How I changed.

NATURE GOOFED! I WAS BORN TO BE A BLONDE!
(BUT I COULDN'T HAVE DONE IT WITHOUT CLAIROL'S BORN BLONDE)

Go all the way to blonde with Born Blonde®
The gentlest 2-step way to turn blonde.
First, there's the lightener. Next, a no-bleach toner.
And then, that soft blonde you were always meant to be.

I'm too young to be old.
I'm glad I found a way to get rid of my grey
and keep my natural hair color.
It's called Loving Care.

If you're starting to see signs of grey and don't want to change your natural hair color, you're going to love Loving Care® Color Lotion. It has no peroxide. It makes your hair softer and shinier. And it's actually good for your hair.
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 Panatella (Div. Levi Strauss), blanket by Faribo. Her make-up from the Maxi Collection by Max Factor. Photographed by Elyse Lewin

AMERICAN HOME

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100 Our Readers Write
When is a headache The ^cedrin Headache?

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

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

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

"It's beautiful when the pain stops."

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

The Extra-Strength Pain Reliever.

Doesn't your headache deserve Excedrin relief?

Read and follow label directions.
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.

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.
At 6 for 99¢, you can indulge in more than one fantasy this month. Start with any 6 best sellers for just 99¢ when you join The Doubleday Book Club.

Here's how our club plan works.

You'll get your 6 books for only 99¢ plus shipping and handling along with your FREE Tote Bag when accepted as a member. If not satisfied, return them within 10 days to cancel your membership and owe nothing.

About every 4 weeks (14 times a year) you'll receive our magazine describing our two Club Selections and at least 100 Alternates. The Extra-Value Selection is always just $1.98 (up to 75% off publishers' edition prices). The Featured Selection and Alternates save you an average of 50% off publishers' edition prices. A charge is added for shipping and handling.

If you want both Club Selections, do nothing—they will be shipped automatically. If you'd prefer only one Selection, an Alternate or no book at all, indicate this on the order form and return it before the date specified. You'll have at least 10 days. If you do not have 10 days and receive books you don't want, return them at our expense.

Once you've purchased just 6 books during your first year of membership, you may resign or continue with no further purchase obligation. The Doubleday Book Club offers its own complete hard-bound editions, sometimes altered in size to fit special presses and save members even more.

The Doubleday Book Club
Dept. MR 196, Garden City, N.Y. 11530
Please accept me as a member and send the six books I have marked in the boxes. Bill me just 99¢ plus shipping and handling. I agree to take six books during my first year of membership (for as little as $1.98 each) at regular low Club prices, under the Club Plan as described in this ad. Also, send me a FREE tote bag, mine to keep whether or not I remain a member.

The Doubleday Book Club
Makes your fantasies affordable.
INTRODUCING
THE TASTE PEOPLE GO ALMONDS FOR.

If almonds are your kind of nuts—you'll leap at our new Pink Squirrel. The Pink Squirrel is luscious Creme de Almond, laced with Creme de Cacao and other delicious ingredients. It's the most tempting, smoothest tasting drink ever. Pre-mixed and ready to pour. The Pink Squirrel: Why not start hoarding it now?

THE HEUBLEIN PINK SQUIRREL.

For delicious dessert recipes using Heublein's Pink Squirrel, write P.O. Box 11152, Dept. PS, Newington, Conn. 06111.

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 a 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 roses, 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 Pinot 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 of 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, rose, 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
Inglenoak Navalle Rosé
Almadén Grenache Rosé
Gold Seal American Vin Rosé
Winemaker's Guild Pink Chablis
Roma Country Rosé

Wines appropriate for picnics are the thing.


"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)
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.

**VIRGINIA SLIMS**
Slimmer than the fat cigarettes men smoke.

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, ranch, and English sources in woods like pine and oak. 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
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 shape-up circuit. Parcours. 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. Parcours exist in 30 cities. Information: Parcours, P.O. Box 99569, San Francisco, Calif. 94109.

Don't eat lobster like a mobster.

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.
WOMAN SPACE

Why we are a little homemaker this 111 the
construction business and build smart 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
domesticating 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
16, 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, Susan
Torre, is available (Whitney
Library of Design. $25).

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.

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, bookshelf, and big
bathhouse. Special nature-
loving activities such as a
marine exploration program
gereed 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.

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 pro-
gram sponsored by HUD. The
program is designed to lower
electricity bills and stimulate
the sales of solar systems.

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
1/2 cup milk
1 teaspoon salt
Dash pepper
1 tablespoon grated onion
1 1/2 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
1/2 quart souffle dish or
butter and 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
1/2 cup 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
1/2 cup cheese.
信息：3M公司，部门DE6-34，
P.O. Box 33600，圣保罗，
明尼苏达州55133。

SUN BONUS

首先坏消息：如果你住在
这些10个州之一，你支付的
电费是全国最高的1976年：
宾夕法尼亚州，佛蒙特州，新
泽西州，康涅狄格州，罗德
岛，马里兰，
马萨诸塞州，纽约州，新
罕布什尔州，佛罗里达州。
现在好消息：如果你是
这些州的一个
个州的家庭所有者，你可能
有资格获得
为安装
太阳能热水器
一个实验联邦项目
由HUD赞助。该项目
旨在降低
electricity bills and stimulate
the sales of solar systems.

ZUCCHINI SOUFFLE

1/4杯黄油或人造黄油
1/4杯全用途
面粉
1/2杯牛奶
1茶匙盐
1茶匙胡椒粉
1汤匙切碎的洋葱
1 1/2杯切碎的西葫芦，
挤出多余的液体
5个鸡蛋，分离（室温）
1茶匙奶油塔特
1/2杯切达奶酪

在中等火力的平底锅
中融化黄油。加入面粉。
加入牛奶慢慢地；煮
低热，搅拌至浓稠
且光滑。加入盐，胡椒粉
和洋葱，搅拌至混合。
加入蛋白，用奶油塔特
打至硬峰。加入蛋黄
打至浓稠，轻薄。将西葫芦
酱料与蛋黄混合，然后
加入蛋白。放入涂了
油的1/2夸脱的蛋黄
模子或

信息：3M公司，部门0E6-34，
P.O. Box 33600，圣保罗，
明尼苏达州55133。

SUN BONUS

首先坏消息：如果你住在
这些10个州之一，你支付的
电费是全国最高的1976年：
宾夕法尼亚州，佛蒙特州，新
泽西州，康涅狄格州，罗德
岛，马里兰，
马萨诸塞州，纽约州，新
罕布什尔州，佛罗里达州。
现在好消息：如果你是
这些州的一个
个州的家庭所有者，你可能
有资格获得
为安装
太阳能热水器
一个实验联邦项目
由HUD赞助。该项目
旨在降低
electricity bills and stimulate
the sales of solar systems.

ZUCCHINI SOUFFLE

1/4杯黄油或人造黄油
1/4杯全用途
面粉
1/2杯牛奶
1茶匙盐
1茶匙胡椒粉
1汤匙切碎的洋葱
1 1/2杯切碎的西葫芦，
挤出多余的液体
5个鸡蛋，分离（室温）
1茶匙奶油塔特
1/2杯切达奶酪

在中等火力的平底锅
中融化黄油。加入面粉。
加入牛奶慢慢地；煮
低热，搅拌至浓稠
且光滑。加入盐，胡椒粉
和洋葱，搅拌至混合。
加入蛋白，用奶油塔特
打至硬峰。加入蛋黄
打至浓稠，轻薄。将西葫芦
酱料与蛋黄混合，然后
加入蛋白。放入涂了
油的1/2夸脱的蛋黄
模子或

信息：3M公司，部门0E6-34，
P.O. Box 33600，圣保罗，
明尼苏达州55133。

SUN BONUS

首先坏消息：如果你住在
这些10个州之一，你支付的
电费是全国最高的1976年：
宾夕法尼亚州，佛蒙特州，新
泽西州，康涅狄格州，罗德
岛，马里兰，
马萨诸塞州，纽约州，新
罕布什尔州，佛罗里达州。
现在好消息：如果你是
这些州的一个
个州的家庭所有者，你可能
有资格获得
为安装
太阳能热水器
一个实验联邦项目
由HUD赞助。该项目
旨在降低
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 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 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 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 Dittea
RICKS WITH OLDING SCREENS

Easily the most versatile and economical room dividers, screens can also hide an ugly view; conceal an unattractive radiator, beam, or her misplaced architectural horror; create an extra closet or wall; hide a television set, the clothes dresser, 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 back and forth and 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 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 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 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 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

$25 for each idea published.

JULY 1977. AMERICAN HOME
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.

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.

Remove one quarter 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. Reassemble the light bulb holder (E), attach the lampshade, and you have a new light fixture. — Joyce Roy

CUT-RATE CONTACTS

Have you seen the ads for mail-order contact lenses? You send in your prescription and the lenses are mailed directly to you, at a cost of around $20 for hard lenses and $50 for soft ones. 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 lens 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 Carp
Exclusive new fashion from American Home

**T-Shirt**

Brighten your day in our 100% cotton T-shirt with the slogan "American Home is my home." Available in three sizes (S,M,L) with cap sleeves, rounded neckline. Only $3.99.

**T-Dress**

Kicky long dress is a great cover-up at home or at the shore. Made of easy-care 100% cotton, it has short sleeves, scoop neck, split sides (S,M,L). $7.99.

**The Long and Short of Summer**
Is this the pharaoh of the Exodus?

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.

The pyramids of Giza, looming vast and mysterious out of the desert sands...

... the mute, enigmatic Sphinx, standing sentinel as it has stood since the dawn of civilization...

... the Valley of the Kings, honeycombed with tombs dating back into the mists of antiquity...

... the temple of Osiris, the temple of Amen-Re, the Colossi of Memnon, the mortuary temple of Ramses II...

... for thousands of years, the tombs and temples of Egypt have evoked curiosity and wonder about their creators.

How did the ancient Egyptians, just a few hundred years removed from a primitive stone-age existence, manage the incredibly sophisticated construction of the pyramids?

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Now, you and your family can explore these and many other fascinating questions about ancient Egypt in a superb volume called “The Pyramids and Sphinx.” It’s Volume I in the stunning Newsweek Books series, *The Wonders of Man...* and it’s yours to enjoy free for ten days with this offer.

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You’ll view the Grand Gallery through which the body of Cheops was carried when he was laid to rest in the Great Pyramid... and the tiny, 5" statue which is the only remaining likeness of Cheops himself. You’ll see the resplendent second coffin of Tutankhamen, just as it was removed from its outer container—and the head of the withered mummy that was found inside.

You’ll also see a part of the Book of the Dead, buried with pharaohs to help their spirits come back out of the tomb after interment. You’ll see mummy wrappings bearing painted pictures of the people inside—the pictures unbelievably modern and realistic though close to 2000 years old. You’ll see delightful wooden models, unearthed from a long-lost secret chamber, of everyday Egyptian life in the Eleventh Dynasty. You’ll see pyramids, statues, marvelous temples, and more.
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CWX17
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, tropicaus 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).

It's wacky, but it works. Max 120's take longer to smoke so you don't light up as often.
"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 every time 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.

Available At All Leading Drug Counters. © 1977 Thompson Medical Co., Inc.
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.

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.

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 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 S5 inverted, and the numbers 935 that I assume refer to the silver content.


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.

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I bought 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.

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— 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.

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

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.

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.

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.
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.

And maybe you're even happy there's a new magazine for the new person you're becoming, a magazine that understands the difficulties, joys and triumphs of being truly alive. The new American Home.

We have the same priorities as you. We deal with reality. We help you focus on practical and enjoyable ways to manage your expanding life. Your career—or thoughts of a career. Your home, marriage, children. “The Emerging Woman” each month shows you how women like yourself solve problems similar to yours. Our food 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!
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 husband, as rower, is to be part of our lifestyle. My son-in-law lent me his bedroll while my husband timed the operation with a stopwatch. (His other major contributions were the loan of a waterproof watch, a Swiss knife, and 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 exactly what the “gear list” suggested: snakebite kit, heavy sweater, knife, etc. I carried them, but never succeeded. I never let calm water fool me; I’d seen a fellow sitting atop a pile of 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 a waterproof watch.)

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 rollercoaster 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 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 of 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 a waterproof watch.)
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-wettened ground cloth and tent the next morning. Each day I learned something new.

W e’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 Moorees, 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 cracking of the fire. I’d first unplug the air mattress (that was my breath escaping!), roll the bedroll while it was on the ground 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 calming 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 will 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.

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.)

In My Opinion

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.

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.

Do you have something to say to the readers of American Home? We will pay $50 for manuscripts we publish. Please limit comments to 600 words, typewritten, and send to: In My Opinion, American Home, 641 Lexington Ave., New York, N.Y. 10022.

Flower talk.

Flowers and plants are for everyone. Naturally.
Make an arrangement with your florist.

Kent Golden Lights 100’s!

Taste so good you won’t believe they’re lower in tar than all these 100’s:

- Winston: 19 mg TAR, 1.6 mg NIC
- Marlboro: 18 mg TAR, 1.1 mg NIC
- Camel: 18 mg TAR, 1.0 mg NIC
- Pall Mall: 16 mg TAR, 1.2 mg NIC
- KOOL: 19 mg TAR, 1.2 mg NIC
- Salem: 18 mg TAR, 1.2 mg NIC
- Virginia Slims: 18 mg TAR, 0.9 mg NIC

'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 table-top 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
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 campground.

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.


More ‘Round the World Picnics on pages 48, 52, and 60.
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 6-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 3/8-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. The fabric should measure one yard wide.
- 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)
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. Everyone in the Nathanson family, including kids Justin and Erica, has a say about how plants will fit into their restored Victorian house.

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

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.
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

When the shade’s drawn, the front porch makes a delightful setting for a romantic weekend breakfast.
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.
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 small outdoor tools, while the wooden bin at the bottom neatly stores brooms, golf clubs, etc. Rusted 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.

There you have it: An ugly space made glamorous—a place to relax, cook out, and share good times with friends. —V.P.
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 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 16th-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 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 orunker. For a population of fewer than 500 that isn't bad.

But if life here is busy it is also very 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.

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 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)
T he 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 (sweating!) 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 sunscreens. 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 oils, then follow it up with a moisturizing soap and lots of water. Rinse off, then rinse again 10 more 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-sunning, 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 surefire 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


All make-up from the Max collection by Max Factor: Maxi-Moist Lipstick in Iced Watermelon, Maxi-Glow Blush in Cherriwood, Maxi-Lash Black mascara, Maxi-Fresh Shadow in Lucky Penny Brown and Maxi-Fresh Fluid Makeup in Sun Beige.
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. Put out sliced breads, soft sweet butter, toppings, and garnishes. Arrange a sample assortment on a tray and set up an assembly line operation. Rainbow carry through the Danish modern theme. For recipes, see page 66.

**MENU**

Smørrebrød (open-faced sandwiches)

- 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

More 'Round the World Picnics on pages 52 and 60.
Good news! Raleigh now packs twice the coupons—2 on every pack, 8 extra in every carton. So, you get any of more than 1,000 Raleigh gifts twice as fast. Genuine tobacco flavor plus Double Gift Coupons. That’s Raleigh. For free gift catalog, call now, toll free: (1-800) 626-5510. (Ky. residents call collect: (502) 774-7563.)

Now get gifts twice as fast!

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

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 selvage 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.


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 ½” 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

(continued on next page)
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.

Stitch Witchery using the plaid fabric each other and apart. Cut the other separate the Velcro strip. Cut 2 strips

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: 2½ yards of 44/46" wide giant Madras tartan cotton broadcloth by Ameritex*
- 5½ yards of Thermolam, 40" wide multi-purpose polyester fleece by Stacy Fabrics*
- 12 yards of ½" wide Stitch Witchery fusible-on-bonding tape by Stacy Fabrics*
- 11 yards of ½" 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 plaids 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 ¼". Using Stitch Witchery iron bias tape to hem, one width on each side. Extend bias ½" over edge to meet bias on opposite side and cover raw edge completely.

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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
½ 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 ¼" 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 lifter, 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 (995 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 whisk 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 ½ 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, unsweetened 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
¼ cup butter, softened
1 small cucumber, thinly sliced (about 48 slices)

(continued on page 58)
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 Arbelide, 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.
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
2 tablespoons snipped parsley
1 cup (8 ounces) plain yogurt
1 tablespoon or more superfine sugar
2 teaspoons salt
2 cups crushed ice
3/4 cup water, beaten egg, 1 egg, beaten
3/4 cup milk

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.

Beyond the Meal (Continued from page 55)

MATTAR PULAO
Working time: 5 minutes
Cooking time: 25 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
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
1/4 cup phia 2 tablespoons melted butter
2 cups plain yogurt (1 pint)
2 cups crushed ice or 10 to 12 ice cubes
1 tablespoon or more superfine sugar
2 cups plain yogurt, sugar, and seasonings together, stirring until sugar dissolves. Pour equally into 6 balls. Let rest about 10 minutes. Preheat oven 425°F. Put ungreased shallow baking pans in oven to preheat. Pat dough into circles, keepin 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).

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 weekend 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.
How To Slice Yourself In On The Flavor Of The Tropics.

In the lush climate of the Tropics Dole grows sweet, flavorful pineapples. And to help you get in on that tropical taste, Dole is offering you a contoured pineapple knife. It’s specially designed to scoop every sweet, succulent bit of Dole fresh pineapple out of the shell.

But that’s only the start.

To spark your creativity, we’ll also include our “Flavor of the Tropics” folder, full of exotic, colorful, easy-to-prepare fresh pineapple recipes.

Just send in one dollar and the coupon below and in about 5 weeks, you’ll have a brand new pineapple knife and lots of great ways to use it.

We think it’s a pretty sharp offer.

I know a good offer when I see one. Send me a Dole pineapple knife.

Name_________________________________________
Address________________________________________
City, State, Zip Code:__________________________

Mail to: Dole Fresh Pineapple Knife Offer
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Dole fresh pineapple knives, six for $3.00.

For each knife ordered, I enclose my check or money order for $3.00.

Offer good only in U. S. A. Void where prohibited. Offer good only while supply lasts. Allow 4 to 6 weeks for delivery.

Dole Pineapple

Omit if restricted. Allow 4 to 6 weeks for delivery.
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

Barbecued by Charmglow. All dishes by Heller Designs. All hair by Christopher Robin, make-up by Pal 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.
NEW SEVEN-PIECE COOKWARE SET AVAILABLE FOR ONLY $36.95

Looking for fashion coordinated cookware you can trust for a variety of cooking needs? Your search ends here with Country Weave’s enamel on steel, seven-piece set with a sophisticated brown “basketweave” pattern on white. The set contains the essentials: A five-quart Dutch oven and cover, a one-quart saucepan with cover, a two-quart saucepan with cover, and a 10-inch skillet. All pieces are ovenproof, dishwasher safe, chip-resistant, and nonrusting. Only $36.95 plus postage!
HAWAIIAN LUAU
continued from page 61
Pu'u Puus are intriguing little appetizers without which no luau would be complete. The Pu'u 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
1/4 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 picks. 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).

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 1/4 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, follow instructions, but cook lor 10 minutes. Cover and refrigerate. Reheat in 300°F oven for 5 to 7 minutes or until heated through.

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 a small bowl, combine crushed seeds and remaining ingredients. Makes 1/2 cup (5 calories per tablespoon).

PLANTERS' FRESH PINEAPPLE
Working time: 10 minutes
1 medium-size fresh pineapple
1/4 cup rum
1/2 cup sugar
1 can (2/3 ounces) canned heat
doz small bamboo skewers
Cut across the pineapple 6 to 7 inches from base. Use a 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-out pineapple. Arrange around 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
1/4 cup honey
1/2 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 hot 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. Spat level temperature should reach an internal temperature of 170°F, with remaining marinade or 1/2 cup pork sauce
For at least 60 minutes or until meat thermometer, inserted into the sugar, and glaze it over the flame. Makes 6 servings (13 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

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)
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 Thoreauvesque 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 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 homemade, 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 categorial 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-
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
\( \frac{3}{4} \) cup olive oil
1 cup celery, chopped
2 medium onions, chopped
1 cup tomatoes, coarsely chopped
\( \frac{1}{4} \) cup wine vinegar
1 tablespoon sugar
1 cup capers, drained
2 tablespoons pignoli or pine nuts
\( \frac{1}{2} \) teaspoon salt
\( \frac{1}{4} \) teaspoon freshly ground black pepper

Peel and cut eggplant into \( \frac{1}{4} \)-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).

Painting 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.
HAWAIIAN LUAU

continued from page 63

1 cup flaked coconut, toasted
in medium-size saucepan, melt 1/4 cup 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
1/4 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


DANISH SMØRREBRØD

continued from page 49

PREPARATION TIPS
- The preliminary work on all the ingredients should be done in advance, so that the assembling requins 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.

BEEF 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 salt
1/4 teaspoon pepper

Place in clear container. Garnish with dill. Makes 1-1/2 quarts or 6 servings (222 calories per serving).

MAUNA LOA DRESSING

Working time: 5 minutes

1/4 cup salad oil
1/4 cup pineapple juice
2 tablespoons cucumber vinegar
2 tablespoons catsup
1/4 teaspoon salt
3/8 teaspoon freshly ground black pepper

Combine all ingredients in a jar and shake well before serving. Will keep refrigerated up to 2 weeks. Makes 1/2 cup (43 calories per tablespoon).

PINEAPPLE SHERBET WAIKIKI

Working time: 15 minutes
Freezing time: 4 to 6 hours

2 cups cold milk
1 3/4 cups crushed pineapple, not drained
1/2 cup light corn syrup
1/2 cup lemon juice
1/2 cup sugar
2 teaspoons grated lemon peel
2 egg whites (save yolks for other use)
1/4 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).

CUCUMBER SALAD

Working time: 10 minutes
Marinating time: 2 hours

3 large cucumbers
1 large sweet Spanish onion, cut into 6 thin slices
1/2 cup white vinegar
1/4 cup water
1/4 cup sugar
1/2 teaspoon salt
1/4 teaspoon white pepper
1/2 cup snipped dill or parsley
1/4 teaspoon pepper

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).

CONGA

This recipe and the one for Coco Loco come from the Club Mediterranee 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 leaf part as the cover. Core out pineapple, leaving 1/4-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. Whir until smooth and foamy. Pour into pineapple shell. Serve drink with leafy cover. 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 cream, use saw or bandsaw to 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. Whir 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 medium cream over 1 cup flaked coconut. Let stand 30 minutes. Strain through cheesecloth or fine sieve. Cool.

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

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 cherries into a small bowl; stir in cornstarch until dissolved. Remove sugar syrup from heat and take out cinnamon stick. Stir in a bowl wire whisk in cornstarch. Return 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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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.
If you love pineapple—but hate hacking away at its prickly rind—use McCall’s Pineapple Prince!

The Pineapple Prince takes the pain out of pineapple—leaves only the enjoyable parts! It’s a sturdy, professional cutter with permanently sharpened, stainless steel teeth and a rust-free aluminum handle. It will remove both the fruit and the core with simple pressing and turning—without damaging the shell! So you not only get a perfect hunk of fruit that’s ready to slice, you can also fill the shell with fruit salad, let it serve as a “punch bowl” for an exotic drink, or replace the top and use it as a delightful centerpiece!

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

Kaolin and pectin, ingredients found in medicines such as kapectate, 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 Neo-Synephrine (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 eye-cup; a jar of petroleum jelly; a needle and scissors 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—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 antibiotic to combat upset 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 eye-cup, and a insect repellent. It's a good idea to take water purification tablets and soap.
IS YOUR SKIN DYING OF THIRST?
continued from page 46

Aqualia by L'Oréal: A unique, patented moisturizing for-
mula that will equalize and maintain the proper water-
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moisturizer with naturally extracted soluble protein. Helps
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Skin Life Lightweight Emulsion by Helena Rubinstein: A
pure white lotion for refreshing daytime moisturizing. Light-
weight, 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 Geminesse: 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:
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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)

FOR THE BATH

Perfumed Bath and Body Oil by Lanvin: Helps smooth the
skin in the bath. Apply a few drops directly to rough spots
for extra-care après bath.

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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Maximum Moisture Makeup For Normal to Dry Skin by
Elizabeth Arden: Sheer liquid make-up provides natural-
looking coverage with moisturizing ingredients for fresh-
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Pure Magic Super Clean Make-Up with Lecithin by Max
Factor: Lightweight, non-greasy liquid foundation with
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Solar Cream Formula 405 by Doak Pharmacal: Prevent
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Sun Tamer After Sun Moisturizer by Almay: Restores vita-
moisture to sun-dried skin. Creamy white lotion helps
prevent flaking and peeling for longer-lasting tan. Hypo-
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Just what is Anatomy? Anatomy is the gateway to medicine and the queen of basic sciences. It is the parts and the whole of the human body and a prerequisite for entry into the field of human biology. In this, his masterpiece, Henry Gray unquestionably found the best method of imparting this knowledge to other minds.

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- The Muscles. 158 pages covering every muscle from the tiniest in the eye to the largest in leg with every detail of their action and use.
- The Organs of Voice and Respiration. 65 pages starting with the teeth and including the salivary glands, stomach, intestines, liver, etc.
- The Organs of Digestion. 85 pages starting with the teeth and including the salivary glands, stomach, intestines, liver, etc.

The text includes:

- The Male Organs of Generation. 14 pages on the prostate glands, penis, testes, etc.
- The Female Organs of Generation. 13 pages on the clitoris, vagina, ovaries, pregnancy, etc.
- The Surgical Anatomy of Hernia. 20 pages including scrotal and femoral hernia.
- General Anatomy or Histology. 73 pages on the animal cell, nutritive fluids, blood, the skin, secreting glands and much more.
- Embryology. 66 pages on the embryo, fetus, ovum, and development of a baby.

The above list of contents is by the limitation of space just a mere summation. The actual content of Gray's Anatomy is so massive that the table of contents in the book needs 16 entire pages with 1,932 separate category entries. And the index of this masterpiece covers 41 pages with 8,541 separate listings.

Again, as Dr. Crocco states, "There have been many imitations, there have been anatomical narratives, dissection manuals and pictorial atlases with exquisite photographs. However, there is only one Gray's Anatomy. Gray's is the book all students turn to."

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Fig. 283—Surgical anatomy of the arteries of the neck, showing the carotid and subclavian arteries.
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For serious or chronic conditions, see your doctor. But for those occasional nights when simple nervous tension keeps you awake, take Compoz with confidence. Remember, taken as directed, Compoz is safe — like aspirin is safe.

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Now! Prove to yourself how effective Compoz really is — and save money! Buy a packet of Compoz, tear off the end flap and mail it in, together with this ad. We will promptly send you a 50¢ rebate, plus a free booklet. Can't Sleep? Mail the flap and mail it in, together with this ad. We will promptly send you a 50¢ rebate, plus a free booklet.

Read and follow label directions.

SMALL IS BEAUTIFUL
continued from page 45...

idiotic, but is, in practice, the very essence of a civilized existence. Na­
tions 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 put 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 extraor­dinary good company of people of character. Individuality is treasured.

Life here offers the extraordinary good company of people of character. Individuality is treasured.
The New Spirit of HOPE

The hospital ship HOPE has been retired but her spirit lives on in worldwide land-based teaching programs. Get in the spirit of HOPE.

Give to:

PROJECT HOPE

Department A, Washington, D.C. 20007
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
live 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)
Introducing the Bacardi Daiquiri pie. It tastes soft and cool, light and bright. And it's a breeze to make. In fact, it's just like the Bacardi Daiquiri itself. Nice and easy.

**Nice and easy Daiquiri pie.**

1 pkg. (4-serving size) Jell-O Lemon Flavor Pudding and Pie Filling
1 pkg. (3 oz.) Jell-O Lime Flavor Gelatin
1/2 cup sugar
2 1/4 cups water
2 eggs, slightly beaten
1/2 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 1/2 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 1 1/4 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 1 1/2 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 1/2 teaspoon of sugar.)

**BACARDI rum. The mixable one. Made in Puerto Rico.**
THE AMERICAN HOME

Classic design and modern conveniences combine to make this 18th-century James River manor house joy to live in. The four-bedroom house features a unique "tavern" kitchen and dining area, formal dining room, versatile spaces for family living, and brick fireplaces. A complete set of building plans is available for $20. (Triple set needed for construction is $30.) Working drawings include specifications for the Williamsburg mantel, moldings, staircase, arch brick fireplace, and adjacent wood-storage recess.

The country kitchen offers built-in ovens, cook top, and barbecue. The informal "tavern" dining room with windowed wall adjoins kitchen (frig...
Once again, American Home is proud to offer plans for its elegant 18th-century James River manor house. Built in the style of yesterday, the house reflects today’s comforts.

Our contemporary version of an 18th-century James River manor house is elegantly detailed and, as you can see in the floor plans below, lavish in the use of space. You can build this house yourself! To order plans, fill out coupon as indicated. A complete set of drawings plus materials list costs just $20 and is all you need for a builder’s estimate. Three sets ($35) will start you on construction.

Despite its 3,000 square feet, the house is less than 63 feet wide, for easy siting. In addition to 4 bedrooms, plans show storage area (with separate stairway) over garage that could convert to living space.

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

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#33209 Triple Set $35 ea. .......... 
N.Y. residents add sales tax .......... 
Total enclosed ........................ $
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L’Art de Chine, 1906 Jackson St., Suite 15, Oakland, Calif. 94612
Levi Strauss & Co., Dept. AH-7, Two Embarcadero Center, San Francisco, Calif. 94111
Lockwood Products, Inc., P.O. Box 193, 80 Sherman St., Cambridge, Mass. 02140
Manila Bay at Banana, Dept. AH-7, 246 East 51 St., New York, N.Y. 10022
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Plastics Manufacturing Co., Dept. AH-7, 2700 South Westmoreland, Dallas, Texas 75233
Republic Molding Corp., Dept. AH-7, 6330 West Tuohy, Chicago, Ill. 60648
Reston Lloyd, Dept. AH-7, 11800 Sunrise Valley Dr., Reston, Va. 22091
Vidal Sassoon, Dept. AH-7, 51 Grant St., San Francisco, Calif. 94108
Sigma Marketing Systems, Dept. AH-7, 225 Fifth Ave., New York, N.Y. 10010
Sona of India, Dept. AH-7, 11 East 55 St., New York, N.Y. 10022
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Catherine Gould, Dept. AH-7, 417 Fifth Ave., New York, N.Y. 10016
Swing Low Inc., Dept. AH-7, 1181 Second Ave., New York, N.Y. 10021
Terrific Co., Dept. AH-7, Ghirardelli Square, 900 North Point, San Francisco, Calif. 94109
Unisa, Dept. AH-7, 347 Fifth Ave., New York, N.Y. 10010
Villere & Boch, Dept. AH-7, 225 Fifth Ave., New York, N.Y. 10010
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COVER
Woman’s long-sleeved blue/white 100% cotton knit pullover shirt with red/white tartan plaid shirt collar and placket. No. 908, sizes petite, small, medium, large, $25.50/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 $11.50 ppd. from Swing Low, Inc.”

LILY POOLS
William Tricker, Inc., 7125 Tanglewood Dr., Independence, Ohio 44146
Van Ness War Gardens, 2460 North Euclid Ave., Upland, Calif 91786

MAIDEN VOYAGE
Pages 28-29: TRIP INFORMATION: Adventure Travel U.S.A. Adventure Guides, 6 East 57 St., New York, N.Y. 10022 (212-355-6345). Describes outfitters and courses, including courses for adults. Items available by special order only. $15. All from Alfred E. Knobler & Co., Inc.

INDIAN COOKOUT
Page 34: Napkins and tablecloth sewn from assorted turquoise and orange block prints. 100% cotton, 44” wide. $3.50/yd., from India Nepal. Palm leaf fan from Manila Bay at Banana, $15 each. Lord Nelson” bronze flatware with assorted turquoise and orange block prints. $50/ppd. Both from Swing Low, Inc.

PORCH PICK-ME-UPS

DANISH SMORREBROD
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.112 x 12" (continued on page 96)
Butcher Block Plant Light

The Butcher Block Plant Light hangs from a ceiling hook, giving plants the proper-spectrum light they need for rapid, healthy growth. Use it in a northern window, or hang it with plants to create a dramatic room divider or attractive wall of plants. A large 4”x5”x27”, it’s available in natural butcher block or in a rich, dark tone to enhance any decor. Comes complete as shown, with 18” chrome tiering hook, Duro-Lite® Natur-Escent® grow lamp, instructions for most effective use. Ninety day money-back guarantee.

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Newsweek Books announces a stunning new volume...

"HEALTH PLANTS OF THE WORLD"


How many of these legendary plants can you identify?
(Some may be growing right outside your door!)

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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. 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.

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

F. 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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THE MOST ASTOUNDING Waist and Tummy Reducer OF ALL TIME!

**Astro-Trimmer**

**IS PRODUCING FANTASTIC 'TRANSFORMATIONS' LIKE THESE... IN JUST 3 DAYS... WITHOUT DIETING... IN JUST MINUTES A DAY!**

GUARANTEED TO REDUCE YOUR WAIST AND ABDOMEN

A TOTAL OF 4 TO 8 INCHES IN JUST 3 DAYS

OR YOUR MONEY BACK!

Fred Masters— "No matter what I tried—dieting, exercise—I was never able to get rid of the roll of excess inches around my midsection. Then Astro-Trimmer came along and reduced my waistline 6 full inches—from 38½ to 32½ inches—in just 3 days without dieting. This has to be, without a doubt, the world's greatest inch reducer!"

Laurie Jensen— "The Astro-Trimmer totally solved my figure problem in just 3 days. That's all the time it took to reduce my waist over 3½ inches—from 26¾ to 24¾; my tummy 5 inches—from 33¾ to 28¼. I loved the program, it was fun, it was easy—and I didn't have to diet!"

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

Jim Morgan— "With the Astro-Trimmer I actually reduced, firmly and tightened my waistline 5 inches—from 33¾ to 28¾— in just 3 days—without dieting. Remarkable results from a remarkable product."

Debbi Brandon— "This is truly instant reducing. What a thrill to see 3 inches disappear from my waist and 4 inches from my tummy in just 3 short days!"

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

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

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

**Astro-Trimmer**

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Three size choices available along with complete abdomen in just 3 days. For faster results, use Astro-Trimmer plus, 90 each for both. Order two, one for me and one for my sister. She is 5'1 and 120. Laurie Jensen.

Laurie Jensen... her incredible results in just 3 days.
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Add $1.25 postage for either model. Envelopes for each 26 additional recipes are $1.50.

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Convertamatic Division 5777-C
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Now! Amazing "Pill-In-A-Plan" Actually LIQUIFIES AWAY POUNDS...  

VITAL ANNOUNCEMENT! 

Read this notice carefully. If you are honestly convinced that here, at last, is the amazingly pleasant, easy-to-use, INEXPENSIVE natural reducing agent that would help you simply SLIP RIGHT OUT OF YOUR BODY — FOREVER! You have to drain the ugly fat out of those hundreds of fat pockets that were innocently hiding — in your skin, stomach, shoulders, face and neck — yes, all over your body! It’s true! Read these thrilling facts! Prove it yourself — in 14 amazing days. Mail the No-Risk Coupon, TODAY! 

IT'S TRUE! Now — without risking a single penny — IN ONE WEEKEND you lose up to 6 pounds of ugly fat and fluid! — So much excess weight flows right out of your thighs, hips, stomach, shoulders, face and neck — yes, all over your body! In EXACTLY THOSE SAME 2 WEEKS — 40 pounds of extra fat — virtually drip right out of your body! 

For the first time in your life, you could watch in amazement and horror as pound after pound of fluid 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 fat 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 once. 

Unlike any other reducing plan — including all the overpriced, over-advertised "fat burners" and "fat flushes" — this new natural reducing supplement will actually help keep excess weight flows right out of your thighs, hips, stomach, shoulders, face and neck — all over your entire adult life! 

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

And FL OWS IT RIGHT OUT OF YOUR BODY — FOREVER! 

Yes! Now this same proven PERMANENT REDUCING PLAN will actually help keep excess weight flows right out of your body, before it even has the chance to form! 

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 — is released to you through this great announcement — to help you get rid of excess weight 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 What Happens When You Stay Off! 

Let's start this way. You probably tried time and time again to attack your fat problem — and you failed! You spent week after week after torture. You pushed away the foods that would help you lose weight — you starved the body, you squeezed off 3, 5, or even 10 stubborn pounds. And then your willpower snapped! You stopped your diet. Your fat dropped back — heavier, uglier, and more dangerous than ever before! 

An ENERGETIC 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 Weight Loss REDUCING agent that would help YOUR BODY'S OWN NATURAL PROCESSES burn up and liquify that fat — quickly, quietly, and safely. A Natural ingredient synthesized and automatically tied to a Permanent Plan that would once and for all burn the fat! 

Researchers hunted for such a reducing agent for years. The difficulty was in finding the ONE that would actually NATURALLY cut down on fat — and burn up ugly excess fat — without starving you! 

Little by little, the researchers began to find pieces of the puzzle. One key finding was — it helps your body melt down — and secondly, by LOCKING away APPETITE — for the rest of your entire adult life! 

With these exciting new facts it was possible to finally attack all of these fat pockets at the root — and in only 14 short days — you could watch in amazement as 40 pounds of extra fat — virtually drip right out of your body — and you will feel so good, you'll feel like you're cheating! 

And when this ISN'T enough — or if he doesn't agree that here, at last, is the amazingly pleasant, easy-to-use, INEXPENSIVE natural reducing agent that would help you simply SLIP RIGHT OUT OF YOUR BODY — FOREVER! 

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 amazing days. Mail the No-Risk Coupon, TODAY! 

IN 14 SHORT DAYS ALL YOURE 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, shoulders, face and neck! 

(3): IN THOSE SAME 2 WEEKS — inches of fat must grip right off your waistline! 

If you don't agree that here, at last, is the amazingly pleasant, easy-to-use, INEXPENSIVE natural reducing agent that would help you simply SLIP RIGHT OUT OF YOUR BODY — FOREVER! 

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 amazing days. Mail the No-Risk Coupon, TODAY! 

The American Home Mailer

Broil 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.

JUST $16.95

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, 25c. 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 line introductory offer: your Kodak film C 126, or C 110 Kodacolor, 12 exposure., will be developed for only 99c. For 20 exposures, $2.50. You'll receive borderless jumbo prints with guaranteed quality. Add 50c for p&h. Roxanne Studios, Dept. FD-103, P.O. Box 1012, Long Island City, NY 11101.

YBI. I want to become a gourmet cook — the easy way. Please send me — La Bisqueras '77 at $16.95 each, complete with recipe booklet.

Mail to: Hennikers, 779 Bush Street, Box 7584, San Francisco, CA 94120

My name is

I live at

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

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

□ La Bisqueras '77

□ 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:

□ Press on address labels

Identify possessions, correspondence, too. Black ink on white, blue, pink, yellow, silver or gold, 1 1/4 x 1 1/4". Any message up to 26 letters per line, up to 4 lines. Alike: 225 for $3; 450 for $5; 1,000 for $10. Add 35c postage. Please specify color. Useful 80-pg. catalog, 50c. Baltow, A7, Boulder, CO 80302.
TIRED OF BUYING JUNK?

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, 35c. 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.

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.

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 55346.

A gem!
In fact, three of them—there are three genuine rubies, faceted and Tiffany-set in this handcrafted 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 1/4" 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 6’4” 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.
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 on 12 mesh canvas 18-inch squares. 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 14". Kit is complete with design in color on 10 mesh canvas. Glossary of C.B. terms included. (Frames not included.)

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

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.

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ADDRESS________________________
CITY__________________________STATE_____ZIP________

MORE THAN MONEY
continued from page 8

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?
- Are my investment goals realistic? 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.

ABCs of Sound Investing

- 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?

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.
"The whole rich variety of female sexuality is spread out in panorama—real, significant and poignant."

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

A DELLE BOOK $2.75

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.

The most important book in its field since Masters and Johnson, The Hite Report finally lets women tell how sex really is—and offers a re-assuring new theory of a woman's sexual response. It's one of the most important books you will ever read.

"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 reads 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 surest cures for insomnia.

To the complex again, why do some fishermen spend upwards of $1,000 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.

One third of American fishermen are female. Rods, reels, clothing, even boat designs, now reflect their influence in a once predominantly male sport.
 Arn Nature's Good Luck Secret

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

By Paul Vanderwist

hit the superfecta at the race track for $850. Sunday, she won 5 times at Bingo and was barrassed to keep raising her hand. Wednesday, she hit both the trifecta and the perfects for a total of $830. Unknown to Pat, during this week her Biorhythm chart had registered six Multi-High Jackpot Days in a row.

D. Heowski was a 59 year old night watchman struggling to sup-port a wife and five children. On October 27, 1974 his Bio-rhythm Analysis indicated a Triple High Jackpot Day. It was on this day that D. Heowski chose to quit his job as a nightwatchman. His purchase of a $54 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. They are interviewing John F. Kennedy, Jacki E., and D. Heowski to get information on multi-high days.

When three cycles are on recharge, you are going to experience a multi-high jackpot day.

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 calculus 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, you'll receive a new level of understanding with Biorhythm. 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 Analysis will notify you when to be on the lookout for hidden talents which may be surfing. 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 6,000 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 com- ing, then simply do this:

Send your name, address, birth date, and year of birth to The Biorhythm Analysis Company, 101976 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 cent of your money back - no questions asked.

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

If you have any questions, call me, Paul Vanderwist, at (216) 465-1390. I'll be happy to talk with you.

© 1976 Biorhythm Research Institute
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 dowel.

Climb up into the tree to the height you want the roof to hang, and tie the dowel to branches far enough apart 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"., $3.00 per pkg. of 12; cocktail size (10" x 10"), 70¢ per pkg. of 20. 10" diameter plates, $1 per pkg. of 8, and 7 ½" 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 mugs, No. 2300, 10 oz.: $2.80 each. Plastic storage containers: No. 19169/63 oz. 6¼" x 7½" x 4"; $5.40 each; No. 19163/3, 22 oz. 6½" x 7½" x 6¾"; $6.25/4 set of (3) $3.50; No. 375, 12 oz., 3¼" x 2¼" x 4½"; $1.80. All plastic dishes by Heller Designs. Plastic oranga, green, yellow stack bowls (with aigrette), No. 106. 9½" x 4”; $8 each. Yellow Gastrodeluxe sheet vinyl flooring, Glastonbury brick. No. 37009, 12 foot width. Quite-Cor foam interlayer and Softstep vinyl foam backing, $11.50 per sq. yd. from GAF. Note: Listed below are the materials needed to make the picnic quilt throw, lining for picnic hamper and napkins. Instructions start on page 12. Bean bags: Napkins and picnic hamper lining. Perma MLad No. 304, 44½" 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, 44½" 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" width by the yard, $1.50/yd. Also available in ½" wide tape in packages of 15 yds. for $1. Theramol, 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. 9635, Color: No. 415-red, colorfast, pre-shrunk, ¼" wide, single fold, 3 yds. per pkg., 49¢ per pkg., by Talon from Donahue Sales. Velcro self-gripping nylon fastener. No. 1075, washable and dry cleanable, ¼" wide, from Donahue Sales. 75¢ per foot/76¢ per inch. Tartan 100% nylon ribbon: No. 1550-60/p. 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 stem, $180 (grill only); $85 (shelf), by Charmglow Products. (4) Palm leaf fan (shown with Pineapple Sherbet Walkiki). $1.50; (7) rattan wicker basket with handles (with Mock in Orange Shells!). No. 791, 13" long x 7" wide, $7, all from Manila Bay at Banana. Plastic orange, green, yellow slack bowls (with Coconut Rice), No. 1073, 3¼" x 2; $2 each (7). Plastic orange bowl (with Bean Sprouts vanilla aigrette), No. 106, 9½" x 4½"; 8¢ each. Yellow dinner plates (shown stacked), 101 9/16; $2.50 each. All plastic dishes by Heller Designs Inc, Food & Drink Co. Waders. Converse Rubber Co. Parkas, jacket & blanket, by Pima & Saran. Testing and evaluation services for A/E Nathan. Quilled picnic throw is made up in "Onni" giant green/white floral print. (6) Daisy Rose Fabrics from A.E. Nathan. Quilted picnic throw is made up in "Elephant" tartan in 100% cotton, 44½" 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" width by the yard, $1.50/yd. Also available in ½" wide tape in packages of 15 yds. for $1. Theramol, 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. 9635, Color: No. 415-red, colorfast, pre-shrunk, ¼" wide, single fold, 3 yds. per pkg., 49¢ per pkg., by Talon from Donahue Sales. Velcro self-gripping nylon fastener. No. 1075, washable and dry cleanable, ¼" wide, from Donahue Sales. 75¢ per foot/76¢ per inch. Tartan 100% nylon ribbon: No. 1550-60/p. Color: No. 2, Width: No. 5 (approx. 1" wide), 60¢ per yd./$6 per spool, by C.M. Offray & Son, Inc.

PATTERN BACKVIEWS & YARDAGES
All yardages given are for Misses' size 8

BUTTERICK PATTERN 4482
Backwrap Ruffled Sundress
(yds. of fabric given are for Misses' size 6)

BUTTERICK PATTERN 4483
Strapless Wrap Dress
(yds. of fabric given are for Misses' size 6)

BUTTERICK PATTERN 4481
Easy Long Dress
(yds. of fabric given are for Misses' size 6)

LOOK WHO'S FISHING NOW


ter 50/50 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., PO. Box 549, Altoona, Pa. 16603. In Canada: Butterick Fashion Mkt. Co., PO. Box 4001, Terminal A 1,Ontario, Canada, MSW-1H9. Please add S51 postage and handling for each pattern ordered. Pennsylvania residents please add sales tax.

PAGE 61: (6) Left: Straps less long dress in Butterick Pattern No. 4843, sizes 6-18, $15.00, can be worn as a straight or a dress as shown or as a skirt. Flared, back-wrapped dress has shaped front and back yokes with attached self ties. Straps less dress is made up in Marimekkko by Dan River sheet in "Onni" giant green/white floral print. (6) Right: Sundress in Butterick Pattern No. 4826, sizes 6-18, $15.00. 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 Marimekkko by Dan River sheet in "Happy" giant floral print in turquoise/green/blue on white ground. (5) Dress in Butterick Pattern No. 4821, sizes 6-18, $15.00. Loose-fitting long dress, two front-buttoned straps, back silt with self ties, topstitch trim. Made up in Marimekkko by Dan River sheet in "Happy" floral multi-color print on white ground. Red heart plastic buttons, No. 20150, size 28 by JHB Imports; 75¢/card of 3.

30-piece place settings available sepa-
Cool comfort at cost savings... when you weather proof your walk-thru windows with Reflecto-Shield...the energy saver

Easy-to-install REFLECTO-SHIELD turns your sliding glass doors into handsome, decorator-approved reflectors. This transparent window film keeps you cooler in the summer — warmer in the winter — and pays for itself in energy savings. It helps prolong drapery and carpet life.

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- Easy to apply in minutes.
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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 swamp ing 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 Staying 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.

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.

Marvin Kushner
Elgin, Ill.

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, Wis.

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. Koehniein
Waukesha, Wis.

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