

SUMMER ENTERTAINING ISSUE

AMERICAN HOME

JULY 1977 75c

**SUPER
PORCH
MAKEOVERS**

**THE TRUTH
ABOUT
SMALL TOWNS**

**HOW TO
PICK A
STOCKBROKER**

**EMERGING
WOMAN:
DISCOVERING
HOW TO
BE ON YOUR
OWN**



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EATING OUT
Summer Guide to
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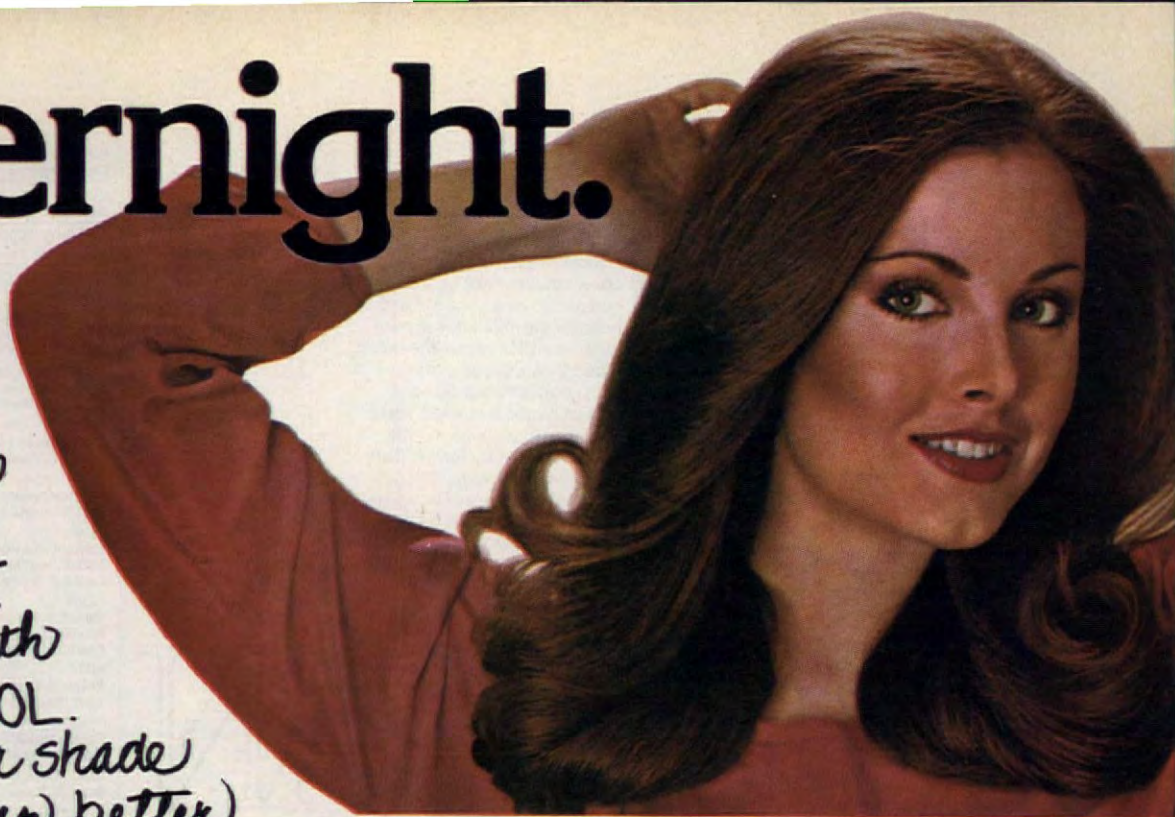
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Washes Away Only
The Gray



78 Dark Brown

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Clairol can't put color in your life, nobody can.*



Cover: Summertime... fun time... outdoor entertaining time... Time to perk up your porch, time to invite the gang to a cookout. Take a cue from our cover couple: Pack up a British pub picnic (see page 52) and head for the hills. Look at our other ideas for 'round-the-world outdoor eating—an exotic Indian cookout (page 33), a Danish picnic (page 48), and a Hawaiian luau (page 60). On the cover: her shirt by Terrific Company, his by Panatela (Div. Levi Strauss), blanket by Faribo. Her make-up from the Maxi Collection by Max Factor. Photographed by Elyse Lewin

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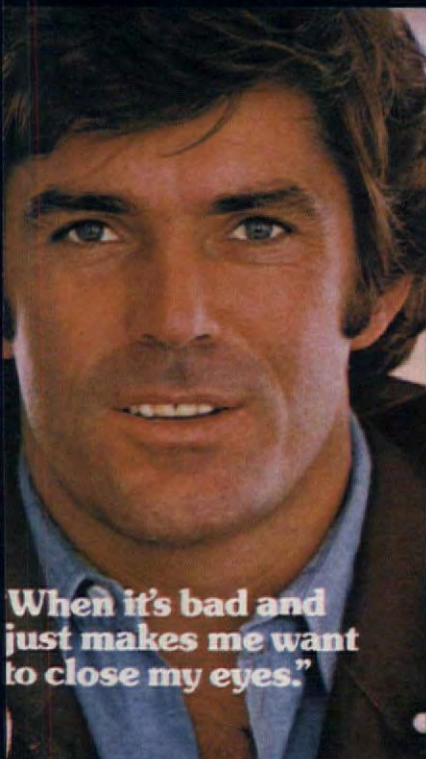
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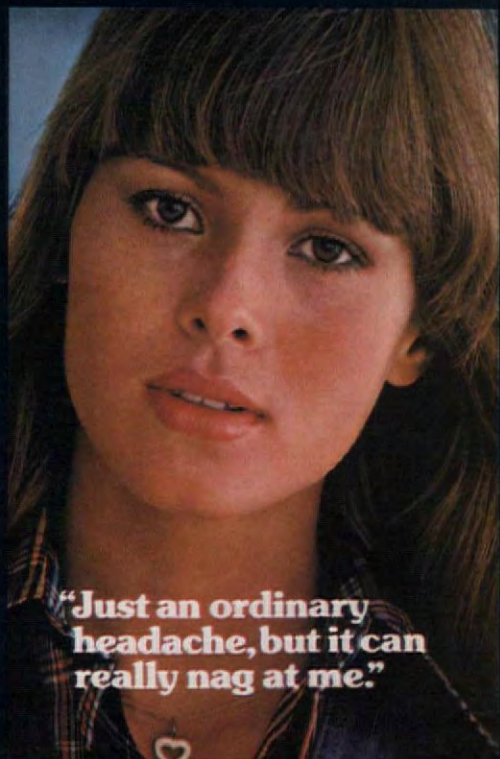
When is a headache The Excedrin Headache*?



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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



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FALL/WINTER 1977 Issue
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F.Y.I. FROM THE DESK OF LEDA SANFORD PUBLISHER



We do a lot of fantasizing during the winter about all the things that we will enjoy come summer. Except for vacations, however, when we make a conscious effort to be outdoors, the reality is that many Americans stay cooped up inside their air-conditioned houses.

Drive through any suburb on a beautiful summer day and you will find few people outside. In the "good ole days" it was a common sight to see people sitting on their porches or actually walking along the streets. But today the longest walk they take may be from the air-conditioned house to the air-conditioned car, and then from the parking lot at the mall to the air-conditioned store.

For those who don't live in a community with good public recreational facilities or don't belong to private swim or tennis clubs, the options and alternatives to backyard fun may seem limited. But they're not.

The joy of summer has never been related to the dollar or to the car, or to energy consumption. It isn't even related to tennis. If you're not a sports enthusiast, there's no need to feel left out.

The joy of summer is basically tied to a human being's personal depth of feeling for nature—for trees, grass, birds, flowers, fresh air—and to a desire to experience and transmit this feeling to his or her children. It's tied to being willing to get up early enough to see the sunrise, to go out on a starry night and face the heavens when the air is hot and heavy, and to be engulfed by the night and the stars and the full awareness of being alive.

Being alive is not sitting in front of a TV screen in a controlled environment watching shows aimed at a 12-year median mentality. Being alive is taking a walk, running on a beach, climbing a mountain, breathing deeply, and being willing to expose yourself to the natural wonders that are so evident and accessible in the summertime.

Of course nature is not as accessible for city dwellers who must struggle, if they want to escape, to the beach or mountains on weekends. But they often feel even more compelled than suburbanites to make the most of summer because they, more than those who have achieved the house in the country, understand how much our bodies and souls miss the outdoors and need nature to feel totally alive. □

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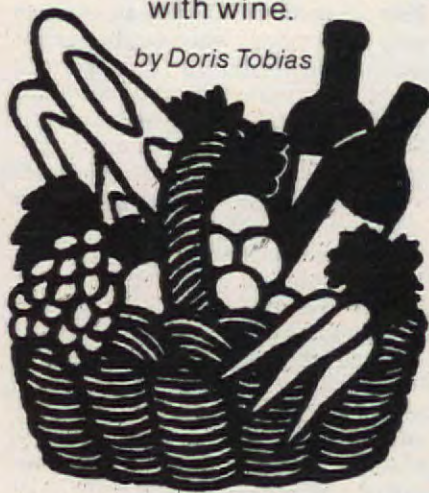
THE HEUBLEIN PINK SQUIRREL.

For delicious dessert recipes using Heublein's Pink Squirrel, write P.O. Box 11152, Dept. PS, Newington, Conn. 06111.
This offer expires December 31, 1977. Heublein Pink Squirrel 30 Proof. © 1977 Heublein, Inc. Hartford, Connecticut.

Wining Alfresco

Even the humblest picnic becomes a spirited event with wine.

by Doris Tobias



Fine weather inspires the urge to picnic outdoors—to be with friends, take in the sun, fix your favorite meal. What you serve can be simple: A loaf of bread, a savory cheese, and a jug of zesty wine. Or opulent: A crock of *pâté de foie gras* and a chilled bottle of *Château d'Yquem*—golden in color and cost. But whatever the picnic fare, the wine's the thing.

There are good reasons for the increasing popularity of serving wines on social occasions. Lighter than the traditional spirits, they brighten both food and mood without straining the budget.

THE PICK FOR PICNICKING

Concentrate on American wines for summer of '77 picnics. There's a wide variety of good wine choices suited to any outdoor menu.

For an intimate picnic *à deux*, fifths or full-quart bottles are fine. But for larger parties, low-cost jug wines are great palate and purse pleasers.

Good lower-priced wines are available in a variety of sizes. Jug wines come in both full- and half-gallons, magnums (equal to two fifth-size bottles), and the new liters (33.8 ounces) and liters and a half (50.7 ounces) that are beginning to show up in wine shops. You might want to check out Geyser Peak Winery's Summit wines "bottled" in gallon-size corrugated containers with a flow-control spout.

PERFECT MATCHES

What wine with which menu? Wines appropriate for picnics are light, crisp whites, pink and orange-tinted rosés, fruity and lighthearted young reds, and for hearty meals, full-bodied, even earthy reds.

So not to worry. There's a companionable wine for any picnic food you're planning to serve:

At the seaside: For a great clambake or with cold, dilled shrimps, mussels cooked in white wine, sautéed crabs or crab cakes, in fact, for all shellfish, try crisp, California bone-dry *Fumé Blanc*, also called *Dry Sauvignon Blanc*, or an estate-bottled *Chablis*.

In the country: With cold poached chicken, sliced turkey, or *Vitello Tonnato* (cold sliced veal topped with a tuna-anchovy mayonnaise) serve fragrant, fruity *Johannisberg Riesling* or *Pino Blanc*.

An elegant patio supper: With split, grilled lobsters or crabs with butter-lemon sauce, opt for a fine white

Burgundy-type wine such as a *Chardonnay*.

A poolside party: With cold sliced roast beef sandwiches, or chicken, ham, and tomato on hamburger buns, sip a dry refreshing *Grenache rosé* or the unusual *rosé de Cabernet*—made from the noble *Cabernet Sauvignon* grape.

A backyard gathering: For barbecued ribs, chicken, cold sliced ham, and *liverwurst*, open a fruity,

light-bodied *Gamay Beaujolais*.

A stylish lawn picnic before a concert or show: With cold sliced *filet mignon* and *ratatouille* (a *mélange* of eggplant, tomatoes, onions, and zucchini), serve a smooth, well-balanced red, such as a *Cabernet Sauvignon* or *Zinfandel*.

An informal backyard cookout: With frankfurters, knockwurst, and hamburgers, choose an earthy red wine, such as hearty Burgundy, mountain red, or *Barbera*.

An outdoor cheese and wine party: With a selection of hard and semi-soft cheeses like a wax-coated, sharp *Cheddar*, *Bel Paese*, *Fontina*, *Gorgonzola*, *Gouda*, *Brie*, and *Camembert*, try a full-bodied red wine, such as a mountain red *Chianti*, *Pinot Noir*, or Burgundy.

Light snacks on the terrace: Sip a light, flowery white wine, such as *Chenin Blanc*, *French Colombard* or a *brut* (almost-dry) champagne.

OUTDOOR SERVING TIPS

- Chill all white, rosé, and fruity young red wines, such as *Gamay Beaujolais*, from one to two hours in the refrigerator. Never chill wine in a freezer. When ready to leave for your picnic, pack the bottles in thermal picnic hampers. Stuff tissue or other paper around and between the bottles so they're not shaken up. And do handle hampers gently.

- If you're traveling any distance, freeze a few prepared cooler blocks, and add to each hamper to help keep the temperature consistent.

- For festive outdoor parties, chill wine in ice buckets. If you don't own one, any large bucket or pot will do. Fill it halfway with ice cubes or crushed ice, and half with water. Stash as many bottles as will fit into a bucket and chill at least half an hour.

- Open red wines, whether regular-size bottles or jugs, half an hour before pouring to let them "breathe" in the bottle.

- Have plenty of club soda and ice available for those who enjoy a wine "spritzer." To mix one: Pour a few ounces of red, white, or rosé wine into a glass, add ice cubes, and fill with club soda.

- Plastic glasses are your best bet for outdoor and poolside drinking. The larger the capacity of the glass, the easier for serving.

- There are no taboos on ice cubes in wine on a hot day—unless you happen to be drinking a *Château Lafite-Rothschild*! □

JUG WINES TO GO

Here are some of the many reliable, sound vintages available in gallons, half-gallons, or magnums.

White

Paul Masson Chablis
C.K. Mondavi Chablis
Gallo Chenin Blanc
Italian Swiss Colony Rhineskeller Moselle
Los Hermanos Chenin Blanc, Chablis, and Chardonnay in magnum decanters
Louis Martini Mountain White
Robert Mondavi White Table Wine
Sonoma Vineyards French Colombard

Red

Gallo Hearty Burgundy
Almadén Mountain Red
Italian Swiss Colony Zinfandel
C.K. Mondavi Burgundy and Zinfandel
Louis Martini Mountain Red

Rosés

Inglénook Navalle Rosé
Almadén Grenache Rosé
Gold Seal American Vin Rosé
Winemaster's Guild Pink Chablis
Roma Country Rosé

Stockbroker Options



"Be wary of the broker who promises he will make money for you."

by Sylvia Auerbach

Help wanted: Inexperienced investor seeks a stockbroker who offers clients undivided attention, unlimited conferences, and a guarantee to be right about investment recommendations 99.44 percent of the time. (Nobody's perfect.)

If you are considering investing in the stock market, and these are the standards you set for a broker, you are bound to be disappointed. Such a "perfect" broker would never survive in the Wall Street marketplace. You're right if you think it's important to find a good broker who will understand and help you achieve your investment goals. But you have to have a realistic relationship with him—which means you have to understand his position. Charmer though you may be, it's your purse, not your personality, that is a broker's main concern. The New York Stock Exchange points out that while each of its member firms has its own compensation plan, "ultimately a broker's livelihood depends, to a large extent, on the commission that his customers pay to his firm when they buy and sell securities."

On a \$5,000 stock purchase (perhaps 100 shares @ \$50 per share) your broker's commission might be \$25. Obviously he (or she) needs lots of such transactions to earn a reasonable income. So it's no surprise that,

according to a NYSE study, "the typical broker is responsible for 300 to 400 accounts, although only a fraction of these require frequent attention."

Obviously a broker has an almost built-in conflict of interest. He can only make money when you buy or sell stock, and if you don't have much money to invest, it won't be worth his while to spend too much time with you. So your most realistic approach is to consider your broker a business advisor who, while looking after your interests, must always keep his own self-interest in mind.

What to look for. Realizing what your broker's role is, what qualities should you look for when you choose one?

1. *Experience and training.* How long has he been a broker? What is his background? How long has he been with this firm? If he hasn't been with them too long, was he with another brokerage company or in a different kind of business?

Some brokers say that five years' experience is a minimum to look for, on the presumption that over a five-year period the individual would have lived through some good and some bad times and had experience dealing with a variety of clients and situations. This stipulation, unfortunately, tends to eliminate some women brokers who have only recently come into the field.

2. *Attitude.* Is he willing to spend some time with you, especially at the beginning, so he can find your interests and objectives?

3. *Personality.* Is his personality compatible with yours? If you are a woman and talk to a male broker, does he treat you as an equal or is he condescending or patronizing? (If so, run, don't walk, to someone else.)

4. *Trustworthiness.* Does he seem to have a strong sense of responsibility for the safety of his client's investments? Be wary of the broker who promises to make money for you. No one can guarantee that. (In 1975 and 1976 some of the nation's top money managers were much more often wrong than right—their top choices did much worse than the stock market as a whole.)

Matchmaking. How do you find a broker who meets these criteria? You ask friends, colleagues, business acquaintances, lawyers, and accountants for recommendations. And/or you go to one or several brokerage firms, speak to the manager about your aims, and (continued on page 93)

KRAFT SALAD DAYS ARE HERE.

Celebrate the crisp, cool crunch of a succulent summer cucumber in this spicy salad idea. It's made extra tart and tangy with KRAFT Zesty Italian Dressing.

CELEBRATE THE CUCUMBER WITH A GARDEN ANTIPASTO SALAD

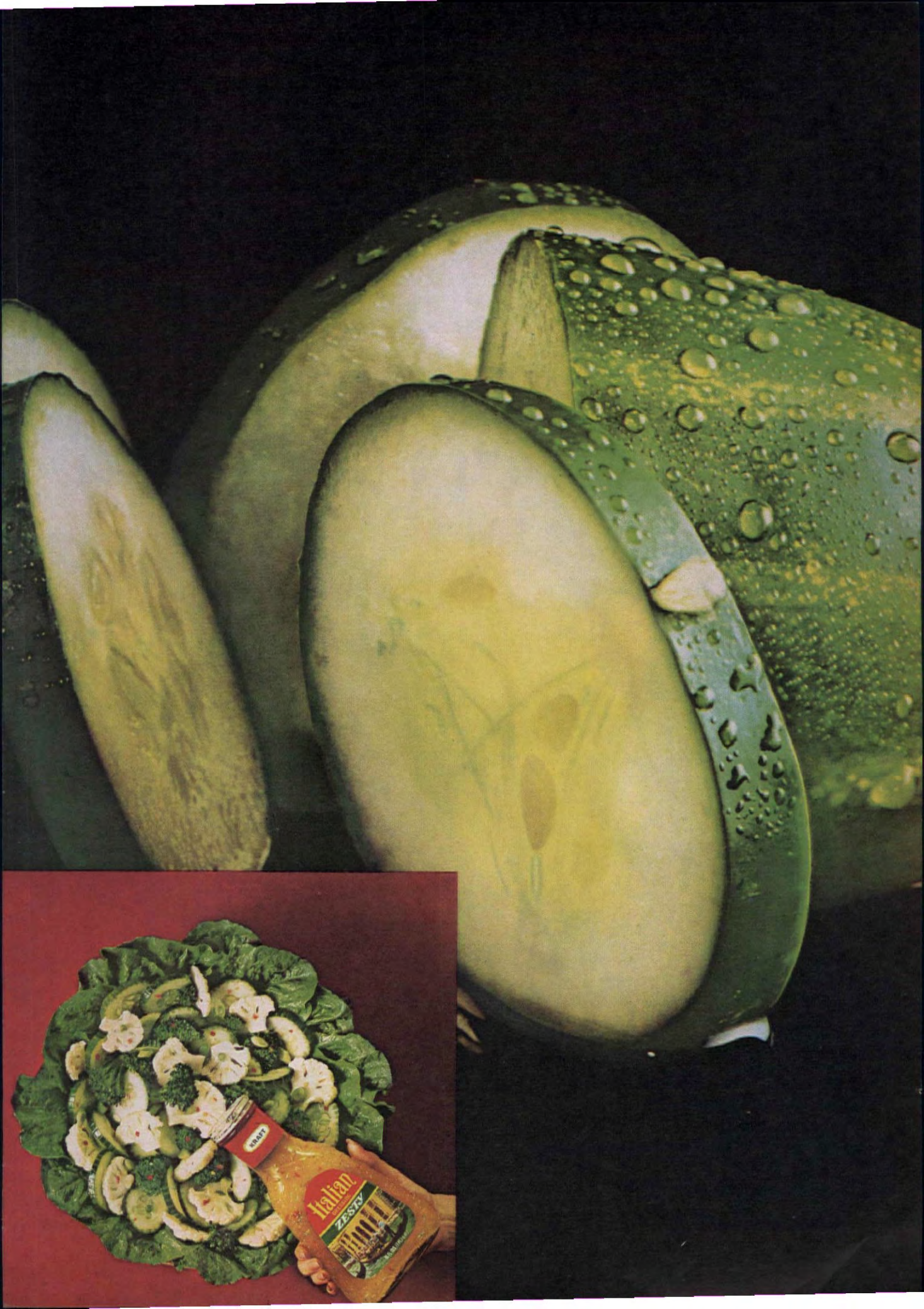
2 cups cucumber slices
2 cups broccoli flowerets
2 cups caulifloweret
slices

¼ cup green onion slices
8-oz. bottle KRAFT
Italian Dressing

Combine cucumber, broccoli, cauliflower and onions, toss lightly. Pour dressing over salad. Cover; marinate in dressing in refrigerator 2 hours. Drain, reserving marinade. Serve in lettuce-lined bowl with reserved marinade.
4 servings



KRAFT





In 1899, the Baroness Marianne Vandervort celebrated her arrival in the United States by lighting one of her favorite cigarettes. The Baroness smoked the very same cigarette upon her departure.



You've come a long way, baby.

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per cigarette, FTC Report Dec. '76

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

HOME FRONT NEWS

RUSTIC REVIVAL

In new furniture collections, the emphasis is on casual and the look is country. Expect to see a variety of reproductions and free adaptations from American,



Sarreid's Basque cabinet

French, and English sources in woods like pine and oak.

The Basque cabinet (above) from Sarreid Ltd. is an example of the new "truth to materials" feeling of these pieces.

One of the most attractive groups is Simmons Ltd.'s Early Canadiana collection available in pickled pine, a finish that complements the rustic style of the collection.

MODULAR COMES OF AGE

The big home furnishings news for fall is the modular furniture explosion. Call it sectional, stackable, or just flexible—this mix-and-match, add-and-subtract style has come of age with bunching wall systems and seating units in all price ranges and designs from colonial to contemporary.

Perfect for today's mobile lifestyles and smaller spaces, modular offers storage for books, TV, liquor, clothes, records.

The concept of the flexible conversation pit has now been joined by the bedroom pit and the dining room pit, with even more choices added to each.



John Mascheroni's curved Modular Group for Swaim Designs

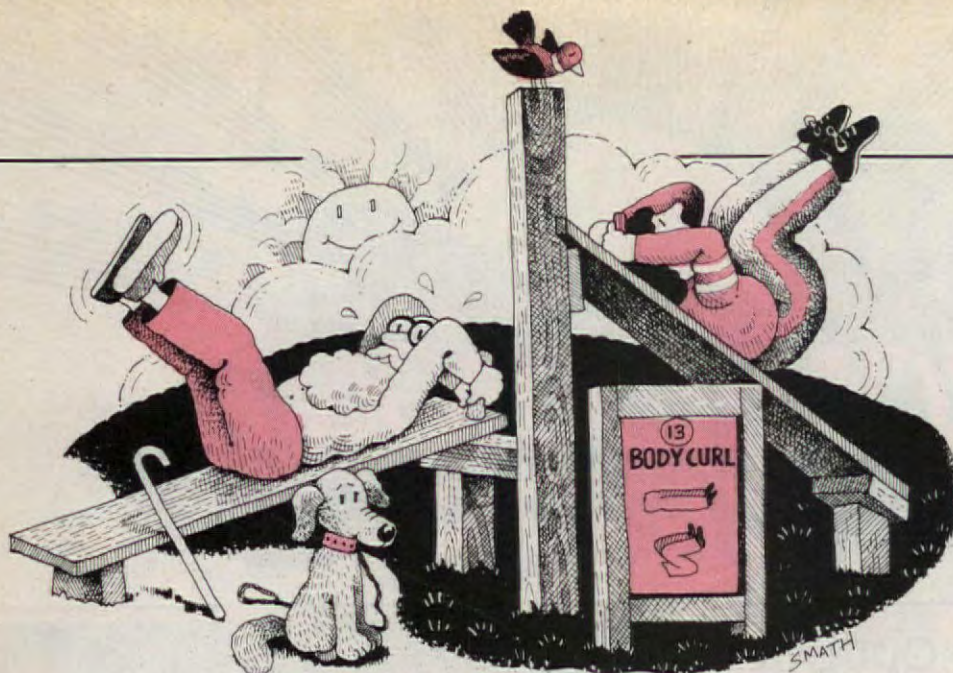
The biggest excitement this summer and fall, however, will be in new storage units rather than upholstered furniture. Here are some of the refinements that have been added to the modular concept:

- Freestanding units finished on both sides.

- Armoires, like Henredon's new Scene One, for practical vertical storage.
- Leveling systems to adapt storage units to uneven floors for better stacking.
- Light bridges for use over beds and desks—an idea that creates an architectural feeling, and is functional at the same time.
- Missing pieces now available: corner units, tables to fit changing configurations (see adaptable quarter-round pedestal and cocktail tables, above), more curving upholstered pieces.
- Expandable wall unit: Charlton has come up with Expanda-Walls (see photo left) that can change with your changing room arrangements. Two sizes expand from 42 to 72 inches and from 52 to 96 inches or can be turned to L and S shapes; drop-leaf cabinets can be added.



Charlton's Expanda-Walls



SHAPE-UP CIRCUIT

Outdoors, people around the country are lined up for a new shape-up circuit, Parcourse. Originally developed in Europe, the idea for a self-guided exercise course was brought to this country by San Francisco fitness buff Peter Stocker. Participants in

the course, which is free in city parks and on college campuses, follow instructions to walk or jog between 18 stations. At the stations, they stop and do an exercise with a large sign as "coach." The course runs from simple to more

strenuous exercises, each graded with a different number of repetitions for athletes of different levels. Parcourses exist in 30 cities. Information: Parcourse, P.O. Box 99589, San Francisco, Calif. 94109.

GRASS ROOTS REPORT: HOME FACELIFT

During the last few years, we have attempted to restore our home to its mid-19th century appearance. It was originally built in the early 19th century as a one-and-a-half story dwelling. In the late 1850s, it was enlarged and made into a two-story home. Finally, in 1909, it was thoroughly Victorianized with the addition of a porch and a room over the porch. The right side of the house was widened by nine feet, and another addition lengthened the back.

We have removed the front porch and the room above in hopes of restoring the house to its appearance in the 1850s. We did not, however, reduce the width of the house to its original size, as that would have eliminated much usable floor space. We used two of the columns from the Victorian porch to modify the front doorway.

L.C. Hinson, D.D.S.
Smithfield, Va.



BOOKLETS

Ore-Ida All Rightas and All Wrongas is an amusing guide to eating out. Advising you on the potential dangers of pits, pizza, and artichokes, it includes the how-tos of swirling spaghetti, tackling trout, and partaking of poultry. For a free copy, send name and address to Ore-Ida Foods, Dept. AH, P.O. Box 80, Boise, Idaho 83707.

So You Asked About Frozen Vegetables? Cookbook has all the answers you'll need for

Don't eat lobster like a mobster.



COURTESY OF ORE-IDA POTATOES

selecting, using, and enjoying frozen vegetables. Included are freezing and storage tips as well as cooking instructions for frozen vegetables and recipes. Send 50¢ for postage and handling to CFVC Booklet, Dept. AH, 274 Brannan St., San Francisco, Calif. 94107.

Smoke Detectors—What They Are and How They Work will help you decide what kind of smoke detector to buy, where to put it, and how to get the best service from it. Single copies of this free folder, published by The National Bureau of Standards, are available from Consumer Information Center, Pueblo, Colo. 81009.

—Phyllis Schille

WOMAN SPACE

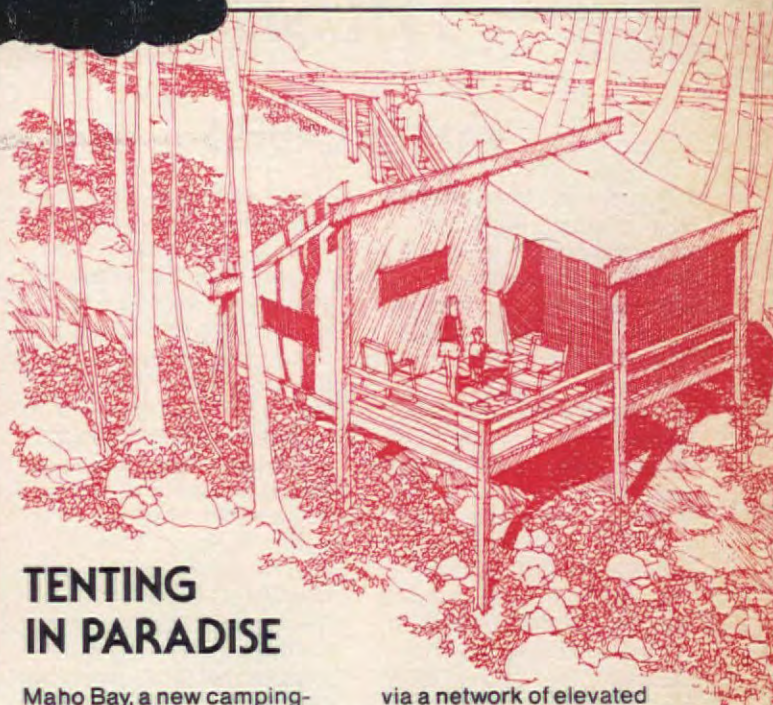
Women in American Architecture



"Why you, I am a little homemaker—I'm in the construction business and I build small homes"

Although women have traditionally been responsible for creating the atmosphere of the home, it is only since the 1850s that they have participated in the

homemaking process as designers and architects. A traveling exhibit, "Women in Architecture: A Historic and Contemporary Perspective" is the first major documentation of their contributions in this field. Organized by the Architectural League of New York through its Archive of Women in Architecture, the show will be at MIT until June 18, then travel to Colorado Springs, Houston, Chicago, and other cities around the country. In conjunction with the show, a book with the same name, edited by the exhibition's curator, Susana Torre, is available (Whitney Library of Design, \$25).



TENTING IN PARADISE

Maho Bay, a new camping-resort on St. John, U.S. Virgin Islands, was designed and developed by industrial engineer/owner Stanley Selengut as an experiment in vacationing to encourage "a symbiotic relationship between man and nature." The focus of this retreat surrounded by U.S.V.I. National Park is on ecology: Canvas-wrapped wood frame cottages, designed by architect James Hadley, in collaboration with Mr. Selengut, cantilever on stilt-supported decks over the treetops. Access is

via a network of elevated walkways that don't disturb vegetation. The community shares a commissary as well as a help-yourself herb garden, bookstall, and big bathhouse. Special nature-loving activities such as a marine exploration program geared to families, as well as tennis privileges are available. Information: Maho Bay Camps, Inc., 17 East 73 Street, New York, N.Y. 10021. For architect Hadley's building instructions for the 16-foot-square cottages, see page 78.

— Bo Niles

COMPUTERIZED PAINTING

Turn your wall into a giant color mural with Architectural Paintings from 3M. Based on a unique computer scanning system that can reproduce any image, photo, or painting without the graininess of traditional color enlargements, the new color painting process can be used on 10 different materials including papers, vinyls, even fabrics. Information: Personalized



Walls, 3M Co., Dept. DE6-34, P.O. Box 33600, St. Paul, Minn. 55133.

ZUCCHINI STAMPEDE

Looking for some new ways to bring the harvest from your zucchini patch to the table? Here's our version of one of the specialties of Rancho La Puerta, a vegetarian health spa in Baja California.

ZUCCHINI SOUFFLE

1/4 cup butter or margarine
1/4 cup unsifted all-purpose flour
1 1/3 cups milk

1 teaspoon salt
Dash pepper
1 tablespoon grated onion
1 1/4 cups grated zucchini, squeezed of excess liquid
5 eggs, separated (room temperature)
1 teaspoon cream of tartar
1/2 cup sharp Cheddar cheese
Melt butter in medium saucepan. Remove from heat. Blend in flour. Stir in milk slowly; cook over low heat, stirring until thickened and smooth. Add salt, pepper, and

onion; stir until blended. Set aside to cool. Add zucchini to cooled sauce. Beat egg whites at high speed with cream of tartar until stiff peaks form. Beat yolks until thick and light. Blend in zucchini sauce, then fold mixture into egg whites. Turn into an oiled 1 1/2 quart soufflé dish or casserole. Sprinkle grated cheese on top. Set in pan containing 1 inch hot water. Bake 1 hour. Makes 6 servings (233 calories per serving).

SOLAR BONUS

First the bad news: If you live in one of these 10 states, you paid the highest electric bills in the nation in 1976: Pennsylvania, Vermont, New Jersey, Connecticut, Rhode Island, Maryland, Massachusetts, New York, New Hampshire, Florida. Now the good news: If you are a homeowner in one of these states, you may be eligible for a grant of \$400 for installing a solar water heater under an experimental Federal program sponsored by HUD. The program is designed to lower electricity bills and stimulate the sales of solar systems.



VANITY LABELS

Vanity press is the name for a book company that allows writers to publish their own works. But in the record business there's nothing vain about the fine pop, jazz, and blues artists who have issued their own recordings because they've found their own music slighted by a mass-market recording industry bent on selling rock and soul and little else. On their own labels they can lavish the kind of artistic excellence and tender loving care seldom encountered in record racks catering to the "Hot 100." Records are sold by mail order; all albums

out to be his most productive years. In addition to eight new albums, he has issued *Sissle & Blake Early Rare Recordings, Vols. 1 and 2*, historic mementos of the first black musicals ever to reach Broadway. Eubie Blake Music, 284-A Stuyvesant Ave., Brooklyn, N. Y. 11221.

Pianist-singer-composer Blossom Dearie is a warm and witty stylist with an enthusiastic cult following. Can't make it to see her at New York's Reno Sweeney's? Then listen to the three albums she's released herself—especially her two-record set *My New*



listed here are \$6.98 ppd. unless otherwise noted. Here's a sample of what the vanity labels have to offer:

Poet/songwriter Rod McKuen has been most successful at the mail-order business; his earliest release on the Stanyan label, *Seasons In The Sun* (with his translations of Jacques Brel songs), has sold almost enough copies for a gold record. If you don't particularly need 10 albums of McKuen tunes: seven of his classical pieces and three spoken-word albums, Stanyan also features unique recordings by Cleo Laine, Lena Horne, Dinah Shore, Marlene Dietrich, and collectors' discs of show music and movie soundtracks. Stanyan Records, 8440 Santa Monica Blvd., Hollywood, Calif. 90069.

For rag and jazz pianist Eubie Blake, who's 94 years old, his own label is the only outlet for what have turned

Celebrity Is You (\$9.95). Daffodil Records, Box 312, Winchester, Va. 22601.

"Any jazz collection without Marian McPartland is like a bar without ice," according to critic Rex Reed. Subtle and swinging at the piano, McPartland has made her label synonymous with keyboard excellence, offering her own solo albums, collaborations with jazz greats Teddy Wilson and Ellis Larkins, and solo LPs by Dave McKenna and Jimmy Rowles. Halcyon Records, 302 Clinton St., Bellmore, N. Y. 11710.

Started in 1959 by John Fahey the Takoma label will appeal to lovers of acoustic guitar. His robust folk-style playing is chronicled in the recent compilation, *Best of John Fahey*. Also on Takoma are guitar greats Leo Kottke, Mike Aldrich, and Rose Maddox. Takoma Records, Box 5369, Santa Monica, Calif. 90405. —Steve Ditlea

DESERT MYSTERY

The film *3 Women* is the purest essence of director Robert Altman's free-form American imagist cinema. Its liquid, dream-like photography makes mystical metaphors out of everyday events—a yellow delivery truck becomes a caterpillar; a singles complex is transformed into a modern *Dante's Inferno*; and intriguing ingenues Sissy Spacek and Shelley Duvall are changed into possessed beings. Their aimless wanderings in a desert town bring them into contact with Janice Rule, a married woman who loses a baby in childbirth. *3 Women* is a stimulating example of film as a continually evolving art form and the finale is a psychological thriller too suspenseful to reveal.

LOVE & COMEDY

Hearts and flowers to *Annie Hall*, with Woody Allen and Diane Keaton. It's the first

surprise comic romance in ages to hilariously handle the ups and downs of heterosexual love. Co-written and directed by laugh-a-minute Allen, the obsessively funny movie carries the comedian's problems with women, and vice versa, to their illogical conclusions. No longer the jerk who can't score with girls, he's now the self-made lover who's unable to commit himself once he's found the right woman.

Lovely and deft Diane Keaton is the perfect idiosyncratic foil for urban neurotic Woody Allen and his nonstop wisecracking. The twosome deliciously parody every relationship from *Scenes from a Marriage* to Katharine Hepburn and Spencer Tracy comedies. Whenever Allen's running psychoanalysis gags fall flat, Keaton's there with deadpan wit to bail him out. Together they make *Annie Hall* a riotous screamer full of chuckles, titters, and gentle hip humor that zaps the foibles of modern coupling and uncoupling. —Daphne Davis

Woody Allen and Diane Keaton in *Annie Hall*



Space SAVERS

TRICKS WITH FOLDING SCREENS

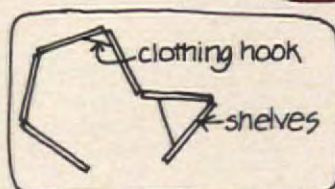
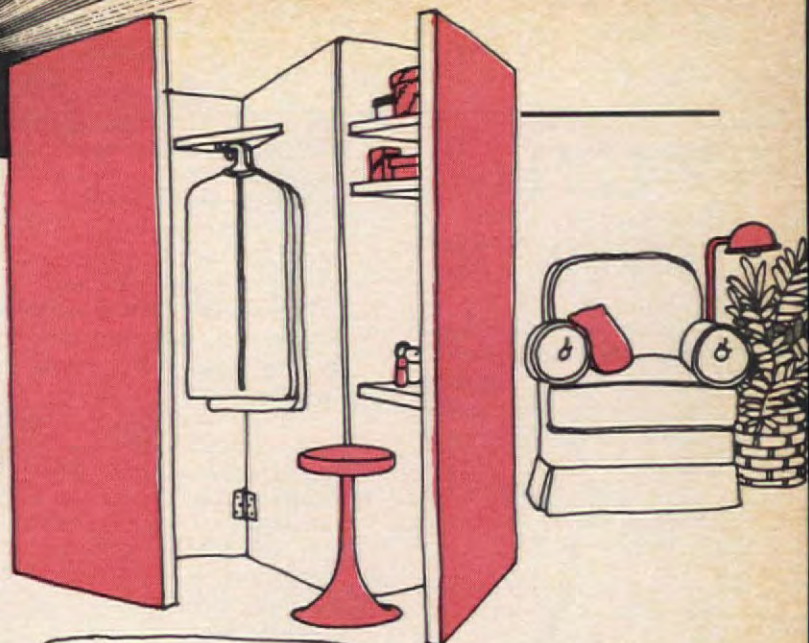
asily the most versatile and economical room dividers, screens can also hide an ugly view; conceal an attractive radiator, beam, or other misplaced architectural horror; create an extra closet or wall; hide the television set, the clothes washer, and messy shelves; make a conversation area more intimate.

Extraordinarily flexible, a screen is easy to remove when necessary—for example, to re-establish one large area for a party—and a screen with several double-hinged panels can move backward and forward and can be shaped into many configurations. A low screen

will enclose and separate without shutting out light; a high screen will give an area the illusion of height.

Screens are usually made of three or more panels in almost any material: wood (carved or plain), shoji (rice paper on a wood frame), rattan, metal, leather, mirrored glass, plastic; or covered in cork, felt, wallpaper, or fabric to match the room. It is not too difficult to re-cover an old screen, and a screen missing legs can be hung by putting screw eyes in each panel and hooks in the ceiling.

Screens are easily tipped over, and the risk of their



6 hollow-core doors hinged together

falling is ever present. So, if possible, place a screen to one side near a wall or next to a solid piece of furniture, or attach one side to a wall (the screen can be folded up flat

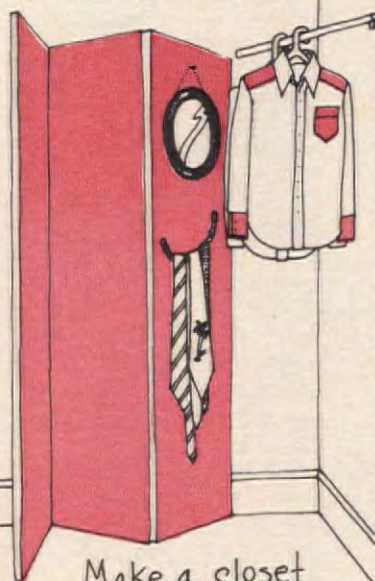
make screens work:

- If a screen separates two different areas, each side can be decorated accordingly. For example, pegboard can be put up on the kitchen side of a screen and wallpaper on the dining room side to match the dining room wall.

- A screen can be placed in a bathroom to separate the toilet area from the rest of the room with pockets for toiletries on the sink side and pockets for reading material on the toilet side.

- The TV schedule can be tacked on the inside of a screen that conceals a TV; a rope tie rack and a mirror can be attached on the inside of a screen that forms a dressing area.

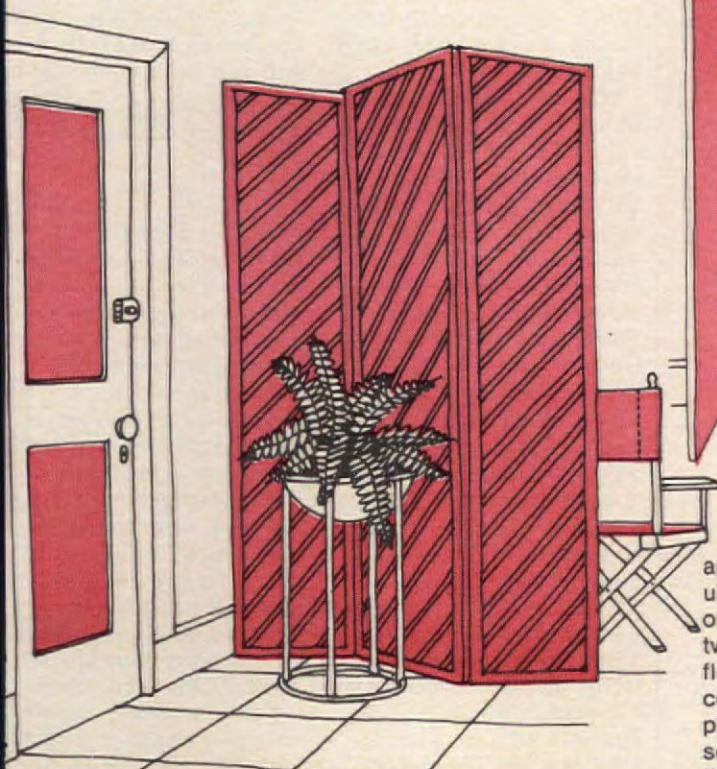
- In a family room, a picture gallery of postcards or posters or family photographs can be put up or pockets for yarn and sewing equipment sewn onto the screen; in a child's room a screen can become a giant bulletin board.—Ellen Liman



Make a closet with a screen

against the wall when not in use). To install a screen more or less permanently, screw two thin wood strips to the floor to form a channel that corresponds in size and placement to one panel of the screen and slide the panel through it.

Here are some ways to



Decorative screen at entranceway creates a "wall"

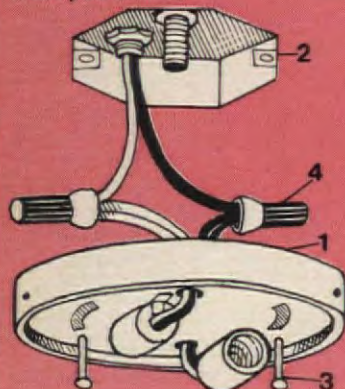
Excerpted from *THE SPACEMAKER BOOK* by Ellen Liman. Copyright © Ellen Liman, 1977. All rights reserved. Reprinted by arrangement with The Viking Press.

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

Ms. Fix-it

LIGHTING UP

If you have a light fixture that looks like a relic from the Ugly Competition of 1932, don't despair. Replacing ceiling and wall fixtures is easier than you think.



Ceiling fixture

Before you begin: Turn on the circuit breaker or remove the fuse for the circuit the fixture is on. It is not enough to simply turn off the light switch.

To remove the old fixture: You will need pliers, a common screwdriver, or Phillips head screwdriver, and a tool for cutting the insulation on the wires (a sturdy pair of manicure scissors is fine).

Remove the lampshade and bulbs and you will find a cover, (1) in the drawing above. Remove this cover from the electrical box (2) by unscrewing the nuts and bolts (3). You will now have access to the wires. They will be connected either with black electrician's tape or wire nuts (4). Remove tape or unscrew the wire nuts by turning counterclockwise. This will detach the fixture.

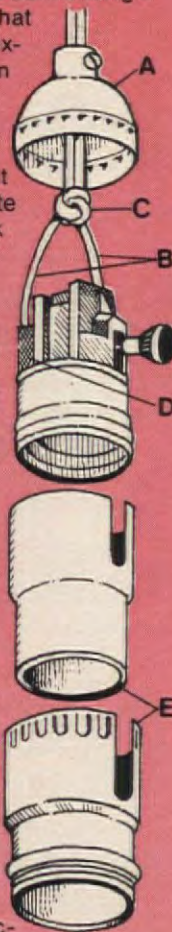
To install the new fixture: Simply reverse this process. Begin with wires. Connect black wires to black wires in the ceiling and white wires to white. Be sure the wires have good contact by looping and twisting them together and wrapping generously with electrician's tape. Or simply

twist together. Then use proper size of wire nut, turn clockwise and wrap with a few turns of electrician's tape. Then refasten the new cover to the electrical box.

To make your own hanging fixture: You'll need a simple cover with hole in the center, electrical pendant cord, light-bulb holder, and a lightweight lampshade (all available at hardware stores). Put the cord through the cover and tie a knot six inches from the end before connecting it to the wires. That way the new fixture will pull on the knot instead of the wire connections. Connect the wires, white to white, black to black, as described above, and attach cover to electrical box.

To attach cord to bulb holder: Put the pendant cord through the cap (A), see drawing, separate the wires (B), and tie them in a knot in the middle (C) so the weight of the bulb will bear on the cap and not the wire screw connections.

Hanging fixture Remove three quarters of an inch of insulation from the ends of the wires with manicure scissors, twist each separate bundle of wires together, and connect each to an opposing screw connection (D) by winding the wire around the screw and then tightening. Re-assemble the light-bulb holder (E), attach the lampshade, and you have a new light fixture. — Joyce Roy



consumer WATCH



Have you seen the ads for mail-order contact lenses? You send in your prescription and the lenses are mailed directly to you, at what seems to be an amazingly low cost: About \$20 for a hard lens and \$50 for a soft one. Or maybe you've noticed that in some areas, contact-lens fitters have taken to advertising cut-rate prices. It's mainly because the Federal Trade Commission and some members of Congress are trying to break the advertising taboo against contact lenses and glasses. The FTC has proposed a rule that would prohibit all eye-wear price advertising restrictions. (Such advertising is now illegal in some states.) It would also require doctors to give patients prescriptions so they can shop around and find the best prices.

It's a great idea if it works. But if you're thinking of buying contact lenses from a low-cost house, here are some points you should be aware of:

- Ophthalmologists and optometrists do make a hefty profit on contact lenses: They generally charge a flat fee, on the average \$200 or more for hard lenses and \$300 to \$400 for soft ones. According to Dr. Irving Bennett, publisher of several optometric journals, a good pair of hard lenses costs the doctor around \$15 to \$20, and the most widely selling Bausch and Lomb soft lenses each cost \$34.85. You also have to buy a disinfecting kit for the B&L lenses that costs eye doctors \$25 to \$30. So a total B&L kit costs a doctor \$100 to \$125. The rest of the fee is for the doctor's time

and expertise in fitting the lenses, and follow-up care to be sure they work out.

- A poor fit can cause redness of the eyes, swelling of the cornea, corneal scratches, and in severe cases, eye damage necessitating a corneal transplant. Some persons have lost their sight from complications caused by ill-fitting lenses. That's why authorities say it's imperative to have any lens, most certainly mail-order lenses, checked by a doctor before you wear them. Critics of mail-order lenses point out that no prescription is the final solution; they claim not even the best doctors know precisely how a lens fits until it's on the eye.

- Be sure to find out exactly what's included in any low-cost contact-lens offer. It may end up costing more than



going to a doctor with a higher fee. For example, in Washington, D.C., one ad offered soft lenses for \$185 but you had to pay \$30 extra for an eye exam, \$45 for a care kit, and at least \$30 for two follow-up visits—for a total of \$300, which was the going rate in the District.

- If you're thinking of ordering replacement lenses by mail, check first with local doctors to see if they sell the lenses at comparable prices. Many do, but don't advertise it, and also include adjustments. Dr. Bennett says he replaces lenses for near cost: \$25 for a pair of hard lenses and \$50 for each soft lens.

— Jean Carpe



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The Long and Short of Summer

PHOTOGRAPHED BY STEEN SVENSSON

Is this the pharaoh of the Exodus?

Newsweek books

Gaze upon the mummy of a 19th Dynasty pharaoh who may have stood face to face with Moses. And ponder the questions bequeathed to modern man in the awesome and eerie tombs of ancient Egypt.

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Construction details of the Pyramids and Sphinx have long intrigued investigators. Great Pyramid of Cheops, at right, is 755 feet long on each side, yet so well engineered that the Southwest corner is only 1/2-inch out of level with the Northwest corner.



The Hypostyle Hall contained 134 massive columns, some so large that 100 men could stand on their capitals.



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1500 B.C.



Athens,
450 B.C.



Florence,
1252 A.D.



Rome,
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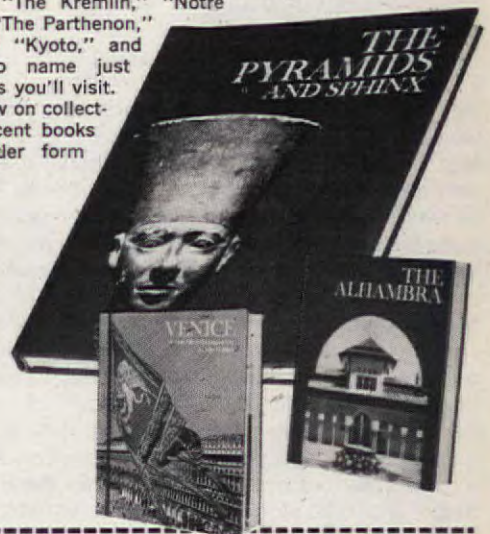
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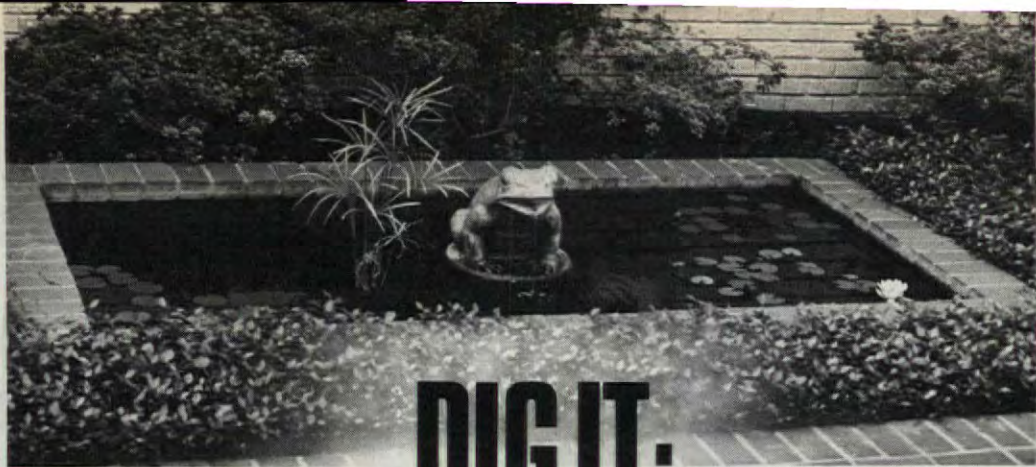
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DIG IT: LILY POOLS

For a flower-filled pool,
all you need is a little land
and the simplest
gardening basics.

by Louise and Carl Riotte

For both of us, our lily pool was the realization of a dream—even though it came to fruition the hard way. We dug our own. And digging the hard Oklahoma clay during a dry summer wasn't easy. Nevertheless, we persevered and by fall we'd hollowed out a rectangle 10-feet long by 5-feet wide by 3-feet deep. We built a wooden frame for the concrete, poured it, and one day our pool was ready to stock with lilies.

There are many ways of making a lily pool without going to as much trouble as we did. You can sink a wooden tub, discarded bath tub, in fact, any container of wood, porcelain, metal, plastic, or treated canvas that is one-to-two-feet deep. They'll all work as well as a concrete-construction type pool (like ours)—in even the smallest garden. Metal garden pools are ideal for a secluded corner in an average-sized yard or worked into a plan for a penthouse garden. One rule for all: Since tropical, hardy, and night-blooming lilies require *full* sun, be sure to locate your pool where it will get the best direct sunlight. If possible, avoid putting in a pool near trees where falling leaves would clutter the water surface.

You should also plan on putting in a drainage outlet, especially in larger pools. A new cement pool must be filled and washed out several times within the first two weeks before it can be stocked with plants or fish. If the pool has no drainage outlet, change the water by siphoning it out with a hose. Refill the same way.

Stocking the pool is simple. Here's how.

WHICH WATER LILY?

Tropicals, or tender water lilies, are favorites of pool gardeners. Day- or night-blooming varieties are prolific growers with showy, fragrant flowers often the size of dinner plates. Tropicals bear their flowers above water level on stems six-to-18-inches long. Colors range from white through the spectrum and include a new species with blue-tipped chartreuse petals. Tropicals should be treated as annuals and purchased as growing plants at spring-planting time.

Not to be overlooked are early-blooming, hardy water lilies that will live year after year, even in the most severe winter climates. The hardy plants float their flowers gently on the water surface or slightly above it. There are gorgeous pink, red, white, yellow, and sunset varieties. Hardy lilies, the perennials, are generally purchased in the spring as dormant rootstocks.

PLANTING STRATEGIES

You can choose from two different planting methods, regardless of the type or size of your pool. Water lilies can be planted either in bushel-size (or bigger) boxes, which

are set into the pool, or planted directly in soil that has been spread over the entire pool bottom.

The box method, which we chose, has several advantages: Weed growth is almost eliminated, cleanliness assured, and less soil is needed. Simply by placing cement blocks under the boxes, any desired water depth can be attained to accommodate the growing requirements for each type of lily.

Provide your water lilies with plenty of good rich soil. We consider a mixture of three-parts topsoil to one-part well-rotted manure to be good. Or you may use three-parts damp woodland

or swamp soil and one-part rotted manure. One of the commercial dried manures may be used if farmyard manure is not available. When planting in boxes, simply place the manure on the bottom and cover with topsoil. For a soil-bottomed pool, apply at least an eight-inch layer of this mixture. When planting tropical varieties, increase to a 12-inch layer. Peat moss and sand should *not* be mixed with the soil.

Containers should be placed in the pool so that no more than six-to-eight inches of water will cover them. Shallow water allows the warmth of the sun to reach the growing crowns of plants.

HOW TO PLACE PLANTS

Now for the actual planting. For the tropicals, scoop out a hole (either in pool bed or box of soil), equal to the size of the pot the plant came in. Set the root ball in the hole with leaf crown just above the soil surface, and pat soil down firmly around the plant.

With hardy varieties, place dormant rootstalks in a horizontal position about an inch below the soil surface.

Spacing of plants is important. When planting a soil-bottomed pool, space the small or pygmy varieties at least three or four feet apart; medium-sized varieties, five to six feet; for very large varieties, allow even more distance between plants. At full growth pygmies attain a one-to-three-foot spread; medium-to-large varieties, three-to-eight feet. We don't suggest large lilies for small pools.

When planting in boxes, use only *one plant to a box*. Otherwise the natural radial growth of each lily will be limited. Vary the size of the container (from a one-to-two-bushel box, with a depth of 10 to 20 inches) according to the size of the water lily. To help keep the water clean and clear, cover the soil with a thin layer of fine gravel.

Three plants, such as two day-blooming and one night-blooming variety will be sufficient for a medium-sized pool. Or reverse this if you work during the day and can only enjoy your pool after dark. Don't hesitate to combine tropical and hardy plants in the same pool. The hardy water lilies bloom earlier than the tropical ones, so a mix of the two will prolong the blooming season.

FILLING THE POOL

The last step: Fill the pool with water to a depth of six to 12 inches above the plant crowns, regardless of whether they're in boxes or planted on the pool bottom. Pygmies require six inches of water; medium and large varieties may need as much as 12 inches.

Be sure that the water temperature is at least 70 degrees or more. This is particularly important for tropical water lilies. They'll suffer from shock if taken directly out of a warm greenhouse and then submerged in cold water. Rootstalks of hardy lilies can be planted any time after mid-April in colder areas; from the first of April on in moderate regions. In cooler climates, wait until the end of June or early July before putting in the varieties.

SIMPLE UPKEEP

Lilies need some attention, but not much:

- As plants develop, gradually add water to the pool—an eight-inch maximum depth for pygmies and an 18-inch depth for larger varieties.
- Fertilizing them every three weeks or so can increase the number of flowers and prolong the blooming period. The best way to fertilize: Fill a piece of cheesecloth with compost or well-decomposed manure, tie it in a little bundle, and push it into the soil. Feed hardy lilies each spring (from their second year on) by placing a small paper bag of blood meal at the root level of each plant.
- Plan on a weekly cleanup to pick out old leaves, faded flowers, and seed pods.
- Keep a close watch for the few insect pests that occasionally trouble water lilies—aphids, leaf miner, and leaf-cutting worm. Spray with insecticide if necessary.
- Weeds are not much of a problem, but should any grow, pull them up before they have a chance to multiply.
- Should scum appear on the surface, flood the pool to wash it out. Also, goldfish will keep pool water clean by eating algae, mosquito larvae, and insects.
- For winter protection of hardy water lilies in a small home pool, simply cover the pool with boards and a blanket of straw or leaves. This will prevent the rootstalks from freezing. In year-round temperate zones, tropicals can be left out until the next growing season. Otherwise treat them as annuals and purchase new plants each spring.
- After four or five years, lift the hardy water lilies and replant them in new soil. At the same time, propagate them by cutting and separating the thick, running rootstalks, making sure you include a bud or "eye" with each piece.

Apart from enhancing the landscape, a water garden is one of the least expensive to keep up. And we think it's nice to know, at the end of a day, that we can enjoy the lilies and reflection of trees which even the smallest pool catches. □

Louise and Carl Riotte, a writer/photographer team, have produced many best-selling gardening books. Their latest is Success With Small Food Gardens (Garden Way).

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"Thanks to Prolamine, I don't need a girdle anymore."

Mrs. Nancy Hogan, Mentor, O.

"Has Prolamine helped me? Emphatically, yes. 24 years ago my husband said he'd divorce me if I ever got fat. Well, I've never become fat, but like most women, somehow 10 to 15 excess pounds gradually sneaked up on me. A sad and disgusting sight is a body that looks like a stuffed sausage. I called a halt to my sideways growth with Prolamine Time Capsules and Diet Plan. And I didn't need a girdle anymore. Now I'm just about at my ideal weight and I intend to continue using the Prolamine Reducing Plan."



"I weighed 227 pounds. With the help of The Prolamine Reducing Plan, I now work as a model."

Elizabeth Grims, Gibsonia, Pa.

"78 pounds ago, people used to tell me what a pretty face I have. But I'm sure they must have thought, 'It's a shame she's so fat.' I am 5'10" and used to weigh 227 pounds. With the help of Prolamine, I lost all that grotesque fat."

Now I am working as a model. But best of all, I feel healthy and happier now. Of course, there is a drawback. I have to cope with a jealous husband, but I like that! Prolamine helped me lose weight and now it helps me maintain my figure."



"I went from 205 lbs. to 140. The Prolamine Reducing Plan really changed my life, including my love life!"

Linda Jackson, Houston, Tex.

"Once I found Prolamine, I stopped taking the other diet products. I tried Ayds, but could not get used to drinking hot beverages everytime I took one. Figure-Aid didn't do anything for me either. At first, I didn't think Prolamine would work. Then, my mother and sister watched in amazement as I slowly withered down. My goal was 150 lbs. I now weigh 140. They used to call me, 'Big Momma.' Now they call me 'Slim.' Thanks to Prolamine Time Capsules and Diet Plan, my life has really changed, especially my love life. I should have written to you before this, but I've been enjoying my new size so much that I simply forgot."

The Prolamine Plan works for thousands to help take weight off.

Thousands of users from all across the country have written about their successful weight losses on the exciting Prolamine Reducing Plan. Prolamine Time Capsules work continuously to help you control your appetite, not just at mealtime, but between meals, too. Now lose pound after pound, inch after inch of ugly, unhealthy fat as you follow this outstanding, successful diet plan. Join the thousands of satisfied, successful Prolamine weight-losers . . . you can lose weight, you can slim down to your slimmest, most attractive size figure. Start the Prolamine Time Capsule Diet Plan today. See how soon you are wearing smaller sizes, smarter fashions.



Questions From Readers

by Marvin D. Schwartz



This rocker, with caning on both the back and the seat, has been in our family for several years. We have been told that the rocker is over 100 years old. Can you give us an approximate date and any other information about its origin?

—V.D., Vacaville, Calif.

Cane-backed rockers were made in the United States between about 1800 and 1900. The early models were made in the Empire style, with legs and back cut into a curved pattern. The legs on your chair, however, were turned on a lathe and the oval-shaped back is in a rococo revival pattern that was first introduced in the 1840s and enjoyed popularity through the end of the century. This is a mass-produced piece not easily dated—a typical American product of the Victorian era.



This plaque is one of two purchased from an antiques dealer in Germany 15 years ago. The plaques have a green background with white figures and on their back they have the name Mettlach and a number. I understand Mettlach was a forerunner of Wedgwood. Is this true and what is the approximate age of the pieces?

—(Mrs.) W.C.P., Grand Island, Neb.

Mettlach is the name of one of the potteries operated by Villeroy and Boch, a company founded in about 1840 to run a group of potteries. Mettlach is best known for stoneware, most specifically for steins that were made at the turn of the century. The plaques may very well be similar to jasperware (the Wedgwood product) but they definitely were inspired by and not the inspiration for Wedgwood. Not having the pieces in hand makes dating a little dangerous, but it's very likely that they were made in about 1880, or a century later than the jasperware.



I purchased this from a reputable dealer who assured me it was a hatpin holder—I collect hatpins and holders—identical to a set in a museum in Chillicothe, Ohio. Others, however, claim it is a bud vase. What can you tell me about it?

—B.V.T., Kimberly, Wisc.

While I am sure this was a hatpin holder when the dealer bought it, I have not been able to find the pieces that make it

up assembled in that order in any source. The small glass holders are fine bud vases, very likely made of cut glass at the turn of the century, and the mirrored tray appears to be of a slightly later origin. Hatpins were very popular from the last quarter of the 19th century to about the time of the First World War. This could have been assembled by an ingenious woman who liked to choose from pins that were arranged like flowers.



I restored this two-piece secretary that has been in my mother's family since 1875. Its original woods were cherry and pine. I would appreciate any information concerning the piece's probable age, origin, and, in particular, the original style of the drawer pulls.

—E.M.W., Niceville, Fla.

You've done a fine job restoring a family heirloom. As a relatively simple design made in cherry, this secretary could date from 1750 to 1790. The hardware should be Chippendale style, the type seen on Williamsburg reproductions. The turned feet were very likely replacements of the early 1800s—simpler bracket feet would be more consistent with the design. This piece may have been made in Virginia, but it is a type that was made in Pennsylvania and Connecticut, too.



I would appreciate any information you can give me about this little silver box. It was sent from Frankfurt, Germany, during World War II. It has an oval shape, a hallmark that appears to be SS or 55 inverted, and the numbers

935 that I assume refer to the silver content.

—V.L.P., San Antonio, Tex.

Your small oval box is a snuff box in the style of Louis XVI, but of a later date. The design is less delicate than on examples made in his time, the 1780s, and the number 935, which does indicate silver content, was not applied in the goldsmiths' shops of the 18th century.



This has long been a mystery piece in our home. We have learned that it was originally bought at an antiques shop in 1930, and that its characters represent Chinese Gods. The piece fits together in three main parts, and is finely detailed. Could you tell me something more about the sculpture's age and origin?

—A.O., Rusford, Minn.

The sculpture you own is a fine example of delicate Chinese carving dating from the end of the 19th or beginning of the 20th century. The realistic details suggest it was made for occidental appreciation and probably was purchased by an American or European traveling in the East.

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.

WHAT'S NEW: TV TO GO

As the world gets smaller, so do TVs. Today's sets are portable enough to travel around your house and yard, in your car or boat, to a picnic or to the beach. Here are five tiny TVs designed to go almost anywhere. You'll find they can become as mobile as you are. — VIRGINIA PERLO



The Sony KV-5100 has a five-inch screen and is small enough to share your park bench. This mini-weight color transportable has a glare-free screen for indoor/outdoor viewing, and an optional battery pack; \$460.

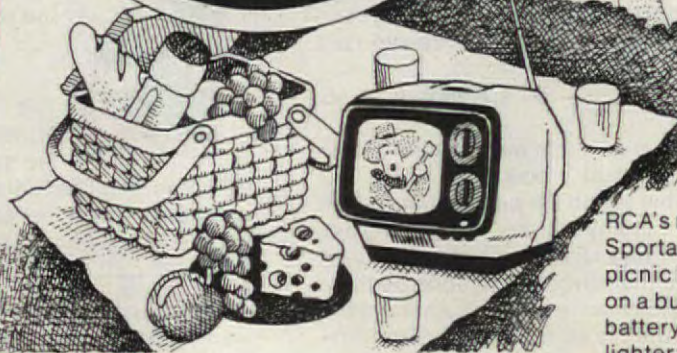
Sinclair's Microvision which picks up worldwide TV transmissions can even accompany you to the Matterhorn. Powered by rechargeable batteries, it has a two-inch screen and is small enough to fit in your knapsack; \$139.



Panasonic's black-and-white model TR-555 is a sturdy companion for an afternoon of boating. TR-555 has a five-inch screen, AC/DC adaptability to car or boat battery, and self-contained battery; \$149.50.



JVC's black-and-white picture television is bowling-ball size but not as heavy. It's uniquely circular and easy to transport; \$139.



RCA's nine-inch screen Sportable almost fits in a picnic basket. AC/DC, it runs on a built-in rechargeable battery or a car cigarette lighter; \$160.

JERRY SMATH

Are you the same woman you were a year ago?

Not you — you're better! Better able to cope with the problems of life, better looking. More sure of who you are, where you're headed. Wiser. You have some of the answers and a lot more of the questions.

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and decorating departments concentrate on the affordable and reachable. Our 8-page Home Front News gives you a quick tour of what's new and great.

There's laughter in the new American Home...and thoughtful pauses. But above all, American Home understands the changing tones and textures of your life. It reinforces your own goals, stimulates you to set new ones. There's a sensuality to the new American Home that celebrates the glories of being a woman.

No, you're not the same person. American Home isn't the same magazine. We're both far, far better!



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MAIDEN VOYAGE

A woman in search of adventure discovers herself.

by Nanette Scofield

I am a wife, the mother of two grown children, and old enough to be a grandmother. I've always had a yen to go camping, but my husband is a mattress-and-boxspring man who abhors paper plates, paper napkins, and metal cutlery in one utensil, and prefers eating at a table to sitting on a log. Obviously, camping has never been part of our lifestyle.

Last spring when I couldn't tame the call of the wild, my husband suggested I go off on my own. So, I took a six-day trip down the Middle Fork of the Salmon River in Idaho—on my own. And in the process I discovered I could be independent and enjoy myself without the support of husband or friends.

After checking out Smithsonian trips, the Wilderness Society, Odyssey, Ltd., and others (see Shopping Guide, page 82), I chose Hatch River Expeditions' Middle Fork trip.

I sent in my deposit, received back a confirmation, and began to prepare earnestly to be a woman alone. My carefully planned regimen went like this: Twice a week I went to a gym; I wanted to know my muscles well enough so that I wouldn't meet new ones on the trip. As it turned out, the only muscles I used were for bailing water, toting duffel bags, and sleeping on my shoulder at a bad angle.

Weekends I practiced putting up the tent, while my husband timed the operation with a stopwatch. (His other major contributions were the loan of a waterproof watch, a Swiss knife, and disbelief.) The first try was an embarrassing 15 minutes, but by the fourth time I was down to 5 minutes 17 seconds. I could blow up the air mattress in under five minutes. Kids on the block came to watch.

I practiced rolling my bedroll tightly, then stuffing it into a waterproof bag. I wore hiking boots in such unlikely places as the supermarket and department stores so they wouldn't cause blisters on those long climbs I never would take. I loaded up the two duffels and tried to look graceful as I carried them, but never succeeded.

I bought, brought, or borrowed ex-



HATCH
The author (above) dressed for any emergency. Rafters tackle the white water of Idaho's Salmon River (right).

actly what the "gear list" suggested: snakebite kit, heavy sweater, knife, etc. I attached a shoelace to my sunglasses, had the shoemaker put eyelets in my hat for a tie-on ribbon. I bought items when I didn't know why: nylon cord which was to become a laundry line and a red handkerchief that would triple as a scarf, napkin, and a signal to hang on one wall of two-sided outhouses to show occupancy. My daughter's disdainful, "No one uses collapsible cups, Mother," shamed me into buying a Sierra cup, with a handle that hangs on the belt. My son-in-law lent me his bedroll and my son unearthed his Boy Scout canteen. I cut my hair short and was off.

I made my way to Boise, Idaho, without incident and (along with the other 18 participants) was ferried by Cessna plane into the Idaho Primitive Area, where we met up with our five young,

tanned, muscled guides and the rafts.

The four-passenger-capacity rafts were about 12 feet long, and made up of four separate inflated sections, bound together. The guide, as rower, sat in the center, while those passengers who liked frequent dousings sat up front. Those who preferred their thrills dry — like myself — sat in back on top of the tarpaulin that protects the baggage.

The rower's job is merely to maneuver between Scylla and Charybdis, to avoid hidden rocks that are discernible by the rush of water nearby, and to locate currents to carry the raft along.

Technically, rapids come in 10 sizes, and are caused by any number of situations, including shallow water, narrowing of the river and/or a confluence of streams. I made up a shortened rating: Going through "gentle" and "squeal" riffles is like sledding down a bumpy hill. "Wow" and "not that?!" rapids (which often have such names as Porcupine, possibly because of a profusion of jutting rocks, or Rubber, because rafts seem to act that way) are like a short roller-coaster ride. But the rush and swirl of white water, the swift and skillful movements of the rower, and the onslaught of cold water add a tension and excitement that make a unique experience. Rapid rapids, to everyone's relief, are usually followed by tranquil water.

It's only on tranquil water that there's conversation, partly as a release from tension, partly as a remembrance of things just past. Then suddenly, a plunge will change low tones into excited laughter and meaningless shrieks, with everybody shouting encouragement.

I was above all that, and I don't mean figuratively; perched high on the tarp, I clutched and *never let go* of the rope that crisscrossed the raft. If I took a picture, the rope was crooked in my elbow; if I waved to another boat, the other hand held secretly and wildly onto the rope. Have you ever unzipped a recalcitrant zipper with one hand? It can be done. I never let calm water fool me; I'd seen a fellow sitting atop a pile



PHOTOGRAPHED BY DON HATCH

of firewood plop shiveringly, albeit elegantly, into the cold water when the raft took a nervous lurch. It was part of my credo to be at the ready for the raft's, and my own, nervous lurch.

The first day on the river I was out of sync. I wore hiking boots on the raft and sneakers on a hike. My blue jeans got soaked on the raft, while my legs were scratched when I wore shorts hiking. But by the second day I was wiser: I wore shorts and sneakers on the boat trip; my Sierra cup hung jauntily from my belt, cup-side in, of course; and my red scarf-napkin-signal dangled from a back pocket. I knew to place my tent so I could see the stars and not the facilities, and near trees in order to hang a line for the dew-wetted ground cloth and tent the next morning. Each day I learned something new.

We'd start each morning bright and late. Breakfast at ninish, launch at tenish, rapids till oneish, when we'd land for lunch. While breakfast varied day to day with such fare as blueberry pancakes, or English muffins, or eggs and bacon, lunch was always from the same make-it-yourself counter: A slice of bologna on peanut-buttered bread, with pickled cucumber slices and a piece of cheese—the possibilities were endless.

After lunch, we were back on the Middle Fork. The scenery was plentiful and on a grand scale. Skyward, an eagle might soar or a Rinso-white cloud climb over a peak. On the mountains, regrouped into new angles with each turn of the river, we glimpsed bighorn sheep, their ewe, a lamb. Or

maybe a lone pine tree high on a ledge. At river level, we admired great stones sculptured by water into "natural" Henry Moores, other rafts, and boats. Two forest rangers, a male and a female, came by in kayaks, inspecting campsites. Once we saw a corral gate perched on a rock in the center of the river. And anytime I was thirsty, I could dip my Sierra cup into the river and drink. How many American rivers offer that privilege?

In mid or late afternoon we'd set up for the night. Each campsite had its own attractions, but my favorite was at Hospital Flats, which the U.S. Army had used as a kind of rest-and-recreation center in its 1870s war with the Shoshone. After dunking in hot springs, many of the others rode down the rapids on rubber mattresses. I went looking for arrowheads, but not until I'd carefully planned where I wanted to set up "house": Near people, but not too near, and not always with the same neighbors; a level spot, a "room with a view," and not too long a walk to meals.

As dinner time approached, everyone ambled over to the fire, and those who knew that BYOB on the gear list meant Bring Your Own Bottle shared their rum and gin, mixing it with Kool-Aid or Tang, and juice saved from tins of canned fruit. We were a talkative group, either of my vintage or late 20s, early 30s, that included a geology engineer and his civil-servant wife; a retired postmaster from Boulder, Colo.; a fourth-grade teacher; a Johns Hopkins medical student; three young bankers, both sexes; an architect; and the guides, all of whom were in some

stage of post-graduate education, such as geology, philosophy, or transcendental meditation.

Dinner would be steak, barbecued something, chicken, or the specialty of the "house"—Twenty-Mile Stew. The conversation often amused me. People would ask a guide for a recipe or discuss the merits of various bug repellents—a far cry from the social chitchat of my suburban town in content, but not in style. By 10 o'clock, everyone was bedrolled, protected by a lean-to, a tent, or the stars. Some nights I'd sleep in the tent, sometimes outside, my flashlight at the ready.

The morning "bell" was the crackling of the fire. I'd first unplug the air mattress (that was *my* breath escaping!), roll the bedroll while it was on the mattress so it wouldn't get sandy, then stuff it into its bag (practice never made perfect). I'd take down the tent and hang it on the line alongside the ground cloth. Dressing was no problem; I slept that way. After breakfast, we'd finish packing and take off.

And that's how one day slid into another. Mostly hot sun, once a two-hour spell of rain, a turn at rowing, a leg scratch from slipping off a rock. Suddenly it was the last night. No tears, please, just an exchange of names and addresses. (When Christmas cards come will I wonder "Who?")

As it turned out, the trip was more than a response to the call of the wild. I surprised myself by taking off on my own; I hadn't let apprehension hold me back. And that was fortunate because I had the chance to explore: I saw more than Idaho, I saw myself. I saw I could get along with people, as a person alone; that people seemed to like me, as a person alone. I learned to sense when I was wanted—and when I should be off on my own. And I learned that I often preferred being alone to being with others. A good book helped.

These days my Sierra cup sits on the bureau, a reminder of the wild river, and that I could conquer it... alone. □

Nanette Scofield, author of So You Want to Go Back to Work, is a specialist in employment writing.

Do You Really Look as Young as You Think?



True, you're a very involved-with-life person. You try to play a few sets of tennis every week, both to keep in shape and for the fun of making new friends at the courts. You wouldn't miss the evening news because you feel more interesting when you're well-informed. Sometimes, to keep yourself open to new experiences, you go to movies you don't expect to like. Since you're involved in so many things, you feel vibrant and young. And you assume you look that way.

So it can come as something of a surprise when your mirror catches you unaware one morning and you realize you don't really look as young as you thought. That's the very moment for you to discover the secret of a mysterious beauty fluid that can help you look younger by creating a moist climate for your skin. The beautiful secret, shared by women in many different parts of the world, is known in the United States as Oil of Olay beauty lotion.

Oil of Olay penetrates your skin remarkably quickly. Pure moisture, tropical oil and precious emollients work to help you look younger by easing dryness...that dryness that can so easily make you look older than you like. Older than you thought.

Within moments after smoothing on Oil of Olay, you'll notice your skin grow softer and smoother. You'll be able to see a renewed lustre and radiance. And starting the very first

day, little wrinkle lines (which are accented by dryness) can show less. You'll be able to notice the difference. And the change will be apparent to other people. Do you suppose they'll comment?

Oil of Olay, in its mysterious way, is a partner with nature in helping maintain your skin's moisture balance to let your complexion become softer, smoother, younger looking.

When would you like to apply Oil of Olay? If you're like most dedicated users, you'll choose to gentle on the beauty fluid at least twice each day.

At bedtime, to pamper your skin into quiet nocturnal hours. Again in the morning, either before you do your face (Oil of Olay doesn't leave a greasy afterfeel so it's marvelous under makeup) or alone to provide your skin with a beautifully moist environment. Some women who like a dewy, naturally glowy look use Oil of Olay instead of makeup.

Any time your skin feels dry is a good time for Oil of Olay. Smooth it on after coming in from drying wind or sun. Or when you've been exposed to excessive central heating or humidity-lowering air conditioning. Your skin will tell you when.

Do you really look as young as you think? That's a question that shouldn't be unpleasant to answer now you know that Oil of Olay can help.

Beauty Secrets

- An active person like you should have Oil of Olay with you all the time. Tuck a small bottle in your purse. Keep some with your tennis gear to use after playing. And be prepared to share the secret of Oil of Olay. It's very likely someone will ask what you're using to help you look so glowing.

- Are you one of those women who like to feel soap-and-water clean? Then you've probably noticed that your face usually feels dry after toweling. That's a good time to let Oil of Olay® smooth and soften your skin. The beauty fluid doesn't leave a greasy afterfeel to interfere with the feeling of freshness you like.



HEALTH & BEAUTY

Where's the Aspirin?

Or, how to organize and stock a safe and sane medicine cabinet.

by Eva Zelig



Is your medicine chest just a clutter of bottles and containers, many unlabeled and holding mysterious-looking pills and outdated prescription drugs? You want to be prepared for all medical emergencies so start a check of your medicine cabinet now!

FIRST THINGS FIRST

Tape to the inside of the cabinet a list of telephone numbers including both day and night numbers of your family doctor, the nearest poison control center, your pharmacist, an all-night drugstore, the local police or fire department, and, if available in your community, the volunteer ambulance corps.

Post a record of any allergies or drug sensitivities alongside your list of emergency telephone numbers.

DO YOU HAVE...

Aspirin: An analgesic like aspirin helps reduce fever and aches caused by colds, relieves occasional headaches, and mild menstrual cramps. If you live in a high-humidity area, tablets may crumble, so replace as necessary. (continued on page 71)

Eva Zelig writes frequently on health and medicine. Her "Be a Good Sport" appeared in American Home, June 1977.

What's New in My Kitchen?

I'll take yesterday's kitchen. In this hurry-up, catch-up, faster, quicker, easier, newer-is-better age, the ultimate kitchen appliance is the miracle microwave. Following fast on the heels of self-clean, continuous clean, no clean, and Mr. Clean, the microwave oven promises us instant meals, no dirt, no work, and no need for Mom in the kitchen.

On the surface this seems to be a nice, neat, package deal. But I'm not buying. The machines and gadgets replacing Mom at a rapid rate will soon make Mom obsolete and useless, the kitchen barren and joyless, the family less cohesive and stable. With Madison Avenue subtlety and persuasiveness, Mom is being led from the kitchen, the home, and family.

I sense a war being waged and I rally for the battle. I counter the "You've Come a Long Way, Baby" assault by racing for the country and a simpler, traditional lifestyle. I take my stand against the move-up-and-out front by staying in and going back—in the kitchen and back to the old ways of doing things.

I've discovered that a slow-down, let-go, make-do, work-hard life can be immensely satisfying; sometimes old ways and things can even be better than newfangled ones.

What's new at our house is a discarded old relic from the past—a wood-burning cook stove. Now, for my pleasure and my family's sake, I spend much of my day in the kitchen tending fire and food. Our kitchen is a center of warmth, activity, and home life. My family is appreciative and happy. I am content; I am needed. Let others yearn for the future and freedom, I'll take the past and commitment. If you think replacing Mom in the kitchen with machines is not a threat to the family—you'd better think again.

Patricia Shook
Winthrop, N.Y.

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Taste so good you won't believe they're lower
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19 MG TAR 1.2 MG. NIC.	18 MG TAR 1.1 MG. NIC.	18 MG TAR 1.0 MG. NIC.	16 MG TAR 1.2 MG. NIC.	19 MG TAR 1.4 MG. NIC.	18 MG TAR 1.3 MG. NIC.	18 MG TAR 1.2 MG. NIC.	16 MG TAR 0.9 MG. NIC.



Only
10
mg tar



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

Of All Brands Sold: Lowest tar: 0.5 mg. "tar," 0.05 mg. nicotine av. per
cigarette, FTC Report Dec. 1976. Kent Golden Lights 100's Regular and
Menthol: 10 mg. "tar," 0.9 mg. nicotine av. per cigarette by FTC Method.



'ROUND THE WORLD PICNICS

**EATING
OUT** Travel around the world in your own backyard to Denmark (page 48), Britain (page 52), Hawaii (page 60), and India (above and next page). Entertain with our eclectic menus. Use our tabletop decorating and dressing ideas to help you enjoy this summer on your porch, patio—or tree house. To start your outdoor living fun, turn the page. ♦
—PAT SADOWSKY/GALE STEVES



EATING OUT INDIAN COOKOUT

A barbecue for family and friends is summertime entertaining at its best, but who said it has to be the same old hot dog and hamburger fare? Bring the flavor and scent of India to your own backyard with this simple adaptable picnic. A special bonus with this menu is that most of the food can be prepared ahead or marinated in advance. Use airtight plastic containers to transport food from the kitchen to the patio, park, beach, or campsite.

The traditional Indian way to dine is on the floor. Spread out an Indian block-print cloth to set the scene. Use wooden and brass tableware and accessories to carry through the theme of the picnic. A palm leaf fan makes a clever place mat. Loop a block-print napkin through the handle of the fan, arrange the fruit as a centerpiece, and you're ready! Knife, fork, and spoon are not absolutely essential because most people in India eat their food with the fingers of the right hand. They prefer to mix rice with other foods and scoop it up with pieces of bread.

Tandoori, a method of barbecuing most popular in northern India, involves a special kind of charcoal-fired clay oven. In our adaptation, chicken parts or whole chickens are marinated in a spice mixture, and then grilled over coals to a reddish brown outside. The meat inside remains tender and juicy, because the spice marinade forms a protective crust that seals juices in. Take advantage of the grill for warming foil-wrapped Mattar Pulao (a combination of spiced rice with peas). Naan, flat wheat bread, can also be foil-wrapped and warmed over the grill. The Tamatar Salat, of marinated tomatoes, peppers, and onions plus a surprise of shredded cheese, offers a crunchy counterpoint to the other picnic dishes. Sip icy cold Lassi, a mint-flavored yogurt cooler as you dine.

Tablecloth and napkins in bright block-print fabrics by India Nepal, Kera-Grill by Reston-Lloyd, all wood and brass accessories by Alfred E. Knobler, rosewood and bronze flatware by Villeroy and Boch, palm leaf fan by Manila Bay at Banana. See Shopping Guide, page 82.

TANDOORI MURGH

Working time: 15 minutes

Marinating time: 2 hours

Cooking time: 50 minutes

2 broiler-fryer chickens, about 1 3/4 to 2 pounds each

1/8 teaspoon saffron strands

1 tablespoon boiling water

4 cloves garlic, peeled

1 tablespoon fresh ginger, finely chopped

1 tablespoon lemon juice

2 teaspoons salt

1 1/2 teaspoons Garam Masala (recipe follows)

1 teaspoon paprika

1/2 teaspoon chili powder

2 tablespoons butter or margarine

Skin chicken carefully. Make tiny slits in skin to allow spices to penetrate. Soak saffron in boiling water 10 minutes. Then

MENU

Tandoori Murgh (Spiced Roast Chicken)

Tamatar Salat (Tomato, Pepper, and Onion Salad)

Mattar Pulao (Rice with Peas)

Naan (Punjabi Leavened Bread)

Lassi (Yogurt Drink)

put in container of blender or food processor with garlic, ginger, and lemon juice. Whirl until smooth. Remove from container with rubber scraper and combine with other spices. Rub spice mixture over chickens, especially in slits. Cover and refrigerate overnight or at least 2 hours. Put butter or margarine in roasting pan. Preheat oven 350°F. Melt butter by placing in oven for 1 minute. Then spread over base of pan. Put chickens in roasting pan, side by side but not touching, with breast-side down. Spoon melted butter over birds. Roast for 20 minutes. Turn on one side and baste with butter again. Roast for 15 minutes. Then turn on other side, baste again, and continue roasting for another 15 minutes or until birds are fork-tender. Serve warm. If traveling with chicken, wrap it in foil and several layers of newspaper to keep warm. *Makes 4 servings (242 calories per serving).*

Microwave version (Cooking time: 28 minutes)

Marinate chickens as directed above. Place

butter in 2-quart (7 x 12 inches) glass or microwave-proof baking dish. Microwave on medium for about 1 1/2 minutes or until melted. Spread over base of pan. Place chicken breast-side down with thick edges toward outside of dish. Cover with plastic wrap. Microwave on high for 20 minutes. Turn chicken over and baste with butter. Continue cooking for 5 to 6 minutes or until chicken is fork-tender. Let stand 5 minutes before serving.

GARAM MASALA

This recipe for ground, mixed spices comes from *The Complete Asian Cookbook* by Charmaine Solomon (McGraw-Hill, \$15.95).

Working time: 20 minutes

1/4 cup coriander seeds

2 tablespoons cumin seeds

1 tablespoon whole black peppercorns

2 teaspoons cardamom seeds (measure after removing pods)

1 3-inch cinnamon stick

1 teaspoon whole cloves

1 whole nutmeg

In small shallow cake pan, roast all spices, except nutmeg, separately. As each one starts to smell fragrant remove from oven and turn onto plate to cool. After roasting, peel cardamom pods and use only seeds. Put all in electric blender or food processor and whirl into fine powder. Finely grate nutmeg and mix with other spices. Store excess in glass jar or other air-tight container up to 6 months. *Makes 1/2 cup.*

TAMATAR SALAT

Working time: 8 minutes

Marinating time: at least 30 minutes

2 medium green peppers, cut into 1/2-inch pieces

3 firm, large tomatoes, cut into thin wedges

1 medium onion, thinly sliced and separated into rings

1/4 teaspoon lemon juice, freshly squeezed

2 tablespoons corn or other salad oil

2 teaspoons sugar

1/2 teaspoon salt

1/2 teaspoon chili powder

1/2 cup coriander or flat parsley leaves, roughly chopped

1 ounce mild white cheese (like mozzarella) shredded

Place peppers, tomatoes, and onions in 3
(continued on page 58)

More 'Round the World Picnics on pages 48, 52, and 60

UP A TREE

A secret hideout designed for kids to build themselves.

A tree house is the place that gets you up off the ground and gives you an exciting bird's-eye view of things. As you look for a tree, try to find one with at least two or three branches separated from the main trunk. These branches should be at least 10 inches thick. Next, trim away any dead branches and clear an area for building. Always be careful not to harm the tree. Don't strip any bark or cut away large live branches. —LES WALKER

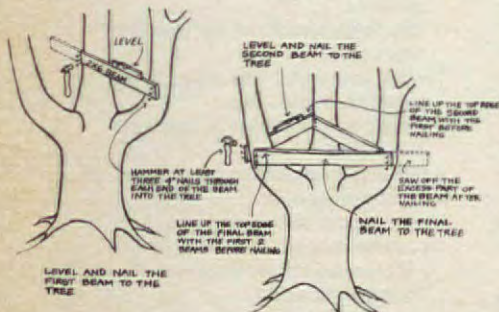
BUILDING THE PLATFORM

The platform is made from a sheet of plywood nailed to a frame to make it strong.

With the tape, measure two 5-foot long and two 2-foot 9-inch long frame pieces from the 2 by 3 lumber.

Mark off these measurements and square them. There will be a 3-inch piece of waste lumber at the end of each 2 by 3.

Saw the four platform frame pieces as marked.



Using the 4-inch nails, nail the four platform frame pieces together, with the shorter frame pieces on the inside, as shown in the illustration.

Using 2-inch nails, nail the platform down to the frame.

BEFORE YOU START

TOOLS YOU WILL NEED:

Square, for making a perpendicular line on the wood that is to be sawed.

Tape, for measuring the materials to the right size.

Crosscut saw, for cutting the wood to the right length.

Level, for leveling the beams so that the house is straight.

Hammer, for nailing.

Apron, for holding nails.

Bandages, in case of cuts.

MATERIALS TO BUY:

You'll be able to buy them all at your lumberyard, except the cloth, which can be bought at a fabric store. Make sure to get the lumberyard to saw the plywood sheet into the parts you'll need, just as you see in the illustration below. This will save you some hard sawing work.

- Two 8-foot lengths of 2 by 3s, for the platform frame.

- Three 8-foot lengths of 2 by 6s, for the tree-house beams.

- One 4 by 8 sheet of 1/2-inch exterior-grade plywood for the platform. Have your lumberyard saw the sheet into six parts.

- One 3-foot length of 1-inch diameter wood doweling, for the roof.

- Two yards of weatherproof, or vinylized fabric for the roof. The fabric should measure one yard wide.

- One pound of 4-inch-long common nails, for nailing the beams to the tree.

- One pound of 2-inch-long cement-coated box nails.

- Two screw eyes, for the roof.

- Ball of string, for the roof.

NAILING THE BEAMS TO THE TREE

Climb up into your tree with the level, and with a friend to hold the other end of each beam.

Set the level on the first beam. When the beam is level, nail it at both ends into the tree with at least three 4-inch nails, as shown in the illustration.

Saw off the excess part of the beam. Line up the top edge of the second beam with the top edge of the first.

Level and nail the second beam to the tree, and trim off its excess.

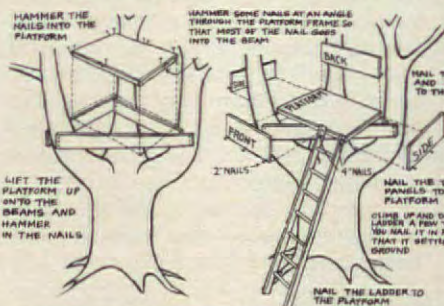
Do the same with the final beam.

ATTACHING THE PLATFORM

The platform will weigh about 30 pounds, so you'll need some help getting it up onto the beams. Once it's in place, push it around until sturdy.

Hammer some 4-inch nails at an angle through the platform frame so most of nail goes into beam.

Hammer 4-inch nails straight down through the platform into the beams.

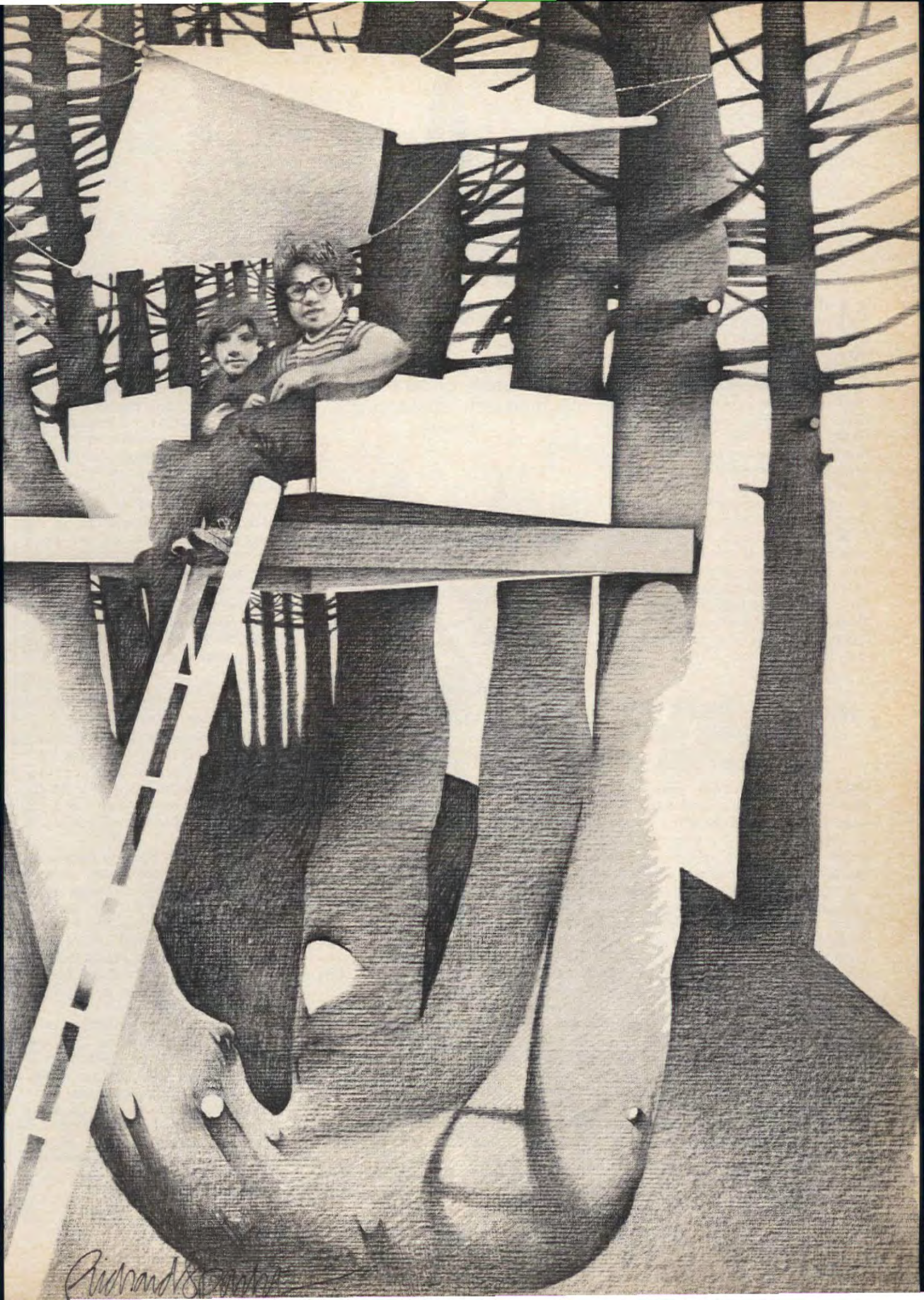


ATTACHING THE SIDES

Lift side panels onto platform.

Line up the bottom edge of each panel with the bottom of the platform before nailing. (continued on page 96)

From *Housebuilding for Children* by Les Walker, ©1977 by Les Walker. Published by The Overlook Press, P.O. Box 58, Woodstock, N.Y. 12496. Reprinted by arrangement with the publisher.



Richard S. Smith

A NEW LEAF

Marjorie and Larry Nathanson work with plants, live with plants, and, obviously, love plants. Six years ago, when they grew disenchanted with their respective jobs in interior design and advertising, they opened their own plant shop in New York's Greenwich Village and called it the Grass Roots Garden. They specialize in all facets of urban gardening. Their professional interest is amply and aptly reflected in their homestyle, too. When the Nathansons moved to a rambling Victorian house on Prospect Park South in Brooklyn, they worked plants into their design scheme. They have been growing into the house bit by bit, giving each room a "plant identity": The dining room is devoted to desert plants, the conservatory to rain forest plants, the living room features leafy foliage plants. —BO NILES

Professional gardeners
Marjorie and Larry
Nathanson have created
plant identity for each room in
their restored Victorian
house.



Everyone in the Nathanson family, including kids Justin and Erica, has a say about how plants will fit into their turreted Victorian house, opposite bottom right. On the porch, left and opposite bottom left, some plants hang and others are in portable containers where they relish sunshine and fresh air. Each room has a specific plant theme: The dining room, for instance, opposite top right, is called the "dry room" and has a prized collection of cacti. Small foliage plants add softness to the clean lines of the contemporary furnishings in the living room, opposite top left; trees banked behind the sofa screen light from the window bay—as well as insure privacy from neighbors. And, of course, any plant or tree that gets to live in the conservatory, opposite center right, luxuriates in the bright light of the huge glass-enclosed space.

LARRY NATHANSON'S TIPS FOR SUMMERING YOUR PLANTS OUTDOORS

Knock plants out of their pots when you take them outside—to see whether they need repotting. Since summer is the season of most active growth, plants can be shifted up one or two pot sizes. If your plants are living outdoors all year round in outdoor containers, remove the top two inches of soil, and replace with a mixture that includes a good balance of manure, bone meal, fertilizer (say a 5-10-5 mix), and some lime. This will remove any acid build-up and will refresh the soil—and the plant.

To acclimatize your indoor plants, first move sun-loving varieties to a shady place, and then gradually into fuller sunlight. Shade-loving plants should remain under trees, awnings, or on the porch.

It is wise to use a layer of mulch, too, over the soil of container plants to keep water from evaporating too fast and to keep weeds down. You can mulch with almost anything: wood

chips, stones, plastic sheeting.

If you are buying containers for use outside, think about investing in the more durable wood variety rather than clay. Clay is difficult for all-year plants because the soil will expand and contract and crack the clay. Good woods are oak, cedar, and redwood.

Any pot should encourage good drainage. Most plants, especially when they are left outdoors, are under-watered. Test the soil daily for moistness. If the soil feels as if it's drying out, water the plant thoroughly and heavily, until you see water coming out the drainage hole. Large trees especially need plenty of water to reach their large root systems.

You will need to feed your plants more often throughout the active growing

season with a well-balanced fertilizer, such as a 5-10-5 mix.

Spray your plants with the insecticide (natural or chemical) of your choice at the first sign of damage due to insects. Food crops should be washed before eating—with soap, not detergent, and water if you have sprayed them.

If you are buying trees or bushes to grow outdoors in containers, go with the dwarf varieties, and stay away from trees that are too fast growing such as willows, poplars, and weeping beech. They will burst out of their containers very soon. Prune to keep your plants under control—and to maintain a shape that is in proper proportion to its container.

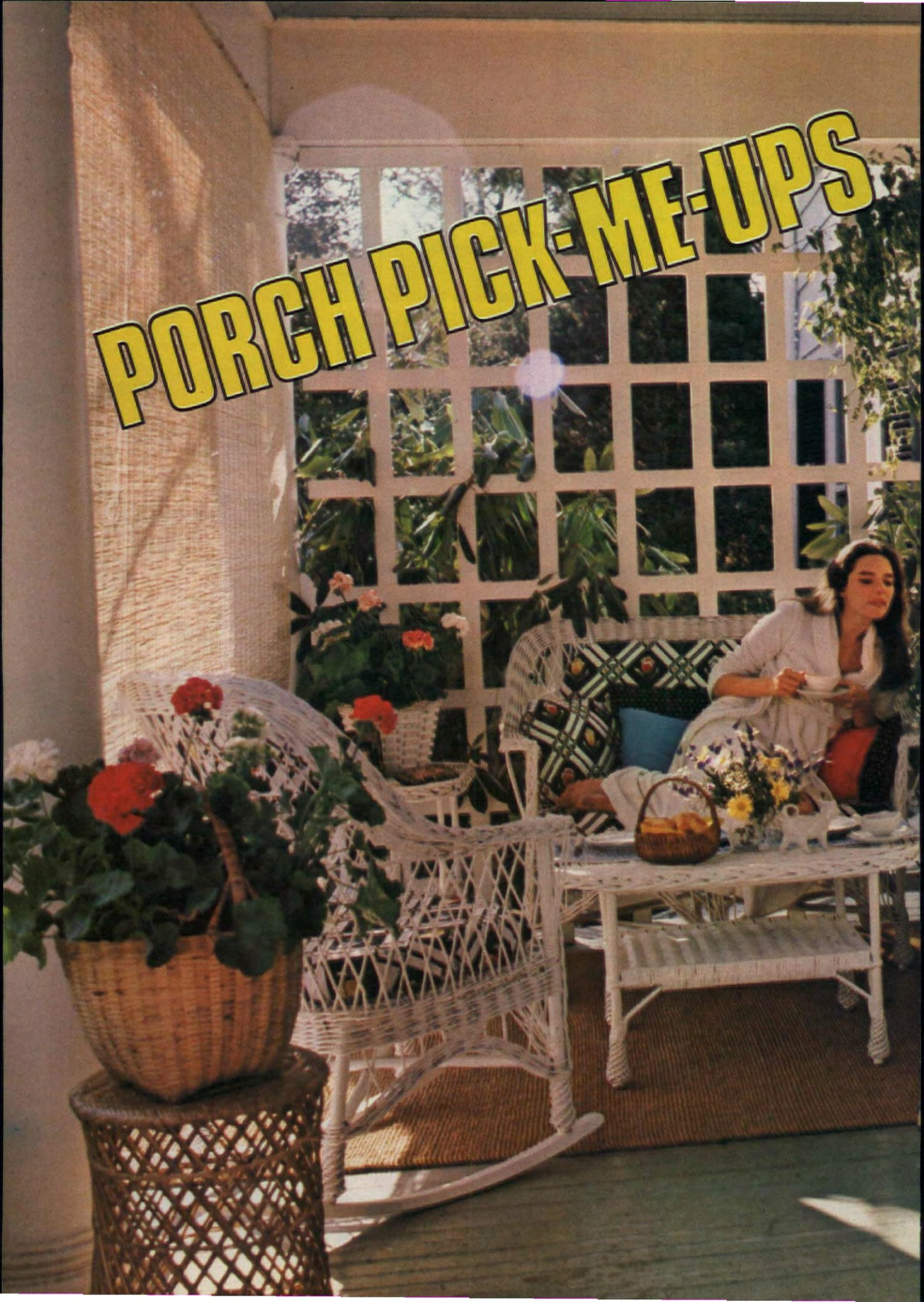
Do not use built-in containers on a terrace or patio; where the floor and wall meet you will have the problem of too much water collecting and rotting out the plants and container. Keep freestanding containers a bit away from walls, too, for the same reason.

When you go on vacation, entrust your plants to the care of someone who will maintain their regular routine of watering and feeding. □



PHOTOGRAPHED BY NORMAN MCGRATH

PORCH PICK-ME-UPS





Once a narrow, empty space (left) that homeowners and visitors passed through briefly, this front porch was transformed with little money and less effort into a bright, refreshing room. Adapt the same decorating philosophy for your own porch, patio, or deck. Revitalize wicker

furniture with a quick paint job. Re-cover faded cushions with sheet fabric, sewn in contour-sheet style for easy removal when washing is necessary. Bring housebound accessories out to air: a birdcage, a needlepoint picture frame, baskets, accent throw pillows, and, of course, your houseplants, which will thrive during the summer growing season. Let the shrubs peek through, as they do through the lattice work here; but roll down an inexpensive bamboo shade to keep out the elements and the stares of the neighbors. Finally, treat yourself to a natural-fiber rug; the price is right, you won't worry about heat and humidity damage, and the floor covering ties together the room's informal elements. — VIRGINIA PERLO

Wicker furniture, Fran's Basket House; Hanging planters, Lockwood Products, Inc. "Tulips, Tulips" sheets by Martex. Flower and vegetable arrangements here and on following page, Burton J. Bratt. For more information, see page 82.



PHOTOGRAPHED BY FRANK KOLLEGGY

When the shade's drawn, the front porch makes a delightful setting for a romantic weekend breakfast.



Back by Popular Demand

The famous Arthur Singer bird prints are once again being made available to *American Home* readers. Suitable for framing, each is a magnificent 9¾-by-12½-inch reproduction of the original paintings that appeared in the magazine in 1956. Ideal for nature lovers, the set of eight prints includes such varied examples as the black-capped chickadee of Maine and Massachusetts, the ruffed grouse of Pennsylvania, the ring-necked pheasant of South Dakota, and the California quail. The portfolio of prints makes a lovely gift for \$5.

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

**American Home General Store, Dept. BDS-7
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Set(s) of Arthur Singer Bird Prints @ \$5
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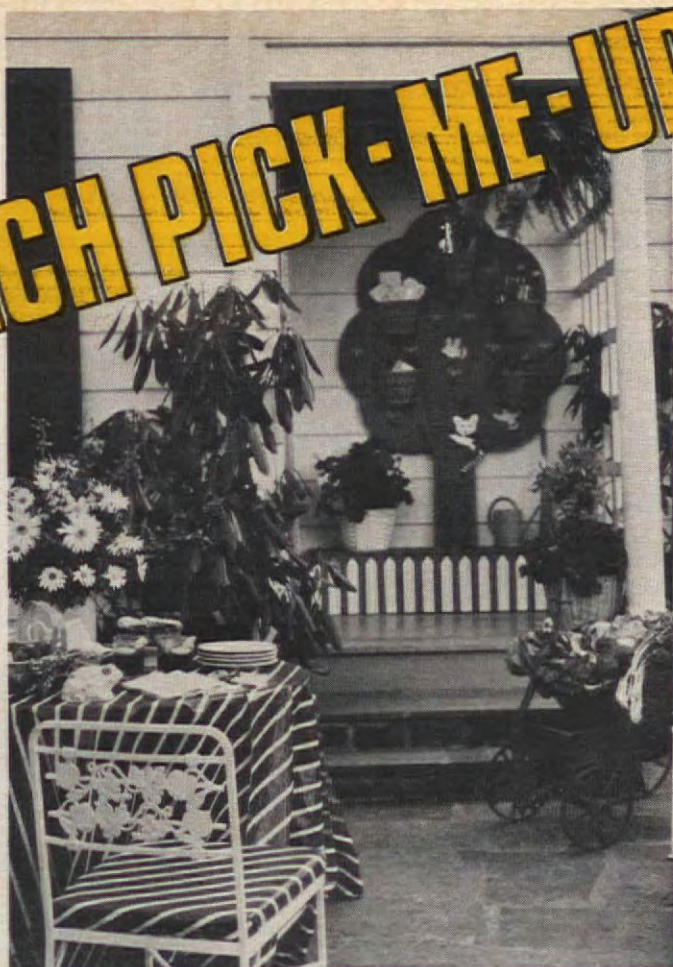
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PORCH PICK-ME-UPS

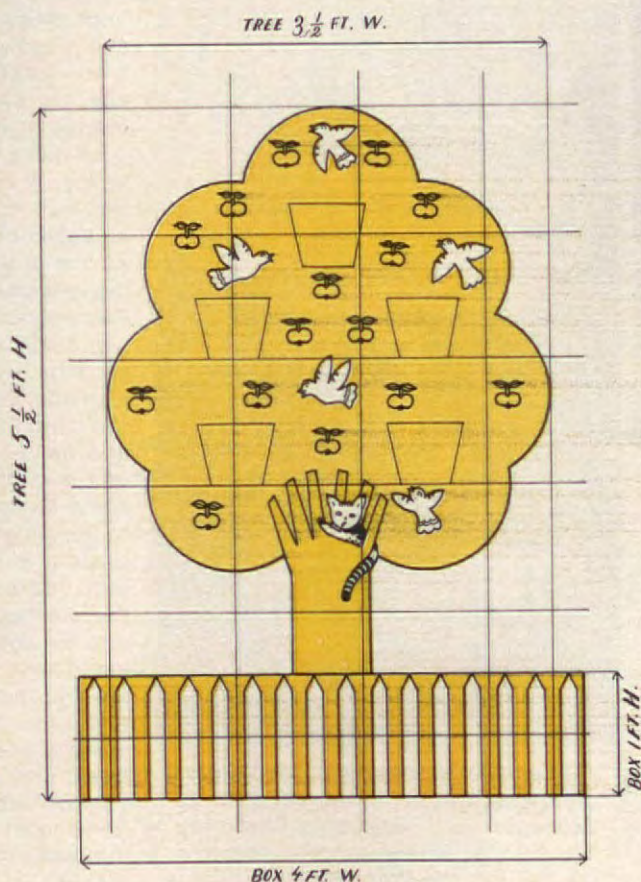


All too often a back porch becomes an outdoor closet for shovels, rakes, and assorted equipment. It's an eyesore riddled with safety hazards that you try to ignore. To make such a contained, heavily trafficked space work, organization is essential. While you're at it, make it pretty.

Even in midsummer, it isn't too late to try some of the quick ideas shown here. And this porch and its adjoining patio area were redone with minimal expense. Baskets on a decorative plywood tree serve as catchalls for



A once pedestrian and cluttered back porch (top left) was redesigned as an attractive yet functional space. The painted tree and the box below it (top right and above) hold barbecue equipment, tools, brooms, rakes, and sporting gear. The tree was sawed from a 4-by-8-foot piece of low-grade plywood; the box at the base was cut from 1-by-12-inch common pine (see sketch at right). Background colors, decorative birds and apples were painted with water-base house paint; the baskets were nailed on. At far right, antique wagon loaded with fresh garden produce.



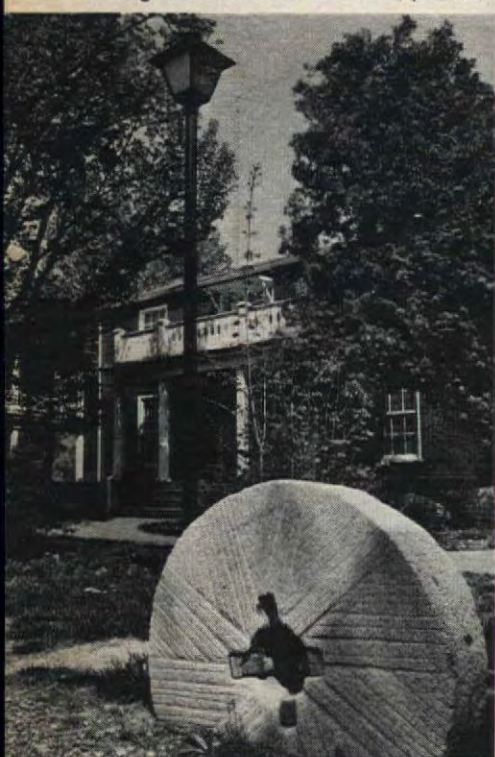
small outdoor tools, while the wooden bin at the bottom neatly stores brooms, golf clubs, etc. Rusty iron furniture retrieved from the cellar was painted white and brightened with red-striped all-weather fabric. The abrupt transition from siding to slate floor was softened with a little shrubbery. Potted plants and fresh vegetables provide natural, casual accents. The antique wagon shown was wheeled straight from the garden with the day's harvest.

There you have it: An ugly space made glamorous—a place to relax, cook out, and share good times with friends.—V.P.

Plywood tree designed and painted by Rodica Prato. Baskets on tree, Fran's Basket House. Tablecloth and cushion fabric, Cook "Diagonal Stripe" in red-and-white vinyl-coated cotton, Fabrications. Watering can, crock with flowers, Libby glasses, napkins, Design Research. For more information and address listings, see page 82.

SMALL IS BEAUTIFUL

America loves legends, especially legends of loss, and none more than the legend of a lost America. A tradition embraces and a literature embodies it. Winesburg, Our Town, Spoon River, King's Row... these are but the most familiar of the names and faces we give it, and behind them lies a whole body of nostalgia that sees in them the crux and substance of an earlier and presumably better—certainly a simpler and happier—time, place, and people. Here in the small towns and villages of the youthful Republic, the tale seems to run, lay the heart and soul from which the mightier America of cities, plains,



and frontier drew its strength and direction, only to be neglected and finally all but abandoned in the 20th century for the big buck and the big car available elsewhere. It is our version, no doubt, of the myth of the lost Eden. Few fail to feel its poignancy.

The obsequies are premature, however. Statistics and demographics notwithstanding—and we have had more than our share of *them*—the small-town America celebrated by the tradition still exists and flourishes, inevitably altered here and there by the

Paxton Davis is book editor of the Roanoke Times & World-News and the author of five novels.



Fincastle's monuments to history: Botetourt County Historical Society Museum (left), Godwin's Cemetery (center top), where author's ancestors are buried, the Presbyterian Church (above), and a typical Main Street house (right), in Federal Shenandoah style.

necessities of time but alive and well and of growing appeal for a new generation of young people exhausted by city life and disenchanted with its problems. I know. I live in one.

Its name is Fincastle; it lies in the Valley of Virginia in a glorious bowl between the mountains, and it boasts an ancient and even romantic history as one of the great dividing points in the roadstead by which 18th-century Pennsylvanians made their difficult way south and west into the beckoning, promising new lands of the American interior. Here, before the Revolution, they halted to rest, draw water and provisions, settle their quarrels, and bury their dead; and here, too, some stopped for good, encouraged by the temperate climate, rich soil, and pastoral serenity of the village to believe that in it and its environs lay both the prospect of a benevolent future and the security that would foster its attainment. It was they who gave the town its beautiful houses, churches, and public buildings; laid out its tidy streets and alleyways; planted its trees; and, in the times that followed, they too gave Fincastle the steadiness and solidity that made it the functioning, enduring small town it was and remains.

All of that is the past, however, is history, and though history is visible

Report from Fincastle, Virginia: The American small town is alive and thriving.

by Paxton Davis

and tangible at every point and turn in the Fincastle of today, the fact is that Fincastle endures because it lives not only in and on its past but in the present, too. Indeed life here nowadays is bustling. People work and argue, cook and clean, visit, gossip, read, watch television, and make love as actively and as often as they do in the great world outside; and though it is true that we are occasionally mischievous enough to offer to pilgrims from that great world a deliberately contrived image of balmy sleepiness, since that is what they expect to see—here and there a bit of Brigadoon, a

sweet. The legend of small-town America dwells paradoxically on not only its sweetness but also its smallness, even its pettiness; and indeed the difficulties of living here are obvious and merit acknowledgment. Everyone knows everyone else's business. We are woefully deficient in public services, including a general water supply and sewerage, and at times of crisis face sudden serious problems. Our children must be driven everywhere. Shopping is limited. We lack a doctor or dentist and the nearest pharmacy is almost 10 miles distant. No movie theater. No nightspots.

do things; but what few who criticize it from afar realize is that its basis is as much human curiosity and concern as it is idle nosiness or pious moralizing, that as often as not its motive is as generous as it is inquisitive. Our town is rich in old people, for example, many living alone, and we check on them and each other with a purposefulness easily mistaken for snooping; usually, in fact, we are making certain that X has water and Y heat. Even our sinners, though talked about here as elsewhere, are more clucked over than condemned. People like to *know*, yes, sometimes like to know more than they absolutely need to, but that usually is all; their own closets hold too many skeletons to encourage airy superiority.

We live closely, in other words, tightly, and not only with one another but with that past from which we so obviously spring, with our ancestors and predecessors. William Clark was married here, his best man Meriwether Lewis, and it is at least traditional to believe that they transcribed and assembled the celebrated journals of their incomparable expedition here in the weeks before the ceremony. Indian fighters who settled things at the Battle of Point Pleasant in 1774 marched down Main Street and Jail Hill, and it was before the courthouse that the ranks of men and boys who made up the Fincastle Rifles and the Botetourt Artillery gathered for the horrendous battles of 1861-65. But history also lives with us more personally. From my front-porch step I can see in a single glance the house where my great-grandfather, grandfather, and mother were born, the church where she and my father were married and I christened, and the hilltop graveyard where all of them now lie buried; dozens of others here could do likewise.

That intimacy, part physical, part emotional, sometimes makes us prickly or touchy, but more often it makes us get along. Like the English, whose villages ours in many ways resembles, we find it difficult to be rude to someone we have known from birth. Our intimacy encourages good manners, in other words, even when we would rather not bother, and good manners in turn encourage genuine good feeling and good will—which sounds almost (*continued on page 74*)



PHOTOGRAPHED BY ROBERT PHILLIPS

touch of Oz—in fact our little drama is but a trick to arouse their envy. We're as full of hustle, despite appearances, as a hill of ants. The courthouse is the center of things, dispensing deeds, marriage licenses, automobile tags, and even on occasion a modicum of justice; but we also boast a grocery store or two, a big new regional public health office, an art gallery, a library, and a restaurant that serves at least two meals a day at least five days a week at least 10 months a year. There's also the post office, a visit to which is the high point of most people's day, since that is where they can meet, visit, swap gossip, and keep up—or simply, as some do, stand or squat or hunker. For a population of fewer than 500 that isn't bad.

But if life here is busy it is also very

Our interests are simple and our customs parochial.... All true and all worth noting; yet far from the essential truth of what living here is really like.

For no one who lives here long will fail to see that against our weaknesses our lives can boast genuine and enduring strengths. The air is clean, to begin with, except on the rare, if unpleasant, occasions when nearby industrial cities slop their smelly inversions over onto us; and though our front-porch sitting on summer nights is sometimes briefly marred by the imbecile noises of hot rodders and motorcycle freaks, we sink to sleep, summer or winter, to a quiet as deep and as enveloping as a down comforter. Gossip exists here, true, and is for that matter an active element in our vitality and the way we

Is your skin dying of THIRST?

by Muriel Hill

The summer skin experience: It's a daily exposure to drastic temperature and humidity changes that can exhaust your skin's natural moisture. Consider these situations:

Outside, it's sunny and hot, maybe dry and dusty or sultry, as well. Inside (at home, the office, or in your car), you flip on the switch to the air conditioner. Relief! On the weekend you indulge in the sun (sweltering!) then it's home for a quick shower, brisk toweling, and out again for a last minute shop at a supermarket cooled to meat-locker level.

If your skin is suffering a dry spell from these high and low temperature/humidity swings, you'll want to make moisturizing your most important summer beauty regimen.

Why moisturizers? Linda Allen Schoen, editor of *The AMA Book of Skin and Hair Care* (J. B. Lippincott Co.), reports that in experiments to "revitalize" dry tissue, lanolin or vegetable oils did not restore suppleness. What did? Immersion in water or exposure to humid air! Skin dries out, she feels, primarily because of water loss or "insufficient movement of moisture upward from lower tissue layers."

Skin survival depends on water. And skin can lose moisture anytime, anywhere—in dry air, by showering, in extremely cold or hot months. Natural processes like aging and heredity can affect moisture loss, too.

Aside from looking or feeling parched, dry skin can also suffer from poor circulation and clogged pores. Solution: moisturizers.

How does a moisturizer work? When you apply a moisturizer, it forms a thin film that helps your skin retain moisture. Skin will plump up with sealed-in moisture to look and feel smooth and resilient.

What's in a moisturizer? Two important ingredients: a humectant (a water-attracting agent) and emollients (skin softeners). Formulas vary

according to the function for which they were designed. You'll find moisturizers that include cleansers, healing agents, and sun screens. Most moisturizers also contain a mild fragrance.

Which types of skin need moisturizing? Skin types are generally categorized as dry, normal, oily, or combination. For example, combination skins include those that are oily only along the nose or forehead, and normal on cheeks and chin. Or, normal except for dry patches on the cheeks.

If you're lucky enough to have normal skin, keep it that way! Normal means that your skin is maintaining its water balance. But take heed. All skin types react to the drying rays of the sun or a cool, dry air-conditioned room. Those conditions can cause a rapid loss of moisture that must be replenished.

Is there special care for normal skin? Normal skin *needs* moisturizing too. Start with a thorough cleansing. Use cold creams or solidified mineral oil, then follow it up with a moisturizing soap and lots of water. Rinse at least 10 times, and pat dry. While your skin is slightly damp, smooth on a moisturizer.

What about dry skin? Whether your skin is naturally dry or parched from over-sunbathing, you'll need a moisturizing routine to help you on the way to "normal."

Follow these easy steps: Cleanse with a water-soluble cream cleanser. Rinse off, then rinse again 10 more times.

If you like wearing make-up during the summer, choose one enriched with moisturizers.

Another aid: Try to limit the time you spend in dry environments.

And oily skin? Your skin care program should be stricter in the summer when high temperatures can increase

oil gland activity, and perspiration adds its unwanted sheen. Usually, the natural protective oils do an adequate job of minimizing moisture loss from the cells. If you use moisturizer, apply to dry areas only.

Oily skin must be cleaned religiously. A good idea is to use a soap with a low-sulfur content in combination with scrubbing grains at regular intervals. Mild abrasives, like scrubbing grains, help skin shed its top layer of cells that can make it look coarse and muddy. Always rinse at least 10 times; pat skin dry. Follow-up with an astringent.

A clay-based cleansing mask is a plus for oily skin. Masks absorb excess oil from the outer skin layer and lift out dirt and dead cells. Use masks according to the directions specified by the manufacturer.

What about mineral water? Trace minerals, as well as water, are important to skin function. A rinse-off or misty spray of mineral water is a sure-fire beneficial treatment. Pour mineral water into a plastic bottle, with nozzle attachment turned to mist, and spray. Let dry naturally.

Do baths moisturize better than showers? Showers are brisker, but baths are better. When showering, natural body oils are washed off. Remember, oils are needed to retain water. Also, showers tend to be a speedier cleansing process that won't give skin time to get any moisturizing benefits.

So when the heat is on (in any sense), give yourself at least 15-20 minutes of warm-water soaking to cleanse, refresh, revitalize. Never bathe in water that's too hot.

Which moisturizer to use? Here's a sampling of fine products available on the market.

FOR THE FACE

Yogurt Moisture Concentrate by Max Factor: A pH-balanced, protein-rich, moisturizing cream with yogurt extract. (continued on page 72)

All make-up from the Maxi collection by Max Factor: Maxi-Moist Lipelock in Iced Watermelon, Maxi-Glow Blush in Cherriwood, Maxi-Lash Black mascara, Maxi-Fresh Shadow in Lucky Penny Brown and Maxi-Fresh Fluid Make-up in Sun Beige.

Muriel Hill is a free-lance writer specializing in beauty and health. Her work has appeared in *Vogue* and *Town & Country*.





PHOTOGRAPHED BY BRADLEY OLMAN

EATING
OUT

DANISH SMØRREBRØD

It's a Danish Delight: Smørrebrød translated literally means "buttered bread" but in essence refers to the classic open-faced Danish sandwich—a firm, thin slice of bread generously spread with sweet butter and topped with a variety of tasty foods. Pack all the fixings into clear plastic containers and let your guests assemble their own sandwiches, topped with sliced breads, soft sweet butter, pickings, and garnishes. Put out a whole assortment on a tray and set up an assembly line operation. Rainbow bright plastic and paper accessories carry through the Danish modern theme. For recipes, see page 66.

MENU

Smørrebrød (open-faced sandwiches)
Shown from top to bottom:

- # 1 Egg salad, tomatoes, parsley
 - # 2 Liverwurst, bacon, mushroom
 - # 3 Shrimp, lemon, dill
 - # 4 Tilsit cheese, radishes, mustard
- Cucumber Salad
Beet-Apple Salad
Cold Cherry Soup
Icy Imported Beer

Paper napkins, plates, and cups from Party House designed by Kalla. Ice buckets and trays, Sigma. Plastic food containers and orange serving spoons from Rosti by Copco. Flatware and stand, Eidelans. Butcher block table by J & D Brauner. See Shopping Guide, page 82.

More 'Round the World Picnics
on pages 52 and 60

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

EATING
OUT

BRITISH PICNIC



PHOTOGRAPHED BY ELYSE LEWIN

Head for the hills or your own North 40 with a pub lunch tucked in a hamper. Whatever place you choose, relax and enjoy the rustic spread pictured on overleaf. The Cornish Pasties, Scottish Eggs, the sandwiches we suggest, and that most British of beverages—tea—will all travel well in an insulated cooler or other picnic carrier, but a classic hamper will help you get in the proper mood of merrie olde England. The menu is on page 54 and recipes begin on page 56.

More variations on the traditional British theme ... make a large red-and-white quilted plaid throw (opposite) and line a roomy wicker basket in a tartan fabric. To get it all organized for easy portability, outfit the hamper to hold plastic dishes, flatware, and food. For an inside view of hamper and how-to instructions for outfitting it and making the plaid throw and hamper napkins, turn the page. ♦

Her knit shirt with tartan collar, Terrific Company. Bangle bracelets, Eva Graham. Lip gloss, Max Factor. His tartan shirt by Panatela (Div. Levi Strauss). Tartan wool blanket, Faribo. For information, see Shopping Guide, page 82.





EATING OUT BRITISH PICNIC

Put together our portable version of a British pub lunch planned around Cornish Pasties—spicy meat-filled turnovers (opposite page, in hamper)—a great way to use up leftovers; and Scottish Eggs—hard-cooked eggs wrapped in seasoned sausage (opposite page, surrounded by sandwiches). The Bread and Butter Sandwiches with cucumber and watercress filling and British Summer Salad with crunchy cauliflower, green beans, carrots, and tomatoes, provide a light, fresh contrast to the Cornish Pasties and Scottish Eggs. End it all with fruit, cheese, crackers, and Sun Tea that's brewed in the sun—the perfect touch to finish off a warm lazy-day picnic. To make your picnic even more perfect, and easy too, pack all the food in separate plastic containers with airtight lids. The Scottish Eggs should be kept cold in an insulated container or surrounded by a freezer pack.

Keep everything neat and tidy by making a super-organized hamper (see insert, opposite page). Line with plaid fabric and use tartan ribbon and Velcro to hold the plates around the

hamper edges. Ribbon and Velcro do the trick again on the hamper lid for holding the flatware. The size of your hamper or basket will determine how many pieces you can fit in. Coordinate it all with plaid napkins and a tartan quilted throw to sew. Throw and hamper instructions start on this page. Recipes are on the following page. For more information, turn to the Shopping Guide on page 82.

MENU

Cornish Pasties
Scottish Eggs
Traditional Bread and Butter Sandwiches
British Summer Salad
Assorted Fruits, Cheeses, and Crackers
Sun Tea

PICNIC HAMPER INSTRUCTIONS (Shown on cover, pages 52-53 and 54)

SIZE: Our hamper was approximately 10" wide x 15" high x 8½" deep. The materials listed below are based on these proportions. Adjust materials according to size of your hamper.

MATERIALS:

• **Fabric:** 2 yards of 44/45" wide cotton/polyester lightweight broadcloth plaid by White Rose Fabrics for A. E. Nathan*

- 4 yards of 18" wide Stitch Witchery iron-on bonding by Stacy Fabrics*
- 2 yards of ¾" wide red Velcro (self-gripping fastener tape) from Donahue Sales*
- 8 yards of 1" wide (No. 5) nylon taffeta tartan ribbon by C. M. Offray*
- Picnic hamper or basket
- Foamcore board or heavy cardboard
- 4 buttons
- Carpet thread
- Thread to match ribbon

*See Shopping Guide, page 82

TO MAKE: (1) Measure hamper bottom and cut a square of board this size. Place the square in the hamper. Measure the front and back sides of hamper and cut boards to fit. Place these in the hamper. Measure the space between the front and back side to cut the remaining sides. Cut a sixth square the size of the lid (allow for hamper closing). (2) Using the cut cardboard as your pattern pieces, lay all out on the fabric leaving a 3" allowance all around and then cut (See Fig. 1). Cut the lid (A) and 2 sides (B & C) as separate pieces along one sel-edge. Cut a 3-section piece for back side (D), bottom (E), and front side (F) in *one piece* of fabric with ½" space between the edges to allow for folding when placed in the basket.

(continued on next page)

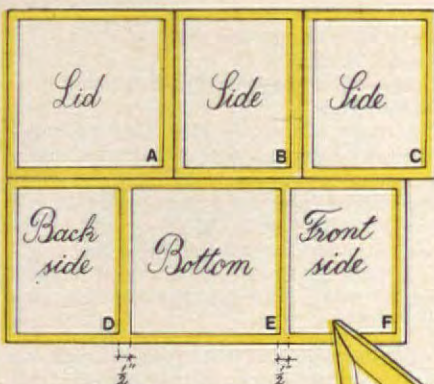


Fig. 1 PATTERN LAYOUT

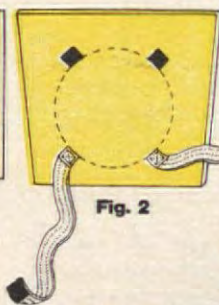


Fig. 2

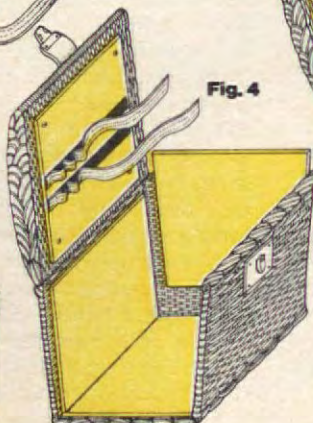


Fig. 3

Fig. 4

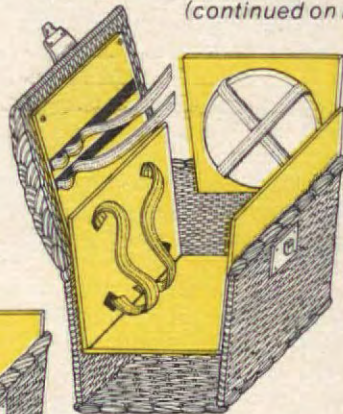


Fig. 5



Fig. 6 NAPKIN EDGE

CRAFT INSTRUCTIONS

continued from page 55

Follow same cutting procedure for Stitch Witchery using the plaid fabric as your pattern pieces. (3) To finish lid, separate the Velcro strip. Cut 2 strips the width of the lid. Sew these across the center of the material parallel to each other and $\frac{3}{4}$ " apart. Cut the other side of the Velcro one-half again the length of already applied pieces of Velcro on the lid. Cover the back of these two lengths by sewing on a length of tartan ribbon. Take cut-out lid pieces and "sandwich" wrap and fuse together (iron on) the following: cut plaid fabric pieces, Stitch Witchery pieces, and cardboard. Leave 3" allowance when wrapping around back. Thread a large needle with carpet thread. Using a double strand, attach 1 button to each corner of the lid by sewing through board from back to front. Attach button to front and use thread at back to tie lid to basket, weaving through the basket. Use two sewn ribbon-backed Velcro strips to hold flatware in place. (4) Finish other 2 side pieces and 3-section piece (front, back, and bottom continuous section-D, E, F) in the same manner with cardboard, Stitch Witchery, and fabric, leaving 3" allowance when wrapping around back (see Fig. 3). Cut eight 1" square Velcro tabs. Separate Velcro and sew four sets of 2 tabs on top of both side pieces and 3-section continuous front, bottom, and back piece. To determine placement put plate over board and mark diameter of plate. (See Fig. 2.) Sew one end of tartan ribbon near bottom of board edge and Velcro tabs near top of board so they match. Sew the other side of Velcro tab to unattached end of tartan ribbon after determining how much ribbon is needed to reach over plate. (See Fig. 3.) You'll need a total of 8 lengths of ribbon. Place 3-section (D, E, F) continuous piece (front, back, bottom) in hamper first and then place the two side boards to hold in place. (See Fig. 4 & 5.) Since your hamper and plates may be of different sizes than what's shown, it would be wise to wrap fabric around all cut board pieces, and place Velcro tabs on ribbon and fabric-covered cardboard. Attach all with adhesive tape and place your plates in position with ribbon straps. You can also put all fabric-covered pieces in hamper, so you can easily adjust for perfect fit. After making sure it all fits into your hamper or basket and the ribbon lengths hold your size plates in place, take all pieces out, remove adhesive tape, and follow regular procedure to finish, as done for lid. (Fuse fabric to board and add lengths of ribbon with sewn-on Velcro tabs. See Figs. 2 & 3.)

PLAID QUILTED PICNIC THROW INSTRUCTIONS

(Shown on pages 52-53 and 54)

FINISHED SIZE: Approximately 40" square

MATERIALS

- Fabric: $2\frac{2}{3}$ yards of 44/46" wide giant Madras tartan cotton broadcloth by Ameritex*
- $5\frac{1}{2}$ yards of Thermolam, 40" wide multipurpose polyester fleece by Stacy Fabrics*
- 12 yards of $\frac{3}{4}$ " wide Stitch Witchery fusible iron-on bonding tape by Stacy Fabrics*
- 11 yards of $\frac{7}{8}$ " wide red polyester/cotton bias tape by Talon (4 packages are needed for throw, 3 yards per package)*
- Thread to match

*See Shopping Guide, page 82.

TO MAKE: (1) Cut two 41" squares of fabric (top and bottom of throw). Cut four 40" squares of Thermolam. (2) Place all four layers of Thermolam between two squares of fabric with right side out. Pin carefully through all layers along the lines to be quilted. We followed plaid design. When quilting, stitch quilt from center out to avoid excess fabric at middle of quilting. (3) Sew around outside edge. Round corners to facilitate adding tape. Trim away allowance to $\frac{1}{8}$ ". Using Stitch Witchery iron bias tape to hem, one width on each side. Extend bias $\frac{1}{8}$ " over edge to meet bias on opposite side and cover raw edge completely.

PLAID PICNIC NAPKIN INSTRUCTIONS

(Shown on pages 52-53 and 54)

FINISHED SIZE: Napkin is 18" square

MATERIALS

- Fabric needed to make 4 napkins: 1 yard of 44/45" wide cotton/polyester lightweight plaid broadcloth by White Rose Fabrics for A. E. Nathan*
- 8 yards of $\frac{3}{4}$ " wide Stitch Witchery fusible iron-on bonding tape by Stacy Fabrics*
- 8 yards of $\frac{7}{8}$ " wide red polyester/cotton bias tape by Talon (3 yards per package, 3 packages are needed to trim 4 napkins)*
- Thread to match

*For more information see Shopping Guide, page 82.

TO MAKE: Cut four 18" squares. Round corners to facilitate adding tape. Place center of Stitch Witchery tape over center of wrong side of bias tape. Lay bias tape on ironing board right-side down (Stitch Witchery up). Place raw edge of napkin in middle of tape, press lightly (See Fig. 6). Fold tape in half over raw edge, press to finish. Fuse on both sides for 10 seconds for a good bond. □

BRITISH PICNIC

continued from page 55

CORNISH PASTIES

Working time: 40 minutes

Cooking time: 30 minutes

Cooling time: 30 minutes

Baking time: 15 to 20 minutes

- 2 tablespoons butter or margarine
- 1 pound lean beef, diced very small
- 2 medium Idaho potatoes, peeled and diced very small
- 1 large yellow onion, finely chopped
- 1 tablespoon snipped parsley
- 1 tablespoon thyme
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper

Short Pastry Crust Dough (recipe follows)

Melt the butter in a large frying pan. Add meat, stir, and cook over low heat until all sides are brown. Cover and cook for 15 minutes. Add remaining ingredients except pastry crust. Cover and cook 30 minutes more, stirring frequently. Remove from heat and place in refrigerator till cool. Roll Short Pastry Crust Dough between two pieces of waxed paper to $\frac{1}{4}$ " thickness. Remove top sheet. Cut into 6" circles. Place 4 heaping tablespoons of meat mixture on one side of the circle. Carefully fold other half over to form half circle. Transfer to ungreased baking sheet. Press edges together with a fork. With leftover dough cut out leaves or other designs for the top. Brush top with a beaten egg. Preheat oven 350°F. Bake for 15 to 20 minutes. Makes 6 servings (895 calories per serving).

SHORT PASTRY CRUST DOUGH

Working time: 5 minutes

Baking time: 15 to 20 minutes

- 1 cup (2 sticks) frozen butter or margarine, cut into 1-tablespoon pieces
- 2 cups all-purpose flour
- 1 tablespoon heavy cream
- 1 teaspoon salt
- 1 egg, slightly beaten

Cut frozen butter into flour in large bowl with pastry blender or whirl in food processor until pieces are size of peas and well-coated with flour. Add remaining ingredients, gradually. Form into large ball. Wrap and chill $\frac{1}{2}$ hour.

SCOTTISH EGGS

Working time: 20 minutes

Frying time: 6 minutes

- 12 hard-cooked eggs
- 2 pounds bulk sausage meat
- 3 eggs, beaten
- 2 cups dry, unseasoned bread crumbs

Oil for frying

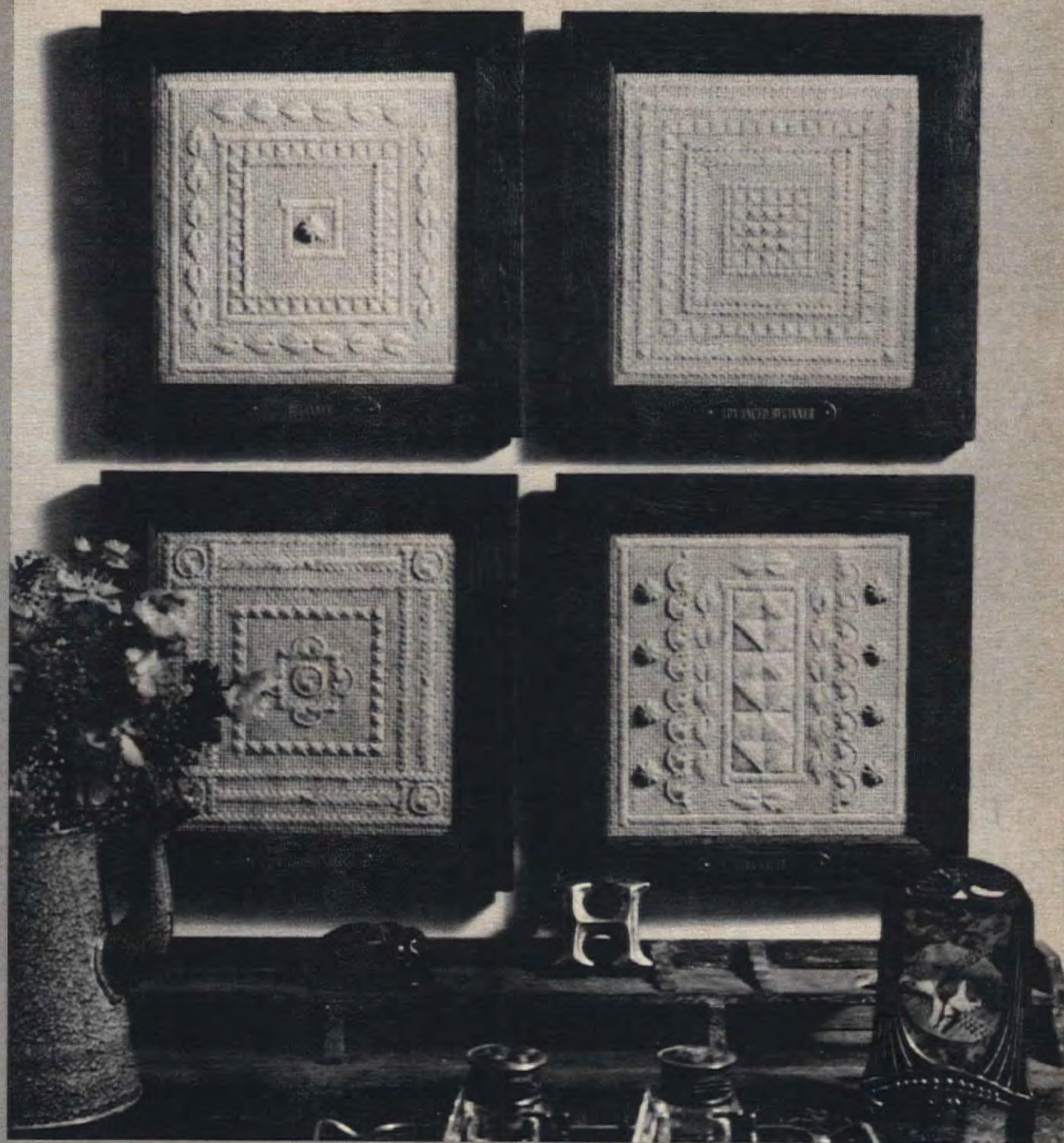
Cool eggs thoroughly after hard-boiling. Remove the shells and cover each egg with a coating of sausage meat. Dip in beaten egg and roll in the bread crumbs. Heat oil in a deep saucepan to 350°F or use mini deep-fat electric fryer. Fry eggs, one at a time, until golden brown. Drain on paper towels. Makes 12 eggs (287 calories per egg).

BREAD AND BUTTER SANDWICHES

Working time: 10 minutes

- 24 slices thin white bread
- $\frac{1}{4}$ cup butter, softened
- 1 small cucumber, thinly sliced (about 48 slices)

(continued on page 58)



The Great White Way

Create one or all four extraordinary bargello designs fashioned after the popular fisherman-knit look. They have been designed exclusively for *American Home* readers by famed needlecrafter, Cindy Arbelbide, of Wichita, Kans. The 8-by-8-inch designs combine a variety of needlepoint techniques, each keyed to different levels from beginner to advanced. Shown top row, left to right: beginner, advanced beginner; bottom row, left to right: intermediate, advanced. When complete, each design is suitable for framing or can be made into an attractive pillow. Each kit comes with 100 percent cream-colored wool yarn, instructions, and needle; \$9.95 each.

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BRITISH PICNIC

continued from page 56

1 bunch watercress, trimmed

Salt

Pepper

With a 3-inch round cookie cutter, cut out circles from each slice of bread. (Scraps of bread can be used to make bread crumbs for Scottish Eggs.) Spread 1 teaspoon of butter on 12 circles of bread. Place 4 slices of cucumber on one circle, and a few sprigs of watercress, salt, and pepper to taste. Top with another circle of bread, buttered side down. Wrap tightly in plastic wrap till ready to serve. **Makes 12 sandwiches (148 calories per sandwich).**

BRITISH SUMMER SALAD

Working time: 5 minutes

Cooking time: 17 minutes

1 head cauliflower

1 pint (basket) cherry tomatoes

1 pound carrots, peeled and sliced diagonally

1 pound green beans, sliced diagonally

1/2 cup mayonnaise

2 tablespoons prepared horseradish

1 teaspoon dried tarragon

1 cup (8 ounces) plain yogurt

2 tablespoons snipped parsley

Break cauliflower into separate flowerettes. Drop into salted boiling water in medium saucepan. Cook for 10 to 12 minutes or until tender; drain and chill. Stem and wash cherry tomatoes. Drop carrots and green beans in salted boiling water. Simmer 5 minutes. Drain and chill. Stir together mayonnaise, horseradish, and tarragon. Fold in yogurt. Combine vegetables in large salad bowl. Toss gently and refrigerate until served. Garnish with parsley. **Makes 6 servings (235 calories per serving).**

SUN TEA

Working time: 2 minutes

Brewing time: 6 hours

1 gallon water in gallon container with lid
8 tea bags

Remove the paper tags from the strings of the bags and place the tea bags in the water-filled container. Cap with lid and place in sun for approximately six hours. (The length of time may vary in your part of the country depending on the intensity of the sun's rays and the time of year). Remove the tea bags as soon as you bring the jar in from the sun.

INDIAN COOKOUT

continued from page 35

separate mixing bowls. Combine lemon juice, oil, sugar, and seasonings together, stirring until sugar dissolves. Pour equally over contents of the bowls, mixing gently. Cover and chill. At serving time, place a few leaves of romaine or other dark-leaved lettuce in pinwheel fashion on large platter. Arrange tomatoes in a circle on top of lettuce. Top with onion rings and green pepper pieces. Combine chopped coriander and cheese. Garnish with cheese mixture. **Makes 4 servings (146 calories per serving).**

MATTAR PULAO

Working time: 5 minutes

Cooking time: 25 minutes

1 tablespoon butter or margarine

4 whole cloves

1 small cinnamon stick

2 cardamom pods

1 teaspoon cumin seeds

1 1/2 cups long grain rice

1/2 teaspoon ground turmeric

2 1/2 cups boiling water

2 teaspoons salt

1 package (10 ounces) frozen green peas

Melt butter in large saucepan. Cook cloves, cinnamon, cardamom, and cumin over medium heat for 1 minute. Add rice and turmeric, and cook, stirring for 2 minutes. Add water and salt. Reduce heat to very low, cover, and simmer for 20 minutes without lifting lid or stirring. Add peas and continue cooking for 5 minutes more. Gently toss rice before serving. **Makes 4 servings (136 calories per serving).**



A fabric-swathed gazebo creates a cool setting for eating out, Indian style.

Microwave version (*Cooking time: 18 to 20 minutes*)

Place butter and spices in 2-quart glass or microwave-proof baking dish. Microwave on medium for 1 1/2 minutes or until butter is melted. Stir remaining ingredients in the dish. Cover with glass lid or plastic wrap. Microwave on high for 5 to 6 minutes. Stir rice; re-cover. Microwave on low setting for 10 to 12 minutes or until rice is almost tender. Stir in peas. Re-cover and continue cooking on low setting for 5 minutes. Let stand covered 5 minutes and then gently toss before serving.

NAAN

Working time: 25 minutes

Rising time: 40 minutes

Baking time: 10 minutes

1 envelope dried yeast

3/4 cup lukewarm water

3 teaspoons sugar

1/4 cup yogurt

1 egg, beaten

1/4 cup plus 2 tablespoons melted butter or margarine

2 teaspoons salt

3 1/2 cups enriched all-purpose flour

2 tablespoons sesame seeds, toasted

In a small bowl, sprinkle yeast over 1/4 cup water. Leave for few minutes to soften, then stir to dissolve. Add 1 teaspoon sugar and leave in warm place until it starts to froth,

about 10 minutes (this is to test whether yeast is alive). If it does not froth, start again with fresh batch of yeast. Stir together yogurt, remaining 2 teaspoons of sugar, 1/2 cup water, beaten egg, 1/4 cup melted butter, and salt. Add to yeast mixture, gently mixing. Place 2 cups flour into large bowl. Make well in center and pour in liquid mixture, beating with wooden spoon until it is smooth batter. Add remaining flour a little at a time. Knead for 10 to 12 minutes on lightly floured board or until dough is smooth and elastic. Form dough into a ball. Cover with dampened cloth; let rise in warm place or oven until light and doubled in size, about 30 minutes. Punch down dough and divide into 8 balls. Let rest about 10 minutes. Preheat oven 425°F. Put ungreased shallow baking pans in oven to preheat. Pat dough into circles, keeping them thin in center and thicker toward edges. Brush with melted butter and sprinkle with sesame seeds. Put 2 or 3 loaves on each baking pan. Bake 10 minutes or until golden and puffed. Serve warm. **Makes 8 loaves (243 calories per serving).**

LASSI

Working time: 2 minutes

2 cups plain yogurt (1 pint)

2 cups crushed ice or 10 to 12 ice cubes

1 tablespoon or more superfine sugar

Place yogurt, crushed ice, and sugar in container of blender or food processor. Whirl until smooth. Garnish with a sprig of mint. **Makes 4 servings (72 calories per serving).**

Next Month

The Most Creative House in America: Inside a West Coast home that's bursting with decorating ideas.

Collapsible Kid's Room: Streamlined design for a week-end room that's child's play to build and assemble.

Four Women Who Can Change Your Life: The new takeover women in government talk about their plans to help consumers and homeowners.

Jump to Keep in Shape: Jumping rope—the busy woman's quick and painless way to a trim figure.

Mother-Daughter Dressing: Betsey Johnson's fresh approach to mother-daughter clothes to sew.

Rice Salads: Cool ideas for summer meals.

Can It: The easiest way to learn the art of canning.

More Ingenuity than Money: Spruce up a tired apartment on a budget.

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For each knife ordered I enclose my check
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EATING
OUT

HAWAIIAN LUAU



Create an island atmosphere for this special Hawaiian feast with easy-care sun dresses to sew from Butterick Patterns using (1) Marimekko sheets by Dan River: a long muumuu (5), a wrap-and-tie strapless, and a flounced-hem dress (both 6). Striped Marimekko sheets set the theme for the table (7), enhanced by imaginative use of fresh fruits and flowers and exotic accessories, such as the palm leaf fan that serves as a platter for cool scoops of pineapple sherbet in papaya shells (4). Other fruits doubling as natural containers for food add extra authenticity: hollowed-out coconuts and pineapples for refreshing Coco Loco and Conga drinks (5, 6, and 7); and orange shells to hold Mock Poi (7), a variation on a traditional Polynesian dish—eaten with the fingers—that cuts the sweetness of dishes like grilled Kalua Pork (2).

The Puu Puu Tray (3) is a savory appetizer mix of cultures: Rumaki (chicken livers wrapped in bacon) from Japan, Korean Meat Balls, and Hawaiian Cracked Crab Legs and Planters' Pineapple (chunks of fruit dipped in sugar and rum). On the table (7), another Hawaiian touch—Papaya and Macadamia Salad topped with shrimp. The Chinese contributions are Bean Sprouts Vinaigrette and Coconut Rice (7). Luau recipes begin on page 63. ♦

MENU

Puu Puu Tray: Rumaki, Korean Meat Balls
with Dipping Sauce, Planters'
Pineapple, Cracked Crab Legs
Kalua Pork with Spicy Sweet & Sour Sauce
and hot mustard
Mock Poi in Orange Shells
Coconut Rice
Bean Sprouts Vinaigrette
Papaya and Macadamia Salad
Pineapple Sherbet Waikiki
Conga
Coco Loco

Barbecue by Charmglow. All dishes by Heller Designs. All hair by Christopher Robin, make-up by Pat Ahearn, both of Vidal Sassoon California. Dole pineapples, bananas, and orchids. Calavo mangos and avocados. More information and pattern backviews in Shopping Guide, page 82.

PHOTOGRAPHED BY LAURENCE BARTONE

COOK IN STYLE

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Allow 4 weeks for delivery.

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HAWAIIAN LUAU

continued from page 61

Puu Puus are intriguing little appetizers around which no luau would be complete. The Puu Puu tray symbolizes the gathering of the culinary arts of the various people of Hawaii.

RUMAKI

Working time: 10 minutes

Marinating time: 1 hour

Cooking time: 20 minutes

- 12 slices of bacon, cut in half
- 12 chicken livers, about 1 pound
- 3 cups soy sauce
- 1 tablespoon sugar
- 1/8 teaspoon ground ginger
- 12 water chestnuts, drained, rinsed, and cut in half

Fry bacon halves until partially cooked, but soft. Drain on paper towels. Cut chicken livers in half. Combine soy sauce, sugar, and ginger. Add chicken liver halves and toss to coat well. Cover and marinate in refrigerator for at least 1 hour. Remove livers and drain, reserving marinade. Place a chicken liver half on the edge of a bacon strip, a water chestnut half on the liver, and roll bacon around them firmly. Secure with wooden pick. Dip into reserved marinade. Place on rack over foil-lined pan. Preheat oven 400°F. Bake for 15 minutes or until bacon is crisp. Turn once. Makes 2 dozen (143 calories per rumaki).

Editor's note: To prepare ahead, follow instructions, but cook for 10 minutes. Cover and refrigerate. Reheat in 300°F oven for 5 to 7 minutes or until heated through.

KOREAN MEATBALLS

Working time: 10 minutes

Cooking time: 15 minutes

- 1 pound ground beef
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon corn starch
- 2 scallions, finely chopped
- 1 garlic clove, finely chopped
- 1/2 teaspoon salt
- 2 eggs, beaten with 1 tablespoon soy sauce
- 1/2 cup flour
- 1 tablespoon paprika

Oil for frying

In a large bowl, combine the first 7 ingredients, mixing well. Roll meat mixture into balls 3/4 inch in diameter. Dip in egg mixture and then roll in flour and paprika. Heat oil in large skillet and brown meatballs evenly on all sides. Serve with Dipping Sauce. Makes 25 meatballs (55 calories per meatball).

Editor's Note: To prepare ahead, cook meatballs in the morning. Cover and refrigerate. Reheat by spreading meatballs on baking sheet and heat in preheated 300°F oven for 5 minutes.

DIPPING SAUCE

Working time: 10 minutes

- 1 teaspoon sesame seeds
 - 3 tablespoons soy sauce
 - 3 tablespoons white vinegar
 - 1 tablespoon scallions, finely chopped
- Toast sesame seeds in a heavy skillet until golden brown. Crush to powder in a mortar with a pestle. In small bowl, combine crushed seeds and remaining ingredients. Makes 1/3 cup (5 calories per tablespoon).

PLANTERS' FRESH PINEAPPLE

Working time: 10 minutes

- 1 medium-size fresh pineapple
- 1/2 cup rum
- 1/2 cup sugar
- 1 can (2 5/8 ounces) canned heat
- 2 dozen small bamboo skewers

Cut across the pineapple 6 to 7 inches from base. Use a small, sharp paring knife and remove the fruit portion without cutting the rind. Cut pineapple meat into bite-size chunks and chill. Place canned heat inside hollowed pineapple. Arrange around it bowls of sugar and rum, pineapple chunks, and skewers. Light canned heat. Spear a pineapple chunk, dip it into the bowl of rum, then into the sugar, and glaze it over the flame. Makes 6 servings (13 calories per serving).

KALUA PORK

Working time: 10 minutes

Marinating time: at least 6 hours

Cooking time: 4 to 5 hours

- 1 cup soy sauce
- 1/2 cup honey
- 1/4 cup dry sherry
- 2 tablespoons sesame seed oil or salad oil plus 1/8 teaspoon liquid hot-pepper sauce
- 1 teaspoon ground ginger
- 1 double loin of pork, 8 to 10 pounds or 2 single loins of pork, 4 pounds each, trimmed of excess fat

Jarred Chinese-style mustard

In a small bowl, combine all ingredients except pork, mixing well. (You should have a spreadable paste, which you can dilute with a little cider vinegar if necessary.) With a pastry brush, coat all sides of pork loin on a shallow baking pan. Cover and refrigerate at least 6 hours. Turn occasionally. Drain meat. Push spit through center of meat so it is balanced on spit. Push prongs into meat. Test spit for balance by rolling spit back and forth on palms of hands. Readjust if necessary. Insert meat thermometer at slight angle with tip in center of thickest part of meat, away from bone. Preheat grill according to manufacturer's directions. Attach spit to motor of preheated grill. Make sure thermometer clears hood or cover, grill, and briquettes when rotating. Spit level temperature should be medium (350°F to 375°F). Barbecue meat, allowing 30 minutes per pound or until fork-tender. Pork should reach an internal temperature of 170°. With remaining marinade or 1/2 cup each honey and soy sauce, brush 3 or 4 times during last 30 minutes of barbecuing. Let stand 15 minutes before carving. Cut into thin slices against the grain. Serve hot with Spicy Sweet and Sour Sauce and hot mustard. Makes 8 to 10 servings (953 calories per serving).

Oven version (Cooking time: 4 hours and 20 minutes. Standing time: 15 minutes)

Marinate as directed above. Preheat oven 425°F. Place meat on grill rack or trivet over shallow baking pan containing an inch or two of water (to catch drippings and prevent smoking). Roast for 20 minutes. Reduce heat to 325°F. Continue to cook, allowing 30 minutes per pound, or until meat thermometer registers 170°F. Brush with remaining marinade during last 30 minutes of roasting. Let stand 15 minutes before carving. Serve hot with Spicy Sweet and Sour Sauce and hot mustard.

Microwave version (Cooking time: 48 minutes. Standing time: 15 minutes)

(This can only be used for a single loin of pork; the doubles are too large to fit in microwaves). Marinate as directed above. Place pork loin, fat-side down on microwave roasting rack, in 2-quart 7x12-inch glass baking dish. Microwave on high setting (6) for 24 minutes. Turn fat-side up. Microwave on medium setting for 20 to 24 minutes or until microwave meat thermometer, inserted in center of meat, reaches 160°F. Let stand, covered with foil, 15 minutes before serving or until internal temperature reaches 170°F. Serve with Spicy Sweet and Sour Sauce and hot mustard.

SPICY SWEET AND SOUR SAUCE

Working time: 8 minutes

Cooking time: 30 minutes

- 1/4 pound dry apricots
- 1 cup water
- 1/3 cup cider vinegar
- 1/4 cup sugar
- 2 tablespoons honey
- 1 teaspoon paprika
- 1/4 teaspoon salt

In medium-size saucepan, cook apricots in water over low heat for 30 minutes or until soft (most of water should be absorbed). Put apricots through a food mill or purée in food processor or blender. Add rest of ingredients and whirl until smooth. Refrigerate until ready to use. Makes 1 pint (19 calories per 1 tablespoon).

MOCK POI IN ORANGE SHELLS

Poi is a paste made from cooked taro root, served cold, and eaten with the fingers. We have substituted sweet potatoes for taro. "One-finger" poi is thick enough to be dipped up with one finger; "two-finger," and "three-finger" poi are thinner.

Working time: 10 minutes

Cooking time: 3 minutes

- 1 can (3 1/2 ounces) flaked coconut or 1 cup fresh grated coconut
- 1 cup milk
- 6 sweet potatoes (5 ounces each) cooked and peeled or 2 cans (17 ounces) sweet potatoes, drained
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper, freshly ground

6 orange shells, hollowed out

Beat together coconut and milk in medium saucepan, over medium heat just until it reaches the boiling point. Allow to cool to room temperature. Strain through cheesecloth or fine sieve, squeezing out as much liquid as possible. Discard coconut. Mash sweet potatoes, beating until smooth. Season with salt and pepper. Gradually beat in enough coconut milk to make desired consistency—one-finger, two-finger, or three-finger. (It's called this according to number of fingers needed to get poi from serving dish to mouth without dribbling.) Serve in hollowed-out orange shells. Makes 6 servings (256 calories per serving).

COCONUT RICE

Working time: 5 minutes

Cooking time: 25 minutes

- 3 tablespoons butter or margarine
- 1 medium onion, thinly sliced and separated into rings
- 1 package (8 ounces) chicken-flavored rice and vermicelli mixture

(continued on page 66)

THE WHOLE-EARTH

Edward Giobbi pads down the path in his sneakers and perennial jeans—carrying a curious bulge in his side. He's been "to market," he explains with the kind of contented grin scarcely seen on shoppers' faces these days. Most people are wondering how they can keep eating fruits and vegetables without going broke, but the Giobbis don't give it a thought; they rarely set foot in a grocery store. The tomatoes, broccoli, and parsley Ed has tucked peasant-style inside his shirt were all picked from his own gardens where, on 15 acres in suburban New York, he raises almost everything that his five-member family eats.

But Ed Giobbi does more than grow the food, as anyone who has eaten at his table well knows. An artist whose paintings hang in New York's Whitney Museum, London's Tate Gallery, and the Hirshhorn Museum in Washington, D.C., Ed wrote *Italian Family Cooking* and the pasta section of *The Great Cooks Cookbook*—and he's one of the best cooks *not* in the business. Such *toque blanche* nobility as James Beard, Craig Claiborne, and Pierre Franey vouch for that; they are familiar guests at the Giobbis' comfortable old farmhouse by a quiet pond.

In this Thoreauesque tradition, everybody pitches in with the family farming. Wife Ellie, who imbues the northern homestead with native southern hospitality, tends the flower beds and bakes the bread—rich, hearty, whole-wheat and honey loaves. The children—Gena, 17; Lisa, 15; and Cham, 14—usually trailed by their pet cat and Labrador retriever, weed the gardens and pick the fruit.

There are apple trees and peach trees, big tender mushrooms that grow wild in the yard, and an underground spring that provides the household water supply. In a small, shingled barn, Ed fattens a half-dozen rabbits, three geese already eating their way to next year's Christmas dinner table, and twenty-some chickens, which provide poultry as well as fresh breakfast eggs. And in his gardens that sprawl behind the house, he has planted cauliflower, cabbage, peppers, onions, garlic... five kinds of beans, and four varieties of lettuce. Last fall he canned 100 quarts of tomatoes and stored 50 pounds of sauerkraut, 15 pounds of pole beans, and 10 pounds of peas in



PHOTOGRAPHED BY PIERRE J. VENANT

City artists hang out in bars, but Ed Giobbi relaxes in his vegetable garden (above) and wine cellar (below). Ed and wife Ellie in the kitchen (right) try to pass on the family respect for food to Gena, Cham, and Lisa.

two huge freezers for winter use.

"There is not one bit of packaged food in this house," Ed asserts with a smile. Not even a package of store-bought cookies. "When the children want cookies after school, they make them from scratch." The Giobbis have a portable mill and grind their own flour from wheat sent up from Ellie's grandfather's Arkansas farm. The whole milk comes from a local dairy farm. Ed gets fresh fish and live snails, crabs, and lobsters at an Italian fish market in a nearby village. He buys meat in bulk and believes that "you save more when you buy from a butcher because you get what you want."

Even the Giobbis' wine is home-made, the way Ed's father used to make it. In October Ed visits the

wholesale food market in New York City and loads up his station wagon with crates of California grapes. Pressed and fermented, they provide 200 gallons of wine, which he ages in wooden barrels in an old root cellar. "Most wine-making kits are designed for biochemists," Ed says with scorn. "Actually, making good wine is easy and logical. You shouldn't have to add anything; the grapes should have plenty of sugar."

There is also a simple logic to the way the Giobbis live. "Division of labor" and other such categorical lifestyle terms make Ed shudder. "We didn't draw up a list and say 'you do these things and I'll do those, and they'd better equal out.' We took our own directions naturally. Ellie hap-

GOURMET

Painter Ed Giobbi
makes an art of living
off the land.
by Elizabeth O'Bryan

ED GIOBBI'S CAPONATA ALLA SICILIANA

*This recipe is from Italian Family Cooking
by Ed Giobbi (Random House, 1971,
\$8.95).*

*Working time: 5 minutes
Cooking time: 30 minutes*

2 medium eggplant
3/4 cup olive oil
1 cup celery, chopped
2 medium onions, chopped
1 cup tomatoes, coarsely chopped
1/4 cup wine vinegar
1 tablespoon sugar
1/4 cup capers, drained
2 tablespoons pignoli or pine nuts
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Peel and cut eggplant into 3/4-inch cubes. Heat oil in large skillet, and add eggplant. Cook over high heat for 8 to 10 minutes or until lightly browned, stirring often. With slotted spoon, remove eggplant to drain on paper towels. Add celery and onions to remaining oil in skillet. Reduce heat and simmer 5 minutes or until celery is tender, stirring occasionally. Add tomatoes. Cover and cook 8 minutes more. Return eggplant to skillet, tossing to mix with other ingredients. Meanwhile, in small saucepan, heat vinegar and sugar just to boil. Add capers, nuts, salt, and pepper. Reduce heat and simmer for 1 minute. Pour over eggplant mixture, mixing well. Cook over low heat for 5 minutes. Put in large mixing bowl, and let cool. Serve immediately at room temperature or refrigerate for future use. *Makes 8 servings (282 calories per serving).*

pens to like baking, growing flowers, and sewing. I do all the cooking because I like that. I was growing food even when buying it was cheaper."

If their labors have let the Giobbis side-step spiraling food prices, Ed shrugs off the benefits as incidental to an old-fashioned family tradition of eating well. During the Depression, when clothes were patched and shoes had holes in them, Ed's father, an Italian immigrant, used to gather and can wild mushrooms that grew in the countryside; he would make seining nets to catch local fish, and bring home bushels of mussels that lay along the shore. When he died he left his son an appreciation of food that went beyond taste and nutrition.

Ed credits this culinary heritage for his uncompromising artistic development. "My greatest achievement," he

fresh vegetables, and a fruit dessert.

"Cooking is fun. I never met a great chef who wasn't happy in the kitchen. Painting isn't fun. You have to analyze yourself constantly. Take Matisse for instance. His paintings look light and happy, but he was a sour-faced man."

In his barn studio, Ed paints giant Latin expressionist canvases in the colors of fresh summer squash and ripe tomatoes. But some of them are angry paintings; sharp architectural forms pierce the sun colors, reflecting Ed's concern with the environment.

Outside the studio, fruits and vegetables grow as serenely as in a painted still life. Here Ed works several hours a day. "In New York artists go to bars," he says. "I go to my garden to clear my head. There's a lot to learn from the earth. It doesn't just feed the body, it nourishes the soul."



says, "is to have survived as a painter." As a poor art student in Boston, he learned to live on a dollar a day. Later, painting in a cold-water flat in New York's "Hell's Kitchen," he would cook ingenious three-course meals for six for \$1.25. "I would go to the open-air markets on Saturday nights when I could pick up the unsold food for nickels and dimes."

Several times a morning, Ed shuttles from his studio in a hilltop barn down the path to the handsome, wood-beamed kitchen to tend the day's soup that simmers on the range. "I cook lunch for Ellie and me—a lentil or bean soup and a fresh vegetable—and a dinner for the children—usually veal or chicken, two

The evening meal will consist mainly of the fruits and vegetables that Ed earlier stowed in his shirt. The butcher-block counters of the sunny, eat-in kitchen are laden with fresh pickings.

The rustic wood table beneath one of Ed's big round abstracts is set with marigolds from Ellie's garden and china painted by the children. It is a simple family meal of good things from the earth—grown, prepared, and eaten with devotion. The dinner guests wonder if the children appreciate the tradition. "Not yet," Ed admits, "but we've planted the seed." □

Elizabeth O'Bryan was the author of "Crafty Vacations" in the April '77 American Home.



HAWAIIAN LUAU

continued from page 63

1 cup flaked coconut, toasted

In medium-size saucepan, melt butter. Add onion rings and rice mixture over medium heat until rice is browned and onion is tender. Prepare rice mixture according to package directions. When rice is done, remove from heat, and toss gently with coconut. Makes 6 servings (264 calories per serving).

BEAN SPROUTS VINAIGRETTE

Working time: 5 minutes

Marinating time: 2 hours

- 1 pound (4 cups) fresh or 2 cans (1 pound each) bean sprouts, drained and rinsed
- 2 cups boiling water
- 3 scallions or green onions, finely chopped, tips included

- 2 tablespoons soy sauce
- 1 tablespoon sesame seed or salad oil
- 1 tablespoon sesame seeds, toasted and crushed

- 1/2 teaspoon sugar

- 1/2 clove garlic, crushed

- 1/8 teaspoon cayenne pepper

Put fresh bean sprouts in colander and pour boiling water over them. Drain and combine in medium bowl with remaining ingredients, mixing well. Marinate for several hours in refrigerator. Drain before serving. Makes 6 servings (56 calories per serving).

PAPAYA-MACADAMIA SALAD

Working time: 5 minutes

- 1 head curly leaf lettuce, torn into bite-size pieces (save a few leaves to line bowl)
- 1 pound peeled, deveined, cooked shrimp, fresh or frozen
- 1 large ripe papaya, peeled, halved, and seeded

Mauna Loa Dressing

- 1/2 cup chopped unsalted Macadamia nuts
- Using large salad bowl, arrange lettuce in

bowl, lining outer edge of bowl with more perfect leaves. Mound shrimp in center. Slice papaya and arrange slices in pinwheel fashion around shrimp. Pour dressing over salad. Mix lightly until well coated. Garnish with nuts before serving. Makes 6 servings (313 calories per serving).

MAUNA LOA DRESSING

Working time: 5 minutes

- 1/4 cup salad oil

- 1/4 cup pineapple juice

- 2 tablespoons cider vinegar

- 2 tablespoons catsup

- 1/4 teaspoon salt

- 1/8 teaspoon freshly ground black pepper
- Combine all ingredients in a jar and shake well before serving. Will keep refrigerated up to 2 weeks. Makes 3/4 cup (43 calories per 1 tablespoon).

PINEAPPLE SHERBET WAIKIKI

Working time: 15 minutes

Freezing time: 4 to 6 hours

- 2 cups cold milk

- 1 2/3 cups crushed pineapple, not drained

- 1/2 cup light corn syrup

- 1/2 cup lemon juice

- 1/3 cup sugar

- 2 teaspoons grated lemon peel

- 2 egg whites (save yolks for other use)

- 1/8 teaspoon salt

In large bowl, combine all ingredients except egg whites and salt. Pour into empty ice cube tray. Freeze at coldest temperature on freezer control until firm. Then add salt to egg whites and beat until fluffy with rotary or electric mixer. Fold in beaten whites; pour back into tray and finish freezing. Then turn temperature control down to medium to allow to ripen. Serve in papaya halves within a few hours after mixture is frozen solid. Makes 1 1/2 quarts or 6 servings (222 calories per serving).

CONGA

This recipe and the one for Coco Loco

come from the Club Méditerranée Village de Playa Blanca in Mexico. Both drinks add a tropical touch to a luau or other outdoor feast.

Working time: 10 minutes

- 1 medium-size pineapple

- 1 cup pineapple juice

- 1 cup orange juice

- 1/2 banana, peeled

- 1 teaspoon grenadine syrup

- 1 teaspoon lime juice

- 3 ice cubes or 1/2 cup shaved ice

To prepare pineapple, separate leaves from pineapple by cutting 1 inch below leaves keeping leafy part as the cover. Core out pineapple, leaving 3/4-inch shell to hold drink. (Pineapple fruit may be used in Planters' Pineapple recipe.) Make a V-shaped notch to insert straw. Pour remaining ingredients in container of electric blender. Whirl until smooth and foamy. Pour into pineapple shell. Serve drink with leafy cover on. Makes 1 serving (456 calories per serving).

COCO LOCO

Working time: 15 minutes

- 1 medium-size coconut

- 1 cup shaved ice or 6 to 7 ice cubes

- 2 ounces white rum

- 2 tablespoons coconut cream*

- 1 teaspoon sugar

To prepare coconut, use saw or bandsaw cut off tip of coconut so it can stand on flat surface. Then measure 2 inches down from flat surface and cut off. Invert cut-off piece (that is your stand). Set coconut on top of cut piece, the open end facing up. Add remaining ingredients in blender container. Whirl until smooth and foamy. Pour over cubed ice in coconut. Garnish with 8-inch straw and fancy stirrer. Makes 1 serving (250 calories per serving).

*To prepare coconut cream: Pour 2 cups hot medium cream over 1 cup flaked coconut. Let stand 30 minutes. Strain through cheesecloth or fine sieve. Cool.

DANISH SMØRREBRØD

continued from page 49

DANISH SMØRREBRØD

(open-faced sandwiches)

Working time: 35 minutes

PREPARATION TIPS

- The preliminary work on all the ingredients should be done in advance, so that the assembling requires a minimum of time.
- Use thinly sliced firm-textured bread slices for easier handling. Dark breads are traditional: pumpernickel, rye, whole wheat.
- Always spread softened butter or margarine on bread before adding filling to prevent bread from becoming soggy.
- Trim meat or cheese slices to fit on bread.
- Garnish when ready to serve.

SANDWICH VARIATIONS

- #1 Tomato slices on whole-wheat bread. Top with egg and sour cream salad; garnish with parsley.
- #2 Liverwurst on light pumpernickel. Top with crisp bacon; garnish with sliced mushrooms.
- #3 Lettuce on dark pumpernickel. Top with tiny shrimp; garnish with twisted lemon slice and dill.
- #4 Butter and mustard on rye. Top with Tilsit cheese; garnish with radish slices.

CUCUMBER SALAD

Working time: 10 minutes

Marinating time: 2 hours

- 3 large cucumbers

- 1 large sweet Spanish onion, cut into 6 thin slices

- 1/3 cup white vinegar

- 1/4 cup water

- 1/4 cup sugar

- 1/2 teaspoon salt

- 1/4 teaspoon white pepper

- 1/4 cup snipped dill or parsley

Peel cucumbers and cut into thin slices, separated into rings. Combine remaining ingredients except dill and mix well. Pour dressing over vegetables, tossing lightly. Cover and refrigerate for at least 2 hours. Place in clear container. Garnish with dill. Makes 6 servings (55 calories per serving).

BEET AND APPLE SALAD

Working time: 5 minutes

- 1/2 cup dairy sour cream

- 1 tablespoon prepared white horseradish

- 2 apples, cored but unpeeled and cut in julienne strips

- 1 teaspoon sugar

- 1 teaspoon chopped chives

- 1/2 teaspoon salt

- 1/8 teaspoon pepper

- 2 cups cooked beets or 1 can (1 pound) whole beets, cut in julienne strips

Blend together first seven ingredients and combine with beets. Chill. Makes 6 servings (83 calories per cup).

COLD CHERRY SOUP

Cooking time: 20 minutes

Chilling time: 3 hours

- 3 cups cold water

- 2/3 cup sugar

- 1 cinnamon stick

- 2 cans (16 ounces each) pitted sour red cherries, undrained

- 2 tablespoons cornstarch

- 1 cup heavy cream

- 1 container (8 ounces) plain yogurt

- 1/2 cup dry red wine

In a 2-quart saucepan combine water, sugar, and cinnamon stick. Bring to a boil. Partially cover and simmer over low heat for 15 minutes. Drain cherry liquid from sour red cherries into a small bowl; stir in cornstarch until dissolved. Remove sugar syrup from heat and take out cinnamon stick. With a wire whisk stir in cornstarch. Return to heat, cook, and stir frequently over low heat for 5 minutes. Remove from heat and stir in heavy cream, yogurt, and wine. Add cherries. Pour into glass bowl; chill. Makes 2 quarts (300 calories per cup).



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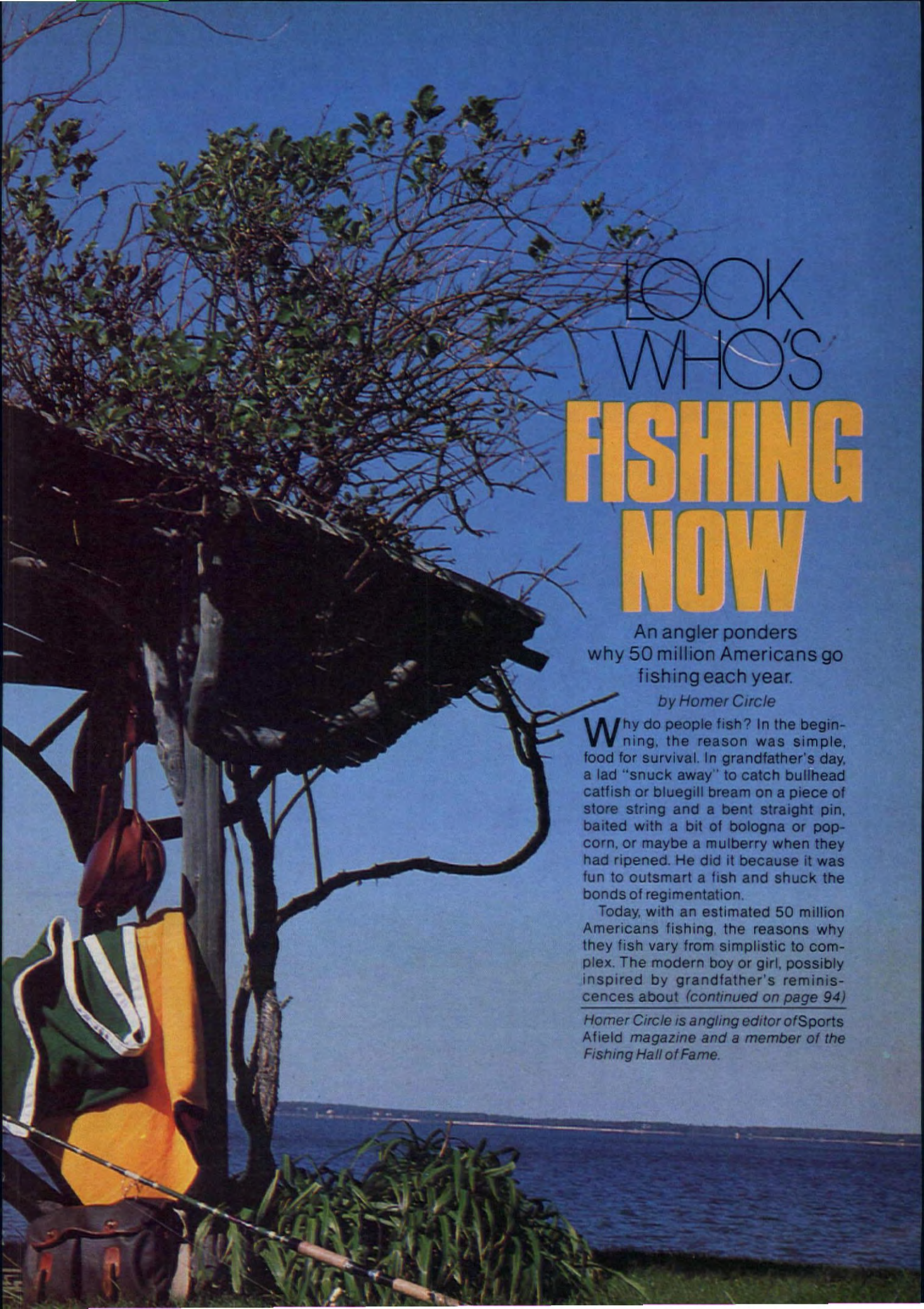


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Shopping Guide Page 82

A photograph of a fishing boat on a shore. A tree with green leaves and bare branches is in the foreground. A fishing rod is leaning against the boat. A yellow and green life vest is hanging on the boat. The background shows a body of water and a clear blue sky.

LOOK WHO'S FISHING NOW

An angler ponders
why 50 million Americans go
fishing each year.

by Homer Circle

Why do people fish? In the beginning, the reason was simple, food for survival. In grandfather's day, a lad "snuck away" to catch bullhead catfish or bluegill bream on a piece of store string and a bent straight pin, baited with a bit of bologna or popcorn, or maybe a mulberry when they had ripened. He did it because it was fun to outsmart a fish and shuck the bonds of regimentation.

Today, with an estimated 50 million Americans fishing, the reasons why they fish vary from simplistic to complex. The modern boy or girl, possibly inspired by grandfather's reminiscences about *(continued on page 94)*

Homer Circle is angling editor of Sports Afield magazine and a member of the Fishing Hall of Fame.

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HEALTH & BEAUTY

continued from page 30

Antacid tablets should be effective for heartburn or simple indigestion. Restrict your intake of antacids to occasional use only. If you have a heart condition or high blood pressure, do not use sodium bicarbonate, which contains salt.

Kaolin and pectin, ingredients found in medicines such as Kaopectate, will control mild diarrhea.

Glycerine suppositories: Use for occasional cases of temporary constipation. Or, you might prefer mineral oil, an adequate, though slower-acting laxative.

Nose drops or nasal spray such as Neosynephrine (half-percent solution) are helpful in reducing the stuffiness from a common cold.

Antihistamines: Have a supply to relieve allergic episodes of hives and itching caused by insect bites.

Oil of cloves: When you can't get to your dentist, this is the perfect pain-reducer for a sensitive cavity that gives you trouble.

Other necessities: Calamine lotion for mild skin eruptions such as poison ivy, prickly heat, or mosquito bites; rectal and oral thermometers; an eyecup; a jar of petroleum jelly; a needle and tweezers with fine, sharp points to remove splinters, and an ice bag to apply to injured muscles or joints.

DRUG-USE PRECAUTIONS

Take medicine only when absolutely necessary. Never take anyone else's prescription. Dr. Thomas Reichelderfer, chairman of the American Academy of Pediatrics' Accident Prevention Committee, advises that you should read, and strictly follow, the instructions that accompany all medications.

Danger! Discard all the prescription drugs you might still have and no longer need. If you have any of the following items, dispose of them at once: boric acid solutions or powders, burn ointments, cough syrup, aromatic spirits of ammonia, Mercurochrome, tincture of iodine, Merthiolate.

Boric acid powders or solutions can be harmful; poisoning may occur in infants when a boric acid ointment is used to treat diaper rash or cuts. Burn ointments only aggravate the problem. Treat a burn by irrigating it with ice water or cold running water. Then, to prevent infection, cover with a sterile dressing.

A cough can be controlled by sucking hard candies or by taking some honey mixed with lemon juice. Cough syrups tend to suppress the cough

reflex—which may be the symptom of something worse than a cold.

Aromatic spirits of ammonia to treat fainting are not necessary. If you feel faint, sit or lie down with your head lower than your legs so that blood will rush to the brain. You'll feel better in a minute or so.

Think twice about giving flavored aspirin to children. They may be tempted to sample a few more tablets, thinking they're candy. Give standard aspirin to a child by cutting a regular five-grain tablet into halves, and mixing the crushed half in jelly or applesauce.

Treat a minor wound by allowing it to bleed a little, then wash gently with soap and water. To disinfect the area, swab alcohol on skin around wound.

EMERGENCY FIRST AID

Accidental poisoning: For antidote, read the label of product accidentally ingested. Then call the local poison control center and verify instructions with them.

Overdose of medicine: Dr. Reichelderfer suggests syrup of Ipecac, which will induce vomiting. First call the local poison control center.

Antiseptics: Although rubbing alcohol burns like the devil, it's the only one you'll need in your medicine chest. Mercurochrome, tincture of iodine, or Merthiolate are not as effective in killing bacteria and may produce allergic skin reactions.

Treatment of wounds: For cuts and abrasions, include a roll of gauze, adhesive tape, and scissors to cut them; a box of self-stick bandages in assorted sizes, cotton, four-inch-square sterile gauze pads in sealed envelopes, and a bar of mild soap to clean abrasions.

DID YOU KNOW...

Non-prescription medicines: These tend to deteriorate over a period of time, so buy them in small quantities. As a general rule, most medicines lose their effectiveness after a year. Some actually change composition and become harmful with age.

Allergy to aspirin: If anyone in your family has this allergy, you can substitute acetaminophen, a non-prescription drug sold by its generic name, or under several brand names. □

And Don't Forget

Are all your first-aid supplies and medications clearly labeled?

Is your first-aid manual where you can get to it quickly? If you haven't got a copy, local chapters of the American National Red Cross sell "Standard First Aid and Personal Safety" for \$1.95.

Traveling Medicine Kit

Have you left out one crucial detail before taking to the road? If you're a wise vacationer, your case won't be closed before packing a traveling medical kit. It's the travelers' aid to help you safely through medical emergencies on any journey.

Here's what your kit should contain:

- Prescription medications in their original labeled container. (In their search for illegal drugs, customs inspectors are wary of unlabeled vials.) Make sure your supply of medication will last a few days longer than the length of your intended trip. You don't want to be caught short.

- A typed prescription for each medication indicating its generic as well as commercial name. Brand names of products can be a source of confusion in foreign countries.

- A typed medical profile with any pertinent comments from your doctor about your health. Include his telephone number and address. If you have any chronic medical problems such as diabetes, epilepsy, or heart disease, carry at all times a medical tag, medal, or bracelet identifying the condition. And if you wear glasses, take two pairs plus a prescription.

- Include an antacid to combat upsets caused by unfamiliar food, drink, or stress. Add an antidiarrheal agent, obtained by prescription, especially if you're going abroad. Include a mild laxative for constipation.

- Your kit should also contain these useful medications: aspirin, decongestant cold tablets to relieve clogged nasal passages due to colds or altitude changes in air travel, and pills for motion sickness.

- Carry an antihistamine to relieve a variety of disorders: Allergy symptoms, itches caused by insect bites, rashes induced by exposure to poisonous plants, and ear problems that may develop during air travel. Remember that this drug may blur vision and make driving hazardous.

- Include a first-aid booklet, a thermometer, adhesive and roll bandages, adhesive tape, cotton, tweezers, scissors, an antibiotic ointment, and sterile alcohol pads.

- For rugged sports like hiking or for camping trips: You'll want to add splints, a painkiller (ask your doctor), elastic bandages for sprains, butterfly bandages for clean, straight wounds, syrup of Ipecac for poisoning cases, an eyecup, and an insect repellent. It's a good idea to take water purification tablets and soap. —E.Z.



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IS YOUR SKIN DYING OF THIRST?

continued from page 46

Aqualia by L'Oréal: A unique, patented moisturizing formula that will equalize and maintain the proper water balance of skin. Aqualia works effectively to reduce moisture loss for dry, normal or combination-type skin.

Visible Difference by Elizabeth Arden: A deep, penetrating, texturizing-moisturizing cream that promises a visible difference within 21 days.

Swiss Performing Extract by Estée Lauder: A super-rich moisturizer with naturally extracted soluble protein. Helps maintain moisture balance and smooth fine lines.

Skin Life Lightweight Emulsion by Helena Rubinstein: A pure white lotion for refreshing daytime moisturizing. Lightweight, it is absorbed in seconds.

Pure Moisture Moisturizer by Max Factor: Smoothes away dry lines and retards moisture loss. Great under make-up.

Eterna '27' All-Day Moisture Lotion by Revlon: Get 24-hour moisturizing care with this extra-light, and non-greasy formula. Wear alone or under make-up.

Living Proof Hydracel Moisturizer by Geminess: Sheer, silky formula keeps natural moisture balance all day long. Good for all skin types.

Deep Mist Ultralight Moisture Lotion by Almay: For slightly dry or combination skin. A moisturizing treatment to protect against the elements. Hypoallergenic.

Moon Drops Under Makeup Moisture Film by Revlon: Protects skin from dry lines and provides a perfect surface for applying make-up smoothly. Available in new one-ounce, easy-to-carry travel size.

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Hand and Body Lotion by Clinique: A fine lotion that lubricates skin and effectively lasts through hours of wear. Allergy-tested and fragrance-free.

Peach Certi-Natural Moisture Cream by Caswell Massey Co. Ltd.: A delicious cream with 10-percent natural fruit extract for night or day applications. (Catalog: 320 West 13 St., New York, N.Y. 10014; \$1.)

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Rive Gauche Bath and Shower Gel by Yves Saint Laurent: A bubbling, translucent river-blue gel for tub or shower.

Body Silk by Charlie: This rich moisturizing lotion is quickly absorbed into the skin. Helps maintain a healthy tan. Use after bath or shower to soften problem spots.

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Pure Magic Super Clean Make-Up with Lecithin by Max Factor: Lightweight, non-greasy liquid foundation with moisturizing action; pH balanced and fragrance-free. It blends in smoothly and stays color-correct all day.

SUN SCREENS

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Sun Tamer After Sun Moisturizer by Almay: Restores vital moisture to sun-dried skin. Creamy white lotion helps prevent flaking and peeling for longer-lasting tan. Hypoallergenic. □

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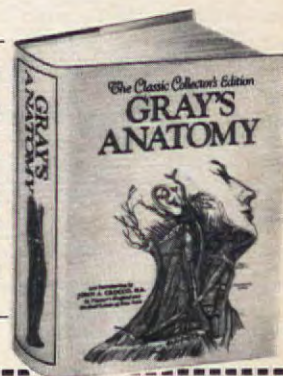
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Fig. 283—Surgical anatomy of the arteries of the neck, showing the carotid and subclavian arteries.

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SMALL IS BEAUTIFUL

continued from page 45

idiotic, but is, in practice, the very essence of a civilized existence. Nations could learn much from their earliest models.

But our town has additional virtues. Though class distinctions exist, often derived from families' colonial histories and accomplishments, snobbery is rare—getting along is, again, simply more crucial than scoring idle points. Social climbing, especially of the sort common to communities where visible hierarchies of power and position are established by business, the professions, and academia, is almost unknown—there's no ladder to climb. Money in itself means little and offers no social leverage—we're all of modest means and content or at least resigned to be; as one elderly lady puts it, all of us here live in "reduced circumstances." She is not complaining, nor need she.

Life here offers other rewards of other kinds, among them the extraor-

**Life here offers the
extraordinary good
company of people of
character. Individuality
is treasured.**

dinary good company of people of character. Here, indeed, character flourishes with a snap and zest rarely seen in the larger world, blessing us with men and women, even children, whose eccentricities of dress, speech, and gesture, brightened and encouraged by our nearly universal pleasure in human personality in all its variety, give us a richness of style and tone more sophisticated settings might envy. Until recently one ran down one's friends not by dial telephone but by ringing up central and asking *her* where they were; she usually knew. The town's leading gentleman, who died at 84 only this spring, was accompanied everywhere, whether he walked or drove, by a haggard old mongrel named Brown Dog, whose presence helped us locate his master sometimes even before the master was there. The local artist, a man in his mid-30s whose genius is overwhelming and consuming, generally works and frequently appears at Town Council meetings in a shaggy brown overcoat, closed by a safety pin, that no self-respecting Bowery bum would wear. One town elder, a gargoyle with a long white beard who smokes cigars in a pipe, once told me solemnly that the only two places he'd ever found fit to live in were Fincastle and Paris—"Paris, France," he reminded me, where he'd been in "the War, the real War, the First

War." And so it goes, from the 85-year-old bachelor lawyer, still practicing, who looks like Picasso and sings like Caruso, to the six-year-old schoolboy whose purity of diction and syntax, unspoiled by progressive education, invariably astounds and confounds patronizing visitors. Here, individuality is treasured.

Can it endure? I have described and praised, I see now, a human as well as a physical ambience. I am as moved by what Fincastle's magic brew of people and past does to and for its inhabitants as I am by the perfection of color, composition, and scale, in its topography and buildings, that for two centuries have endeared it to its residents and visitors as well as to generations of artists. But behind that emotion lies the conviction, I also see, that there exists amongst us a natural relationship between environment and behavior, between sweetness of scene and sweetness of character. Small is beautiful, as we all now know; it may also turn out that beautiful *is* small.

Yet what the future holds is no clearer to me than to anyone. A century ago Fincastle's survival was seen to lie in the coming of the railroad, which never came; Fincastle survived. Today, paradoxically, one is tempted to see a threat to its survival in the broadening of the major highway around it, which—though it may make driving more efficient and safer—brings city life nearer daily in the form of creeping suburbs. Land prices are rising. House prices are preposterous. And though we must have the new water and sewerage system now being built or perish from typhoid fever or fluorocarbon poisoning, what else will we get when we get it? Quick-food chains? Housing subdivisions?

I do not know, of course. Virginia—and from Virginia I infer the rest of America—still boasts dozens of similar small towns, "Little" Washington, Abingdon, Scottsville, Charlotte Court House, and they move doggedly on much as we do, not untouched by "progress" but absorbing it on our own terms and at our own pace. We, too, have a handful of mobile homes and a single forlorn hamburger stand, not very busy but not much resented, a bit incongruous against the majesty of old brick and old oak but signs of life as well, not atrophy. New people are moving in weekly. It is a hopeful sign that young children are playing on our streets again. It's better to live in a town that still works, after all, than in a museum or waxworks, like Williamsburg or Old Sturbridge, charming as they otherwise are, and to be able to offer a living alternative—not a leg-end—to those who seek respite from the city. □



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TENTING IN PARADISE

continued from page 13

LUMBER LIST

Columns: five 4 by 4 posts, 10 feet long
one 4 by 4 post, 8 feet long
three 4 by 4 posts, 12 feet long

These column sizes assume relatively flat terrain with columns imbedded two feet in earth and the platform raised two steps above grade. If the site is steep, or if you want to feel as if you are up in the trees, measure columns to adjust to height differential.

Floor framing: four 2 by 8 girders, 16 feet long
seven 2 by 6 joists, 16 feet long
twenty-four 2 by 8s, 16 feet long for decking

Roof framing: two 2 by 8 girders, 16 feet long
one 2 by 8 girder, 8 feet long
five 2 by 6 rafters, 10 feet long

Deck railing: twelve 2 by 4s, 8 feet long

Miscellaneous: nine 2 by 4s, 6 feet long
two 2 by 4s, 8 feet long
eleven 6-foot-lengths pine latticework
ten 8-foot-lengths pine latticework
five 10-foot-lengths pine latticework

1 box 8-d nails, for framing

1 box 4-d nails, for attaching fabric

FABRIC SECTIONS

(Match figures 1 to 10 to numbers in Illus. A and B)

You may use nylon or canvas for the house. Heavy-duty canvas is the most durable, but the most difficult to sew. Each section must be hemmed all around. Windows, where needed or desired, should have fabric flaps sewn on at the bottom of the window opening. Close each flap with Velcro or with tie closings at the top of the opening.

BUILDING THE HOUSE

Step 1: Dig holes 2 feet deep and 12 inches in diameter. Use girders and three joists to make columns plumb. When plumb, fill holes with concrete. (Illus. C, D)

Step 2: Nail on joists, 32 inches on centers, and then nail 2 by 8 decking over joists. (Illus. E)

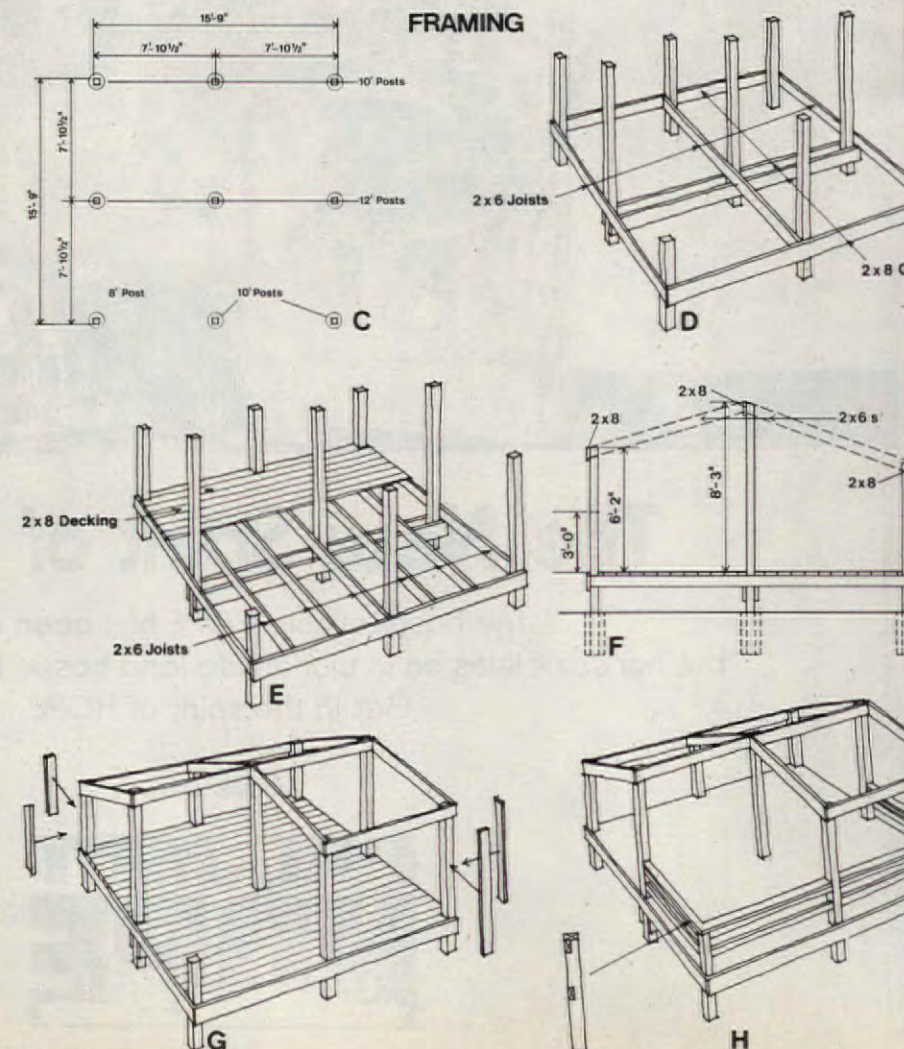
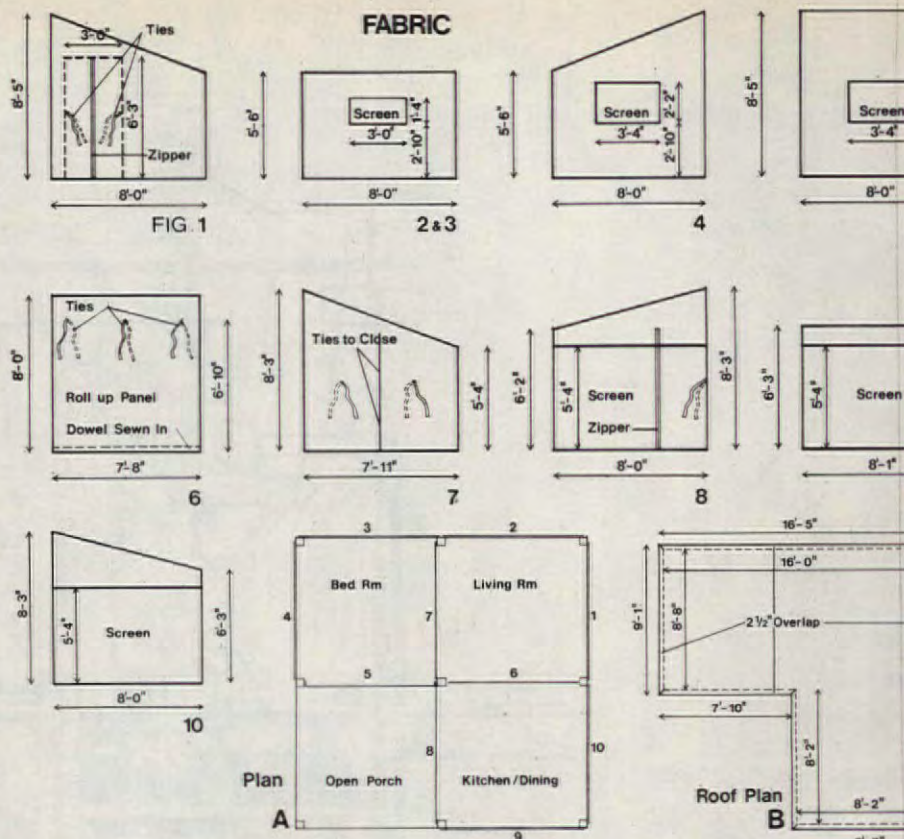
Step 3: Saw off posts to finished heights. Nail on 2 by 8 girders and 2 by 6 rafters. Girders and rafters are applied on outside faces of columns. (Illus. F)

Step 4: Nail 2 by 4s (cut to size, including angle cuts at tops where required) to columns to produce a flush surface between rafters or girders and adjacent columns. (Illus. G)

Step 5: Nail on 2 by 4 railings. (Illus. H)

Step 6: Match fabric sections by nailing to numbered faces of columns and girders or rafters. A piece of latticework is used as a batten strip at all edges of the fabric sections. Fabric may be temporarily stapled to the wood framing with a staple gun and then permanently attached when the batten strip is nailed over the edge.

Step 7: Install roof by stretching over the roof framing and stapling to the batten strips. (See roof plan, Illus. B) □



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 1 pkg. (3 oz.) **Jell-O®** Lime Flavor Gelatin
 ½ cup sugar
 2½ cups water
 2 eggs, slightly beaten
 ½ cup Bacardi® light rum

2 cups Cool Whip® Non-Dairy Whipped Topping, thawed
 1 baked 9-inch crumb crust, cooled

Mix pudding, gelatin and sugar in a saucepan. Stir in ½ cup water and eggs; blend well. Add remaining water. Stir over medium heat until mixture comes to full boil. Remove from heat; stir in rum. Chill about 1½ hours. (To hasten chilling, place bowl of filling mixture in larger bowl of ice and water; stir until mixture is cold.) Blend topping into chilled mixture. Spoon into crust. Chill until firm, about 2

hours. Garnish with additional whipped topping, lime or lemon slices, grated lime or lemon peel, or graham cracker crumbs.

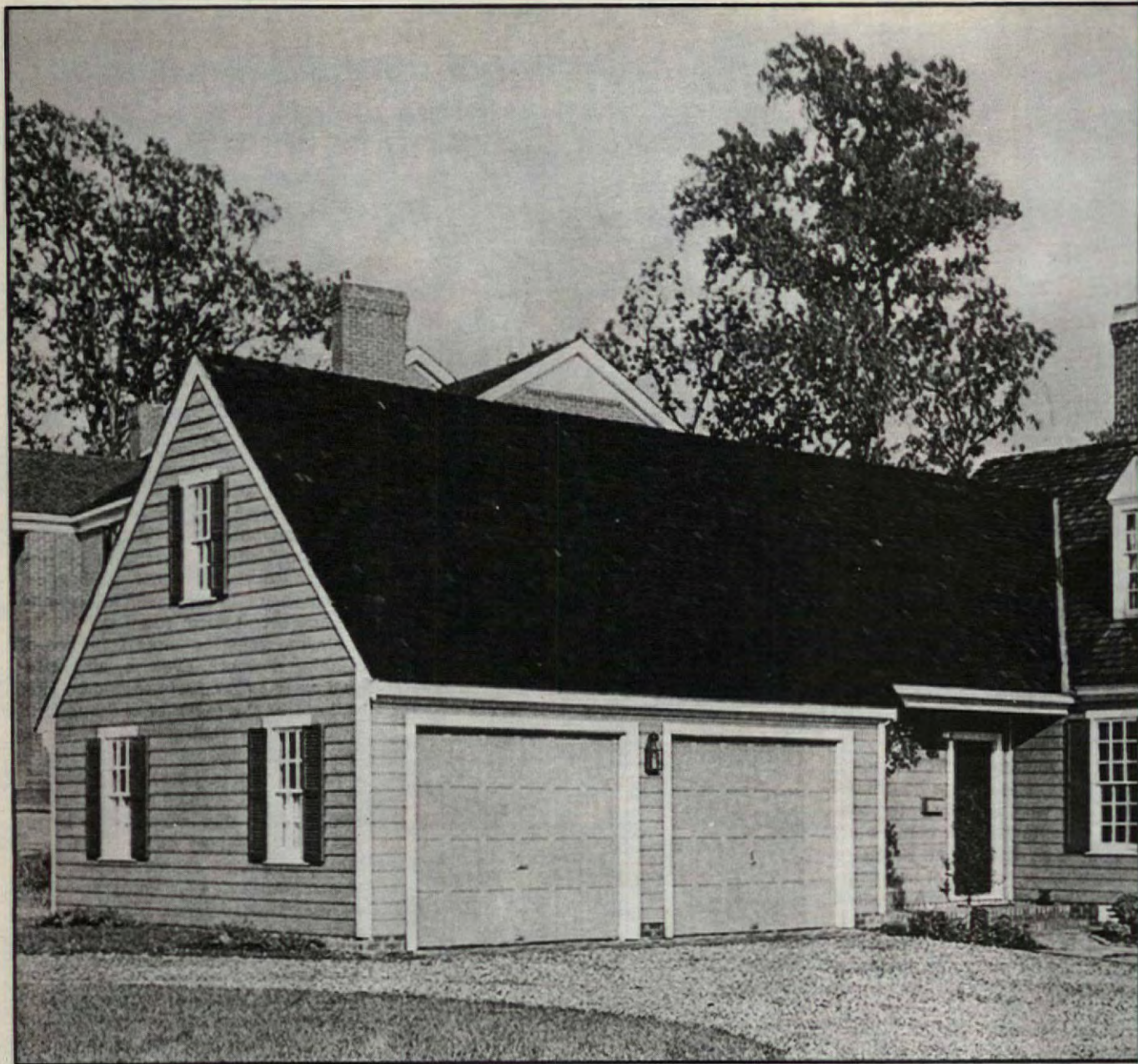
Nice and easy Daiquiri.

Shake or blend dry, liquid or frozen Daiquiri mix (as directed on package) with 1½ oz. Bacardi light rum and lots of ice. Strain and serve in a cocktail glass or on the rocks. (Instead of mix, you may use juice of half a lime or lemon with ½ teaspoon of sugar.)

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The country kitchen offers built-in ovens, cook top, and barbecue (right). Informal "tavern" dining room with windowed wall adjoins kitchen (right).

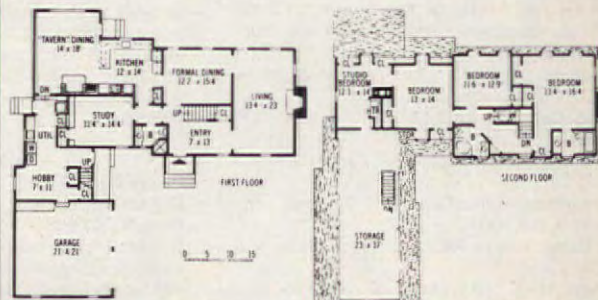


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COVER

Woman's *long-sleeved blue/white 100% cotton knit pullover shirt with red/white tartan plaid collar and placket, No. 908, sizes: petite, small, medium, large, \$25/ppd. from Terrific Co.; allow 3 weeks for delivery. *Ceramic star pin with gold glaze (shown on shirt collar) from The Combine; 2 pins for \$11/ppd. Gold-plated Tank watch with black lizard strap from Cartier's Boutique; \$220 (watch is shown with red lizard strap that's available by special order only, \$18. Allow 6-8 weeks for delivery). Red and blue striped wide-cuff bangles by Eva Graham, \$4 each. Man's 100% cotton tartan shirt, sizes: small, medium, large, extra-large, \$16, from Panatela, Division of Levi Strauss & Co. Red Stewart plaid heather blanket with fringed edges in 100% wool, 52" x 72", \$25 by Faribo.

LILY POOLS

Pages 20-21: WHERE TO BUY LILIES:
 William Tricker, Inc., 174 Allendale Ave., Saddle River, N.J. 07458
 William Tricker, Inc., 7125 Tanglewood Dr., Independence, Ohio 44131
 Van Ness Water Gardens, 2460 North Euclid Ave., Upland, Calif. 91786

MAIDEN VOYAGE

Pages 28-29: TRIP INFORMATION:
 Adventure Travel U.S.A. Adventure Guides, 36 East 57 St., New York, N.Y. 10022 (212-355-6334). Describes outfitters and services for every kind of guided outdoor vacation. Mail order \$4.25 (\$5 first class mail) or at major bookstores.
 American River Touring Association, 1016 Jackson St., Oakland, Calif. 94607 (415-465-9355). White water, rubber-raft tours in the West and throughout Europe.
 National and Provincial Parks Association, 47 Colburn St., Suite 308, Toronto, Canada M5E1E5 (416-366-3494). Hiking and canoeing trips

throughout Canada. A weekend shape-up is recommended for beginners.

Hatch River Expeditions, 411 East Second Street North, Vernal, Utah 84078 (801-789-3813). Raft trips on western rivers.

Nature Expeditions International, P.O. Box 1173, Los Altos, Calif. 94022. Nonprofit. Trips geared to the nonspecialist.

Odyssey, Ltd. 26 Hilltop Ave., Berkeley Heights, N.J. 07922 (415-941-2910). Mountain, forest, and river trips, mostly in the East.

Outward Bound, Inc. 165 W. Putnam Ave., Greenwich, Conn. 06830 (201-322-8414). Nonprofit. Canoeing, rafting, hiking, sailing trips, and courses, including courses for adult women.

Sierra Club, 530 Bush St., San Francisco, Calif. 94108 (415-981-8634). Nonprofit. Water, bicycle, burro trips. Educational outings.

Smithsonian Associates Travel Program, A&I 1270B, Washington, DC 20560 (202-381-5910). Study tours for Associate members: Grand Canyon, Yosemite, coastal Maine, etc.

Wilderness Society, Box 6, 4260 East Evans, Denver, Colo. 80222 (303-758-2266). Nonprofit. Trips to wilderness areas from Alaska to Florida.

ROUND-THE-WORLD PICNICS

PAGE 33: Block-printed cotton fabrics used on sides and top of gazebo (for more information see listing for Indian Cookout), wind chimes No. RR7, brass fish, ridged brass planters, peacock pitcher D382, brass plates and casserole, all from India Nepal, Inc. Tunics, dress, striped pants, and orange quilt from Sona of India. *Hammock, multi-color, medium width; \$52.50/ppd. (shown), and large width; \$72.50/ppd. Both from Swing Low, Inc.

INDIAN COOKOUT

PAGE 34: Napkins and tablecloth sewn from assorted turquoise and orange block prints, 100% cotton, 44" wide, \$3/yd., from India Nepal. Palm leaf fan from Manila Bay at Banana; \$1.50 each. "Lord Nelson" bronze flatware with rosewood handles, by Villerooy and Boch: fork, \$4.50; knife, \$8.50; soup spoon, \$4.50; \$25/5 piece place setting. "Kera" grill with Marinated Chicken) has ceramic base, non-stick metal grill plate and adjustable flame, can be used indoors and out, 12" x 4 1/2", \$30, from Reston Lloyd. Brass betel box, No. 20V65, medium size, 5" long, handmade in India; \$6. Teak snack bowl, No. 39V7, 4" diameter with handle; \$3. Teak square trays (shown stacked), No. 39V41, 10" square; \$5 each. 3-compartment teak tray (holding fruit), No. 39V3, 18" long x 9" wide; \$12. Teak bowls (with Mattar Pulao), No. 39V16, 6" diameter; \$3. Cakeplate (with Tamatar Salad), No. 39V73, 11" diameter; \$15. All from Alfred E. Knobler & Co., Inc. Basket holding Naan, No. TR 792, 7 1/2" diameter x 3 1/4" high from Manila Bay at Banana; \$8.

PORCH PICK-ME-UPS

Pages 40-41: Front Porch: Wicker furniture, Fran's Basket House. White hanging planters, from Lockwood Products, Inc. Sheet covering cushions, "Tulips, Tulips;" by Martex. Solid color throw pillows, "Just Ducky;" black and white print throw pillows, "Persia;" Mirafoam, Inc. Indian rugs, "Cochin;" No. N422, Import Specialists. Bamboo shades, white china, bird cage, handled basket, Azuma. Place mats, "Blue Mints;" napkins, "Plain and Fancy;" Fallani & Cohn. Flatware, "Leisureware;" Oxford Hall Silversmiths Ltd. Picture frame, glasses case, L'Art de Chine. Flower and vegetable arrangements by Burton J. Braff.

Page 43: Back Porch: Plywood tree designed and painted by Rodica Prato. Baskets on tree, Fran's Basket House. Tablecloth and cushion fabric, Cook "Diagonal Stripe" in red and white vinyl-coated cotton, 48" wide, Fabrications; \$12.50 per yard postpaid. Watering can, crock holding daisies, Libby glasses, napkins, Design Research. Flower and vegetable arrangements, Burton J. Braff.

DANISH SMORREBRØD

PAGES 48-49: Paper napkins and plates in the following two designs: "Zuni;" No. 408, yellow/red/green; "Circles;" No. 386, yellow/red/green. Napkins shown in guest-towel/dinner size, (12" x

(continued on page 96)



Photographed at the home of B. Pascal Ullman, Northport, N.Y.

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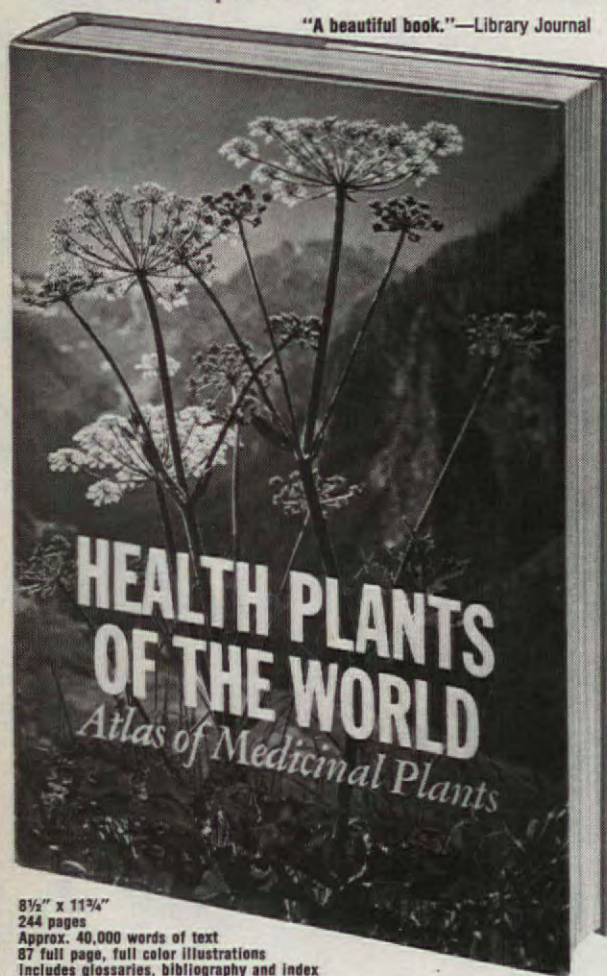
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Do you know why the ancients believed that fern seeds would make a person invisible? . . . that artichokes are a popular folk medicine as well as a food? . . . that ephedrin, the 20th century drug for colds and congestion, was used in plant form 5000 years ago by the Chinese? . . . that horseradish has a deadly "look-alike" once used to tip archers' bows with poison? (The supposed "antidote" was to eat a mouse that had fed on the same deadly poison!)

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At just \$16.95 (\$19.95 after June 30, 1977), this superb volume will be a delightful addition to the library of anyone who loves plants and nature, history, folklore, or just beautiful books. Available at bookstores listed at right. Or order direct with the coupon—money back if not completely pleased.

How many of these legendary plants can you identify?

(Some may be growing right outside your door!)



A. Used since the 1600's for treatment of heart troubles, and now known to be a source of the modern heart drug, digitalis.



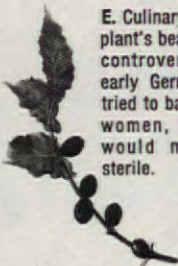
B. This flower looks like a daisy—but contains a death-dealing natural insecticide. Don't worry, though—it's harmless to man and pets.



C. This plant is a cousin of the Jimson weed, and highly dangerous. Its scientific name comes from its use by Italian ladies of the Renaissance. They dropped its juice in their eyes to beautify them by widening the pupils.



D. This plant was rarely cut down by superstitious country folk (they even apologized to the plant before pruning it!) because they believed that witches lived inside it. The berries make a jam which is a good laxative.



E. Culinary use of this plant's beans was long controversial. Some early German doctors tried to ban its use by women, fearing it would make them sterile.



F. This flower has a sepulchral history. It was used in old New England in shrouds for corpses to discourage attacks by worms.



G. This plant was named for the fact that its branches were used for divining rods. Its leaves and bark yield a drug used in an astringent.

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C, Deadly nightshade (belladonna).
D, Elder. E, Coffee. F, Tansy.
G, Witch hazel.

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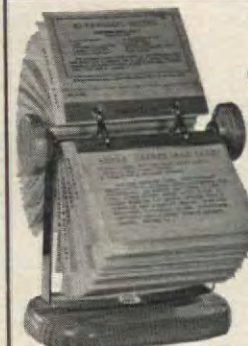
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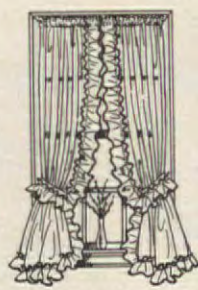
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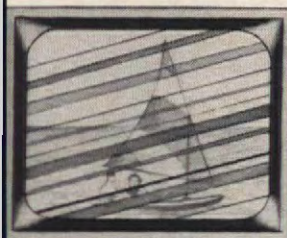


Get the point!

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Electronic Invention Turns House Wires into Giant TV Antenna

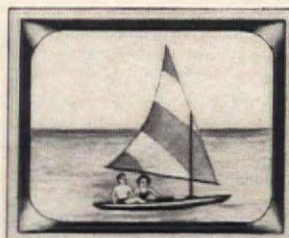
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**24 inch
amethyst
Necklace**
\$19.95

YES, I want to own world's finest amethyst. Subject to your unquestioned 2-week return privilege, do send me:
Chandra 24" Amethyst/Gold Bead Necklaces at \$19.95 each.
As for Mr. Chandra's gift: I want my earrings ☐ Screw-type; ☐ Pierced

779 Bush St. Box 7584,
San Francisco, CA 94120

henniker's

Mail to: Henniker's 779 Bush St.,
Box 7584, San Francisco, CA 94120

- ☐ My check for this amount plus \$1 for postage and insurance (and sales tax for California delivery) is enclosed.
☐ Please charge my BA/MC account # _____ exp. _____

or for fastest service call **TOLL FREE (800) 648-5311**
(IN NEVADA (800) 992-5710) IN SF BAY AREA CALL 433-7540

My name is _____

I Live at _____

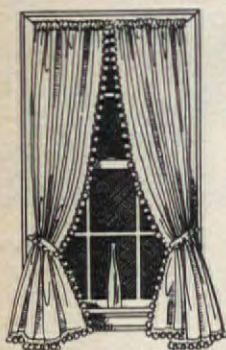
In _____

State _____ Zip _____

AHO 777

COUNTRY CURTAINS

Ball Fringe on Permanent Press—Natural or White



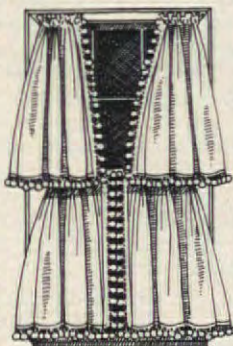
Country Curtains are a tradition...years of old-fashioned quality and conscientious service to thrifty homemakers. Sturdy, specially-made ball fringe on our 50% cotton/50% polyester blend...like real muslin but truly carefree. Natural or white. 90" wide per pair.

TIERS:	20", 25"	6.50 pr.
	30", 36", 40"	7.00 pr.
TIEBACKS:	45", 54", 63"	9.00 pr.
	72", 81", 90"	11.00 pr.
VALANCE:	10" x 80"	3.00 ea.

SEND FOR FREE CATALOG

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.

COUNTRY CURTAINS
Dept. 71, Stockbridge, Mass. 01262



Magnifying Eyeglasses

ENLARGE PRINT

And get your **FREE** can of Spray Cleaner too!



Magnifying eyeglasses are the perfect way to reduce eyestrain and fatigue. Larger print means your eyes won't tire as quickly. No more straining or squinting to focus. Three different styles available: Full or half frames or clip-ons. \$7.48 ea., plus \$1.60 postage & handling. Be sure to specify age, whether for man or woman and style desired. N.J. Res. add sales tax. Satisfaction guaranteed. Order today and start reading with ease. **FREE** can of eyeglass spray cleaner (\$1.99 value) with each order.

**Stewart
Lindsey**

Dept. AH777
240 Kinderkamack Rd.
Oradell, N.J. 07649

FREE!



Butterfly belt

Lovely flexible, gleaming metal belt with a brilliant butterfly clasp, truly sets off any outfit beautifully. 1 3/4" wide belt and the butterfly is 3 1/4 x 3". Links are backed with stretchy, sturdy elastic. Fits any waist 25" to 42". Specify gold or silver finish. \$5.98 each; 2 for \$10.98. Add 95¢ p&h. Ferry House, Dept. AH7, Briarcliff Manor, NY 10510.

How true!

Life's lesson for learning patience is probably one of the most challenging to accomplish! This "encouraging" plate delivers a smile or two as we try harder.



Of unbreakable crackleware-look plastic. 8" across. Dishwasher safe. Back tab for easy hanging. Patience Plate, \$2.49; 4 for \$8.98. Add 50¢ p&h. Vernon, Dept. A7E, 510 S. Fulton, Mt. Vernon, NY 10550.

pet stains?

CARPETS RUINED BY PET STAINS?

NO LONGER! Two chemical miracles **PERMANENTLY REMOVE** pet stains OR odors from carpets safely...for pennies compared to carpet replacement. ORDER: (#1 **URINE-OUT**...removes even years old oxidized pet stains, ONLY \$6.95). OR: for odors only, (#2 **KIL-ODR**, also ONLY \$6.95). Add \$1.50 for handling. **SATISFACTION OR MONEY BACK. CLEANCRAFT, 2922 Santa Monica Blvd., Dept. A-77, Santa Monica, CA 90404. SHIPPED BY UPS.**

American Home June 1977

PEANUTS

SHELLED RAW PEANUTS

- Roast or fry your own
- Great for party mix
- Make your own peanut brittle (recipe included)
- Ideal gift for friends or business associates

4 LB. PACKAGE—POSTAGE PREPAID
\$4.95

Send check or money order to:
DOUBLE H PEANUTS
P. O. Box 443
Andalusia, Alabama 36420

NON-ALLERGENIC PIERCED EARRINGS



- Surgical Posts • Barrel Clutch • Gold or Silver Plated. Style A: 1" dia., barrel style, Style B: 1 1/2" dia. Your choice \$4.50 pr. postpaid (Specify Style & Color) 2 Pairs for \$8.50 ppd. N.Y. State residents add local sales tax.

Bea's Boutique P.O. Box 391
Bay Station, Brooklyn, N.Y.



The Dancing Doll

Glove-soft kid leather shoe has leather sole and 1 1/4" composition heel. Foam padding and tricot lining. Elasticized throat. Adjustable gold-buckle strap. Yellow, light blue, pink, white, bone or black. 6-10 1/2 N, 5-10 1/2 M. \$15 plus \$1.50 p&h. Vicki Wayne-A7E, 600 S. County Club Rd., Tucson, AZ 85716.

Now! Amazing "Pill-In-A-Plan" Actually LIQUIFIES AWAY Pounds...

URNS UGLY FAT INTO HARMLESS WATER

And FLOWS It Right Out Of Your Body—FOREVER!

It's true! Now — without risking a single penny — IN ONE WEEKEND you lose up to 6 pounds of ugly fat and fluid! IN 14 SHORT DAYS — up to 12 pounds of excess weight flows right out of your thighs, hips, stomach, shoulders, face and neck — yes, all over your body! IN EXACTLY THOSE SAME 2 ASTOUNDING WEEKS — inches of flab that you can actually feel and measure — gallop right off your waistline!

But this is just the beginning! Because then — thanks to this amazing ACTIVE reducing agent that actually helps your body **EXLIDE** fat — burn it up — **LIQUIFY** fat and flow it right out of your life by automatically and almost instantly WATER-LOCKING ravenous hunger pangs right out of your body — you will effortlessly eat less and go on to lose 20 . . . 30 . . . 40 pounds of ugly fat from every corner of your body — AND KEEP THAT FAT OFF YOUR BODY — FOREVER!

Yes! And best of all, as long as you faithfully and happily follow this road, you will accomplish all this without starvation diets, without a single ravenously hungry moment, without even giving up reasonable and enjoyable portions of the foods you love!

Of course it sounds too good to be true! But the principles behind this thrilling PERMANENT REDUCING PLAN have been confirmed by doctors all over the world. And now the very same method reported in medical journal after medical journal — is released to you through this announcement — to help you get rid of ugly excess fat faster, easier, and safer than you have ever dreamed possible!

You MUST be happy with the fantastic results — OR IT DOESN'T COST YOU A PENNY! You have nothing to lose but ugly fat. Read these thrilling facts! Prove it yourself — in 14 astounding days — OR PAY NOTHING!

Stop Punishing Yourself!

Here's Why Those Pounds Never Stayed Off!

Let's start this way. You probably tried time and again to accomplish the job of reducing — BY YOURSELF! You spent week after week of torture. You pushed away the foods you love. And finally, if you could bear the punishment, you squeezed off 3, 5, or even 10 stubborn pounds.

And then your willpower snapped! You stopped your brutal diet. Your fat dripped back — heavier, and uglier, and more dangerous than ever before!

AN ENTIRELY NEW KIND OF REDUCING AGENT WAS NEEDED BY YOU! AN ACTIVE agent that would help conquer ugly fat at its source — **OVEREATING!** What simply had to be found was a **Natural** ingredient that would help YOUR BODY'S OWN NATURAL PROCESSES burn up and **LIQUIFY** that fat — quickly, easily, and safely. A Natural ingredient synthesized and automatically tied to a Permanent Plan that would once and forever hurdle the Final Two Barriers to Lifetime Slimness: firstly, by **SHIELDING** the human body against the root cause of your present fat buildup — **OVEREATING** — and secondly, by **LOCKING OUT** future fat buildup — **THE RETURN OF THAT RUNAWAY APPETITE** — for the rest of your entire adult life! Actually keep those 20 . . . 30 . . . 40 pounds of extra fat from ever piling up on your body again — **EVER!**

Now! Nature Succeeds

Where You Have Always Failed!

Researchers hunted for such a reducing agent for years. Then it was found — innocently hiding in the cell walls of ALL PRECIOUS PLANT LIFE! An amazing Natural ingredient called **Cellulose** — that actually possessed astounding **WATER-BINDING** qualities! Immediately, doctors know that a **whole new world** had opened up to reducing science. Because here at last was the magic ingredient that would — by automatically eliminating the desire to overeat — inevitably let your body **NATURALLY** turn ugly fat into harmless water — and then **FLOW THAT LIQUID FAT RIGHT OUT OF YOUR BODY!** Now for the first time in

your life, you could watch inches after inch and pound after pound of fluid fat drip right out of your body like water dripping out of a tap — **WITHOUT TORTURE** — **WITHOUT SLIDING BACK!**

Let me explain. Your own doctor will tell you that the fat inside your body is distributed, in massive globs, in **FAT STORAGE POCKETS** underneath your skin. You can touch these pockets yourself — at your waistline, on your stomach, your thighs, behind your hips, on your shoulders, chest and chin — disfiguring your entire body!

And if you honestly want to reduce all over your body, then you have to attack all of these fat pockets **at the same time!** You have to **drain** the ugly fat out of those pockets . . . into your blood stream . . . so it can be burned up and **LIQUIFIED** inside your body.

And — now — this is exactly what **WATER-BINDING** Cellulose helps your body do! It actually helps **LIQUIFY** that fat every minute of the day. While you sleep. While you eat. While you play. It helps turn that solid fat into liquid inside your body . . . it helps your body melt down ugly fat into harmless water . . . and then it helps flow that water right out of your body — **FOREVER!**

Think of it! Because of its natural **WATER-BINDING** qualities, this Wonder Worker duplicated from Nature's Plant Garden — when taken with a glass of water just as naturally as washing down your daily vitamin pill with water — actually **BINDS AND BLENDS** with that water to give your stomach a feeling of almost impossible-to-believe satisfaction! That's why **WATER-BINDING** Cellulose now is used wherever the special need exists to provide overweight men and women with **APPETITE SATISFACTION WITHOUT CALORIES** . . . wherever the special need exists to **CONQUER RUNAWAY HUNGER** — **FOREVER!**

Yes! No wonder **WATER-BINDING** Cellulose is now used by the Diet Drinks Industry to add the "feeling" of body to those drinks **WITHOUT ADDING CALORIES!** By the Diet Foods Industry because it binds with the moisture in those foods to give you an incomparable "feeling" of **FULLNESS AND SATISFACTION** — **WITHOUT CALORIES!** By the Bread Industry because it binds with the moisture in those loaves to increase the "feeling" of volume in those breads — **WITHOUT ADDING MORE FATTENING DOUGH** — **WITHOUT ADDING CALORIES!**

Lose Up To 20, 30,

Even 40 Pounds — FOREVER!

It's true! Reducing results should be fantastic. You will NOT give up on the foods you love — you will only have that amazing satisfied feeling that lets you **simply and naturally cut down on them.** You will NOT be on a starvation diet — and obviously, you will never experience a single moment of ravenous hunger!

While you are feasting on perfectly reasonable portions of mouth-watering steaks, thick juicy slices of roast beef, potatoes, butter and bread — you should lose inch after inch of fat from your waist, thighs, hips — all over your body! Clothes you had given up on forever, should begin to come out of closets again!

Yes! IN ONE WEEKEND you will lose up to 6 pounds of ugly fat and fluid! IN 14 SHORT DAYS — up to 12 pounds of excess weight flows right out of your thighs, hips, stomach, shoulders, face and neck — yes, all over your body! IN EXACTLY THOSE SAME 2 ASTOUNDING WEEKS — inches of flab that you can actually feel and measure — gallop right off your waistline! And then you will go on from there to lose 20 . . . 30 . . . 40 pounds of extra fat from every corner of your body — AND KEEP THAT FAT OFF FOREVER! Because from now on, for as long as you faithfully and happily follow this road, you have an active, natural, fat-fighter automatically tied to a fool-proof Lifetime Plan that, together, will actually help keep that ugly fat from forming on your body ever again! Actually keep it off — FOR THE REST OF YOUR ENTIRE ADULT LIFE!

Prove It Yourself For 14 Amazing Days

— Entirely At Our Risk!

Yes! Now this same proven PERMANENT REDUCING PLAN is yours to try, in your own home, without risking a penny! It must flow ugly excess fat right out of your body, before your very own eyes, in the first 14 days alone — OR EVERY PENNY OF YOUR PURCHASE PRICE BACK (less postage & handling)!

Remember, this is not guesswork, conjecture, or exaggeration. IT IS REPORTED MEDICAL OPINION! The principles behind thrilling PRP have been praised by doctors in leading medical journals all over the world.

The price is only \$6.95 for 75 tablets, or a full two-weeks supply. Or, if you wish, you may order the wonder-working 100-tablet or 150-tablet supply — and save surprising amounts of money! With the same money-back guarantee, of course.

You have nothing to lose — but ugly weight. The first 14 days alone MUST give you the reducing results you have prayed for, for years, or your money back. Mail the No-Risk Coupon, TODAY!



IN 14 SHORT DAYS ALL YOU LOSE IS WEIGHT . . . WEIGHT . . . WEIGHT!

Yes! Read this section carefully. If you are perfectly honest, you will admit to yourself that this simply has to be the most thrilling reducing guarantee you have ever read!

(1): IN ONE WEEKEND — you must lose up to 6 pounds of ugly fat and fluid . . .

(2): IN 14 SHORT DAYS — you must lose up to 12 pounds of excess weight from every part of your body — thighs, hips, stomach, shoulders, face and neck . . .

(3): IN THOSE SAME 2 WEEKS — inches of flab must gallop right off your waistline . . . OR you simply return the unused portion of PRP for YOUR FULL PURCHASE PRICE BACK!

Do you really want to flow ugly fat right out of your body — forever? Now you have the way to do it. Mail No-Risk Coupon, TODAY!

© 1977 American Consumer Inc., Caroline Rd., Phila. PA 19176

MAIL NO-RISK COUPON TODAY

PERMANENT REDUCING PLAN, Dept. PRP-47
Caroline Road, Philadelphia, PA 19176

Yes! Please rush me this amazing PRP "Pill-in-a-Plan" to help me flow excess fat right out of my body faster and easier than I ever dreamed possible. I want the offer checked below. If not delighted, I may return it within 14 days for my full purchase price back (except postage & handling).

— (#200) Full 75-Tablet Supply only \$6.95 plus 35¢ postage & handling.
— (#218) Full 100-Tablet Supply only \$8.95 (Save \$1.50) plus 50¢ postage & handling.
— (#226) Full 150-Tablet Supply only \$11.95 (Save \$2.00) plus 65¢ postage & handling.

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. # _____

City _____ State _____ Zip _____
5563

Div. of American Consumer, Inc.

VITAL ANNOUNCEMENT!

Read this notice — clip it out — don't lose it! It probably is the most thrilling vote of confidence for a Reducing Breakthrough that you will ever read! It reminds you — no, it actually **INSISTS** — that you do not let your happiness run away with your common-sense! Even though PRP automatically, safely, and easily **WATER-LOCKS** runaway appetite right out of your life — you must not stop eating at least two nutritious meals a day. That's why you get a beautifully balanced and calorically nutritious Plan with this thrilling product.

Remember. We confidently invite you to discuss PRP "Pill-In-A-Plan" with your very own doctor. See if he doesn't agree that here, at last, is the amazingly foolproof way to turn ugly fat into harmless water — AND FLOW IT RIGHT OUT OF YOUR BODY, FOREVER!

Prove it yourself — in 14 amazing days. Mail the No-Risk Coupon, now!



JUST
\$16⁹⁵

- Broils four big steaks, six hamburgers or two Cornish hens.
- Easy to clean — no soap, no brushes, just rinse in water and it's ready for next gourmet meal.
- Do not confuse this family-sized unit with oval "mini" model. Full 9" x 9" — size will cook meal for whole family.

NOW...join the gourmet revolution with
La Bisquera '77
natural steak broiler

- Brand-new way to cook
- Fabulous gourmet discovery makes round steak taste like T-bone
- Broil hamburgers, fish, chicken, to succulence you never before thought possible

● From Tuscany, where fine food is way of life, comes this miraculous cookware. It is made from unique volcanic rock, only found in that single spot on earth. **LA BISQUERA '77** distributes heat evenly and slowly. Prevents build-up of intense temperatures and thus keeps food tender and juicy. Porosity of volcanic rock miraculously drains bitterness, fats and acids, leaving broiled food with flavor so rich, so natural and delicious that you won't believe it until you take first succulent bite. You cook right on top of stove (gas or electric)—without adding grease, water or tenderizer—just goodness of natural food itself. Food is self-basting, all natural juices are preserved. Because of slow and even heat, shrinkage is minimal and, naturally, that saves tidy penny on your groceries.

● Join gourmet revolution. Your family will be delighted and will ask you for your "secret recipe." But the "secret" is **LA BISQUERA '77**. Feed guests and family gourmet meals every day, cut down calories and cholesterol, and save bundle on grocery bills besides. Order **LA BISQUERA '77** today, and we'll send, with our compliments, gourmet recipe booklet as your **FREE BONUS**.

779 Bush St., Box 7584, San Francisco, CA 94120

henniker's

Yes, I want to become gourmet cook — the easy way. Please send me:

— **La Bisqueras '77**
at \$16.95 each, complete with recipe booklet.

☐ For special savings:

3 (three) **La Bisqueras '77** for just \$44.95.

☐ My check for this amount, plus \$2.00 for postage and insurance per unit (plus sales tax for California delivery is enclosed).

☐ Charge my BA/MC account:

_____ exp _____

or for fastest service call **TOLL FREE (800) 648-5311**
[IN NEVADA (800) 992-5710; IN SF BAY AREA CALL 433-7540]

Mail to: **Hennikers**, 779 Bush Street, Box 7584,
San Francisco CA 94120 M272-1

My name is _____

I live at _____

In _____

State _____ Zip _____

AHO 777

THE AMERICAN HOME MAILER



Perfect planters!

Fanciful frog and elegant elephant planters are handwoven of natural rattan. A natural for displaying greenery. Styrofoam lined for easy care and convenience. Frog is 9x9x5" high; Elephant is 7x9x5" high. Set of 2, \$7.95 plus \$1 p&h. Catalog, 25¢. Fran's Basket House, Dept. AH7, Rt. 10, Succasunna, NJ 07876.



To the rescue!

Pet owner's "Carpet Rescue Kit" removes the most difficult stains and odors from carpets, colorfast upholstery and drapery. Two proven chemical formulas come in non-aerosol sprays. 16 oz. in each kit. Specify "A" kit for stains, "B" kit for odors; or combo kit (1 bottle of each). \$7.50 each kit. 2 for \$12.99. American Century, Dept. 4077E, Box 36232, Los Angeles, CA 90036.



Jumbo bargain!

Here's a fine introductory offer: your Kodak film C 126, or C 110 Kodacolor, 12 exposure, will be developed for only 99¢. For 20 exposure, \$2.50. You'll receive borderless jumbo prints with guaranteed quality. Add 50¢ for p&h. Roxanne Studios, Dept. FD-103, P.O. Box 1012, Long Island City, NY 11101.



Press on address labels

Identify possessions, correspondence, too. Black ink on white, blue, pink, yellow, silver or gold, 1 1/4 x 1/2". Any message up to 26 letters per line, up to 4 lines. Alike: 225 for \$3; 450 for \$5; 1,000 for \$10. Add 35¢ postage. Please specify color. Useful 80-pg. catalog, 50¢. Bolind, AH7, Boulder, CO 80302.



Magic mural!

It's simple for you to paint a wall mural with an easy do-it-yourself paint-by-the-number kit. Has all you need! Color catalog of murals, 35¢. Plus free certificate for a \$7.95 mural of your choice with the purchase of other mural of \$14.95 or more. Or, use certificate as a \$5 discount on any \$14.95 mural. Write "Magic Murals", Dept. AH-707E, Box 8500, Fountain Valley, CA 92708.

Table butler



This sturdy plastic table butler has handy recessed pockets to hold glasses, etc., plus a tray to hold a snack bowl or ashtray. It clamps easily onto a square or round table. Each set contains 2 table

butlers, 2 clamps, 2 thumb screws and 2 thumb screw tip protectors. \$7.95. The Table Butler, Dept. AH7, Box 1398, Maple Plain, MN 55348.



A gem!

In fact, three of them—there are three genuine rubies, faceted and Tiffany-set in this hand-crafted ring of sterling silver. A flattering ring in sizes 5, 6, 7, 8. You'll be rich with compliments! \$9.98 plus 45¢ p&h. Vernon, Dept. A7E, 510 S. Fulton, Mt. Vernon, NY 10550.

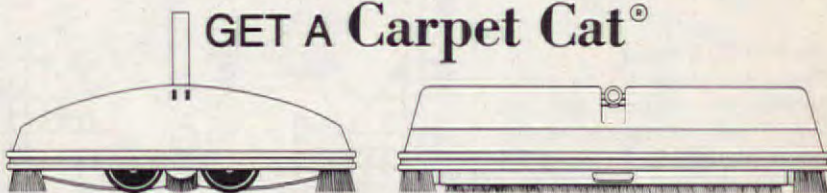
A fine welcome!

Magnificent solid Honduras mahogany door creates a beautiful, customized entryway for your home. Solid 1 3/4" doors are available at low factory-direct prices. Choose from four marvelously designed models in sizes to fit either 3'0" x 6'8" standard entranceways or 2'6" x 6'8" standard double door entranceways. Sold unfinished only. Easy to install, hardware not included. Write for free color literature: Hardwood Door Division Emperor Clock, Dept. 1-HD, Fairhope, AL 36532.



TIRED OF BUYING JUNK?

GET A Carpet Cat®



The CARPET CAT is built with care by people who make nothing else, for people who believe household appliances should last a lifetime. We also think appliances should be noiseless, convenient, pretty, efficient and require no electricity.

If you feel the same way, you're going to love a non-electric CARPET CAT floor and carpet sweeper. We believe it is the lightest, strongest, most efficient and convenient appliance of its type on earth. In the past 6 years, thousands of commercial users worldwide (airlines, hotels, restaurants, etc.) have confirmed our belief by demanding only our floor sweepers. A CARPET CAT weighs under 3 pounds, is only 9 inches wide and works as well on a bare floor as it does on carpet. It picks up sugar, sand, pet hairs, paper clips, ashes and much more. Who really **needs** a vacuum cleaner?

Yes, it looks like an old-fashioned "carpet sweeper" (except it is far smaller and about 1/3 the weight), but there the similarity ends. The CARPET CAT is patented and based on entirely new technology. Its natural hog bristle brush will outlast synthetics by about 3 to 1. It should last a lifetime if properly cared for in ordinary household use. The CARPET CAT'S baked enamel surface wipes clean with a damp cloth. Horse hair corner brushes clean right up to the wall, and the whole sweeper can be hung up in 2 inches of wall space. **EVERY PART IS REPLACEABLE AND CARRIED IN STOCK.**

If you can find any other sweeper that can make the above claims, **BUY IT.** We are sure you can't, so we want you to try our CARPET CAT.

NO NOISE, NO HOSE, NO ELECTRIC CORDS

THE CARPET CAT \$19.95

plus \$2.00
shipping and handling



If you decide the CARPET CAT is unsatisfactory **FOR ANY REASON**, simply return it to us within 15 days and we will refund the entire purchase price. You can't lose.



Advantage Associates, Inc.
501 Madison Ave., Dept. AH7, New York, N.Y. 10022

Please send me _____ Carpet Cats. Enclosed is my check or money order for \$21.95 for each Carpet Cat. If I am not satisfied, I may return it in 15 days and get a full refund.

Name _____ (please print)

Address _____

City _____

State _____ Zip _____

New York residents add sales tax.

Please allow 3 weeks for shipment.

Celebrate "THE SPORTING LIFE" in needlepoint kits

By Ann B. Bradley.

Please all those sports lovers in your life—yourself included—with our handsome needlepoint vignettes, finishing 14 in. square. Used as pillow tops or as pictures as shown, the wistful "I'd rather be™ . . ." reminds of the zest and spirit of happy times spent sportively on land, or sea or in the air.

Designs are screened in color or on 12 mesh canvas 18-inches square. Persian yarns, needle and directions included. In addition to those pictured choose from the following:

- #7729 Playing Golf
- #7731 Playing Basketball
- #7732 Playing Baseball
- #7733 Playing Football
- #7734 At the Races

"C.B." fans will love a picture or pillow for car or den. Pillow top measures 14" x 14", picture is 8" x 10". Kit is complete with design in color on 10 mesh canvas. Glossary of C.B. terms included. (Frames not included.)



#7730 Playing Tennis



#7725 Sailing



#7724 Riding



#7728 Fishing



#7727 Flying



#7726 Skiing

Fill out coupon and enclose check or money order. Sorry, no foreign orders.

—Kits "I'd rather be™. . ." (list below) @ \$19.95 plus \$1 post. & hdlg. \$ _____

—#7735 "C.B." Needlepoint Picture @ \$5.99 plus \$.75 post. & hdlg. \$ _____

—#7736 "C.B." Pillow Top @ \$9.99 plus \$.75 post. & hdlg. \$ _____

Please add Sales Tax (N.Y. and Iowa) \$ _____

Total Enclosed \$ _____

Ladies' Home Journal Sports Kits

L. H. J. SALES INC. Dept. 7785
1419 West Fifth Street, Wilton, Iowa 52778

Name _____

Address _____

City _____ State _____ Zip _____

A Very Special Book For You, With All The **ROOTS** Excitement!

SEARCHING FOR YOUR ANCESTORS

The Fascinating Bestseller That Tells You How To Trace Your Family Tree

Here is the most comprehensive, reliable and entertaining book ever written for amateur genealogists. All you need is a notebook, a few pencils, an inquisitive mind, and a willingness to dig for facts to find out if your ancestors were rich men, poor men, beggars, or thieves.

Packed with information and anecdotes, this book reveals

- how to trace family origins both here and when going to Europe
- how to arrange a genealogy
- how to use government archives in searching out ancestral preserves
- how to cut corners and avoid wasting time and money in the search for elusive forebears.



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

Please send me _____ copies of **Searching For Your Ancestors** at \$1.95. Add 50¢ for postage and handling. I have enclosed full payment of _____

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

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

MORE THAN MONEY

continued from page 8

ask him to recommend someone. If you have the time, you should interview several candidates, to find the person who seems most empathetic.

Getting the best results. Once you've made your choice, here are some suggestions from professional investment advisers that will help increase your chances of success:

- Tell the broker how you arrived at your investment goals and what they are. Listen to his suggestions with an open mind—but don't ignore your own judgment.
- Put the details of your arrangement with him in writing, so there won't be any misunderstanding later, e.g., whether you are willing to have him buy or sell at specific prices, whether he can exercise limited discretion when you are traveling or on vacation, and so on.
- Meet with your broker once a month, if your account is going to be active.
- Keep your broker informed of changes in your situation: A raise or an inheritance that could change your tax bracket, for instance.
- Be sure your spouse understands your investment plans and meets your broker, if the two of you should decide

ABCs of Sound Investing

What's your favorite investment fantasy? Do you dream of getting a "hot tip" from an offbeat source or of taking a chance on some unknown company with your entire bankroll—and becoming an instant millionaire? Experts say this is just about the worst way to go about buying securities. It violates several basic tenets of a sound investment program: Learning as much as possible about a company whose stock you might buy; using only money you can risk losing; and planning for gains over a given period of time.

Those in the know also advise beginners that the place to plan an investment program is not in some plush brokerage company office, with a ticker-tape screen showing stock prices, but in the quiet of your own home. Before you invest in stocks or bonds or plunge into the stock market ask yourself these questions:

- Will I have enough money left to comfortably cover my living costs: food, clothing, housing?
- Am I adequately protected with life, health, and property insurance?

- Am I setting aside an adequate reserve for an emergency?

- Do I have a suitable "investment personality"? Can I watch my stocks decline in value and still sleep at night? Conversely, can I watch them make a minor advance without going on an extravagant binge? If you're not sure, or your answer is no to either question, you may not belong in the stock market.

- Have I carefully considered my investment goals? For instance: Do I want long-term growth from stocks that will increase in value slowly and safely; do I want to add to income with stocks that pay good dividends; or do I want to speculate in stocks that involve a high degree of risk but also the possibility of high gain?

Remember that there are no absolutely riskless investments: There are simply various degrees of risk—from very safe to hazardous. You have to evaluate the amount of risk you are able and willing to accept—depending on your age, family status, financial needs, and goals—when you plan a sound investment program.—S.A.

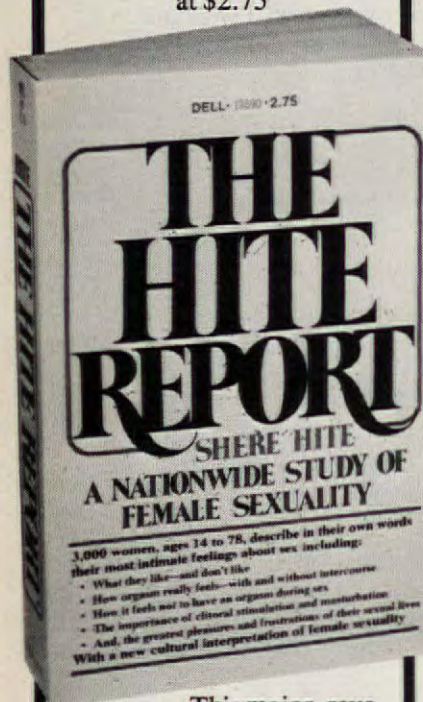
to maintain separate accounts.

- Most important—remember that it is your responsibility to keep up to date and informed about the companies and industries you invest in, or are considering.

Since part of the value of a broker depends on the firm he works for, it's also important that you know the characteristics of a good brokerage firm—which is the subject of next month's column. □

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This major, revolutionary new study of female sexuality is based on questionnaires answered by three thousand women, ages fourteen to seventy-eight, from all walks of life. In their own words, these women describe their most intimate feelings about sex—what they like and don't like, their greatest pleasures and frustrations.

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—Mary S. Calderone, M.D.
President, Sex Information
and Education Council
of the United States

A DELL BOOK \$2.75

LOOK WHO'S FISHING NOW

continued from page 69

the "old fishin' hole," might ride a bike or motorscooter to a pond in the city park provided by taxpayers' dollars and stocked by the state fish and game department. But the reason is probably similar to grandfather's: Fun and a chance to get away from responsibilities.

The motivation of the person who spends \$150 for a few hours fishing aboard a charter boat in the Gulf Stream, is undoubtedly more complex. It isn't necessary that he know anything about fishing—the captain and mate supply the know-how. They find the fish, maneuver the lure into position, and set the hook with a surge of power. It's only a matter of the "fisherman's" hanging onto a powerful rod and reeling in a trophy fish that had little chance to win the struggle anyhow.

Big-game fishermen, and the name is applied loosely in this case, rarely eat the fish they catch. Some say that they return with a surge of machismo, feeling somehow more virile and rejuvenated. A few admit the sight of a huge, leaping billfish incites a feeling that borders on the orgasmic. Complex, indeed.

Thus one might draw the conclusion by quoting the oft-quoted saw: "The only difference between men and boys is the price of their toys." But, there is more to it than that.

Between the simplistic child fisherman and the complex man after his game there are others who exhibit the total range of motives. Fortunately for the sport, most participants say they go fishing just to enjoy the lift of being outdoors, the relaxing effect of fishing, and the enjoyment of catching and eating fish.

Then there are family units who use fishing as the catalyst for a day together alongside a hopefully quiet lake or stream. One readies the fishing tackle, others prepare the picnic lunch and dig worms for bait. Rarely are enough fish caught to feed the family, but that really isn't important.

When the women in the family go fishing today, instead of having to settle for "hand-me-down" tackle, as they used to, they can enjoy gear specifically designed for them. Because women now count for about a third of the total number of fishermen, some rods, reels, clothing, even boat designs, now reflect their influence in this once predominantly male sport.

For the family, a simple day of fishing together, despite the foul-ups and hassles characteristic of such occasions, has residual values that are the traditional, pleasurable stuff snapshots are made of, and one of the

surest cures for insomnia.

Back to the complex again, why do some fishermen spend upwards of \$10,000 for a modern, over-equipped boat and trailer when the money is obviously needed for the home and family? The reasons are many. Some like the status symbol such a boat invokes, in their minds, whether it is idle in the carport or out on the water.

Others need it because they want to join fishing clubs to which you really don't belong unless you sport such a rig. Then there are those who pay out \$250 entry fees to compete in contests that pay up to \$10,000 to the

One third of American fishermen are female. Rods, reels, clothing, even boat designs, now reflect their influence in a once predominantly male sport.

winner who catches the most pounds of bass. The fact that they rarely, if ever, win a fraction of their investment is immaterial. Being in the swing is the thing. And the swing can go so far out that homes and families suffer.

Estimates on the total annual expenditures for the goods and services for fishermen range as high as \$5 billion. That's big business. So big that millions of dollars are spent to encourage more Americans to go fishing, to buy certain brand names, and to add their bodies to ever-shrinking waterways. Recent surveys show that an increasing need for water will result in some ten million new acres of reservoir waters for fishing by the year 2000, about a one-third increase over existing waters. But the total of fishing men and women will increase by an estimated 50 percent, so the resulting pressure probably will mean less fish per hour of fishing. Yet, the need will be even greater for both sexes to escape the frictions of a burgeoning society.

I, for one, still believe in the need for people to fish. A parent and child, a grandfather with his progeny, two buddies seeking outdoor adventure during the greening years, or two adults who find fishing an excuse to slip away and be kids again all need the gratification, laughter, and camaraderie that come naturally while out fishing. The simplest and yet the most compelling reason for anyone to pursue the sport could be the shortest word used to describe fishing, "fun," just plain, simple, uncomplex f-u-n. And more of us could certainly use more of that. □

How to cash in on your built-in luck by using your personal Biorhythm Analysis to discover your multi-high jackpot days

By Paul Vanderwist

You are going to experience at least 5 multi-high jackpot days in the next two months. Your total will have reached 31 jackpot days by the end of the year.

At chances are, you won't collect a single one of the jackpots ever coming to you. Why? Because although Mother Nature has these jackpots into you, up until now, she has kept the way collect them a closely guarded secret.

It's a scientific discovery has finally cracked "Nature's Good Luck Secret." What is the discovery? Scientists call it Biorhythm. Biorhythm is currently drawing enormous public attention. As a writer, I decided to look into it. My investigations centered on the research being conducted by the Biorhythm Research Institute.

The Institute has developed a two part theory. First, at birth, Mother Nature built good luck into each one of us. She intended us to enjoy success and happiness in our loves, finances, careers. Second, in order to cash in on your built-in luck, must simply make the right little decisions on your Biorhythm multi-high jackpot days. But, before I tell you about research, let me quickly explain what Biorhythm multi-high jackpot days are.

WHAT IS BIORHYTHM?

The word Biorhythm is derived from the Greek words 'bio' meaning life and 'rhythmos' meaning regulated beats. There is considerable evidence that we all have three Life Beats (Biorhythm Cycles). 1. A 23 day Physical Cycle, governing energy and sexual stimulation. 2. A 28 day Emotional Cycle, governing love and happiness. 3. A 33 day Mental Cycle, governing money and success. These three Biorhythm Cycles flow throughout our lives. They alternate between high and recharge cycles, (see diagram at upper right). When at least two Biorhythm cycles are on high you experience a multi-high jackpot day. When three cycles are on high on exactly the same day, you experience a Triple High Super Jackpot Day. When all three cycles are on recharge, you have a relax day.

CELEBRITY RESEARCH

With this explanation in mind, let me continue to describe the Institute's research.

To prove part two of their theory, that extraordinary luck can be achieved by making the right little decisions on Biorhythm multi-high days, they



met John Kennedy on his mental and emotional multi-high jackpot day.



Mayle won \$10,000 playing a lottery ticket on multi-high jackpot day.

studied a group of celebrities. All of the celebrities had one thing in common, they were leading ordinary lives when suddenly they were skyrocketed to wealth, success, and fame. Here are their findings on just three of the many celebrities they studied.

When the Olympics opened last summer, 14 year old Nadia Comaneci experienced a Triple High Jackpot Day. Nadia went on to capture the first perfect score in Olympic Gymnastic history, seven perfect scores, and a total of 3 gold medals. In addition, Nadia's physical Biorhythm Cycle was very high every day of her performance, peaked the day she won the gold medal on the uneven bars.

Remember the pet rock craze? The man who conceived the craze was a Californian named Gary Dahl. On April 19, 1975, his Biorhythm Chart indicated a mental high jackpot day. It was on that day that Dahl had his pet rock brainstorm. Ultimately, this craze made him a million dollars in less than 90 days.

Jackie Bouvier was an unknown reporter from the Washington Herald. On May 8, 1952 her mental and emotional cycles reached high points. It was on this day that she met and interviewed John F. Kennedy. They were soon married and she became the youngest first lady in the 20th Century. Jackie is probably the most famous woman alive.

The Institute also studied people who were not famous but experienced extremely good luck. During the week of August 13th, Pat Carnes, a Canton, Ohio wife, had an incredible luck streak. Ironically her luck began Friday the 13th when she won her company's check pool. Friday night, Pat won \$145 playing Bingo. Saturday, she

hit the superfecta at the racetrack for \$850. Sunday, she won 5 times at Bingo and was embarrassed to keep raising her hand. Wednesday, she hit both the trifecta and the perfecta for a total of \$930. Unknown to Pat, during this week her Biorhythm chart had registered six Multi-High Jackpot Days in a row.

Omar Watts was a 59 year old nightwatchman struggling to support a wife and five children. On October 27, 1974 his Biorhythm Analysis indicated a Triple High Jackpot Day. It was on this day that Omar chose to quit his job as a nightwatchman. His purchase of a 50¢ ticket had just won Ohio's first million dollar lottery.

As you can see from the above examples, it was the little decisions made on multi-high days, which led to luck, love, wealth, success, and happiness. This proves part two of the Institute's theory.

Now the Institute is conducting a nationwide research project to prove part one of their theory; that everyone, regardless of age or ability, can dramatically improve their luck with the help of their personal Biorhythm Analysis. If you send them your birth date they will individually prepare your one year - 365 day Biorhythm Analysis. Along with your Analysis, you will receive a research blank which will offer you cash incentives to simply tell the Institute all about the unbelievable luck, love, success and happiness your Biorhythm Analysis has brought you. Your success story will prove part one of their theory.

HOW IS AN ANALYSIS PREPARED?

A Biorhythm Technician will process your birth information. Your keypunched card will be fed into a giant IBM 370-145 computer. The computer will then complete the complicated cal-

"Once you have your personal Biorhythm Analysis prepared from your birth date you can begin to enjoy luck, love, wealth, success, and happiness."

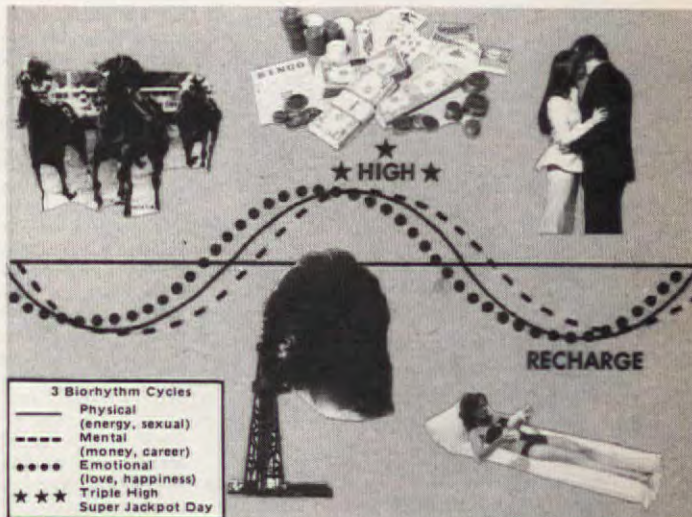
culations to determine the positions of your Biorhythm Cycles everyday for the coming year. Your Biorhythm Analysis will not be preprinted. The computer individually prepares each analysis just like a man would. But the computer's tremendous speed enables the Institute to prepare reports for the public at low costs.

WHAT CAN BIORHYTHM DO FOR YOU?

With your personal 15 page 3,000 word Biorhythm Analysis,



When your three Biorhythm Cycles hit high on exactly the same day, you experience a Triple High Super Jackpot Day.



At the moment of your birth, 3 Biorhythm Cycles begin to flow. They alternate between high cycles and recharge cycles throughout your entire life. Multi-high jackpot days occur when at least 2 cycles are on high at the same time. Relax days occur when all three cycles are on recharge.

all of the following benefits can be yours.

- Your luck can instantly improve. Your Analysis will point out your multi-high jackpot days. These lucky days are the best times for you to enter lotteries, drawings, raffles, play bingo, go to the races, play cards, or try any game of chance.

- Your Biorhythm Analysis can make you lucky at love. You'll be told when your Physical (sexual) and Emotional (romantic) high days will occur, so you can take full advantage of them. When you know ahead of time you'll be at your best, your self-confidence will improve. Members of the opposite sex will sense this and be attracted to you.

- You will reach a new level of self-understanding with Biorhythm. You will follow a more natural lifestyle and be completely comfortable in your new skin.

- Your analysis will help you perform better on the job and accelerate advancements. Profitable times (intellectual highs) to make career and investment decisions will be pinpointed.

- Your analysis will notify you when to be on the lookout for hidden talents which may be surfacing. It will then point out the best times to develop these talents.

- By knowing the best times to do things, and when to relax and recharge, you'll do everything better than you have before. You can use your Biorhythm Analysis to begin an all around program of self-improvement.

Biorhythm has been thoroughly tested. Over 5,000 companies worldwide use Biorhythm. Many American airlines use Biorhythm. Biorhythm has been covered by most major newspapers, magazines, and has recently been featured on "To Tell The Truth", and "Monday Night Football."

HOW CAN YOU ORDER YOUR PERSONAL BIORHYTHM ANALYSIS?

If you are interested in immediately cashing in on all of the built-in luck, love, wealth, success, and happiness you have coming to you, then simply do this:

Send the name, address, month, date, year and place of birth for each person on a piece of paper along with the \$3.65 plus 30¢ postage and handling (cash, check, or money order) for each one year Biorhythm Analysis (365 days for 1¢ a day). If you have Master Charge, BankAmericard, or American Express, you may charge your purchase by sending the following information. A. name of credit card B. credit card number C. card expiration date.

Mail your orders to Biorhythm Research Institute, Dept. H-49, 401 Market Ave. N., Canton, Ohio 44750.

You take absolutely no risk when you order. Your Biorhythm Analysis is covered by a one year - 365 day - full money back guarantee. If your luck does not dramatically improve in all areas of your life, simply return your analysis. You will receive every penny of your money back - no questions asked.

The Institute's research project may not last much longer. But right this minute you can have your personal one year Biorhythm Analysis individually prepared for just 1¢ a day! If you have any questions, call me, Paul Vanderwist, at (216) 455-1390. I'll be happy to talk with you.

UP A TREE

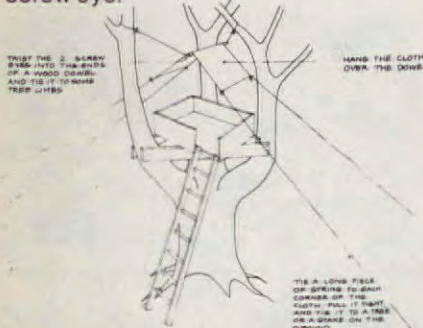
continued from page 36

Using 2-inch nails, nail each panel into place.

HANGING THE ROOF

Twist the two screw eyes into the ends of the three-foot-long wood dowel.

Tie long pieces of string to each screw eye.



Climb up into the tree to the height you want the roof to hang, and tie the dowel to branches far enough apart from each other so that the roof will align with the platform.

Tie a long piece of string to each corner of the weatherproof roof cloth.

Hang the cloth over the dowel and tie the strings to lower branches, or to stakes set in the ground, as shown in the illustration.

ATTACHING A LADDER

Measure the distance from the platform to the ground.

You can use a regular ladder, if it is long enough, or make a ladder from a rope with knots tied in it so it's easy to climb up.

If you use a ladder, set it securely against the edge of the platform and nail it with 4-inch nails. If you use a rope, you can tie it around the front beam of the tree house. □

SHOPPING GUIDE

continued from page 82

17"). 80¢ per pkg. of 12; cocktail size (10" x 10"). 70¢ per pkg. of 20. 10" diameter plates, \$1 per pkg. of 8, and 7 1/2" diameter plates, 70¢ per pkg. of 8. Solid color paper cups, 6-9 oz., hold hot and cold liquids, poly-lined; 70¢ per pkg. of 6. All designed by Kalla for Party House. Orange Melamine serving spoons, No. 2517, 8" long; 80¢ and No. 2518, 10" long; \$1.20. Orange Melamine mugs, No. 2300, 10 oz.; \$2.80 each. Plastic storage containers: No. 1916/9, 63 oz., 6 1/4" x 7 1/2" x 4"; \$5.40 each; No. 1916/3, 22 oz., 6 1/4" x 7 1/2" x 3 1/2"; \$6.50/set of 3 (\$3.50); No. 375, 12 oz., 3" x 2 1/2" x 4 1/2"; \$1.80; "All-Purpose Food-Savers," No. 350, 11 oz., 5" x 3" x 2 1/4"; \$2.30. All are airtight, and refrigerator safe. All spoons, mugs, and containers from Rosti by Copco. Bright stripe trays, ice buckets, and fabric napkin from the "Kaleidoscope Stripe" Collection in plastic laminate: 16" x 22" tray, \$22; 12" x 18" tray, \$11.3- quart stripe plastic ice bucket, \$20. Matching fabric napkin in 100% cotton, 18" x 18", \$1.60. All by Sigma Marketing Systems, Inc. Yellow plastic-handled stainless flatware (service for 4) and natural beechwood stand, by Elofson Products, Inc.; \$30. 4-piece place settings available sepa-

ately at \$5.50 per setting. Background: "Cloud silk-screen print fabric is "Intair Sky" 100% cotton, 65" wide, blue/white only, \$21/yd. ppd. per yard, by International Printworks at Fabrications. (Minimum order 1 yd.) Butcher-block table, 2" thick top with rounded edge on trestle base, 72" x 42", 29" dining height, \$353. Send for 52-page illustrated catalog, \$1, both from J & D Brauner.

BRITISH PICNIC

PAGES 52-53 and 54: For information on her shirt, his shirt, and plaid blanket, see Cover listing. Plastic tankards, No. L2449, "Poppy Red," 18 oz.; \$1.75 each; 12"-long square red plastic plates, H-14, \$3.40; 6 1/4"-long round red plastic salad plates, H-7; \$1.60. All by Oblique Division, Plastics Manufacturing Co. "Cafe" flatware in dishwasher-safe stainless steel with red plastic handles: fork No. 90V86, knife No. 90V85, tablespoon No. 90V88, all \$2 each, from Alfred E. Knobler & Co. Sun tea glass jar, 3 liter capacity, \$4.50 by Wheaton Glass. Plastic freezette containers: No. 145, 10 1/4" long x 7 1/4" wide x 1 1/8" deep by Republic Molding Corp.; \$1.49. Galstar deluxe sheet vinyl flooring, Glastonbury brick, No. 37009, 12 foot width, Quite-Cor foam interlayer and Softstep vinyl foam backing, \$11.50 per square yd. from GAF. Note: Listed below are the materials needed to make the picnic quilted throw, lining for picnic hamper and napkins. Instructions start on page 55. Napkins and picnic hamper lining: Permaplaid No. 304, 44/45" wide, 65% polyester/35% cotton, permanent press, machine washable, about \$1.18/yd., by White Rose Fabrics from A.E. Nathan. Quilted picnic throw is made up in "Elephant" tartan in 100% cotton, 44/45" wide, \$3.50/yd., handloomed Indian Madras, by Ameritex. Slubs, shadings and unevenness are characteristic. Care should be taken in laundering as fabric is subject to bleeding. Stitch Witchery, No. SW-1, 100% polyamide, fusible iron-on bonding, washable and dry cleanable, available in an 18" wide width by the yard, \$1/yd. Also available in 3/4" wide tape in packages of 15 yds. for \$1. Thermolam, No. 970, multi-purpose fleece, 40" wide, \$1.69/yd. (non-woven 100% polyester, washable, dry cleanable, shrinkage controlled). All by Stacy Fabrics Corp. Bias tape in 50% polyester/50% cotton, No. 435, Color: No. 415-red, colorfast, pre-shrunk, 7/8" wide, single fold, 3 yds. per pkg., 49¢ per pkg., by Talon from Donahue Sales. Velcro self-gripping nylon fastener tape, No. 1075, washable and dry cleanable, 3/4" wide, from Donahue Sales, 75¢ per foot/7¢ per inch. Tartan 100% nylon ribbon: No. 1550-60py, Color: No. 2, Width: No. 5 (approx. 1" wide), 60¢ per yd/\$6 per spool, by C.M. Offray & Son, Inc.

HAWAIIAN LUAU

PAGES 60-61: (Pictured in 2) cast aluminum outdoor electric barbecue with rosewood shelf, \$180 (grill only); \$8.50 (shelf), by Charmglow Products. (4) Palm leaf fan (Shown with Pineapple Sherbet Waikiki), \$1.50; (7) rattan steamer (with Kalua Pork), No. BB799, 17" diameter; \$10 and Banban bamboo tray with handles (with Mock Poi in Orange Shells) No. SI 791, 13" long x 8 1/2" wide; \$7, all from Manila Bay at Banana. Plastic orange, green, yellow stack bowls (with Coconut Rice), No. 103, 3 1/2" x 2" \$2 each. (7) Plastic orange bowl (with Bean Sprouts Vinaigrette), No. 106, 9 1/8" x 4"; \$8 each. Yellow dinner plates (shown stacked), No. 101, 9 1/8"; \$2.50 each. All plastic dishes by Heller Designs Inc. Flatware: dinner spoon No. 702, \$1 per piece, by Anacapa Trading Co. (7) Wooden harvest Cameroon basket holding fruit, No. 199, 34" long, by Folklorica Imports; \$18. Wooden parasol picks, No. 4527, 30¢ per pkg. of 12; pineapple picks, No. 4850, 60¢ per pkg. of 8; both from Amcan. (6 & 7) Bangle bracelets No. 5314 in carved ivory plastic; \$7.50 each. Green nylon cord necklace with 12 wooden beads, No. 5412; \$4. Both by Cathy & Marsha for Catherine Stein. (5) Red nylon cord choker with Mother of Pearl disc, No. 403S, by Eva Graham; \$15. (6) Orange espadrilles, "Mallorca," by Unisa; \$32. Fabric used for stripe tablecloth and three sundresses are all made from Marimekko sheets by Dan River. Each is made from one twin-size flat sheet (66" x 104" before hemming) in 50% Fortrel polyes-

ter/50% combed cotton; \$12 each. (7) On table: "Lato," tundra green and white stripe sheet; \$12. To order Butterick Patterns by mail, send check or money order, pattern number(s) and size to: Butterick Fashion Marketing Co., P.O. Box 549, Allentown, Pa. 16603. In Canada: Butterick Fashion Mkt. Co., P.O. Box 4001, Terminal A, Toronto 1, Ont., Canada, M5W-1H9. Please add 15¢ postage and handling for each pattern ordered. Pennsylvania residents please add sales tax.

PAGE 61: (6) Left: Strapless long dress in Butterick Pattern No. 4843, sizes 6-18, \$1.50, can be worn as a strapless dress as shown or as a skirt flared, back-wrapped dress has shaped front and back yokes with attached self ties. Strapless dress is made up in Marimekko by Dan River sheet in "Onni" giant green/white floral print. (6) Right: Sundress in Butterick Pattern No. 4826, sizes 6-18, \$1.50. Halter back-wrapped mid-knee sundress; gathered front neckline banding extends into halter and waistline ties, bias-flared skirt, applied lace ruffle (lace ruffle trim was eliminated and self-fabric band trim added at the top of front bodice). Made up in Marimekko by Dan River sheet in "Happy" giant floral print in turquoise/green/blue on white ground. (5) Dress in Butterick Pattern No. 4821, sizes 6-16, \$1.50. Loose-fitting long dress, two front-buttoned straps, back slit with self ties, topstitch trim. Made up in Marimekko by Dan River sheet in "Happy" giant floral multi-color print on white ground. Red heart plastic buttons, No. 20150, size 28 by JHB Imports; 75¢/card of 3.

PATTERN BACKVIEWS & YARDAGES

All yardages given are for Misses' size 8

BUTTERICK PATTERN #4826

Backwrap Ruffle Hem Sundress
(We eliminated lace trim at front)
yds: 1 flat twin-size sheet (66" x 104")



FRONT & BACK



BACK

BUTTERICK PATTERN #4843

Strapless Wrap Dress
yds: 1 flat twin-size sheet (66" x 104")



FRONT & BACK



BACK

BUTTERICK PATTERN #4821

Easy Long Dress
(We eliminated pockets)
yds: 1 flat twin-size sheet (66" x 104")



VIEW B-FRONT

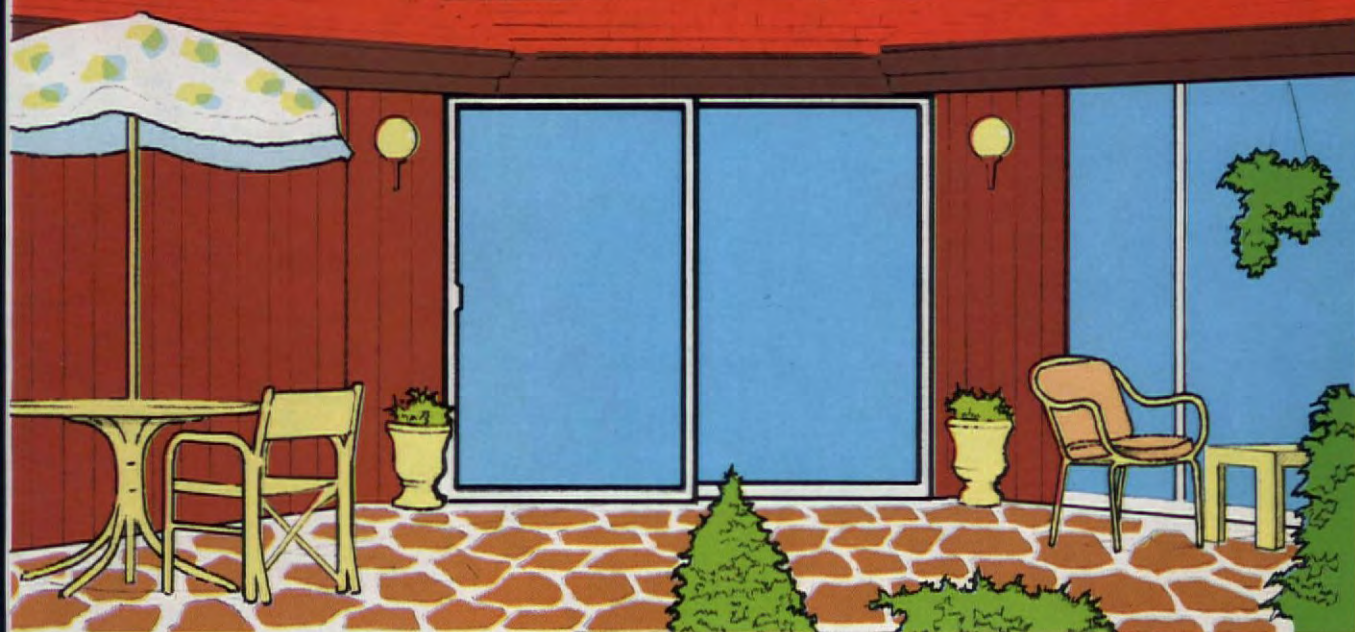


VIEW B-BACK

LOOK WHO'S FISHING NOW

Page 68: Man's fishing rod, "Dai Wa 4000"; green fishing rod, "Penn 710 Spin Fisher"; Garcia. Tackle box, "Adventurer," Abercrombie & Fitch Co. Waders, Converse Rubber Co. Parkas, Helly-Hansen of Norway at Abercrombie & Fitch Co. Safari bag, Hunting World. Horse blankets, M.J. Knoud.

Beat the Heat

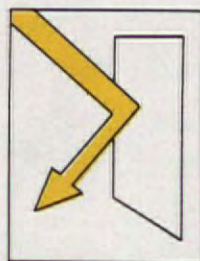


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☐ 36 in. wide \$40.80

Postage & Hdlg. ea. \$ 2.00

N.Y. add sales tax.....

Total enclosed.....&.....

Color of your choice ☐ silver ☐ bronze

Name

Address

City

State

Zip





FAIRY-TALE VILLAGE

(back by reader demand)

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

American Home General Store, Dept. CS-6

641 Lexington Ave.,
New York, N.Y. 10022

Canvas Stichery Kit(s) @ \$5.00 each.....

Postage and handling \$.25.....

Sales tax, where applicable.....

Total enclosed

Please Print Name

Address

City

State

Zip

EMERGING EGO

I must comment on your lauding of Reba Merrill as an "Emerging Woman" ("Yes, I Can!," April). She is, more properly, an emerging self, or ego, who is in danger of swamping those closest to her. Since when must a woman—a mother—live away from her husband and child in order to find herself? I can't believe her previously shaky marriage was helped by her move to San Diego, nor do I buy the idea that the separation has "many advantages" for her son.

Women or men who must sacrifice their potential for giving to those they love, whether in presence or time, need to reevaluate the concept of self they are trying to build. If Reba Merrill can "make herself happy or miserable wherever she is," then why not set about to make herself happy at the side of her husband and son?

Deborah Houseal
Memphis, Tenn.

WOMEN'S WORK

Three cheers for "Are You Trying to Be Superwoman?" (April)! Nancy Love sums up how many women feel (but are reluctant to talk about) having to perform all of these full-time jobs superbly.

Husbands and children unite: If you like Mom's pay check to help ends meet, roll up your sleeves and get ready for some work!

S. L. Traugut
Trenton, N. J.

Brava Nancy Love. I am a sales rep. for a business machine company who travels about four days and nights a week, and have a seven-year-old boy at home. Yes, I know how it is!

Elizabeth Clinch
St. Louis, Mo.

Anyone who has a loving family and a good provider for a husband and still tries to be superwoman deserves all she gets. Making a comfortable home for a husband and children is a perfectly acceptable, reasonable, and rewarding full-time occupation.

Martha Conway
Spokane, Wash.

My thanks to Nancy Love for putting into words those things which I face every day of my life. Fortunately for me, I have worked out an equitable arrangement with my husband for attacking the household chores. He pitches in and helps regularly and without being asked most times. I don't hesitate to suggest he do something for me, whether it's finishing up the dishes

while I fold the laundry or vacuuming the rug while I clean the bathrooms. Our 11-year-old daughter is learning that a man can be a helpmate even with the mundane tasks around the house that have been too long women's work.

Tere Moore
San Antonio, Tex.

PROFESSIONAL FINISH

I am the owner and operator of a furniture service. I am concerned that much of the information mentioned by Constance Stapleton in "The Art of Growing Old" (March) is not qualified. Antiques can suffer a great loss of value if not cared for properly and professionally.

There is no rule of thumb—each piece must be treated as separate and individual—and no room for mistakes. Only a professional should attempt restorations; if the amateur wishes to learn about antiques, he should watch the real pro do it and work with him if he'll allow it.

Marvin Kushner
Elgin, Ill.

Constance Stapleton replies:

"The Art of Staying Old" was written to inform antiques owners of danger signs—to alert them when something is going wrong so they can do something about it—and not intended as a primer on refinishing furniture. It would be ideal if all collectors would avail themselves of the services of a skilled restorer, but experience shows the majority—because of cost or inaccessibility to such services—will do it themselves.

DON'T IMPROVE—MOVE

In the article "Don't Move—Improve" (April), I feel the couple would have been better off moving. At first glance I was appalled at the extremely contemporary addition to a traditional Cape Cod home. I was even surprised that you would consider it for use in an article of this sort. To me, this house is a perfect example of what to avoid when considering an addition.

To avoid having the old and new parts clash, a good architect would consider more than merely the roof line and exterior material. I feel a new addition should blend with the original house without such a stark contrast in architectural styles. In this case the couple would have been better off buying a contemporary home that would reflect their taste.

Patricia K. Tietyen
Milwaukee, Wisc.

PRO LIFE INSURANCE

Jean Carper's Consumer Watch "Best Life Insurance Buys" (April) was certainly slanted.

Having been in the life insurance field myself, I find she omitted some rather pertinent facts concerning whole-life insurance policies. She failed to mention that the return one gets on a whole-life policy is nontaxable and a guaranteed return. I'm sure if you put that up against a 5 percent passbook or 7 percent certificate taxable bank account the figures would be much more favorable on the life insurance side.

Also, she failed to mention that you can borrow against the "cash value" in your whole-life policy for around 5 percent or 6 percent (compared to a bank at 10 percent) and repay the interest only, paying the principal back if and when the policyholder wants. That's pretty cheap money.

Cathy Lyter
Lake Oswego, Ore.

Jean Carper replies:

True, the return on whole-life insurance is not taxable. Even so, you generally do not end up with as much money by investing it in whole-life compared with investing it elsewhere. For most people, the low yield on life insurance cannot be recouped through taxes.

Though you can borrow on your life insurance, you are in fact borrowing your own money and paying interest on it. If you had invested this amount of money elsewhere you could withdraw it or borrow against it at low rates. Also, many life insurance companies have recently raised their loan rates to 8 percent.

MARRIED IS BETTER

The April issue with Tina Laver's "No Singles Allowed" could not have arrived at a more appropriate time. I had just answered my phone for the 150th time to calls responding to an ad for a two-bedroom duplex for rent and had as yet no suitable prospect. After 40 years as landlord, I have found singles less stable than marrieds. Since American Home is a home magazine, let me emphasize the well-founded fact that a home cannot be called that unless it is headed by both parents!

Mrs. M. Koehnlein
Waukesha, Wisc.

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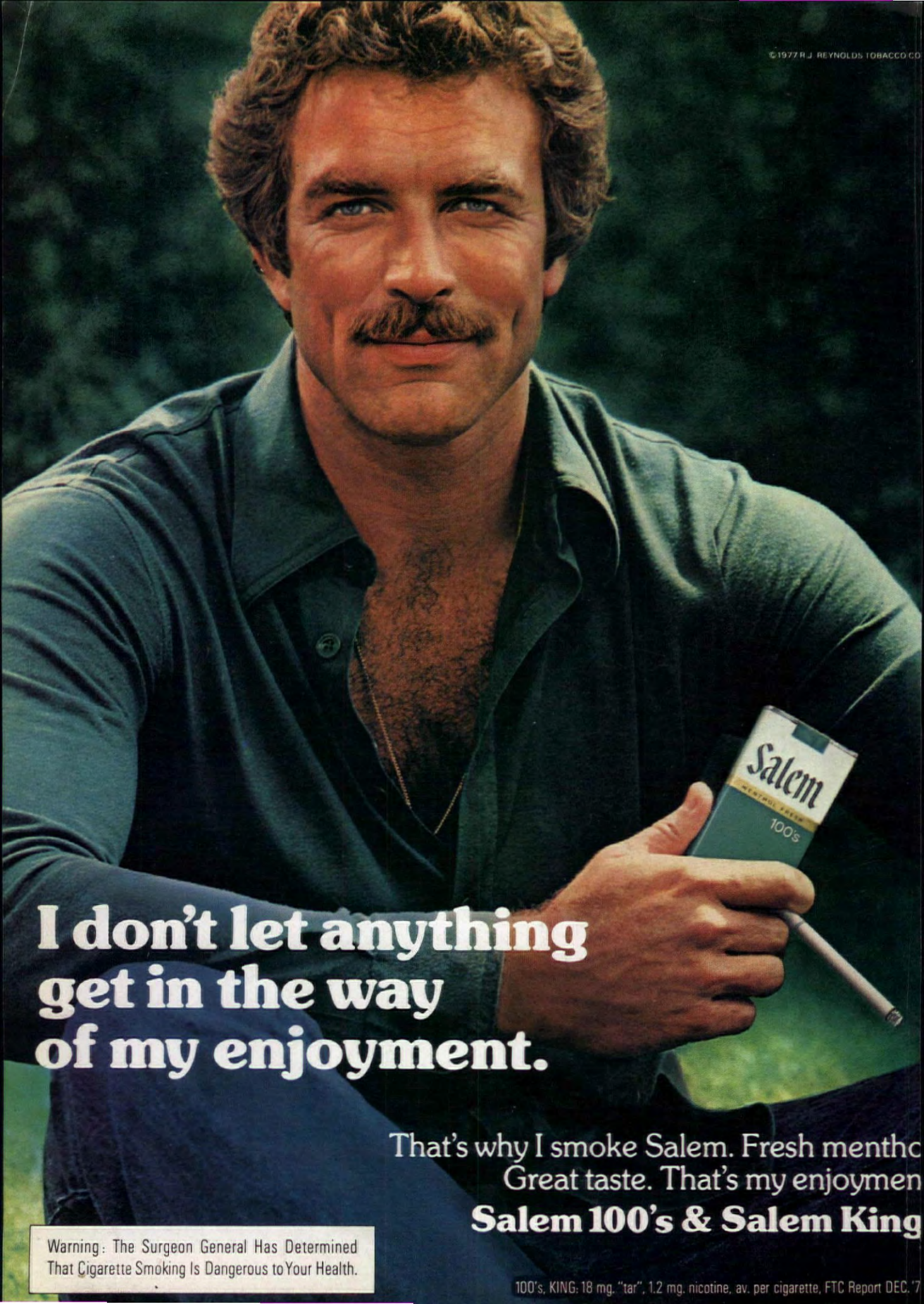
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