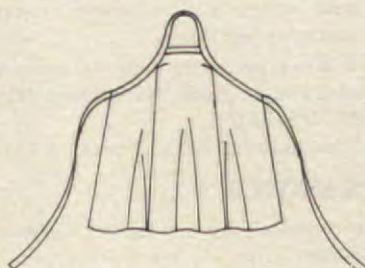
Vogue Patterns are sold in most department stores. To order by mail, send check or money order, pattern number(s) and size to: Butterick Fashion Marketing Co., P.O. Box 549, Altoona, Penn. 16603. In Canada: Butterick Fashion Mkt., P.O. Box 4001, Terminal A, Toronto 1, Ont., Canada, M5W-1H9. Please add 15¢ postage for each pattern ordered. Pennsylvania residents, please add sales tax. Approximate fabric yardages are given in widths of actual fabrics featured and for fabrics without nap, except where otherwise noted.

**Page 33** (Also shown on pages 34-35): Back-wrapped halter dress, 4" below mid-knee, close-fitting through bustline, has upper band and neckband with attached tie ends that crisscross in front and back and tie in front, holding in fullness at waistline. The wrap dress is Very Easy Vogue Pattern No. 9757, sizes 8-16; \$3. \*Shown in "Tana Lawn" fabric from Liberty of London, No. 5749-A, 100% cotton, 36" wide, color: purple/orange/white/green/blue floral on black ground; \$9.75/yd. ppd. Stitched and stuffed bangle bracelet with twist is sewn from Vogue Pattern No. 1634, View D, one size; \$3. Made from matching "Tana Lawn" fabric remnant (7 1/2 yd.), and stuffed

### PATTERN BACKVIEWS AND YARDAGES

All yardages given are for Misses' size 10.

VERY EASY VOGUE PATTERN No. 9757 WRAP DRESS  
yds: 3 1/2  
fabric: 36" wide



FRONT  
VERY EASY VOGUE PATTERN No. 1634  
VIEW D: Twist Bracelet  
yds: 1/8 of remnant  
fabric: 36" wide

VIEW D



with polyester fiberfill. Mail order Liberty of London fabric from Richard Brooks Fabrics. When ordering fabrics, please specify fabric name and style number. One yard minimum order per fabric. All prices quoted are ppd. All sheer nude panty hose by Leggs, \$1.49 per pair. Purple "Mallorca" espadrilles by Unisa; \$32. Gold-plated 30" long chain necklace, No. 4356; \$15, and chain bracelet, No. 7555; \$7.50, both by Monet. Violet plastic floral-shape earrings No. 5210; \$4.50, by Cathy & Marsha for Catherine Stein.

**Page 34:** Loose-fitting back-wrapped dress, 3" below mid-knee, has front yoke, short kimono sleeves, attached tie ends, pockets in side seams, front pocket not shown. Dress is Very Easy Vogue Pattern No. 9720, sizes 8-16; \$3. Shown in Peter Pan Fabric in bold orange/green/yellow floral print on purple ground, No. 2671, 100% cotton chintz, 44/45" wide; \$3 yd. Bright-colored satin and soutache wrapped wide bracelets, No. 783933; \$6 each; plastic button pierced earrings, No. 716027, \$5; all by Peter Catalano for P.C. Designs.

VIEW B BACK  
VOGUE PATTERN No. 9720  
VIEW B: Wrap dress  
yds: 2 1/2  
fabric: 44/45" wide



**Page 35:** Front-wrapped slight A-line skirt, 3" below mid-knee has divided patch pocket, waistband extends into tie ends. Skirt is Very Easy Vogue Pattern No. 9782, waist sizes 24-30; \$3. \*Shown in bright stripe in 2 shades of purple/red/gold/blue in Liberty of London's "Country Stripe"; No. 4014-C; 100% cotton, 36" wide; \$6.75/yd. ppd. Mail order Liberty of London fabric from Richard Brooks Fabrics. Shown with one-shoulder pullover top, semi-fitted, above-hip length, front and back gathered at shoulder to form shaped tie ends. The top is Very Easy Vogue

VOGUE PATTERN No. 9782  
VIEW A: Skirt  
yds: 3 1/2  
fabric: 36" wide

VIEW A FRONT



Pattern No. 9780, sizes 8-16; \$3. Fabric is Skinner's "Lutesong," No. 8292, 100% textured trilobal polyester, 44/45" wide, color: 113 Viva red \$6/yd. Bangle bracelets to stitch and stuff are

VOGUE PATTERN No. 9780  
VIEW C: One-shoulder top  
yds: 1 1/2  
fabric: 44/45" wide

VIEW C FRONT



from Vogue Pattern No. 1634, View C, one size \$3. To make the bracelets use a 10" x 10" remnant from the "Country Stripe" skirt fabric. Stuff with polyester fiberfill. "Guatata" espadrilles by Unisa, \$30. 100% nylon seamless Danskin tights, No. 69; \$4.50. Red satin-wrapped button clip-on earrings, No. 710827; \$5 by Pete Catalano for P.C. Designs.

VOGUE PATTERN No. 1634  
VIEW C: Bangle Bracelet  
yds: 10" x 10" fabric remnant for each bracelet (3 shown)  
fabric: 36" wide

VIEW C



(continued on page 78)



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## SHOPPING GUIDE

continued from page 74

### A BARREL OF FUN

Page 36-38: Hot tub manufacturers:

Aquarian Hot Tub Co., 120 Stadler Drive, Woodside, Calif. 94062



Bauer Baths, Inc., 650 South 13 St., Richmond, Calif. 94804

The California Hot Tub Co., 3551 Haven Ave., Menlo Park, Calif. 94025

Gemini Productions, Box 211, San Anselmo, Calif. 94960

Hot Tubs USA, San Jose, Calif. 95150

Redwood Hot Tubs, 227 Shoreline Highway, Mill Valley, Calif. 94941

Satori Japanese Bath Co., 2154 Ashby Ave., Berkeley, Calif. 94705

Sausalito Hot Tubs, Box 1508, Sausalito, Calif. 94965

Spring Mountain Hot Tubs, 26 Crystal Way, Berkeley, Calif. 94708

The Tubmakers, 2500 Market St., Oakland, Calif. 94607

### RECLINING IN STYLE

Page 42: "Her" area rug is Laura Ashley's "Colorwise" of Anso nylon by Regal Rugs; "his" area rug, "Göinge," of 100% wool by Ege Rya. Glass-topped table and framed photograph, Cosco; fireplace mantel, Douvel Designs. "His" mug, Denby Ltd.; his clothes, Boulet Sportswear, Ltd. "Her" clothes, Evelyn de Jonge, Inc.

### CAREFREE CUBE

Pages 46-47 Indoor and outdoor dining tables: (shown in photos 4 and 2, respectively) by Thonet; prefabricated fireplace (4), The Majestic Co.; black dining chairs (4), No. 427 from the "Bertoia" collection, Knoll International Ltd. Track lighting (1), Power-Trac No. L764P recessed lights, Halo Lighting. Outdoor folding chairs (2), Scandinavian Design; brown living room chairs (4), from the "Stuns" collection, The Workbench. Spiral stair (5), Mylen Industries; roll-around cart (1), pillows and mounted maps (4), Bailey-Heubner.

### YEAR-ROUND SANCTUARY

Pages 48-49: Rattan love seat, lounge chairs (shown in photo 4) from the "Marbella" line, Kreiss Imports; custom design "Seaswirl" No. 9534 area rug (4) and custom design octagonal rug (2), Scalmandré. Outdoor furniture (1), from the "Schultz" collection, Knoll International, Inc.;



giant sunbathing circle (1), "Tamiami Lei Around," No. 1110-7600 in white, Brown Jordan. Dining room chairs (2) No. 965 S and backgammon room chairs (7) No. 965 A, both Century Chair Co.

### BARBECUE TIME

Page 60 (Also shown on pages 63 and 64): Electric Char-B-Que No. ECB-3 by Contempra Ind.; (shown in photo 1); \$69.95; shown on cast aluminum pedestal stand with cutting board; \$34.95. Brush is part of 3-piece wooden-handled barbecue equipment set No. C5613 by EKCO Housewares, Inc.; \$6.98. Charmglow gas grill (2) by Charmglow Products, Inc., No. 3200; \$197.50. Also shown: cast aluminum cart No. 150884; \$80.; L.P. gas tank No. 168800; \$23; tank holder; \$39; Charmlite electronic lighter No. 162212; \$30.50; hardwood shelf No. 160271; \$21.50 and rotisserie attachments No. 163333; \$33.99. Model dressed in red all-cotton oxford voile short-sleeve sports shirt No. Red-60 by the Bert Pulitzer Co.; \$27.50. Red and white striped chef's apron No. 22-3; \$10 and striped grill glove; \$5 by Helenware, Inc. Red-handled "Grabber" tongs by Trend Pacific, \$9. Buddy L Master Chef (3) 21-by-21-inch square charcoal smoker No. 8067 in cinnamon and terra cotta from Neosho Products Co.; \$59.95. Yellow-handled giant metal skewers No. C5366 by EKCO Housewares, Inc.; \$5.98. Snapwagon grill (4) No. 7536 from Structo Division, Seeley-King Thermos Company; \$54.95. L.P. gas portable mount barbecue kettle No. GG-005 by Weber-Stephen Products Company (5) (includes tank holder and 3-ft. flexible hose). Also shown L.P. tank No. LPT-212, and electric lighter No. EI-211; total price of kettle and attachments, \$284.90. Grill-ette (6) special window vent included; by Jenn-Air Corporation; \$99.50. Giant metal tong and turner combination No. C108K by EKCO Housewares, Inc.; \$2.69.

For further ideas to turn barbecue time into fun time, send for the new hardcover *PILLSBURY'S BARBECUE COOKBOOK* with over 250 recipes for the outdoor chef. Mail \$5.95 (check or money order only) to the Pillsbury Company, P.O. Box 60-1532, Dept. 7-17, AH-6, Minneapolis, Minn. 55460.

## HOW TO BUY A HOUSE

continued from page 23

ing up the inside of the panes. Yes, the kitchen was capacious, large enough to put a wonderful old oak table right in the center, and there was even a big bay window in it with a cushioned window seat right out of *Little Women* but, alas, there were no built-ins—not so much as a garbage disposal. The owners had painted the wooden beams in the living room a bilious Army green, and the wooden ceilings in all the other rooms looked like the "digs" of some Etruscan town, stained with the grime of centuries. To top it all off, none of the frayed carpeting matched. The brown carpet in the living room joined the green carpet in the hall, which joined the pink carpet in the master bedroom—giving the entire house the appearance of a huge crazy quilt put together by giants.

Who cared to linger long enough to discreetly lift a corner of the carpeting and discover the beautiful hardwood floors beneath? The white shutters on every window would have to be taken down, sent out, re-lacquered, and some of their falling slats would have to be carefully mended. Considering what new shutters cost, a redo would require only a modest outlay. Actually, the exterior paint job was holding up; pearl gray with white shutters framing every window on the outside, too. But what a steal for \$42,500!

### RULES FOR SMART BUYERS

1) Look for the basics in a house. Is what you like about it built in or is it an accessory that you could add yourself with ease? 2) Is there room to add on? Could the utility area be moved outside under an overhang or into the garage, freeing the existing utility area for a second bath? Is the house perhaps U-shaped? If so, you've already got three walls toward a new room. Put in floor-to-ceiling glass doors, add more roof, and there's your new room. 3) Does the kitchen have enough space but lack glossy built-ins? Today you can buy a pre-made kitchen for as little as \$1,000 that will look like \$5,000.

Little gray frame house, where are you now? You're on the market for \$62,500, because somebody was smart enough to buy you for what you were underneath.

Fellow house hunters, the house you buy at a "shameful savings" is the little gray frame house you buy ... today. Warts and all. □

Maxine Daley is an advertising agency executive who was the author of "How to Sell Your House For A Shameful Profit" in the September, 1976 AH.





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# Salem Lights



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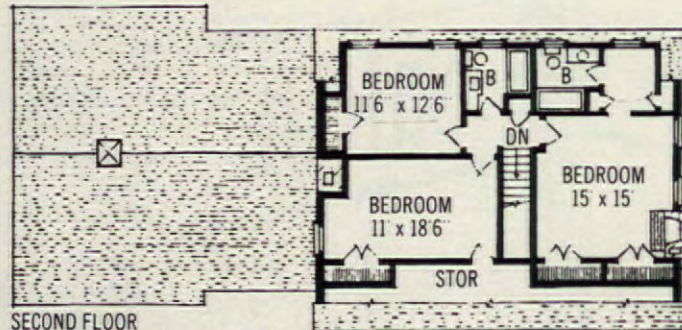
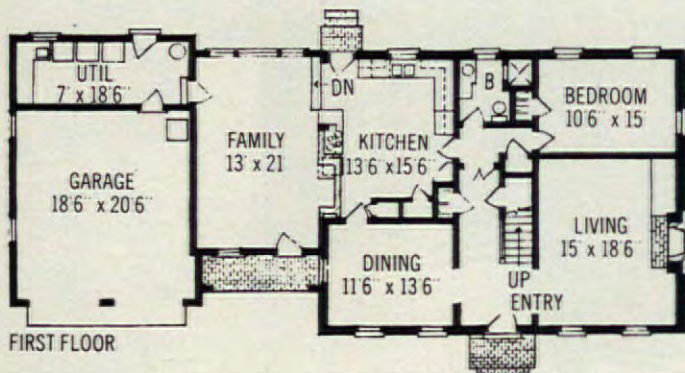


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The Virginia colonial (below) combines convenience (extra storage and expansion space over the garage) and comfort (cozy fireplaces in the master bedroom, family and living rooms). The Cape Cod or salt-box is a two-in-one plan. Their first floors—bedroom, dining room, two-story living room, kitchen, and bath—are identical. Upstairs, the Cape Cod (opposite, top) has two bedrooms, bath, and studio. You will receive a complete set of drawings plus materials list for \$20. (This is all you need to get a builder's estimate.) You will need three sets of plans (\$35) to get you started on construction. To obtain them, simply fill out the coupon on the opposite page.

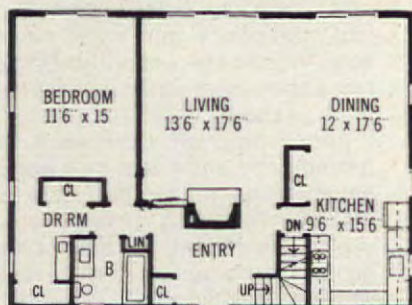
American Home can also provide you with an accurate computerized assessment of building materials and labor costs for your new dream home. Turn to page 88 for further information.





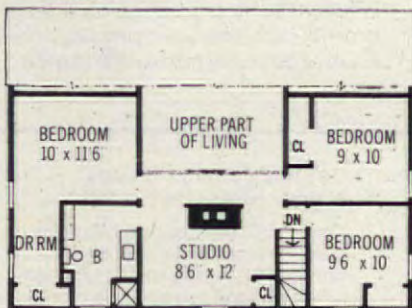
# AMERICAN HOME HOUSE PLANS

## SALT-BOX OR CAPE COD



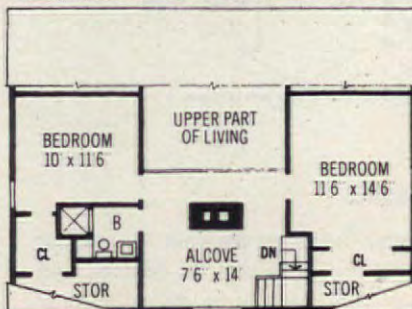
FIRST FLOOR—BOTH MODELS

The salt-box and Cape Cod versions are similar in basic design. The first floor containing the master bedroom, dining room, two-story living room, kitchen, and bath is identical. Variances in the plans occur on the second floor.



SECOND FLOOR—SALTBOX MODEL

The salt-box, whose total area adds up to 1,755 square feet, is the larger of the two designs. Its upper floor (see plan, above) comprises a second master bedroom suite (including bath) plus two more bedrooms and a relatively spacious all-occasion studio.



SECOND FLOOR—CAPE COD MODEL

The Cape Cod, with a total area of 1,670 square feet, is more compactly designed. Its upper floor (see plan, above), with less space than the salt-box, has two bedrooms, a bath, storage space under the slope of the roof, and an alcove suitable for a play area.

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Cape Cod (above)  
Salt-Box (below)





### MAKE LEARNING WORTHWHILE

Psychologists John D. and Helen B. Krumboltz say in their book *Changing Children's Behavior*, "To improve or increase a child's performance of a certain activity, arrange for an immediate reward after each correct performance." Although that smacks slightly of training a performing seal for a circus, there's no denying it works.

Sometimes it boils down to an outright bribe. One afternoon Keith said, "People are always sending you money for what you write. I bet I could write that good. Think they'd pay me?"

I hired him myself to write an article on any subject he wished. His piece, "My Brother Warren," told of how, some years earlier, Warren, whom he loved, drowned while the two of them were swimming in a nearby river. A few months later, the article appeared in his school magazine. It earned Keith \$10, and it was the best deal I've ever made in my life. It not only taught Keith how to put sentences together and punctuate them, but it gave him something he had seriously lacked: Confidence in his own ideas and self expression.

Often, praise is the richest reward a

parent can give. Nancy Larrick writes in *A Parent's Guide to Children's Education*, "Children need approval, which is relatively inexpensive; but they often find it harder to get than a five-dollar bill. Adults forget how long it took them to master simple skills and efficient methods. Thus, a child's achievements—which seem so important to him—are easily overlooked by parents and teachers."

Sometimes the learning itself can be rewarding. Here's an example: Several times a month, Keith watched me write checks to pay bills. He was particularly fascinated with the adding machine I used, and soon asked to help. Within a few weeks, he was writing checks and making the entries in the ledger, too.

It was the same with the electric typewriter. He started out wanting to play with it, but the stipulation was that he write something—a letter, story, or essay. Then we corrected the grammar and punctuation.

By helping Alice with the cooking, he learned ounces, pounds, and pints. And when Keith and I built a dividing wall in our home, he began to see why it's important to know how many inches are in a foot and how many feet in a yard. The satisfaction of telling friends and neighbors that he'd built

that wall and baked that cake were rewards enough for the effort of learning.

Every new day provides numerous opportunities to help your child be smarter. Whenever we go for drives we ask Keith to read the road signs. It's a challenge to read quickly, and develops speed reading skills. When we go shopping, he pays the bill, receives and counts the change. We ask him to read restaurant advertisements, select one, phone, and make reservations. We use every opportunity to give him experience, which is what learning is all about.

And it pays off. Last week Keith proved once again that he's not only an adequate reader but more alert than ever. Returning from an afternoon of bike riding, he walked into the kitchen looking disgusted. Alice asked what was troubling him.

"Oh, they're always picking on us kids," he said. "Now I can't even ride my bike in Whitehall anymore."

"Why not?" asked Alice.

"Oh, they just put a new sign by the road. It says, 'No peddlers allowed without a license.'"

*Robert Bahr is a writer whose specialty is science. He is working on a book on how to increase your physical energy soon to be published by E.P. Dutton.*

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 —B. Shimmering (21" x 30") @ \$10.95 plus \$2.25 post./hdlg. . \$ \_\_\_\_\_  
 —C. Rite of Spring (23½" x 30") @ \$10.95 plus \$2.25 post./hdlg. . \$ \_\_\_\_\_  
 —D. Fullness of the Earth (20½" x 30") @ \$10.95 plus \$2.25 post./hdlg. . \$ \_\_\_\_\_  
 For each additional print add 25¢ post./hdlg. . \$ \_\_\_\_\_  
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# BLOOMING ART



HERE IS THE SUPREME **Waist and Tummy Reducer** SO SENSATIONAL THAT YOU CAN ACTUALLY

# Relax away inches a day

WITH THE INCREDIBLE NEW

## Astro-Trimmer™

**GUARANTEED TO REDUCE YOUR WAIST AND ABDOMEN 4 TO 8 INCHES IN JUST 3 DAYS OR YOUR MONEY BACK!**

...AND IN JUST MINUTES A DAY...WITHOUT DIETING

HERE IS HOW IT WORKS:



Wrap the Astro-Belt completely around your waistline, hook the Astro-Bands to any convenient door and you are ready to perform one or two of the easy-to-do Astro-Trimmer movements—just 5 to 10 minutes.



Now simply relax a few moments with your Astro-Belt in place. Your Astro-Trimmer movements have triggered the Astro-Belt's incredible inch-reducing effect which goes on working even while you relax.



After relaxing — about 15 minutes — take off your Astro-Belt. Already your waistline will be tighter and trimmer — actually measure the difference. Many users report losing 2, 3, 4 inches the very first day.

**Startling discovery**—the Astro-Trimmer has got to be the most sensationally effective and the most fun to use slenderizer of all time. It is a marvel of ease, comfort and efficiency—and a pure joy to use. The Astro-Trimmer's totally unique design consists of a double layered belt: a soft nonporous inner thermal liner which wraps completely around your mid-section producing a marvelous feeling of warmth and support—and a sturdy outer belt that attaches you to the super duo-stretch Astro-Bands which you hook to any convenient doorway. These duo-stretch bands enhance your slightest movements and transmit their effect—greatly magnified—directly to the inner thermal liner of the belt to produce an absolutely unequalled inch-reducing effect. In fact, for sheer inch loss, the Astro-Trimmer is supreme. Try it for yourself—at our risk—just slip on the belt, hook it up, stretch and relax with one of the easy-to-do movements in the instruction booklet and watch the inches roll off. Men and women from 17 to 70 in all degrees of physical condition are achieving sensational results from this ultimate inch-reducer. Results like these:

**Cheryl Long**—"Unbelievable! Totally fantastic, yet it really happened—in just 3 days the Astro-Trimmer trimmed 3½ inches from my waist and 6½ inches from my tummy. I just love my slim, new shape."

**Anthony Greer**—"My waist actually came down 5 full inches in 5 days—from 38 to 33. My entire physique looks so much better and I feel so much better that I can't praise this sensational trimmer enough."

**Laurie Jensen**—"What a marvelous thing your Astro-Trimmer is: reduced my waist over 3½ inches—from 28½ to 24½; my tummy 5 inches—from 33½ to 28½—all in only 3 days. It totally transformed my figure!"

**How many excess inches can I lose with the Astro-Trimmer?** How many excess inches do you have? Many users lose 1 to 2 inches from their waists and 1 to 2 inches from their abdomens the very first day. Three, four, even more inches off the waist in three days is not uncommon. Not everyone will do this. The degree of inch loss will vary with individual body response. However, this matchless body shaper melts excess inches off the waist, abdomen, hips, thighs with such amazing speed that if your waist and abdomen aren't 4 to 8 inches trimmer after using your Astro-Trimmer for just 3 days and if you don't lose these inches without dieting and in only 5 to 10 minutes a day, you may simply return your Astro-Trimmer and your money will be refunded.

**No risk—no obligation—money back guarantee.** So-called "waist trimmers" and reducers are now being nationally advertised for from \$19.95 to \$49.95. Yet the sensational new Astro-Trimmer—which trims and slims excess inches far faster, far more effectively than anything we have ever seen—is being offered for only \$9.95 with a complete money back guarantee. If you are not satisfied that the Astro-Trimmer is the fastest, the most effective waist reducer you have ever used, it will not cost you a penny. So if you want a trimmer, more ideally proportioned body—right now—send for your Astro-Trimmer today.

PAT. PEND.

© Copyright Astro-Trimmer 1977.  
Highway 1 and Callender Road,  
Arroyo Grande, CA 93420

**ORDER NOW  
FOR A SLIMMER,  
TRIMMER WAISTLINE  
THIS WEEK**

**Astro-Trimmer™** P.O. Box 3140 Dept. AH-1, Monterey, Ca. 93940

Please send me Astro-Trimmers along with complete easy-to-use instructions. I understand that if I do not lose from 4 to 8 inches from my waist and abdomen in just 3 days I can return my Astro-Trimmer and receive my money back. I enclose \$9.95 for each Astro-Trimmer plus .30 each for postage and handling.

☐ Check ☐ Money Order ☐ No COD's accepted. Please charge to my:

☐ Mastercharge Account No. ☐ BankAmericard Account No. ☐ Exp. Date

M/C Interbank No. (on card above name) \_\_\_\_\_

Name \_\_\_\_\_ Woman: waist size \_\_\_\_\_ Man: waist size \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





### PEAR TREE KITS

Charming needlepoint ornaments, each with design on #12 canvas, Paterna Persian wool, stuffing, and felt backing. Size 4" tall. Partridge in a Pear Tree, Turtle Doves, French Hens, Calling Birds, Golden Rings, Geese-A-Laying, Swans-A-Swimming, Maids-A-Milking, Ladies Dancing, Lords-A-Leaping, Pipers Piping, Drummers Drumming. Each Ornament Kit ..... \$2.95  
All 12 Kits ..... \$32.95

PLUS 75¢ POSTAGE & HANDLING  
Pa. Res. Add 6% Sales Tax

**VICTORIA GIFTS**

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

**genuine  
garnet  
and  
sterling  
silver**



You'll adore this look of infinite grace — simple yet tenderly detailed. Our own Israeli import with starry faceted stone, Tiffany-set to enhance its radiance. Sizes 5,6,7,8.

**3331 Garnet Ring ..... \$5.98**

Add 45¢ post. & hdlg., NY res. add taxes

**LILIAN VERNON** Dept. A61

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

## THE AMERICAN HOME MAILER

Enjoy a shopping spree right from the cozy convenience of your home! Buying by mail is fun and easy. You'll find all kinds of things from plain and simple to fussy and sophisticated. Unless items are personalized, the companies from which you order will gladly refund your money if you're not pleased. Happy shopping!



### Solid copper bracelets

Flatter your wrist with swirls and strips of glowing copper! "Elephant hair" style (bottom) with a legend of luck with it, slides to adjust, \$3.98. Swirl bracelet (top) is finely feminine, \$2.98. Lovely together, too! Both for \$6.50. Add 45¢ p&h. Ferry House, Dept. AH6, Briarcliff Manor, NY 10510.



### ADDRESS LABELS with NICE DESIGNS

Any Initial, U. S. Flag, Pine, Gull, Palm, Roadrunner, Saguaro, Rose, Texas Flag, Maple Tree, Treble Clef, or Palette. To 20 letters per line, 4 lines. Printed in black ink on 500 white or 250 gold gummed labels. Two sizes. . . 1 1/2" x 1/2" for \$2.50 or Deluxe size 1 3/4" x 3/4" for \$3.50 + postage of 35¢ via 1st class or 25¢ via 3rd class per order. Specify design, size and color desired. Useful 80-P. Gift Catalog, 50¢. Bruce Boland, 166-L Boland Bldg., Boulder, CO 80302. (Since 1956, thanks to you!)



### PHOTO-GO-ROUND

Display treasured snapshots in this revolving file. Photos up to 3 1/2" x 5 1/2" slip into protective see-thru windows. Lovely wooden base. Envelopes for 160 photos included. \$14.95 + \$1.25 post. Deluxe model (not shown) has round wooden base, 2" wooden knobs, plexiglas frame, envelope for 240 photos. \$19.95 + \$1.50 post. Either model holds up to 600 photos. Envelopes for each 52 extra photos are \$1.50.

Dept. H-677  
**FERRY HOUSE** Briarcliff Manor, N.Y. 10510



### ICE CREAM SODA MUGS

- GAILY DECORATED
- GLAZED CERAMIC

Serve delicious ice cream sodas in this set of 14 oz. soda mugs with handles. Glazed ceramic set of 4 is gaily decorated with multi-colored ice cream flavors. Set of 4, \$9.98 plus \$1.00 postage. Conn. res. add sales tax. Catalog on request.

STRATFORD HOUSE, AH 67  
P.O. Box 289, Stratford, CT 06497

### TABLE BUTLER



Do away with messy spilled drinks during the game. The BUTLER clears the middle of the table for action. Each BUTLER features two recessed pockets for those spillable drinks. Easily clamps onto your table, square or round. Each set of BUTLERS only \$7.95 postpaid. Minn. Res. add 4% tax. Avocado only. Made in U.S.A. The TABLE BUTLER Dept. D1, P.O. Box 1398, Maple Plain, Minnesota 55348.



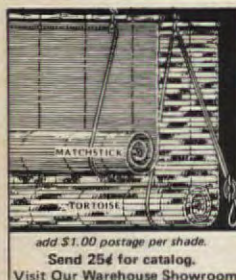
### Zig zag casual

It's a walking beauty in soft glove leather and comfortable 1/2" wedge with sturdy leather sole and heel lift. Black, beige, white. Full & 1/2 sizes 5-10 N, 4-10 M. \$12.90 plus \$1.50 p&h. Same with 1 7/8" heel, \$14.90 plus \$1.50 p&h. Vicki Wayne-A6Z, 600 S. Country Club Rd., Tucson, AZ 85716.



### Ice shaver

Now you can have crushed ice as often as you wish and so quickly! Put cubes in the top of the ice shaver and just press down on the "pusher" lid, turn the crank, and ice is shaved into the container. 7 1/2" high. White and reddish orange plastic. Ideal for chilled seafood, drinks, etc. \$5.98 plus 75¢ p&h. The Country Gourmet, Dept. A6E, 512 S. Fulton, Mt. Vernon, NY 10550.



### BAMBOO SHADES

Bamboo roll up shades in natural Matchstick or Tortoise shell (burned 1/2" wide bamboo slats). Perennially popular; handmade in Taiwan.

Sizes Matchstick Tortoise

24" x 72"	\$5.00	\$7.50
30" x 72"	6.00	9.50
36" x 72"	7.00	11.50
42" x 72"	8.50	13.50
48" x 72"	10.00	15.50
60" x 72"	12.00	20.00
72" x 72"	14.00	24.50

add \$1.00 postage per shade.  
Send 25¢ for catalog.  
Visit Our Warehouse Showroom.

FRAN'S BASKET HOUSE  
ROUTE 10, Dept. AH6  
Succasunna, NJ 07876

### NOW-NEW BORDERLESS

**24 COLOR  
WALLET  
PHOTOS**



**SPECIAL! 36 Black & White only \$1.00**

Beautiful silk-textured & smudge-proof. Send Polaroid color print or photo (up to 5"x7"), neg. or slide. Original returned unharmed. GUARANTEED! Add 50¢ per order for shipping.

ROXANNE STUDIOS, Box 1012, L.I.C., N.Y. 11101 Dept. F-74



# Just Imagine Yourself As a Foster Parent!

## And Without Sending Any Money!

When you become a Foster Parent to a little boy or girl, you'll learn the child's name, receive a photograph and a detailed case history—and discover the problems facing the child's family.

Just imagine the joy of sharing your love!

And all this—without cost or obligation! Then, if you decide to accept your Foster Child, you will receive a complete Foster Parent Kit.

You will keep in touch through regular letters from your Foster Child and progress reports from her social worker.

You see, your love and support are not lost in a massive, impersonal relief program.

Instead, you will learn exactly how your \$19 monthly support is helping your Foster Child, the family, and the entire community where the child lives.

So many needy children are waiting for a Foster Parent. Your love—and help—is urgently needed. You can select a boy or girl from any of the countries in the coupon.

Or, you can request a "Child of Greatest Need" from our Emergency List. Then, after you receive the photograph and case history, you will have 10 days to make your final decision.

Won't you help? Today? Just imagine yourself as a Foster Parent. . . .



*Little Angela Margarita has lovely chestnut brown hair to match her mischievous brown eyes. She suffers from a serious respiratory problem, and lives with her family in this mud and cane house, with a floor of damp packed earth. By the time you read these words, a Foster Parent will have come to her rescue. But so many other children are waiting for your love . . .*

### As a Foster Parent, here's what you will receive:

- Foster Parent Information Kit
- Photo of your child
- Annual progress report
- New photo each year
- Personal history of child
- Information about family
- Fact sheet on country
- Regular letters from child
- Privilege of sending letters and special money gifts
- The opportunity to show your love

**CALL TOLL FREE! 800-327-8912**

Information will be sent immediately. (In Florida 800-432-5024)

Write to: Reinhart B. Gutmann, A.C.S.W.

### Foster Parents Plan

155 Plan Way, Warwick, R.I. 02887

I want to become a Foster Parent to a ☐ Boy ☐ Girl

Age \_\_\_\_\_ (3-16) Country \_\_\_\_\_

I want to help a "child of greatest need" from your

### ☐ EMERGENCY LIST

☐ I understand you will send me a photograph and case history introducing me to a specific child. After 10 days, I will become a Foster Parent to the child, sending support of \$19 monthly, or return the material to you.

☐ I've made my decision and here's my check for \$19. Please

send me a child's photograph, case history and complete Foster Parent Information Kit.

I am unable to become a Foster Parent at this time but I want to contribute \$ \_\_\_\_\_.

☐ Send more information about becoming a Foster Parent.

Name \_\_\_\_\_

Address \_\_\_\_\_

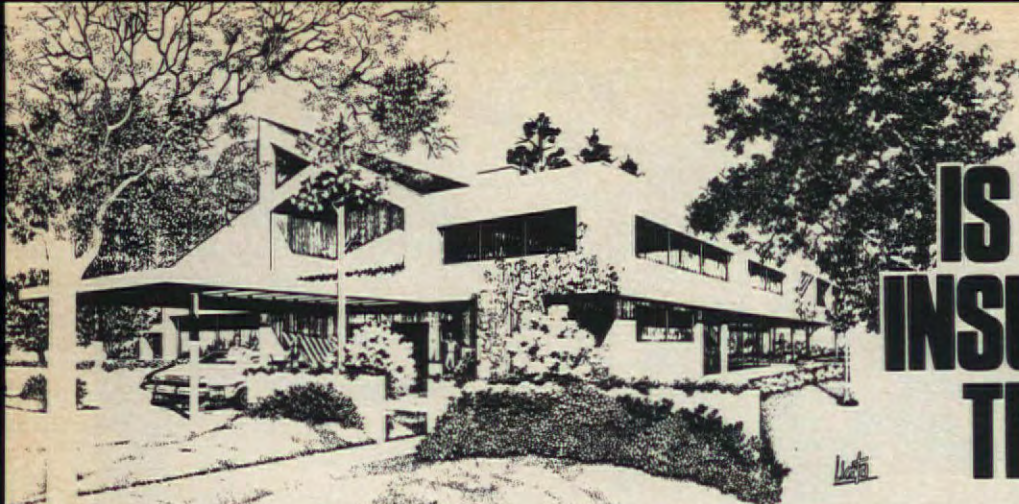
City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Foster Parents are needed for children in Bolivia, Colombia, Ecuador, El Salvador, Ethiopia, Haiti, Indonesia, Peru, The Philippines and Upper Volta. Contributions are tax deductible. We are a nonpolitical, nonprofit, nonsectarian, independent child care organization. An Annual Report is available on request from either Foster Parents Plan, or the New York State Board of Social Welfare in Albany, N.Y.





# IS YOUR HOME INSURED FOR ITS TRUE VALUE?

Send check or money order. Sorry, no C.O.D. or foreign orders. Allow 4 weeks for delivery.

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

Computer Home Assessment(s) @ \$10 plus 50¢  
ea. post. & hdlg. .... \$  
N.Y. residents add sales tax. ....  
Total enclosed ..... \$

name

address

city

state

zip

If your home were destroyed by fire, could it be replaced its present insured value? Chances are it couldn't, if hasn't been appraised in the last six months. Now, with *American Home's* new inexpensive program you can receive present construction costs (less land and development costs). It's done by means of a computer service that constantly gathers up-to-date information. All it takes you is a few minutes to fill out a questionnaire received through the mail, indicating outside dimensions, house style, type of facing, roofing, etc., and you will receive the computerized appraisal. Be sure to include your zip code to help pinpoint the exact cost for your house. Note: Market value and reconstruction costs are different. Older homes may have wider variances than new homes. The price of this service is only \$10.

# MAKE SPACE WITH THE SPACEMAKER BOOK

The space age is upon us—or rather the age of lack of space. More and more, today, we are all living in smaller homes and apartments. We all must learn to deal with less than spacious living arrangements—to take what space we have, plan it, and organize it to the point where we can live more comfortably. *The Spacemaker Book* can help. Filled with 300 photographs, the book touches on problems such as the nonexistent bedroom, the cramped storage room, cluttered closets, and other basic problems dealing with every room in the house or apartment. The author, interior decorator Ellen Liman, has taken a very imaginative approach, designed to save money, time, and, best of all, space.

Excerpts from the book will appear in *American Home's* Home Front News for a number of consecutive months,



starting in this issue on page 15. So you can take a look at a sampling of what you will receive. But don't wait. You can get started right now on your very own home projects. Just fill in the coupon (right) and send along with your check or money order for \$9.95 plus 75¢ postage and handling for each book ordered.

**American Home General Store**  
Dept. TSMB  
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New York, N.Y. 10022

Send check or money order. Sorry, no C.O.D. or foreign orders. Allow 4 weeks for delivery.

Spacemaker Book(s) @  
\$9.95 plus 75¢ each post. &  
hdlg. .... \$  
N.Y. residents add sales tax  
Total enclosed ..... \$

name

address

city

state

zip



# Final Triumph Over The Basic Cause Of Overweight NOW! THE DOCTOR'S PILL THAT HELPS CONQUER FAT FOREVER!

## ON THIS PROVEN LIFETIME SLIMNESS PROGRAM

Called the "Total Contentment" pill — it's safe as a cough drop, gentle as a vitamin pill . . . yet so effective it helps shut off your appetite for hours at a time. Meaning: instead of gorging yourself . . . instead of yielding to hunger . . . instead of battling those constant urges for snacks . . . you simply reach for a pill instead of fattening foods, and lose up to 6 pounds of fluid and fat the very first weekend.

Even more significant as long as you follow this medically proven lifetime slimness program, you'll never again suffer embarrassing fat build-up for the rest of your life — even if you've been hopelessly overweight for the last 25 years.

### YES! NOW LOSE 20, 30, EVEN 40 — OR MORE POUNDS, AND KEEP IT OFF FOREVER!

Yes, what you are now looking at is the last ad for a reducing product you will ever have to read in your life. Because just 60 seconds from now you're going to discover how medical science now makes it possible for you to lose 10, 20, 30, even 40 pounds — or more AND NEVER GAIN IT BACK FOR THE REST OF YOUR LIFE. That's right! Lose up to 12 pounds in just 14 days . . . shrink your waistline up to 3 inches in a mere 2 weeks' time . . . and even more important, discover the way to make yourself ENJOY PERMANENT SLIMNESS FOR THE REST OF YOUR LIFE! In other words, PERMANENT LIFETIME SLIMNESS — FINALLY YOURS. Thanks to this doctor's brilliant program and the TOTAL CONTENTMENT PILL.

### NOW! A LIFETIME OF SLIMNESS WITHOUT THE TORTURE OF HUNGER

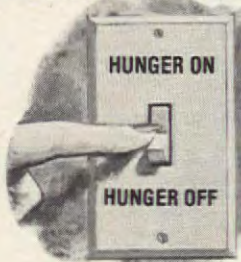
How can medical science make this lifelong dream come true? It's simple. Because doctors have developed a remarkably easy way for you to TURN OFF EVEN A RUNAWAY APPETITE any time you want JUST LIKE YOU TURN OFF A LIGHT SWITCH! Yes,

### Just One Pill Satisfies Ravenous Hunger



#### VITAL NOTICE:

You must promise to eat. Yes, even though the TOTAL CONTENTMENT PILL has the ability to turn off your appetite just like you turn off a light switch YOU CANNOT GO FOR LONG PERIODS EATING NOTHING . . . even though you have no appetite. Sure, you'd lose weight like crazy . . . but the doctor says it's unhealthy. You must eat at least two meals a day . . . even if you have to force yourself. And he provides you with a way to stimulate yourself so you have a balanced caloric intake . . . no matter how little you care to eat. We urge you to show this entire program to your own family physician and see if he doesn't agree that this Lifetime Road To Slimness including the few minutes of nightly tuneup the doctor highly recommends is by far one of the most medically sound, fully sensible approaches to the problem of obesity.



**Now Shut Off Your Appetite ON COMMAND IN MERE MINUTES**

actually command hunger to STOP in just minutes, before meals, at meals, between meals . . . and make excess pounds and inches disappear from sight so fast . . . that in a matter of weeks you may actually need a brand new wardrobe.

### NOW COMES MEDICAL SCIENCE'S INCREDIBLE "MEAL-IN-A-PILL"

The secret behind this miracle program that conquers fat forever is a brilliant new development called the TOTAL CONTENTMENT PILL — that according to medical experts is so effective, just one pill has the same hunger-satisfying potential as a serving of bread, mashed potatoes, or any of these filling foods you would normally heap on your plate. Yes, one single pill that gives you virtually the same "fully satisfied" feeling as a main dish of a delicious Sunday dinner . . . even on people with run-away appetites.

In other words, even before you have those first pangs of hunger . . . that maddening craving for food . . . you simply put your appetite to sleep with this amazing "meal in a pill". Because just like water turns off thirst, this incredible TOTAL CONTENTMENT PILL turns off hunger AUTOMATICALLY . . . any time you want!

### PERMANENT LIFETIME SLIMNESS ONCE A DREAM — FINALLY A REALITY!

Best of all, because it was developed by doctors, the TOTAL CONTENTMENT PILL is not only as safe and mild as a vitamin pill, but so gentle that the only sensation you experience is that of total satisfaction. And the only change you'll feel or see is in the smaller size of your clothing!

### YOUR TUMMY FEELS LIKE YOU FEASTED — BUT, YOUR WAISTLINE LOOKS LIKE YOU FASTED!

What does this mean? Simply that from this day on, depending on how overweight you are, any time you want to melt away 10, 20, 30 — or even more pounds . . . any time you want to . . .

**LOSE up to 4 to 6 inches off your waistline**

**LOSE up to 3 to 4 inches off your hips**

**LOSE up to 3 inches off your thighs**

**LOSE up to 4 inches off your buttocks**

**LOSE up to 4 inches off your stomach . . .**

instead of torturous diet . . . instead of brutal exercise . . . instead of battling your will-power . . . you



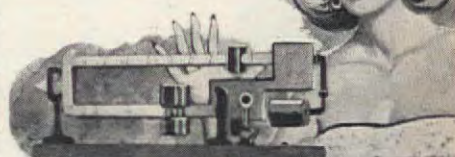
just take medical science's new TOTAL CONTENTMENT PILL as part of this "lifetime slimness program". SHUT DOWN YOUR OLD ENEMY, HUNGER — SHUT OUT FAT-BUILDING CALORIES . . . and for the first time ever, actually make yourself DEFEAT FAT BUILD-UP FOR THE REST OF YOUR LIFE — as long as you take an oath to faithfully follow this proven road to LIFETIME SLIMNESS!

### PROVE EVERY LOST OUNCE ENTIRELY AT OUR RISK!

So . . . if you want to see pounds and inches vanish from sight forever faster than you ever dreamed possible . . . act now on guarantee of full satisfaction or money refunded in full (less postage & handling) simply return within 10 days.

Remember, no one ever again need be even a single pound overweight! Why not take THE FINAL STEP and get rid of all those excess pounds, excess inches FOR THE REST OF YOUR LIFE. Act now.

**LOSE AS MUCH AS 12 POUNDS IN JUST 14 DAYS Without A Moment Of Ravenous Hunger**



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**MAIL NO-RISK COUPON TODAY**  
Mead-Wilson Pharmacal, Dept. JTCA-120  
Caroline Road  
Philadelphia, PA 19176



Yes, I want to lose weight fast and permanently with this doctor's amazing program featuring the TCP Pill. Please rush the offer I have checked below. If not delighted, I may return it in 10 days and you will refund the full purchase price (except postage & handling).

- ☐ (# 000) Full 60-Tablet Supply only \$6.95 plus 35¢ postage & handling  
☐ (# 018) Full 90-Tablet Supply only \$8.95 (Save \$1.50) plus 50¢ postage & handling  
☐ (# 026) Full 120-Tablet Supply only \$11.95 (Save \$2.00) plus 65¢ postage & handling

Total amount enclosed \$\_\_\_\_\_ PA residents add 6% sales tax. Check or money order, no CODs please.

CHARGE IT: (check one) Exp. Date \_\_\_\_\_

- ☐ BankAmericard ☐ American Express  
☐ Master Charge  
BANK NUMBER \_\_\_\_\_

Credit Card # \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ Apt. # \_\_\_\_\_

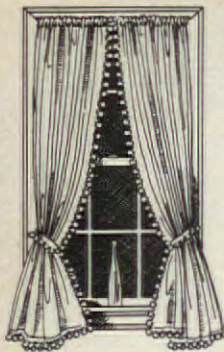
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## COUNTRY CURTAINS

Ball Fringe on Permanent Press—Natural or White



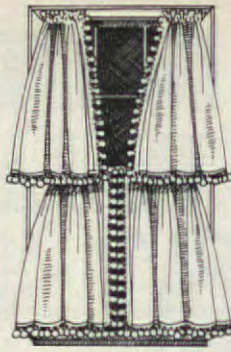
Country Curtains are a tradition...years of old-fashioned quality and conscientious service to thrifty homemakers. Sturdy, specially-made ball fringe on our 50% cotton/50% polyester blend...like real muslin but truly carefree. Natural or white. 90" wide per pair.

TIERS:	20", 25" .....	6.50 pr.
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TIEBACKS:	45", 54", 63" .....	9.00 pr.
	72", 81", 90" .....	11.00 pr.
VALANCE:	10" x 80" .....	3.00 ea.

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Please specify natural or white. Check, money order, Mastercharge, BankAmericard. Sorry no COD's. Mass. res. add 5% sales tax. Postage and handling: under \$10 add \$1.10, \$10 and over add \$2.00. Satisfaction guaranteed.

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The Burke Chair helps you all the way to a standing position—safely and gently. Send for a free catalog. Then, if you desire, select the recliner, rocker or contemporary of your choice. And try it free for a week in your own home.

ASK ABOUT MEDICARE COVERAGE!



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Lists over 400 gorgeous iris — 300 pictured in natural color. 72 pages of dwarf, tall bearded, siberian, spuria iris. New colors — how to plant — special offers — brimful of information. "Iris Lover's Catalog."

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A #1 Oregon Grown roots and catalog for... \$7.00

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In glove-soft genuine kid leather with leather sole & 1 1/4" composition heel. Foam padding & triest lining with elasticized throat & adjustable buckle strap. Yellow, Lt. Blue, Pink, White, Bone or Black. Sizes 6-10 Nar, 5-10 Med.

**\$15** plus \$1.50 P&H Satisf. Guar.

**VICKI WAYNE—A6D**

600 S. Country Club Rd., Tucson, AZ 85716

Send for our NEW FASHION CATALOG #1

## \*FREE Reg. \$7.95 WALL MURAL



- \* Send 35c for 32-page full color catalog with hundreds of dramatic PAINT-BY-NUMBERS wall mural patterns to choose from...
- \* And a Free Certificate for your choice of a Regular \$7.95 mural when you order any other mural of \$14.95 value or more...
- \* Or, use Certificate for a \$5.00 Discount on any \$14.95 (or more) "Magic Mural" kit of your choice.
- \* Each kit complete with pattern, brushes, paints, easy-to-follow instructions, and Money-Back Guarantee.

**Magic Murals** Dept. AH-706, P.O. Box 8500 Fountain Valley, Calif. 92708

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## MEN AT HOME

continued from page 18

a mother's instincts? Quite good, actually, it has turned out.

My instinct is to avoid dirt, so I learned to operate a vacuum cleaner, and a dishwasher, and even a clothes washer. My instinct is to enjoy food, so I learned to cook. My instinct is to love my child—so I do.

True, I don't keep my place as clean as those women in the commercials who spray, wipe, and scrub their homes immaculately. But it's never really dirty, either. My cooking will not win any culinary awards, but it has won more than a few skirmishes in the great six-year-old eating wars. My bandages on those chronic scratches and cuts are often crooked, but the wounds heal. During a midnight thunderstorm, my arms are as protective, my voice as comforting, my patience as enduring as I remember my mother's some 30 years ago.

The number of fathers seeking custody of their kids is sharply on the rise. The number of court decrees awarding them custody is not. In a contested custody dispute (which mine, fortunately, was not), the chances of a father winning are extraordinarily slim. Judges, it would seem, remain intimidated by that most sacred bulwark of the feminine mystique—a mother's instinct. That a father could possibly rear a child in a tender, secure, and ordered atmosphere is simply inconceivable to many judges.

Ironically it is the very absence of the mothering mystique that has made parenting easier for me. I really couldn't fail—at least not the kind of crushing failure a woman must feel whose *raison d'être*, since her first doll, has been to "be a good Mommy." More than once I have been comforted by someone who, upon observing Heather's chocolate-stained dress—or face, muttered, "Well what can we expect, you are a man." It's silly, but this bias relieves me of many unnecessary and annoying pressures.

As a single parent I have had few prescribed "instincts" to direct and constrain me. In many ways I have been on my own, free to build a relationship with my child that is crafted, not by rusty social mores nor by worn stereotypes, but by the needs and feelings of my daughter and myself. Like all relationships, ours at times has been stormy and frenzied. But from this turmoil we have forged mutual confidence, understanding, and respect. In some ways I have also been relieved of the guilt that must haunt many single mothers. I was not raised to believe that my place is in the home. My role is to work, not to hover over and nurture my child as a full-time occupation. And each weekday morning—especially Mondays—it is to work that I temporarily flee the groaning tedium of house husbandry. While I am at work, being reinvigorated, both my child and home are well cared for by a competent housekeeper.

I have often thought how difficult it must be for those who have no work refuge, for the single mothers who feel they would like a respite from the burdens of parenthood, but simply can't leave the children.

My life is enriched by my career. My daughter's independence is encouraged by it. And in the evenings, during those gentle, placid moments before bed when we talk, or read, or just sit quietly, the bonds of love and trust between us are as strong as any parent and child could want of each other.

None of this is to imply that fathers somehow make superior parents, nor that all women are unhappy as full-time homemakers. Rather I am affirming a simple fact: Fathers can make good parents—even single, working fathers. What men lack in learned skills we more than make up for in the freedom to truly follow our feelings and instincts.

After all, a bachelor pad can be a pretty happy, loving home, too—for both father and child. □

Depending upon the time and day, Richard F. Koubek is a father, high-school teacher, free-lance writer, and student.

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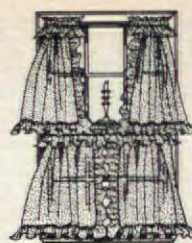
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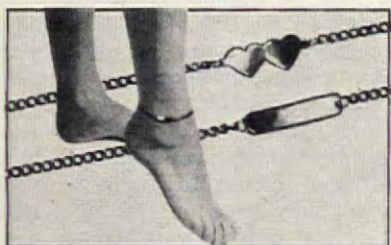
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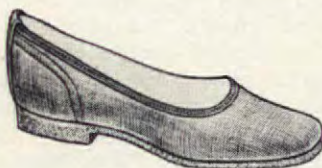
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Read and follow label directions.

## MORE THAN MONEY

continued from page 20

2. Don't automatically bypass an opportunity to be in your employer's health plan, even if you have to pay something, just because you are already covered by your husband's family plan. Compare the two plans, benefit for benefit, before you make your decision. It is possible that the combined coverage—despite some overlap for which you cannot collect—will more than pay for your additional costs because of the additional coverage possible.

3. Check on how pregnancy is defined, if your primary coverage comes from your job. If the policy defines pregnancy as a disability, with disability payments, you want to be sure to get all that you are entitled to. You should know how long a period is covered, whether the payments will continue during a leave of absence, and what percentage of your salary will be paid. (Definitions can vary tremendously, depending on the region, state laws, the plan the company has bought for its employees.)

4. Find out whether you have sick leave pay and vacation pay due to you. If so, they should be paid at the time you take a maternity leave of absence.

5. Check if there is a waiting period before you are covered for maternity benefits under your company (or even private) health plan. Many plans have a 10-month or more waiting period before they will pay maternity benefits.

6. Don't assume that all your maternity-related expenses are going to be covered in full by your family health plan. They won't be. Your budget should include an allowance for the costs that won't be paid for by the plan. In order to budget realistically, you should find out exactly how much of your expenses will be paid for. How many days in the hospital are covered? Is there a set fee that the doctor is paid from the plan, or is it a percentage of his usual fee? What nursery care for the infant is covered? Get as many figures as you can—and then add a little so you have a cushion for unexpected expenses.

7. Inquire about provisions for unusual circumstances or complications. What is the coverage for miscarriages, nonelective Caesarian deliveries, false labor? These are grim realities that should be provided for.

A lot of trouble doing the checking? No doubt. And insurance policies aren't noted for their easy readability. But a worthwhile chore, since not getting all your benefits can cost you from small sums up to several hundred dollars or more.

And when the baby comes you will certainly agree that she/he is worth more than money. □

## The Carpet Bag

Today's carpeting offers flooring for all reasons, plus some style underfoot.

Carpeting connotes comfort; we are much more aware of using carpeting as a living medium, rather than just a surface to walk on," says J.J. Jaconetti, president of Gulistan Carpets, a division of J.P. Stevens.

This new enjoyment of carpeting goes two ways. With a resurgence of interest in traditional furniture, bolstered by the Bicentennial nostalgia, people are choosing carpeting to offset furniture groupings with an antique or old-world look.

Many people, on the other hand, are gravitating to the floor as a place to sit, especially when they entertain. Carpeting provides a soft seating surface in a more contemporary ambience.

What's new this year in carpeting?

- Textures are softer, silkier. What carpeting experts term "second-generation" fibers have been developed for increased durability, and a smoother feel. Plushy textures are in; shag, for the most part, is out.

- Polyesters, more rugged, softer, and with less sheen than before, have been developed. Nylons continue to be very resilient. Acrylics and wools are more expensive.

- Soil resistance and antistatic properties are part of the carpeting package now, not an optional buy.

- Natural colors predominate, although some of the muted shades, such as heather and sky blue, are popular. You can find almost any color, and many patterns, too. Patterns work best on the indoor-outdoor, flat types of carpeting.

- Tone-on-tone, a subtle tie-dye look, is new and has slight variations in coloration across the surface of the carpeting, which allows the carpet pile to "flop" without giving the impression of after-vacuuming stripping or matting.

- Cut-and-loop texturing is less carved than former "sculptures." Saxony and velvet textures are still the most popular feel for carpeting.

- Commercial grade carpeting is coming into the home. Many designers are using these, especially in the popular natural tones, to give a sleek contemporary look to living spaces.

- The "menswear" look especially in the commercial grade carpeting styles, includes pinstripes, corduroy, and tweedy textures. —BO NILES





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# SKY GARDENS

## THE GREENING OF THE CITY

How to garden in small spaces is a challenge for the city dweller. Finding inspiration in the European custom of using doorways, window ledges, and balconies for plants, America's city gardeners are greening more spaces in increasingly ingenious ways. Here are three interesting solutions to the problem of planting logistics:

**Mixing vegetables and flowers.** Containers filled with tomato plants and hardy petunias and geraniums deck roof to doorstep in an unorthodox display (left) that is as practical as it is colorful.

**Movable terrace garden.** Life on the 3½-by-20-foot terrace of an apartment house can be rough on plants. But when the weather turns cold, the array of potted greenery (below) simply moves indoors en masse. There's a whole range of plants that can accommodate themselves to this sort of seasonal transfer.

**Greenhouse, city-style.** A 9-by-72-foot adjoining terrace can give a city apartment its very own indoor garden. The terrace (opposite) became part of a greenery-filled bedroom that blooms all year round.



PHOTOGRAPHED BY NORMAN McGRATH









# Red, White, and Blueberry



George Washington gave the cherry immortality, and Johnny Appleseed helped the apple achieve national fame, but no folk hero has ever sung the patriotic praises of blueberries, a versatile, thriving crop that's been a part of America's good-eating traditions for centuries.

American Indians enjoyed the lush bounty of wild blueberries year round, using smoke-dried berries as an accompaniment to meat and as a seasoning for winter soups and stews. The colonists quickly learned to appreciate the virtues of the blueberry.

The huckleberry, blueberry's distant cousin, distinguished by its large bony seeds, is often confused with the true blue. Many Missouri natives and botanists believe that Mark Twain would have more accurately named Tom Sawyer's pal "Blueberry Finn," for it is blueberries that grew wild along the Mississippi and Ohio riverbanks.

## YANKEE INGENUITY

Though blueberries are available wild throughout Europe and North America (New England and Canada), cultivation was strictly an All-American inspiration, developed at the turn-of-the-20th century through the efforts of Dr. F. V. Coville of the United States Department of Agriculture and one woman, Elizabeth White, from New Jersey.

The vicinity of Whitesbog—named for Elizabeth White's family and well-known for its cranberry bogs—was ideally suited for growing blueberries. Miss White volunteered her services as well as the land as a site for the experimental crops, enthusiastically organizing friends and neighbors to collect prime blues. The result was the commercial blueberry enjoyed today, larger and hardier than the wild.

From mid-May to late September, blueberry fans turn to fresh berries. North Carolina, New Jersey, Michigan, Washington, Oregon are sources for the large, plump, cultivated or high-bush berries. The wild or lowbush variety is available in the United

States mainly in Maine and New Hampshire where about 98 percent of the crop is used for the frozen or canned berries available year round.

## THE BERRY PACKAGE

Select fresh blueberries that appear firm and plump with a slightly gray-blue "bloom," or natural wax coating. Ripe berries may vary in color from light to darkest blue. Check that the berries are packed firmly and are dry, with no signs of mold. Refrigerated blueberries will keep the longest of any of the berries. Don't wash them until just before using—wetness can cause mold.

The berries you buy at lower prices in July and August can be frozen at home, dry-packed, and enjoyed all year round. For best results, berries should be individually frozen first, in a single layer in a flat tray; later pack them into a freezer container, or the pint box itself, completely covered with plastic wrap. When properly frozen at 0°F, the berries can last from one season to another. Remember not to wash before freezing—only just before eating.

Canned berries come in sugar or water pack and frozen blueberries can be either dry-packed or in syrup. Two 16-ounce cans drained are equivalent to 1 pint of fresh; dry-packed frozen berries can be substituted for fresh. When using berries packed in syrup for cooking, remember to adjust for the added sugar.

You can eat blueberries at any meal or any other time. They come in a convenient, natural "package" that's no-peel, no-pit, and no-core. A good non-citrus source of vitamin C, they are low in calories (½ cup contains 42 calories). A pint makes four half-cup servings. The following recipes do much to prove that delectability is just a bowl of berries.

## TRUE-BLUE RECIPES

**Blueberry Cone Treat.** Fill an ice cream cone half full of fresh blueberries. Top with scoop of blueberry swirl

or vanilla ice cream. The melting ice cream running down into the blueberries at the bottom of the cone makes nice things happen.

**Blueberry Blender Nog.** For each 8-ounce serving, whirl in blender container 1 egg, ¾ cup cold milk, ¼ cup fresh or frozen blueberries, and 1 tablespoon honey or corn syrup.

**Blueberry Streusel Cake.** Prepare 1 package (14½ ounces) cinnamon streusel coffee cake mix according to package directions. Sprinkle 2 cups blueberries over top of batter in greased baking pan. Top with streusel topping and bake 35 to 40 minutes in 375° oven. Serve warm.

**Easy Blueberry Pancakes.** Mix favorite pancake batter. Pour on heated griddle. Sprinkle several fresh or frozen blueberries over each pancake. When batter is bubbly, turn and cook on other side. Serve with warmed blueberry preserves.

**Dreamy Creamy Blueberries.** An hour before serving time, combine 1 pint fresh or frozen blueberries, ¾ cup dairy sour cream, 3 tablespoons brown sugar, and ½ teaspoon ground nutmeg. Chill until serving time. Then spoon into 4 dessert cups.

**Blueberry Butterscotch Russe.** Prepare 1 package butterscotch pudding (3¾ ounces) with 2 cups milk, according to package directions. Cool. Fold in 2 cups fresh or frozen blueberries, 1 cup heavy cream, whipped, 2 teaspoons aromatic bitters, and 2 teaspoons grated orange rind. Line 6 sherbet glasses with lady fingers. Spoon blueberry mixture into center. Chill. Top with a few blueberries before serving.

**Bluebottom Ice Cream Pie.** Combine 4 cups fresh blueberries, 2 cups water, 1 cup sugar, and ¼ cup cornstarch. Simmer over low heat until filling is thickened. Reserve ½ cup. Cool. Spoon filling into 1 9-inch graham cracker crust pie shell. Top with 1 quart vanilla ice cream. Drizzle reserved filling over ice cream. Freeze until serving time. Cut the pie into wedges to serve. —Phyllis Schiller



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## LOVE VS. WEIGHT

Mrs. Jewel Aston ("In My Opinion," March, 1977) says her husband loves her as she is—5 feet, 5 inches, 155 pounds—and he firmly maintains that most men consider a well-rounded figure, like hers, enormously attractive. Well, God bless her, she is one of the lucky few. But let's face it, ladies, most men don't find it so attractive.

The men I know want a woman who takes care of herself. She must care about herself before she can care for others. A woman who watches her weight and looks is a woman men are proud to take out. You are what you make yourself, and looking good is feeling good.

Susan Galvin  
Baltimore, Md.

Maybe "love isn't measured on a bathroom scale," but health is. I'm in my 50s, and I say keep watching the scale and don't let the pounds bounce up on you. You will live longer and you will feel better.

Emelia Spade  
Wichita, Kan.

As another ample, happily married woman, I have observed my similarly endowed sisters often fall for that Madison Avenue garbage that only the thin have what it takes. To keep my ego intact I shop at stylish stores not "fat-ladies" warehouses, and I stay on top of the cosmetic trends. I know that I have the right to look gorgeous also.

Phyllis Reed Miller  
San Diego, Calif.

## VIVA VOLUNTEERISM

I appreciated Ann Scharffenberger's "What Ever Happened to Lady Bountiful?" (March, 1977). Volunteerism has been lambasted by "liberated women" as being un-American, and I am very pleased that you have given it the credence it deserves.

Mary Gail Yeargan  
Tuscaloosa, Ala.

I am an ex-"Lady Bountiful." I found I liked working with children and people. I got to hear problems and was able to help others solve their own. Committees can be boring, but I learned how to cut through the red tape by early organization and (bless their hearts) good secretaries.

All this and more, plus enjoyment and satisfaction, makes volunteer work worthwhile for a busy woman, mother, and housewife rolled into one. It's a great starter, a tryout, and experience

maker. Believe me, I know. I did 15 years of it and was rewarded with paid work in the educational field.

Catherine Rowell  
New Port Richey, Fla.

## TWO WOMEN'S MUFFINS

How absolutely awful! Louis Radwell ("One Man's Muffins," March, 1977) puts stone-ground wheat flour, miller's bran, sea salt, organic honey, etc., into his muffins and then tears off the beautiful brown crust with those awful fluted paper holders. I grease the muffin cups and put a piece of wax paper in the bottom. This can very easily be pulled off when the muffin is still warm and it does not tear off that great honey-brown crust.

Hannah Gruenwald  
Milwaukee, Wisc.

Louis Radwell has proved that whole-wheat flour plus bran need not be heavy and solid. His muffins are the answer for those of us who want whole wheat and bran added to our food without too much bother.

Janet Browne  
Encinitas, Calif.

## AT HOME IN NATCHEZ

Your devotion of so much space to Natchez will, I hope, be followed by similar coverage of other beautiful and historic places in this country.

Lloyd George Melgard  
Warren, Minn.

I appreciated your articles on Natchez, Miss., in your March, 1977 issue, but I wish to set the record straight. The center picture on page 36 is not Linden but Elgin Plantation. John C. Jenkins was the early horticulturist. I have enjoyed the hospitality of the Lambert family and Mrs. Beane, the owners of the plantation, during the Pilgrimage of 1967.

Susan E. Leppert  
Duluth, Minn.

## READER RESPONSE

In March "Our Readers Write" asked the question: "Who does the housework in your home?"

My husband has been working long and hard these last two years building up his own business. Although I have many outside activities and classes that are my responsibility, I do not expect my husband to help with the housework. By the same token, he understands that there is more to a woman's life than cleaning. He doesn't nag (as many of my friends' husbands

do) when he cannot see his reflection on a plate or when the laundry falls behind and he does not have a clean pair of socks.

P.S. He does take out the garbage.

Marie Burmek  
Milwaukee, Wisc.

I give a hearty thanks to my mother-in-law, Mrs. Sally O'Donnell, for the training of her boys.

Ann O'Donnell  
Midland, Tex.

We feel that Mommie likes to sit down and go visiting the same as the rest, so we all pitch in. The housework is not the sole responsibility of the housewife; it should be shared by those contributing to the mess.

Though my wife would never ask for a helping hand, that doesn't mean she doesn't appreciate it. She returns our help 100 times over with the things she does for us.

Raymond Robison  
Centralia, Mo.

Liberated ideals haven't penetrated the confines of my home nor my husband's thick head. He thinks it's just peachy when I'm around to conveniently help him service the car or trim the lawn. But when I sweetly hand him a dishtowel, look out for flying saucers!

Demand equal treatment? Not on my life! There is something else more meaningful that I want to keep: my husband's willingness to jump right in and help when it counts. When I'm late coming home, I find dinner prepared. Or when I'm plagued with a tough headache, he takes care of the children. And when all three youngsters are sick, two nurses will always be better than one.

There is a warmth and concern that beams through him that even the kids sense. So I'll let the lion sleep tonight. Because it's comforting to know he'll come leaping out when we really need him.

name withheld  
Hartington, Neb.

We are a two-job, one-child family. We didn't consciously plan the splitting of housework. We simply took on the tasks that we could best accomplish.

Alicia and Don Ellegood  
Bricktown, N.J.

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.



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