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HOME OFFICES THAT WORK

SPECIAL SECTION: Home Improvement Guide
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So sit back and enjoy.

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Warning: The Surgeon General has determined that cigarette smoking is dangerous to your health.

Filter Kings, 16 mg. “tar,” 1.1 mg. nicotine, Longs, 18 mg. “tar,” 1.3 mg. nicotine, av. per cigarette, FTC Report Dec. ’76
EDITORIAL
F.V.J. From the desk of Leda Sanford, Publisher

HOME WORK SPECIAL
Home Offices that Work—Two distinctive styles in multipurpose offices. 

Business Begins at Home—is working at home for you? By Claudia Jessup and Genie Chipp

For Your Desk Top: The Best for the Brightest—Home office equipment with flair. By Bo Niles/ Nina Williams

DECORATING & BUILDING

One-of-a-Kind Country Look —A visit to the Crofuts’ antique-filled farmhouse. By Bo Niles

How to Capture the Country Look—Updated products evoke a rural past. By Virginia Perlo

Home Improvement & Decorating Guide: Fall Warm-Up ‘77—Home insulation projects and other ideas to conserve energy. By Bo Niles

Stamp Out Energy Guzzlers—Start the energy-conservation movement in your own home. By Ann Scharffenberger

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Wine: A Sip of Softness—The new taste in wines and aperitifs is lighter and sweeter. By Doris Tobias

The Vegetarian Who Came to Dinner—And the delicious food he ate. By Lisa DeMauro

Jams and Jellies—New-fashioned jams and jellies with old-country flavor. By Gale Steves

Coffee and ...—Start the day with Julie Dannenbaum’s popover pick-me-up. By Gale Steves

Coffee Breaks—Drinking less? Enjoy it more. By Mary Gunderson

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On the Other Hand—A sampling of products for lefties. By Joanne Johnston

What Do You Want to Be When Your Kids Grow Up?—Plan now to avoid empty-nest syndrome. By Mary Susan Miller

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More Than Money: Which Contractor and Why?—Guidelines for a successful relationship. By Sylvia Auerbach

Antiques: Questions from Readers. By Marvin D. Schwartz

Men at Home: How Not to Do It Yourself—Read this before you tackle that big home construction project. By Chuck Scarborough

Shopping Guide

In My Opinion: God Help the Working Girl. By Barbara Stratton

Emerging Woman: Alaskan Original—Bettye Smith runs Alaska’s only nationally accredited business college. By Sylvia Auerbach

Our Readers Write

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DON'T FORGET YOUR MAIL.
A month before you move, pick up a free Change of Address Kit from your Post Office or letter carrier.
Mail the cards to your bank, charge accounts. Everyone.

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U.S. Postal Service

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

Unlike spring, a beautifying and fix-up season, fall is traditionally thought of as a time of preparation for winter’s assault. For those not fortunate enough to live in America’s sun belt, last winter was a true test of not only our personal abilities to withstand brutally cold weather but also our homes’ “physical fitness.”

In addition, our energy problems have changed the attitudes of many homeowners about where the priorities lie when spending on their single greatest investment: Home Sweet Home. This fall many homeowners will be thinking in terms of survival and working to improve their homes’ ability to resist the elements, in addition to making them more energy-efficient.

One of the most basic improvements that would have national impact is simply insulating all those underinsulated homes that were built before the last decade. In contrast to older, more sturdily constructed homes, where wall thickness and other architectural features achieved some measure of insulation, the popular-priced tract houses built since the ‘50s that most middle-income Americans live in are neither adequately insulated nor constructed to conserve energy. They are energy guzzlers—both in winter and summer.

In this issue of American Home our readers will find many practical suggestions on how to embark on a fall home-improvement plan that could make for a cozier and less costly winter.

Our cover take-off on Grant Wood’s “American Gothic” should not mislead anyone into believing that American Home advocates a rejection of modern technology or a return to candlelight and fireplaces in lieu of electricity and central heating.

The charm of country living with its basic, no-nonsense, nonsynthetic aspects is rich with meaning and consequently attractive to many folks like the Crofut family who have fashioned for themselves a highly personal lifestyle.

But if you turn to page 77 you will see the same couple busily engaged in insulating their country home.

The past, the present, and the future can coexist—productively. In the most livable homes in America today that is exactly what is happening.□
A Windex shine is a beautiful thing to see. No matter what you see it on.

Windex — foam or liquid — makes chrome sparkle beautifully with not a streak in sight.
Windex gets rid of the dirt and haze that dull your bathroom tile.
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You know how beautifully Windex® shines windows. But why stop there? Its exclusive Ammonia-D® formula cuts grease and dissolves dirt on a lot of other surfaces.

Windex is now available in a 32-ounce refill that saves you money and trips to the store.

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

Windex with Ammonia-D.
© The Drackett Products Co., 1977
How many "horror stories" have you heard about furniture that was ordered with an eight-week promised delivery, and which still hadn't arrived after 12, even 14 weeks? How many similar experiences have you had yourself?

Delays in furniture deliveries are a major headache, for customers and retailers alike. Although knowing why and how they occur can't always solve the problem, some basic facts can help you to understand and, in some cases, to avoid this frustration. The purchase is the first step, the delivery to your door is the last step, and any setback in the many steps between can make your furniture days, weeks, even months late. To appreciate the process, let's take a hypothetical order and follow it through from store to customer delivery.

THE STORE
You, the customer, come into a store and select a piece of furniture. If the merchandise is carried in stock, the order is put through to the warehouse to be filled and scheduled for delivery, usually within a week to 10 days. If you choose a finish, size, or fabric that is not warehoused or is currently "out of stock," the order is then sent to the manufacturer. This is where the cycle begins— and many of the delays.

THE MANUFACTURER
Do you know how long it takes to actually produce a sofa? Assembling the frame, finishing the exposed wood, upholstering cushions, and all? About a day. Where, then, do all the delays come in?

A manufacturer schedules his year into a series of production periods called "cuttings." During each cutting, he will produce quantities of a single item or group of items—and nothing else. It's the furniture manufacturer's version of the assembly line, and the most economical way to produce—which means better prices for the consumer. When orders come in, they must wait for the next "cutting" to be filled—and this can be a matter of weeks, or even months. (A particular piece may be cut only four times during the entire year—and sometimes only twice.)

Upholstered furniture is most prone to problems—its many variables mean it is seldom warehoused by the average retailer. The producer of upholstered furniture makes the frame and covers it, but he buys the fabric from a textile mill. If you specified a currently popular fabric for your sofa, the sofa producer may have run out and have to reorder. But doesn't the textile mill have plenty on hand? Not necessarily. These mills have their own production schedules, which don't coincide with those of the furniture producers. Can't the mill just produce more of the "hot" fabric? If the plant is running at full capacity, they don't have the option. The weaving machinery for upholstery fabrics is complex, specialized, costly, and can take as long as three to five years to deliver!

MANUFACTURER TO STORE
When furniture is finally produced at the factory, it doesn't go immediately to the customer. It is shipped first to the retail store's warehouse—and the bigger the store, the sooner it gets there. Why? Because big stores are likely to place larger orders, and large shipments go direct, on the manufacturer's own trucks. Smaller shipments are usually sent via small truckers, often switched to an interim warehouse and held for as long as a week or two until transferred to another truck, and finally to the store. Furniture could be shipped one piece at a time, but costs would be prohibitive. Overseas shipments are made only in container loads—so small orders from abroad must wait until an entire container is filled before they are loaded on the ship.

THE WAREHOUSE
Merchandise coming into a warehouse is either cartoned or otherwise wrapped. It remains this way, not only because it's easier to stack and identify, but also to keep it clean. So it's not likely your furniture will be carefully examined until it's time to deliver it to your home. When the carton is opened, your beige sofa (so marked and entered in inventory) may turn out to be red! Or a leg may be broken, a corner chipped, the fabric damaged. No salesman will tell you something is in stock if he knows it is not. But, even computerized inventory systems are not perfect. Especially in a large store with several branches, the salesman's records may be as much as several days behind. In the time it takes for the paperwork to reach the warehouse, it may turn out that what you ordered is not there.

DELIVERY
Your sofa is ready. It's in the store warehouse (already in stock, or just off the truck or the ship) and its next destination is your living room. At this point, the warehouse makes up a delivery schedule—arranged on a geographic basis, sometimes as much as ten days in advance. If you live in a less than central location, this can mean even more delay, since trucks won't be scheduled into your area as often. In any case, barring the setbacks we itemized in the last section, the sofa is finally loaded onto the truck on the way to your home.

There is still one final thing that can go wrong—damage en route. If the truck hits a pothole and chips the furniture or the truckman drops something while unloading, then it's back to the store for repairs or (more likely) reordering.

WHAT CAN BE DONE?
It may seem illogical that your mass-produced piece of furniture can take longer to receive than a custom-made one. However, the price advantages of mass production are considerable—even with the drawbacks involved. Many stores have automatic procedures for checking in-process orders... so that if furniture is going to be late, they can at least give their customers advance warning. And many concerned retailers are now carrying larger diversified inventories of upholstered furniture. This allows them to offer customers quick delivery on several styles and fabrics. Remember, the store is just as concerned as the customer—no matter what causes the delay in delivery, the retailer will get the blame (and the back will be in the end).

The problems we have outlined are not Workbench problems—they are common to the entire industry. We're not trying to justify these delays—only to explain why they occur, so that you may have a better basis for making judgments when you buy. (For example, if you're pressed for time, you see the advantages of buying in-stock merchandise.)

One final note—don't discard the old furniture until the new arrives. Better over cautious than couchless!
THE BOLD LOOK OF KOHLER

Kohler has lots of complements for new kitchen appliance colors.

The big news in kitchens is color. Now, earth tones from leading appliance manufacturers. And, an unmatched selection of Kohler sink colors to match, complement or accent.

Kohler sink colors like Parchment, Espresso or Harvest Gold have a strength, depth of color and gloss that other materials simply do not match. They resist acid, scratches, stains and dents. The natural news in kitchens is the KOHLER® sink line.

For more great bath and kitchen ideas, order A Kohler Tour of America's Baths, a colorful 60 page book and Redbook's Beautiful Bath and Kitchen Tour of America's Homes, a 100-page planning and ideas guide. A Kohler sink for every kitchen plan. A color for every stainless steel. A sink in color makets your kitchen bold.

For more information, write KOHLER Co., 100 E. 35th St., Grand Rapids, Mich. 49506. KOHLER products available in Canada.
When is a headache
The Excedrin Headache

“When it’s bad and just makes me want to close my eyes.”

“Anytime it hurts. I just don’t want to put up with the pain.”

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

“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.
The latest word in aerosols is a new spray system called Aquasol. Created by Robert Crossroads planalp (Precision Valve Corporation), inventor of the first aerosol valve, the new spray uses safe hydrocarbons rather than chlorofluorocarbons, which have been banned by the government because of their damage to the ozone layer. Only one percent of aerosol products notice little difference in Aquasol sprays, but the new valve can be used for inflammable products and refillable containers.

CONSUMERISM AT THE CROSSROADS

The consumer movement is here to stay. This is one conclusion of an extensive new national survey, "Consumerism at the Crossroads," conducted by Louis Harris and Associates in cooperation with the Market Science Institute. The study, sponsored by the Sentry Insurance Company, also found:

• Half the consumers surveyed feel they are getting a worse deal in the marketplace than they did 10 years ago. However, 48% project improvements in the next 10 years.
• High on the list of consumer concerns are the failure of companies to live up to advertising claims (44%) and package labeling that is misleading (34%).
• Consumers are highly self-critical. Of those surveyed, 69% believe that mistakes consumers make result from their own carelessness. Fifty-eight percent said there was generally enough information available to make sensible buying decisions, while 65% feel consumers often don't use this information.
• Concerning the impact of the consumer movement on prices, 51% of those surveyed said consumer demands result in higher prices; 52% said changes in the system are generally worth the extra cost to consumers.

EASY CHAIRS

New flexible chairs with disappearing ottomans are designed for large-scale comfort, even in small rooms. Landes' Ascona convertible lounger (left) has a cushioned footrest. The frame slides easily under the seat and the cushion snaps onto the side of the chair arm. (Information: Landes, P.O. Box 2197, Gardena, CA 90247.) If you like the indoor/outdoor look, try this hand-woven rattan chair with attached footrest (right) from Fran's Basket House. The ottoman disappears under the seat. (For catalog send 25¢ to Fran's Basket House, Rte. 10, Succasunna, NJ 07876.)
KITCHEN A-PEEL

It had to come! General Electric’s new electric Peeling Wand is the latest word in kitchen wizardry. GE research shows that peeling is number one on the list of most-dreaded kitchen tasks, but with this new machine it’s a breeze to remove the skins from fruits and vegetables—even tomatoes. A special “Eyer Tip” takes the eyes out of potatoes and the peeler is sealed at the handle so it can be used under running water. $22.98 at department stores.

SUBURBAN MAIL DELIVERY CURBED

The U.S. Postal Service is cutting back its mail delivery to the suburbs. Recently adopted, strict regulations essentially eliminate door-to-door delivery to newly built homes. Homes already receiving door delivery are unaffected by the new regulations, but new subdivisions are feeling the change. One rule requires curbside mailboxes for homes set back more than 30 feet from the sidewalk or with a front yard more than 50 feet wide. In other words, you need a lot the size of a postage stamp to qualify for door delivery. You’ll also need a few neighbors before you’ll even meet your mailman. Another “slightly flexible” postal regulation requires 50 percent completion of a subdivision before delivery of any kind can commence.

Interpretations of the rules vary with the community, so check with your local post office for the rules that apply in your area.

Country-Style Energy Saving

Eight years ago we discovered an abandoned house in a small town on the Hudson River. It was well past its former glory, but still retained an air of elegance, and we learned that the house had been built by a Nantucket shipbuilder back in 1850. Although there was no central heating, the electricity was archaic, and there was some evidence of water damage, the twelve-room house was in good condition and available for a modest purchase price.

After initial cleanup, installation of heating, plumbing, electricity, and kitchen modernization, no major structural changes were required. We have found that a house built in 1850 is remarkably energy-efficient. Extensive use of wood, plaster, and brick provides excellent insulation. It was easy to install a wood-burning stove where one had existed before, and most of the windows are on the south side of the house. Our heating costs do not exceed those of a more modest contemporary home.

Our greatest continuing labor is maintenance. Old homes have their charms but require constant upkeep. Nevertheless, we have had years of comfortable, inexpensive living in our old country home.

Walter Reinsdorf
Athens, NY

SMOKEY DETECTO

First it was CB radio operators alerting each other to police cars ahead. Now this is the radar detector. It is estimated that more than half a million sophisticated devices with names like Fuzzbusters and Bearfinders are now in use. A radar detector plugs into a car cigarette lighter and picks up microwave signals sent out by police radar, triggering an alarm that warns drivers of speed traps ahead. Despite police disapproval, they are legal in most states. Available in CB and electronics stores for $85 to $110.
INSTANT PICKLES

Home canners who want to try something different will welcome Pilgrim Farms Easy Canning Pickle Mixes. One package contains all the spices you need—just add vinegar, water, and follow normal canning procedures. Mixes come in three styles: dill, sweet, and kosher. Write: Pilgrim Farms, 1430 Western Ave., P.O. Box 440, Plymouth, IN 46563.

THE NEW COOL TUBE

It uses less energy than a 100-watt bulb; it’s cool but bright; and it’s got everything up front. What is it? A TV. RCA’s newest models in their XL series have been developed to give off less heat with maximum brightness, and all the controls are on the front of the set for easy adjusting, if necessary. Service of the set is easier, too, if you’re handy, because the chassis is labeled at every point to help you zero in on inner workings.

FUTUREBREAD

Q: What’s low in calories and carbohydrates, goes from package to oven in 3 minutes, and makes a great place to put your peanut butter and jelly? A: FUTUREBREAD, the no-knead, no-rise mix which lets you turn out flavorful, highly nutritious, home-baked loaves with a minimum of effort and skill. The secret is in the gluten flour that makes the dough rise while it bakes.

Gluten is also a great source of protein and iron. You can create endless variations by adding nuts, fruit, spices, cheese, or whatever you like, and since FUTUREBREAD contains no sugar, cholesterol, additives, or preservatives, it’s great for bread-lovers with restricted diets. One bag ($1.65) makes two small loaves. Write: Futurefoods, 1377 Farrington Rd., Philadelphia, PA 19157.

BOOKLETS

Humidification Facts:
Cracks in walls or ceilings are one signal that the air in your home is overly dry. This free booklet explains the effects of too-dry air and the damage it can cause. It also offers some basic questions to ask when buying a humidifier, and explains what to look for in a good one. Write: Research Products Corp., Dept. AH, P.O. Box 1457, Madison, WI 53701.

Guide for Do-It-Yourself Home Insulation:
Proper insulation can save money on heating bills. This free booklet is a guide to insulation for every part of the house. Charts divide the country into heat zones to show how much insulation is needed in attics for protection in both summer and winter months. Write: Johns-Manville, #HIG-266A, Dept. AH, Box 5705RR Ken-Caryl Ranch, Denver, CO 80217.

How to Choose a Reputable Remodeler:
One source of contractors for home remodeling, to ensure quality work as well as savings on the materials, is the National Association of Home Builders. Questions to ask the contractor and tips on getting the job done right are included in this free small booklet. For a copy, contact your local Builders Association (see the yellow pages).

All-Weather Comfort Guidelines:
This free seven-page booklet uses charts and cross-sectional pictures to explain how heat escapes through air leaks and how to seal them. Weather stripping and caulking windows and doors in winter is recommended to keep heat inside, and tips on insulating basements and attics are provided. Send a self-addressed business envelope to: Edison Electric Institute, 90 Park Ave., New York, NY 10016.

SEPTEMBER 1977, AMERICAN HOME
TELEVISION

FALL FORECAST

This fall somewhere between thirty and forty million Americans may be laughing themselves silly every night of the week between the hours of eight and eleven if

"Soap," as its title implies, stretches the daytime dramatic form exploited by "Mary Hartman, Mary Hartman" to its limit and perhaps beyond. If you run amuck in the suburbs is your cup of tea, then you will not want to miss the antics of the Tates and the Campbells. Mr. Tate lusts after everything that moves. Mrs. Tate and her daughter both occupy the off-court time of the local tennis pro. Mrs. Campbell is twice-blessed; her husband is impotent and her gay son dreams of a sex-change operation. Outrageous, certainly. Adult? You'll have to judge for yourself.

If there is a cosmic significance in the swing to comedy, it may be that cops-and-robbers shows have run their course. At ABC only two series are still peddling hard-core violence: "Baretta" and "Starsky and Hutch." That is, if you don't count "Monday Night Football." CBS also is counting heavily on comedy and what it calls "family" entertainment to regain its supremacy in the ratings this season.

In the half-hour situation-comedy format, CBS has high hopes for "The Betty White Show" in which the actress of that name stars as Joyce Whitman, a witty and outspoken veteran movie actress who finds a new career in a series called "Undercover Woman." Since Betty White is herself a career in a series called "The Betty White Show," this should pique the curiosity of viewers interested in the incest quotient of TV creativity.

The other major trend of the new season might be called the "Roots" syndrome to which NBC appears to be totally committed. What that network calls "Specials and Event Programming" may well turn out to be the most interesting development of the new TV year. With a minimum of prime-time series, NBC has left itself room to sprinkle its schedule liberally with adaptations of novels such as Studies in Lonigan by James T. Farrell, and Brave New World by Aldous Huxley, made-for-TV movies about Martin Luther King and Caryl Chessman, and an impressive slate of first-rate regular movies including "The Godfather," a Francis Ford Coppola-approved, specially edited nine-hour version of the two "Godfather" pictures including additional footage shot for theatrical releases but not used in the films.

—Craig Gilbert.

MOVIES

What a moving love song to the big band musicals of the 1940s is director Martin Scorsese's fabulous New York, New York—a love story between a saxophone player and a singer set to the timeless tunes of Glenn Miller, Tommy Dorsey, and Benny Goodman.

Giving the smoothest performance of her career, Liza Minnelli is the sweetheart of a dance band vocalist, who goes on to make it big in movies. Robert DeNiro, the 1970s' only matinee idol, scintillates as a temperament bebop musician. They fall in love, wed, have a baby, and divorce when their careers and egos collide.

But, there's a switch. In this realistic interpretation of a Hollywood fantasy relationship, the woman gets away and the man is left behind and loses. In a larger context, Scorsese's wonderfully upbeat film is a thank-you note to Hollywood backlot magic, the energy and inspiration of New York City, and curiously enough, the love and appreciation of audiences.

After seeing New York, New York, don't be surprised to find yourself walking arm-in-arm with the one you love.

THE NEW WAR MOVIE

With a cast of millions and a barrage of repetitious battles, A Bridge Too Far and MacArthur specialize in the mistakes rather than the victories of war and in the character flaws as well as the fine points of military men. While both stress authenticity, they are cramp-lifeless...ances edited combat sequences. Gregory Peck catatonically delivers General MacArthur's "I Shall Return" and "Old Soldiers Never Die" speeches.

In A Bridge Too Far, big-name stars alternate with tanks for four-minute walk-ons. The verdict: The new war movie is a bomb.

—Daphne Davis
How to save about 50% on family products you use every day.

Products like these... PLUS Rebate Bonus... Cents Off Coupons... Buying Guide... AND MORE!

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Enjoy all these exclusive benefits when you join S.A.V.E.

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S.A.V.E. 623 S. Wabash Ave., Chicago, Ill. 60605

Here's my $1.00 for Charter Membership. Please accept my enrollment and send my FREE $7.00 "Welcome Gift Package" of family products plus my S.A.V.E. Buying Guide, Cents-Off Coupons and Rebate Credit. I understand that I will receive future "Shopping Bags" worth at least $14.00, on approval about every other month, for only $5.98 plus shipping and handling. I am under no obligation to buy future "Shopping Bags" and I may cancel my membership at any time after examining my FREE $7.00 "Welcome Gift Package."

Please fill out questions below to help us assemble future "Shopping Bags" with products you need, want and can use.

Age Group
- □ 18-24
- □ 25-34
- □ 35-49
- □ 50-64
- □ 65+

Hair Group:
- □ Blonde
- □ Brunette
- □ Redhead
- □ Silver
- □ Black

Married?
- □ Yes
- □ No

Number of children
- □ none
- □ 1
- □ 2
- □ 3 or more

Do you own a pet?
- □ Dog
- □ Dog & Cat
- □ None
- □ Cat
- □ Other

Check ages of your children
- □ Under 2
- □ 2-5
- □ 6-11
- □ 12-17

Do you own a pet?
- □ Dog
- □ Dog & Cat
- □ None
- □ Cat
- □ Other

LIMIT: ONE MEMBERSHIP PER HOUSEHOLD.

All enrollments subject to acceptance by S.A.V.E. Offer good in U.S.A. only.

©GRI CORP.
Follow that inclination! Give in to it. In a La-Z-Boy Reclina-Rocker* like this. This is the rocker that does more than just rock. It also adjusts to any position you want. Easily. You can tilt the back to any angle you like by simply leaning back. And the legrest stays hidden until you want it. La-Z-Boy Reclina-Rockers come in a wide selection of styles, fabrics and colors. See them soon. We think you'll be favorably inclined.

Send 50¢ for color folder and Furniture Environmental Booklet to: La-Z-Boy, Dept. AH-HGHD, Monroe, Michigan 48161.
Which Contractor and Why

You're planning a major home-improvement project—and realize you need a contractor to get the job done. From this point on, caution is the word. Bad enough that mistakes can be costly; what's worse is that you may have to live with them—and 10 years of staring at a botched tile floor or a wavy ceiling is too long! Here are some guidelines for a reasonable customer-contractor relationship.

Doing your homework: Before you call contractors, shop around. Visit kitchen and bathroom showrooms, lumberyards, floor-covering stores. Get some idea of current models, new features, costs; you'll be better equipped to judge a contractor's estimates.

Check your local Chamber of Commerce, Better Business Bureau, consumer affairs agency, suppliers to contractors, local banks. On the basis of their reports, eliminate those contractors who are financially unstable or have a record of many consumer complaints.

Criteria for choosing a contractor: He should have a good credit rating (ask his bank) and a reputation for getting work done promptly (ask former customers). He must have proof of insurance against property damage and liability, plus workmen's compensation (ask the contractor). Also, be sure he has an office phone number or answering service so he can be reached quickly (ask the contractor and make a few trial calls).

Getting bids: Do get several bids in writing on the same specifications, so you can make accurate comparisons. Don't tell contractor B what contractor A has bid, with the aim of getting a lower price. Contractor B may have had an even lower price in mind—and will instantly raise his bid just enough to undersell contractor A, while still asking more than he had originally planned.

Don't automatically accept the lowest bid: The contractor may have underestimated the amount of work, or may be counting on adding to the price later. Conversely, don't assume that the highest bid guarantees the highest quality. Unfortunately there are no infallible guidelines to price. Your best bet is to ask each bidder to explain how he arrived at his price, and then to evaluate the answer in terms of the bidder's reputation.

The contract should include:

- Specifications on the materials to be used, grade of lumber, type of insulation; brand, year, and model number of appliances, etc. These should be evaluated to be sure they are best for the job. The contractor may know from experience that some materials are best for a given purpose. If so, accept his judgment, as long as it's based on an advantage to you, and not just to save money. If you have questions, check with dealers, lumberyards, plumbers, etc.

- A definite start-up and completion date, followed by the phrase, "Time is of the essence in this contract," which shows the contractor (and the court, if it should come to that) that you are quite serious. This is important because the building trades are plagued by a lax attitude toward starting, and particularly toward completion dates.

However, it's not unreasonable for a contractor to ask for some leeway, perhaps a week, since he may have strikes, unusual weather, or—especially in older houses—unforeseen structural complications to cope with. You can be tolerant and understanding—later. The contract has to be definite.

- Guarantees on the quality of the materials to be used, which may come from the manufacturer, such as a one-year unconditional service guarantee on a dishwasher. In addition, specific guarantees from the contractor on the quality of the labor, such as a guarantee that if the roof leaks within several months because of faulty installation the contractor will make the necessary repair or replacement at no charge.

- A cleanup clause, that specifies a reasonable amount of tidying up at the end of each day, with debris out of the way so your house doesn't become a safety hazard. And when the project is finished, your house and grounds should be left "broom-free," that is, clear of all debris and leftover materials.

- The price and payment schedule. Though this varies somewhat from area to area, typically it is one-third down when the contract is signed, another third when much of the work is done, and the final third when the job is finished to your satisfaction.

Before signing: Read the contract carefully, to be sure it conforms to your understanding of what you've agreed on. And have it checked by a knowledgeable lawyer, your mortgage company, and/or someone in the home-improvement section of your bank, if you're financing the work with a home-improvement loan.

Inspecting the work: You should be on hand or make regular inspection tours after the work begins to check the paint colors before they are applied to a whole room, for instance, or to make sure cabinets are the correct height. If you think something is wrong, don't accept the workman's word that "The paint will dry to the right color," or "That's what the boss said." Call the contractor immediately, to make him responsible—and if need be, stop the work until the issue is settled. Better some time lost than a top shelf that's always out of reach!

The happy ending: Don't sign a completion certificate until you are sure all subcontractors have been paid; if necessary, ask to see canceled checks or duplicate bills. In some states you are responsible if the contractor doesn't pay his subcontractors.

Your satisfaction should include a testing period, if you want to be really safe. You won't know if the new roof doesn't leak; or the new self-cleaning oven works; or the wallpaper doesn't buckle—until some time has elapsed and you've had some bad weather; you've cleaned the oven when it was badly spattered; and the paper has been subjected to winter heat or summer humidity, depending on the season.

The better part of customer's valor is to withhold some money, maybe $100 to $200, depending on the original price, for about a month—until you are reasonably sure that all is well.

Sylvia Auerbach

Sylvia Auerbach is the American Home columnist for money management.
This lamp came from an old, private home in Virginia. The only identifying mark is "PAT MAY 9 1911" on one light pull. It is 22 inches tall, the shade is leaded glass, and the base is probably bronze or darkened brass. The background glass in the shade is opaque with streaks of tan, the flower pattern is in shades of rose and cranberry with light green leaves. The round base is embossed with the busts of six different figures. Could this possibly be an authentic Tiffany lamp?

—A.W.W., Lynchburg, VA

Bronze-based lamps with stained-glass shades were popular from about 1890 to 1920. The finest and most famous examples were made in the United States by Louis C. Tiffany. The patent number might be traceable through a patent office, but the number might refer to the light pull, rather than the lamp itself. The patterns of both the shade and the base are too simple to be the work of Tiffany. Lamps with the Tiffany mark usually employed far more intricate patterns, often created from an iridescent glass called "faunile." It's possible that your lamp is the work of either Handel or Fairpoint, who were two of Tiffany's competitors.

This silver basket was given to me over 50 years ago. It is 10 inches across (including the handles), and four inches tall. The hallmark inside the basket has a "13," a crown with an "L" beneath it, and an engraving of a bunch of grapes. Do you know anything about where it was made, what the hallmark means, and how old it might be?

—R.M.P., West Haven, CT

Your silver basket is a handsome example of the neo-classical style which first flourished in the late 18th century, and was revived again in the late 19th century. Marks can sometimes be helpful in dating, but in this case, the "13" and "L" are not enough. The number refers to the German standard which was indicated by "13" as early as the 1600s, so there's a good chance that the basket is German or Alsatian. The "L" mark, which has not been recorded, would refer to the maker or manufacturer. You can, however, determine the approximate age of the basket by examining the inside bottom: If it's very smooth, it might be from a 19th-century machine-stamped piece. If the bottom is soldered on, it should be from the late 18th century.

I'm told this picture was made by sewing goose quills to a black velvet background. Can you tell me more about it? Approximately how old is it?

—J.C.S., Hale Center, TX

The cross in your picture was done in a form of needlework that was popular in the Victorian era. The flower pattern around the cross appears to be a design that dates from 1880; the frame could be from that period as well. Godey's Lady's Book and Peterson's Magazine were two sources of Victorian designs and instructions for sewing goose-quilt pictures like the one you have.

This rosewood chair, which originally came from Canada, has been in my family for about 100 years. The back and legs are made of a triple layer of laminated wood; the ornamental details are all hand-carved. There are no distinguishing marks. I would appreciate any information about the history of this chair.

—C.W.H., Hendersonville, NC

The chair you own is an unusual example of late 19th-century furniture design. The curve and narrow proportions of the legs are typical characteristics of these turn-of-the-century chairs, related to the Art Nouveau style, which was characterized by highly ornate, curvilinear shapes. Details, such as carved leaves, were popular, and fashionable, motifs.

This olive green glass vase is about 12 inches high and is set into a bronze fixture with three turned metal legs. The raised glass design around the upper portion is clear. There aren't any identifying marks on it. Do you know anything about its age or origin?

—T.L.F., Riverdale, IL

Glass shows few signs of age other than surface scratches. Your vase most likely dates from the 1920s or, possibly, even more recent than that. The idea of creating a relief pattern by applying molten glass is an old technique. Greenish glass similar to yours was produced during the 17th century in Germany, but that work had a symmetry not evident in this vase.

This china set from Ireland has been in my grandmother's family for about 100 years. Each piece has a blue "S" on the bottom, and a gold number on the bottom rim—a "60" on all pieces, except for the saucer on the right which has a "66." Some cups came without handles. The china is not translucent, and the pattern is hand-painted in a deep, rich blue. What can you tell me about this china set?

—C.W.W., Woods Hole, MA

Your tea set is an early example of English ware in the Willow pattern, produced by Thomas Turner in Caughley, England, in about 1790. The "S" stands for Salopian—the name of one of the pottery lines made at Caughley, and quite popular at the time. Turner was known for his soft-paste porcelain, but he also produced earthenware. The pattern on your tea set was adapted from the designs on Chinese blue and white wares by Thomas Minton, who originally worked with Turner, then left to start his own pottery works.

We can't appraise an object for you, but we can tell you about its style and origin. Send clear black-and-white photos (not color) plus descriptions including details the pictures don't show to: Questions From Readers, American Home, 641 Lexington Ave., New York, NY 10022. Sorry, we can't return photos or send personal replies.
Would Your Children Like a Younger-Looking Mother?

Continuing: The promise of easy-care, comfortable contact lenses to wear round-the-clock.

by Jean Carper

Continuous-wear lenses are the wave of the future," says Dr. Arnold Scafidi, the FDA's ophthalmologist in charge of clearing contact lenses. But if you lived in Canada, England, or several other European countries, the future is now: Contact lenses that can be worn for days, weeks, months, even years without removal, are already available there.

Although a small number of Americans are wearing these experimental lenses, they will not be cleared for widespread sale by the Food and Drug Administration until the final test results are in. Because the FDA is proceeding cautiously, it may be anywhere from several months to a few years before some of these revolutionary new lenses become available to the average buyer. Currently, there are about three dozen different types of lenses under investigation.

Looking Ahead: One experimental lens that promises to be suitable for continuous wear is made of a chemical called cellulose acetate butyrate (CAB) that is similar to the hard lens in size and hardness, but is more comfortable. Its most important quality is that the lens is gas permeable, permitting exchange through the lens of some oxygen and carbon.

(continued on page 35)
The trouble began when we bought the house two years ago, our first house. Bought it on the spot. There it sat in all its Frank Lloyd Wrightian, cantilevered, decked, glassed splendor looming arrogantly over the attics of our square-boxed neighbors. Its cypress wails and fir ceilings had blackened under a 25-year-old layer of linseed oil; it had only two bedrooms and seemed a bit cluttered with built-ins, but it was so seductive that those little flaws were easily forgiven by naive apartment dwellers dangling a toe into the waters of homeownership for the first time.

We devised a plan. First, I would restore the house—do it myself. Somehow, it didn't occur to me at the time that my lack of experience was a handicap, a delusion cunningly crafted by magazines such as this one that shamelessly tout the joys of doing it yourself. I allowed myself two months to refinish the wood on the walls and ceilings throughout the house, and to knock down some of the built-ins. That was Phase One of the plan. The inexpensive phase.

With the original house up to snuff (remember, this was to take two months) we would then launch Phase Two, the addition. The smallness of the house was to be corrected by adding another bedroom, a family room, a breakfast room, and two bathrooms, all architect-designed and built under contract. (My manual megalomania had not yet encompassed major construction.)

Phase Two was to take no more than seven months, meaning that after nine months we'd have a pristine and spa-cious dwelling in which we'd roll in leisurely comfort, awaiting the arrival of Phase Three, another nine-month project. We intended to start a family.

Phase One of the grand plan was launched the Saturday after we took possession of our house. I bought an orbital sander and a couple of extra packs of sandpaper, a can of Strypeeze, and a putty knife. For $40 and one sweaty weekend I figured I'd get the walls and ceiling of the little 10-by-11-foot bedroom cleaned up.

The sander was useless. The oil in the wood gummed up the paper immediately. After a week of backbreaking toil in the pungent fumes of the stripper, the room looked worse and I had made a sad discovery. The closet was cockeyed and needed rebuilding. By now I was beginning to realize that my talent for restoration was a bit limited. I needed help.

Chuck Scarborough is an NBC news correspondent.

**How Not to Do It Yourself**

Before you decide to tackle that big home-improvement job yourself, read this.

by Chuck Scarborough

"I do bar! My name Xhemaji Xhema." "You finish wood?" "Ya." "You are a professional wood stripper and refinisher?" "Ya." "Well, I have problem. Come with me." I dragged Xhema out of the bar and took him on a midnight tour of my house. We made a deal. Xhema's men refinished the wood in my 10-by-11-foot bedroom. Total bill—$1,150. I didn't have the nerve to ask how much of that was for fixing the mistakes I'd spent so much to make.

By now, I had $1,900 invested in the tiny bedroom, but I had watched how easily Xhema's pros stripped and stained and polyurethaned the wood, and again deluded myself into thinking I could do the rest of the house myself and save money. Another mistake. It is a fundamental law of nature that professionals make impossible tasks look easy. That's why they are professionals, and you are not.

So I struggled on with stripper and scraper, sacrificing weekend after weekend to the god of Do-It-Yourself, getting further and further behind the schedule I had set. On the first anniversary of our introduction to homeownership I hadn't even reached the halfway point in the restoration project, the project for which I had originally allowed two months.

I was feeling extremely dejected and even more (continued on page 31)

Enjoy real satisfaction and fresh menthol taste in a low tar cigarette.

©1977 R. J. REYNOLDS TOBACCO CO.

Warning: FTC Report DEC. '76. LIGHT 100’s: 12 mg. “tar”, 0.9 mg nicotine av. per cigarette by FTC method.
NEW Tapered Tube

Kotex Heavy Duty Tampons

Another quality product of Kimberly-Clark Corporation
If your super tampon needs help from a napkin then it isn’t super.

It’s no fun having to wear a napkin with your tampon for two or three days of your period.

So we designed the new Kotex Heavy Duty tampon. It comes in two sizes: regular and super, both incredibly absorbent.

In fact, our super is twice as absorbent as the best-selling super—which means it can hold twice as much.

With Kotex Heavy Duty tampons, you’ll probably never wear another napkin.

How we work against tampon bypass.

Have you ever had an accident and found your tampon hardly used? That’s tampon bypass. It happens when your tampon fails to expand fully.

It almost never happens with new Kotex Heavy Duty tampons. Because they expand gently and fully inside you, with less chance of bypass. Yet they’re easy to remove.

How our tapered plastic tube works better.

The leading tampon has a cardboard tube with blunt edges.

Unlike the leading tampon, the new Kotex Heavy Duty tampon has a tapered tube made of smooth plastic.

So it inserts more easily and comfortably than the leading tampon.

Finally, the great offer.

Now that you’ve read the ad you’re probably as confident about our tube tampons as we are. You might even run out and buy a box. And after using them we’re sure you’ll want more.

So, this is our offer. If you send us your name, address and zip code with the product code seal from any size box of Kotex Heavy Duty tampons, we’ll send you a coupon for a free box of 8 Kotex Heavy Duty tampons.

Our address is: Kotex Heavy Duty tampons, P.O. Box 9644, St. Paul, Minnesota 55196.

Our offer expires November 30, 1977, and there’s a limit of one box per family.

What’s so super about our offer? Try our tampons. Then you’ll know.

This is the ad that tells you everything about the new Kotex Heavy Duty tampons we couldn’t say on T.V.

You know the television commercial where the lady says, “We want you to read about what else makes our tube tampons a lot better. And to make sure you do, we’re running a big ad with a great offer.”?

Well this is the ad.
Toscany's trend settings

Who says good china has to be dull? Now you can set a fresher table with Toscany imported fine china that sparks trends. Choose from a great collection of innovative bands and flowers, all with a young attitude that jibes with your way of living. (Yes, indeed, all go from freezer to oven, micro-oven, too, to table, to dishwasher.)

20 piece sets about $50. Completer sets, $30. And in open stock. At fine stores everywhere. Write us for the one nearest you.

Toscany
Toscany Imports, Ltd.
245 Fifth Ave., New York, N.Y. 10016
If you're left-handed, you're part of a 10 percent minority living in the opposite direction. While many lefties continue to struggle with tools and utensils designed for the right-handed, the League of Lefthanders has begun to speak out for Left Rights: to reduce job discrimination based on handedness; to encourage lefties to use their preferred hand for salutes and handshakes; and to strive for equality and consideration for all left-handers. As these rumblings from the too-long-silent southpaws begin to be heard, a new crop of left-handed products is blossoming in the marketplace, and specialty stores to handle them are increasing.

One well-established source is The Left Hand in New York City. Inspired by a shop she had seen in London, proprietor June Gittleson opened the store in 1969. She now conducts much of her business by mail. The Left Hand catalog costs $1, but includes a certificate worth $1 toward the purchase of any item. Gift certificates are also available.

Another specialist in lefty products is The Left Hand Plus, inc. The number of items in their first catalog (published in 1975) has nearly doubled. For a catalog, also with a $1 coupon applicable toward any purchase, send $1. See Shopping Guide on page 30 for addresses and mail-order information.

To simplify life for the lefty, here's a sampling from these catalogs:

- The southpaw who spends considerable time in the kitchen will appreciate the left-handed tomato knife ($3.50), and citrus stripper ($2.50) from The Left Hand. The Left Hand Plus, inc., offers a carving set with transposed serrations ($6.00), a grater that'll handle anything from cheese to nuts ($4.50), and a ladle to facilitate southpaw pouring ($4.95).
- Write to The Left Hand Plus, inc., for a 12- or 50-foot tempered steel measuring tape ($24), and for information on a circular power handsaw made by Rockwell for lefties.
- Sports enthusiasts can choose from two catcher's mitts for youth ($12.95) and adult ($22.95), and three fielder's gloves ($9.95 to $19.95). Men's and ladies' leather bowling shoes with stopper on the left shoe are available for portside bowlers ($16.95 to $19.95). Golfers can get some great tips from the new Left Hander's Golf Book by Earl Stewart, Jr., and Dr. Harry E. Gunn ($5.95). There's also a book for lefty tennis buffs—and for righties who battle lefties on the courts—Sinister Tennis by Peter Schwed ($4.95). All of the above from The Left Hand Plus, inc.
- Straight-trim scissors ($4.95) as well as pinking shears ($10.50) and embroidery scissors ($5.95) are available from The Left Hand. LEFTY T-shirts with a white background are sized for adults ($4.50 S, M, L, XL) and children ($3.50 S, M, L, XL), also from The Left Hand.
- For youngsters, The Left Hand Plus, inc., offers a ¾-size Junior Guitar with nylon strings, fixed bridge, and slotted headpiece ($29.95). Check your local music store for a copy of Left Handed Guitar, by Nicholas Clarke.

Joanne Johnston, a free-lance writer, happens to be right-handed.

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**On the Other Hand**

A short sampling of products designed for lefties.

by Joanne Johnston

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You never know if his boss is coming to dinner. You can't tell when your uppity aunt will stay for a glass of sherry. So cover yourself. Be prepared for any occasion with our new crystal pattern, Diamond Optic from West Virginia Glass. With sparklers like these you can act rich without being rich.

West Virginia Glass Company
Weston, West Virginia 26452

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**COVER YOURSELF WITH DIAMONDS.**
Merchandise listed is available nationally at leading department, specialty and furniture stores. No list¬
owr>ed, or one-of-a-klnd items.

When obtaining prices and information on merchandise listed, write to manufacturer or store (complete address is provided in Shopping Guide Address Directory below). When writing, include issue date, page number, and description of item to in¬sure prompt reply. Items followed by * are available through architects, decorators, or department-store decorating service only. Items available by mail are preceded by "; additional postage, if any, is indi¬cated within ( ). Add city and state sales tax where applicable. Check or money order and zip code must be included. All manufacturers or shops listed will refund the cost of an item (unless mon¬

**ADDRESS DIRECTORY**

**Robert Allen Fabrics**, Dept. AH-9, 25 Wells Ave.,

**AV A Home Improvement Corp.**, Dept. AH-9, 2334

**Cornely Island Ave.**, Brooklyn, NY 11223

**Azuma**, Dept. AH-9, 415 Fifth Ave., New

**Barcalounger**, Dept. AH-9, American Mart, 66 Lake

**Bulova**, Dept. AH-9, 630 Fifty Ave., New York,

**Caswell-Massey Co. Ltd.**, Dept. AH-9, 518 Lexing¬

**Chippendale & Associates**, Dept. AH-9, Merchan¬

**Clarence House Fabrics**, Dept. AH-9, 40 E. 57 St.,

**Colonial Molding & Frame Co.**, Dept. AH-9, 37 E. 18

**Concepts International**, Dept. AH-9, 919 Third Ave.,

**Country Floors Inc.**, Dept. AH-9, 300 E. 61 St., New

**Dembw**, Dept. AH-9, 10880 Wilshire Blvd., Los

**Design Research**, Dept. AH-9, 53 E. 57 St., New

**Deutsch, Inc.**, Dept. AH-9, 196 Lexington Ave.,

**Larry N. Deutsch**, Dept. AH-9, 706 North Wells St.,

**Dictaphone Corp.**, Dept. AH-9, 120 Old Post Rd.,

**Dylan Carpets**, Dept. AH-9, 140 E. 55 St., New

**Elliott Manufacturing**, Dept. AH-9, 1034 Elm St., Rock¬

**Ethan Allen Inc.,** Dept. AH-9, Box 1066, Danbury,

**Fitz & Floyd**, Dept. AH-9, 225 Fifth Ave., New

**Ford Industries**, Dept. AH-9, P.O. Box 06459, Port¬

**Fran's Basket House**, Dept. AH-9, Rt. 10, Succa¬

**Fuller Stationers**, Dept. AH-9, 45 E. 57 St., New

**The Gazebo**, Dept. AH-9, 660 Madison Ave., New

**Jenny B. Goode**, Dept. AH-9, 1194 Lexington Ave.,

**Haege", Dept. AH-9, Dundee, IL 60118

**International Silver Company**, Dept. AH-9, Meriden,

**Koch & Lowy**, Dept. AH-9, 940 Third Ave., New

**La Coupe, Dept. AH-9, 694 Madison Ave., New

**Lanz of Salzburg**, Dept. AH-9, 6150 Wilshire Blvd.,

**The Left Hand, Dept. AH-9, 140 W. 22 St., New

**The Left Hand Plus, Inc.,** Dept. AH-9, P.O. Box 161,

**Levolor Lorenzenv**, Dept. AH-9, 720 Monroe St.,

**Lightinc.,** Dept. AH-9, 417 Bleeker St., New York,

**3M Company**, Dept. AH-9, 3M Center, St. Paul, MN

**Martex**, Div. of West Point-Pepperell, Dept. AH-9,

**Norton Groco Inc.,** Dept. AH-9, 615 North Wells

**Herman Miller, Dept. AH-9, 660 Madison Ave., New

**Herman Miller, Dept. AH-9, Zeeland, MI 49464

**National Mount Airy Assoc. Furniture Inc.,** Dept. AH-

**Nessen Lamps**, Dept. AH-9, 3200 Jerome Ave.,

**The Pack Collection**, Dept. AH-9, 315 E. 62 St.,

**Harvey Propper, Inc.,** Dept. AH-9, 979 Third Ave.,

**Riverdale Fabrics, Dept. AH-9, 295 Fifth Ave., New

**Georgia Roul**, Dept. AH-9, 2650 North Lakeview,

**Scandinavian Design**, Dept. AH-9, 127 E. 59 St.,

**Scully & Scully, Dept. AH-9, 506 Park Ave., New

**Sinclair Radionics, Inc.,** Dept. AH-9, 115 E. 57 St.,

**Sugar Hill Furniture, Dept. AH-9, Lisbon, NH 03585

**J. H. Thorp & Co.,** Dept. AH-9, Decorators Walk, 171

**Sylvania**, Dept. AH-9, 41 Madison Ave., New York,

**Valtech**, Dept. AH-9, 140 W. 22 St., New York,

**Taft Industries**, Dept. AH-9, 919 Third Ave., New

**Waveny Furnitures**, Dept. AH-9, 7 Hoosac St., Adams,

**Waverly Fabrics**, Dept. AH-9, 7 Hoosac St., Adams,

**Western Contemporary**, Dept. AH-9, 6017 Lenzi

**Woven & Jacquard**, Dept. AH-9, 14625

**Wynne**, Dept. AH-9, 14625

**Zacone**, Dept. AH-9, 14625

**Zephyr**, Dept. AH-9, 14625
MEN AT HOME
continued from page 24
confused, so an offer from a distant relative—a college student anxious to earn some money over the summer—seemed reasonable. Randy worked gamely as my assistant, his youthful enthusiasm and energy seemingly overcoming any shortage of skill. But at summer's end, half the living room remained unstripped and my bill for Randy's help was $1,000.

Eighteen months into the project, I was still in Phase One, and my wife, looking more radiant than usual, informed me that Phase Three had begun. She was pregnant. I stepped off my ladder into a bucket of Strypeez.

Now I had a non-negotiable deadline: Eight months to wrap up both Phase One and Phase Two, the construction project which had been blueprinted but not yet started. As I pressed ahead with the never-ending Phase One, I got bids, picked a contractor, and launched Phase Two in the October before the worst winter in New York history. Another mistake.

Building projects should be started in the spring, but I was trapped. Trapped by a series of mistakes that compounded each other. My problems with the restoration had delayed the additions, and now because Linda and I didn't want to have to cope with our first-born and major construction at the same time, we simply could not wait until spring to begin building.

In all great tragedies there is a moment of truth when the central character realizes his fatal flaw even though it is too late to do anything about it. Mine came on a cold winter morning.

Linda was six months pregnant. It was raining cold and hard, the water dropping in sheets, cascading off our flat roof in waterfalls and soaking the two electricians and one carpenter who braved the rawness of the day to fine-tune the new section of roof.

That day as every day since the workmen arrived, I got up, ground the beans, boiled the water, and poured it into a Melitta filter. After a quick cup of coffee, I put on my yellow windbreaker and headed out into the gale to inspect the kitchen extension, dining room enlargement; the family room, bath, and bedroom up top; the new bath jutting eastward.

I found the ladder and swam up. The carpenter informed me that the plumber's hole in the roof was too big; he was going to have to make the bathroom a half inch smaller to hide it.

Morose, I descended the ladder, felt my way back to the front door which, naturally, was locked, and—of course—I had forgotten the key. Niagara was roaring around me, drenching me in a cold winter rain on a Cabot's Gray morning almost two years to the day after we bought the house.

This was the moment. Suddenly, clearly, I realized that I had overestimated my ability to do it myself. If I had hired professionals at the outset to do everything, the restoration and the additions would have been finished long ago and easy living would have been mine. Worse, I realized hiring professionals probably wouldn't have been much more expensive than blundering around myself had been.

It was at this moment that, like a flash of Kansas heat lightning, a soundless, startling moment of brilliance, the two great myths of "Do-It-Yourself" were revealed to me.

Myth No. 1: Doing it yourself is enjoyable and rewarding. For people like me, it is not. Doing it myself was thumb-smashing, muscle-straining, temper-wrecking, and miserable. Only having it finished is rewarding. Even boasting to your friends about having done it yourself isn't what it's cracked up to be. They always flatter you and shake their heads in astonishment. But they are only being polite. They don't really care, and the only thing they're impressed with is the enormity of your foolishness.

Myth No. 2: You'll save money. It may seem that way, but the fact is that you will spend more money than you plan to no matter what you do. If you try to save, you'll end up owning a lot of cheap things. If you don't try to save, you'll end up owning a few expensive things. But either way, you'll spend more than is prudent. Any money you save by doing it yourself you'll only blow on dinners out or radial tires.

Once you realize the hopelessness of your urge to save money, hiring someone else is easy, and you are buying something far more valuable than painting and plastering: Time.
S

oft" is the new word for beverages that are both lower in alcoholic content and a shade or two sweeter than bone dry. And soft is what many people are beginning to look for in their before-meal and during-meal sipping.

Most table wines have an alcoholic content of 11 to 13 percent, with some approaching a high of 14 percent. Wines that contain over 14 percent alcohol are usually no longer considered table wines.

CALIFORNIA WINES

To meet the demand for soft wines, some California vintners are starting to produce white wines they call "soft," with both the lower alcoholic content and the sweeter taste that so many people are finding attractive. Often these wines have the character, finesse, and, sometimes, even the elegance of their European counterparts.

The first of these, California's San Martin Vineyards has launched two varietal white wines, both labeled "soft." These are '76 vintage Soft Chenin Blanc and '76 Soft Johannisberg Riesling, with an alcoholic content of about 10 percent. They are made in the German style familiar to San Martin's winemaker, Ed Friedrich, who comes from Germany's Mosel Valley, where soft, gentle wines with low alcoholic content are produced.

"In Germany," he points out, "wine is consumed for its flavor—not for its alcoholic content. A high alcoholic content tends to lessen the ability of our taste buds to appreciate the true varietal character of the wine." What Friedrich is aiming for is to make wine that brings out the best qualities of the fruit without an overpowering degree of alcohol.

How do these soft San Martin wines compare with the same varieties that have higher alcoholic content? They are extremely fruity, have a flowery bouquet and a clear, fresh taste, and are somewhat sweet. The '76 Soft Chenin Blanc, served well chilled, makes a lovely aperitif wine. Its retail price is under $4.

San Martin's '76 Soft Johannisberg Riesling is a very sweet dessert wine, with deep gold color and bouquet reminiscent of apricots and prunes. Its flavor is rich and luscious, and it should be served chilled and sipped by itself or as an accompaniment to cakes, tarts, or other desserts. It retails at about $6 a bottle.

For those who like their white wines light but drier, choose from among Cali-

A Sip of Softness

The new taste in wines and aperitifs for fall is lighter and sweeter.

by Doris Tobias

fornia's regular varietals; Chenin Blanc; the gentle, pleasing French Colombard; Furme Blanc (also known as Sauvignon Blanc) with its earthy crispness; or the elegant Johannisberg Riesling. They mate well with seafood, poultry, and veal dishes.

WINES FROM GERMANY

The white wines of Germany, long rated among the greatest white wines of the world, fit right in with the soft trend. Whether you prefer a flowery wine from the Mosel Valley, such as a Moselblumchen or Bernkasteler Riesling, in their traditional green bottles, or a delightful Rhine wine, bottled in brown glass, drink them fairly young. The '76 vintages are on the market now, but you may still find some '75, which were very fine.

Perhaps the best-known name in lower-priced German Rhine wines is Liebfraumilch. This is a generic term and can apply to any of the soft wines grown in and bottled in the Rheinhessen area. When buying Liebfraumilch, look for the name of a reliable shipper or importer, who will assure a consistently pleasing wine. Some of these are Blue Nun from H. Sichel Söhne, Rheinsonne from Steinberger, Hanns Christof from Deinhard, Grey Goose from Sidney Frank, and Rheinkeller Liebfraumilch from Langenbach. Most of the Liebfraumilch wines are under $4 a bottle.

TRY A SHERRY

For those fond of fortified wines for aperitifs, sherry, especially beloved in Spain, has fast becoming an "in" drink with the young set here. Try a fino sherry, the lightest and driest of them all, with pale amber color and delicately nutty flavor. Or for those who enjoy a darker, sweeter sherry, there's amontillado, with a richer, nuttier taste.

Pour chilled sherry into a small sherry or all-purpose wineglass, or plunk an ice cube or two into the glass for a longer, cooler drink. Sherry matches well with any number of aperitif accompaniments—from nuts and olives to pâtés, mini-fish stews, and shellfish. In Spain, of course, sherry is the traditional drink with appetizers called tapas.

Imported Spanish sherries are deservedly praised. But our native wineries, notably those in California and New York State, produce their own sherries that make great aperitifs. They won't have the true Spanish "bite," but they are immensely pleasing on their own merits, and they are an excellent value.

Right in step with the move to softness is Gallo's Livingston Cream Sherry. "Try a softer drink" is the theme that the canny Gallo brothers, who have become the largest winemakers in America by anticipating the public's changing tastes, are now using in their ads for this cream-type sherry. It's an excellent value at its under-$2 price—a smooth, amber-colored, and pleasingly sweet sherry with a clean, nutlike flavor.

Good sherries are produced by many other American wineries, such as Paul Masson and Christian Brothers in California, and Widmer's, Taylor Wine, and Great Western in New York State. Widely available at $3 a bottle and under, these make great soft sipping.

A NEW IMPORT

A new aperitif here that also fits in with the demand for sweeter, lighter drinks is Reynac's Pineau des Charentes. Long a favorite drink in the Cognac region of France, it is made by adding young Cognac brandy to freshly pressed grapes grown in the area. This halts fermentation and preserves the fresh fruitiness of the grape. The wine is then aged in barrels from five to eight years to permit the Cognac to mature and add its elegant authority to the mixture.

Pineau des Charentes has a nutlike bouquet and smooth, sweet taste that doesn't become (continued on page 42)
Tonight! Fix real barbecued chicken—without a grill!

Shake 'n Bake® Barbecue Style turns your oven into a barbecue grill.

Just shake, then put in the oven. No turning or basting.
While your chicken’s cooking, Shake 'n Bake® coating mix Barbecue Style makes its own honest-to-goodness barbecue sauce. Terrific flavor—tangy and tomatoey like real outdoor barbecued chicken.
There's one for chicken, one for pork. Try both!
In My Opinion

God Help The Working Girl

I am your average, $6,240-a-year working girl. I'm also a secretary—a/k/a girl Friday, typist, receptionist, clerk, general office helper, and protector. And I have a complaint.

I know about women's lib, women executives, and women politicians. I have read women's magazines and seen women's programs, and thus far, have been left feeling depressed, ignored, and somewhat under-ambitious. All well and good that the homecoming queen made it through medical school and is now making a name for herself in neurosurgery. But what about us? The commonplace, brown-bagging, everyday working girl?

Far from being a social enigma, or in the minority, I could be your sister, the girl next door, your date, your mother, or your maiden aunt. I can be seen in the morning rush hour riding a bus or taking the shoe-leather express, usually wearing last year's coat and carrying a bologna on rye.

If there are so many of us populating the offices of big corporations and small businesses, why are we unrecognized? Are we neglected because we lack the prestige of the executive world or the glamour of the professional? Why is the nine-to-fiver who makes the coffee, answers the phone, and works the typewriter considered by so many to be extrinsic, dispensable, and wholly uninteresting?

The answer, I believe, lies in the media. Newspapers, magazines, radio, and television have outlined how highly successful women got where they are. There have been countless interviews and editorials on the dos and don'ts and the how-tos of “getting to the top.” Now don't misunderstand. I am not discriminating against those who have risen to the top of the corporate ladder. I'm merely asking for some recognition for those of us on the bottom rungs.

All too often, when queried by a new male acquaintance about my profession, the reply “secretary” is received with a noncommittal, “Oh.” My own brother refers to me as a “peon,” except of course when his term paper needs typing. “Secretary” was once a respected position. What happened to its place in the world?

Within the past several years, I've held a variety of positions. Counting all of them, I have answered more phones than Ma Bell and handled more files than the FBI. I know when the boss is gloomy or harassed, how he takes his coffee, and when to send roses to his wife. I know exactly which calls to let through and what to tell the regional manager when the boss is out playing nine holes of golf. I come in 15 minutes early with his favorite Danish and stay after five to finish an important letter. I am his right-hand man, guardian angel, and bodyguard all rolled into one. In short, I am his secretary. I am part of an honorable profession in which the best laid plans of man and men may go awry without me. I am essential to the scheme of things. Just try to envision running even the smallest office without me. Who would take the blame when things went wrong?

The working girl is a vital part of any organization; intelligent, hard-working, clean of thought, word, and deed, and this one is proud of it.

Barbara M. Stratton
Hackensack, NJ

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 typewritten words and send to: In My Opinion, American Home, 641 Lexington Avenue, New York, NY 10022.

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FUTURE SIGHT
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dioxide that nourishes the cornea and allows it to "breathe." Both standard hard and soft lenses act as a barrier to the cornea’s receiving oxygen, which is why these lenses can’t be worn for long periods without risking damage to the eye.

The FDA plans first to approve the CAB lenses for daily wear only, and then for continuous wear if further testing proves the lenses are safe. Some doctors already report that their patients have successfully worn CAB lenses for weeks at a time without any adverse effects. The FDA expects at least one CAB lens will be on the market this year.

Even more exciting is the future potential of soft lenses. Continuous-wear soft lenses, Dr. Scafidi reports, are "all the rage now in England." These lenses are high in water content—up to 80 percent—which permits the exchange of nutrients necessary for prolonged wear. Most are thinner than current American soft lenses, fantastically comfortable, but also more fragile. Continuous-wear soft lenses, like the standard ones, must be kept water-soaked when removed, or they dry up and look like cornflakes.

Also on the horizon is a silicone rubber lens, which stays soft without absorbing water. It, too, is highly gas permeable, and so tough it is almost impossible to rip. Many authorities think the silicone rubber lens will one day prove vastly superior to all others, and several of this type are being tested in this country.

Mass production of either the high-water-content or silicone soft lenses is probably a year or more away. Dr. Scafidi thinks when they are put on the market, they will revolutionize lens-wearing and render present-day lenses obsolete. Until that time when continuous-wear lenses are perfected, however, we can enjoy the benefits—both corrective and cosmetic—of the contact lenses available to us now.

Soft lenses vs. hard lenses: Although hard contacts have been around for about 30 years, there is a perceptible shift to prescribing soft ones. Some doctors are now fitting from one third to one half of their patients with soft lenses. When the soft lenses were first approved in 1971, there were fears that because of their water absorbency they would create ideal breeding grounds for bacteria, leading to eye infection. This has not proven true. In fact, FDA officials now believe soft lenses are safer than hard ones. This involves gradually increasing daily wearing time, over a period of as much as six weeks for hard lenses. Some people never learn to tolerate hard lenses, and a few can’t adjust to soft ones either.

It was originally believed that soft lenses didn’t give the same sharp visual acuity as the hard ones, but since many doctors regularly correct to 20/20 with soft lenses, they feel that such a reputed deficiency is overstated. However, soft lenses, unlike hard ones, do not significantly correct astigmatism. Hard lenses have been credited with preventing the progression of myopia (near-sightedness), but Dr. Scafidi claims there is no evidence to support that belief.

Care and cleaning: On one count—durability—hard lenses are vastly superior and may last for years. Soft ones, especially in the first months you are learning to handle them, may tear. They can also discolour or cloud up because of surface protein or fat deposits. The FDA places the lifespan of a soft lens at only one year.

To clean hard lenses use only the appropriate chemical solutions. The most widely sold soft lens, the Bausch & Lomb SoftLens, requires daily heat disinfection in a small electric unit. Five other soft lenses, more recently cleared by the FDA, do not—the Hydrocurve, Natuvure, Aosoft, Aquaflex, and Trespot. With these lenses you have the option of using either the heat disinfection system or a cold chemical procedure developed especially for soft lenses. Simply clean, rinse, and store the lenses in chemical solutions according to directions.

According to Dr. Scafidi, these chemicals, approved for other soft lenses, are also safe to use on the Bausch & Lomb lenses. He says cleaning and disinfecting the lenses with chemicals are just as effective and safe—if not more so—than using the heat system. There’s still some speculation that the heat process bakes protein deposits onto lenses.

By whatever method, you must always clean and disinfect lenses thoroughly, not only to guard against eye infection, but to preserve the life of the lenses. And never treat soft lenses with chemicals designed for hard lenses. The soft lenses can absorb the chemicals and damage your eyes.

Many devotees of standard contact lenses consider them small medical miracles. Freedom from glasses and better vision correction are the two important benefits. And now, the next step—another medical breakthrough—the perfection of the continuous-wear lens could happen sooner than expected. Are you ready?

In addition to writing the monthly "Consumer Watch" in American Home, Jean Carpenter reports daily for Westinghouse Group W Broadcasting.

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SHOPPING GUIDE
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DESK TOP: BEST FOR THE BRIGHTTEST

THE VEGETARIAN WHO CAME TO DINNER

I'm not one to panic easily. As I recently faced the prospect of planning a dinner party in honor of a vegetarian friend, it took a full three minutes for the uneasiness to set in. Even then, unless you stood very close to me, the whimpering was barely audible. And I was quick to regain my composure.

In no time at all I set my mind to planning the menu, only to be distracted by visions of endless cans of succotash with carrot juice chasers. Then the awful truth hit: I had no idea what vegetarians eat. What they don't eat, of course, is meat, but I could hardly banish the meat from my table and serve only the side attractions: roast nothing with mashed potatoes and gravy (oops, cancel the gravy too); leg of no animal with mint jelly; or my famous arroz con nata. I could just serve a big salad, but lettuce, even joined by an occasional cabbage leaf, is meager party fare—and dull. Obviously, a new strategy was required, so I undertook several days of (delicious) research, and finally arrived at a few guidelines for Cooking for Vegetarians with "Real Food" Appetites:

Do away with the star system. Most of us tend to feature the meat at a meal (particularly when we consider the price tag), spotlighting and embellishing the roast or fowl and subordinating the other dishes as if they weren't worthy of our attention. But a meal doesn't have to have a central dish; two or three carefully planned recipes can work together to produce a pleasing—and refreshing—effect. Of course, the dishes should complement each other: A savory cheese tart offset by a platter of steamed vegetables over rice; or a hearty, spicy soup balanced by a crisp salad and whole-grain bread. Textural and visual contrasts pace the meal and keep the taste buds alert.

If it's edible, it belongs in your salad. Cheese; fruit; raw, cooked, or marinated vegetables; seeds; nuts; eggs; soaked or toasted grain—the list of possible ingredients is limited only by the inventory of your supermarket and the size of your salad bowl. There are many standard combinations, such as:

Lisa DeMauro, assistant to the editor of American Home, is a lapsed carnivore.

What to do if you want to avoid meat and still eat magnificently.

by Lisa DeMauro

GREEK SALAD

Combine 1 head of lettuce, torn, with 2 sliced tomatoes, a dozen ripe or Greek olives, one sliced cucumber, and 1/2 pound cubed feta cheese. Sprinkle liberally with oregano and freshly ground black pepper, and toss with a dressing of 1 part lemon juice to 2 of olive oil.

If you're feeling more inventive you can take off in endless directions under the heading "salad." And don't forget to vary the base ingredient as well. The iceberg lettuce so frequently seen rustling in obscurity on restaurant sideboards is a humble beginning. Boston lettuce, romaine, raw spinach, cabbage, even bean sprouts and shredded carrots are foundations for creative salad building.

Vegetables abhor violence. Regardless of how you felt about Brussels sprouts when you were 11, you have no excuse now for brutal treatment of vegetables. Actually, the vegetables most of us grew up with deserved our animosity: Soggy, tasteless, sodden masses that were overcooked and utterly unlovable. The awful truth is, bad as they tasted, they weren't even that good for us since many of their vitamins were boiled away along with color and flavor.

But now we know better—vegetables taste and look best when they're quick-cooked: steamed, sautéed, or delicately boiled. Served one of these ways, they require little adornment, and the taste is a revelation. Some of the more elegant stir-fry dishes include soy sauce, sherry, garlic, and oyster sauce. But for a satisfying, basic treatment, try:

WHOLE EARTH CASSEROLE

Cook 1 cup brown rice according to package directions and spoon it into an ovenproof dish. Cover with a layer of just-tender vegetables: 2 carrots and 1 medium zucchini, sliced and steamed; 1 package each frozen broccoli and cauliflower (prepared as package directs). Sprinkle with a generous helping (1/4 cup) grated Muenster or Monterey Jack cheese, and broil until cheese melts.

Protein does grow on trees—as well as in the fields. You don't have to worry about the loss of meat-based protein in a vegetarian diet if you remember the world of legumes (including soybeans, lentils, and peanuts), seeds, and nuts. Dairy products, too, are an excellent protein source, so there's really no trick to keeping the menu nutritionally balanced. And the legumes can add a measure of "meatiness" to soups and stews. Lina's Italian Lentil Soup, for example, has a thick, filling texture that will satisfy even the staunchest meat-and-potatoes advocate:

LINA'S ITALIAN LENTIL SOUP

Add 1 cup dried lentils (picked-over for stones, and rinsed) to 3 quarts of cold water, along with 2 chopped celery stalks, 1 chopped ripe tomato, 2 carrots (scrubbed and sliced), 2 tablespoons thyme, and herb/seasoned salt to taste. Simmer the mixture until it is thick—at least one hour.

Dare to try a new approach. Even a long-familiar dish can surprise you when it is reinterpreted. If you pride yourself on your quiche, try substituting spinach, cauliflower, or mushrooms for ham or bacon. If you usually stuff eggplants or peppers with a meat filling, experiment with pilaf (raw rice that has been sautéed and then cooked with wine or broth), try different cheese fillings, or add nuts or raisins to a chopped vegetable mixture. And don't forget to consult ethnic cuisines, many of which include a sophisticated approach to vegetarian cooking, possibly because large quantities of meat are less available.

Regardless of the source of your recipes, an occasional herbivorous meal will be worth the effort. You may even be seduced by the new range of flavors and textures—guaranteed to rescue you from the deepest cooking rut.

My vegetarian dinner, by the way, was a smashing success. The best tribute came at the end of the evening when an old friend—and confirmed meat-eater—complimented me on the dinner. As I started to describe my early difficulty in putting together a vegetarian menu, he flashed me a puzzled expression. "Vegetarian?" He hadn't even noticed the meat was missing.
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by Barbara Johnston, Editor of America’s most exciting woman’s magazine

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IF YOU'RE PRESENTLY IN YOUR THIRTY’S...

Your natural beauty will start to blossom like a colorful spring flower. Any blemishes you may have will instantly start to clear up . . . your coloring will become healthier, richer, more alive . . . your figure will look trimmer, slimmer, firmer all over . . . your body will start to take on a sexier shape.

IF YOU'RE PRESENTLY IN YOUR FORTY’S...

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IF YOU'RE PRESENTLY IN YOUR FIFTY’S...

And even if you’re well into your sixties — you will immediately begin to take on a look of incomparable charm and elegance. Deep wrinkles will fade into soft, graceful lines . . . facial fatness will begin to tighten up . . . skin and eyes and hair will be more alive and radiant than you ever thought possible . . . your figure will take on the trim, lithe look of a woman ten to fifteen years younger.

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• How the skin on your face can be as soft and smooth as the skin on your breasts.
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ABOUT THE AUTHOR

Barbara Johnston is the well-known Beauty Editor of America’s most glamorous magazine. Here, in her own words, is what BEAUTY FROM THE INSIDE OUT has done for her:

“In the past six years my figure has grown steadily better. My abdominal muscles are good enough to help me get by without belly button . . . My breasts, which are very full, had begun to sag. Now, however, they are as high and firm as when I was eighteen years old.

Here are just a few of the techniques that have worked so well for me and which I’m certain will work just as well for you:

• A simple trick that stops those ugly premature lines and wrinkles that form around mouth and chin.
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So send for BEAUTY FROM THE INSIDE OUT immediately. It’s yours to try without the slightest bit of risk. If you’re dissatisfied with it in any way — even if you feel it’s already helped you look younger and prettier — just return it for a complete and immediate refund.

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Why just call Long Distance when people expect it? Little things come as surprises, and the telephone is a convenient, inexpensive way to share them. Pick up your phone the next time you have some news, and bring someone you love into your life again. Long Distance is the next best thing to being there.
I don’t know how to let go,” says Bettye Smith. Her tone is introspective, self-critical, almost apologetic. But if she’d known how to let go she might be working in someone else’s office in Fairbanks, Alaska. Instead, as president, owner, and founder of the Alaska Business College, she operates out of her own bright office in the center of busy, downtown Anchorage.

Bettye was just 19 when she met a used-car salesman on a blind date in her hometown, Nampa, Idaho. She married him and went back to his native Alaska, which was still a territory in those days. They settled in Fairbanks: Population, about 5,000; main industry, gold mining; summer months, warm; winter months, sub-zero. She worked briefly as a clerk, fully expecting to do what all women were supposed to do in 1948: Stay home, keep house, and take care of the babies as they came—Jerye in 1949, and Marie in 1956.

“I wanted to stay home with the girls,” Bettye says, “but I needed money.” She had gone to business school, so it was natural that she teach secretarial subjects. At the first mini-school she started, she taught typing in the kitchen, shorthand in the living room, and advanced dictation in the bedroom. She kept a step ahead of her students by studying the same subjects and practicing at night.

The school was Bettye’s key to independence when she was divorced in 1959. Her easiest option was to return to her parents’ home in Idaho. But to go back would have been to acknowledge that her marriage had been a mistake, to face the disapproval of divorcees by relatives and the community, and to admit defeat. That’s something Bettye simply can’t do.

Instead, she decided to get a fresh start in Anchorage, then twice the size of Fairbanks. Anchorage has a climate similar to northern New England, a large Army and Air Force base, and one of the world’s busiest airports. Bettye started the Alaska Secretarial School with borrowed money, six students, and rented space above a bowling alley. The school grew large enough to move to an office building, but it wasn’t profitable. It would have been sensible to close it, but Bettye couldn’t let go. “I hired someone smarter than I was to run it, and earned my living by managing an employment agency.”

She was making a profit for her employer when an opportunity came up to buy a temporary-office-help franchise. Bettye wanted it badly—but had no capital. Then her boss bought it, and she ran it for him, with the profit divided between them at an agreed-on split. One day he decided to change the percentage—more for him, less for her. In a heated argument, he told her not only did he know she’d wanted to buy the franchise, but (continued on next page)

Photographed by Ward Wells

How persistent, resilient Bettye Smith built a first-of-its-kind school and business in Alaska.

by Sylvia Auerbach

AH contributing editor Sylvia Auerbach interviewed Ms. Smith while in Anchorage to conduct the seminar, “Financial Equality—A Woman and Her Money,” sponsored by the University of Alaska and the Billikin chapter of the National Secretaries Association.

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EMERGING WOMAN
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he also knew she hadn't any money.

"It was," recalls Bettye, "like a slap in the

face." Within three months she had

borrowed money, quit her job, and

again, divorced again, and heavily in

debt. It was probably the lowest point in

her adult life—my world in pieces and my

own self-image at an all-time low.

Alaska was, and still is, a frontier

state. With its rugged terrain and the

mining, hunting, and fishing industries

that required brute strength, men were

supposed to be the he-men and women

supposed to be married. Bettye was

expected to look around for a hus-

band. She tried to expand the school

even though at one point she was

$32,000 in debt. But, as she tried to get

the additional financing needed, her

debits, plus the fact that she was a di-

vorcee with two children, made lenders

consider her about as good a business

risk as a bathing-suit manufacturer in

Alaska's frozen north.

When she was refused by private

bankers she turned to the last possible

source of help, the Small Business

Administration. She did her homework, pre-

paring all the facts and figures she knew

they'd ask for. After she presented her

case, the SBA officer, who knew her,

"I won't pay you."

"I felt a moral obli-

gation to pay back my
debts. Besides, I
didn't know how to
declare bankruptcy."

To Bettye, bankruptcy is in a two-story,

modern building with 10,000 square feet

and has an enrollment of from 100 to

175 students year-round. It boasts up-
to-date office equipment; a curriculum

that includes secretarial skills, account-
ing, business law, hotel management,

airline procedures; 12 full-time and sev-
eral part-time instructors; and place-

ment, financial, and admission officers.

Students vary in age and background

from teenagers to divorcees in their 40s

and 50s. About 15 percent of the total

are men—some of them Vietnam veter-

ans. Many graduates have gone on to
good jobs both in Alaska and "outside,"

which is how Alaskans refer to the other

49 states.

Ask Bettye how she did it, and she'll
generously tell you she couldn't have

managed without the help of others: "The

banker who once helped her meet a pay-

roll by lending her her $500 on the strength

of her signature; the suppliers who lent

her equipment after a fire that closed the

school for 13 days; the other business-
school owner who gave her advice; the

teachers who helped establish the

school's reputation.

But spend time with her and it's appar-

ent her drive, open-mindedness, and

attention to details are behind the suc-

cess. Take the interior of the school, for

instance. The classrooms are papered

in bright patterns that would be attractive

in a private home. "If it looks like a

school, I won't pay you," the decorator

was told. Bettye asked particularly for a

cheerful math classroom, "since math is

such a dull subject."

It's a rule of the school that each stu-

dent has to punch a time clock—and Bet-

ty personally looks at the cards to

check on attendance and punctuality.

She thinks students' appearance is im-

portant—"we have to get them through

the front door"—so there's a course in

grooming and personal development.

And the catalog reminds them that they

"are expected to dress in a manner ac-

ceptable to the discriminating business

office. . . . Chewing gum is not accept-

able in offices so it will not be acceptable

in the classroom." Walk around the

school with Bettye and you get the feel-

ing that the students know that she's

concerned about them, but she's the

president, not "your old buddy, Bettye."

You also get the feeling that Bettye

still remembers what it was like to be

poor, untrained, and not accepted. And

that she has to keep working on herself.

She will unselfconsciously admit that

she colored her dark hair because

blonde is more flattering to her blue eyes

and fair skin; that she's had a face-lift:

she'll pat a roll of flesh around her

middle, say. "I'm carrying too much blub-

ber," and decide she may be due again

for a periodic visit to a "fat farm." When

she began hiring and supervising

people with college degrees, President

Smith went out and got a B.S. in busi-

ness administration in 1972 from Alaska

Methodist University.

She frankly enjoys material things that

success has made possible: A hand-

some modern house in a choice resident-

ial section of Anchorage; an informal

summer cottage where she keeps a sail-

boat and a motorboat; and a ski-lodge

condominium in the Alyeska ski resort,

just 36 miles south of Anchorage by way

of an uncrowded scenic highway featu-

ring a series of breathtaking views of

mountains, water, trees, and native

shrubs.

But Bettye worries a bit about the

mortgage on her house and the high

monthly carrying charges, and she's get-

ting along with the carpeting that came

with the house and furniture from her

previous home. And the ski lodge where

she likes to entertain (a pot of chili on the

stove, lots of rolls, a big salad, and every-

one self-service), is rented out part of

the year to bring in some income.

Bettye Smith is quite aware that her

daughters must lead their own lives, that

there aren't many men in Alaska (or any-

where else) for companionship, let

alone marriage, for a successful older

woman. (That touted excess of men

over women in Alaska doesn't mention

that many of the men chose Alaska for

its no-ties, macho atmosphere, and pre-

fered hunting bears and catching salmon

to hunting and catching women.) So Bet-

ty concentrates on individual goals. On

her daughter's challenge, she became a

fine Alpine and cross-country skier and

a good sailor. Right now she's working

on a five-year plan to have all her per-

sonal financial affairs in order by 1980.

And she's been working toward a certifi-

cate in administrative management from

the Administrative Management Associ-

ation. She's already completed the first

four levels by correspondence and is

busy with the last one. She's made up

her mind that she will be the first woman

in Alaska to get the certificate, and she

undoubtedly will be—especially if some-

one tells her she should give up trying.

WINES
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overly cloying because of the Cognac

content. Serve it well chilled, either on

the rocks or as a tall drink, with plenty of

ice and club soda. Or have it with a

splash of gin and tonic over ice. It goes

splendidly with a good country-style

pâté or robust terrine.

You might borrow a dessert idea from

the French: They pour a little Pineau des

Charentes into the cavities of chilled

Charentes melons that have been cut in

half and seeded. Since Charentes mel-

ons are not readily available here, try it

with the American equivalent—can-ta-

loupe. It makes a simple but fabulous
dessert. Pineau des Charentes, from

Peartree Imports, costs under $7 a

bottle.
For me it's low tar, not low taste.

Most low tar cigarettes are a tasteless version of something else. Not Winston Lights. Winston Lights have low tar. But they also have taste. If you're sacrificing taste for low numbers, you're smoking the wrong cigarette.

You're a woman, not a duck.

Know why water rolls off a duck's back? Because there's a layer of oil lying on its feathers. And oil and water don't mix. Well, some bath oils don't mix with water, either. They lie on top of it. Alpha Keri Bath Oil works with water. It mixes completely in your bath, so when you step out of the tub, your skin is moisturized and protected all over.

With a light mixture of Alpha Keri and water, Alpha Keri helps keep moisture in your skin. So, long after your bath, you feel soft and smooth. Not slick or greasy. No wonder so many physicians recommend Alpha Keri for the treatment of dry skin.

Alpha Keri Bath Oil. Works with water to smooth dry skin.
BACK TO BASICS ... the simple, natural life ... healthy, wholesome, honest. Today's fascination with a country lifestyle stems from a yearning for roots and tradition, a need to reconnect with enduring values, a desire to rediscover simple joys and beauty. Even more urgently, it comes from the necessity to alter the course of over-consumption and waste that is dissipating our natural resources and threatening our economy. In contemporary terms, the impulse to get back to basics translates as an awareness of new energy-saving ways to improve the home and as a willingness to explore the advantages of home-based offices; as a desire to streamline the preparation of natural, healthy foods but still to produce results as satisfying as, say, the jams that came from grandmother's kitchen; as a love of handcrafts and simple furnishings. Some Americans, like the Crofut family pictured on the following pages, live in the country in an updated rustic style reminiscent of American farm life of the past. But the country style we're talking about in this issue has little to do with geography—you can live it anywhere.—THE EDITORS
Music and antiques fill the lives and home of folksinger Bill Crofut and his family.

When Bill and Susie Crofut found a dilapidated 18th-century center-chimney farmhouse in Connecticut 13 years ago, they planned their remodeling and furnishings to preserve the integrity of the old house. Their main concern was to adapt the country style of their home to their fast-paced contemporary lifestyle. Since Bill is a folksinger and balladeer whose professional involvement with music reaches back some 17 years, it was also important for them to focus their home around the family interest in music. They decided to update the rustic interiors by opening them up and bringing in lots of light. Beginning efforts at renovation consisted of taking out walls, adding window bays, knocking out ceilings to expose beams and rafters, and rearranging cooking and bathing spaces. When they added on, Bill did all the work himself. The rooms were brightened with easy-to-care-for American antiques, natural-fiber fabrics, and Oriental throw rugs.

The Crofuts' daughters, Erika and Anni (left), have their own wing with playroom and bedrooms, stepped down from the dining room so they can feel very private but not too far from the action. Later additions were designed to accommodate both country living and musical activities; these include a barn, a sauna shed near a natural rock pool (ideal for brisk post-sauna dips), and workspaces for Bill and for Susie who helps produce recordings of Bill's songs and concerts. During the fall the Crofuts harvest vegetables, fruits, and flowers from the Japanese-style gardens, put up preserves and pickles, and make quarters snug for the family menagerie. —BO NILES

The living room (1), where Erika, Bill, Susie, and Anni gather and entertain friends for musical evenings, once stopped at the exposed beam. They doubled the size of the room and added a massive stone fireplace. Tiny metal coaches from India, an Asian processional wood carving (see mantel), and American copper weathervanes (below) are a few treasures they have collected on world travels. Bill built the pipe organ (2) in his study, but finds that songwriting occupies more of his time than organ playing. Susie works with Bill on his writing, and illustrates his songs with line drawings, some of which appear in their book, Moon on the One Hand. Seen from the garden archway, the house (3) radiates a warm glow from spacious interiors. Easy access to the outdoors was key to the renovation. Bill, equally versatile on banjo or guitar, Susie on harpsichord or recorder, Erika on oboe, and Anni on flute, form a combo (4). Bill constructed the harpsichord from a kit by Frank Hubbard of Waltham, Massachusetts. Susie painted it—14 coats—and did the calligraphy.
The kitchen was originally divided into three rooms—a "burning" room, entry, and cooking area. Converting the rooms into one space and adding bay windows and sliding glass doors to a new deck brought in plenty of light. The Crofts retained beams, quarry-tiled the floor, and fitted barn siding on lower cabinets and appliances. Overhead shelving is open for easy access to dishes. Bill found the wood-burning gas stove at the Portland Stove Foundry in Maine. An original fireplace warms a corner of the dining room, which is furnished sparsely with antique chairs, table, and hutch, and brightened by a large bay window.
Upstairs walls were torn out to create one large space for the master bedroom (7) and dressing area (5). The bed tucks into an alcove under the eaves. A wood-burning stove provides coziness; the bath is just behind the chimney. The barn (6) was designed for the Crofuts from an amalgam of old drawings by architect Robert Faesy. Bill built the barn over a period of three months and found working with his hands very relaxing after his daily practice sessions. Stalls house two horses, Morgan and Abe. The antique kerosene lamp (left) is part of a collection of authentic American fixtures and tools the Crofuts found.
CAPTURE THE COUNTRY LOOK

No matter where your roots are, you can get country style. Thrift and antique shops are filled with the contents of someone’s grandmother’s attic. And many new products combine old-time design with modern easy maintenance.

Think multichromatic. Combine colors that are traditionally mellow, the naturals and earth tones, or antiqued hues of the primary colors. Though pioneers used vivid colors, fabric today is designed to look aged—for the instant country look.—VIRGINIA PERLO


Cozy: One traditional way to get a warm, comfortable look is with a quilt, down coverlet, or featherbed. Quilt, The Gazebo. Nightgown, Lanz of Salzburg. Hair by C. Booth, makeup by A. Trujillo, both of La Coupe.


Handcrafted: Other people’s heirlooms are sold at steep prices—but are well worth the money. Geometric quilts can drape the wall as easily as a bed. Pillow, antique quilt, The Gazebo.

Sturdy: An accent piece like this marble-top chest is at home in the kitchen, dining or living room, bedroom or bath. Commode from the “Front Porch” collection, Sugar Hill Furniture.

Folk Art: Hooked rugs, like this blue, red, and yellow one, are primitive, childlike, and charming. Area rug, “Granny’s Garden,” No. 111, Concepts International.

Pewter: Pewter accessories, such as this hurricane lamp, add a touch of authenticity even if they are only used to add a decorative touch. Pewter oil lamp, “Nantucket Light,” International Silver Company.

Practical: The roll-top has had its day, even on the second time around. Try a reproduction of an accountant’s desk. Desk, National Mount Airy, Div. of Basset Furniture, Inc.

Spare: Spindleback chairs are country classics. For a rural touch, hang two colonial chairs or a deacon’s bench on the wall to be used as a shelf or for use as extra seating. Chair, “Governor Brewer,” Ethan Allen. For complete Shopping Guide and Address Directory, see page 30.

FOLK ART

STURDY

PEWTER
Carol Robertson rushed for the checkout counters, her cart piled with the boxes and jars that stoked Donny's and Lisa's fires. She had been rushing ever since Lisa was born 13 years ago—to school, to dancing class, to Cub Scouts... rushing for birthday parties and summer camping trips... rushing to dust and wash and iron and cook... and occasionally rushing to dinner parties with Don.

Spying a short checkout line, Carol took a sharp right with her cart and bumped into Marge Wheeler, whom she hadn't seen in a long time. "Why don't you go first," Carol suggested, noticing only a few items in Marge's cart.

"Thanks, I'm not in a hurry," Marge answered. "I haven't much else to do these days. It's different when your kids leave home." Marge nodded toward Carol's heaping cart and her own nearly empty one. "See the difference? That's the difference in my life too," she added wistfully.

Carol looked at Marge—about 43, still attractive, but the mobile, warm expression she remembered had been replaced by a forlorn, dejected one. "It must give you a sense of satisfaction, not to mention a lot of freedom, to have the kids grown up and off on their own," Carol said, trying to make conversation. "How are they?"

"I hardly know. They don't write often. Paul and I phone them from time to time, but they're usually out." She turned to face the younger woman. "Take my advice, Carol. Enjoy life while your kids are little because when they go off, you have nothing left."

Carol drove home from the supermarket in a deep gloom. Lisa was staying after school for play rehearsal; Donny wouldn't be back from sports for another hour. She put the groceries away, aware of the silence in the house. Usually she loved it. Today it echoed ominously with Marge's words: "When they go off, you have nothing left." Carol was 33. In 10 years would she be... Marge?

Carol, like millions of young mothers, had been forced to face the realization that someday the nest would be empty. Years ago no such problem arose. The nest was never empty. Generations lived together, children growing up, becoming parents and grandparents under the same roof. Houses expanded to hold them, as did roles and responsibilities. Grandmother relinquished housekeeping to her daughter or daughter-in-law while she assumed the peripheral duties her own mother had done. She was needed and knew it a tal part of the extended family.

Today's woman, on the contrary, begins easing out of her maternal role as soon as her children turn 18. They leave for college, for careers, for marriage, or for the nebulous experience called self-discovery. Left alone all day while her husband continues his work pattern, she finds herself without focus. Life is empty. The house is quiet. The days are long. Nobody seems to need her. The heroine of Evan Connell's latest novel, Mrs. Bridge, epitomizes this woman. With her three children grown, she finds herself "like one of those people in the Grimm fairy tale—all hollowed out in back." Dipping into her cold cream, she feels as if "rapidly, soundlessly she is disappearing into sweetly scented anonymity." She is Marge Wheeler.

I ironically, the shrinking need for women who are past their childbearing years coincides with an expansion of their lifespan. Thirty years ago statistics indicated that at 40 a woman could be expected to live another 29 years. Today at 40 she is expected to live another 38 years, 7 more than her husband. A high percentage of the pharmaceutical and cosmetic industries is directed to keeping her energetic, attractive, and sexy. Yet despite the vision of vigorous longevity, empty-nest years bring pain and despair to many women. Maxine Davis, author of Get the Most Out of Your Best Years, says, "The housewife-mother whose horizons are strictly limited is in for bad times if she is not forewarned. She is going to be old as soon as the children are grown and gone." Forewarnings come in many shapes and at times least expected. Carol Robertson was lucky: She bumped into Marge Wheeler.

Jennie Martin was at Open House at her fifth-grade son Roger's school when it struck her. It was her turn to meet Roger's teacher. She held out her hand and said, "Hello, I'm Roger Martin's mother." As she explained later, "I suddenly saw myself without a face." "No, wait a minute," she said to the teacher. "I'm Jennie Martin. Roger is my son."

Arlene Mandel came upon the realization differently. Her two boys had left on the school bus. Her husband was in Chicago at a conference. She was reading the morning paper when she came across an article about a local university offering help to women with anxiety problems. Reading down the list of symptoms, she decided that she had them all: overweight—she had put on 25 pounds since the boys were born; low self-image—she was insecure in dis-

Mary Susan Miller is coauthor of Straight Talk to Parents: How to Help Your Child Get the Most Out of School and A Round Table on Sex Education.

WHAT DO YOU WANT TO BE WHEN YOUR KIDS GROW UP?

Don't wait until the nest is empty to try your wings.

by Mary Susan Miller

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cussing anything that happened outside her home; fears—she was afraid of flying, of sharing her husband's world, of meeting new people. She looked at herself in the mirror, dowdy in a ponytail and her husband's castoff shirt. Turning from the mirror to the telephone, she called the university and asked for help.

Realization of the problem cannot solve it, though. That is Step One. Step Two calls for action. There are many routes young women today are taking to prepare for the empty-nest years.

Carol Robertson chose the volunteer route. Evaluating her life that day she bumped into Marge, she made a list of scattered volunteer work she had done to fill community needs: She collected for leukemia; she gave blood to the Red Cross; she had been a Cub Scout den mother and a Brownie leader when the children were younger; she was always active in the PTA; and she taught Sunday school. The list reminded her how busy she was, but something was missing. Her efforts lacked direction, recognition, growth. Like many young mothers, she fitted in her volunteer work between packing lunches and cleaning up dinner and being there when her family needed her. Now she needed to think of herself.

The following month Carol started at the Red Cross Blood Bank two afternoons a week interviewing donors. She has been at it a half a year now and plans to add a third afternoon right after vacation. "I have stopped putting," she says with a broad smile. "I'm back at work."

Mel Delmonte, director of volunteers of the Nassau Red Cross, says Carol Robertson is one of hundreds of women who come to her seeking the self they have buried behind the front doors of their homes. "The volunteer today is a different woman from who she was 10 years ago," Delmonte says. "She used to come in tears beginning to sense her loss as she hit the mid-30s, feeling use­less and stuck at home while her hus­band had his own life." Today a younger woman comes. She still has young children but does not want to get lost in them and is looking ahead. "She is shopping around, exploring possibilities before the urgency arises."

The once-a-week volunteer at 25 who finds herself involved often becomes the three-day-a-week volunteer at 35 and the full-time employee at 45. Volunteerism can become a career in itself, or lead to a career. Delmonte tells the story of Janet K. who meekly came to stuff envelopes because she felt stifled by her successful business executive husband. Now she is vice-chairman of her own Red Cross chapter. Her husband is referred to in the community as 'Mrs. K.'s husband.'

Ten years ago Mel Delmonte herself was drifting and wondering what to do when her twins left for college. Today she supervises 4,000 workers and looks like a chic corporation executive. "I have seen a lot of empty nests redecorated," she says. "It certainly gratifies me to see a woman grow."

Jennie Martin chose the education route. She enrolled at a local community college to complete the sophomore year she had left 12 years before. Then she transferred to a nearby university where she is now in her senior year majoring in psychology. "When I remember how I hated school as a kid, I can't believe this is me," she laughs. "Then you couldn't get me to do my homework. Now you can't get me to stop." When Roger is in college, she will be midway in her graduate work. When he graduates, she will be ready to set up her office as a clinical psychologist and help people find the identity I realized I had lost that night at the PTA."

Schools and colleges across the country are expanding to meet the needs of growing numbers of women like Jennie Martin. Continuing education programs are gearing up to help women define their goals, to give them the tools for future careers, to assist them when they are ready to seek employment. Typical of the new flexible courses of study is Adelphi University's ABLE—Adult Baccalaureate Life Experience—degree program. A student may combine academic course credits with those earned through personal study, work, or achievement and emerge with a B.A. Areas of concentration run the gamut from African studies to zoology. Classes are held in 20 locations in and around New York—in libraries, railroad stations, and airports. Also offering a Child Activity Center, the university invites women to "Go to college with your child and grow together." In 1973, its first year, 300 students did; this year the enrollment was (continued on page 76)
ANYPLACE ROCK GARDENS

All it takes is the right mix of stones and plants to create a rock garden wherever you want one.

by Laura Louise Foster

PLANT NOW—ENJOY NEXT YEAR

When to plant: Most bulbs, rock-garden plants, and wild flowers that blossom in the spring and early summer do their best if transplanted in late summer and early fall, from about August 15 to October 1 (though from New York City south it is possible to extend the planting season to October 15 or even a little later). At this time of year, top growth is coming to a standstill and makes few demands on the root systems. Roots are still actively growing and can therefore establish the plants before winter. Days are shorter and tend to be cooler so the newly moved plants need not bear the brunt of the hot sun and drying winds of late spring and summer. In late summer and fall, at least in the East, plants are cooled so the newly moved plants establish before winter.

How to plant: Dig the soil thoroughly and remove all weed roots. Spread a two-inch layer of well-rotted compost, leaf mold, or Michigan soil. Dust over the area, and in the sunny part of the hot margin of the pool. A gurgling rill amidst the stones and flowers of the slope into a quiet pool fringed with water-loving plants.

Few rock gardens follow this classic pattern. Although water, as a still pool or trickling stream, adds immeasurably to the ambience of any garden—and is now quite easy to supply, thanks to recirculating pumps—it is not essential. Nor is a massive cliff. A modest ledge or outcrop, either natural or built of suitable materials, can be fringed with flowers around it. Uly-fiowered tulips for flowers around it. Uly-fiowered tulips

WHAT IS A ROCK GARDEN?
The classic rock garden is a ledge, frequently quite substantial, either natural or constructed by hand, with suitable plants lacing its cracks and crevices. At the foot of this escarpment there is usually a more gentle slope of rocky soil to accommodate those plants that need more root-run than can be provided in the fissures of the cliff. Ideally, in this classic rock garden, a fall of water splashes down the rock face and runs in a gurgling rill among the stones and flowers of the slope into a quiet pool fringed with water-loving plants.

Few rock gardens follow this classic pattern. Although water, as a still pool or trickling stream, adds immeasurably to the ambience of any garden—and is now quite easy to supply, thanks to recirculating pumps—it is not essential. Nor is a massive cliff. A modest ledge or outcrop, either natural or built of carefully chosen matching stones fitted closely together with soil packed into the interstices, will do. Even a random scattering of boulders and rocks, large and small, par- (continued on page 114)

Pink and white moss pink and lemon-colored basket-of-gold (right) are showy rock-garden staples. In the spring moss pinks and basket-of-gold bloom in pool area of the Fosters' garden (top inset). Marsh marigolds and Japanese primroses—not yet blooming—are around the margin of the pool. A mugho pine (center inset) is a good foil for flowers around it. Lily-flowered tulips (bottom inset) do well in rock gardens.
Give yourself a luxury bath—a present that’s really a brief voyage to beauty, health, calmed nerves. Time out from frantic routines, pressures, telephones that insist on ringing, kids, over-talkative mates, the family dog. It happens in a room with a door that can lock out interferences and lock in privacy. The time is for you alone.

Taking a luxury bath means a little organization before you hang out the “don’t disturb” sign, but that’s easy enough. Start with the room itself. If it’s a typical bathroom, it probably has adequate space for all the necessary fixtures and little room for very much else. But that’s okay. What you want is an appealing, relaxing atmosphere—no clutter like piles of unsorted laundry, toys, stray books or magazines. What you’ll need: Your freshest towels and a bath sheet to wrap up in and dry off with; scented (continued on page 108)

Two beautiful approaches

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One woman’s design for living:
A 4-way room that works overtime.

You can live in one room and have everything you ever wanted,” says commercial and residential space planner/interior designer Georgia Roulo, whose one-bedroom apartment shown here placed second in the 1977 Hexter Competition for Interiors of the Year. Her son Sean uses the only bedroom, and the remaining 15’6” by 22’6” room serves as Roulo’s office and bedroom and as the family living and dining areas.

Most of their possessions were in storage when they moved in, and mother and son deliberately learned to simplify. Georgia Roulo (right), who also designs Feeling Sensitive greeting cards (displayed on a rack behind desk), looks out on the room from her workspace. “It must be clutter-free, because I can’t think about cleaning while I’m at work.”

To prevent a hard division of space and to provide an unobstructed view of Chicago’s Lincoln Park, Lake Michigan, and harbor 33 stories below, Roulo decided against a sofa and opted for four high-backed lounge chairs and two ottomans, symmetrically balanced by two mirrored chests. Roulo, whose one-bedroom apartment conceals dining, and office areas of the Year.

The custom-made Formica laminate island—the core of the sleeping, dining, and office areas—conceals linens, stereo equipment, reference materials, plus office files and supplies. The T-shaped top of the dividing cabinet acts as a desk and buffet/dining facility. A ceiling-mounted spotlight over the center of the table provides the professional designer with direct lighting.

Roulo is delighted with the way her one-room office-home works. She’s justifiably proud of how much she was able to fit in, even retaining a queen-sized mattress and box spring. For privacy, shuttered doors close off the kitchen, and the foyer entrance has a sliding door (not shown) camouflaged by wood painted to match the wall.
HOME OFFICES THAT WORK

The hidden office:
A comfortable room for the whole family.

This warm brown study in a suburban home won the second-place 1977 ASID/Barcalounger Award for Larry N. Deutsch (left) of Chicago. Designed as a part-time office for a commodities broker, the room triples as a guest room and family room. Note the recliner and sofa bed. Function, which appears absent, is merely hidden. The end table at left of sofa is a mate to the file cabinet under the desk. Another cabinet (not shown) is used as a TV base. — DESIGN DEPARTMENT
**BUSINESS BEGINS AT HOME**

Does the notion of making your own hours and working only when it suits you (and your family) sound like a convenient and practical possibility? If you've got a spare room or closet that can be transformed into a cozy home office, then working at home could be for you.

As your own boss, it may not matter when you do the job in the course of a day, but remember that most jobs involve deadlines. So, if you're someone who has difficulty with self-discipline, is easily distracted, and is prone to after­noon siestas (or daytime TV), working at home will probably end in financial disaster for you.

**Why work at home?** Most people are attracted to working at home for one or more of three reasons. Saving money on the high cost of commercial rent tops the list. A home office can be the best answer for anyone trying to get a new business off the ground or to maintain a consistently low overhead. Norman Shaw, a New York real-estate investor, admits: "I don't need an 'office' office. A converted area of my loft is perfect. There are side benefits, too, like no rush-hour traffic, and all that time and money saved by not having to commute. In general," he adds, "it's a more relaxed, hassle-free work life."

Managing a family and running a business at the same time is becoming an ideal situation for more and more women. Sue Ginocchio, of Lexington, Kentucky, launched her design firm with a partner, Susan Clay, by creating a convenient office out of a spare room with its own street entrance. Sue, the mother of four children ranging from elementary-school to college age, says: "I can close the office doors to family interruptions, but I'm still here for the children when they come home from school. This way, I don't miss out on their activities. Working at home made my transition from housewife to businesswoman much easier."

Body cycles may correspond harmoniously to home businesses, too. Many people get bursts of energy at midnight or work best at concentrated intervals that simply don't coincide with the regular nine-to-five routine. If you function like this, then the freedom to make your own hours can actually increase productivity and promise a much greater chance for success.

**What about the disadvantages?** For starters, if you work at home you have to like *being* at home. The idea of working and living in the same quarters affects people differently. Many feel claustrophobic. Joan Solomon, co-owner of a creative consulting firm in Minneapolis, Minnesota, started her business on a shoestring, originally running it from home. "It just didn't work," Joan confesses. "I couldn't stand having my work and my private life so totally intermingled. I like having an office that I can go to. There are far fewer distractions there than at home."

Phyllis and Jack Kish run a graphics studio from their spacious New York apartment, and each has a unique reaction to their work-at-home situation. "For me, there's always the problem of the home versus the job," Phyllis admits, "now spend most of my time going out on business calls while Jack's at home. He couldn't care less if a bed isn't made; he just goes into the studio and closes the door."

Aside from personal considerations like these, there are certain businesses, such as advertising or accounting, where a level of professionalism must be maintained. Working from home may be wrong for your business image or the type of clients you want to attract. Or, if your home office is in the suburbs, expect to find some clients who may not want to travel that far for consultations or don't particularly like wandering through a kitchen or family room to your desk.

**The legalities of working at home.** First, check into local zoning laws to make sure you are situated in an area where you can run a business from home and where you will be allowed to display a sign, if your business calls for it. Consult your local city and county authorities regarding licenses or permits required for your particular enterprise—for example, the Board of Health for food-related businesses. Talk to your insurance agent about any special coverage that you may need for fire, theft, and so on.

**Setting up your space.** The primary concerns in setting up a home office are privacy and adequate work and storage space. Dusting the breakfast crumbs off the dining room table and then hauling the breakfast table and chairs to your desk. Make sure you are situated in an area that you may need for fire, theft, and so on. B"
Well-organized accessories—either with an old-world look or with clean contemporary lines—demystify even the busiest desk top, and keep it stylish too.

Whatever your métier, you'll want your at-home desk to reflect your sense of style as well as your efficiency. Here are two ways to organize your desk top, and keep it organized, too: A funky old-world assemblage of organizers (top) graces a serpentine inlay desk. English Cockerel paper blank books and book box inspire creative thoughts; they and the horn scoop for holding miscellaneous small objects, the trompe l'oeil Italian metal book box and the bamboo pen are from folio 72, New York. The fat Italian ceramic pen opens up for stamps, haphazard clips, or whatever; it and the handy leather-bound stationery holder can be found at Jenny B. Goode, New York. The focal point for a sleek and functional group of accessories (above) is a Joan Major oval chrome and glass table from The Pace Collection. The polished aluminum accessories include a filing tray with cover for sorting mail and memos, an ashtray, single pen set, a library set of scissors, letter opener, and holder, memo pad, a calendar and stand, pencil cup, and a pair of book ends. These form the Radius One Metal Collection by William Sklaroff for Smith Metal Arts, and they are available at Fuller Stationers in New York. Two-tone metal frames, 3" by 5", and 5" by 7", with photos to remind you of your loved ones, are from Jenny B. Goode. Any or all of these desk organizers should keep you in business and on top of your social calendar.
Set up the most efficient home office with these streamlined essentials.

When you set up an office at home, you’ll need some basic equipment to keep it running smoothly. Top: Shed some light with a Sintesi lamp from Light/Inc., and organize on the go with a traveling cassette recorder by Dictaphone. Code-A-Phone from Ford Industries records messages while a transcriber, also by Dictaphone, reads ideas for the typewriter. Above: Take along the pocket Sinclair calculator. Electric typewriter Lexicon B2 is by Olivetti. Light/Inc.’s small Sintesi lamp is practical for close work. Right: Desk by Muurame for Scandinavian Design, and chair from the Ergon Chair Line by Herman Miller are designed for comfort. Sentry safe is by John D. Brush & Co. Copier is by 3M Co.—B.N./N.W.
JAMS IN A JIFFY

Here's how to make new-fashioned jams with old-country flavor. Savor the fresh fruit of summer and early fall all year long with these easy made-in-minutes jams and jellies. They taste like the kind Mother or Grandmother used to make, but there's a newfangled twist. The cooking time is minimal—perfect for busy people today. So whether you live in the country and have access to gardens, orchards, and farm stands, or in the city and have a greengrocer within easy reach, take advantage of the seasonal fruits. Harvest your own batch of jams in a jiffy.—GALE STEVES

GRAPE AND PLUM JELLY

| Working time: 15 minutes |
| Standing time: 10 minutes |
| Cooking time: 1 minute |

1 1/2 pounds fully ripe Concord grapes
1 1/2 pounds fully ripe plums
6 cups sugar
3/4 cup water

1 box (1 1/4 oz.) powdered fruit pectin

Thoroughly crush grapes, one layer at a time. Squeeze out juice. Measure 1 1/2 cups into large bowl. Pit plums; do not peel. Chop very fine by hand or in food processor. Squeeze out juice. Measure 1 1/2 cups; add to grape juice. Stir sugar into juice mixture; let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to boil; boil 1 minute, stirring constantly. Stir vigorously into the juices about 3 minutes. (A few sugar crystals will remain.) Ladle quickly into 1/2-pint or pint containers. Cover at once with tight lids. Let stand at room temperature until set. (This may take up to 24 hours.) Store in freezer for at least 24 hours. Remove from freezer as needed and store in refrigerator between uses. Makes 6 1/2-pints (55 calories per tablespoon).

ORANGE MARMALADE

| Working time: 15 minutes |
| Cooking time: 15 minutes |
| Standing time: 30 minutes |

2 medium oranges
3/4 cup water
4 1/2 cups sugar
1/2 cup water
1/2 bottle (3 ozs.) liquid fruit pectin

Peel, core, and chop pears very fine. Measure 1 1/2 cups into large bowl. Add lemon rind, and liqueur to fruit. Stir sugar into orange mixture; let stand 3 minutes. Add lemon juice to fruit pectin in a small bowl. Stir vigorously into fruit mixture about 3 minutes. (A few sugar crystals will remain.) Ladle quickly into 1/2-pint containers. Cover at once with tight lids. Let stand at room temperature until set. (This may take up to 24 hours.) Store in freezer at least 24 hours. Remove as needed and store in refrigerator between uses. Makes 6 1/2-pints (50 calories per tablespoon).

MINTED PEAR JAM

| Working time: 10 minutes |
| Standing time: 10 minutes |
| Cooking time: 1 minute |

2 1/2 pounds fully ripe Bartlett pears
3 tablespoons lemon juice
1 teaspoon lemon rind
3 tablespoons crème de menthe liqueur or 1/2 teaspoon mint extract and several drops green food coloring
5 cups sugar
3/4 cup water

1 box (1 1/4 oz.) powdered fruit pectin

Peel, core, and chop pears very fine. Measure 2 1/4 cups into large bowl. Add lemon juice, lemon rind, and liqueur to fruit. Stir sugar into pear mixture; let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to boil, and boil 1 minute, stirring constantly. Stir vigorously into pear mixture about 3 minutes. (A few sugar crystals will remain.) Ladle quickly into 1/2-pint or pint containers. Cover tightly at once. Let stand at room temperature until set (up to 24 hours). Store in freezer at least 24 hours. Remove as needed and store in refrigerator between uses. Makes 6 1/2-pints (42 calories per tablespoon).

TIPS THAT GEL

Don't be caught in a jam. Just follow our simple instructions, but before you do, read these hints for fool-proof jam or jelly-making.

- Use fully ripe fruit. Recipes for fruits that tend to be quite sweet will call for the addition of lemon juice.
- Crush fruit one layer at a time so juices flow freely.
- Use sugar recommended in recipe. Never substitute brown or confectioners' sugar. Corn syrup can replace part but not all sugar. Use a recipe designed for corn syrup rather than converting it yourself.
- There is no need to purchase special containers. Consider using jars that originally held instant coffee, baby food, or pickles. Or use dishwasher-safe plastic containers such as those used for storing margarine or frozen whipped topping. Wash and rinse thoroughly, scald with boiling water, and let dry, or run through dishwasher.

- Freezer jams and jellies may be stored up to 6 months, although in a good 0°F freezer, they may keep well up to a year. In the refrigerator, jams can be stored up to 3 weeks.

Your microwave can help you out in making jams and jellies. For tips, send 25 cents for postage to: Your Microwave Oven and Food Preservation, Publication No. 49-4227, P.O. Box 111, New Concord, OH 43762.
Birds Eye® Combinations will do almost anything to get your husband’s attention.
Does your husband think your vegetables are all alike as peas in a pod? Even when you're not serving peas? Then you should be serving him Birds Eye® Combinations.

Birds Eye® Combinations are mixed vegetables, glazed vegetables, vegetables in a cream sauce, vegetables with almonds—interesting, colorful, exciting vegetables. They're even broccoli and cauliflower in a great-tasting cheese sauce.

In short, they're vegetables that your husband can't ignore. That's because Birds Eye® Combinations will catch his passing fancy... the kind that makes him keep on asking you to pass the vegetables over to him.

Birds Eye® Combinations. The first vegetables your husband might even notice.

Above photographs are approx. 2 times actual size.
CHERRY-PEACH-APRICOT FREEZER JAM

Working time: 12 minutes
Standing time: 10 minutes
Cooking time: 1 minute

3/4 pound fully ripe cherries
1 pound fully ripe peaches
1 pound fully ripe apricots
3/4 cup light corn syrup
1/4 cup lemons juice
1/4 cup brandy
1/4 cup sugar
3/4 cup water

1 package (1 1/4 oz.) powdered fruit pectin

Rinse and stem strawberries. Fully crush berries one layer at a time to let juices flow freely. Measure 1 1/2 cups into large bowl. Stem and peel kiwis. Slice and fully crush. Measure 1/2 cup. Add water to kiwis or strawberries to make exact measure. Add sugar and corn syrup, stirring thoroughly to dissolve sugar. Let stand 10 minutes. In small saucepan, mix together water and fruit pectin. Bring to a boil over medium heat, stirring constantly, and boil 1 minute. Turn into fruit mixture. Stir vigorously 3 minutes. Stir well. Add corn syrup and sugar, stirring to dissolve sugar. Let stand 10 minutes. In small saucepan mix water and fruit pectin. Bring to boil over medium heat, stirring constantly, and boil 1 minute. Turn into fruit mixture. Stir vigorously 3 minutes. Ladle quickly into 1/2- or 1-pint containers leaving 1/2-inch headspace; no paraffin needed. Cover at once with tight lids. Let stand at room temperature until set. (It may take up to 24 hours.) Store in freezer for at least 24 hours. Remove as needed, store in refrigerator between uses. Makes 6 1/2-pints (35 calories per tablespoon).

Ladle freezer jam or jelly quickly into hot prepared jars. Cover tightly with lids. And then let set overnight.

JAMS IN A JIFFY
continued from page 65

STRAWBERRY-KIWI FREEZER JAM

Working time: 10 minutes
Standing time: 10 minutes
Cooking time: 1 minute

1 1/2 pints fully ripe strawberries
2 medium kiwis
3/4 cup sugar
1/2 cup light corn syrup
3/4 cup water
1 package (1 3/4 oz.) powdered fruit pectin

Rinse and stem strawberries. Fully crush berries one layer at a time to let juices flow freely. Measure 1 1/2 cups into large bowl. Stem and peel kiwis. Slice and fully crush. Measure 1/2 cup. Add water to kiwis or strawberries to make exact measure. Add sugar and corn syrup, stirring thoroughly to dissolve sugar. Let stand 10 minutes. In small saucepan, mix together water and fruit pectin. Bring to a boil over medium heat, stirring constantly, and boil 1 minute. Turn into fruit mixture. Stir vigorously 3 minutes. Stir well. Add corn syrup and sugar, stirring to dissolve sugar. Let stand 10 minutes. In small saucepan mix water and fruit pectin. Bring to boil over medium heat, stirring constantly, and boil 1 minute. Turn into fruit mixture. Stir vigorously 3 minutes. Ladle quickly into 1/2- or 1-pint containers leaving 1/2-inch headspace; no paraffin needed. Cover at once with tight lids. Let stand at room temperature until set. (It may take up to 24 hours.) Store in freezer for at least 24 hours. Remove as needed, store in refrigerator between uses. Makes 6 1/2-pints (35 calories per tablespoon).

Ladle freezer jam or jelly quickly into hot prepared jars. Cover tightly with lids. And then let set overnight.

CHERRY-PEACH-APRICOT FREEZER JAM

Working time: 12 minutes
Standing time: 10 minutes
Cooking time: 1 minute

3/4 pound fully ripe cherries
1 pound fully ripe peaches
1 pound fully ripe apricots
3/4 cup light corn syrup
1/4 cup lemons juice
1/4 cup brandy
1/4 cup sugar
3/4 cup water

1 package (1 3/4 oz.) powdered fruit pectin

Rinse, stem, and pit cherries. Crush in blender or put through food grinder. Measure 1 1/4 cups prepared cherry. Rinse, peel and pit peaches. Crush thoroughly or finely chop. Measure 1/4 cup prepared peach. Rinse and pit apricots. Crush or finely chop. Measure 1/4 cup prepared apricot. Turn fruit into large bowl. Add lemon juice and brandy; stir well. Add corn syrup and sugar, stirring to dissolve sugar. Let stand 10 minutes. In small saucepan mix water and fruit pectin. Bring to boil over medium heat, stirring constantly, and boil 1 minute. Turn into fruit mixture. Stir vigorously 3 minutes. Ladle quickly into 1/2- or 1-pint containers. Cover at once with tight lids. Let stand at room temperature until set. (It may take up to 24 hours.) Store in freezer for at least 24 hours. Remove from freezer as needed and store in refrigerator between uses. Makes 6 1/2-pints (42 calories per tablespoon).
The choice is easy!

If you use one of the powdered non-dairy creamers, you're missing all the delicious possibilities of Frozen Coffee Rich®* Non-Dairy Creamer. Because, unlike the powders, Coffee Rich adds great taste to much more than just coffee. Try it and see! Coffee Rich is luscious over fresh fruit and on cereal. You can even use Coffee Rich in your cooking and baking for surprising new taste. You'd never dream of doing any of these things with the powdered non-dairy creamers, but Coffee Rich makes them too deliciously tempting to resist!

YOU CAN DO MORE WITH COFFEE RICH.
Enjoy your coffee break even more with popovers.... Serve them hot with butter and jam, or split them and fill with any hot concoction. They are a welcome bread with every meal. We asked Julie Dannenbaum of Philadelphia’s Creative School fame to share her favorite recipe with us (see page 76) as well as some hints.

Julie suggests that the best containers for baking are 5-ounce ovenproof glass custard cups. Muffin pans may be used in a pinch, but a deeper cup is better. Julie cautions that you should check the oven racks to be sure you’ve left plenty of room above. A popover may rise more than twice the height of the 2-inch cup.

The popover batter should be thin, the consistency of heavy cream. The liquid turns to steam and stretches the egg-flour batter to a balloon. After 30 minutes in the oven, the mixture pops over the top of the cup. Resist the temptation to peek! A draft may cause the whole thing to collapse. Popovers still need another 30 minutes of baking time to firm up and dry out.

Julie Dannenbaum’s popover batter may be mixed ahead and stored in the refrigerator—stir before using. Popovers also may be made ahead and frozen. Just thaw slightly, and reheat in a 350°F oven for about 5 minutes. Then sit down with a cup of fresh-brewed coffee (see our tips on page 75) and enjoy! —GALE STEVES
This morning the Pattersons woke up to perfect coffee.
Did you?

Maxwell House® A.D.C.® brand coffee is so good it's recommended by 4 machine makers. Result: Perfect coffee!

Whether two cups or twelve, the new coffee makers are the fastest, most convenient way to make coffee.

And Maxwell House A.D.C.® brand makes it...perfect coffee.

Perfect...because A.D.C.® brand is specially blended and ground for perfect taste in the new coffee makers.

One sniff, one sip and you will become one of millions of Americans who are now enjoying it every day.

If you've got a special coffee maker, get a special coffee: A.D.C.® brand coffee, only from Maxwell House.

They all recommend A.D.C.® brand coffee:
Norelco® (top left), General Electric® (bottom left),
Proctor-Silex® (top right), West Bend® (bottom right).
© General Foods Corporation 1977
Use your bean:
Get more cups in every pot

Some coffee drinkers prefer buying beans and having them ground at the store or, for assured freshness (especially if they've cut down on consumption), grinding their own. Before you buy, here are some facts that will help:

Coffee beans have flavor variations based on soil differences. Most coffee beans arrive in America "green," and are roasted here before blending. The richness of flavor and aroma depends on how long beans are roasted. A light roast with the flavor not fully developed is popular in the western states. A full roast with a deep, hearty flavor is usually favored in the eastern states. Viennese, Italian, French, Turkish, and espresso roasts are darker, oily on the surface, and are stronger and more bitter.

With electric or old-fashioned hand-cranked grinders you can make your own blends from beans available in specialty stores (check the yellow pages for "coffee dealers—retail" or "gourmet shops"). Trust the seller to help you in the beginning. Start with a medium roast and experiment with additions of small quantities of other roasts to find the blend you prefer.

No matter what blend or form (whole, ground, instant, or freeze-dried) you choose, these suggestions will help you get your money's worth from your coffee:

• Mix a less expensive brand with more costly varieties. The rich flavor comes through, but you don't have to pay as much for it.

• Store coffee in a container with a tight-fitting lid in a cool, dry place like the freezer or refrigerator. Ground coffee keeps about two weeks; beans stay fresh up to a month. Open only as much as you will use within those times.

• Measure water and coffee accurately. A standard level coffee measure equals two tablespoons, the proper amount for a six-ounce coffee cup. This measurement applies to all methods and kinds of coffee makers. Adding "one for the pot" is unnecessary, but do use more coffee if you want a stronger brew.

• Use all coffee makers at three-quarters capacity or more to get the best results. You may want to have two sizes—a two-to-four cup pot for daily use and a larger pot for entertaining company.

• Prepare the coffee with water just below the boiling point. If coffee boils, delicate flavors leave with the steam and a bitter taste results. Leftover coffee must be reheated gently. Harsh flavors become stronger each time. Microwave ovens are good for reheating coffee—and it takes only 30 seconds to do the job.

• Leftover coffee stored in the refrigerator is handy for any coffee recipe. Or coffee may be stored in an ice-cube tray in the freezer. Cubes can be used in iced coffee or other cold drinks or thawed when needed in recipes.

• The finer the grind, the less time it takes to brew coffee. Harsh flavors become stronger each time. Microwave ovens are good for reheating coffee—and it takes only 30 seconds to do the job.

• Instant coffees now retain more original flavor since many freezer. Coffee extenders and substitutes didn't just arrive with the recent price increases. Postum was developed from bran, wheat, and molasses in the 1890s. Chicory has long pinch-hit for coffee. It's often mixed with coffee (one-to-two or one-to-one ratio) and adds aroma and body. Chicory's caramel taste helps mellow the bitterness of a dark roast.

This fall look for 100 percent soybean products that are being billed as the answer to the coffee crunch. National companies are now testing coffee mixtures, such as a chicory-coffee mixture Nestlé may market soon.

by Mary Gunderson

Is it or isn't it? What's brewing for tomorrow

A little imagination—and a few extra ingredients—lets you transform a plain cup of coffee into a special treat. By experimenting with variations you can serve your guests impressive coffee-based drinks that will delight their palates. And because they'll savor every drop of these rich brews, a little coffee will go a long way.

Espresso comes from a heavier bean, double-roasted to give it a very strong, bitter flavor. A little goes a long way: It's served in three-ounce cups. For dessert coffee, espresso can be laced with a tablespoon or two of a liqueur, such as kirsch, anisette, or crème de cacao, or such whole spices as cloves, nutmeg, cinnamon, or anise.

Cappuccino makes espresso and frothy steamed milk a dessert in itself. Heat the milk and put it in the blender for a minute. Mix equal parts of milk and coffee and add sugar if you like. Spark regular coffee with lemon rind or port wine. For a different sweetener try chocolate syrup or dark molasses.

Blander iced coffee is a different way to make a little leftover coffee go a long way. For one glass, start with 1/3 cup cold; strong coffee and add 1/3 cup milk and two or three ice cubes. Put all in the blender and mix until ice is crushed. You can substitute cream and vary the proportions.

Get more glamour with less coffee

COFFEE AND POPOVERS  
continued from page 73

ORY POPOVERS  
Working time: 10 minutes  
Baking time: 1 hour

4 eggs  
2 cups milk  
2 cups all-purpose flour  
1 teaspoon salt
Grated peel of 1 orange

In a small bowl beat eggs and milk until smooth. In another bowl, mix flour and salt together; make a well in center and pour egg mixture into it. Then beat with egg beater until batter is smooth and thin, about 1 minute. Grease twelve 5-ounce custard cups very lightly with vegetable oil. Place on shallow baking sheet, leaving space between. Fill cups half-full with batter. Preheat oven to 375°F. Bake 30 minutes—do not open oven door. Turn heat down to 350°F and bake to 35 minutes longer, or until well-browned. Serve hot with a crock of unsalted butter and orange marmalade or jam. Makes 12 popovers (123 calories per serving).

WHAT DO YOU WANT TO BE?  
continued from page 53

1,200, fifty percent of whom continued on for graduate degrees.

Schools of business management all over the country are changing their demographics. Over 75 percent of their students used to be married in their upper 20s; today 45 percent are women well into their 30s. Career counseling agencies—some free—in many cities and on many campuses across the country, are offering career workshops and courses in business skills brush-up. The woman who was a secretary 10 years ago straight out of Katharine Gibbs is parlaying her know-how into a professional career.

But not all study has to lead directly to a job. Connie Hearstman began art lessons at 26 when she was pregnant. Now it fills her days as a hobby; but she looks forward to a time when she may sell an occasional painting. Sue Calfield has taken a course at the Y every week for four years, since her two children started school. "If I didn't, I wouldn't have anything to talk about but housework," she explains.

Arlene Mandel chose the back-to-work route and on the way dropped more than a 10-year accumulation of anxieties. During the six months she took to prepare herself to reenter the business world, she lost 25 pounds, lost her ponytail, and after a week of "hanging around department stores to see what people were buying," she turned her oversize shirt in for a suit, three blouses, and a wool dress.

Arlene asked herself what she could do. She had been a secretary for two years before marrying Charlie, who runs a small magazine. For 15 years as a housewife she had been bookkeeper, accountant, office manager, personnel director, psychotherapist, and file clerk. It was time to capitalize on her experience. Persuading a not-too-enthusiastic Charlie to let her work part time at the magazine, she has become, in his words, "my right arm." After two years Arlene is ready to commit herself to working full time.

MEN AND CHILDREN FIRST  
Many young women yearn to find a life outside the home but see the problems as insurmountable. According to a Midwest counselor, "The best way to avoid problems is to face them." She suggests solutions to two common ones:

1. WHAT WILL MY HUSBAND SAY?
A. Talk it over with him first, explaining why you want to do it.
B. Most husbands, especially the younger ones, understand and agree.
C. If he objects, keep talking and propose a trial period. Few husbands are not won over once they get used to the idea.
D. If he is a hard-core objector, together take the problem to a marriage counselor.
A WARNING: Neglect will not win him over... continued love and a good dinner might.

2. WHO WILL CARE FOR THE CHILDREN?
A. When they are of school age, the problem arises only when they are sick. Find a mature woman on whom you can rely. You need peace of mind.
B. For after school, employ a high school student recommended by the school or make an exchange arrangement with another mother.
C. At night and on weekends let your husband take over. It is a treat for the children and an opportunity for him to get close to them.

never has the time been so right for women to enter the working world. Those with children still at home may want to break the ice by working part time as Arlene did or at free-lance jobs where they can make their own hours. Many women find part-time jobs a foot in the door to future careers. Rita Thomasen began by subbing in her neighborhood school; she is now science department chairman. At 27, Monica Hill got bored at home and started taking temporary office jobs. When the recession hit, her husband, an architect, lost accounts. With her $275-a-week salary, she became the family breadwinner. "For the first time in years, I feel important," she says. "I love it!"

Today, many employers, willingly or not, must open their doors to more women in order to comply with government job requirements. Some pay sizable fees to firms like Womankind Executive Resources to locate talent for them. Director Beverly Ibes says that to be marketable, "women have got to look good and have skills. At the top level the employer doesn't want to train them." She urges women to go back to school before they start job hunting no matter what their age.

The period when children are still in the home is a good time for women to begin any retraining they may need. Many women appear to have barely taken off their aprons and dried their hands when they come looking for a job, says Cuin Hall, former deputy director of the New York Department of Commerce. He urges a realistic approach that includes retraining, updating experience, reshaping skills. Many advisory agencies urge something further: a psychological overhaul—like Womankind's Assertiveness Training—to prepare women for the stress of competition and male chauvinism they are bound to meet.

The time and effort may be worth it. Annual job opportunities anticipated by the United States Department of Labor by the mid-1980s are exciting and varied enough to tempt even the most devoted homemaker: There will be a need for an additional 16,500 lawyers, 53,000 engineers, 20,800 personnel workers, 14,300 police officers, 118,000 bookkeepers, 1,400 veterinarians, 200 meteorologists, 75,000 nurses, to mention only a few.

Many women are surprised at the positive effect their preparations for the future have on their family. "We are so much more together," is the common report. "We actually enjoy each other." As one woman put it, "If I have only an hour with my kids these days, it is going to be the best damned hour in the day." Carol Robertson's children became volunteers with her. Jennie Martin, sitting with Roger at the dining room table to do her homework, found she didn't have to nag him to do his any longer. Husband Carl often joined them with his assignment. In one case, Arlene Mandel reports that Charlie not only wants her to travel with him, but he also gave her a set of golf clubs and 10 lessons for Mother's Day.

A new future has opened for Carol, Jennie, Arlene, and thousands of young women. At 39, according to statistics, they will be at the halfway mark in their lives. Their second half, unlike that of their mothers, can be better than the first. Their energies will be focused; their children will be through the difficult stages; with their husbands, freed from financial burdens, alone again, couples can build a new relationship.

All this and (continued on page 114)
The largest single expense in running a house is the money spent in keeping it heated and cooled. Over the past five years, the cost of fuel has virtually tripled, and it is still going up. But this cost is also the most controllable. If you follow the conservation tips in this guide, you can garner substantial savings, some right away and some over the long term. The best savings require an up-front investment, but these initial payments will be recouped over a period of time and represent fuel and money savings on a continuous basis from then on. The time to start is now.

For openers: Think of your house the way you think of yourself. When you're hot, you want to keep cool. And, conversely, when you're chilly, you want to be comfortably toasty. The simple solution to the problem of keeping warm is wrapping up. Wrap yourself up. Wrap your house up. (It will also keep your house cool in warm weather.)

Our Home Improvement & Decorating Guide this season is full of ways to wrap your house to warm it up and keep it warm.—BO NILES
"The second best thing about a Mannington floor is how pretty it is."  Juliet Prowse

The very best thing is how easy. Damp mop cleanable, for instance. No stripping. Or special redressing. Thanks to Mannington's exclusive JT88® wear layer, when we say no-wax, we mean no wax. All right, but is Mannington easy on the pocketbook? Yes, ma'am. Our most expensive product line will pleasantly surprise you, particularly if you've done any comparing. Lots of lovely colors. Patterns to please the pickiest. Mannington. Remember us. We're the people who always say ... elegance comes easy.

See Aristocon®, Classicon® and Lustrecon® with the JT88 wear layer at fine flooring stores ... or write for mini sample and color brochure.

Mannington Mills, Inc. Dept. 83, Salem, N.J. 08079
Over 60 years of fine flooring.

Others by Wellco Carpet Corp., Calhoun, Ga., a wholly owned subsidiary.
VELCRO® fasteners help you make this beautiful decorator pillow in less than an hour, for less than $5*!

It's the quickest way to liven-up a sofa, a bed, a whole room. It's quick, it's easy, it's inexpensive. Here's how.

1. Buy a standard 12x12-inch knife-edge pillow form.
2. Buy one 14x14-inch square of fabric, plus two 8x14-inch rectangles.
3. Buy an 11" strip of VELCRO hook-and-loop fastener from the reel in your favorite notions department.

then:

Simply zig-zag or clean-finish one long edge of each fabric rectangle. Center and stitch the loop half of your VELCRO fastener (as shown) 1/4" from zig-zag edge.

Press-under the other zig-zag edge 1". Center and stitch the hook half of the VELCRO fastener close to the fold on the "wrong" side of the fabric. Close the VELCRO fastener to make a 14x14" square.

Place both squares, right sides together and stitch a 1" seam on all sides. Trim, clip corners, turn, stuff.

and presto...

Pillow slips are only one of the easy decorator looks you can create with a little imagination, a little time, and a lot of help from the versatile VELCRO fastener. You can buy VELCRO fasteners by the inch, foot or yard, right off the reel. They're available in a variety of colors. Just think of the quick-change appliques, easy-on slipcovers, variable valances, dozens upon dozens of easy-to-make projects that can turn plain into just plain beautiful.

For a free booklet filled with fashion and decorating ideas, just write: Velcro Revolution, Dept. C, 9th fl., 31 E. 28th St., N.Y., N.Y. 10016.

The world's easiest, most versatile fastener.

*Prices, naturally, will vary depending on where you live and which fabric you choose. We made the pillow shown in 27 minutes for $4.56, using a cotton fabric remnant purchased in New York City, May 1977.
Save 10% on ten new Masonite brand panels.

Now's your chance to pick up big savings on some of the most beautiful panels we've ever offered. We're introducing four new designs in several colors—ten panels in all. And you can have your choice at a 10% savings if you buy five panels or more from the above selection, any combination. Just clip this coupon and take it to your participating Masonite brand paneling dealer. He's listed in the Yellow Pages, under paneling. But hurry. This offer expires October 31, 1977.

No. of Panels | Design          | Price/Panel
-------------|-----------------|-----------
            | Vogue Champagne |           |
            | Vogue Cinnamon  |           |
            | Vogue Pearl     |           |
            | Natural Stone   |           |
            | White Stone     |           |
            | Tradition II Birch |       |
            | Tradition II Hickory |   |
            | Tradition II Pecan |       |
            | Ranchwood Dark  |           |
            | Ranchwood Light |           |

TOTAL COST of panels purchased: 10% discount.

Name
Address
City
State
Dealer Name
Address
City
State
Dealer Signature

Mr. Dealer: Redeem this coupon through your Masonite brand paneling wholesaler by November 30, 1977.

Discount applies only to purchases of the 10 panels listed and shown. Tax excluded.

Tear out this ad and take it to your Masonite brand paneling dealer.
inside, especially on upper floors, but this is the less attractive solution.

You can also build storm windows by making a frame from furring strips and angle irons, and nailing the plastic sheeting to the frame. Frames should measure exactly to fit just inside the existing window. They can be screwed in place, and then removed during the summer and stored.

**Caulking**

To solve the problem of heat loss that occurs through cracks and crevices around windows and doors, use caulking and weather stripping.

There are various types of caulking compounds or "sealants," most of which are applied with a caulking gun. They vary mainly in terms of their durability; the more durable, the more expensive.

The more durable caulking compounds have either a butyl or polyvinyl or silicone base. You can also buy caulk in rope form that you unwind and push into cracks manually.

Most caulking compounds can only be used when the outside temperature registers over 50 degrees; some caulks must be warmed up before use, too. Check instructions on the brand you choose.

If a crack is very deep, fill it first to within 1/2 inch of the edge with oakum or special caulking cotton.

Before you caulk, you must be sure the surface is clean. You will probably need at least half a cartridge of caulking compound for each average-size window; you can buy caulking compounds in a 24-tube case—what you’ll need for a whole house.

**Weather Stripping**

Caulking is efficient only on stationary cracks; movable cracks, such as those around the frame of a window or door, must be weather-striped to create a tight seal against infiltration or leakage.

Weather stripping (and caulking) can save you up to 30 percent on your fuel bill. Weather stripping comes in a variety (continued on next page)
ENTRY AIR LOCKS

Every time you open an outside door you let cold air in and warm air out. The most efficient way to prevent a radical heat loss at the front door is to make a small entry or foyer that will keep the cold wind out.

The entry need only be a little wider than a door frame, and about 4 feet deep; you can use this space as a mini-mud room, too.

Plan for an entry air lock

Vinyl weather stripping for windows

Vinyl weather stripping for windows of materials: metal, which lasts the longest, rolled vinyl, which sometimes has a metal backing; foam rubber with an adhesive backing; and hair felt, which is the least durable, but also the least expensive.

Before you add weather stripping to any window, you must check to see that the window is properly aligned.

To calculate how much weather stripping you'll need, measure the perimeter of every movable pane. To install, nail the weather stripping to all the edges of the window.

Metal weather stripping for doors

Metal weather stripping for doors comes in the same materials, but the pieces that fit under the door may interlock or sweep or roll slightly when the door is pushed or pulled. The interlocking types are difficult to install, and it is recommended that you hire a contractor for the job.

HOW THICK YOUR INSULATION SHOULD BE

Type of insulation

<table>
<thead>
<tr>
<th>BATTs OR BLANKETS</th>
<th>LOOSE FILL (POURED-IN)</th>
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<tbody>
<tr>
<td>glass fiber</td>
<td>rock wool</td>
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<tr>
<td>R-11</td>
<td>3½&quot;-4&quot;</td>
</tr>
<tr>
<td>R-19</td>
<td>6&quot;-6½&quot;</td>
</tr>
<tr>
<td>R-22</td>
<td>6½&quot;</td>
</tr>
<tr>
<td>R-30</td>
<td>9½&quot;-10½&quot;</td>
</tr>
<tr>
<td>R-38</td>
<td>12&quot;-13½&quot;</td>
</tr>
</tbody>
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*two batts or blankets required.

Ninety percent of the insulation sold in the United States is made of glass fiber or rock wool. Now some batts and blankets come to R-30 specifications, so you do not need two layers to achieve that R-value. Polystyrene-bead rigid board is a type of insulation used usually on the exterior of new houses, and often in combination with other forms of insulation used between studs on inner walls to build up to the appropriate R-value. Alone, one inch of this rigid board is equivalent to R-7, but in combination with R-11 batts plus air space and sheathing, its efficiency is increased to the equivalent of an R-30 value.

INSULATION

The most energy-efficient house has adequate insulation; with proper insulation, you can save up to 45 percent on your fuel bills. If your home isn't brand new, chances are it will need some insulation, especially to keep up with the newest government recommendations.

All insulation—simply speaking—is trapped air. Air is the best insulating material, as can be felt by the relative comfort of the outdoors despite the intensity of the sun. Air protects us.

Insulation for houses has been developed to make use of trapped air in minuscule pockets, so that the natural convection or conduction of air from warm to cool will be slowed to near stillness.

Insulation is measured in terms of its resistance to convection or conduction. This measurement is called the R-factor. The higher the thermal resistance of an insulating material, the higher the R-factor, and, therefore, the more efficient the material.

Different parts of your house will need different amounts of insulation. The attic needs the most, because heat rises. Government figures and recommendations for these needs have been adjusted upward over the last year or so. New recommendations for different areas are: attic, R-30 (and up to R-38 in severest climates); walls, R-19; floors over crawl space, R-19; and floors over unheated basements, R-11 (R-19 in coldest zones).

Vinyl weather stripping for windows of materials: metal, which lasts the longest, rolled vinyl, which sometimes has a metal backing; foam rubber with an adhesive backing; and hair felt, which is the least durable, but also the least expensive.

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Jumbo Savings on your next purchase of Jumbo Size SARAN WRAP* brand plastic film.

the "Tough Job" wrap

It's 50 times harder for air to pass through SARAN WRAP than through any other plastic wrap.

Here's how to receive your 75¢ coupon good on next purchase.
1 Buy: One Jumbo Size package of SARAN WRAP.
2 Mail: The words "Tear Off Strip" from one Jumbo size package of SARAN WRAP with the Official Certificate to address at right.
3 Receive: Your 75¢ coupon by mail. Please allow 4 to 5 weeks for shipment.

Please note these additional terms:
- Offer good only in the continental U.S.
- Offer good from August 1, 1977 to November 30, 1977.

OFFICIAL CERTIFICATE
Enclosed are the words "Tear Off Strip" from one Jumbo Size package of SARAN WRAP. Please send my 75¢ coupon good on my next purchase of Jumbo Size SARAN WRAP by mail to:

Name: ____________________________ (Please print clearly)
Address: __________________________
City: _____________________________
State: _____________________________ Zip: ____________
Place in stamped envelope and mail to:

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P.O. Box 1815 A
Maple Plain, MN 55348

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For a washer that can still be washing when she's in high school, it's time to look at a Gibson.

Ever heard the sound of a washer breaking down? It's awful. And it means either a big expense or a lot of nights at the coin laundry.

At Gibson, we hate that sound. Because we don't think it's too much to expect a washer to last for many years. To wash the little lady's play clothes today, and keep on washing when she's ready for party clothes.

And we're building that kind of reliability into every washer we make, with one of the toughest quality control programs around. So when a washer passes our tests, we know it's ready for yours.

But with the Gibson Washmaster, we also give you all the features you need to make washdays beautifully painless.

Like our Fabriguide, to make sure you get the proper temperature and speed settings. Agi-Soak, a pre-wash soak that goes after dirt before the wash cycle even starts. Double-Scrub washing action to remove deep down dirt and give you sparkling bright clothes. And our Dura-Drive system that handles big 18-pound loads with nonchalant ease.

It's all here. Like it's been with Gibson for the last 100 years. So before you buy a new washer, look at a Gibson. And while you're at it, look at the companion Gibson dryers featuring Gibson's exclusive Vacu-Dry system, too.

They just don't know when to quit.

Gibson Appliances. They last.
HOME IMPROVEMENT & DECORATING GUIDE
(continued from page 82)

TYPES OF INSULATING MATERIAL

Blanket: Comes in rolls, to fit between joists or rafters, 16 inches or 24 inches wide. Thicknesses vary from 1 inch to 7 inches. Comes with or without vapor-barrier backing.

Batt: Comes in sections, 4 feet or 8 feet long. Widths and thicknesses similar to blankets. Also with or without vapor barrier.

Board: Made from either extruded polystyrene bead or urethane or glass fiber. Comes in 2-foot or 4-foot widths, and thicknesses from ¼ inch to 4 inches. Board-form insulation is combustible, though, and so it is mandatory to sheathe it, on interior surfaces, with ½-inch-thick gypsum board.

Loose-fill: Either poured in or blown in. Made of glass fiber or rock wool or cellulose fiber. Also, for pouring in only, vermiculite and perlite. This type of insulation needs a separate vapor barrier.

Foam: Made of ureaformaldehyde, also called "Arctic foam."

The R-factor of insulation is also based on its thickness or bulk. Different types of insulation build up their R-factor with varying amounts of material.

One specific problem with insulation of any kind is its tendency to absorb and hold moisture. To prevent this, a vapor barrier is recommended, except for plastic board materials that are already moisture-resistant. Some insulating materials come with a vapor barrier attached; these vapor barriers are usually made of foil or Kraft paper. Separate barriers consist of plastic sheathing in rolls that can be cut to fit areas you will be insulating. The vapor barrier is always placed on the warm side, or the inside, to prevent build-up of condensation. In the case of old houses, when you pour in or blow in loose-fill, you can create a vapor barrier on your interior walls by giving them two or three coats of vapor-resistant paint.

HOW MUCH INSULATION

To determine your insulation needs, check your attic, outside walls, and crawl space or basement.

Attic: is your attic finished or unfinished? You can measure the insulation you have more easily if the attic is unfinished, obviously. What you need is at least 6 inches of batting or blanket-type insulation, more if you use loose-fill.

Walls: Are your walls constructed with 2-by-4 studs behind your interior walls? If so (and they usually are), you'll need loose-fill, which must be blown in or poured in professionally. Or you can dismantle your interior walls, install batts or blankets, and replace interior paneling.

Basement: Is your basement heated or unheated? Or do you have just a crawl space, or a combination of both? In crawl spaces, you need polyethylene plastic sheets to lay on the floor as a vapor barrier, and batts or blankets that are 3½ inches thick for the walls. In basements, you can insulate the ceiling and the walls, using batts or blankets of like thickness, with vapor barrier attached.

WHAT YOU CAN DO YOURSELF

Batts and blankets are easy to handle, and so insulation projects utilizing these materials are recommended for the do-it-yourselfer. Poured-in and blown-in fill, however, are best installed by professional contractors (except in attic floors), as is foam. If you are planning on hiring a contractor, before the job begins, make sure you are in agreement on type of insulation needed, amount of insulation to be used, and method of installation.

Attic: If it has an unfinished floor, it is easy to insulate between the joists. You can use batts or blankets or loose fill plus vapor barriers.

1. Before you begin, check to see if there are roof leaks and make repairs.
2. Measure the area that needs to be insulated, which will equal .9 times the total area. Calculate the R-factor according to your climate zone (look at our map, on page 90). If you need R-30 or more, you'll have to use two layers of insulation. (Some manufacturers offer a new R-30 single-layer batt.) The second layer must be installed at right angles to the first; if you find this procedure too time-consuming, you can pour loose-fill over the first layer, or simply use loose-fill instead.
3. Lay down planks for temporary flooring, which you can move from area to area as you work. You'll need adequate lighting, too, to see your work.
4. If you are installing a separate vapor barrier, you will need staples or tacks. Roll out the polyethylene sheathing so that there is a 6-inch seam on either side; staple this seam to the joists.
5. If you are using batts or blankets, lay them in with the vapor barrier facing toward the floor or living area. You must leave 3 inches between insulation and any light fixture.

Loose-fill should come to the top of the joists; it can then be leveled with a board or garden rake.

However, if your attic has a floor, you'll have to insulate between the rafters instead. In this case, the vapor barrier of either batts or blankets will face toward you, into the attic. The insulation should be stapled to the edges—not the outside face—of each rafter.

If you are installing additional insulation over old material, or if you are using two layers of new material, be sure to slash or puncture any vapor barrier between them so moisture will not accumulate between the barriers, and the two layers of insulation will have an additive resistance effect.

In any attic installation, it is essential to maintain adequate ventilation so that no moisture or condensation will build up. Ventilation louvers can be installed in the eaves and gables.

Walls: As noted before, unless you are willing to tear away your interior walls to expose the studs and insulate between them, you will have to hire a contractor to fill the spaces between studs with poured-in or blown-in loose-fill.

If you are building a new house, it is, of course, easy to install batts or blankets before you put up your interior walls or paneling.

Crawl space: If you can get into your crawl space, lay a vapor barrier on the floor to prevent moisture build up—but put this down after installing insulation.

Insulation is installed along the walls (continued on page 89)
HERE'S HOW IT WORKS

**CONVECT-O-HEATER** is shipped fully assembled—just remove your old grate—insert CONVECT-O-HEATER into your fireplace (No INSTALLATION NECESSARY). The fire is built directly on rugged heavy duty convection chambers. As the fire burns, air is drawn into the sealed chambers. SUPERHEATED and returned to the room with the aid of a SMALL BLOWER FAN. Its heat producing ability is quick—taking only 10 to 15 minutes to begin expelling hot air into the room once the fire is started. Smoke and gases pass between the convection chambers and escape up the chimney. This is known as fireplace "draw". It is rapidly drawing all room air up through the chimney together with the heat generated by the fireplace. This is known as "smoke and gases press between the convection chambers escape up the chimney. This is known as fireplace "draw". Illinois study 90% of all fireplace heat escapes up the chimney. According to a University of Illinois study 90% of all fireplace heat escapes up the chimney. **CONVECT-O-HEATER** captures this wasted heat and redirects it into the room.

**THE PRESENT FIREPLACE**
When you are up close one side of you is roasting and the other side is freezing. In addition it is rapidly drawing all room air up through the chimney together with the heat generated by the fireplace. This is known as fireplace "draw". According to a University of Illinois study 90% of all fireplace heat escapes up the chimney.

**A CONVECT-O-HEATER FIREPLACE**
Here room air is forced through the heating chambers. The air is heated by contact with the hot metal and then circulated to all parts of the room even adjoining rooms. The force of the heated air being expelled from CONVECT-O-HEATER overcomes fireplace "draw". This increased fireplace efficiency will SAVE MONEY on your HOME HEATING BILL.

Whether you use gas, oil or electric for home heating, you have no doubt experienced a significant cost increase in heating your home. **CONVECT-O-HEATER** can help in reducing those high home heating costs. It is the ideal heater for cabins, weekend retreats, lodges or those hard to heat rooms. **CONVECT-O-HEATER**'s usefulness can be enjoyed the year around... for that quick warm up on those chilly nights in spring, summer or fall. **CONVECT-O-HEATER** is shipped fully assembled. Just remove it from the shipping carton and it's ready for action to begin producing FREE fireplace heat. Unit size will fit the majority of all fireplaces. Height, 20 in.; Width, 25 in.; Depth, 17 in.*

*Recommended for fireplaces up to 28 inches deep; convection tube extension available for deeper fireplaces.

**FEATURES**
- **No Installation — Fully Assembled** — Just insert into your fireplace
- **Decreases Home Heating Costs** — Save on electric, gas, and oil bills
- **Ideal Auxiliary Central Heating System** —

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<th><strong>FEATURES</strong></th>
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<tr>
<td>Homes, cabins, lodges, condominiums — even supplements heat output of costly built-ins</td>
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<tr>
<td><strong>Versatile — Fits All Fireplaces</strong> — Accommodates all screens, spark guards, and glass doors</td>
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</tbody>
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**SLASH THIS WINTER'S HIGH HOME HEATING COSTS!**

**30 DAY FREE HOME TRIAL**

AMERICAN HOME PUBLISHING CO. DEPT: HEAT 641 LEXINGTON AVENUE, NEW YORK, N.Y. Please rush my CONVECT-O-HEATER, the miracle fireplace heater, closed is my payment for $92.00 plus $7.50 shipping and handling TOTAL $99.50 OR CHARGE MY □ BANKAMERIL □ MASTERCARD

**NO RISK — MONEY BACK GUARANTEE**
Try Convect-O-Heater in your fireplace for 30 days. See for yourself the money you will save on your home heating bill. If after this 30 day free home trial period, you are not completely satisfied, return Convect-O-Heater for a full refund.
After you have built your wall frame, install the batts or blankets so that they extend from the top plate of the frame to 2 feet below the level of the ground. Staple them to the edges of the studs, with the vapor barrier facing into the basement.

You can finish off the basement by installing dry wall or paneling and adding molding, if you like.

Remember to insulate the band joist and header, too.

Outer layers: Where you cannot get to the spaces that need insulation, consider layering on the outside.

You can add a layer of insulation to the exterior walls, over existing siding. Polystyrene panels are best for this; they can be affixed directly to the siding, and then new siding can be installed over this layer. New roofing can be layered, too, over old roofing with new insulation installed between.

One-third of your life could rest on BedSack.

Your bed life could be so much easier, more luxurious and comfortable and hygienic. Just wrap your mattress and boxspring in BedSack® bedclothing. Protects and enhances, practically re-upholsters older bedding. Ultrasonically quilted all four sides and top. Machine washable, no-iron. White, pastels, patterns, with matching PillowSack®.

At linen departments everywhere.
HUMIDIFIERS

If the air in your house is too dry, it will pull moisture from everything—furniture, plaster, fabric, and even from your body. This moisture stealing, or evaporation, will make you feel chilly.

For comfort, the relative humidity during the winter should be about 35 percent; most houses, without humidification, have an average relative humidity of half that. A well-insulated house needs about three gallons of moisture added to the air each day, and a poorly insulated house needs double.

Installing a humidifier, either a central system or portable room models for the spaces you frequent most, will allow you to keep your thermostat down, save fuel, and feel comfortably warm all at once.

What to look for in humidifiers: Besides a humidistat, look for a water-level gauge, air direction control, and an easy-to-fill water reservoir. The proper humidifier should be rust-proof and corrosion-resistant. Water mineral deposits should flush away easily, and there should be no danger of water residue or build-up.

Humidifiers can be rented, as well as purchased. When you shop for one, be sure to give the exact dimensions of your house so you will get the right size machine for your needs. The size of portable models should also be determined by the sizes of rooms they will occupy.

HEAT PUMPS

Along with the rising concern over fuel costs and energy comes a rising awareness of a "new" energy-efficient device: the heat pump.

In actuality, the heat pump has been around for about 40 years. It is, quite simply, a reversible air conditioner with heating and cooling cycles reversed.

Heat pumps usually come in what is called a "split system," or with two components (although there are portable versions, too). One is placed outside the building and one inside, because the heating and cooling mechanism makes

Before you spend $1,000 on your bathroom, spend 50¢ on our new book.

If you're building or remodeling, you owe it to yourself to find out about ceramic tile. Just send 50¢ for a full-color book of tile facts and ideas. It could very well be one of the smartest investments you'll ever make.

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City __________________ State ______ Zip ______

Ceramic Tile Idea Book
Tile Council of America, Inc., P.O. Box 2222, Room 701, Princeton, New Jersey 08540
**Woolite® Self Cleaning Rug Cleaner works in minutes.**

So fast and convenient, makes cleaning almost as easy as vacuuming.

For heavy-duty cleaning and conditioning:

How a heat pump works

Manufacturers of heat pumps—also manufacturers of basic heating and cooling equipment—claim a fuel-cost saving of approximately 50 percent when the machine is properly installed and used.

**FIREPLACES**

If you are buying or building a home in the near future, chances are that it will have a fireplace. Half of the single-family homes built in the United States today do. Maybe it's the return of the romantic spirit, or maybe it's the increasing cost of home heating fuels. Whatever the reason, we are again discovering the joys of gathering at the family hearth.

If your house doesn't already have a fireplace, you can add one to a living room, family room, bedroom, or kitchen without knocking out walls or doing any major remodeling and at a relatively low cost. According to the Fireplace Institute, a reasonably skilled do-it-yourselfer can install a factory-built fireplace for as little as $800. Most factory-engineered fireplaces are designed for "zero clearance" installation, which means they can safely be placed flush against existing walls and floor. The heavy, insulated metal fire chamber remains cool on the outside, and the insulated metal chimney is vented through the roof or an outside wall.

**Woolite® Spray Foam Rug Cleaner**

Safely cleans Synthetics, and Wools

Softens as it cleans. For rugs so soft you'll want to live on them. Woolite-safe.
HOME IMPROVEMENT & DECORATING GUIDE

(continued from page 91)

FREESTANDING FIREPLACES

If you prefer, you can choose freestanding fireplaces that come in styles ranging from brightly colored Scandinavian designs to the nostalgic Victorian and Ben Franklin stoves. These units stand clear of walls, are installed on a fireproof base, and are vented through the roof or outside walls.

Freestanding fireplaces range in price from $400 to $800, depending on style and flue height. With this type, no construction is involved, for the fireplace comes preassembled with enough single-wall steel pipe to reach an eight-foot ceiling. From that point, standard flue components can rise to the rooftop.

Factory-constructed fireplaces come in models that stand alone, hang on the wall, or can be suspended from the ceiling. There are cone shapes, flat-top designs, full-circle hearths. Some are mounted on pedestals or legs, others may be set in a base of brick, marble, flagstone, or washed gravel for an impressive effect. The safety of these factory-built units is attested to by labels that carry the approval of major testing laboratories and verify conformity to building codes.

In April 1977, Home Center magazine presented this six-step guide for fireplace installation. Although the details will obviously vary from model to model, you can generally follow this sequence:

1. Place the firebox in the desired location.
2. Attach the starter section (the tapered piece which connects the smoke chamber to the flue).
3. Connect flue sections. This requires cutting ceiling and roof holes plus adding steel firestops at each ceiling level.
4. Secure the steel flashing to the roof.
5. Top the system out with its termination assembly and rain cap.
6. Finish the fireplace facing and trim.

INCREASING HEAT

If you find that your masonry fireplace is not working very efficiently and is not giving you enough heat, there are a variety of warmth-inducing measures you can try; some involve minor construction, and some make use of gadgets engineered for this specific purpose.

Proportions: One reason your fireplace may not project enough heat is that the opening could be too big in proportion to the flue, and the fireplace itself could have been badly designed in the first place. The back wall of the fireplace should slant forward slightly, and the side walls should slant out to deflect heat into the room. You can add a casing of brick or firebrick to give your fireplace this shape, and to concentrate the fire-producing area a bit.

Grates: A grate works better for burning logs than a set of andirons, because the air will circulate around the logs more ef-
add warmth to radiators—with less input from the boiler.

**Ventilation:** Because fires need a constant supply of oxygen to keep them going, they are always pulling air from the room. You need to vent the room, and often the only recourse to venting is to open a window—thereby letting cold air in and warm air out. You can construct a duct that will feed outside air to your fireplace directly, without allowing too much leakage into the room.

You won’t want to fold away.

A heat exchanger is a device that circulates fresh air, picking up the heat from the warm gases present in the chimney. (continued on page 95)
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HOME IMPROVEMENT & DECORATING GUIDE

(continued from page 93)

or flue. The heat exchanger is installed in the chimney or flue; gases pass over it and warm the air blown through the exchanger itself.

Screens: You should place a screen or shield in front of the fireplace so that no sparks pop out into the room. Better yet, you can make an asbestos snuff box to place over the embers. This will contain warm coals and ashes and will protect your rugs from possible fire damage.

FLOORS

Once you’ve warmed up your windows, consider de-chilling your floors.

RESILIENT FLOORING

A foam-filled or foam-backed resilient sheet flooring is a good choice for basements or high-traffic areas, such as kitchens, children’s rooms, or recreation areas. With installation kits and accompanying instructions, even laying down sheet flooring is no difficult task.

CARPETING

Carpeting, too, is easier than before for the handyman to install; there are special carpet tapes that adhere to the periphery of the room, to which carpeting is attached. If you wish to carry your carpeting up over the baseboards, or over platforms, professional installation is recommended.

Because there is a certain amount of air infiltration at the junction of wall to floor, bringing wall-to-wall carpeting, especially the flat-woven commercial types, up over the baseboards creates a good air seal.

SCREENS

Panels of rigid insulation board make an effective screen against drafts. If you use this board, however, you must sandwich it between thin panels of gypsum board to conform with fire prevention regulations.

To make a screen, cut the boards to the height and width you choose and

SCREENS PREVENT CHIMNEY DRAFTS

WINDOWS

Because windows are one of the major sources of heat loss in any house, you really should think about insulating them from the inside as well as the outside. Even with insulating glass or storm windows, some heat will escape. There are many ways you can treat your windows that will add warmth to your rooms. You can use shades, blinds, draperies, shutters, screens, or panels—or a combination of these.

SHADES, DRAPERIES, BLINDS

According to study by the Illinois Institute of Technology, window shades can reduce fuel costs by at least eight percent; newest shades have an insulating backing that increases their efficiency.

Window blinds, too, have such a backing; draperies, when lined, have always been good conservators of heat. Draperies work best, however, if they are “capped.”

WINDOW CAPS

You can make a cap for your window with a piece of fabric lined with soft plastic. Cut fabric and plastic to the width of the window, in any valance-like pattern of your choice. Tack or staple the fabric cap to the top of the window frame so that it covers the top of the draperies.

A regular valance will act as a cap, too, if fabric is stretched from the top edge of the valance back to the top of the window frame and secured. Fabric and valance caps will trap and redirect the flow of hot air back into the room; heated air can also be contained within the room if the sides of your draperies are tacked along the side edges of the window frame. Not only will heat be retained inside, but cold air will be kept from leaking into the room.

INSULATION SCREENS

Panels of rigid insulation board make an effective screen against drafts. If you use this board, however, you must sandwich it between thin panels of gypsum board to conform with fire prevention regulations.

To make a screen, cut the boards to the height and width you choose and

Window cap and insulating screen hold in heat

connect them with piano hinges that are the same length as the panel. If you want three or more panels, the hinges should be connected in opposite directions, to set up an accordion configuration. To enhance your screen, you can staple on fabric to match slipcovers, or wall covering to coordinate with wallpaper, or whatever you like.

Insulation panels work well when they are cut to fit snugly into the window frame. In this case, after making your gypsum sandwich and covering the panel with whatever decorative covering you choose, attach eye hooks to the top of the panel—and cup hooks to the window frame to hang your panel.

FLOORS

Once you’ve warmed up your windows, consider de-chilling your floors.

RESILIENT FLOORING

A foam-filled or foam-backed resilient sheet flooring is a good choice for basements or high-traffic areas, such as kitchens, children’s rooms, or recreation areas. With installation kits and accompanying instructions, even laying down sheet flooring is no difficult task.

CARPETING

Carpeting, too, is easier than before for the handyman to install; there are special carpet tapes that adhere to the periphery of the room, to which carpeting is attached. If you wish to carry your carpeting up over the baseboards, or over platforms, professional installation is recommended.

Because there is a certain amount of air infiltration at the junction of wall to floor, bringing wall-to-wall carpeting, especially the flat-woven commercial types, up over the baseboards creates a good air seal.
Do you have a house full of energy guzzlers? Homes are responsible for 20 percent of national energy usage and, after heating and air conditioning, major appliances are the largest consumers. Don’t panic. No one is asking you to give up your frost-free refrigerator or self-cleaning oven. In fact, energy considerations have inspired a whole new line-up of conservation-minded appliances—refrigerators, ranges and ovens, dishwashers, washing machines, and dryers—that can help you streamline home-energy consumption.

Consumers will soon have a little help in comparison shopping for new appliances. The President’s energy program has called for energy labeling on new appliances and although the precise formula has not been worked out, expect some kind of uniform labels explaining energy consumption and life-cycle operating costs by early 1978. Meanwhile, look for new appliances with energy-saving features and learn to use the ones you have efficiently.

REFRIGERATORS

Frost-free models use almost twice as much energy as models with manual defrost. If you’re buying, consider whether the savings are worth the extra work. Energy-saver switch: Many manufacturers of new refrigerators, refrigerator/freezers, and freezers, such as Whirlpool, Sears Kenmore, General Electric, and Kelvinator have added a special energy-saver switch to new models. Most refrigerators require a heating system to eliminate water condensation around the door. On dry days when water condensation is less of a problem, just turn this switch to low. Some models, such as those by Amana, Admiral, and Gibson, have eliminated the extra heating elements altogether by redesigning the motor of the refrigerator itself to save energy. It’s estimated that these devices can achieve energy savings of about 10 percent per month depending on the model.

More insulation: Another way that new refrigerators and freezers run more efficiently is through added insulation. Amana has increased the insulation around both refrigerator and freezer compartments of its 2-PLUS-2½ models. Sears’ own Kenmore brand has added more insulation and improved the door seal in its #67771 series.

Chest-type freezers use less energy if you are purchasing a separate unit, though they are less convenient. Some of the new upright freezers, like General Electric’s models, save energy through a special compartment that delivers ice directly through the door, eliminating the need to open the freezer door every time you need an ice cube.

DISHWASHERS

The short cycle: Dishwashers have been accused of being both energy- and water-wasters. The truth is, according to the California Water Service Company, washing dishes the most conservative way, by hand (filling the sink twice), requires five gallons of water, while operating an automatic dishwasher the most conservative way (on short cycle), requires only seven gallons of water. Washing dishes by hand with the tap running uses 30 gallons of water, while running the complete dishwasher cycle uses only 16 gallons of water. But dishwashers do use a lot of energy.

Room-temperature drying: Since much of that energy goes toward heating the water—81 percent, according to G.E. statistics—using a short cycle will save both water and energy. Many of the new dishwashers have a special energy-saving control that allows you to shut off the heating element and let dishes dry inside at room temperature. Special features: These controls can save an estimated 30 to 50 percent of energy consumption. Some machines, such as KitchenAid, Kelvinator, Gibson, and Kenmore, have a fan that runs even when the heating element is off to give drying an extra boost. KitchenAid has also reduced the wattage of the drying element to save energy. Whirlpool machines include a series of buttons that allow you to regulate heat during the washing and rinsing cycles.

OVENS AND RANGES

Pilotless ignition: If you’re buying a new gas range, be sure that you choose a model (continued on page 98)
Look for the National Home Improvement Council Member in your community. He has pledged himself to observe a Code of Ethics for your protection, and is ready to assist you in making prudent decisions compatible with your income—no matter what kind of home improvement project you have in mind.

Remember, your present home represents a big investment. One that can grow into a valuable asset if you keep your home properly maintained and improved for better living. So look for and do business with members of NHIC where you live.

To help you plan your remodeling work, let us send you a copy of our booklet, "How To Start Your Home Improvement Project With The Help of a Reliable Contractor."

Send a stamped, self-addressed envelope to:

National Home Improvement Council Inc.
11 East 44th Street
New York, New York 10017
with a pilotless electrical ignition system. It has been estimated that pilot lights consume 30 percent of the total gas used by an average range. Some gas ranges and ovens also offer an energy-saving broiler that converts gas to infrared rays and can reduce cooking time by almost 35 percent.

Conventional ranges have also been redesigned with energy use in mind. When buying a range—and this goes for all appliances—consider whether higher-priced models with special features will cost more, or actually save on energy bills in the long run. For example, self-cleaning ovens do cost more initially. According to General Electric statistics, they only consume 15 cents' worth per cycle and consume less in overall energy because they're better insulated. Also, setting the self-clean cycle right after cooking, while the oven is hot, will use less energy.

Convection ovens: One energy-conscious system for cooking is a convection oven. Convection ovens operate by recirculating hot air through the oven cavity many times per minute. Many foods can be cooked in a convection oven at temperatures 50° lower than in a conventional oven and cooking times can be reduced up to 30 percent. Tappan's Convectionaire gas range claims to save as much as 50 percent on gas fuel compared to conventional gas ovens. Jenn-Air has come out with the first "Selective-Use" electric range that can be switched back and forth from convection to conventional oven.

Microwave cooking: The real energy-saving news in terms of meal preparation is the microwave oven. According to the American Home Appliance Manufacturers Association (AHAM), by 1985 one out of two American families will be cooking with microwave—and saving energy dollars. Today's new microwave ovens operate on normal 110-volt household current. They cook many foods in one hour—some in minutes. In one study, the microwave oven will cost more, but the energy saved makes the cost worth it in the long run.

WASHING MACHINES

Short cycles, cold rinse: In the laundry, the best way to save energy is to use your washing machine and clothes dryer efficiently. The largest consumption of energy is for heating water, so wash on a colder cycle whenever possible. A cold water rinse is just as effective as a hot one, uses one third as much energy, and minimizes wrinkling in permanent-press fabrics. The new machines have flexible cycles that allow you to program the most energy-efficient cycle for the task.

Water-level controls: For those people who live in parts of the country where water saving is (continued on page 103)
Seamless flooring: elegant, wall-to-wall beauty; a durable no-wax, seamless surface that’s easier to keep clean. And seamless installations are easier to do yourself. Only Congoleum offers this, in widths that range from 6 to 15 feet. High quality, high fashion, seamless flooring—in a spectacular variety of no-wax colors and patterns.

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(Complete maintenance and warranty information available through your local Congoleum retailer, in the Yellow Pages under “Floor Materials”, or by writing Congoleum Consumer Affairs, 195 Belgrove Drive, Kearny, N.J. 07032.)

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ENERGY GUZZLERS continued from page 98

Continued from page 98

Avoid overdrying: With time-control dryers that are set for a specific number of minutes and auto-control dryers that are set for a degree of dryness, watch out for overdrying. It wastes energy. Electronic-control dryers measure moisture and shut off when clothes are dry.

In addition, many of the new gas dryers such as those from Speed Queen, Gibson, and G.E., feature pilot-less electric ignition to save energy.
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After her brief period of relaxation, Dawn removes her Astro-Belt. Amazing results have been achieved. Dawn has lost 4 inches from her waist and 5% inches from her tummy—and she didn't have to diet for a minute—the inches simply disappeared and never came back!

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Laurie Jensen—"It was easy and so much fun. The Astro-Trimmer totally transformed my figure—look, 3 inches off my waistline and 5% inches off my tummy in just 3 days—and best of all, the inches stayed off!"

Fred Masters—"No matter what I tried—dieting, exercise—I was never able to get rid of the roll around my mid-section. Then Astro-Trimmer came along and reduced my waistline 6 full inches—from 36 to 32%—and lost 3 days without dieting."

Denise Dean—"Was amazed! After just 3 days on the Astro-Trimmer program I lost a total of 9 inches!"

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September 1977, American Home 107
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All Hottubs are equipped with a wide selection of optional equipment which can be installed. Such as lights, benches, ladders, Jacuzzi Whirlpool with air jets. The water temperature is kept between 105° to 115°F by a hotwater system.

TRY YOUR OWN HEALTH SPA AT HOME!

For relaxation and health care...
The Hottub is milled from clear hard redwood. Tubs come in different diameters, to fit any space whether inside or outside the house. Basement playrooms are suitable to accommodate a Hottub.

All Hottubs are equipped with a wide selection of optional equipment which can be installed. Such as lights, benches, ladders, Jacuzzi Whirlpool with air jets. The water temperature is kept between 105° to 115°F by a hotwater system.

BEAUTY BATHS
continued from page 56

—or unscented—bath oil; a luffa, the mildly abrasive, organic sponge that stimulates skin and removes the top dead-skin layers, a bath sponge; a fragrant bubble bath in powder or gel form; and an après-bath moisturizer. The routine for a relaxed bath:

The beauty bath and water: It's warm water that will calm nerves and soothe aching muscles and joints, so resist the temptation to let bath water get too hot. Some cultures prefer baths stinging hot (like the Japanese and Finns), but many American doctors recommend cooler temperatures. Submersion in hot water can cause the skin to become dehydrated as well as being a soporific for some people. If bath water gets too steamy, add a sufficient amount of cold water for balance. Skin temperature is measured at approximately 67 degrees, so run bath water to about 85 degrees for comfort and safety. Never let water get above 90 degrees. Hard water: When hard water and soap interact, the result is itching and irritation from soap particles that cling to skin. An insoluble residue will also form on the tub. (The "hardeners" in hard water are salts and minerals—calcium and magnesium.) To pamper your skin in hard water, add a cup of common cornstarch as the bath is filling up—one to two cupfuls is fine. The cornstarch acts as an emollient and diminishes the harshness of hard water on your skin. A note of caution: Get in and out of the tub carefully. Cornstarch tends to make the surface of the tub slippery.

Smoothing down: Soaking in warm water will temporarily soften those prime rough-skin areas, like elbows and feet, but when re-exposed to air, they'll dry and roughen up again. And all-over body skin texture can often get dry or develop the look of "goose flesh"—those tiny bumps that tend to appear on buttocks, upper arms, and thighs. Allow time in the bath to smooth down to a new softness (while stimulating circulation and promoting cellular growth) with either a luffa or synthetic sponge combined with a liquid cleanser or mild bar soap. This light scrubbing with an abrasive sponge involves the sloughing off of the keratin (dead skin) layer and produces a slight irritation of tissues—good for you in this case.

Keratin tends to plug the oil glands, forming blackheads, or, to those predisposed to it, keratosis pilaris—those small mounds of dead skin cells that accumulate around hair. Light dermabrasion peels off that keratin layer, and allows the oil to come out freely. For those with oily skin, try all-over body cleansing with an abrasive sponge to help remove excess surface oil. If you have dry skin, work on rough spots only and don't use for total care.

Skin softeners: Bath oils, whether com- mercially made or whipped up from your own ingredients, are a luxurious plus for the relaxed bath. All bath oils that are sold in stores have a balanced formula, that is, an emulsifying agent that causes the oil to break up into droplets and disperse throughout the water. Bath oils have the quality of penetrating the skin, a necessity for dry-skin sufferers. To make your own, mix together some mineral oil along with an emulsifying agent, for example, a mild liquid detergent, and a few drops of your favorite cologne. For sensitive skin, purchase oiled oatmeal, which will soothe irritated areas. Again, move cautiously. The tub will get slippery with the addition of any kind of oil.

More comfort for dry skin: Salt! A cup of salt in your bath water will hydrate skin and aid symptoms of painful cracking and dryness. No one has yet solved the mystery of why salt helps problem dry skin, only that a five-minute soak does it.

And finally: All you'll need is five to ten minutes of soaking time to feel totally cleansed, refreshed, invigorated. Finish off with a luke-warm shower (20 seconds or so is fine) to rinse off any excess soap or bubbles. Pat, don't rub, skin dry. Apply a moisturizer to face and body, and reapply to especially dry spots.

After your beauty bath, you'll be ready to face the day refreshed and renewed. It's so simple.—C.B. ABBOTT

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Super-Moist Emollient Body Cleanser by Germaine Montel: A foaming gel with apricot extracts and vitamins A and D to condition the skin while cleansing.

Body Sloughing Cream by Clinique: A cream formula to remove dead surface cells that dull the skin. Work cream onto lightly moistened skin, then bathe or shower. Skin's silkier, smoother.

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108 AMERICAN HOME, SEPTEMBER 1977
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SEPTEMBER 1977. AMERICAN HOME 109
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WHAT DO YOU WANT TO BE?  
continued from page 76
they will be healthier and happier too. Dr. S.B. Gusberg, professor and chairman of gynecology and obstetrics at New York's Mount Sinai Hospital, believes that an involved woman can ignore old menopausal myths. "She will be as healthy and probably happier than she has even been—physically and psychologically," he claims. "She doesn't need tranquilizers and estrogen. She needs something to do." A frequent speaker to medical groups on this subject, he adds rather cynically, "Unfortunately, it is easy for a doctor to give a woman a pill and difficult for him to un-

WHERE TO START
Now that you know that you want to work and you have prepared your family for the change, here are some suggestions to get you started on your job hunt:

For information about women's self-help organizations and counseling and personnel services in your community or a bibliography of books to assist women entering the work force, write to the Women's Action Alliance Inc., 370 Lexington Ave., New York, NY 10017  
(212) 532-8330, which serves as a national clearing house for resources for women.

Catalyst, another nonprofit organization, has 150 local resource centers offering job referral and placement services. For these locations or for booklets on opportunities in specific fields and self-guidance career-planning manuals write Catalyst, 14 East 60 St., Box A, New York, NY 10022  
(212) 759-9700. Other sources of assistance are your local YWCA, church, and public library.

To seek volunteer work, you can offer your services to the organization of your choice, or look in the white pages of the phone book for a volunteer center in your community. The National Center for Voluntary Action, 1214 16 St. N.W., Washington, DC 20036  
(202) 467-5560, also has information about local volunteer programs.

If you are interested in furthering your education, contact the community college, university, or high school in your area. As well as having a program of study to suit you, they may operate an employment center or a women's center.

understand her loneliness."

More and more women are learning that they owe their children more than a mother, their husband more than a wife; they owe them a human being as unique as they are. Fulfillment for that human being can grow from crib to college and into the full, long years beyond. Author Davis writes, "When the kids walk out the door, they do not lock it. It is open—open sesame for the woman inside."□

BUSINESS BEGINS AT HOME  
continued from page 63
regularly for your business or employment." (For additional information, send 35¢ to the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402, requesting Internal Revenue Service Publication #587, "Business Use of Your Home.") Recognize your professional standards. Don't cut corners in areas that will detract from your ability. Beverly Harper, president of a Philadelphia, Pennsylvania, communications consulting firm advises: "When working at home, be doubly concerned with the image you're projecting, and compensate for lack of extensive facilities in other ways. For instance, concentrate on image through graphics. Your letterhead, business cards, and brochures are often a client's first impression of you. They should be exciting and very professional." Don't overlook major accessories. A good typewriter is essential if you have heavy business correspondence. If most of your work is done by phone, talk to your local telephone sales representative to find out what is available in the way of extra services, devices, and sophisticated equipment to suit your requirements. In addition, you will need a reliable answering service or automatic answering machine.

Consider renting or leasing special equipment or furnishings; it's all tax deductible. Or check for bargains under the "merchandise offerings" section of your local newspaper. A good filing cabinet—and an organized system to go with it—will complete a home office. (See page 64 for suggestions on office equipment for your home.)□

ANYPLACE ROCK GARDENS  
continued from page 54

tially buried in the surrounding soil as though left behind by a retreating glacier, will provide a suitable site for a planting.

WHERE TO LOCATE?
For the best effect, all rocks, whether built into outcrops or scattered on flat or gently sloping land, should be placed so that the area is attractive even when not softened and partially concealed by the plants. Several groups of rocks of varied sizes and shapes usually look better than individual stones evenly distributed over the area—but this is a matter of taste, and one man's work of art may be another's rock pile.

A rock garden may be as extensive as several acres or may be so limited in size that it could be covered by a small tablecloth. It may be in sun or shade depending on the plants grown, but if it is in a wooded area, the trees should be thinned and trimmed up high to allow air circulation and light for the plants below.

A rock garden need not imitate nature; it can be formal and obviously artificial. Such a garden may consist of a retaining wall or a freestanding rectangular bed of soil raised above ground level by enclosing walls of closely fitted stones with soil used in between in lieu of mortar. In such wall gardens and raised beds, plants lace the crevices between the rocks of the walls as well as gracing the bed on top.

If the rock garden can be diverse in form, how does it really differ from any other garden?

There is no doubt that the rocks themselves play an important role, and their placement as an attractive component of the garden is essential. But it is the combination of rocks and the plants that grow among them that makes such a garden more than just a pile of stones.

WHAT TO PLANT?
The easiest plants to grow in a rock garden are those that grow among rocks in their natural habitat, and the sturdy, thrifty wildlings, usually quite low in stature, that have survived harsh conditions of drought, extreme temperatures, high winds, meager nourishment, and a short growing season.

Rock garden plants are those accustomed to a lean diet and excellent drainage, and these conditions must be duplicated as nearly as possible if they are to remain in good health outside their native haunts. Meadow plants and the hybrids developed from them have no place in such a setting nor do the glorious annuals created by seedsmen. They do not thrive in rock-garden conditions and their lush foliage and opulent blossoms are as out of place as a woman in a ball gown at a country picnic. For more information, consult the American Rock Garden Society, 3 Salisbury Lane, Malvern, PA 19355. The organization has an international membership, a quarterly Bulletin, a slide library, and a seed exchange.□

Since childhood Laura Louise Foster, lecturer, writer, and illustrator, has been interested in native wild flowers and has had gardens, but it was not until her marriage to H. Lincoln Foster that she learned about rock gardens. Together they have designed and built many gardens professionally, and have explored for plants in many of the mountainous areas of the United States, Great Britain, Europe, and the Middle East. Many of these plants now grow in the seven-acre garden the Fosters have created and maintain at their home 'on a wooded hillside in northwestern Connecticut.
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LIKE TURNING UP AN INNER FURNACE THAT SHRINKS YOUR BODY'S FAT CELLS — STARTING THE VERY FIRST DAY!

Just 60 seconds from now you are going to discover how to turn your morning cup of coffee . . . drop in what appears to be an ordinary sugar-cube — and launch yourself on the most incredible FAT-BURNING SPREE you've ever heard of. Yes, a joyful turn to "lifetime slimmness" so fantastic, that just a few short weeks after using this doctor's amazing "Coffee-off" weight-loss program you'll suddenly find yourself 5 — 10 — 15 pounds lighter than you have been in years. Not just lighter! Because for the first time in your life you are going to witness INSTANT CONTROL over your appetite . . become its master instead of its slave . . actually SWITCH OFF that maddening urge for food for hours at a time . . as you watch your waistline shrink itself down by as much as a full size in just a single week!

24 HOURS — up to 2 POUNDS GONE!
48 HOURS — up to 6 POUNDS GONE!
AND THAT'S JUST THE BEGINNING!

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LOSE up to 3 inches off your thighs
LOSE up to 4 inches off your buttocks
LOSE up to 4 inches off your stomach

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Most significant of all, as long as you follow this medically proven "Coffee-Off" lifetime program, you actually become totally immune to fat build-up for the rest of your life — even if you've been hopelessly overweight for all your adult life.

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TASTELESS CUBE
MELTS FAT AUTOMATICALLY ALL DAY LONG!

The name of this doctor's wondrous "Coffee-Off" way to LIFE-TIME SLIMNESS is "FULL-STOP", because that's just what this medically proven sugar-cube formula does — brings graving, runaway appetite to a dead FULL STOP right in its tracks! Yes, according to medical experts, just one "FULL-STOP" slim-cube in a cup of coffee or tea turns your appetite INSTANTLY as if it suddenly went to sleep. It just ceases to desire to eat for hours on end . . . in fact, so effective is this "willpower-in-a-cube" you really have to consciously remind yourself to eat . . . the doctor insists on — in order to prevent TOO MUCH WEIGHT-LOSS TOO FAST!

Now, just think what this great new development means, if all your life, you've had to battle your appetite and struggle with your willpower . . .

Doctor's "LIQUID-WILLPOWER" DEVELOPMENT
Enters Tasteful Diet!

It means that instead of battling those maddening pangs of hunger . . fighting that maddening urge for food . . you simply reach for a "FULL-STOP" slim-cube instead of fattening food and "sip your appetite to sleep" with this doctor's amazing 3-cups-a-day "Coffee-Off" way to AUTOMATICWEIGHT-LOSS. Because just like water turns off a faucet "FULL-STOP" slim-cubes switch off hunger AUTOMATICALLY all day long!

Down goes your appetite — down go the calories — and down goes your weight . . . with a rush!

LIFETIME CONTROL OF YOUR APETITE FINALLY YOURS —
MEANING YOU ARE NOW JUST DAYS AWAY FROM YOUR FIRST STEP TO LIFETIME SLIMNESS!

So if you want to SIP YOURSELF SLIM with this doctor's amazing coffee development . . . if you want to melt away pounds and inches STARTING THE VERY FIRST DAY . . then the time is now . . . if you want to try this exciting medically-proven concept that combines both a doctor's scientific development and his full-service, individual eating program that makes lifetime immunity to fat not a hope but a living reality . . then take advantage of the no-risk offer described below! Yes, at no or guarantee of full satisfaction or money refunded in full (except postage & handling). Simply return within 10 days.

Remember — this is the last ad for a reducing product you will ever have to read in your life. If you drink coffee . . or if you drink tea . . . for that matter, there is no reason in the world to ever again be embarrassed by a single pound of overweight fat. So why not take the FINAL STEP and get rid of all these excess pounds and inches FOR THE REST OF YOUR LIFE. Act now!

BEST OF ALL — NO CRAVING, NO SLIDE-BACK — YOU STAY SLIM FOR GOOD ON THIS LIFETIME SLIMNESS PROGRAM!

The secret is a medically-proven formula, (that to the eye looks just like an ordinary sugar-cube) . . . BUT, when activated in your system and automatically SECKS OFF YOUR APPETITE — SHUTS OFF THAT DRIVING URGE FOR FOOD — SHUTS OFF GRAVING HUNGER for hours at a time!

Actually kills your desire, your craving, your appetite for food — and you don't even have to think about it! So much so in fact, you aren't lured or tempted by even the most mouth-watering food. Nor by cake . . not by candy . . even not by the most luscious steak in a nutshell!

YOU'RE SIMPLY TURNED OFF FOOD FOR HOURS AT A TIME

The name of this doctor's wondrous "Coffee-Off" way to LIFE-TIME SLIMNESS is "FULL-STOP", because that's just what this medically proven sugar-cube formula does — brings graving, runaway appetite to a dead FULL STOP right in its tracks! Yes, according to medical experts, just one "FULL-STOP" slim-cube in a cup of coffee or tea turns your appetite INSTANTLY as if it suddenly went to sleep. It just ceases to desire to eat for hours on end . . . in fact, so effective is this "willpower-in-a-cube" you really have to consciously remind yourself to eat . . . the doctor insists on — in order to prevent TOO MUCH WEIGHT-LOSS TOO FAST!

Now, just think what this great new development means, if all your life, you've had to battle your appetite and struggle with your willpower . . .

Just 3 CUPS
A DAY HELPS MELT
FAT AWAY AS YOU Sip YOURSELF SLIM to a Capitol Fat with Doctor's LIFETIME SLIMNESS program for AUTOMATIC WEIGHT-LOSS!

MAIL NO-RISK COUPON TODAY

Mead-Wilson Pharmaceutical, Dept. JSU-35
Caroline Road, Philadelphia, PA 19176

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

☐ (50o) Full 21-day Supply only $6.95 plus 35c postage & handling.

☐ (5005) Full 62-day Supply only $11.95 plus postage & handling.

☐ (5005) Full 63-day Supply only $14.95 plus 65c postage & handling.

Total amount enclosed $_

PA residents add 6% sales tax. Check or money order, no C.O.D. please.

CHARGE IT: (check one Exp. Date.
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Master Charge
American Express

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Div. of American Consumer, Inc.
GENUINE REDWOOD PATIO TABLE...ONLY $4.95!

REDBOOK has found a beautiful new table that has hundreds of uses... yours at an unbelievably low price! Ideal for elegant patio entertaining... barbecues... picnics... TV table... plant stand... for the kitchen, den, bedroom, etc. You'll enjoy using this Patio Table for years and years.

This lovely new Patio Table has a genuine Redwood top that weatheres beautifully and, of course, will never rust. The sturdy metal, golden tubular legs have a unique "instant fold" feature that lets you set up table in seconds. Table top measures 15½" x 15½" and stands 18" high.

Take advantage of the special discounts by ordering several of these Redwood Patio Tables... for use in your home as well as outdoors.

REDBOOK REDWOOD TABLES, Dept. RW-11
51 Bank Street, Stamford, Conn. 06901

Please send me the following REDWOOD Patio Tables:

____ One (1) Patio Table at $4.95 (Plus $1.00 for postage, packing and handling).
____ Two (2) Patio Tables for only $9.75 (Plus $1.75 postage, packing and handling).
____ Three (3) Patio Tables for only $14.50 (Plus $2.50 postage, packing and handling).

I enclose (total amount) $___________________
(Please make checks payable to Redbook Magazine)

NAME _______________________________________
ADDRESS ____________________________________
CITY _________________________________________
STATE _______ ZIP ______

(Conn. Res. Add 7% Sales Tax)

(Please PRINT Clearly)
Plant Now... Step Back... and Watch Out!

Imagine! A Magnificent Shade Tree That Soars Up to 2 Stories High IN JUST ONE YEAR!

—and keeps on zooming to a towering 30, 40, 50 — even 60 FEET OR MORE in less time than most trees even nudge themselves a few feet off the ground!

That's the kind of wonder-results reported by U.S. Government Landscapers... Botanical Gardens... and University Plant Scientists on what is undoubtedly the most fantastic shade tree ever introduced in America... the incredibly beautiful Ulmus Pumila... perhaps the most spectacular super-hardy, super-growing, shade tree in all of nature!

A ROOF-HIGH TOWER OF BEAUTY IN JUST ONE SINGLE YEAR!

Yes, one of the most exciting introductions by U.S. Plant Science — this sensational super-growing shade tree actually grows higher than even a full-grown English Hawthorne IN JUST ONE SINGLE SEASON! Actually grows higher than even a full-grown Star Magnolia IN JUST ONE SINGLE YEAR! In fact, it grows so fast, so quick, you can literally measure the difference in height from week to week!

PLANT NOW — REACH OUT AND TOUCH ITS LUSH GREEN BRANCHES FROM YOUR SECOND STORY BEDROOM WINDOW — BY NEXT SUMMER!

Who says you have to spend a small fortune for a beautiful shade tree — and then spend half a lifetime waiting for it to grow? That's the way it used to be — BUT NOT ANY LONGER! Not since we've finally tracked down the one single tree in all of nature that hoists itself so high, so fast you can literally measure its incredible rate of growth week by week... or for even more dramatic proof, take a yardstick and measure the difference in feet month to month!

GROWS MORE IN JUST ONE MONTH THAN MOST OTHER TREES GROW IN AN ENTIRE YEAR!

Yes, here is a dream come true... everything you've ever hoped for or wished for in a tree. Here is a miracle of nature that hoists itself higher than even the most treasured weeping willow... that reaches out wider than even the most graceful English maple... that lifts its symmetrical branches over your grounds and gardens with a splendor, and beauty that few trees can match!

SPECTACULAR BEAUTY ALL 4 SEASONS OF THE YEAR!

Yes, here is one of those rare gifts of nature that not only thrusts itself to towering heights in record time... that not only drapes itself in lush green foliage from Easter time to way past Labor Day... but for a real "magazine cover effect" lavishes its branches with delicate clusters of beautiful flowers starting in spring... and then in fall and early winter transforms its colors, and in the dead of winter its graceful branches make a startling contrast against a snow-covered landscape!

GROWS IN VIRTUALLY ANY SOIL — REQUIRES NO SPECIAL CARE — SOARS INTO A MASTERPIECE OF LUSH, GREEN BEAUTY IN JUST A MATTER OF MONTHS!

Best of all, unlike most trees that demand constant pampering... the only thing you do when you plant this super-growing wonder-tree is water it and enjoy it. That's why leading botanical gardens... landscape artists... garden editors... can't stop raving about its indescribable beauty... its delicate flowers... its trouble-free care. Is it any wonder that leading experts have hailed it in the most glowing terms... recommended it again and again for home-owners who want a stunning display of beauty and shade... and with practically no more work than a couple of sprinkles a week... or return within 90 days for full refund (less postage & handling) ... on iron-clad guarantee of full satisfaction.

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AMERICANA NURSERY SALES, Dept. JETC-46, Caroline Rd., Philadelphia, PA 19176

MAIL NO-RISK COUPON TODAY

Please rush me the Super-Growing Shade Tree(s) indicated below:
☐ 1 for only $9.95 plus $1 postage & handling
☐ 2 for only $16.90 (SAVE $1.00) plus 50c postage & handling
☐ 4 for only $30.80 (SAVE $3.60) plus 75c postage & handling
☐ 10 for only $49 (SAVE $6.90) plus $1.50 postage & handling

If after receiving my order I'm not delighted, I may return it within 90 days and you will refund the full purchase price (except postage & handling).

Amount enclosed $...

If you are a resident of California, please pay 6% sales tax. Check or money order, no CODs please.

6400-600 available in Calif. and Ariz.

Division of American Consumer, Inc.
X-RATED ICE CREAMS

I loved your “Adult Ice Creams” in the June issue. It’s a refreshing way to serve alcohol to my guests and eliminates the risk of intoxication. The Harvey Wallbanger and Lemon Anisette are great. I hope to try the others soon.

Jeanne Clay Miller
Cleveland, OH

Please, no more recipes incorporating unwholesome ingredients like assorted glamorously named kinds of booze. I know you are striving for “relevance.” I, so, why don’t you seek alternatives to the already-too-prevalent use of alcohol and other drugs in our American homes?

Eleanor Converse
Gibsonia, PA

CHOLESTEROL CONTROVERSY

“The New Healthier Foodstyle” (June) really makes me mad. I get so sick every time I pick up a magazine and there’s something in it about the bad cholesterol diets that we Americans eat. Why don’t more people write about the danger of smoking and alcohol instead of constantly writing about dairy products?

According to an article in Hoard’s Dairyman (April 25, 1977), in 1930 there were only 7.9 deaths from coronary heart disease per 100,000 living people. In 1973 the mortality from coronary heart disease was 327 per 100,000. People all used butter, margarine wasn’t available then, and egg consumption was double what it is today.

Mrs. Clarence Peters
Wey, WI

SOME LIKE IT HOT

Your recent issues seem to be laced with an overtone of sexuality in order to sell your magazines. I will refer specifically to one article entitled “Barrel of Fun” (June). While this type of activity certainly does go on and can, I am sure, be a wholesome thing if treated in the proper perspective, I do feel that the very title coupled with the picture numbered 6 on page 38 does not carry the wholesome image which I thought your magazine upheld. I do not wish to see something which may be acceptable in California portrayed as a national, socially accepted pastime.

Mary F. Macomber
Kittery, ME

We find the attitude toward nudity and sexual bathing expressed in “Barrel of Fun” very refreshing, but unfortunately not all that common. We, as members of a family social nudist organization, certainly appreciate the truth in people dropping their inhibitions with their clothes, being unashamed of their bodies, and becoming closer with each other as a result.

Even though you were printing the comments of a psychotherapist, Constance Courcy, such a viewpoint is rarely expressed in a family-oriented magazine. Certainly, one cannot dispute the therapeutic value of hot tubbing whether nude or not, but such relaxing closeness with other people, especially without clothes, results in healthy minds and attitudes as well as healthy bodies.

Eddie and Nancy Fannon
South Bend, IN

FUELISHNESS

In the June “Home Front News” you furnish free “advertising” for Winnebago’s new helicopter-based mobile home. According to Newsweek, this gas guzzler requires 75 gallons of gas per hour. I would hate to tell my grandchildren that I wasted a precious, finite resource, leaving none for them, simply because I could afford it.

Mrs. William Hamann
Dickenson, ND

A MOTHER’S INSTINCTS

Thank you and Richard F. Koubek for “A Father’s Instincts” (June). After reading how a single father copes with rearing a child, my mind is put at ease and I’m no longer at nerves’ end worrying whether my ex-husband can take care of two children. My first summer alone without my children, I was doomed to worry—until I read and believed his article. Thanks, Mr. Koubek, for speaking out.

name withheld by request

CORRECTION

In the July Home Front News Ms. Fix-it column, “Lighting Up,” an unfortunate typographical error was made. Before you begin any electrical work in your home, circuit breakers should always be turned off, not on.

READER RESPONSE

In May “Our Readers Write” asked the question: “How do you select a school or day-care center for your child?”

Last fall I took a course on Early Childhood Development. A course like this would be very helpful to anyone interested in choosing a day-care center. Some centers emphasize play while others stress learning situations; at still another there might be a combination of learning and free play. What kind of snacks do they serve? Sugary cookies and watery juice or fresh fruit and milk? Some centers are elaborately furnished with F.A.O. Schwarz equipment, while another might have homemade but adequate equipment.

Mary A. Green
Hyannis, MA

Our agency offers an information and referral service to assist parents in the difficult task of finding high-quality care for their children. Our booklet “Family Guide to Child Care” assists parents in determining for themselves what is the best situation for their own child through a series of questions to ask and important things to consider. Copies are available for 35¢ and a self-addressed, stamped envelope.

Sandra Lambert
Day Care and Child Development Council of Tompkins County, Inc.
329 North Geneva St.
Ithaca, NY 14850

I am not yet a mother, but I am a teacher of young children in a day-care center. I believe that I work in an ideal center for my child. The first thing to look for is quality not quantity. If the center is crowded with children of all ages, your child is not being catered to. The center should be one where the center needs to be as a part of a group.

Does your child have his own room with a locker or a hook with his name on it, so he can call it his own? Is there time put aside from play for planned activities with each other and the teacher? Does the center have parent-teacher conferences to let parents know how their child is developing?

It’s important that a child have a routine in his day so that he may feel more secure with himself and with his peers. When you arrive with your child in the morning, is the teacher glad to see your child or does she look like she feels another headache coming on? Does the room look happy and gay, and does it have many inviting things for children to play with?

Remember, the center needs to suit your child first, then you, for him to have a happy and educational experience in a day-care center.

Carolyn Cunningham
Keller, TX

Address letters to: Our Readers Write American Home, 641 Lexington Ave., New York, NY 10022. Be sure to include your signature and address.
What could be more natural? New Firelight® Birch paneling.

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