

AMERICAN HOME

JANUARY 1978 75¢

THE MEDIA ROOM
IN YOUR FUTURE

FURNITURE FINDS
TO STREAMLINE
YOUR HOME

SOUP SUPPERS
THE SIMPLE WAY OUT

USE COLOR
FOR DRAMATIC
DECORATING

HOW TO LIVE WITH TV

TUNING IN TO
THE 40 NEWEST
IDEAS IN TV



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AMERICAN HOME



COVER: Tune in to how America lives with TV, and what we can expect in home entertainment in the future. Lots of ideas for decorating with any one (or more) of the great new television sets starts on page 33. Scheduled for breakfast is a favorite show on RCA's 9" black-and-white "Sportable" TV in "Olympic Red." Wallpaper, "Linear" from Karl Mann Associates. Green hanging lamp from Laurel Lamps. Dishes, "Cornish Blue Kitchenware" from The Boston Warehouse. Makeup by Revlon; makeup by Jane Pittman, Cinandre. Hair, John Pierro. Permission to use *All In The Family* picture granted by Tandem Productions, Inc. Photographed by Peter Levy.

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Second-class postage paid at New York, NY and at additional mailing offices. Authorized
second-class mail by the Post Office Department, Ottawa, Canada, and for payment of
postage in cash. All mail concerning subscriptions should be addressed to *American*
Home, P.O. Box 4568, Des Moines, Iowa 50306. Subscription Price: U.S. and Possessions
One year: \$5.94; two years: \$10.00; all other countries: One year: \$8.94; two years: \$16.00.
Editorial and advertising offices: American Home, 641 Lexington Avenue, New York,
NY 10022.
Manufacturers must be accompanied by self-addressed envelopes and return postage.
Publisher assumes no responsibility for return of unsolicited manuscripts.
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F.Y.I. FROM THE DESK OF LEDA SANFORD PUBLISHER



Like many people over 35, I don't trust television. Mine is a distrust born of an upbringing that instilled in many of us a lifelong suspicion of any pleasure that comes easily. The accessibility of entertainment in the home is as seductive as any vice our parents and teachers could have envisioned in pre-TV days.

In the worst cases, TV has bred addicts who watch the tube indiscriminately and would have withdrawal symptoms if forced to live without it for any length of time. For every 1,000 TV addicts, there is one person equally and fanatically anti-TV, someone who never watches it and is proud to say so.

But, as on all issues in the United States, the majority is in the middle:

- Knowing that our children watch it too much, but usually powerless to cut down on their viewing.
- Looking forward to a rerun of a good old movie in the warmth of our own homes on a cold night.
- Laughing at sit-coms that have nothing to do with real life, but wishing they did.
- Enjoying the unforgettable experience of watching the Olympics and other sports events in the comfort of home.
- Sharing an electronic relationship with correspondents, newscasters, and meteorologists who talk to us in our living rooms, bedrooms, and kitchens.

TV is the fourth dimension in most American homes. It overcomes time and distance and loneliness for many people. It is also a decorating problem that remains largely unsolved by most Americans. Televisions are often thoughtlessly plopped into living rooms, bedrooms, kitchens, and even bathrooms with no regard for their relationship to the total environment. The motel look is not uncommon in many bedrooms where TVs impaled on iron posts stand like UFOs lost in Colonial or French Provincial settings. It doesn't have to be this way. TVs today are well designed and aesthetically acceptable. A portable television properly placed on an existing piece of furniture can sometimes be better than on a TV stand.

If necessary, rearrange the room and think of alternative uses for the pieces of furniture you already have. Why not put the TV on the shelf in an armoire? Or in a dry sink? On an end table? Why not rearrange the entire room to facilitate the TV viewing and start by making it the focal point? Let these suggestions set you thinking as you take a new look at your TV and its environment.

Television is a member of the family; how we relate to it depends largely on our individual needs at different times of our lives. Its potential for pleasure and enrichment has barely been tapped, probably because many of us are still too fascinated or suspicious of the magic box to expect any more of it. **A-1**



Since 1930, more than 4,000 important American landmarks have been needlessly destroyed . . . to say nothing of individual homes, entire sections of our cities. And, more are disappearing every year. The only way to stop this destruction is to get involved. Personally. For more information, write: National Trust for Historic Preservation, Department 0605, 740 Jackson Place, NW, Washington, DC 20006.



Caution: Endangered Species



QUESTIONS FROM READERS

BY MARVIN D. SCHWARTZ



I have a tall-case clock that was purchased around 1920 in Bath, England, for the grand sum of fifty pounds. The case measures 7½ feet in height and is remarkably grained mahogany with fine shell inlays. The finials and the filled reeded columns are brass. Engraved in flowing script is the signature, "Henry Haynes, Daventry."

—B.M., New Albany, IN

Grandfather clocks of the 18th century are amazingly hardy timepieces, but occasionally works are put into cases in which they did not originate. Your clock has a face that's characteristic of the 1750-60 period, but the shape of the case is closer to 1780-90 examples. The fact that it is a product of a provincial English town 75 miles from London may explain the old-fashioned face.



The coffee pot in this silver service has a #7 stamped on the bottom, and the teapot has a #C and "Barbour Silver Co. Quadruple, 2415."

—F.R., Northport, NY

Your silver set is an example of fine plate from the end of the 19th century. The Barbour Silver Company of Hartford, Connecticut, used the mark you mention after 1893. The company became a subsidiary of International Silver in 1898. Quadruple plate is a type of silver plating used by many American manufacturers in the late 19th century. The design is an adaptation of the rococo style which was quite popular in the 18th century.



My grandparents owned this purplish-pink plate. At the top of the outer edge is an eye over a Bible open to "Isaiah Ch. XIV." Around the border are fruit, grains, flowers, and leaves. At the top of the center section are a dove with an olive branch, the phrase, "PEACE ON EARTH," and a child with a lion,

lamb, cow, fox, goat, and a large cat. Below this scene is a man kneeling in prayer and the words, "Give us this day our daily Bread." The mark on the back is "Millenium" enclosed in a pink border and scrollwork. A seven-petalled figure is impressed into the plate.

—C.L., Wasco, CA

Your plate was made in the Staffordshire region of England by one of the large potters operating there in the 1840s. The mark, Millenium, is the name of the pattern. It was popular in the purplish color you describe and in a brown. This type of ware, with decoration applied by a transfer print process, is best known in blue and white, colors used when it was first introduced in about 1820. The ceramic body is a hardy earthenware sometimes called granite ware, and it was a prime import to the U.S. in the mid-1800s. The popularity of the theme "Give us this day . . ." is evidenced by pressed-glass plates made in America a few decades later.



This desk purchased at an estate sale has claw feet on rollers with lion's-head brass pulls. It has a slant top with many small drawers and shelves inside. The adjacent shelves are enclosed by a glass door.

—C.J.C., Cincinnati, OH

The desk is a typical example of mass-produced turn-of-the-century furniture. In catalogs of the period it was listed as a lady's desk. One was exhibited at the Chicago Columbian Exposition of 1893 by a Grand Rapids manufacturer. They were also made in Cincinnati, the base of several large furniture manufacturers. Desks like this are generally made of oak. The claw-and-ball feet and the decoration on the slant top are derived from 18th-century designs.



I inherited this Bunker Hill centennial platter from my great-grandfather, a Civil War veteran. The frosted-glass plate measures 9½ inches by 6 inches. There are no markings.

—B.W.P., Kennewich, WA

This platter is one of the pressed-glass commemorative wares that was popular between 1870 and 1900. Rarely marked, many were manufactured by one of the large Pittsburgh glass houses. Prescott, Warren, Stark, and Putnam, the names on the surface, were heroes of the Battle of Bunker Hill. The monument illustrated in the center was erected in the early 19th century to commemorate the battle. The plate was very likely made in 1876, or just before, to celebrate the hundredth anniversary of the event.



This piece is solid walnut. A coat of white paint interfered with cleaning the small grooves. It was redone in 1968 with an antiquing paint kit. The service tops are marble. There are no marks or dates, but a chalk smudge on the back resembles the word "Lamar."

—E.G., Gary, TX

This mirror and cupboard must have come from a very elegant barber shop. It's a fine example of the American Eastlake style, which was fashionable in the 1870s and '80s. It's named for the English critic, Sir Charles Eastlake, whose *Hints on Household Taste* (London, 1868; U.S., 1872) was an influential bestseller. Walnut, cherry, and maple were standard woods for Eastlake designs. Cupboards in slightly different shapes were common in dining rooms.

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.



HOME FRONT NEWS

TV IN NUMBERS

Out 30 years ago, "the pe" moved into America's living rooms, and replaced the radio as communications center of the home. Opinions may have been diverse on this new technological wonder, but the public was interested. Between 1948 and 1952, TV ownership rose from a few thousand to 15 million... and the number's been climbing steadily ever since. Take a look at this: Since 1954, when the first color TV set was introduced by RCA, through the end of 1975, a total of 72.3 million color TV sets was sold in the country. The TV industry expects the sales of color TV sets to increase another 40 million between 1976 and 1980. According to Arbitron, a research firm that estimates TV audiences, 97.5 percent of U.S. households will have a TV set in 1977-78. This counts for 72.9 million households with at least one TV. Projections for the coming year are that 34.9 million households will have more than one set. Though statistics are difficult to pinpoint, *TV Digest* estimated that 128 million sets will be in use in 1978—11 million color and 66 million black-and-white. The TV set is in use about 4 hours and 20 minutes each day in the average home.—Compiled by RCA Corporation



TWO-WAY TV

If this proves to be another winter of deep freeze, the folks in Columbus, Ohio, will have a new diversion for those long winter nights—talking to their TV sets. Warner Cable's pay cable TV system, now serving 100,000 homes in Columbus, has launched the first, large-scale, two-way cable experiment of its kind. The new service, called QUBE, means subscribers not only receive television programs, but can send messages as well.

The key to the whole system is a small home computer terminal that provides a push-button choice of 30 different programs—the usual network shows, locally produced community programs from opinion polls to talk shows, and special selections such as first-run movies and sports events.

Viewers transmit their program choice to a central computer that not only controls programing, but does customer billing and makes the unique

participation aspect of the system possible. By pushing the right series of buttons, families can respond to TV polls, participate in game shows, or even shop directly for items presented on TV. The computer records their choices.

In fact, the potential of two-way cable TV is almost unlimited. A viewer could sign up for a televised college-level course and then take exams directly over the air. One option for subscribers in Columbus is burglar- and fire-alarm systems that operate through the TV cable.

Fees for the new service will be slightly higher than the present monthly rate of \$7.50 in Columbus, with extra charges for each special event selected.

Depending on the response in Columbus, the new two-way cable system, which is expected to reach other areas of the country as well, could signal the beginning of a revolution in television from passivity to participation.



TELEPHONE SHAPE-UP

Although telephone styles have evolved over the years, the phone is still essentially the standard black box. But lately Ma Bell has fanciful models that will find a place in the decorating scheme of every house.

In response to the challenge from telephone boutiques featuring non-Bell devices, the Bell System has introduced its collection of Design Line telephones in shapes

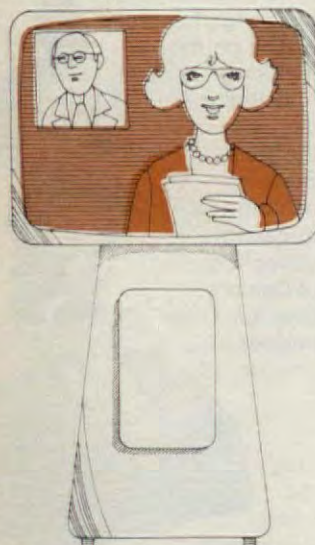
rang- ing from Baroque to contemporary. The phones can be bought in Phone Center stores around the country, or ordered directly through telephone business offices; all of them can be plugged into any wall jack. Though phone prices (which start at around \$55) and service charges may differ among the companies that make up the Bell System, the general arrangement is the same: When you buy a Design Line phone, you own the housing but the inner works still belong to Ma Bell. You continue to pay a monthly service charge, but the phone company is responsible for equipment repairs. New looks from Bell include the Mickey Mouse Phone (above), approximately \$95.





THE BIG PICTURE AT HOME

The latest news in wide-screen TVs is they're getting both bigger *and* smaller. Advent's spectacular two-part Videobeam, so beautifully designed that it looks like a piece of sculpture, has been compacted from the giant 7- and 10-foot-wide curved-screen models into a neat 6-foot-wide unit. Price: \$2,495.



TheaterVision

LOOK, MA, NO STANDS!

No one enjoys a hospital stay, but Bunting Sterisystems and Sony have an idea in TV which can help brighten the experience. It's a tiny 5" diagonal TV attached to an adjustable suspension arm that rotates 360 degrees and can be positioned at book distance from the patient—even one who's in traction or must stay prone. The controls are within easy reach and the volume level can be kept low because the set is placed so close to the patient. Not sur-

prisingly, many people are so fond of the arrangement, they have special-ordered the "armed TV" for their homes. At present, the low-voltage sets, marketed primarily for hospital use, run on Direct Current in order to meet hospital safety requirements. The price to the individual consumer (\$493.50 for black-and-white, \$862.50 for color), includes the cost for converting the set to AC for private rather than hospital use. But as the demand grows, Bunting may begin production on an AC set manufactured especially for the home at a lower price.

Thinking of starting a media center in your home? Consider Sony's 40-inch-wide remote-control KP-4000 projection system. The all-in-one set with a Trinitron tube at its heart is contained in a sleek walnut cabinet with a roll-top door and has hook-ups for video recorders, players, cameras, games and discs of the future; \$2,500.

The workhorse of big picture TV, TheaterVision offers 50- to 68-inch diagonally wide ceiling-mounted and coffee-table sets plus the brand new, space-saving, one-piece rear-projection TV with a framed, flat plastic screen in walnut, rosewood, and white. Priced from \$1,995 to \$2,195, TheaterVision can be leased with an option to buy.

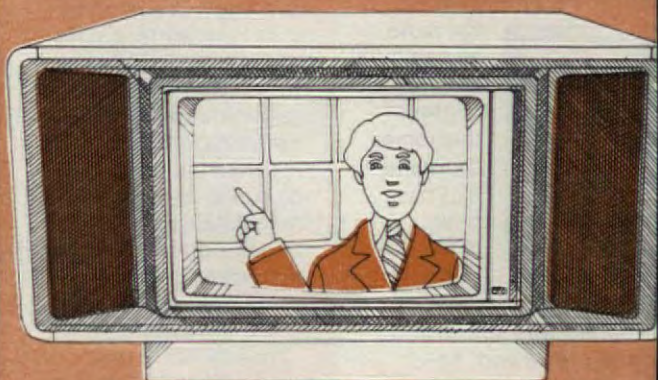
Magna-Vision adds designer touches to its 4½- to 7-foot wide Network 2000 series from \$1,695 to \$2,195. These include cube covers, game table consoles, and bookcase modules.

Note: To get a picture as sharp and bright as a 27" set, a wide-screen TV requires a semi-dark environment. For controlled back lighting, wall lamps on rheostats are recommended.—Daphne Davis

PICK OF THE CONSOLES

If you haven't taken a really good look at today's console TVs you're in for a pleasant surprise. Consoles now offer the newest television tech-

• General Electric YM9480MO. The exciting news at GE is the introduction of a technique of color tuning called VIR (or Vertical Interval Reference). See "Talking TV's Language" for more on VIR. For those programs not broadcast with VIR signal (about 10 percent), o-



"The Ultra" from RCA

nology, packaged in cabinets with style.

We've focused in on three models that demonstrate innovation and craftsmanship:

• Quasar TL9880PW: A long-time leader in the field of technological advance, Quasar (credited with the development of solid state circuitry) has continued to pioneer new techniques and equipment. Their model TL9880PW incorporates several unusual features including a speaker system, "Audio Spectrum Sound," which dramatically expands the audio output range, resulting in truer, richer sound reproduction. This set also includes a color-tuning system that automatically corrects for flesh tones without affecting other colors, and also guards against color "bleeding" from large areas, like the green of a football field. The cabinet is "transitional" in style. With walnut veneer and keyplate-brass hardware, it can blend easily with a variety of decors. Screen: 25" diag. H: 30½" W: 41" D: 19½".

in the event that you prefer your own color standards to those of the broadcaster, Personal Preference Controls are included. The YM9480MO incorporates VIR color—along with numerous other features—in a sleek, modern cabinet of hardwood solids and burl veneers. Screen: 25" diag. H: 29½" W: 42¾" D: 22½".

• RCA GB940SDA. RCA calls this model "The Ultra"—a very accurate description for a machine which signals the wave of the future. While the GB940SDA offers the best of RCA's technological advances, including fully automatic Color Control, Fleshtone Correction, and Contrast/Color Tracking, it is the styling of this console which sets it apart from others we've seen. This dramatically designed cabinet is silver lacquer on hardwood plywood, the front is molded plastic, and the base has an overlay of chrome-plated steel on wood. Screen: 25" diag. H: 28½" W: 50½" D: 22¾". —Lisa De Mauro

CAPTAIN VIDEO-78 STYLE

In light of our devotion to the tube it's not surprising that we have reacted with delight to the home videocassette recorders. All of them, operating in three distinct ways, seize our imagination. Hook me up to any television and you can tape a show as you watch it, then play it back again; program it to tape a show off one channel while you're watching another (you don't have to miss shows that are aired simultaneously); or let it record a program that's broadcast while you're away from home.

Predictably, the big manufacturers and distributors of electronics equipment have rallied to the cause. Since Sony first introduced the Betamax system in the fall of 1975, many of the major companies have announced their intentions of marketing home videocassette recorder. Unfortunately for the consumer, a variety of incompatible systems has emerged. This means that a cassette recorded on a Sony or Zenith Beta system cannot be played back on a Matsushita-produced HVCR such as Panasonic or RCA. And neither of these is compatible with the Quasar Great Time Machine. The drawbacks of incompatibility depend on the individual owner's purposes. However, the interest in commercially produced cassettes of major motion pictures becomes a significant consideration, it will be worthwhile for the prospective buyer to investigate the supply of recordings made for each individual system.

If you think you might be interested in investing in a home videocassette recorder, there are a couple of points to keep in mind.

Price, for example, has been a controversial area. Sony's suggested list price has been \$1,300. RCA caused quite a stir when its system was marketed at \$1,000. And Quasar, whose Time Machine was introduced in January of 1977 for \$995, has maintained that price. Therefore, it will be worthwhile to shop around since the force of competition has already effected a downward trend in pricing.

Recording time is another factor. Sony's Betamax works within a 2-hour system, but with the introduction of a cassette changer which records onto a second cassette when the first one is filled, the machine's capability has been increased to 4 hours. RCA's machine is a 4-hour system, and Quasar's maximum recording time is 2 hours.

There are optional features to consider, too, such as cameras for filming your own videotapes, and timers for recording programs while you're away from home. Whichever system you choose, you will be participating in a new age of highly sophisticated equipment for home entertainment.

—Lisa De Mauro

TALKING TV'S LANGUAGE

Confused by TV terminology? If so, here are some commonly used, pared-down definitions of TV terms that will clarify the jargon and help you choose the set that's right for you.

Solid state: This means the set is made with *transistorized* circuits rather than glass electron tubes. Solid-state circuitry has a longer life than the tube-type sets, is easier to repair when it does break down, and is an energy saver. (Most sets now are solid state, but all of them still use glass picture tubes.)

Automatic fine tuning (AFT): Exclusive to color sets, AFT automatically fine-tunes the picture (eliminating the need for manual tuning), and picks up the best possible picture.

Preset fine tuning: An automatic tuning feature incorporated into black-and-white TVs, preset fine tuning allows the viewer to switch from station to station without manually adjusting the tuning knob. Preset fine tuning

does not affect reception on UHF channels, which have to be tuned manually.

Room-light sensor: This automatically adjusts brightness and contrast of the picture according to the amount of light in the viewing room.

U.L. Approved: This is the seal of approval of the Underwriters Laboratories, an independent organization that tests the wiring of appliances for safety. This seal is essential for many fire insurance claims involving electrical fires from appliances, so be sure to buy a set with the U.L. mark.

Vertical interval reference (VIR): VIR is a signal transmitted by the network stations to control the accuracy and quality of a color picture. GE introduced the first TV set which uses the VIR signal to keep the viewer's set in tune with a broadcaster's color standards; other manufacturers are now incorporating it into their new models. Ninety percent of all TV shows are broadcast with VIR, and in the future, virtually all TV sets will feature VIR, making their tuning systems truly automatic.

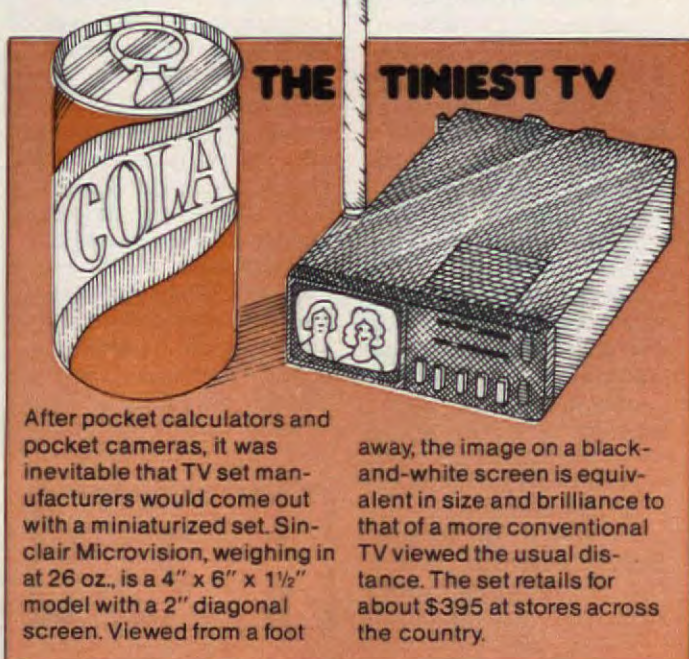
In-line picture tube: This tube projects the picture from the rear of the tube to the screen in a straight line, thus reducing the possibility of distortion.

Random access tuning: Viewers can switch from one channel to another and bypass all channels in between with this remote-control feature.

Automatic color control (ACC): ACC helps maintain color quality when the signal varies, e.g. when an airplane passes overhead. If you live in an area that's close to an airport, you should also consider a set which has good Airplane Flutter Rejection.

DC restoration: A set with good DC restoration picks up light-to-dark picture changes exactly as the TV camera sees them.

—Elizabeth Maloney



After pocket calculators and pocket cameras, it was inevitable that TV set manufacturers would come out with a miniaturized set. Sinclair Microvision, weighing in at 26 oz., is a 4" x 6" x 1 1/2" model with a 2" diagonal screen. Viewed from a foot

away, the image on a black-and-white screen is equivalent in size and brilliance to that of a more conventional TV viewed the usual distance. The set retails for about \$395 at stores across the country.



HOOKING UP WITH CABLE TV

With prime time TV fare appealing to fewer people, more viewers than ever are turning to the special entertainment channels on Cable-TV systems. Home Box Office, started in 1972 and now the

ing the following week. Second, are HBO's entertainment specials. New this year, *Standing Room Only* profiles famous entertainers both as performer and personality. Coming up: An hour-and-a-

previous week's action and to preview upcoming games.

Besides the comfort of seeing movies at home at flexibly scheduled times, subscribers praise HBO as a way of stretching entertain-

SPECIALS, SPECIALS, AND MORE SPECIALS

From now until the end of the spring season, your TV screen will be flooded with specials. The reason: The networks' big race for ratings.

Celebrating its 25th Anniversary this year, ABC is planning a gala banquet, produced by *American Bandstand*'s Dick Clark, that's "part scrapbook, part family reunion." Then, Benji, the dog with the million-dollar personality, debuts in *The Phenomenon of Benji* from Nashville's Grand Ole Opry.

Benji: On ABC this season

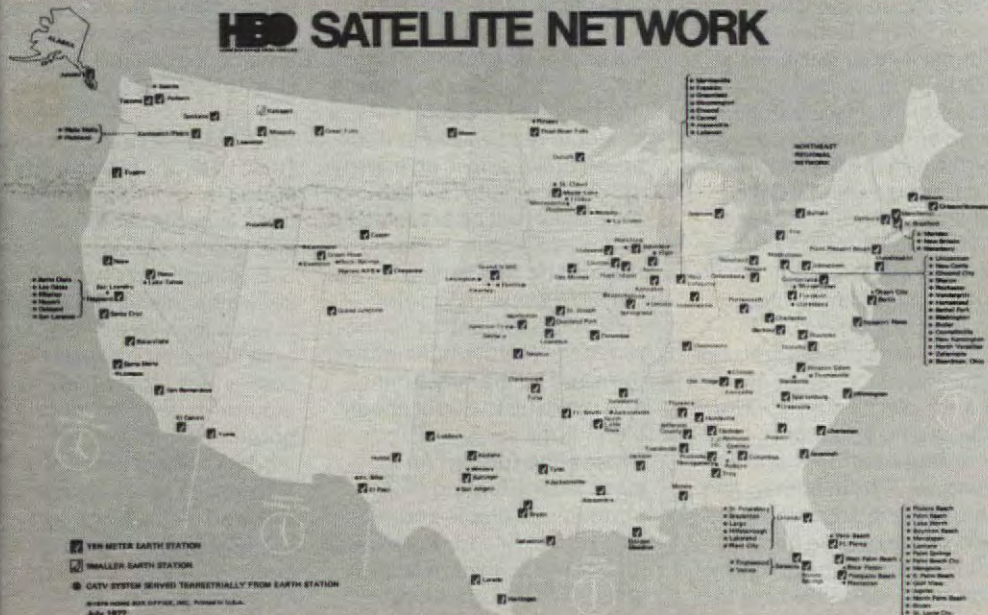
John Denver, Dorothy Hamill, Rich Little, "The Honey-mooners," and the 50th Anniversary of the Academy Awards will all have special

James Coburn will play intellectual detective on CBS's *The Dain Curse*, a mini-series of Dashiell Hammett's classic thrillers. Pat Newman directs Joanne Woodward in *See How She Runs*, their first made-for-TV movie together. In *First, You Cry*, Mary Tyler Moore takes on the real-life role of TV reporter Betty Rollin in the bestseller about her mastectomy.

Henry Kissinger and NBC's David Brinkley co-host a 90-minute examination of *The Rise of Communism in Western Europe*. NBC will take an in-depth look at *Medicine in America* in a three-hour documentary; Cicely Tyson and Ossie Davis team in *King*, the story of Martin Luther King.

—Daphne Davis

HBO SATELLITE NETWORK



largest pay-TV network, broadcasts to over 700,000 homes, businesses, and institutions in 45 states via satellite and microwave transmission; charges are on a monthly basis. There are a handful of other networks in this burgeoning field, but only HBO has developed original programming. (The only states that are not currently on the HBO cable network are Utah, South Dakota, Vermont, New Hampshire, and Maine.)

What subscribers (who receive monthly viewing guides) rate first on HBO is the variety of uninterrupted first-run, foreign, family, and classic films (X-rated movies are no-nos), shown first on weekends, and repeated dur-

half look at the character and career of Jerry Lewis, seen through his old and new routines, clips from his films, and an interview with the man behind the comedy. *Standing Room Only*'s outdoor Neil Sedaka concert was a knockout, equal to HBO's much-repeated, award-winning Bette Midler special. *On Location*, telecast from Las Vegas and nightclubs around the country, showcases veterans like Henny Youngman and Phyllis Diller, and emerging comics like Steve Martin. *On Location* also recently held the hilarious *Second Annual Comedians Show*. As part of HBO's different type of sports coverage, *Inside NFL*, initiated last fall, uses a magazine format to cover the

ment dollars. An average HBO family of four watches two movies and one sports (basketball, tennis, track) and entertainment special per month. Depending on the area, HBO runs between \$8 and \$10 monthly. It's estimated that paying this fee represents a \$30 savings over attendance prices and another \$30 savings for extras like babysitters, parking, and eating out. Another bonus: There are no commercials on HBO.

—Daphne Davis





SPACE SAVERS

TV DECORATING TIPS

When you're looking for some storage ideas for the television set, first keep these safety and viewing tips in mind:

Note the ventilation openings in television cabinets; they allow heat that's generated during play to be released in open air. If these openings are blocked, heat builds up and the TV can become a fire hazard. So make this a top-priority consideration when placing a set in a built-in enclosure or on a carpeted floor. Manufacturers also caution against placing the set over or near a radiator or heat register. Be sure that a wall- or shelf-mounted television is properly supported.

Take a note of the best position for viewing, in proximity to outlets, and the possibility of

mounted at the end of

kitchen cabinet

controls, and whether or not to hide or show the set when in use.

Some storage ideas: shelving systems or built-in cabinets (or on a table of the same size as the TV) can fit quite neatly in a space-saving corner

shelf since the backs of many sets have something of a triangular shape.

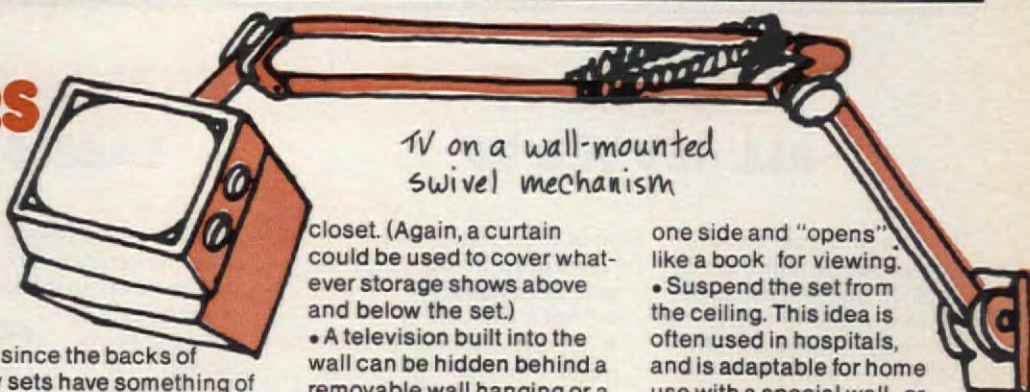
- Put the set on a table or small chest with wheels for ease of movement. Most commercially manufactured TV wagons are similar in design and uniformly convenient for getting the set from place to place, room to room, or in and out of a closet.
- Build the television into a wall, in a recess, between studs, or where there is a closet on the opposite side of the wall. One excellent idea is to put the TV on a swivel mechanism built into a wall shared by two rooms so the TV can be swung around for viewing in either room.



Some kind of covering, such as a curtain or sliding

door, should be hung to conceal the less-than-attractive back of the set.

- If a television is on a shelf in a closet with folding or sliding doors, place the set so the doors can be opened just far enough to expose the TV, but not the other contents of the



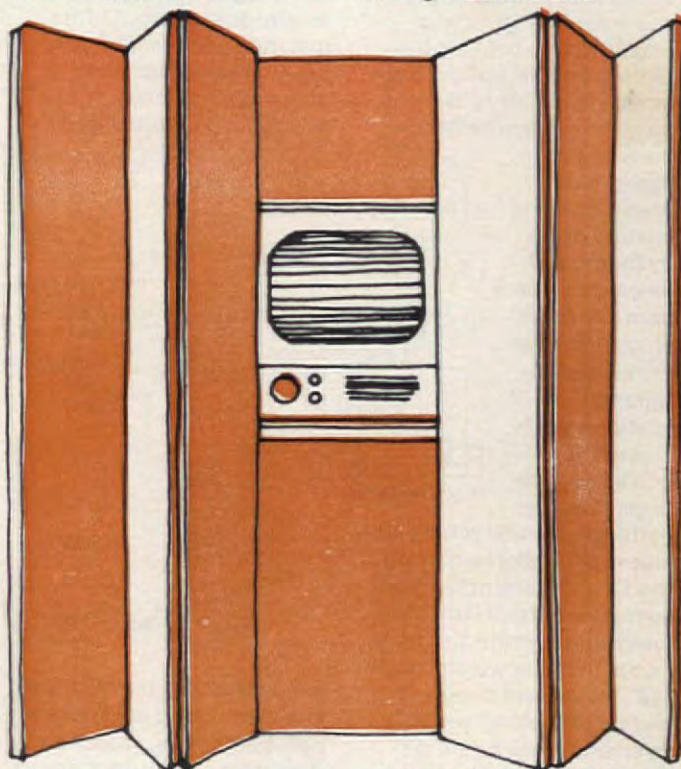
TV on a wall-mounted swivel mechanism

closet. (Again, a curtain could be used to cover whatever storage shows above and below the set.)

- A television built into the wall can be hidden behind a removable wall hanging or a picture that has hinges on

one side and "opens" like a book for viewing.

- Suspend the set from the ceiling. This idea is often used in hospitals, and is adaptable for home use with a special wall- or ceiling-mounted unit.



TV mounted in closet or on shelves behind folding doors

storage cube on wheels swings for viewing



- File the TV away completely; store it under a skirted table.

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

Address all letters to Editor, Home Front News, American Home, 641 Lexington Ave., New York, NY 10022. \$25 for each idea published.



MS. FIX-IT ALL REVVED UP

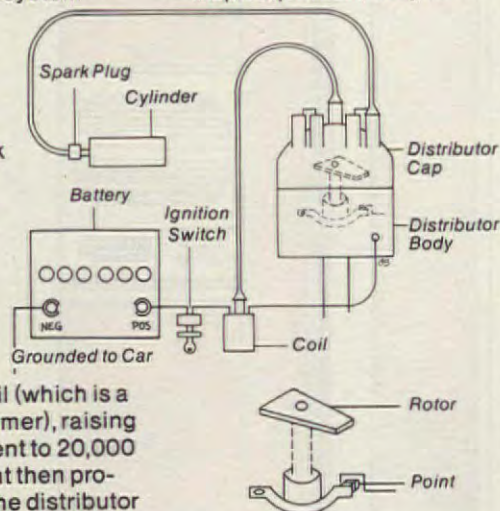
In winter, most car owners worry about whether their engines will start or not. Batteries, commonly blamed for starting problems, are often not guilty. If you turn on the starter, and the starter motor works with its usual vigor, the battery is fine. But if your engine doesn't catch after turning over for about 20 seconds, the trouble is likely to be in the ignition system — the system that ignites the air/fuel mixture in the cylinders with an electric spark from the spark plugs. How it all works (see diagram): The ignition switch closes the circuit so current flows from the battery to the coil (which is a step-up transformer), raising the 12-volt current to 20,000 volts. The current then proceeds through the distributor cap to the rotor which "deals out" the current through the device of "points," which open and close as the distributor shaft (connected to the drive shaft) rotates.

The current dealt out by the rotor goes to the spark plugs; the 20,000-volt current creates a spark at each plug by jumping the gap between the electrodes at its ends, which are enclosed in the cylinder. A perfectly tuned engine will deliver a spark at the instant of maximum compression of the air/fuel mixture in each cylinder. When every part's in working order, you'll have an engine that starts easily, provides increased fuel economy, and less pollution.

Generally, manufacturers recommend a tune-up about

once every 5,000 miles. Learn to do-it-yourself and save about \$40:

- Check the battery.
- Remove and inspect spark plugs. If they're in good condition, they can be cleaned and the gap between the electrodes adjusted to the distance specified for your car. Replace plugs after about 10,000 miles.
- Inspect points. If they're in



good condition, file off corrosive matter. Be sure spaces between points, as well as the timing of the rotor, are adjusted. Replace points and condenser at least as often as every 10,000 miles.

- Adjust valves, which control intake of the air/fuel mixture and exhaust gases.
- The carburetor, where air and gas are mixed, has an air filter that should be checked (and cleaned, or replaced).
- Test operation of the choke in the carburetor.
- Clean or replace any fuel filter.
- Lubrication includes an oil change, replacement of oil filter, cleaning of oil cap, and lubricating chassis.
- Check and clean pollution-control systems. — Joyce Roy

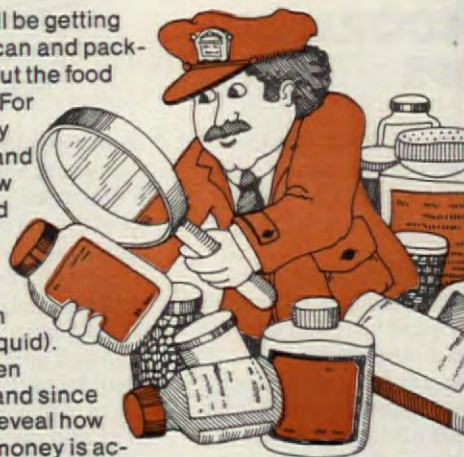
CONSUMER WATCH LABELS AND THE LAW

This year, you'll be getting more facts on can and package labels about the food you're buying. For example: Many canned fruits and vegetables now carry the "solid content weight" as well as "net weight" (which includes the liquid). This helps when choosing a brand since both weights reveal how much of your money is actually going for say, peaches or green beans, and how much for their packing juices.

Also, expect a longer list of ingredients on some food packages. The Food and Drug Administration now requires the listing of all "optional" ingredients and an explanation of them.

An ingredient list can be a clue to food quality, too. Ingredients must be listed in descending order of predominance by weight. The top-of-the-list ingredient is primary, and so on down the line. If sugar in a cereal is listed first, that means the food contains more sugar than anything else. In fact, consumer groups want companies to list ingredients not only in order, but also by percentages. This way, you could tell, for instance, what percentage of a jar of baby food is bananas or meat, and what percentage is water or filler.

The source of fat used in a food — whether it's cottonseed, peanut, or corn oil, pork or beef fat — must now be listed on labels, too. Some people are on cholesterol-restricted diets and others, because of religious reasons, want to know the type of meat fat used.



A few manufacturers are voluntarily listing the sodium (salt) and cholesterol content of their product. Some bread and cereal labels state that the product has zero cholesterol, which means would have been made with polyunsaturated oil. Cholesterol is found not only in meat, fish, poultry, and dairy products, but in baked goods as well, so check the label.

In preparation for new FDA rules that are not mandatory until July 1979, some companies are already explaining their "low calorie" claims on labels. According to the FDA, a "low-calorie" food must have no more than 40 calories per serving. If a company labels its food "reduced calorie," it must lower the calories by one-third, and at least by 25 calories per serving. The comparison must be indicated on the label; for example, a "diet cheese food snack" listed at 60 calories per serving should be compared with an ordinary cheese food snack at 100 calories.

If, despite all this new information, you don't find what you want to know on a food label, write and ask the company for it. — Jean Carper



Dear Debbera,

I want to tell you about my study. At the end of last year I was announced as best student. My school report is very satisfactory. I got a present from school. How about you, Debbera? Are you still studying? I hope you are successful in your studies. I stop my letter now. I give you all my love. From your sponsored child,

Tristaca



Dear Tristaca,

I was so pleased to get your letter. That's quite an honor to be first in your class. I'm very proud of you. I'm still teaching, but the only classes I'm taking now are ballet. Did you get all the postcards I sent? It was a great trip. I'm looking forward to the holidays now—hope to do a lot of skiing this winter. Take care now and write soon.

Debbera

P.S. I love you.

Tristaca and Debbera, though they've never even met, share a very special love. Tristaca lived in extreme poverty. Her mother has tried to support her family herself, but she can only get menial jobs that pay almost nothing.

Tristaca was a girl without any hopes, without any dreams. Then Debbera Drake came into her life.

Debbera sponsors her through the Christian Children's Fund for \$15 a month. Her money helps give Tristaca food and clothing and a chance to go to school. It gives her hopes and dreams once more.

You can give a child hope. Become a sponsor. You needn't send any money now—you can "meet" the child assigned to your care first. Just mail the coupon. You'll receive the child's photograph and background information. If you wish to sponsor the child, simply send in your first monthly check or money order for \$15 within 10 days. If not, return the photo and other materials so we may ask someone else to help.

We have thousands of children like Tristaca on our waiting list right now who desperately need sponsors. Let one of them share something special with you. Love.

For the love of a hungry child.

Dr. Verent J. Mills, CHRISTIAN CHILDREN'S FUND, Inc., Box 26511, Richmond, Va. 23261

OAMH10

I wish to sponsor a ☐ boy ☐ girl. ☐ Choose any child who needs help. Please send my information package today.

☐ I want to learn more about the child assigned to me. If I accept the child, I'll send my first sponsorship payment of \$15 within 10 days. Or I'll return the photograph and other material so you can ask someone else to help.

☐ I prefer to send my first payment now, and I enclose my first monthly payment of \$15.

☐ I cannot sponsor a child now but would like to contribute \$_____.

Name _____

Address _____

City _____

State _____

Zip _____

Member of American Council of Voluntary Agencies for Foreign Service, Inc. Gifts are tax deductible.

Canadians: Write 1407 Yonge St., Toronto, Ontario M4T 1Y8. Statement of income and expenses available on request.

Christian Children's Fund, Inc.



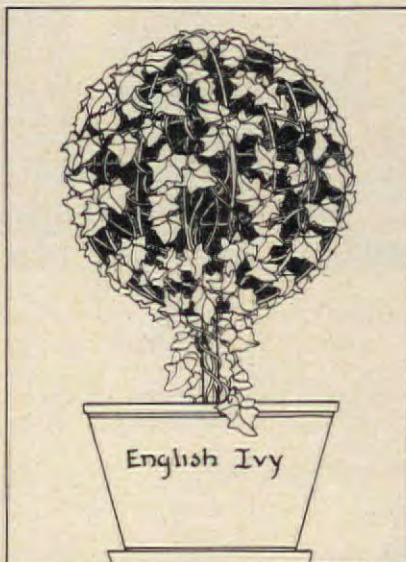
THE BIG EFFECT

BY BILL MULLIGAN

Most indoor gardeners, at some time or other, are faced with the problem of what to do with those vining, trailing-type plants—ivies, wandering Jew, philodendron, hoya, to name a few—that outgrow their pots and give a room the look of an unkempt jungle. Try your hand at any of the following simple training procedures; tame an unruly wanderer, and at the same time make a decorative statement usually associated with only a specimen-size plant.

SOCIAL CLIMBING

To turn a scraggly vine into an indoor showpiece, take a hint from the centuries-old outdoor practice of training plants on trellises. Make your own trellis by crisscrossing lightweight wooden slats, such as garden stakes or furring strips, and nailing them to each other at the cross points. The trellis pattern should be horizontal and vertical so that two of the vertical strips, allowed to extend beyond the framework at the bottom, can be pushed directly into the soil of a recommended 10- to 12-inch-size container. Work the branches of your grape ivy or other vining plant in and around the trellis, with the assistance of loosely fastened twist-ties, if necessary. Direct the growth upward until the frame is covered. If you'd rather buy than build, then consider a product called Plant Sculpt (shown supporting wandering Jew), a see-through plastic stake and flexible tubing that can be arranged in a variety of designs. It's



\$6 ppd. from The Hall Group, Inc., Box 21, East Amherst, NY 14051.

EYEFUL TOWER

In their jungle habitats, vining philodendrons seek out a tall tree to climb. Potted specimens are customarily trained onto short slabs of tree bark, but the ambitious climbers quickly outgrow these. To give your philodendrons, syngonium, and pothos the upward mobility they prefer and your interior landscape a dramatic foliage-covered tower, construct a "tree" made of wire and moss. Purchase two pieces of half-inch hardware cloth (heavy-gauge wire mesh sold at hardware stores and lumberyards)—one 56 inches by 6 feet and the other 44 inches by 6 feet. Form both into 6-foot-long cylinders and stand these, one inside the other, in a 24-inch tub (preferably a tub on rollers, so the planting can be turned periodically for even light). Fill the tub with potting soil and stuff unmilled sphagnum peat moss into the space between the two cylinders. Plant rooted cuttings or small specimens in the soil around the outer cylinder. Encourage new growth to climb the cylinder by loosely securing it to the wire with twist-ties. If you mist the moss between the cylinders to keep it moist, the vines will eventually root into it without further tying.

STANDARD PROCEDURE

A standard is a plant that's been trained to form a ball of foliage at the top of one long, leafless stem. Usually associated

with rose bushes outdoors, the stylish tree-like shape can be accomplished with such woody-stemmed house plants as coleus and flowering maple (abutilon). Begin with a single-stem seedling or rooted cutting and pinch off all side shoots. When the plant is 12 inches tall, transplant it to a 6- to 8-inch pot and stand a 4-foot bamboo stake in the soil as close to the stem as possible. As the plant grows, secure it against the stake with twist-ties, but leave plenty of slack to allow for thickening of the trunk. To promote maximum branching, when the long stem reaches the top of the stake, pinch off the branch tips that form after every two or three sets of new leaves; to ensure a beautifully symmetrical tuft of foliage, give the plant a quarter-turn every time you water.

LIVING SCULPTURE

Another outdoor gardening art that can be adapted to make indoor trailers behave more attractively is topiary. In the garden, the practice involves literally sculpting (by constant clipping and pruning) a privet or boxwood shrub until it takes on the likeness of a familiar object. But you can try a quick and easy facsimile with an unruly English ivy by training it onto a wire form until the form is covered and completely hidden. Fashion your own whimsical two- or three-dimensional shapes with some heavy-gauge wire and a soldering gun or choose from ready-made forms by writing for a brochure from Vine Arts, 6 Charlcote Pl., Baltimore, MD 21218.



BEAUTIFUL
EYES

To create a new image or glamorize a special look, eye makeup's the thing.

REGIME EYE SHADOW STICKS BY GERMAINE MONTEIL turn you into a makeup artist. These semi-sheer, cream-stick shadows will assure long-lasting and crease-resistant color. Available in eight shades.

EYE-DEFINING SHADOWS BY ALEXANDRA DE MARKOFF define the "soft focus" look for eyes with non-frost, cream-finish muted colors. Wear over **EYE SHADOW BASE** to block out skin discoloration on lids and to help eye shadow cling.

FROSTY LUSTRE SHADOW COLLECTION FROM AZIZA BY PRINCE MATCHABELLI presents glamorous (not gaudy) long-lasting, super-frosted shadows with flecks of metallic glitter blended perfectly to glisten on lids. Apply with the sponge applicator. Available in four colors.

COLORS OF THE VINEYARDS BY ALMAY are full-bodied, spirited eye shadow colors for a timely, fashion look. One compact holds two stay-put coloring powder shades. **SOFTLIGHT SHADOWS** (also in one compact) come in two shades along with an **UNDER EYES COVER CREME** in ivory.

SKIN LIFE INSTANT BEAUTY ANALYZER BY HELENA RUBINSTEIN creates the **EMBASSY LOOK** for individual skin types and styles. For eyes, the focus is on the soft, rounded, reserved (but far from retiring) look. For subtle highlighting of eyes from brow bone to arch, use **SUNLIGHT SHADOW**—a delicate pastel shade.

MASCAROLA BY PRINCESS MARCELLA BORGESE is protein-enriched, extra-creamy mascara for longer, silkier, healthier-looking lashes. Firm spiral brush gives more fluff to lashes while separating them for a natural effect. Available in five waterproof, and five non-waterproof colors.

LASHES/LASHES MASCARA BY AVON COLOR-WORKS with brush-on applicator lengthens and thickens lashes. Long-wearing mascara will not flake or smear. Available in two colors.

GLOWING FINISH THICK 'N HEALTHY MASCARA BY COTY both strengthens lashes to resist breakage, and builds them up to look thicker and healthier. Smudge-proof and water-resistant, it goes on smoothly with a new, super-sized brush; pH-balanced for gentleness.

MAYBELLINE ULTRA-LINER, the longwearing eyeliner in four great fashion shades.

What Did Your Mirror Reveal This Morning?

This morning started out like any other. You put on the coffee and set out the juice glasses. Then, as always, you went to freshen up to greet the day and your family pleasantly. Looking in the mirror as you brushed your hair, you suddenly realized that you looked older. Somehow you hadn't noticed before. But you couldn't help wondering if other people were aware of the change.

Now you and your mirror have come face-to-face with the truth, it's time you discovered a secret known to fortunate women from many parts of the world, the secret of a mysterious beauty fluid that can help you look younger by creating a moist climate for your skin. This skin-loving liquid is known in the United States as Oil of Olay beauty lotion.

Simply smooth Oil of Olay over your face and throat to let it begin to work so that it can help you look younger. Watch the precious fluid disappear into your skin. Oil of Olay penetrates remarkably quickly, bringing pure moisture, tropical oil and precious emollients to ease dryness. Dryness, of course, can so easily make you look older, as it makes little wrinkle lines more obvious. The very first day you use Oil of Olay, those lines can become less noticeable. Even though they may not comment, the change will be apparent to other people.

The skin-cherishing beauty fluid works mysteriously as a partner with nature to help maintain your skin's natural moisture balance and let your skin become softer, smoother, younger looking.

Within moments after applying the beauty fluid, your face takes on a renewed lustre and radiance, a kind of marvelously dewy glow. Remember that look? Isn't it a joy to see it again?

When will you choose to use the precious beauty fluid? Exposure to wind and sun, some cosmetics, even sudden temperature changes can cause your skin to feel dry and look older, just as certainly as the passing years do. So whenever your skin feels dry, it may be telling you that it would welcome Oil of Olay.

If you're like most dedicated users, you will want Oil of Olay to be part of

your morning and evening beauty ritual. Oil of Olay, faithfully every morning, either to let your skin live in its own moist climate or under your cosmetics. Because the beauty fluid penetrates so quickly and doesn't leave a



greasy afterfeel, you'll find it marvelous under makeup. Again, faithfully every night, so that Oil of Olay can cherish and pamper your skin into quiet hours of night.

Remember what your mirror revealed this morning? How reassuring to know that with Oil of Olay your mirror can soon reflect a younger look. What a lovely way to face the day.

Beauty Secrets

Perhaps the sudden realization that you looked older than you realized has prompted you to plan an overall self-improvement program, complete with diet, exercise and time set aside for intensive grooming. When you're exercising, giving yourself a manicure or while you're figuring out your calorie count for the day, is a good time for an extra application of Oil of Olay.

* * *

When you've discovered Oil of Olay, you won't want a single drop to go to waste. After you've smoothed the beauty fluid on your face and throat, massage your elbows with Oil of Olay®. Though you may not see that particular dry area, others certainly do.



Not so long ago, you couldn't find a garlic press in Houston, a copper mixing bowl in Seattle, or a wire whisk in Chicago. Even in New York City, that haven of specialist consumers, serious cooks had to run the gamut of restaurant wholesalers in the Bowery area to pick up a pastry mold.

And now? Times have changed. No matter where you're reading this, chances are there's a kitchen-equipment store with no-nonsense industrial-look wares within driving distance. Interestingly enough, these shops aren't creating a need, they're *meeting* one. The move to home-controlled and home-centered cooking with durable, no-frill kitchenware is anything but a fad.

One of the hottest stores in the field is also one of the oldest in the country. Harry Stern, vice-president of H. Friedman & Son, a wholesale restaurant-supply house in business since 1889, began

One kitchen-supply shopkeeper has noticed that the once occasional-and-timid retail customer of a few years ago has become the frequent-and-insistent expert of today.

to notice that the occasional-and-timid retail customer of a few years ago had become the frequent-and-insistent expert of today. Instead of putting up a sign that read, "To the Trade Only," Mr. Stern redesigned his sales floor with ceiling-high chrome shelves, black-rubber flooring, built an all stainless-steel-and-butcher-block model kitchen in the back, and opened his doors to retail customers. Called *The Professional Kitchen*, it offers everything that's available to restaurants, including the services of the Friedman engineering department, which will design and fabricate equipment to individual specifications.

Carol Silver, the store's manager, reports that most of her customers come in looking for heavy equipment—restaurant stoves, larger refrigerators, convection ovens. They've become aware, often through years of eating out and touring restaurant kitchens, that some professional equipment can be sturdier, and can have certain features that are not designed into most made-for-home products. For instance, a professional gas stove won't have a timer clock, but will have star-shaped burners that disperse the heat more efficiently (and use a little more energy) than round burners on a domestic stove.

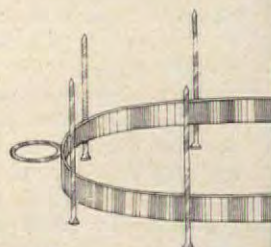
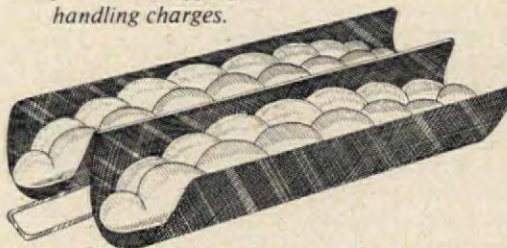
As for smaller tools, here as elsewhere, food processors continue to be big sellers as well as stainless whisks, Calphalon (new nonstick cookware),

WHAT'S COOKING?

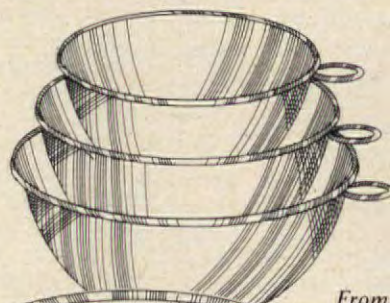
BY RUTH ADAMS BRONZ

An industrial revolution has hit the cookware market: Shops now carry the kind of equipment once exclusive to restaurant kitchens.

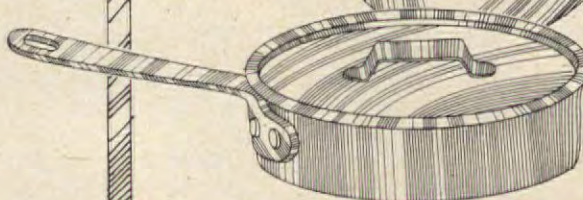
From Crate and Barrel in Chicago: Bake a loaf (or maybe two) of fresh bread in a double French bread pan; 16" long; \$12.50 plus \$1.75 shipping and handling charges.

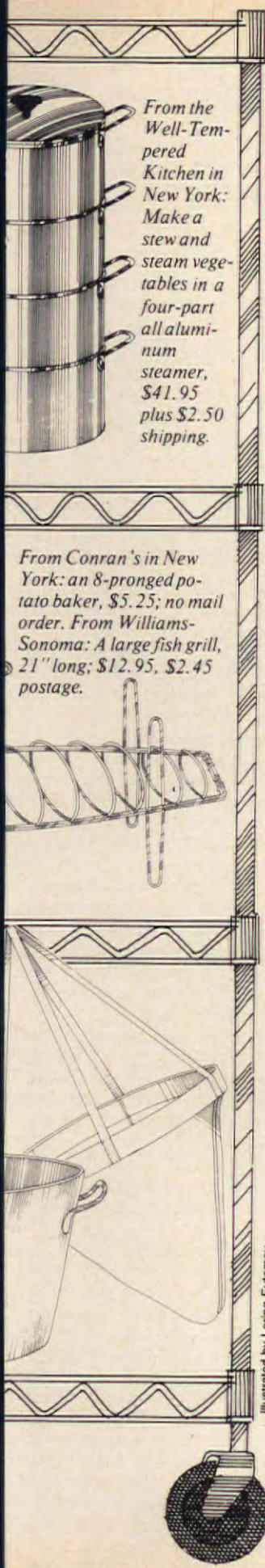


From Kitchens in Houston: Copper mixing bowls, \$45, \$60, \$75 all postpaid. From Conran's, a preserving pot, \$16.95; and for ric jam strainer, \$7.75; no mail order.



From the Professional Kitchen in New York: A new non-stick sauté pan in the two-quart size, \$28.32, and matching cover, \$3.85; prices do not include postage.





From the Well-Tempered Kitchen in New York: Make a stew and steam vegetables in a four-part all-aluminum steamer, \$41.95 plus \$2.50 shipping.

From Conran's in New York: an 8-pronged potato baker, \$5.25; no mail order. From Williams-Sonoma: A large fish grill, 21" long; \$12.95, \$2.45 postage.

Illustrated by Loring Eutemey

and multipurpose stainless-steel canisters. No catalog. The Professional Kitchen, 16 Cooper Square, New York, NY 10003.

Terence Conran, founder of London's *Habitat*, didn't start in a restaurant kitchen. He dragged good design into the kitchen by way of the living room. Before Conran opened *Habitat* in the early '60s, kitchenware in England was sold in hardware stores; in homes, the kitchen was firmly segregated behind a green baize door. *Habitat* laid out all its wares for kitchen, dining room, living room, and bath, in a huge unpartitioned space of open shelves and wide aisles. The pots, pans, and utensils were clearly as good-looking as the glasses, bowls, and napkin rings... and behold, the kitchen became a respectable part of the house.

The approach in his newly opened New York store, *Conran's*, is the same: Big displays of no-nonsense, good-looking equipment. His best things are simple, sturdy, and deceptively obvious, such as a family-size loaf pan, a classic brown-glaze teapot in the hard-to-find ten-cup size, a potato baker (eight spikes on a ring for quick, no-roll baking). He has written three no-nonsense books, too: *The House Book*, *The Kitchen Book*, and *The Vegetable Book*, all encyclopedic, colorful, and authoritative. 24-page color catalog, 25 cents. *Conran's*, The Market at Citicorp Center, 160 E. 54 St. New York, NY 10022.

Chuck Williams opened *Williams-Sonoma* 21 years ago, and in 1958 moved it to San Francisco from Sonoma. Now he

People are buying cooking equipment and dining room appointments because that's what they want besides a sports car or living room sofa.

has three branches and an extensive mail-order business, selling everything that's needed to cook and serve, including cookbooks.

He says that his customers haven't changed much over the years, they've just grown more numerous. "At first we had clientele who bought professional equipment for their cooks. Now, it's no longer a matter of income. People are buying cooking equipment and dining room appointments because that's what they want besides a sports car or a new living room sofa." *Williams-Sonoma's* strength is in its completeness. Mr. Williams says, "When we import a line of soufflé dishes, for instance, or a set of baking pans, we order them in every size, so adherents of Julia Child, who always follow her instructions precisely, can find just what they're after."

Mr. Williams agrees with all his colleagues that the top seller right now is the food processor. He reports that it's selling so well because people are cooking more from scratch, and need a machine that does practically everything. He also notices an increase of interest in ethnic cuisine, particularly Mexican (tortilla presses sell well) and Italian

Whatever people are interested in, whether it's health foods or ethnic cuisines, they're likely to be really well-informed and demanding.

(hand-operated pasta-makers are popular items). 54-page color catalog upon request. *Williams-Sonoma*, 576 Sutter St., San Francisco, CA 94119, and branches in Beverly Hills, Palo Alto, and Costa Mesa, California.

Scotty Grumett, of *The Well-Tempered Kitchen* on New York's upper west side, started out as a cook. He and a few friends cooked for each other once or twice a month, and they all tired of having to roam far afield for equipment. Grumett decided to open his shop.

"From the beginning in 1970, business has been terrific. At first," he said, "I was a minor expert. People came in ready to take my advice. Now, though, it's the customer who knows. Whatever they're interested in, whether it's health foods, French food or other ethnic cuisine, they're likely to be really well-informed and demanding." Ten to twenty percent of his business is with converts to health foods who buy stock pots in stainless steel, and a lot of baking pans. "The markets overlap," he continued. "It used to be that people who cooked 'high French' didn't care about nutrition very much, and the health-food people were more interested in purity than taste. Now, what with *cuisine minceur* from the other side of the Atlantic, and James Beard on a diet, the interests are merging."

By way of example, he pointed out a multiple steamer that he's very fond of. It's a four-quart saucepan surmounted by four separate lattice-bottomed compartments, each three inches deep, with a lid for the top one. A stew can simmer in the bottom, and rice and three vegetables can steam at the same time, almost like a portable clambake. No catalog. *The Well-Tempered Kitchen*, 2080 Broadway, New York, NY 10023.

Patricia Welder Robinson, of *Kitchens* in Houston, opened her store a year ago, also to solve a problem of her own: She couldn't get a copper mixing bowl in her hometown. Business has been so good that she's moving to a larger space, and will soon publish a catalog. "Everyone's cook- (continued on page 54)



THE TOTAL PARENT

A widower talks about the pleasures and problems of raising an 11-year-old daughter in a small New England town.

BY WALTER HACKETT

Each day, I face the fact that I'm a freshman senior citizen and a widower wholly responsible for the care and rearing of an 11-year-old daughter, an only child. About this situation, a friend recently commented, "You're indestructible."

"No," I replied, "just durable."

My wife died almost three years ago at the age of 47. Although I decided I could live with my loneliness, I also decided against putting my eight-year-old child into a boarding school. As a matter of record, I could not afford it. I also needed her for company and moral support. Luckily, I'm a free-lance writer who works at home in a small, New England seaport town. My day as a full-time parent starts at 6 AM and ends after the 11 PM news. My social life is almost non-existent since I'm busy cooking, caring for the house, and helping my daughter with her homework.

KEEPING TRADITIONS

My daughter wants our small house to be just as it was when her mother was alive. This is particularly true on her own special days—her birthday, Thanksgiving, Christmastime, New Year's Eve, and such lesser days as Halloween. I hear all about these days long before they show up on the calendar. She recites them like a litany. "Guess what," she says, "It's only 37 more days till my birthday." She also reminds her two, much-older half sisters in Boston that Christmas, or some other day, is only three corners away.

And when a holiday arrives, like Christmas, my daughter becomes the mistress of the house and assumes the mother role. She hands out the presents to me and to her half sisters. I carve the turkey, she serves, and naturally, she cons her two sisters into doing the dishes. If there is snow then or later, we go sledding on a long, downhill lane that ends at the harbor. The sled is an old Flexible Flyer that her mother used as a child. "When I get married and have children," she muses, "they'll use this sled."

Her birthday, August 2, is the day of days. She stresses things she would not like to receive. We pray that the day will be sunny. If so, off we go with two station-wagon-loads of chil-



dren to Colt State Park. We set up under a willow tree, I start the fire and cook the hot dogs and hamburgers. In addition to food there's swimming, cut toes, and sunburns; then it's back home to the ceremony of the lighted cake. When that day has ended, I am ready for bed. My daughter stays up and looks at her presents.

But those are the highlight days. During the times between them, I guide her. Actually, part of the time she's guiding me. I advise her on reading material and clothing color combinations, see that she makes the school bus, and take her to the dentist. When he mentions braces, she interjects, "Daddy, instead of spending all that money on my teeth, let's use it and go to Europe."

COMMON PROBLEMS

Sudden illness in the middle of the night is another issue that we must handle. That happened a while back. At 2 AM she had a fever and complained of a sharp pain in her abdomen. I was tempted to rout my friend and family doctor out of his bed, but my daughter said, "No. Get me a glass of water, one aspirin, and plug in the electric heating pad. That's what Mommy always did." Sure enough, she slept. The next day, I took her to see the doctor. Diagnosis: Too much junk food eaten too late at night.

Keep in mind that in all seasons I am trying to find blocks of open time to write. So when she spends a few days away from our house, the writing usually goes well. But those nights can be long, and often I telephone her much to

her annoyance. "Yes, Daddy," she assures me, "I *do* have my toothbrush and you must remember I'm going on 12." Then there are the weekend days when I'm writing, and in she comes with two or three of her friends for lunch. If I'm on a deadline, I hand her money and shunt them off to the local pizzeria. Otherwise, we enjoy a cheerful, though improvised meal.

THE SUBJECT OF REMARRIAGE

One thing that comes up now and again is the issue of remarriage. I tell her the chances are slim. "Maybe it's just as well," she says. "Sometimes you're difficult to get along with, especially when you're writing. But I'll tell you one thing. You're never dull."

This past summer, my daughter and I went to Newport, where I was assigned a story on the happenings that surround the America's Cup. While at a cocktail party, I met an attractive, middle-aged widow who asked us to please accept a last-second invitation to a small buffet that same evening at her "cottage." As we were leaving, our hostess said she would mail me an invitation to another party. On the way home, as we drove through the fog, my daughter said, "I hope you don't see her again. She smiles a lot, but not with her eyes."

A short time ago, a sociologist friend asked my daughter, "Don't you think your father should marry a rich woman, you know, someone who could look after your house, and you, and also your father?"

"No, thanks," she answered. "We're not rich, but we're independent. And I hope we can keep it that way."

Now that my daughter is two years away from being a teenager, I wonder how I'm going to react when she goes on her first date. I wonder how she will feel when, even more years away, she comes to me and says, "Daddy, I'm getting married." I do expect to be around when this process of changing from a young girl to a woman takes place; longevity runs on the male side of my family. So, there are some questions yet to be answered. Will she continue to be fairly accepting of my decisions? Will I be as outspoken about my feelings as she is now? We shall see.

'We're looking for people who want to earn money writing children's stories'

'Don't believe for one second that writing for children is a snap,' says the author of 53 children's books. 'Still, it may be the straightest possible line between you and a publisher's check — if you're qualified to seek success in this rewarding field.'

By Alvin Tresselt, Dean of Faculty

If you want to write and get paid for it, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life experience. While it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin — to break into print — to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 30 years of editing, publishing, and teaching — and 53 books — I can tell you this: you'll go a long way before you discover anything as rewarding as writing for young readers.

Your words will never sound as sweet as they do on the lips of a child reading your books and stories. And the joy of creating books and stories that young people 'really dig' is an experience you'll never have anywhere else.

But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to crack it. More than 130 million young people's books are purchased each year. Between 2,000 and 2,500 new titles appear annually and new authors account for as many as half of them.

There are also 250 monthly magazines looking for material for young readers. You can imagine how much writing it takes just to keep them going!

'Am I really qualified?'

Yet two big questions bedevil nearly every would-be writer: "Am I really qualified?" and "How can I get started?"

This is our definition of a "qualified person": It's someone with an aptitude for writing who can take constructive criticism, learn from it, and turn it into a professional performance. This is the only kind of person we're looking for. The reasons are simple: our reputation is built on success, and if prospective students don't have the earmarks of success to begin with, we probably can't help



Alvin Tresselt was executive editor of *Parent's Magazine*, Press, the first editor of *Humpty Dumpty's Magazine for Children*, and has served on the board of the Author's Guild. He is now Dean of Faculty at The Institute of Children's Literature.

them. And we tell them so. It's only fair to both of us.

To help us spot potential authors, we've developed a revealing test for writing aptitude. It's free, and we don't charge for our evaluation. But no one gets into the Institute without passing it. Those who pass and enroll receive our promise: You will complete at least one manuscript ready to submit to a publisher by the time you finish the Course.

When we teach, you learn

I've learned a lot about writing for children and I love it. Now I'm passing my knowledge on to my students so they can profit from it. When I'm not writing my own children's books I spend my time at The Institute of Children's Literature, a workshop for writers that does only one thing and does it better than any other school or college or university of its kind: It trains qualified people to write for the young reader. (In this age of boob tube illiteracy, convenient morality, and plastic values, do you know of a more important audience?)

This is the way I work with my students, and my fellow instructors — all of whom are experienced writers or editors — work more or less the same way.

When you're ready — at your own time and your own pace — you send your assignment to me and I read it and reread it to get everything out of it you've put into it. Then I edit your assignment with a red pencil just the way a publishing house editor would if he had the time. I return it along with a detailed letter explaining my editorial comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve. It's a matter of push and pull. You push and I pull and between us both, you learn to write.

This method really works. I wouldn't spend five minutes at it if it didn't. The proof of the pudding is that many of our students break into print even before they finish the Course.

Kathleen Huber, New York, N.Y., writes: "Regarding my sale to *Highlights for Children* for \$125, it started out as a story assignment for the Institute, and *Highlights* was only the second magazine I had sent it to. Certainly your Course made this sale possible. It may be the best investment I ever made."

'I won first prize of \$400 for a Course assignment!'

"Before taking your Course, (which I checked out with the National Better Business Bureau), the short stories I scribbled for my two tiny tots never caught an editor's fancy," writes Emily Burns of Salem, Oregon.

"My first sale, to *National Catholic Weekly*, was a Course assignment. Then I submitted another Course assignment in a creative writer's competition and won first prize of \$400!"

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A-22

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CALORIE-CONSCIOUS DRINKS

If you're rationing calories, you don't have to cut out favorite wines and spirits.

BY DORIS TOBIAS

For serious calorie counters, hard liquors and wines are near the top of the dieter's "forbidden" list. A jigger (1½ oz.) of gin, vodka, Scotch, whiskey, or other spirits varies from 95 to 125 calories depending on the proof. A pony (1 oz.) of the hard stuff ranges from 65 to 85 calories, and the count goes higher if it's mixed with high-calorie soft drinks, most fruit juices, and sweeteners.

Wines, ounce for ounce, deliver fewer calories than spirits, especially if you choose a dry white or red table wine, not a sweet or fortified one. Four ounces, the usual serving, of a dry table wine add from 80 to 110 calories to your normal count, depending on the type of wine and where it comes from.

COUNTING IT ALL UP: Four ounces of a dry white wine, such as French Pouilly-Fuissé from Burgundy, are 96 calories; a German Liebfraumilch, 84 to 96; and dry red wines from Bordeaux and Burgundy, from 92 to 108.

Aperitif wines, such as Dubonnet, are higher in calories—151 for Dubonnet Blonde and 190 for Dubonnet Rouge. Four ounces of port, Ruby or Tawny, equal 185 to 210 depending on the importer. If sherry is your choice, dry Fino sherry has the lowest calorie count of about 145. And, if you're a fan of vermouth, stay with the dry rather than the sweet or mellow variety. Each ounce of dry vermouth is 34 calories, but the same amount of sweet vermouth is 44 to 50 calories.

With hard liquor, the higher the proof, the higher the calories. Each ounce of an 80-proof whiskey is 67 calories. The same whiskey, if it's 86-proof, jumps to 70; 90-proof to 75, 94.6-proof to 79, and 100-proof to 83. This ratio applies to gin, vodka, blended or straight rye whiskey, bourbon, Scotch, Canadian whiskey, rum, tequila and other distilled spirits.

Keep in mind that the effect on your ration of calories is cumulative. If you usually have a drink before dinner, saving 15 calories on each drink can cut 105 calories from your week's total. And that's a total of 450 for each month. If you're a two-drinks-before-dinner type, you'll cut almost 1,000 calories from your month's total.

THE SERIOUS SIDE OF MIXERS: Stay away from calorie-packed soft drinks such as



cola, root beer, cream soda, and quinine water. The fruit-flavored drinks, cherry, orange, lemon-lime, and others, add from 11 calories for ginger ale to 17 for orange or grape sodas per fluid ounce. The mixers that add either zero or trace calories to your drinks are water, club soda, diet sodas, unsweetened tea, Perrier, and other bottled spring and mineral waters.

Mixers with modest amounts of calories include tomato, vegetable, clam, lemon, and lime juices as well as bouillon. The calorie rundown:

MIXER	CALORIES
4 oz. Tomato juice	26 to 31
4 oz. Tomato-beef drink	48
4 oz. Vegetable juice	26
4 oz. Clam juice	16
2 tbsps. Lemon juice	7
4 oz. Bouillon (or one cube mixed with water)	6

DRINKER'S GUIDE TO PARING CALORIES:

- Instead of the usual 1 to 1½ oz. of liquor, allow only ½ to ¾ oz.
- Stay with the lower, 80-proof whiskeys in lieu of the higher ones. The lower the proof, the lower the calories.
- Avoid high-calorie mixers such as cream, eggs, sweetened fruit juices, and non-diet sodas.
- Be liberal with ice cubes so the drink will last longer.
- Have dry red or white wine instead of hard liquor.
- Pour inexpensive jug wines over ice cubes.
- Mix dry white or red wine with ice and club soda for a tall, refreshing "spritzer."

- Two great, low-calorie warmers for a chilly night: Hot tea spiced with a cinnamon stick and a dash of nutmeg or cloves, laced with ½ oz. of rum, bourbon, or vodka. Or, mugs of steaming beef, chicken, or vegetable bouillon perked up with a dash of Worcestershire or Tabasco sauce and ½ oz. of vodka. Add a slice of lemon as garnish.

- Zing up a cidery drink: Heat unsweetened cider and add a stick of cinnamon and a pinch of powdered cloves or nutmeg. Pour into mugs, mix in ½ oz. of your favorite spirit, and garnish with a crisp wedge of unpeeled apple.


- For those who crave a touch of sweetness, but are wary of calories: Try ½ oz. of a fruit cordial or liqueur poured over plenty of ice, then fill the glass with club soda. Such drinks range from 35 to 55 calories depending on the liqueur.

WATCH OUT FOR THOSE GARNISHES:

- Three olives in a martini add 12 to 42 calories to the cocktail.
- A maraschino cherry in a Manhattan or Old Fashioned delivers another 20 calories.
- One teaspoon of innocent-looking grenadine syrup tots up another 17 calories.

Pass those garnishes by, and substitute the following. Their calorie counts are at trace or zero level.

- A slim-jim stick of raw carrot, rutabaga, or celery can garnish martinis.
- Float a colorful slice of lemon, lime, or fresh orange on a Manhattan or Old Fashioned.
- A squirt or so of lemon juice is a great way to enliven a drink.
- Six to 10 drops of peppermint extract add zest to mixed and tea-based drinks.
- A dash of vanilla, strawberry, or raspberry extract sweetens a mixed drink without added sugar.
- Plunk a sprig of curly green parsley in a gin and soda for color . . . and comments.
- A pencil-thin spear of raw asparagus or celery lends a festive touch to a Bloody Mary. Make it with ½ oz. of vodka, 4 oz. of tomato juice, a teaspoon of lemon juice, Worcestershire and Tabasco sauce to taste, and stir over plenty of ice. The slim spear also doubles as a stirrer.

To sum it all up, low-calorie drinking makes sense. 

BEYOND THE BAKE SALE

Today's women's clubs are training grounds for management, consumer awareness, and sisterhood.

by Ann Scharffenberger

Battered women, assertiveness training, rape prevention, Affirmative Action, the Equal Rights Amendment (ERA)—items on the shopping list of feminist issues? Not exclusively. All over the country, these topics are being addressed by programs sponsored by local YWCA's, Women's Clubs, Girls Clubs, even the Girl Scouts.

A small but vocal group of women's-rights activists has been pushing these issues into the limelight, but traditional women's groups—the legendary "silent majority"—have been far from silent. Edith Phelps, national executive director of Girls Clubs of America, described her group's position in a recent speech: "You don't have a choice. It's here! I don't see Girls Clubs having a point without identification with the women's movement. Some women may feel that involves taking a risk, but not to take the risk is to go backward."

Dr. Gloria D. Scott, president of the Girl Scouts of America is just as emphatic: "The impact of the women's movement on youth today, is, I believe, the most significant issue of this decade. With females rapidly increasing in the work force, it is crucial that girls be prepared to make the kinds of decisions that can lead to fulfilling careers in the world of work."

What about groups catering to older women? The traditional stereotype of the clubwoman in a floral-print dress and floppy hat, with nothing but gardening and bake sales on her mind, will have to be revised. The General Federation of Women's Clubs (GFWC) can point to a long record of achievements in the areas of women's rights, education, and consumerism. "Women's Clubs are responsible for 75-80 percent of the public libraries in America," according to Jewel Hamilton, executive secretary of GFWC. In its 88-year history, the organization has been identified with such causes as the growth of the national park system and the creation of the Department of Health, Education, and Welfare and the Food and Drug Administration. Today the GFWC is a strong supporter of the ERA and has national programs on everything from consumer responsibility to war on rape.

"Many traditional women's groups were started before women had the vote," explains Martha Edens, general

"You don't have a choice. It's here! I don't see Girls Clubs having a point without identification with the women's movement."

—Edith Phelps, Girls Clubs of America

director of Church Women United (CWU), "and through the years these organizations provided the only training arena for women." CWU was started at a time when women were barred from leadership roles in the church. Created in 1919, the National Federation of Business and Professional Women's Clubs (BPW) calls itself "the oldest women's-rights group in America." In 1880, the YWCA trained the first eight women in the use of the then-revolutionary "type-writing machine," which opened up the male-dominated field of secretarial work to women.

Although these women's organizations have always thought of themselves as participants in the process of improving the status of women, the crescendo of events in the last decade has caused them to take another look at their goals and to reassess their programs to meet their members' changing needs. Irma Finn, program director of BPW, describes the shift in focus in her group: "Although we have always been concerned with women, we tended to be more generalized. Now we have zeroed in on specific issues that uniquely affect women, not only the ERA, but a real involvement with personal growth."

Women themselves are reacting to the fast changes around them and have become increasingly aware of how their

clubs are serving them as an information and support system. As Kit Kolchin of the YWCA puts it, "The Y isn't just a place to go swimming—that's what we want to get across." Along with the crafts classes and covered-dish suppers, workshops in financial planning and career exploration are appearing on the schedules. New programs emphasize self-help, and employ techniques such as assertiveness training, group interaction, and conflict resolution.

As Virginia Young, vice-mayor of Fort Lauderdale, Florida, and a former president of the Fort Lauderdale Women's Club sees it, "In Fort Lauderdale, we have every kind of woman—club-women, working women, widows. One thing they all have in common is they want to know how to do things for themselves. Women are hungry to be involved, to have access to information."

On a grass-roots level, women in many parts of the country are structuring new ways to provide themselves with

"The impact of the women's movement on youth today, is, I believe, the most significant issue of the decade."

—Dr. Gloria D. Scott, Girl Scouts of the U.S.A.

specific skills or to focus on a particular issue, and these pilot programs are being adopted and adapted by groups in other areas. The Girl Scouts of Milwaukee, Wisconsin, recently developed an experimental program called "Anything You Want to Be" to provide junior-level scouts with an opportunity to explore various careers without male/female stereotypes, a program now used by scout troops throughout the Midwest. The Girls Club of Memphis, Tennessee, developed JIFFY (Jobs in the Future

(continued on page 76)

You may not know it yet, but the microprocessor is about to change your life. No bigger than a postage stamp, this tiny brain-on-a-chip can be programmed (or "taught") to perform almost any task. Add a keyboard, display, and memory, and you have a calculator. Add more memory, teach it a "language," and you get a computer. Connect the microprocessor to a television set, stereo, or home appliance, and you produce a "smart" machine that becomes one of a new generation of computerized devices that promises to make life easier, more flexible, and a lot more fun.

PUSHBUTTON APPLIANCES: The first applications of the microprocessor to consumer products were rather timid ones such as calculators, digital watches, and an electronic stopwatch. But when Amana introduced a computer-controlled microwave oven that does everything for a roast except add the parsley garnish, the race was on. Housewives rushed to buy them, and manufacturers dashed to their design departments to see how they could make further use of these tiny chips.

Because of Amana's success, the appliance industry is using more and more microprocessors to replace electromechanical switches. Not only are computer-controlled appliances more reliable and easy to service, but they also do away with the cumbersome circular dial. Consider the washing machines like those recently introduced by Whirlpool and Sears: Various steps can be programmed in any order, or repeated in several hundred different combinations. In addition, water levels and temperatures can be closely controlled for significant energy savings.

The new generation of clothes dryers includes "sensors" which assure you of an evenly dried load, and can even measure the correct amount of moisture that should be left in permanent-press fabrics for proper finishing. Sears is introducing the first computerized dishwasher; air conditioners and refrigerators are on the drawing boards now.

PROGRAMMED ENTERTAINMENT: The consumer electronics industry, too, has discovered the romance of the hands-off operation. ADC/BSR, for example, has a new turntable, the Accutrac +6 (below) which retails for about \$300; it plays six records, programs the individual tracks in any sequence, or repeats them as often as desired. A small, infra-red sensor, acting on orders from a microprocessor, keeps track of the clear spaces between music bands to determine where the stylus should be set down.

Still ahead for the future is a turntable and special tone arm promised by TEAC, Mitsubishi, and Tokyo Denka, which will use a laser beam instead of a stylus to play special discs. Said to be completely noise-free, it will retail for approximately \$600.

Last year's hottest products, CB radios and TV games,

(\$190) that comes complete with a 27-game program; additional program cartridges (10 to 50 games each) are available at about \$20 each.

COMPUTERS AND TV: In general, the television industry has barely begun to explore computerization. Eventually, it will most likely have its greatest impact there. Several sets with pushbutton channel selection (including remote control) are on the market now. By comparison, however, outboard videotape machines surpass TV technology with more interesting features.

Video recorders can make you an active participant in home-viewing, thanks, in part, to the microprocessor. Sold in consoles or separate decks that will work through any TV set, video recorders allow you to create and schedule your own programs in four different ways: While you're asleep, away from home, or watching another show, you can record regular programs for later viewing; with an optional attachment, transfer existing 8mm films to videocassettes; play back prerecorded programs as they become available; and with an optional camera attachment, make your own color home movies.

Sony pioneered these products with its Betamax machine, and several other companies have them on the market. Latest to make its appearance is JVC's Vidstar Video Home System. The basic price of the deck alone is \$1,280; color cameras start at around \$1,500. Other such products are still in prototype form: A low-cost videotape format is being developed jointly by BASF and Bell & Howell; the Phillips/MCA videodisc will feature only prerecorded materials and use a laser to extract the information from the disc.

DO-IT-YOURSELF DESKTOP COMPUTERS: There seems to be no end to the consumer products that eventually will have microprocessor control. General Electric's Bridgeport office now has a special task force which is available to any of the product-manufacturing sections who wish to use computer technology in new appliance designs.

But, (continued on page 25)

ELECTRONIC FORECAST

It won't be long before
all these marvels are household items.

BY JIM HORSTMAN



Sherwood's Micro/CPU 100 FM tuner scans up and down the dial for a signal, indicates its broadcast frequency, and memorizes four stations. When instructed to locate one of these four, it also displays the station's call letters.

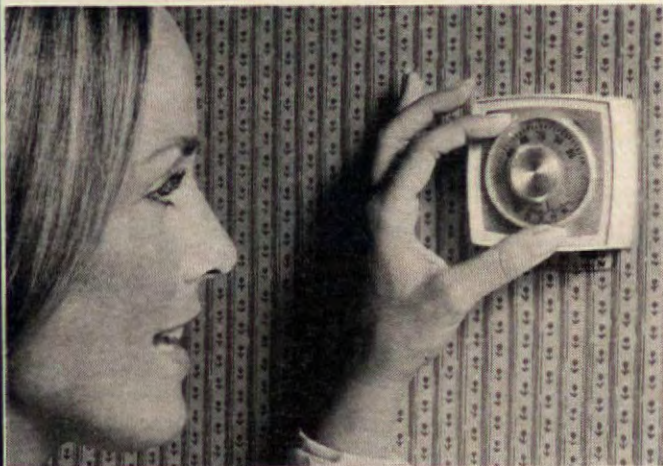
Sharp recently brought out a computer-controlled cassette deck, model RT-3388, which incorporates a liquid-crystal clock and five forms of memory. It can be directed to find the start of a tape and auto-

are being updated with microprocessors, too. Automatic tuning and channel selection are features of Texas Instruments' "selective call" CB; the latest move in video games is toward ones you can program yourself. RCA, Fairchild, and Parker Brothers have created games with variable programs, including chess, word, number, and math games. Atari, the company that started it all, has a Video Computer System

How to save gas when the heat's on.

Of all the major energies, natural gas is the most efficient. That comes right from the U.S. Council on Environmental Quality.

If you use gas to heat your home, you can save even more energy by using it in the most efficient way. Just follow these conservation tips.



Turn the thermostat down.

This is the simplest and most effective step you can take. If every one of us with gas heat turns down the thermostat, the energy savings will really mount up.



Change the filter.

If you have a hot air system, check the filter and change it whenever it's clogged. This helps your gas heating system work at top efficiency. Also have the system checked each year, preferably ahead of the heating season.



Insulate the attic.

Adequate insulation in your attic floor will keep you from losing heat through the roof. It can give you gas savings of up to 30%, depending on where you live. If you haven't done this ahead of the heating season, do it now. (It will also keep your house cooler in summer.)



Make things weatherproof.

Use weatherstripping and caulking wherever it's needed. Use storm doors and storm windows on your home—they're gas-savers, too. All these gas-saving tips will help you use our country's most efficient fuel even more efficiently.

Conserve gas. **AGA** American Gas Association



YOUR KIDS AND THE TUBE

How the family can learn to reasonably regulate program selection and viewing time . . . painlessly.

BY MARY SUSAN MILLER

Not long ago, Mr. Walter Havers of Detroit picked up his son's history book and threw it at the television set. When his wife heard the sound of breaking glass, she rushed into the living room to see if anyone was hurt. Havers' son, who'd been watching a show, did *not* react, but continued to focus on the shattered screen with a glazed stare. And through that same fixed look, America's youth will see an estimated 15,000 hours of television between the time they start school and graduate from high school, according to the Nielson reports on TV.

Many parents don't like this enormous dosage of TV, yet they don't know how to change it. On one hand, TV gives them long spells of peace by entertaining their children. On the other hand, educators say that TV deadens a child's curiosity; they also point to evidence showing how it's come to replace reading. Psychiatrists say it desensitizes children. Courts of law say it increases violent crime. Yet the TV networks and outside research firms claim a lack of hard data to prove any real danger from televiewing. What's a parent to believe?

If there's any answer to the question of "how much TV," it would be moderation, or more accurately, a television diet. Like overeating, television-watching can become an almost unconscious habit. Many shows are often patterned into a family's routine; a certain time of day comes around, and the automatic response is to turn on a particular program. Going on a TV diet means breaking that pattern and reestablishing a new one that's safer and saner. This adjustment requires three steps:

- determining the reason
- making a decision
- knowing how to follow through

THE REASON: Television is a great medium for stimulation; yet too much of it creates apathy. Teachers report that children who are habitual TV viewers tend not to ask questions, participate less in class, and do not seek independent work; they much prefer to learn by rote.

Does television stifle creativity? When asked to write a story or put on a play, the TV watchers tend to mimic shows they see. They do not invent or initiate; they do not dream. As a result, these children can be harder to teach. "They get bored quickly," one teacher pointed out. Another says, "They resist the challenge of discovery." A fifth-grade

teacher sums it up like this: "They think school should be like a Walt Disney film, but multiplication tables and spelling rules are *not* entertaining."

Television creates a strange set of values which children absorb. If we look at popular shows, we clearly see the philosophies which children are exposed to: Might makes right.

Beauty seduces. "Macho" behavior defines masculinity. Success is only power, money, and sex. And, mostly, you've got to win. On the basis of these themes the results of a recent survey are not surprising: When asked who they'd most like to be, a large percentage of young people selected Farrah Fawcett-Majors or her husband Lee over anyone else in the world. No wonder they find their teachers dull!

Child development expert, Dr. Robert Liebert, admits that television is not the only cause of problems with the young today. "It is, however, one of the major contributors," he says. "And it happens to be the one cause we can change."

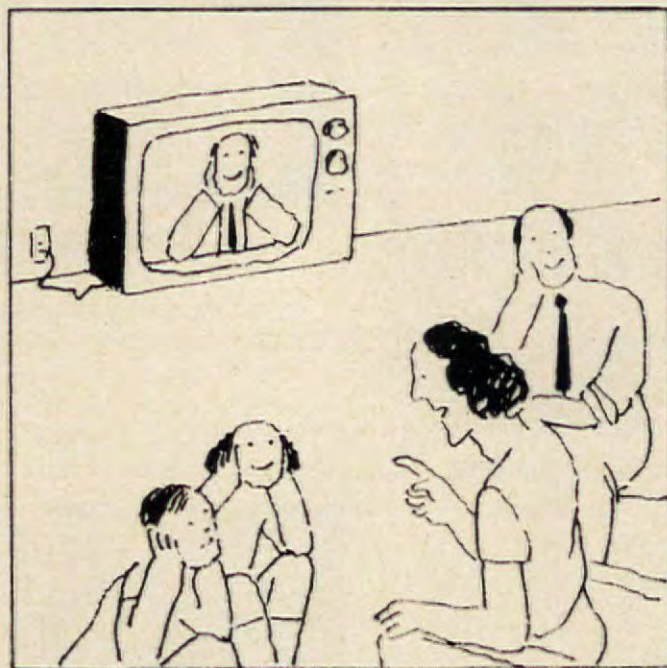
MAKING THE DECISION TO

CUT BACK: Changing a family's TV habits creates upheaval, so don't fool yourself into thinking otherwise. The children will fight any disruption of their usual schedule, and you may want to relent "just this once." The neighbors' children may cause friction, too, but stand firm regardless of the pressures. This commitment to change may mean the end of sleeping late on Sunday mornings, or quiet cocktail hours, or using the TV as babysitter to keep the kids out of sight after dinner. But the change will mean that you are deciding to be a family.

The first thing to do is to get rid of all but one TV set. Sell, or give any others away. Individual sets isolate children in their rooms and parents in the bedroom or den. The goal now is family interaction.

Remind yourself that you are boss in your house. You, as parents, have the obligation to make decisions that you can live with; your children need not have to agree. American parents have come to feel like failures the minute their children are unhappy. But a cutback of TV time when a child is 12 years old may be a positive move toward a more enriched life at a later age.

Make your decision with confidence. Don't be afraid that your children won't like you anymore; they'll know how you care. Don't be influenced by what the neighbors will say. Don't worry that you'll be seized with (continued on page 62)



ELECTRONIC FORECAST

continued from page 22

while you wait for this parade of new products, why not do it yourself with your own home computer? The desktop mini-computer, a basic microprocessor with a special keyboard and a lot more memory, can be programmed to perform countless household tasks from balancing your budget to watering your lawn.


Latest entries in the market are well known names like Sears and Radio Shack. And, it's no longer necessary to



JVC's Vidstar VHS System consists of videocassette recording player, camera, color camera adapter, and 2-hour videocassettes.

You can challenge Radio Shack's TRS-80 Microcomputer System to blackjack and backgammon.

face the horrors of building the computer from a kit since complete computers are now available at lower prices. For example, a complete mini-computer which includes a television set that acts as a display screen costs under \$600. The Radio Shack TRS-80 comes fully equipped with a cassette program that will enable you to challenge it to blackjack and backgammon. Additional cassettes are available with software that allows you to do your payroll, teach simple math, plan your meals, and even get a head start on your income tax!

Using the basic computer, you can add memory and relays until you virtually run out of tasks for it to perform. One Chicago architect has, in fact, designed an entire house that "thinks." The lights, telephones, dishwasher, thermostats, television, and security system are all under the control of a central computer programmed by wall panels or portable transmitters. This system has proven so successful that its owner has formed his own company, Gimix, Inc., to manufacture hardware for other homeowners. The basic GHOST (for Gimix House Operating Systems Technology) computer costs between \$2,000 and \$3,000, plus another \$30 for each control relay, and it's available through your local computer store now. 

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TV

HOW THEY VIEW IT

Ever wondered where and what TV personalities watch at home? Like you and me, they rely on standard equipment purchased at local TV/appliance and department stores and prefer sets that are easy to maintain and require minimal repairs. The size of picture screen and sharpness of color are not major considerations.

Some even have a black-and-white set as the second or third TV in their homes. All of the media stars that were interviewed confessed to a secret TV vice or addiction to a particular show.

Very few had specially designed viewing areas and screening rooms in their houses, and none took great pains with special lighting or decorating for their TVs. Instead, sets were placed on the basis of convenience—on stands, bookcases, counters, dressers, and built-in cabinets. Mostly, the celebrities regarded television as background. As one of them put it, "Something that's just part of your life."

BY SUSAN BLAKE



Leslie Stahl, Co-anchorperson of CBS Morning News: Leslie Stahl is considered one of the most well-informed women on television. Last year a star reporter on the *CBS Evening News*, she now co-anchors the *CBS Morning News* with Richard Threlkeld. Stahl lives in a townhouse in Georgetown with her husband, author Aaron Latham, and their young son. "I used to go to sleep to Perry Mason, but since the move to *Morning News* I go to sleep with Walter Cronkite," she says. "When I'm home I move a black-and-white Sony with me from room to room. There's a black-and-white GE portable in the kitchen and a JVC color set in the bedroom. I'm too busy to watch TV. But I couldn't live without it."

Roone Arledge, President of ABC News and Sports: The man responsible for bringing you *Wide World of Sports* and Howard Cosell is now president of ABC News. Within the next year it's expected that Roone Arledge will drastically change the format of nationwide evening news, possibly lengthening it to a one-hour presentation and adding comic-strip cartoons and newspaper-type features. Predictably, sports events are Arledge's favorite TV programs. He watches basketball games on an RCA color television in the comfort of a big leather armchair in the living room of his spacious apartment high above New York's Central Park. He keeps a Sony in his bedroom and has two more at his Long Island beach house. Arledge also likes "*Baretta* . . . and old movies, until they interfered with my sex life."

David Hartman, Host of Good Morning America: A veteran series actor in *The Virginian* and *Lucas Tanner*, David Hartman maintains that television needn't be boring and sterile; that it can be most substantive. "It can be interesting and tell me something I need or want to know," he emphasizes. Hartman channel-flips the evening news on all three networks, watches *Mister Rogers' Neighborhood* and *Sesame Street* regularly, and views sports only when time allows. In his opinion, "Kermit the Frog, while not as debonair, is more quick-witted than a certain sportscaster I can name." The large Manhattan apartment which Hartman shares with his wife and two boys has three TVs. He comments, "One is on the kitchen counter, two are on stands in the bedroom and den, and the rooms were definitely not planned or designed around them."

Chuck Scarborough, NBC News Correspondent: Chuck Scarborough, his wife Linda, and their infant son live in a contemporary house in suburban Westchester County, New York. "The house came with a number of imaginative built-ins, which we were thrilled with," he says. They have a 12-inch color Sony that, Chuck says, "we've put on an industrial stand diagonally opposite our built-in king-size bed. My wife and I watch either lying down or in a semi-reclining position." The fare is often old science-fiction movies and the comedy show, *Saturday Night*; Scarborough concedes his single favorite thing on TV is Saturday afternoon tennis. In the family room there's a 25-inch RCA remote-control color set connected to a JVC video cassette player/recorder that Linda uses to aircheck Chuck's performances. "What I think was a disaster," says the man who's been touted as a replacement for John Chancellor, "usually turns out great, and vice versa."

Betty Rollin, NBC Reporter and author of First, You Cry: Dynamic TV reporter Betty Rollin of NBC's *Nightly News* would like to see and make more documentaries on TV. This year, Mary Tyler Moore will star in a TV-movie version of Rollin's bestseller, *First, You Cry*, about the author's marriage, mastectomy, divorce, and present life. Betty Rollin's home is a big one-bedroom apartment in a majestic, 1930s Art Deco, Manhattan building. Each morning she rises and turns on the 21-inch color Sony set placed on a metal chest of drawers on the opposite wall. "I need the talking voices of the *Today* show to get me started while I'm brushing my teeth. Then I tune in the morning talk shows, first Phil Donahue and then the last half of Stanley Siegel's show. By that time I'm in the kitchen making coffee." There she finishes her morning dose of TV on a 5-inch black-and-white Sony. She has another 12-inch Sony (closeted in a specially built cabinet in her living room) that faces the dining area. "I use that one least," she notes. After work, Betty Rollin views the news from an armchair next to the bed and then goes out or reads a book. "I don't like to sit on my bed and mess it up while I'm watching. I see about five minutes of the new prime-time shows, but I like the *Lou Grant* show best." She admits to having been hooked on *Upstairs, Downstairs* and misses *Mary Hartman, Mary Hartman*. "I identified with Mary because I had a few loony years myself."

TV MUNCHIES

Caution: TV snacking can be hazardous to your health.
Here's how to indulge yourself without guilt.

Americans are a society of snackers; we all like to eat between meals. Nowhere does that seem more true than in front of the television. While glued to the set, we nibble on an endless supply of soda, pizza, cake, candy, ice cream, hot dogs, and cookies. Take a break and think about what you are stuffing into your mouth! Is it really good for you?

Here are some delicious as well as healthful alternatives to the junk food you are probably munching on. We've watched the fat, sugar, and empty calories for you. These snacks are not necessarily low-calorie, but they are full of naturally good ingredients. Munch away!

NATURALLY GOOD EATING ENTERTAINMENT

These snacks take longer than a station break to prepare but they are deliciously worth the effort.

BANANA FRAPPE

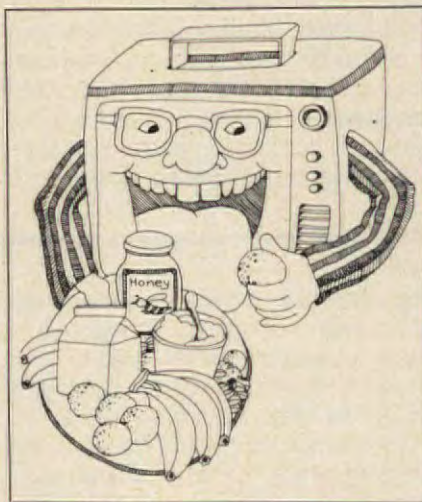
Combine 1 cup milk, 1 cup vanilla yogurt, and 1 cup mashed banana (about 2 medium bananas) in a blender or mixer. Blend until foamy. For more nutrition, add 2 tablespoons wheat germ. Makes 3 cups.

PEANUT BUTTER GEMS

In medium-sized mixing bowl combine ½ cup peanut butter, ½ cup toasted wheat germ, ½ cup powdered dry milk, ½ cup honey, and ½ cup toasted sunflower seeds. (To toast seeds, nuts, and wheat germ, place in shallow baking pan. Bake at 350°F for 15 minutes, stirring occasionally during last 5 minutes.) Mold into balls, using about 1 tablespoon of dough for each. Coat with toasted sesame seeds if desired. Chill several hours. Makes about 30 gems.

CARL'S EXTRAORDINARY CHEESE

In food processor, grate 2 ounces Parmesan cheese until fine. Add 4 ounces Cheddar cheese cut in chunks. Process, turning on and off rapidly, until ball forms on blades. Slowly add 8 ounces dry-curd cottage cheese, 5 drops hot-pepper sauce, and 1 or 2 tablespoons water; process until smooth. Serve with melba toast.



HEALTHY GREEN DIP

Cook 1 10½ ounce package frozen chopped spinach according to package directions; press out all moisture. Chill. Combine with 2 cups plain yogurt, 1½ teaspoons lime juice, 1 teaspoon crushed garlic, ½ teaspoon seasoning blend, ¼ teaspoon paprika, and ⅛ teaspoon cayenne pepper. Serve with crisp raw vegetables.

TOASTED BRAN SNACKS

Combine 3 cups sweetened high fiber cereal, ½ pound mixed nuts, and 1 cup thin pretzel sticks into 13 x 12 x 2 inch baking pan. Combine ¼ cup regular margarine or butter, melted, ½ teaspoon ground oregano, and 1 envelope (about 1 tablespoon) Parmesan salad dressing mix. Pour over cereal mixture stirring until well coated. Preheat oven, 350°F. Bake about 15 minutes. Cool in pan. Store in tightly-covered container.

FRUIT CHEWS

Put 1 package (11 ounces) dried apricots and 1½ cups raisins through medium blade of food grinder. Mix with 1 cup flaked coconut and ¼ cup toasted chopped almonds. Form into balls or press into 18-inch square pan, then cut into squares. Makes about 24 pieces.

LIMA NUTS

Cook 1 package (10 ounces) frozen lima beans according to package directions.

Drain well. Toss beans with 1½ tablespoons oil, 1 teaspoon each salt, chili powder, and garlic powder. Spread onto 9-inch square baking pan. Bake at 250°F for 2½ hours stirring occasionally. Cool thoroughly. Store in tightly covered container. To serve, warm in low oven. Makes 1 cup lima nuts. (Other seasonings such as curry powder, onion or celery salt, lemon pepper, or ground ginger can be substituted).

HEALTHY T.V. SPECIALS

A list of on-the-spot munchies for TV viewing should include fresh pears, apples, oranges, or bananas. Dry roasted nuts are nutritious as well as irresistible. Don't forget an old favorite, celery sticks; a little peanut butter spread in the center adds another texture and flavor. Here are four nutritious, practically instant treats to eat in front of the TV.

ROASTED WALNUTS are perfect to crunch on. Toss with a little melted butter or margarine and soy sauce, and bake at 325°F until browned. Store in a covered container so they will be on hand when the munchies strike you!

DRIED FRUIT is delicious itself or cut up in combination with coarsely-chopped nuts. You can also make up your own concoction of dried figs, apricots, prunes, pears, apples, or raisins. Heat apple juice and a small amount of water until simmering. Pour over fruit and let stand for an hour. A treat worth waiting for.

FRESH FRUIT SLICES dipped in honey is a marvelous TV snack and so good for you, too. Use apples, pears, or any combination you like. Top with frozen yogurt.

TOASTED PUMPKIN SEEDS are so easy to prepare. The seeds are sold in most supermarkets, or use your own that were saved from a fresh pumpkin. Wash the seeds to rid them of pulp and pat dry. Bake at 325°F until lightly browned. Sprinkle with salt. Eat right away or store in a jar for future eating pleasures. **GOOD OLD RAISINS AND PEANUTS** is a delicious snack that will satisfy the munchies for anybody. Mix twice as many raisins as high protein cereal and peanuts. It will keep forever—if it lasts that long!

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Spoon Size Shredded Wheat Snacks

- 1 Spread 4 cups of SPOON SIZE Shredded Wheat in a single layer on a large, shallow baking pan.
- 2 Drizzle $\frac{1}{3}$ cup melted butter or margarine over cereal.
- 3 Sprinkle with $1\frac{1}{2}$ teaspoons seasoned salt. Bake in preheated oven at 350°F . for 15 minutes. Serve warm or cold.

Variations: In place of seasoned salt, use $1\frac{1}{2}$ teaspoons of onion salt, hickory salt or garlic salt. For added zest, shake on 3 tablespoons of your favorite grated cheese as you take them out of the oven.

and save or see SPOON SIZE package for recipe on sturdy 3" x 5" card.

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today!

white "Outsider," \$144.95, with optional earphones, car/boat cord, and battery. **8:** Low-slung, knock-down canvas chair, \$201, is from Cado/Royal Systems. Pillow by Bloomcraft. **9:** Light diffuses from plastic "Pileo"

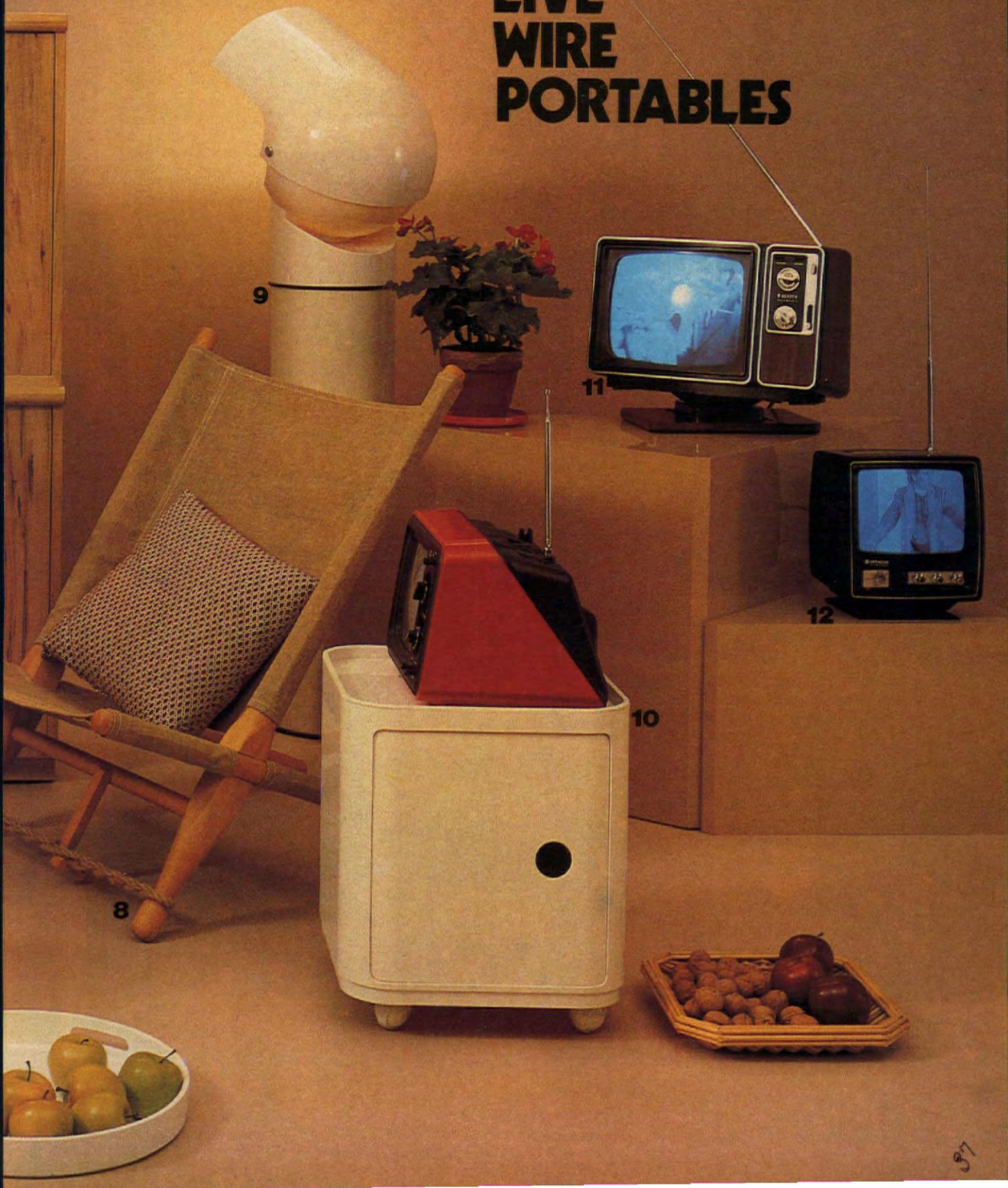
floor lamp with flexible hood, \$240, by Artemide at Ambienti. **10:** Wedged profile of 9" black-and-white Panasonic, \$99.95, fits under eaves or on top of plastic "Multi-Box" on casters, \$60, from the Kartell collection,

Beylerian. **11:** Swivel-tilt, 12" black-and-white "Headliner," \$139.95, is from Zenith. Thayer Coggin's modular triangle tables in Sahara laminate can nestle in corners, 25" height, \$288; 14", \$250. **12:** Black-and-

white, 9" swivel-based Hitachi, \$149, is battery-operable, equipped with automatic-shutoff timer. Heller stackware and trays from The Pottery Barn. For addresses, see Shopping Guide, page 60.

room to room for flexible, no-fuss viewing.

LIVE- WIRE PORTABLES



LOOKING GOOD

Whatever your taste, whether it's traditional, contemporary, ultra-modern, or eclectic, the main ingredients are here for comfort and style while watching the tube.

Country rustic: Try to select your TV, console, storage cabinet, or stand to blend with the style of your other furnishings. A comfortable, lean-back chair and soft, patterned rug underfoot put you in business. In this corner, the atmosphere is cozy and traditional. The Ethan Allen pine dry sink, \$479.50, adds a new twist to TV display by converting Zenith's 19" color "Ellipse IV," \$499.95, into a hidden wonder. With zoom control, the TV sits either on top of, or inside the cabinet with doors that fold aside. Blue "Town & Country" Stangl pitcher, \$15, recreates the look of country spatterware, and rocker from The Guild of Shaker Crafts lolls back or stands at attention. One-of-a-kind basket and patchwork rug from The Gazebo.

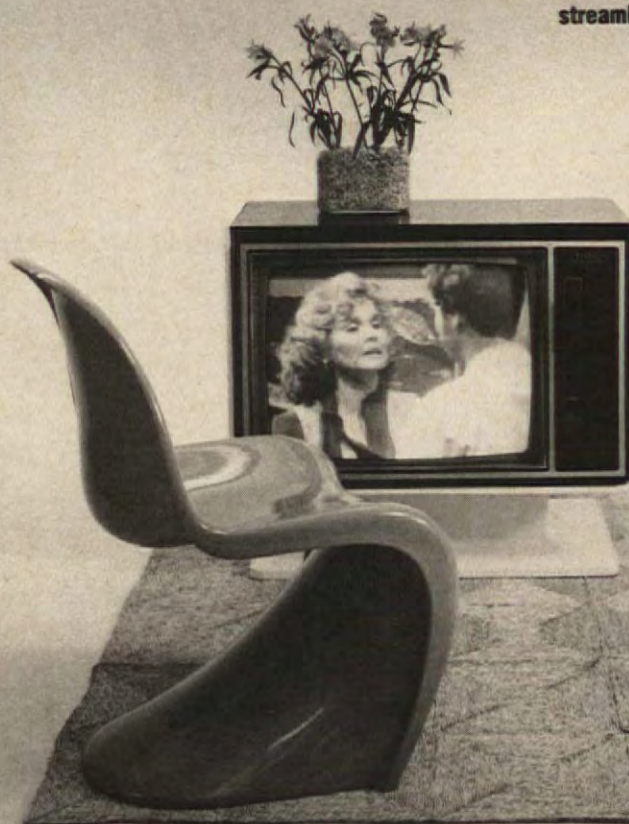
● Bring out the honeyed patina of the varnished cabinetry with an application of lemon oil.

Purist look: This spare but elegant mode makes a statement for the clarity of functional design. The waves of the future can be seen now on Zenith's 25" color "Avanté 400 Space Command" console. The set, finished with a rosewood-veneer top and a white lacquer pedestal base, is equipped with remote control and zoom features. The molded plastic

COUNTRY rustic provides a warm ambience by combining old style with new convenience.



PURIST look is characterized by its streamlined, easy-care elements.



For addresses, see Shopping Guide Address Directory, page 60.

SCANDINAVIAN modern

espouses double-duty furnishings with clean, no-nonsense lines.



ECLECTIC style is a compendium of what's most settled and comfortable.



chair curves dramatically to hug the body; available in orange, white, or black, \$165, by Verner Panton at Mira-X/Coordination. The sisal rug, \$12.98, from Azuma, is made from woven squares, and the clear, oval vase, Kosta Boda, \$37.50, is filled with pebbles for flower arranging.

● Turn on the gleam of low-maintenance plastics by rubbing down with a vinyl plastic cleaner. Alcohol will help remove stubborn, sticky adhesions.

Scandinavian modern: These straightforward furnishings don't compromise on flexibility. The Entertainment Center/1320, \$51.95, by Gusdorf, rolls on casters and is trimmed with simulated walnut and ebony. The central space holds Panasonic's 13" color set, \$399.95, while the top shelf accommodates any size audiovisual equipment. In this case, it's RCA's Video Cassette Recorder. This system, which includes optional cameras, has a four-hour taping capacity and retails for about \$1,000. Linear style is echoed by camel velvet chair, \$479, by Selig, and wavy-patterned beige rya, "Venus," Berber 125 collection, Ege Rya, 4'7" x 6'7", \$199. Pillow, Fabrications.

● Tuck records, books, cassettes, and earphones in the lower compartment of the Home Entertainment Center. Door slides shut.

Eclectic style: Settle in for the evening with this homey, warm-hued combo. The Magnavox 25" color "Videomatic," \$699.95, is accented with a slate-like black top, grained pecan finish, and a black sculptured base. La-Z-Boy's recliner, \$275, covered in easy-wipe, beige vinyl, encourages feet-up luxury. When the recliner's footrest is locked in place, nestle your toes in the shaggy wool rya, a brown and beige pattern called "Romantica," \$205, 4'7" x 6'7", Mira-X/Coordination. Pillow, Fabrications. This mélange of disparate styles, Traditional, Scandinavian, and Modern, is tied together by one main consideration: comfort.

● For a slightly lighter, down-to-earth look, check out the same Magnavox console in a white and pecan finish.

TOM YEE



THE BIG PICTURE SHOW

As self-contained and extraordinary as a space capsule, this bedroom is the ultimate approach to the all-media environment. Interior designer Richard Ryan, A.S.I.D., who created the room for Bloomingdale's, was inspired

by both the wide range of audio-visual equipment and its incorporation into home life. He's created a cool and comfortable room for tuning in to any media source defined by the black and silver, both strong neutrals, which are used throughout, with minimal accessories.



MICHEL TCHEREVKOFF

How it all shapes up: A sense of electronic wizardry is carried over to the design of the bed. It's sturdy black leather with a quilted chintz contour bedspread with a sound waves motif. Easily affixed aluminum wallcovering

makes a dazzling backdrop for the impressive assortment of media equipment—from the Advent Video Beam television to the radio that's built into the side panel in the bed. Storage is plentiful, too, with black lacquered units set beneath the TV screen and sound equipment.

For more information about the equipment shown, see Shopping Guide, page 60.



The high point of the winter in Steamboat Springs, Colorado, is the fun-filled Winter Carnival, the oldest one in the country. (This year's 66th Annual Carnival is February 10-12.) It brings skiers and ranchers together for riding, roping, and skiing. When the sun goes down, a new kind of fun is just beginning—après ski.

Barbie and Pete Wither (below left), both ski instructors at Steamboat Springs, wind down after an exhilarating day on the slopes with a romantic evening sleigh ride (opposite). They love to entertain friends with a relaxed evening in front of the fire. The menu begins (above left) with Antipasto alla Giardiniera, a melange of marinated vegetables. With the Fonduta (the Italian version of the classic Swiss recipe), Barbie adds her own zippy touch with green chilies. Sourdough bread cubes are perfect for dunking. A Fra Diavolo Salad of greens, cherry tomatoes, and zucchini is tossed with a delicious dressing using tomatoes and chilies as a base. Spiced mulled wine adds a warm touch on a cold evening. Pineapple wedges and crisp Pizelle cookies (above) round out this relaxing end to an exciting day of skiing. Menu and recipes begin on page 49; Shopping Guide is on page 60.

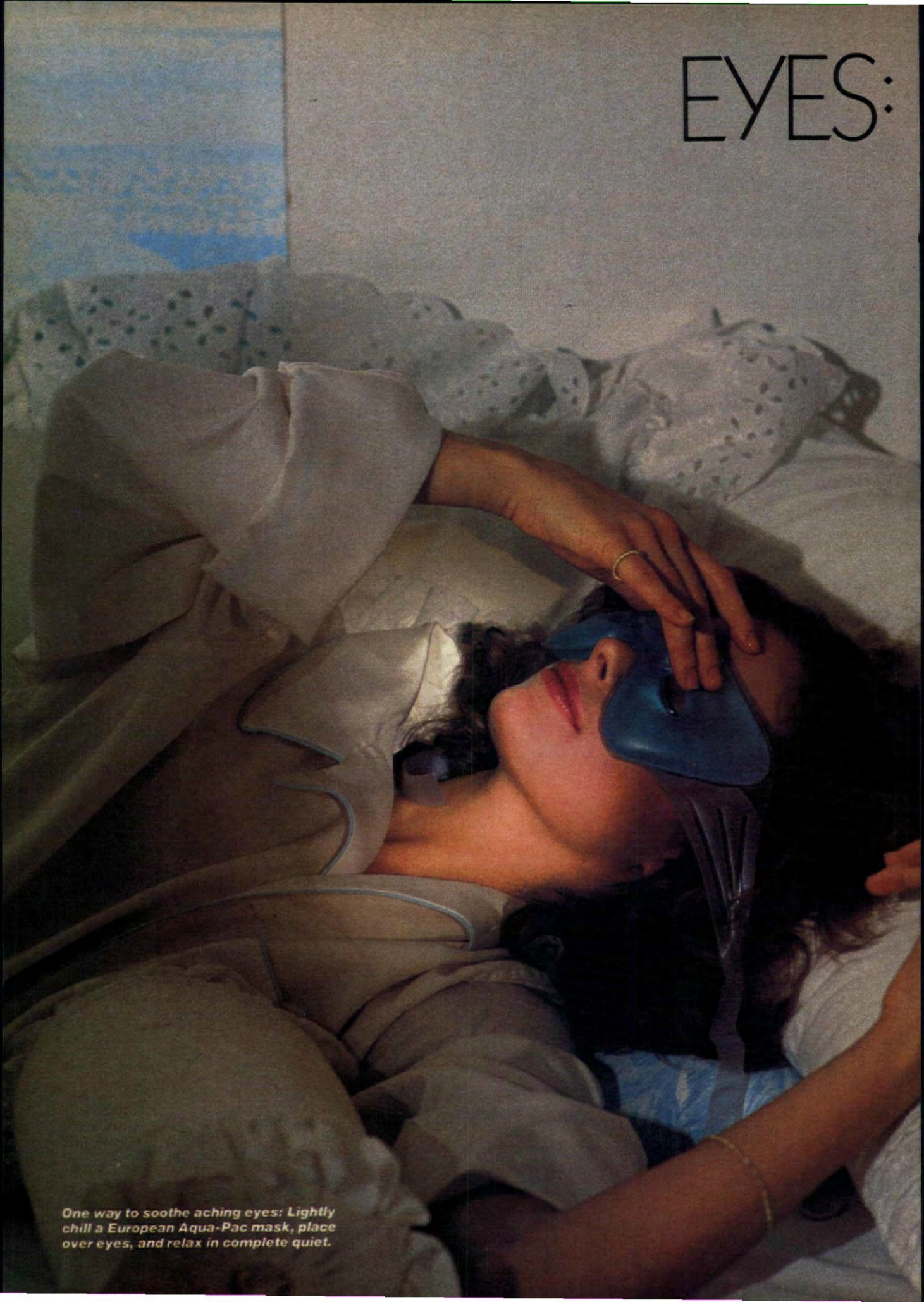


APRÈS SKI PARTY

Whether it's a fast-paced day on the slopes, a cross-country trek, or a leisurely sleigh ride, wind down with friends at a fireside feast. That's what après ski is all about.



EYES:



One way to soothe aching eyes: Lightly chill a European Aqua-Pac mask, place over eyes, and relax in complete quiet.

ON THE LOOKOUT

Keep eyes bright and beautiful with smart eye care that's oh-so-easy.

BY CATHERINE HOUCK

The wrong glasses, poor diet, sinus problems, fatigue, or just plain soot can cause eyestrain. Here's how to fight back.

Anyone who's ever had eyestrain knows how utterly tormenting it can be. Eyes ache, burn, and feel taut and cratchy, as though your eyeballs were moving through gravel. Nobody needs eyestrain, so here's how to prevent it, or cure yourself, should you already be a victim.

Most damaging to the eyes is going without glasses when you need them, or wearing old glasses after your vision has changed.

Which eye specialist should you see for proper fitting? Ophthalmologists (for which "oculists" is simply an old-fashioned term) are medical doctors who specialize in the care of the eyes. Not only can they test vision, they can prescribe medicines and perform eye surgery. Optometrists have not gone through medical school but have had six years of training in testing vision. One big difference between the two: Since most cities have approximately twice as many optometrists as ophthalmologists, it usually takes from two to six weeks to get an appointment with an ophthalmologist, and a visit will cost from \$25 to \$50 (\$35 is about average for a first visit). Most optometrists are immediately accessible and may charge as little as \$10 for an eye exam.

Once you have your eye-exam prescription, an optician

will grind the lenses, fit them into frames, and adjust the frames to your head so they sit comfortably on your ears and nose. If your glasses don't feel right after you get them (the floor slopes away but your optician insists the glasses are perfect), you can call your state optometric association to register a complaint. Should you not get the right adjustment made, the association will get in touch with your eye professional and try to resolve the problem.

Every few days, clean your glasses with a lint-free cloth, and about once a month, wash them with soap and water to remove the film of oil that gathers from the skin.

Hard contact lenses must be kept even more rigorously clean; otherwise they can scratch the eye. Use

unperfumed soap on your hands and rinse carefully before touching your lenses. If you like long fingernails, you'll have to sacrifice index and thumb nails of one hand to avoid scratching when putting contacts in.

Clean soft lenses according to the manufacturer's directions, and always put soft contacts in before applying makeup.

Oily substances from creams and lotions cling to fingertips and will smudge lenses. Hard lenses, however, should be put in after makeup is set, because the lens will pop out if the eyelid

is pulled when applying eye shadow or liner. Hair, perfume, or deodorant sprays should be applied before lenses are put in; if you forget, close your eyes until the spray settles.

Many people with perfect vision find they easily get strained eyes at certain times of the day, usually late afternoon or early evening. This pattern indicates fluctuating blood-sugar levels, extremely common among the out-of-shape.

"Muscles need blood sugar in the form of glucose to utilize oxygen, and when glucose levels fall, you feel fatigued, irritable, and your eyes tire more easily," says Dr. Harold Rosenberg, a former president of the International Academy of Preventive Medicine. To stabilize blood sugar, you need plenty of exercise; a minimum

of sugar, caffeine, and nicotine; and a steady intake of protein and potassium (found in vegetables and fresh fruits) during the day.

One nutrient especially good for eyes is Vitamin A. If you're prone to mysterious eyestrain, have a terrible time seeing in the dark, or are easily blinded by sudden bright light, you may be deficient in Vitamin A. Because so many of our foods are processed, and most of us don't eat fresh vegetables every day, Vitamin A deficiency is absurdly common among the supposedly well-fed. If you have any of these

symptoms, you might consider buying a bottle of 10,000-unit Vitamin A pills, and take one with Vitamin E (which is necessary to prevent the destruction of Vitamin A in the body) after your biggest meal.

If your eyes are swollen in the morning, or burn or ache a lot, you may have infected sinuses. Sinusitis is an inflammation of the mucous membranes lining the four pairs of hollow, air-filled cavities in the bones around your eyes. When these membranes swell, they produce fluid that quickly blocks the tubes leading out of the sinuses, making it difficult for this fluid to drain. Then, pressure builds inside the sinuses and causes swollen membranes to press on local nerves. Using the eyes for close work can further irritate adjoining nerves and muscles, causing "eye ache."

Many people find that clearing up their sinuses rids them of eye trouble.

Often, your sinuses can be infected and you won't even have a runny nose. "Chronic sinusitis can be so quiet that X-rays showing thickened mucous membranes are the only way to really confirm infection," says Dr. Frank Constantine of the Manhattan Eye, Ear, and Throat Hospital. One telltale symptom: A frequent dull ache just over your cheekbones or eyebrows, made worse by bending over, coughing, or, when you travel, landing in an airplane. If you even suspect sinus problems, see an otorhinolaryngologist, popularly known as an "ear, nose, and throat doctor."

(continued on page 68)

A move from a roomy house to a compact apartment requires an adjustment to limited space, and a little problem-solving on the designer's part about what furnishings can work in a totally different environment. Designer Robert Metzger believes "an interior should be dressed as we dress ourselves—in no set period, but eclectically." Using this theory, he created a living room with a focus on the burgundy velvet sofas brought in from the couple's country home and rearranged here, with a new chrome-and-glass coffee table, in a dramatic "conversation pit." The chaise longue and matching ottoman team up to transform a far corner into an intimate setting. A grand, luxurious feeling was accomplished with a mix of antiques and modern furnishings. And for a clever use of space, there's a multipurpose table in the entry area for eating breakfast, playing backgammon, or serving the guests at buffet luncheons or dinners.

Shopping Guide on page 60.

CITYSTYLE LIVING WITH DAZZLE

Former suburbanites make the switch from a spacious home to an ultramodern city apartment, and make it work just as well. The key: Streamlined living and elegant comfort.



Interior designer Robert Metzger, A.S.I.D., Associate, thought in terms of overscaled shapes to visually expand the space, instead of low-to-the-ground, smaller pieces. No timid neutrals here, either; color is brilliant, sumptuous, harmonious. Everything flows within the room—shapes, styles, and colors.



NORMAN MCGRATH





The surprise element is this room's versatility. Whether it's a sit-down dinner for six or a buffet, the room functions with ease.

CITYSTYLE LIVING

To give the apartment color unity, Robert Metzger has covered both the living- and dining-room walls with a pat-

terned, peach-tinted wallpaper by First Editions. Furniture is an understated mix of contemporary and traditional elements: The

plexiglass-and-chrome dining table is large in scale, its transparency working to visually open the space. Hand-carved twig chairs

provide a tasteful contrast to the table's modern look. Dining space easily converts from sit-downs to buffet arrangements.

APRES SKI PARTY

continued from page 43

MENU

ANTIPASTO ALLA GIARDINIERA

FONDUTA

SOURDOUGH BREAD CUBES
FRA DIAVOLO SALAD

FRESH PINEAPPLE WEDGES
PIZELLE

DIABLO MULLED SPICED WINE

fore placing in refrigerator. At serving time, arrange on platter. Serve at room temperature. *Makes 6 servings (276 calories each).*

FONDUTA

Working time: 5 minutes

Cooking time: 10 minutes

- 1 clove garlic, cut in half
- 2 cups light dry white wine (such as Riesling, Chablis, or Tramina)
- ½ pound imported Swiss cheese, shredded
- ½ pound Fontina, shredded
- 2 tablespoons cornstarch

½ red onion, thinly sliced

Fra Diavolo Dressing (recipe follows)

In medium salad bowl, tear greens into bite-sized pieces. Add zucchini, cherry tomatoes, and onion slices. Toss gently. Pour ½ cup dressing over salad, tossing gently to coat greens. *Makes 6 servings (55 calories per serving).*

FRA DIAVOLO DRESSING

Working time: 5 minutes

- 1 8-ounce can tomatoes with green chilies
 - 3 tablespoons olive oil
 - 2 tablespoons wine vinegar
 - ½ teaspoon oregano
 - ½ teaspoon garlic salt
 - ¼ teaspoon freshly ground black pepper
- Combine all ingredients in blender container and whirl until well mixed (or combine in a small mixing bowl and beat with whisk until mixed). *Makes 1 ¼ cups dressing (43 calories per 2 tablespoons).*

PIZELLE

Working time: 8 minutes

Cooking time: 1 hour 20 minutes

- 1 cup sugar
- ½ cup butter or margarine, softened
- 3 eggs
- ½ cup heavy cream, whipped
- ½ teaspoon grated lemon rind
- 1 ½ cups sifted all-purpose flour

In small bowl, combine sugar and butter, mixing until light and fluffy. Add eggs, one at a time, beating until well mixed. Fold in cream and lemon rind. Add flour. Grease Pizelle or Krumkake iron with unsalted butter. Heat iron according to manufacturer's directions. Test dough by baking one tablespoonful. (Dough should spread easily but not run over when pressed down.) If dough is too thin, add more flour. Cook each tablespoon of mixture about 2 minutes on each side or until barely colored. Cool on wire rack. *Makes 30 5-inch cookies (94 calories each).*

For more recipe ideas with a Mexican flavor, send for a free booklet to "Old El Paso Mexican Recipes," P.O. Box 220, Dept. AH-1, Anthony, TX 88021.



Pete and Barbie Wither entertain their kids.

ANTIPASTO ALLA GIARDINIERA

Working time: 15 minutes

Cooking time: 25 minutes

Standing time: at least 2 hours

- 1 pound carrots, peeled
- 1 small head cauliflower
- 1 pound green beans
- ½ pound small button mushrooms
- 2 10-ounce packages frozen artichoke hearts
- 1 cup chicken broth
- ½ cup white wine
- ½ cup olive oil
- 2 tablespoons lemon juice
- 2 tablespoons finely chopped onions
- ½ teaspoon whole black peppercorns
- ½ teaspoon coriander seed
- 1 bay leaf
- ½ teaspoon celery salt
- ¼ teaspoon thyme

Cut carrots in half lengthwise and cut each length in half crosswise. Set aside. Separate cauliflower in large flowerets. Trim green beans into equal lengths. Cut mushrooms in half. Defrost artichoke hearts. To make marinade, bring remaining ingredients to a boil and simmer for 5 minutes. Cook vegetables separately in marinade for 5 to 8 minutes or until just tender. Drain and chill vegetables thoroughly in separate containers. Pour cooled marinade over each be-

- 1 teaspoon dry mustard
- ½ teaspoon garlic salt
- ½ teaspoon ground cumin
- 1 4-oz. can green chilies, seeded, pith removed, and chopped
- 1 loaf sourdough or regular French bread, cut into 1-inch cubes

Rub fondue pot with garlic. Add wine and heat slowly until bubbles form and rise to surface. Combine cheese, cornstarch, mustard, garlic salt, and cumin until cheese is well coated. Add cheese mixture to wine, a spoonful at a time; stir until blended into smooth sauce. It should bubble *very* slowly. Stir in chilies and bring again to gradual boil. Arrange bread cubes in basket. Adjust heat so fondue keeps bubbling gently. If fondue gets too thick, thin with more heated wine. To eat: Each person spears bread cube with a fondue fork, swirling it in the cheese. Transfer coated bread cube from hot fondue fork to dinner fork before eating. *Serves 6 (586 calories per serving).*

FRA DIAVOLO SALAD

Working time: 15 minutes

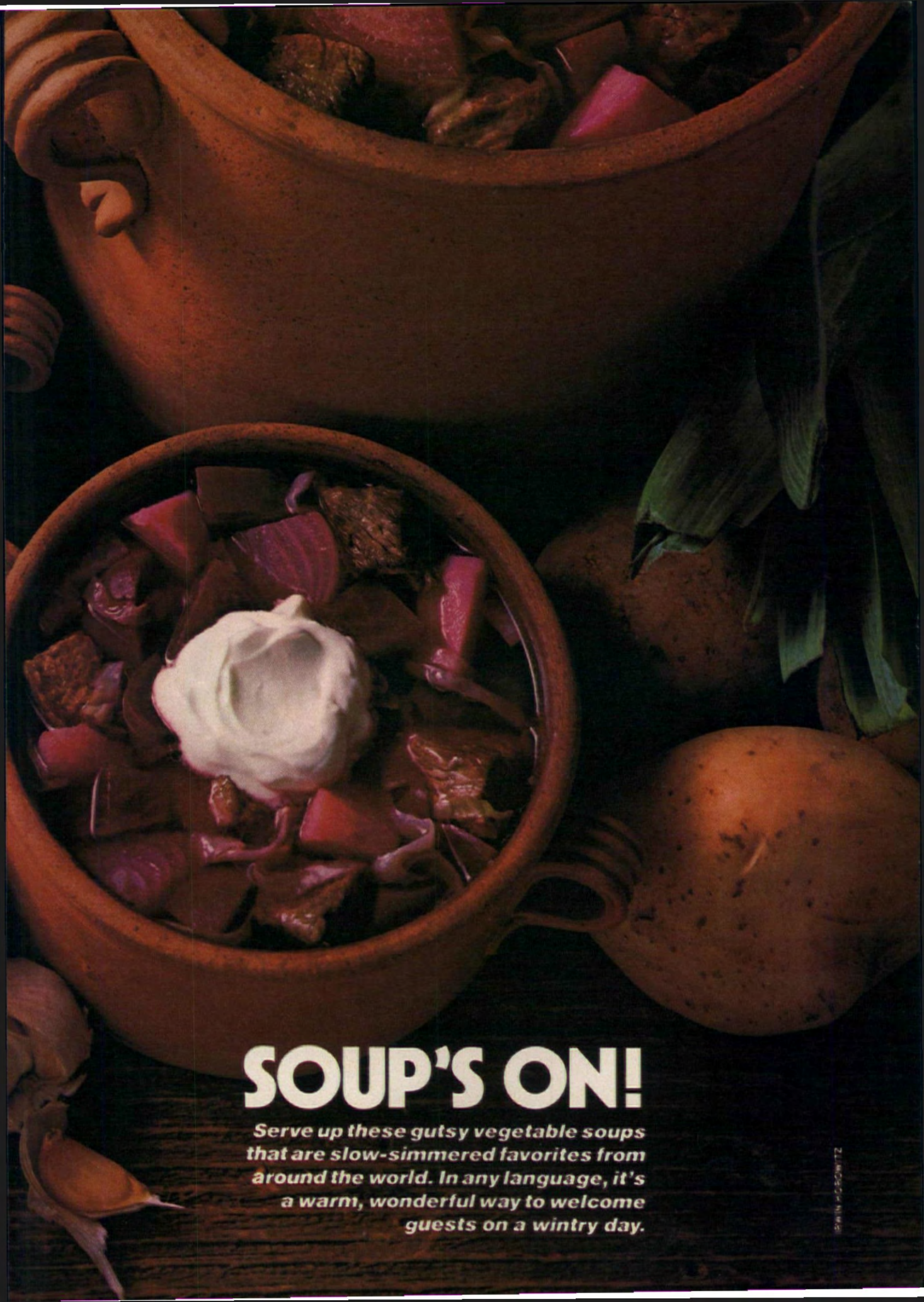
- ½ medium head iceberg lettuce
- ½ head Boston lettuce
- ¼ head chicory
- ½ pound zucchini, sliced (about 2 medium zucchinis)
- 1 cup cherry tomatoes, halved



MICHAEL SALAS



Clockwise from top: Four Seasons Puree of Vegetables Potage, Borscht, and Soupe au Pistou. Recipes for these and other soups begin on page 66.



SOUP'S ON!

Serve up these gutsy vegetable soups that are slow-simmered favorites from around the world. In any language, it's a warm, wonderful way to welcome guests on a wintry day.



CHARLEEN KINSER

BUILD A CHEST

A solid and simple cedar-lined cherry wood box works well as a chest, bench, or table.

This multipurpose chest with a lift-out tray was designed by Charleen Kinser.

SIZE: 30" x 18" x 15 1/4".

Note: This project is recommended for woodworkers with intermediate skills. Beginners should only attempt making the chest under the supervision of an experienced woodworker.

MATERIALS: Lumber may be ordered cut to size and surfaced from most builders' supply companies. Some will also glue-up boards to specific widths. Finished dimensions of each chest part (glued and trimmed where necessary) appear in parentheses. Boards should be cut (and surfaced on 4 sides) to following dimensions.

(Cherry, unless otherwise noted): **Chest front & back** (11 1/2" x 30" x 5/8"), 4 pieces, ea. 5 3/4" x 31" x 5/8"; **Chest ends** (11 1/2" x 18" x 5/8"), 4 pcs., 5 3/4" x 19" x 5/8"; **Chest base pine** (16 3/4" x 28 3/4" x 3/4"), 1 pc. 11 1/2" x 28 3/4" x 3/4", 1 pc. 5 1/4" x 28 3/4" x 3/4"; **Lid front & back** (3" x 30" x 5/8"); **Lid ends** (3" x 18" x 5/8"); **Lid top** (18" x 30" x 3/4"), 3 pcs., 6" x 31" x 3/4"; **Tray front & back** (3 7/8" x 27 3/4" x 3/8"); **Tray ends** (3 7/8" x 15 3/4" x 3/8"); **Tray base pine** (15" x 27" x 1/2"), 1 pc. 3 1/2" x 27" x 1/2", 1 pc. 11 1/2" x 27" x 1/2"; **Lining cedar**, 40' (1 bundle) closet lining.

You will also need: Steel tape rule; Tite Bond or Elmer's white glue; pipe clamps (3 sets) with 3'-long pipes; marking gauge; carpenter's square; awl; dovetail saw; 1/2" wood chisel; mallet; drill & bits—(1" x No. 8 screw mate and 5/16", 7/8", 3/16" straight bits); 6-penny finishing nails (2 doz); hammer; nail set; plastic wood (mahogany or cherry); lock; screwdriver; 3/4" x 8 flathead wood screws (20); paste floor wax; 5/16" wooden dowel, 2 feet long; cabinet or garnet paper (60-, 80-, 120- & 240-grit); router (if using piano hinge); piano hinge cut to 30"; screws for hinge; 5/8" brads (1 box); lid support (chain or arm; see step 13); 4-penny finishing nails (2 doz); orbital sander; desired finish (see step 17); handles; name plate; gliders (for base).

To order: For craftsmen with minimum space and tools, kits for the Cedar-lined Cherry Chest are available from:

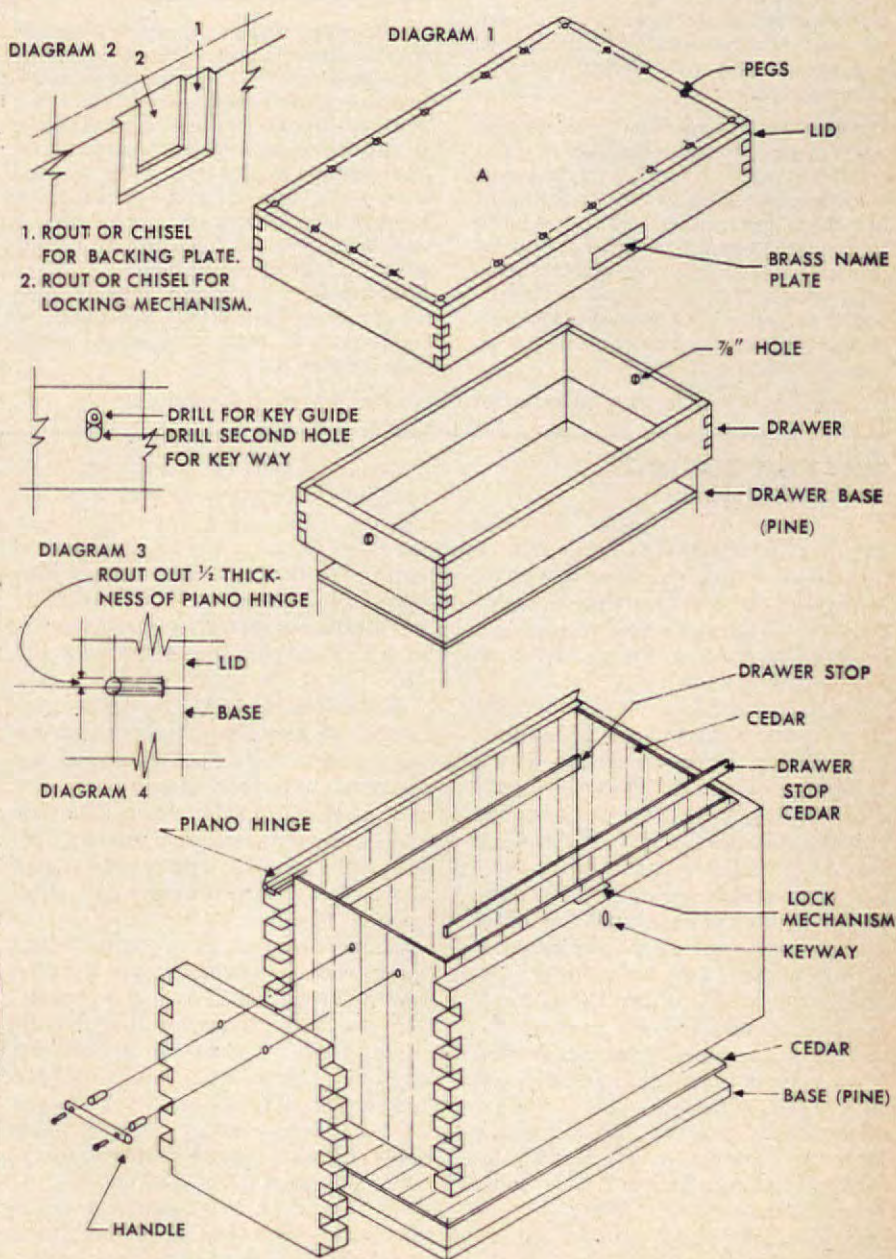
Charleen Kinser
Box 488, R.D. 1
Boalsburg, Pa. 16827

Kit contains: Cherry and pine parts (finished dimensions) with pre-cut corner teeth, and routed for hinge and lock; cedar lining; piano hinge; lock; lid support; brass name plate and handles; glides; sandpaper; screws, nails, tacks and plugs. Cost: \$203.50 (check or money order). For engraved name, add 10¢ per letter; print name clearly. Continental U.S. only, please. Pennsylvania residents add sales tax. West of Rockies, add \$7.00 for handling and shipping.

TO MAKE: 1. Cut and surface lumber (or have it done) to exact dimensions given above. To allow for slippage, leave the extra length in pieces to be glued-up to finished widths. As clamps are available, glue-up cherry and pine pieces to obtain the designated widths for chest base, front, back and ends, lid top and tray bottom. Clamp with pipe clamps and allow to dry overnight. Cut glued pieces to correct lengths using a table saw if possible.

2. Set marking gauge to the thickness of the cherry pieces (5/8") to mark corner joints on both inside and face of front, back and ends of chest and lid. With awl and carpenter's square, mark individual teeth for corner joints, X-ing areas to be cut away. Use scroll saw or coping saw to cut away Xd teeth. Work carefully to avoid overcutting. Clean up cuts with a chisel and mallet. Take special care with this step.

(continued on next page)



BUILD A CHEST

continued from page 53

3. Fit chest corners together dry (without glue). Don't force the joint. Pieces should fit snugly without cracking wood. Use a chisel to pare down tight spots.

4. When all teeth fit snugly at each corner, apply glue to all surfaces to be joined. Fit corner joints together. Check for squareness by measuring inside diagonals (corner to corner); they should be the same. If unequal, place pipe clamp across longest distance to adjust.

5. Insert chest base from underneath with bottom face flush with edges of front, back and sides. Use an awl and tape rule to mark chest lower edges for 5 holes along front and back, 3 additional holes along each end piece, all $\frac{3}{8}$ " from the lower edge. Using a 6-penny nail as a drill bit, drill holes through cherry pieces, just indenting the pine base. Hammer in 6-penny nails and sink them with a nail set. Fill holes with plastic wood.

6. Prepare and glue lid corners in same manner as for chest (steps 3 and 4), gluing with lid in position on chest for perfect alignment. Clamp and allow to dry.

7. With marking gauge, mark lock position on inside of chest front (see Diagram 1). Use a chisel and mallet to rout out marked area. Mark deeper area within the first for thickest part of lock mechanism. Chisel out required space (see Diagram 2). Drill two $3/16$ " holes, one above the other, through wall of chest to correspond to keyhole in lock. Clean up elongated hole with a small file (see Diagram 3). Repeat marking and chiseling procedure for upper (lid) section of lock.

8. Clamp lid and top to chest. Mark top for

screw holes (A, Diagram 1). Using a 1" x 8 counter-sink and screw drill bit, drill through lid top and into lid edges. Using a $5/16$ " straight bit, drill plug holes $1/4$ " deep into lid top over each screw hole. (Tape on drill bit will serve as a depth guide.)

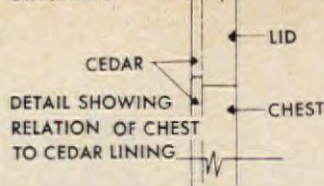
9. Apply paste floor wax or similar lubricant to screws prior to insertion. Insert and counter-sink $3/4$ " x 8 wood screws. Cut twenty $5/16$ " diameter dowel plugs, each about 1" long. Apply glue to each hole and insert plugs. When glue is dry, cut plugs flush with top and sand smooth.

10. With router (chisel for regular hinges), prepare a recessed area for piano hinge in the edges of both lid and chest back edges. Set router to approximately $1/16$ " ($1/2$ the hinge thickness), and to a width leaving $1/2$ the round back of the hinge overhanging the back of the chest (see Diagram 4). Position piano hinge. Use an awl to mark wood for the screw holes. To avoid cracking wood or breaking screws, predrill holes and lubricate screws. (Hinge is attached to lid in step 12).

11. Cut cedar lining, lengthwise for base, vertical for sides of chest, with sides about $1/4$ " taller than depth of chest (inside measure, with base lining in place). (See Diagrams 1 and 5.) With chisel (or plane), remove groove section of first corner piece of cedar for a flush fit to adjacent side of chest. Glue and tack lining pieces into place using $5/8$ " brads. Drive brads on an angle through tongue section of each board. Trim last piece of cedar as necessary to fit base and each wall. Glue and tack cedar lining in lid as for chest, top first, then sides, but cut side pieces $3/8$ " shorter than lid depth to allow for overlap. (See Diagram 5.)

12. Attach hinge to lid as in step 10.

DIAGRAM 5




13. Attach lid support as appropriate to permit lid to rest in the desired open position. In this example, a 16" chain is attached with screws to inside of lid top and the right end of the chest.

14. Cut tray base (pine) and cherry sides to correct lengths, allowing about $3/16$ " space at front and back, $3/8$ " at right for lid support. Drill a $7/8$ " diameter finger hole in each end piece (see Diagram 1). Mark corner teeth $3/8$ " deep (thickness of wood), as for chest and lid corner joints (step 2). Cut corner teeth and assemble tray as for chest (steps 2 and 3), but using 4-penny nails.

15. From cedar, cut and sand two tray rests, 1" wide, $28\frac{1}{4}$ " long. Glue and tack tray rests in position inside chest front and back, $8\frac{1}{2}$ " from base. (See Diagram 1.)

16. With orbital sander, and finally by hand sanding, finish entire chest and tray using progressively finer-grit sandpapers. A very smooth finish may be obtained by wiping the wood with a damp cloth (to raise grain slightly), allowing it to dry a few moments before the final 120- or 240-grit hand sanding.

17. Apply desired finish. Boiled linseed oil was rubbed into this example.

18. Attach handles and name plate, pre-drilling holes for screws and lubricating screws before insertion. Attach glides to underside of base. 

WHAT'S COOKING?

continued from page 17

ing more, and thinking of it as part of their lives, not as something they *must* do before the guests arrive. Couples cook together, and whole families get involved in projects like bread baking and summer canning."

Ms. Robinson's second-in-command, Jon Grogan, points out that it's not just in the kitchen that people are going back to basics. "This is the year when everyone's wearing natural fabrics again. The movement back to natural started in the kitchen. Frozen food heaven is over, too. More people are using their freezers for stocks and homemade bread and sauces made from their own gardens' extra produce." Of course, no one believes that the day of the TV dinner is past, but an awareness is growing that quickly made, good meals can be had from the freshest materials, and enjoyed by sitting around a warm, roomy kitchen while someone, not necessarily Mom, stirs a steaming pot. Color catalog upon request. Kitchens, 2427 Westheimer, Houston, TX 77098.

Another store that reflects the expanding interest in near-professional, industrial-look kitchen equipment is

Crate and Barrel of Chicago and Boston. For years, they operated as *The Second Story* in Cambridge; now they've got six stores in Chicago and two in the Boston area. Manager Barbara Turf reported that they've recently put in a line of restaurant-weight aluminum pots and pans that are proving popular.


Stone Hearth black-steel bakeware is doing well, too. "More and more people would rather have a heavy-duty cookie sheet that bakes perfectly and costs five dollars, than a lightweight one that they can't depend on as fully," she says. 36-page color catalog upon request. *Crate and Barrel*, 850 N. Michigan Ave., Chicago, IL 60611.

Scotty Grumett has recently joined forces with a kitchen-design team called SVP who will design what he equips. He, too, talks about families tearing down walls to make the kitchen the heart of the house, and cooking a greater part of their lives. "It's a matter of controlling your own life. Cooking from scratch means that you know what's happening, start to finish."

All these kitchen-equipment entrepreneurs believe they're benefiting from a demystification of the cooking process. Arthur Treacher's boast, that its

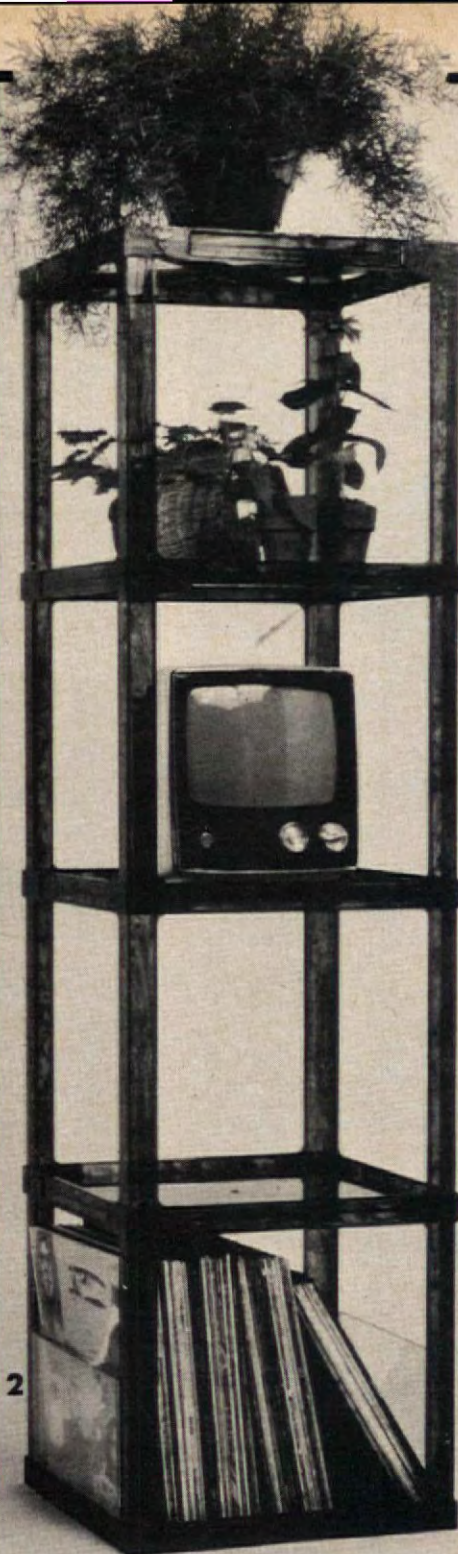
fish-and-chips is the "meal you cannot make at home," is taken not as a promise, but as a challenge. Julia Child may have broken ground for this new attitude. Her television series and the two germinal books that followed ("No cookbooks we've ever carried have sold like these," says Chuck Williams) gave everyone who saw and read them a feeling of comfort with that one-time bastion of mysterious expertise, French cooking.

And if French cooking turned out not-so-tough, why not take a shot at bread-baking, or wok cookery, or making your daughter's wedding cake? What had been daunting has become a not-too-difficult challenge. Patricia Robinson, Scotty Grumett, and Chuck Williams all run cooking classes and demonstrations, and they're invariably well attended.

It's probably true, though, that the bottom line isn't interest or esthetics, or even nutrition, but remains what the bottom line usually is: dollars and cents. When asked why so many people are willing to spend so much money on kitchen equipment, Carol Silver replied, "Because food is so expensive. It's worthwhile to give it the best treatment." 



1



3

ELEGANT ÉTAGÈRES for home or office

These airy 5-shelf étagères provide a 5 ft. showcase for indoor plants or storage shelves for records, books or whatnots. Available in crystal clear (1) or tortoise-look (3) plastic, each shelf tray is 16 in. square and 5/8 in. deep, constructed to prevent water spills on floor. Can be lined with capillary watering mat or pebbles as a humidity tray. Precision built of sturdy styrene. Easy to assemble stackable units snap firmly into place. New snap-in panels (2) in clear plastic provide sidewall retainers for 100 LP records. Set of four provides sides for two shelves.

Sleek, smoked plastic corner shelf (4) is 7½-in. high, 9¼-in. deep and 16½-in. wide at front. Can double beautifully as a rack to hold 50 LP records or magazines as shown. Posh planter shelf (5) for window or wall holds five 3-in. pots. Tray is 3-in. wide with leakproof rim.

Photograph by Susan Wood



4



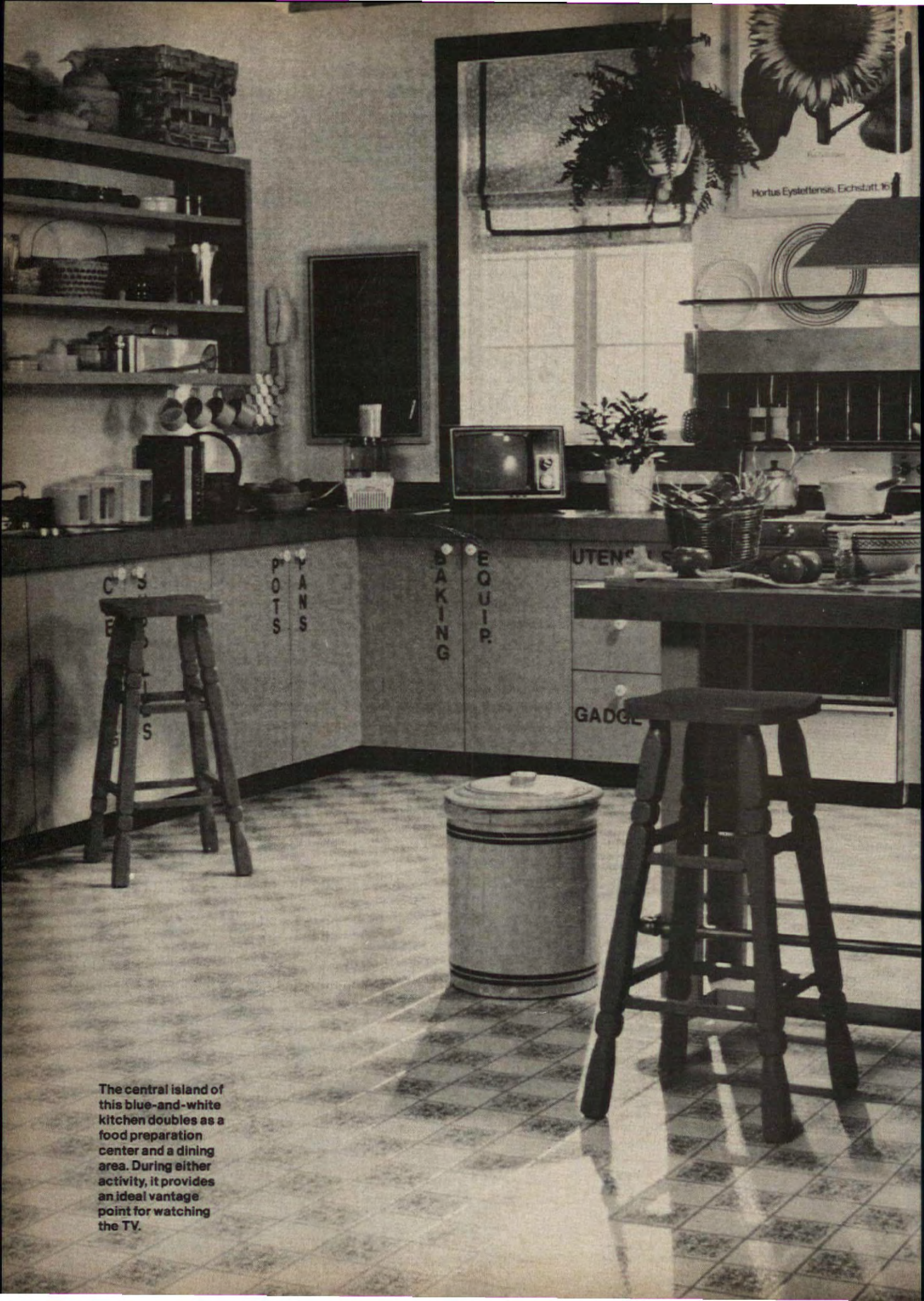
5

Fill out coupon and enclose check or money order. Sorry, no orders outside the U.S.

L.H.J. Sales, Inc., Ladies' Home Journal Étagères, Dept. 813
1419 West Fifth Street, Wilton, Iowa 52778

#7720 Crystal Étagère	@ \$34.99 plus \$3.00 post. & hdg.	\$ _____
#7764 Tortoise Étagère	@ \$42.50 plus \$3.00 post. & hdg.	\$ _____
#7765 Side Wall Panels (4)	@ \$7.99 plus \$1.00 post. & hdg.	\$ _____
#7723 Record Rack/Shelf	@ \$7.99 plus \$1.00 post. & hdg.	\$ _____
#7721 Window/Shelf Garden	@ \$4.99 plus \$1.00 post. & hdg.	\$ _____
	Sales Tax (N.Y. & Iowa)	\$ _____
	Total enclosed	\$ _____

Name _____ City _____
Address _____ State _____ Zip _____



The central island of this blue-and-white kitchen doubles as a food preparation center and a dining area. During either activity, it provides an ideal vantage point for watching the TV.

KEEPING CURRENT



Place the television set on a convenient countertop in an eat-in kitchen or dining nook. You won't have to miss out on your favorite programs while you're preparing dinner. And the whole family can enjoy entertainment at mealtime.

Most of us are always on the run, with hardly a moment to enjoy the entertaining and informative programs on TV. There are, however, two to three times daily when we can watch TV while attending to another vital matter—mealtime. **The sunny blue-and-white kitchen at left**, designed by Allen Scruggs, A.S.I.D., is geared for ease. Congoleum's "Cushionflor Supreme" cushioned vinyl flooring with fragile blue-and-white tile in the Calcutta pattern resists spills and needs no waxing. Laminate counter top by Formica, hi-gloss painted stools, and window trim repeat the serene Delft blue of the floor. Touches of yellow in the cookware, a cloth Roman-style shade, and sunflower print spark the scheme. General Electric's 12" black-and-white TV is placed on the counter to angle towards the central island. The TV runs on regular current but is also battery operable—the best alternative when using

a TV near a kitchen sink, in a bathroom or laundry, or near a grounded appliance like a range, refrigerator, washer, or dryer. Open shelving gives access at-a-glance to kitchen paraphernalia while baskets stack on top for storage and country ambience. Below, each cabinet's function is named by stick-on letters purchased from an art supply store, then spray-painted.

The dining nook, above, set for breakfast, has a butcher-block topped cabinet combined with a phone-message center for answering calls and preparing food while watching TV. The convex screened JVC black-and-white portable fits into corners and turns easily for different viewing situations. The nook mixes all natural-color materials. Alpha-Omega's leaf patterned "San Simeon" and plaid "Princeton" fabrics and wallpapers come in wrapping-paper tan and white. For addresses see Shopping Guide Address Directory, page 60.



WINNING FAMILY FAVORITES

Creative cooking is alive and well in America. Last May *American Home* announced the Favorite Family Recipe Contest, and thousands of readers responded with their favorite concoctions. Some were handed down from mother to daughter; others were the products of experimentation. We now have four prize-winning recipes that are simply

delicious. The Grand Prize winner is the proud new owner of a General Electric Jet 90 Countertop Microwave Oven. The top prize-winner in each recipe category (Appetizers and Soups, Main Dishes, Desserts and Snacks) received a General Electric T26 Toast-R-Oven. Try these recipes yourself; they are sure to become favorites with your family, too.

Grand Prize Recipe

Mrs. Ruth Law Billups of Concord, NC, was reared in the eastern part of West Virginia, where there were many apple orchards. These jelly-roll style apple dumplings have long been appreciated by her family.



APPLE DUMPLINGS

Working time: 20 minutes

Baking time: 40 minutes

- 2 cups sifted all-purpose flour plus one tablespoon, divided
- 2 teaspoons baking powder
- 1 teaspoon salt, divided
- 3 tablespoons butter, divided
- 2 tablespoons lard
- $\frac{3}{4}$ cup milk
- 2 cups cooking apples, peeled and finely chopped (6 small apples)
- $\frac{1}{2}$ cup firmly packed brown sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 cup sugar
- 1 cup water
- $\frac{1}{2}$ teaspoon vanilla extract
- Whipped cream or vanilla ice cream for topping (optional)

In small mixing bowl, sift together 2 cups flour, baking powder, and $\frac{1}{2}$ teaspoon salt. Cut in 2 tablespoons butter and lard until particles resemble coarse crumbs. Add milk all at once; stir until dough forms a ball. Knead gently on lightly floured surface 12 times. Roll out into 14-by-12-inch rectangle $\frac{1}{4}$ -inch thick. Spread with apples. Sprinkle with brown

sugar and cinnamon. Roll up like jelly roll. Cut into pieces, about $1\frac{1}{2}$ inches thick. Place in single layer in 13-by-9-inch pan. In small saucepan, melt remaining 1 tablespoon butter. Stir in 1 tablespoon flour until well mixed. Add sugar, remaining $\frac{1}{2}$ teaspoon salt, and water. Cook over medium heat, stirring constantly, until mixture is slightly thickened and clear. Remove from heat. Stir in vanilla. Pour over dumplings. Preheat oven, 375°F. Bake 40 minutes. Serve with whipped cream or ice cream. *Makes 8 dumplings (334 calories each).*

First Prize—Appetizers and Soups Category

Helen Goldstein of Cary, NC, adapted Cheese Capers from her grandmother's recipe. It was a favorite homecoming tidbit and appetizer at holiday time when all her family gathered together.



CHEESE CAPERS

Working time: 5 minutes

Baking time: 18 minutes

- 2 cups grated sharp Cheddar cheese (about $\frac{1}{2}$ pound)
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{4}$ cup thinly sliced green onions or scallions, including green parts
- 2 tablespoons chopped pitted green olives, well drained
- 1 tablespoon chopped pimiento,

well drained

1 teaspoon chopped capers, well drained

1 package of 6 English muffins, separated into halves

1 tablespoon grated Parmesan cheese

In medium bowl combine Cheddar cheese, mayonnaise, onions, olives, pimientos, and capers. Spread evenly over muffins. Sprinkle Parmesan cheese over all. Cut each muffin half into quarters. Place on ungreased baking sheet. Preheat oven, 350°F. Bake 15 to 18 minutes, until cheese is bubbling. (These may be refrigerated up to 24 hours or frozen. Allow to come to room temperature before baking.) *Makes 48 appetizers (54 calories each).*

First Prize—Main Dish Category

Mrs. George Maesner of Tacoma, WA, tells us that this recipe has been in her family for many years. She added the sherry to give the Sweet'n'Sour Balls a unique flavor.



SWEET'N'SOUR PORK BALLS

Working time: 15 minutes

Cooking time: 1 hour, 30 minutes

- 2 slices white bread
- $\frac{3}{4}$ cup milk
- 2 tablespoons finely chopped onions

(continued on page 62)

How to Achieve Total Financial Freedom

A MUTUAL CONCERN. We've never met and probably never will, but I think we share a common interest. That interest is in achieving complete and total financial freedom.

Recently my net worth reached the *magic million dollar mark*, and it only took me 48 months to achieve that.

That might not impress you, but if you had seen me just a few years ago, you might wonder how I did it. I lived in Denver then, in a cramped, tumbled down house at 2545 South High Street. My wife was expecting our second child and we were so broke we had to borrow \$150.00 from a relative just to buy food and pay the rent.

By the way, I know I didn't make a million dollars because of my superior intellect — I barely got through Ames High School (Ames, Iowa) with a C average. I did a little better later on but I soon realized that a salaried job was not the way to become financially free. If you'll stop and think, you'll realize that millionaires do not work 10, 20, or 50 times harder or longer than you.

FINANCIAL FREEDOM. It seems that most people who are charging for financial advice have studied how to "do it" but have never actually "done it" themselves. You will find as you read my formulas, that since I have actually achieved total financial freedom myself, that you will receive from me more than just the motivation to achieve your own financial independence, but a workable step-by-step plan to actually do it.

STEP-BY-STEP. Contained in the work entitled *How To Wake Up The Financial Genius Inside You* are the various formulas which will show you exactly how you can do each of the following:

- buy income properties for as little as \$100 down.
- begin without any cash.
- put \$10,000 cash and more in your pocket each time you buy (without selling property.)
- compounds your assets at 100% yearly.
- legally avoid paying federal or state income taxes.
- buy bargains at one-half the market value.

MORE LEISURE. If you apply these formulas and methods you will find in a very short time, you will be able to do almost anything you care to do, and I think, at that time, you will find as I have, that spending several weeks on the beaches of Hawaii, or on the ski slopes of Colorado, or just sightseeing in Europe, or any other place in the world, you begin to understand what *real freedom* is all about.

Most people think that it would be impossible to do some of the things listed above. For example, to buy a property, and at the same time put \$10,000 (or more) cash in your pocket without selling the property, or to buy a property with little or no cash down.

Believe me, it is possible and fairly simple. This is exactly how most wealthy people ac-



When Mark and Lois Haroldsen were 25 and 22 years old respectively they made up their minds they were going to be millionaires. Six years later they realized their dream. Here is their remarkable story and their offer to you.

tually do make 10, 20, or 50 times more money than you do.

YOUR MONEY'S WORTH. While I was struggling on making my first million, I often thought how nice it would be to have the personal advice and counsel from someone like Howard Hughes or J. Paul Getty.

What would I have been willing to pay for this service? I can tell you one more thing for sure, it would have been a lot more than the \$10.00 that I'm going to ask you to invest in your financial future.

country lose, not because they lack intelligence, or even willpower, but because of procrastination, or lack of action — please don't be like the masses. Make a decision while you have this paper in your hands. Make a decision now to either act now and send for my material or immediately round file this paper. If your decision is to order, do it now, not later. Otherwise you may lose, just by default.

"FINANCIAL FREEDOM." To order, simply take any size paper, write the words "Financial Freedom," your name and ad-

"... more than 100,000 people have discovered that my formulas will provide the road map that can lead to total financial freedom ..."

FOR YOUR FUTURE. What will this \$10.00 actually do for you? It will give you a complete step-by-step plan that you can follow to become totally and completely financially independent.

Please try to understand my dilemma. I'm not a New York advertising agency with all their professional skill and manpower to write a powerful and persuasive ad to convince you that I can make you financially independent. I am just somebody who has actually 'done it', and can really show you how to 'do it'.

TEST IT YOURSELF. It's really quite frustrating to have something so valuable as I know I have, but lack the skill to convince people to try it for themselves. I hope by my simple direct approach I can convince you to try my formulas.

INDECISION — THE COSTLY DECISION. It seems the majority of the people in our rich

dress, and send it along with a check for \$10.00 to Mark O. Haroldsen, Inc., Dept. G-145, Tudor Mansion Bldg., 4751 Holladay Blvd., Salt Lake City, Utah 84117.

If you send for my materials now, I will also send you documents that will show you precisely how you can borrow from \$20,000 to \$200,000 at 2% above the prime rate using just your signature as collateral.

IT'S GUARANTEED. If you are still somewhat skeptical, and believe me, when I started out I certainly was, because of the many people in the world trying to deceive others, I would encourage you to postdate your check by 30 days, and I promise and guarantee that it will not be deposited for at least those 30 days, and if for any reason you do not think that what I have sent you lives up, in every aspect to what I told you in this letter, send the material back, and I will quickly, without question, refund your money and send back your own uncashed check or money order.

SHOPPING GUIDE

Merchandise listed is available nationally at leading department, specialty and furniture stores.

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

ADDRESS DIRECTORY

Advent, Dept. AH-1, 195 Albany St., Cambridge, MA 02139
Alpha-Omega, Dept. AH-1, 130 8 St., Passaic, NJ 07055
Ambienti, Dept. AH-1, 792 Madison Ave., New York, NY 10021
Anchor Hocking Corp., Dept. AH-1, 109 N. Broad St., Lancaster, OH 43130
Atari, Dept. AH-1, Sunnyvale, CA 94086
Azuma, Dept. AH-1, 415 Fifth Ave., New York, NY 10016
Henri Bendel, Dept. AH-1, 10 W. 57 St., New York, NY 10019
Beylerian Ltd., Dept. AH-1, 305 E. 63 St., New York, NY 10021
Bloomcraft, Dept. AH-1, 295 Fifth Ave., New York, NY 10016
Bloomingdale's, Dept. AH-1, 1000 Third Ave., New York, NY 10022
Bose, Dept. AH-1, The Mountain, Framingham, MA 01701
The Boston Warehouse, Dept. AH-1, 39 Rumford Ave., Waltham, MA 02154
B.S.R., Dept. AH-1, Blauvelt, NY 10913
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Danecraft, Inc., Dept. AH-1, 366 Fifth Ave., New York, NY 10001
Dansk International Designs, Ltd., Dept. AH-1, Radio Circle Road, Mount Kisco, NY 10549
Design Research, Dept. AH-1, 53 E. 57 St., New York, NY 10022
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Ege Rya, Inc., Dept. AH-1, 919 Third Ave., New York, NY 10022
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General Electric News Bureau, Dept. AH-1, 600 Third Ave., New York, NY 10016
Gusdorf, Dept. AH-1, 6900 Manchester Ave., St. Louis, MO 63143
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Robert Metzger, A.S.I.D., Associate, Dept. AH-1, 275 Central Park West, 7-F, New York, NY 10024
Mirafoam, Dept. AH-1, 261 Fifth Ave., New York, NY 10016
Mira-X/Coordination, Dept. AH-1, 246 E. 58 St., New York, NY 10022
Oneida Silversmiths, Dept. AH-1, Oneida, NY 13421
Oxford Hall Silversmiths Ltd., Dept. AH-1, 225 Fifth Ave., Suite 912, New York, NY 10010
Panasonic, Dept. AH-1, 1 Panasonic Way, Secaucus, NJ 07094
Philco Consumer Electronics Corp., Dept. AH-1, 700 Ellicott St., Batavia, NY 14020
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Ron Seff, Dept. AH-1, 535 E. 75 St., New York, NY 10021
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Stark Carpet, Dept. AH-1, 979 Third Ave., New York, NY 10022
Ed Stiffler, Dept. AH-1, 1190 Third Ave., New York, NY 10021
Storm Hut Inc., Dept. AH-1, Mount Werner, Steamboat Springs, CO 80477
A. Sulka & Co., Dept. AH-1, 711 Fifth Ave., New York, NY 10022
Thayer Coggin, Dept. AH-1, 427 South Rd., P.O. Box 5867, High Point, NC 27262
Tiffany & Co., Dept. AH-1, 727 Fifth Ave., New York, NY 10022
Wellman, Inc., Dept. AH-1, 75 Federal St., Boston, MA 02110
The Workbench, Dept. AH-1, 470 Park Ave. South, New York, NY 10016
Zenith Radio Corp., Dept. AH-1, 1000 Milwaukee Ave., Glenview, IL 60025

COVER

Woman's long-sleeved polyester red blouse, separate neck bow tie, #J951, sizes: 3/4-15/16, \$22, Country Sophisticates. Man's long-sleeved green 100% Merino wool sweater, #16 1008-152, sizes: 36-46, \$37, Jaeger Sportswear Ltd. Under sweater: long-sleeved blue cotton shirt with two patch pockets, #17002-040, sizes: 14 1/2-32-17 1/2/35, \$30, The Bert Pulitzer Co.

14 Kt. gold pierced earrings, #714-4027, \$10; gold-filled fine rope bracelet #42-011, \$4, both by Danecraft, Inc. Makeup by Revlon: Touch and Glow Liquid Makeup in Bisque Beige, Blush-On in Tawny Red, Fabulash mascara in black, Super Rich Shadow in Gentle Beige (highlighter) and Shy Brown (crease), Super Lustrous Lipstick in Certainly Red.

TV is RCA's 9" black-and-white "Sportable" in "Olympic Red." Wallpaper, "Linear," from Karl Mann Associates. Green hanging lamp, #C-1346, from Laurel Lamps. Dishes, "Cornish Blue Kitchenware," from The Boston Warehouse. Juice glasses, "The Tough Ones," from Anchor Hocking. Cutlery, "Fashionware," from Oxford Hall Silversmiths. Napkins from the "Katja of Sweden Collection," Wellman, Inc. Circular white table from The Door Store.

TV AT HOME

Page 33: Floor lamp, "Area 50," by Artemide, \$110, available at Ambienti. Red plastic game table on casters with light top, \$105, Inter/Graph. TV, 12" black-and-white, "Sculpture II," \$129.95, General Electric. Sculptured chair, in natural-color nylon stretch fabric, "Thick + Thin," #4071, square, \$344, Harvey Prober.

VIEW FROM ANOTHER LEVEL

Pages 34-35: Room designed by Wynn Hershey, A.S.I.D. and associate, Paul Cook. Cabinetry, platforms, and stainless-steel case for television by Rigon Woodworking. TV is Sony's 19" Trinitron. Mirror trim around windows and shelves, PPG Industries, available at local glass fabricating shops and distributors. Floor pillows, "Trapeze," by Bob van Allen for Riverdale Fabrics. Throw pillows on sofa (left to right), "Trapeze," "Ticking," and "Tango," all by Bob van Allen for Riverdale. Solid color, velvet pillows, Mirafoam. Acrylic nesting tables from Lucidity. Crystal pieces on shelves, Kosta Boda. Mounted shells on glass shelves, Soovia Janis Branch. Fish bowl for flowers, Azuma.

THE BIG PICTURE SHOW

Pages 40-41: Room designed by Richard Ryan, A.S.I.D., for Bloomingdale's. "Media Bed" with custom quilted cover, by Etalage for Bloomingdale's, has built-in radio and storage compartments under the black laminate side panels. Wall storage units are from the "Domus" collection; Barcelona-style chairs; "The Necker" floor lamps; 100% nylon "Ball Hai" carpeting; all available at Bloomingdale's.

Projection television, "Video Beam," #750, from Advent. B.S.R. "Accutrac," #3500 turntable sits on top of the projection unit. In the storage units (top to bottom, left to right), are Sony's reel-to-reel tape recorder #TC758, Sony Betamax video cassette

(continued on page 62)

Fantastic Price Slash!

HANDCUT AND POLISHED PRECIOUS GEMSTONES

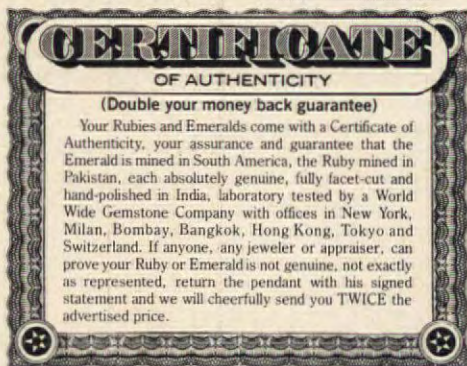
ONLY \$7.00 PER CARAT

Your Chance of a Lifetime to Possess

GENUINE RUBIES OR EMERALDS

UNMOUNTED
Two-carat Genuine
Ruby or Emerald
Only \$14⁰⁰

HANDMOUNTED
Two-carat Genuine
Ruby or Emerald
Tiffany Setting Pendant
Only \$16⁹⁵



A personal message from the source, a leading Fifth Avenue, world-wide importer of rare gemstones:

We are in the business of buying and selling precious gemstones. In many instances, we deal directly with the mines of South America, Africa, and Asia. We have dealt with these mines for two generations. During this period, our purchases have amounted to many, many millions of dollars. Occasionally, we pay "cash on the spot" if the price of a valuable collection is attractively low. With offices throughout the world, we also pay for precious gemstones in international currency if it's advantageous to use either U.S. Dollars, Swiss or French Francs, Japanese Yen, etc.

We buy and sell Rubies and Emeralds that cost many thousands of dollars per carat (for the ultra-rich) to less valuable genuine Rubies and Emeralds (for average income individuals). But regardless of the intrinsic value of the precious stones we purchase, our experience and generations of dealing in genuine stones is your assurance that our genuine Rubies and Emeralds are the finest and best value in any price category.

The most important message we wish to convey to you is that the Rubies and Emeralds offered to you—here and now—is that each Ruby... each Emerald... is Genuine... not Fake... not Glass... not Simulated. Each stone is individually Handcut and Polished for the most possible brilliance, clarity, beauty and value—by highly talented Indian and Pakistan craftsmen.

DIAMONDS ARE A GIRL'S BEST FRIEND YET, RUBIES AND EMERALDS ARE CONSIDERED RARER... MORE VALUABLE THAN DIAMONDS

There is no question that diamonds are precious, valuable and popular with most people... but did you know that Rubies and Emeralds in corresponding size and quality exceed the value of Diamonds?

Leading Precious Gemstone Authorities have stated this throughout the ages... including the Encyclopedia Britannica. Rubies and Emeralds are considered among the rarest gemstones known to man. For instance, 10-carat Diamonds are more often found than a 10-carat Ruby of equal quality.

Rubies and Emeralds have been desired, bought and collected by Cleopatra, Alexander the Great, Kings and Queens of ancient and modern day, such as Catherine of Russia, the King of Sweden and the Shah of Iran. Wealthy collectors of precious stones consider them their most prized possession.

Your Ruby or Emerald is personally yours, as no two are alike. Weight may vary by fractions.

And Now! Believe it or Not! You, too, may be the proud possessor of beautiful, handcut and polished, precious, Genuine Rubies or Emeralds. Your very own two-carat Genuine Gemstones to buy and save as an important collection. Or you may have your very own Emerald or Ruby Pendant, each stone individually mounted on a Tiffany Setting of Hamilton Gold with matching 18-inch chain.

ORDER NOW AND SAVE UP TO 50% AS COMPARED TO OTHER ADVERTISED OFFERS

You may have seen other advertisements offering one-carat Emeralds and Rubies at \$10 per carat. Our price is up to 50% less. As low as \$5 per carat if you order our pouchful of 12, two-carat Rubies and Emeralds (in total of 24 carats). Or, we offer a TWO-CARAT genuine Emerald or Ruby for only \$14 (only \$7 per carat). If you desire, your TWO-CARAT Emerald or Ruby will be hand-mounted on a Tiffany Setting Pendant of Hamilton Gold with matching 18 inch chain for only an additional charge of \$3.95 (practically our cost) or a total price of only \$16.95. This Fantastic Price Slash for Genuine Rubies or Emeralds is made possible because we want you as a totally satisfied customer who may buy other valuable jewelry from us at a tremendous saving.

90-DAY MONEY BACK GUARANTEE

Enjoy your Genuine Rubies or Emeralds for three full months without risk or obligation. Your Pendant must be every bit as beautiful as you hoped. It must also bring you the raves, the praise from your friends, that you'd get wearing the most expensive, high-fashion gemstones. Otherwise, return your purchase to us for a full refund anytime within 90 days. This is an absolutely risk-free, no-obligation offer.

Each Genuine Ruby or Emerald comes with a...

- **CERTIFICATE OF AUTHENTICITY**
- **90-Day Money Back Guarantee of Complete Satisfaction**
- **Double your Money Back Guarantee if your Ruby or Emerald is not genuine**

WHY LOCAL JEWELERS OR DEPARTMENT STORES CANNOT EQUAL OUR LOW PRICES

We buy our genuine gemstones direct from the source who deals directly with the Mine Owners and the Craftsmen that handcut and polish these precious stones. We buy these gemstones in great quantities to satisfy the demand created by our National advertising on TV, Magazines and National Weekly Papers.

Local Department Stores and Jewelers would have to buy the same category of gemstones through salesmen, wholesalers and importers. The quantities they buy can only be equal to the traffic generated by the store in each local community. We cannot vouch for the mark-up of each local store but the difference in retail price for the same merchandise can be substantial. On the other hand, our Genuine Rubies and Emeralds are so beautiful, you'd swear they cost \$150 to \$200 in a local jewelry or department store.

MAIL THE 90-DAY NO-RISK COUPON TODAY

Inter-American Sales Corp. Dept. RS-3169
380 Madison Avenue, New York, N.Y. 10017

Please RUSH me Genuine Rubies and Genuine Emeralds. It's fully understood that I'm protected by your 90 DAY MONEY BACK GUARANTEE, your Certificate of Authenticity that my Gemstones are Genuine and your DOUBLE MONEY BACK GUARANTEE if I prove to you that my Gemstones are not Genuine.

Quantity

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- 5-carat Genuine Emerald () or Genuine Ruby () mounted on a Tiffany Setting, Hamilton Gold Pendant at \$29.95 plus \$1.00 Postage and Handling. (Save \$9.00.)
- Half-a-Dozen unmounted 2-carat Genuine Emeralds () or Genuine Rubies (), or a mixture of both for only \$62.00 (Save \$22.00.)
- A Full Dozen unmounted 2-carat Genuine Emeralds (), or Genuine Rubies (), or a mixture of both for only \$120.00 (Save \$48.00.)

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Sorry, no C.O.D.'s (New York Residents must add sales tax.)

Name (please print) _____
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City _____ State _____ Zip _____

SHOPPING GUIDE

continued from page 60

recorder #8200, with DT30 timer, Sony **stereo tuner** #ST5950SD, and Sony stereo **preamplifier** #TAE 8450; also Bose #901 "Series III" Direct/Reflecting **speakers** and Active Equalizer, #CRF320. On the wall behind the bed are three Sharp 19" **televisions**, #19A63; each set is hooked up to a "Video Music" by Atari, which converts sound waves into geometric pictures. All audio and visual equipment available at Bloomingdale's.

Corrugated aluminum **wall covering**, .032 gauge, is easy to install and available at local sheet-metal fabricators.

APRÈS SKI PARTY

Page 42: Freezer-to-oven **dinnerware** in "Huckleberry" pattern by Iron Mountain Stoneware: large 14-inch round **platter**, \$36, 11-inch **salad bowl**, \$40, 8-inch **vegetable bowl**, \$19, 6-inch **individual salad bowls**, \$8 ea., tall **cups**, \$7 ea., covered **sugar bowl**, \$12, **creamer**, \$8, **plates**, \$8 ea.

Ten-ounce red **wineglasses** designed by Per Lütken for Holmegaard of Copenhagen: #3110600, in "Danish Inn" pattern, \$8. ea. Four-quart blue enameled **casserole** by Dansk: #714, \$36.95. Complete **fondue set** available at The Pottery Barn, \$12. Blue (#401) 17-inch square, cotton **napkins**, by Bloomcraft: "Delightful" pattern #L1462, about \$2.25 ea. Stainless **flatware** by Oxford Hall Silversmiths: "Fashionware" pattern, 5-piece place setting, \$7.50.

Woman is wearing red polyester/cotton **scarf** by Demetre, \$3.30, and blue cotton **tuftleneck** with red stripes by Skyr Skiwear, \$12; man is wearing blue wool **ski sweater** with red stripe by Innsbruck, \$31; available at Storm Hut Inc.

Page 43: Man is wearing blue nylon/nylon polyester filled **ski shirt** with red trim on sleeve from Innsbruck, \$135, and red/navy **goggles** by Scott, \$18; woman is wearing yellow nylon, down-filled **ski parka** by Alpine Designs, \$85; blue wool **ski hat** with yellow and white trim from Get Your Head Together Ltd., \$13; yellow acrylic insulated leather **ski gloves**, "Easy Rider," with velour wrist-adjusting closure, by Grandoe, \$15.95; all clothes or similar ones available at Storm Hut Inc.

EYES: ON THE LOOKOUT

Page 44: Man's white 100% silk **pajamas** trimmed in blue, #P83, sizes A-D, \$80, A. Sulka & Co. 18 Kt. gold **ring** #1173/49986, \$55; 14 Kt. gold **bracelet** #1041/2570, \$65; both from Tiffany & Co. European **Aqua-Pac**, heat or cool to any desired temperature, made in England, approximately 8", adjustable straps, \$9.50, Elfin Cosmetics Inc., available at Henri Bendel. "Regency" white **eyelid pillow shams** in polyester/cotton, king size \$26; standard size \$20; neck roll 15" long x 6" wide \$25; all by Carlin, West Point Pepperell.

CITYSTYLE LIVING WITH DAZZLE

Pages 46-47: Rooms designed by Robert Metzger, A.S.I.D., Associate. **Wallpaper**, "King Tut," by First Editions. **Paint** trim on baseboards and door frames, "Style Perfect," Satin Enamel, color #4172, "Buff Pink," available at Sherwin-Williams Decorating Centers nationwide.

Modular seating upholstered in plush cotton velvet, color: #G3239, aubergine; corner unit #3362, armless **chair** #3361, **ottoman** #3360; all from Thayer Coggin. Cotton **durrie rug** #50034A from Stark Carpet. Chrome and glass **coffee table** and "Ching" **end table** from Roundtree, Inc. **Upholstery fabric** on antique armchair, "Bristol," #31778/8, in coral and white from Clarence House Fabrics. **Floor lamps** #1059 from Joe Head. **Draperies**: hand-painted by Peter Fasano, sewn by Priko Stitching Co. Abstract **painting** over sofa, Phyllis Marks **sculpture** on coffee table, **ikat pillows**, hand-painted **silk pillows**, and Persian **dishes** on coffee table are all from Karl Mann Associates. **Relish box** on coffee table and lacquer **tea set** on end table from Limited Editions.

Inset left top: Six-panel crane **screen**, Ron Seff for R.E.S. Ivore and silver **desk**, Louis XV cane **armchair**, and **backgammon set** all from Roundtree, Inc. **ikat pillow** on armchair from Karl Mann

Associates. Chrome and glass **etagère** #20-279 from Selig. **Stereo** #SDP9500 from Hitachi. **Flowers** by Ed Stiffler.

Inset left bottom: Antique **wig box** from Roundtree, Inc. **Dress** from Kamali. **Flowers** by Ed Stiffler.

Page 48: Chrome and glass **dining table**, lacquer **credenza**, cane **armchairs**, from Roundtree, Inc.

Wool **durrie rug** #60050, from Stark Carpet. **Painting** over credenza from Karl Mann Associates. Sterling silver **flatware**, "American Colonial," silver-plate **tea service** and **candlesticks**, all from Oneida. **China**, "Pavilion," in Palladian shape from Royal Worcester. Crystal **water goblets** and **wineglasses**, "Greenfield," by Fostoria. Track **lighting** from Lighting Associates. **Dress** from Kamali. **Flowers** by Ed Stiffler.

KIDS AND THE TUBE

continued from page 24

boredom without the TV; necessity isn't called the mother of invention for nothing. Feel assured that you're giving your children something far more valuable than a 40-hour-a-week TV ration. KNOWING HOW TO FOLLOW-THROUGH: Act on your decision this way:

- Track down the good TV shows; such as "Wild Kingdom," historical dramatizations like "Roots," opera, ballet, symphony performances, and of course, political press conferences.

- Set up a weekly viewing schedule with a two-hour daily limit; allow a few additional hours on weekends. Let each family member select one or two shows that are really important to him or her; these will become a must.

- Whenever possible, watch television together with your children. Each member of your family should watch at least part of every show that's been built into the weekly schedule. If either you or one of them don't like what's on, at least there has been some participation.


- Discuss all shows with your family. You'll undoubtedly tune into some clinicians, or programs that emphasize sex and violence. Should your child be disturbed by a show in any way, talk it out with him and put the ideas into perspective. This will provide an opportunity for discussions on controversial themes and your standards of value. Knowledge is rarely harmful to children when presented in a realistic and loving way.

When television is harnessed in these ways, you'll find additional hours for family time after homework and chores are completed. The alternatives for filling the time left open by no TV are creative, instructive and fun:

- Conversation: Your family can resurrect this lost art with a simple question such as, "What do you think of . . ."

- Reading: Books offer worlds to explore, ideas to ponder. Read alone, or take turns reading aloud.

- Create! Bake cookies; make original decorations; bird houses and more.

If you follow this television diet plan, you'll find a great deal more than alternatives to TV. You'll rediscover a family that's aware, responsive, and growing. 

FAMILY FAVORITES

continued from page 58

- 1 tablespoon prepared mustard
- 1 tablespoon finely chopped parsley
- 1 teaspoon salt
- 2 cups ground ham, about 1 pound
- 2 cups ground pork, about 1 pound
- 1 cup water
- ¾ cup firmly packed brown sugar
- ½ cup cider vinegar
- 1 teaspoon dry mustard
- ¼ cup dry sherry
- 2 tablespoons cornstarch

In large mixing bowl, crumble bread. Add milk, onions, prepared mustard, parsley, and salt, beating well until bread is disintegrated. Add ham and pork, mix well. Shape into balls about ½ inch in diameter. Wet hands so meat will not stick to them. Place in 13-by-9-inch baking pan. Preheat oven, 350°F. Bake 1 hour. With tongs, turn pork balls over once. Pour off fat. In small saucepan, combine all remaining ingredients except sherry and cornstarch. Cook over medium heat, stirring constantly, until sugar is dissolved. Combine cornstarch and sherry. Stir into hot liquid. Cook, continuing to stir, until clear and thickened. Pour over balls. Bake 20 minutes more. Serve hot over rice. *Makes about 75 meatballs (29 calories each).*

Editor's note: Pork and ham are easily ground and mixed with other ingredients in food processor.

First Prize—Dessert Category

Virdelle W. Root of DeKalb, IL, has fond memories of eating these cupcakes warm from the oven after school. Her mother was given the recipe by a neighbor.




SPONGE CUPCAKES

Working time: 8 minutes

Baking time: 15 minutes

- 2 large eggs
- 1½ cups sifted all-purpose flour
- 1 cup sugar
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ½ cup very hot water
- ½ teaspoon vanilla extract
- Sugar for topping (optional)

Grease and flour 12 muffin cups or line with paper baking cups. In large mixing bowl, beat eggs until light and lemon-colored. Sift flour with sugar, baking powder, and salt into beaten eggs. Mix well at lowest speed of mixer, beating 1½ minutes, or beat 225 strokes with a spoon. Slowly add water and vanilla. Continue beating 1½ minutes at low speed. Fill prepared muffin cups ¾ full. Lightly sugar tops, if desired. Preheat oven, 350°F. Bake 15 minutes or until cupcakes are golden and spring back when touched lightly in center. Cool on wire rack. *Makes 12 cupcakes (123 calories each).* 

AMAZING UNRETOUCHED PHOTOS!

A housewife, a mother, a teacher, a tennis player — Read how **BEAUTY FROM THE INSIDE OUT** is helping them stay young and pretty — even though they're all well over 30!



Gail D. has a 7 year old and a 1 1/2 year old. Gail is 33 yet seems to grow younger with each passing day. She says, "BEAUTY FROM THE INSIDE OUT is like a fountain of youth. I was actually asked for my I.D. the other day when ordering wine in a restaurant."



Vivian G. is often mistaken for a college student but is actually 33. She is the busy mother of 3 children and says, "I used to do a lot of nervous eating. But this diet is amazing. It helps keep my waist at 25" without leaving me hungry."



Elizabeth C. Most people think she's in her early 30's. Actually she's 40 with hardly a wrinkle. Has 2 children, spends only 12 minutes a day on beauty. She says, "The skin care ideas in this book help my skin (which used to get very dry) stay moist."



Anna T. Anna is 33, has 3 children under 7 who keep her so busy she barely spends 10 minutes a day on beauty care. Anna says, "The arm and leg exercises in this book help keep me slim, which is essential when you're in tennis clothes as often as I am."

LET A FAMOUS BEAUTY EXPERT SHOW YOU HOW TO...

LET OUT THE STUNNING, NATURAL BEAUTY THAT'S LOCKED INSIDE YOU!

Stop hiding and destroying your natural good looks and sex appeal. Let Barbara Johnston show you how to unleash the sexy body and pretty face you were born with.

by Barbara Johnston, Editor of America's most exciting woman's magazine

Locked inside you is a pretty, sexy woman with bright, radiant eyes, smooth glowing skin, and a lovely, slender body that's breath-taking to behold.

Now if you'll only let me, I'm going to show you how to let this beauty out. All you have to do is follow a remarkably simple beauty plan for two short weeks. At the end of that time you have my personal guarantee that you can achieve the following results:

IF YOU'RE PRESENTLY IN YOUR THIRTYS...

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 FORTYS...

You will soon find yourself at the very peak of your beauty. Your facial structure will take on a classic, elegant, almost sculptured look. Puffiness, flabbiness, and wrinkles will literally start to disappear and fade away overnight... your figure will be at its most perfect... your legs and arms will appear long and slender... your bust will be higher, firmer, and in some cases, even fuller... your waist will be narrow and trim and tight — the way it was always meant to be.

IF YOU'RE PRESENTLY IN YOUR FIFTYS...

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 flabbiness 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.

BEAUTY FROM THE INSIDE OUT

How come **BEAUTY FROM THE INSIDE OUT** succeeds where so many other beauty programs have failed? Because it's based on the simple, natural beauty techniques that work with your natural time-clock rather than against it. Instead of telling you to gloss phony "beautifiers" on the outside, it shows you exactly how to unlock deep, natural beauty from the inside, the way nature always intended you to. Here are just a few of the foolproof techniques that will soon be bringing out the glorious good looks and natural healthy sex appeal you were born with:

- How to let Nature give you a marvelous "face lift" while you sleep so you wake up looking younger and more alive.
- How to apply Nature's "Invisible Veil" for sealing in youth-restoring moisture (without it your face loses as much as a teaspoon and a half of precious moisture every day).
- Five unnatural things that make skin look old and "leathery" before its time — and how you can easily avoid them.
- The ideal water temperature for washing your face and how this can give you softer, smoother skin.
- A special kind of facial that can last up to ten glorious years.
- What to eat and drink to help your skin stay moist, soft, and smooth-looking.
- The fantastic improvement and youthfulness that can be gained from "tanning" skin.
- A simple thing to do for your skin at night to give it that "peaches and cream" look in the morning.
- What really causes pimples... and how to get rid of them forever.
- The PH Level that's right for your kind of skin and how this can give you a softer, smoother younger-looking complexion.
- The "magic" vitamin you can rub on your skin to fight off wrinkles... and keep skin moist and glowing.
- How the skin on your face can be as soft and smooth as the skin on your breast.
- A simple way to instantly add that healthy, youthful look of glow and color to your face.



ABOUT THE AUTHORESS

Barbara Johnston is the well known Feature's 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 firm and I have no tummy bulge whatsoever... 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.
- How to make your neck look younger and chin appear firmer — in seconds.
- How to keep your skin moist and luxurious in cold drying weather.
- How to recapture (in one month or less) the sexy good looks you may have thought lost to you forever.
- How to keep the sexy bloom you may be enjoying right now.
- How to reset your "Appetstat" (in less than two weeks) so you're never ever tempted to eat more than you should.
- This is an absolutely FOOLPROOF way of staying at your "natural weight" because from now on you'll only be hungry for what you need, never for what you want.
- The Lifetime Diet for Beauty and Health. An entire Seven-day menu has been prepared for you, from breakfast through scrumptious after-dinner snacks. Those slim, elegant French women have been eating this way for years. You'll find it hard to believe that a diet that's so wonderfully delicious can help you lose weight so fast!
- A slimming exercise that helps even

large, big-boned women look wonderfully slim and elegant.

- How to avoid chubby sausage arms... and what to do to slim them down if you already have them.
- An exercise for firming up flabby thighs that works so quickly your legs are guaranteed to look longer and firmer in less than two weeks.
- A relaxing, two-minute exercise for keeping breasts firm and high.
- A fanny-tightening exercise that feels good, is fun-to-do, and will help your derrière look cute and sexy, even in the tightest pants.
- A tummy tightening exercise that will have you looking inches slimmer at the waist in a few short days.
- AND MUCH, MUCH MORE!

These are just a few of the youth-restoring beauty techniques you'll find in **BEAUTY FROM THE INSIDE OUT**. There are literally hundreds more... and each and every one of them can help you achieve—quickly and easily and pleasantly — the luxurious, sensuous good looks that were meant to be yours for a lifetime.

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.

BEAUTY FROM THE INSIDE OUT costs only \$7.95 — less than you'd pay to have your hair set for Saturday night. Yet it's so much more of a help in making you look as pretty and young as nature always intended you to.

NO RISK COUPON

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I've enclosed \$7.95 plus \$1.00 postage and handling. Rush me **BEAUTY FROM THE INSIDE OUT** right away!

If I am dissatisfied in any way I may return the book (within 30 days please) for a complete and immediate refund.

Name _____
Street _____
City _____ State _____ Zip _____

IF I WERE TELEVISION PEOPLE...

Whose hair never musses, who can solve a mystery in record time, who's always cool when under fire? Not our author, though he wishes, sometimes, that he *was* as perfect as those TV folks.

BY RUSSELL BAKER

I wish I were television people. I'd be cool and have great hair. When I had to shoot somebody with a pistol, I would get him with the first shot, instead of missing him with all six, the way I do now.

Television people are always driving around in cars. I am always driving around in cars, too, but this is because I can never find a parking space. If I were television people, I would always drive right into a waiting parking space and get out of the car and go into a building and get beaten up.

I would look terrific going into the building, all suntanned and beautifully tailored, instead of looking flea-bitten, stoop-shouldered, and unpressed, the way I look now going into buildings. If I were television people, I would look

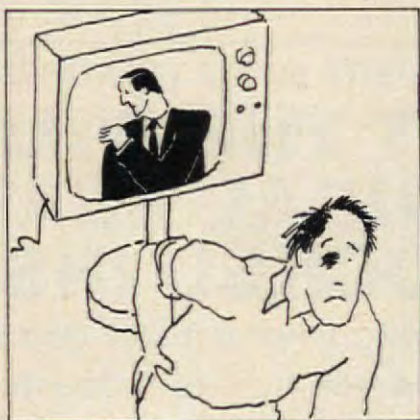
... I would have winsome, darling children who never needed \$1,500 worth of orthodontia.

cool getting beaten up because I would know that whatever they did to me, my great hair would look terrific just as soon as the beating was over.

If I were television people, my panty hose would never be saggy because little girls would not hesitate to hurt my feelings by telling me if they were, and I would change to improved, unbaggy panty hose. Thanks to a family obsessively solicitous of my hygiene, I would never want for mouthwash nor a shampoo to free me from the tyranny of dandruff.

As I drove to my waiting parking space, cool with my great hair, looking terrific in my suntan and perfect panty hose, I would have no fear of coming embarrassingly close to the people waiting to beat me up. Not with my mint-fresh breath and my great surfer's dandruff-free shoulders.

If I were television people I would



solve all murders in 50 minutes, which is only one-tenth the time it now takes me to solve the crossword puzzle.

All the women in my life would look like high-school prom queens in training for a centerfold portrait in *Playboy*, but they would be nice, clean, wisecracking girls with *magna cum laude* diplomas from the police academy, and whenever somebody tried to beat them up I would shoot him with my pistol and not miss with the first bullet.

Afterward we would go to our favorite hangout and I would tell them, with a cool little laugh line, how I got there in time to do the shooting. We would not hang around long over our ice-cream sodas, of course. No, siree, because I'd

... I would never have saggy panty hose.

have to rush right back in time to tell everybody that I was going to tell them some news right after these messages.

Not being television people, I always blurt out my news without prefatory messages, and it goes over like a lead cloud. Not long ago, for example, I was being beaten up by two bionic people who had been irritated because I had missed hitting them with all six bullets in my pistol. I rushed right home, burst

into the kitchen and said, "Guess who I just got beat up by!"

"Don't tell us before the important messages!" screamed the children.

"Two bionic people!" I cried, ignoring their pleas. They were disgusted and looked it. If I were television people, I would have winsome, darling, irresistibly charming children who had never been disgusted with their good old dad in their sweet little lives, and never needed \$1,500 worth of orthodontic braces or suffered from neuroses created by sinister schoolteachers either.


Television people have all the luck. They are always playing games and winning prizes. If I were television people, I would probably win an armchair that looked like a lot of beer kegs nailed together. And I would not tell the host that any sponsor who tried to palm off that chair as a prize would try to sell medi-

... I would have no fear of coming embarrassingly close to people.

cine-y breath, either, the way I would now. Not on your life. If I were television people I would jump up and down in ecstasy, clapping my hands, and squealing with joy, and then kiss the host right on top of his great hair.

Most of us, alas, cannot be television people. As F. Scott Fitzgerald remarked to Ernest Hemingway in their famous conversation, "Television people are different from you and me."

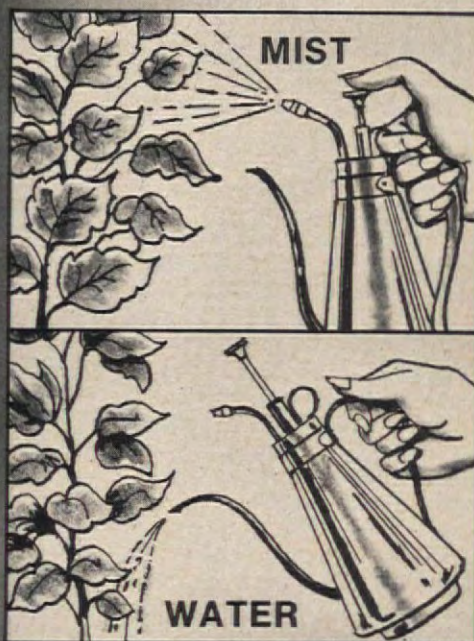
"Yes," said Hemingway, "their panty hose never sag."

This enraged Fitzgerald. He challenged Hemingway to put on the gloves and they went three rounds without either one beating up the other. It was duller than Shakespeare on public television, and ever since then "Charlie's Angels" has easily beaten both of them in the ratings. 

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8463-200 (Ontario & Quebec residents add sales tax)

SOUP'S ON

continued from page 51

FOUR SEASONS PUREE OF VEGETABLES POTAGE

(Shown on page 50.) From the famous Four Seasons Restaurant in New York comes a soup with the wonderfully light, delicate flavor of all that's good in winter vegetables. You may add or omit any vegetable. The homemade stock is a must, but the rest is up to you.

Working time: 10 minutes

Cooking time: 2 hours, 15 minutes

- ¼ pound butter or margarine
- 3 celery stalks, cut into chunks
- 1 medium onion, coarsely chopped
- 1 leek, coarsely chopped, including about 1 inch of the green tops
- 4 cloves garlic
- 2 large tomatoes, peeled, seeded, and diced
- 2 medium potatoes, peeled and diced
- 1 large stalk broccoli, coarsely chopped
- 6 large mushrooms
- ½ yellow turnip, peeled and diced
- ½ small head cabbage, shredded
- 1 zucchini, unpeeled, diced
- 3 medium carrots, peeled and sliced, about 1½ cups
- 1 veal knuckle or beef soup bone
- 6 cups water
- 1 pint heavy cream
- 1 pint milk
- 2 tablespoons salt

½ teaspoon fresh black pepper to taste
Parsley sprigs for garnish

In heavy 6-quart saucepan, melt the butter over medium-low heat. Add celery, onion, leek, and garlic. Sauté gently, stirring frequently until tender but not browned, about 5 minutes. Add the other vegetables and bone. Cover with water and bring to a boil. Reduce heat to low and simmer covered two hours, or until vegetables are quite soft. Remove bone and discard. Whir 1½ cups vegetables at a time in container of food processor or blender at high speed until puréed. Repeat until all vegetables are puréed. Return to large saucepan. Stir in the cream and milk. Simmer over low heat, stirring constantly, until soup is heated through. Season with salt and pepper, garnish with parsley. Makes 12 servings (283 calories per serving).

UKRAINIAN BORSCHT

(Shown on page 51.) There is great controversy about whether this hearty many-vegetable soup comes from the Ukraine or from Russia, and there are as many recipe variations as there are spellings of the soup's name. The only ingredient that is constant is beets.

Working time: 10 minutes

Cooking time: 2 hours, 45 minutes

- 2 pounds soup beef with cracked soup bones
- 2½ quarts cold water
- 1½ pounds beef brisket, cut into 1-inch chunks

- 1 medium carrot, sliced
- 1 stalk celery, cut into chunks
- 1 leek, sliced
- 1 bay leaf
- 10 whole black peppercorns
- 1 clove garlic
- Few springs of parsley
- 8 medium beets, unpeeled
- 1 cup shredded cabbage
- 2 large onions, quartered
- 3 large potatoes, cut into eighths
- ¼ cup tomato purée
- 2 tablespoons cider vinegar
- 2 teaspoons sugar
- 2 teaspoons salt

Sour cream for garnish

In a heavy 6-quart pot, simmer the meat and bones in the water over medium-low heat, about one hour. Add carrot, celery, leek, bay leaf, peppercorns, garlic, and parsley. Cover tightly and bring to a boil. Reduce the heat and simmer slowly one more hour. In a separate saucepan, boil beets, unpeeled, until tender, about 40 minutes. Slip off skins. Cut each into eight pieces. Remove bones and meats from soup; discard bones. Strain the soup, discarding vegetables and flavoring materials. Return the meats and liquid to the pot and add cooked beets, cabbage, onions, potatoes, tomato purée, vinegar, sugar, and salt. Simmer, covered, 40 minutes.

TO SIP WITH SOUPS

Robust red wines are the best choices for hearty soups. Fine vintage wines are rarely served with soups—especially the liberally spiced or garlicky ones—since aggressive flavors affect the palate and the delicate nuances of elegant wines are lost.

With spicy, peasant soups, such as Soupe au Pistou and Mulligatawny, serve an earthy red table wine from California or New York state. Any of the mountain-type jug wines is fine, or try a pleasing Italian Chianti or French country wine such as Corbières.

A light, crisp white wine like an Italian Soave, French Muscadet, or California Johannisberg Riesling would be a great companion for the cream-based Four Seasons Purée of Vegetables Potage.

The best wine to serve with strongly flavored Brazilian Black Bean Soup? A dry fino sherry such as Manzanilla is perfect, especially when lightly chilled.

No wine is recommended for the Ukrainian Borscht. The sharply tart flavor of this soup would battle the flavor of any wine. Instead, a very small, very cold glass of vodka would make some pleasurable sipping with the borscht and a chunky slice of good black bread.

Skim the excess fat. Taste and season. Garnish with sour cream. Makes 12 servings (466 calories per serving).

BLACK BEAN SOUP

This Brazilian favorite is delicious, economical, and easy to prepare. The hint of rum adds a special flavor. Serve with a green salad and some crusty bread.

Working time: 20 minutes

Cooking time: 3 hours, 25 minutes

- 1 pound dried black beans
- 1 tablespoon salt
- Boiling water
- 4 cups chicken stock, fresh or canned
- 2 tablespoons corn or other vegetable oil
- 1 cup finely chopped onions
- 2 teaspoons finely chopped garlic
- ½ pound finely chopped lean cooked ham (about 2 cups)
- 1 large firm ripe tomato, peeled, seeded, and finely chopped or ½ cup chopped drained canned tomatoes

- ½ teaspoon ground cumin
- ¼ teaspoon freshly ground black pepper
- ¼ cup dark rum

In a colander, wash beans under cold water. Put beans in a heavy 4-quart saucepan; add salt, and pour in boiling water to cover the beans by at least 2 inches. Return to a boil over high heat, reduce the heat to low, cover partially, and simmer for 2 to 3 hours, or until beans are tender. Drain beans, reserving cooking liquid. Cool. Add enough chicken stock to bean-cooking liquid to make 6 cups. Combine 1 cup beans and 1 cup liquid at a time in container of electric food processor or blender. Whir at high speed until the beans are pulverized, but do not purée them too finely. Scrape the mixture into a large bowl with a rubber spatula. Repeat until all beans are puréed. (Or press them through a fine sieve with a spoon, and then stir liquid into purée). In heavy 5-quart saucepan, heat oil over moderate heat. Add the onions and garlic, and, stirring frequently, cook for 5 minutes, until they are tender but not brown. Stir in ham, tomato, cumin, and pepper. Bring to a boil, and cook, stirring frequently, for 5 minutes. Add bean purée, and simmer over low heat for 15 minutes, or until the soup is heated through. Stir in rum. Taste for seasoning. Ladle the soup into a large tureen or individual soup plates and serve it at once. Makes 8 servings (347 calories per serving).

MULLIGATAWNY

This curry-flavored soup derives its name from the Indian "mulegoothani" or pepper water. Mulligatawny as we know it is made with chicken stock. This recipe includes coconut milk, which gives it richness and a delicious flavor.

Working time: 5 minutes

Standing time: 15 minutes

Cooking time: 45 minutes

(continued on page 68)

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Address _____ City _____ State _____ Zip _____

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SOUP'S ON

continued from page 66

- 2 cups grated fresh coconut or unsweetened flaked coconut
- 2 cups heavy cream, scalded
- 3 pound fryer, quartered and skinned
- 4 cups boiling water
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon fennel seeds, crushed
- ½ teaspoon turmeric
- ¼ teaspoon mustard seed, crushed
- 1 2-inch stick cinnamon
- 8 peppercorns
- 1 teaspoon salt
- 1 tablespoon corn or other vegetable oil
- 1 onion, chopped
- 2 cloves garlic, crushed
- 4 teaspoons flour
- 2 tablespoons lemon juice
- 1 cup cooked rice

In large bowl place 2 cups coconut with scalded heavy cream. Let it stand for 15 minutes. Strain through cheesecloth, squeezing out all liquid. If necessary, add water to make 2 cups coconut milk. In a 6-quart saucepan combine chicken with boiling water, coconut milk, coriander, cumin, fennel seeds, turmeric, mustard seed, cinnamon, peppercorns, and salt. Bring to gentle but not rolling boil. Reduce heat to low and simmer until chicken is done (about 25 minutes). Cut chicken into chunks. In a small skil-

let heat oil, and sauté onion and garlic until soft but not browned. Stir in flour, tossing until onions are well coated. Add to the chicken mixture, and simmer for 5 minutes. Remove from heat, stir in lemon juice, and serve with rice. *Makes 6 servings (675 calories per serving).*

SOUPE AU PISTOU

(Shown on page 50.) In southern France in colder weather, this slow-simmering soup of vegetables and pasta appears on the table often. The pistou, a ground combination of basil, cheese, and garlic, is added just before serving this hearty soup that's a meal in itself.

Working time: 30 minutes

Standing time: 1 hour

Cooking time: 2 hours, 15 minutes

3 cups water

¾ cup dry white beans (Great Northern, marrow, or navy)

¼ cup olive oil or other vegetable oil

1 cup diced onions

1 pound tomatoes, peeled, seeded, and coarsely chopped (about 1½ cups) or 1 can (1 pound) tomatoes

3 quarts water

1½ cups diced carrots (about 2 medium carrots)

1½ cups diced boiling potatoes

1 cup coarsely chopped leeks, including about 1 inch of green tops

½ cup coarsely chopped celery leaves

1 tablespoon salt

½ teaspoon freshly ground black pepper

1½ cups fresh green string beans, cut into 2-inch pieces

1½ cups unpeeled zucchini, cut into ½-inch cubes

½ cup uncooked vermicelli, broken into 2-inch pieces

2 pinches crumbled saffron threads or ½ teaspoon powdered saffron

Pistou (recipe follows)

Bring 3 cups water to a boil in heavy 3-quart saucepan. Drop in the dry beans and boil them for 2 minutes. Remove from heat, and let stand for 1 hour. Return pan to low heat. Simmer uncovered for 1 to 1½ hours, or until beans are tender. Drain beans. Reserve the cooking liquid. In another large, heavy saucepan, heat oil. Stir in onions. Cook over moderate heat until onions are tender and golden, then add the tomatoes and cook for 3 or 4 minutes longer. Pour in 3 quarts water and bring to a boil over high heat. Add the carrots, potatoes, leeks, celery leaves, salt, and pepper; reduce heat and simmer uncovered for 15 minutes. Stir in the white beans, their cooking liquid, green beans, zucchini, vermicelli, and saffron, and simmer for 15 minutes, or until the vegetables are tender. Taste and season. To serve, ladle the soup into a tureen. Thin pistou with ½ cup of soup stock and stir it into the soup. Sprinkle in the optional crumbled bread. Pass the rest of the grated cheese separately. *Makes 12 servings (278 calories per serving).*

PISTOU

Working time: 5 minutes

5 garlic cloves, finely chopped


½ cup finely cut fresh basil or 5 tablespoons dried basil

2 tablespoons tomato paste

2 cups freshly grated Parmesan cheese, divided

6 tablespoons olive oil

1 small slice stale French bread, finely crumbled (optional)

With large mortar and pestle (or back of a wooden spoon and heavy bowl), pound garlic and basil into a paste. Work in tomato paste and ½ cup cheese, then beat in 6 tablespoons of olive oil, 1 tablespoon at a time. Pistou may be prepared at any time and stored in a tightly covered container until soup is ready. Do not use electric blender because it will make too smooth a mixture. Pass remaining cheese at serving time. 

EYES: ON THE LOOKOUT

continued from page 45

Meanwhile, if your eyes are puffy in the morning (caused by an accumulation of fluid from the sinuses), try sleeping on two thick bed pillows at night, to prop your head up a little and help sinus fluids drain downward.

Follow these smart eye-care habits:


- When watching television, have plenty of light in the room. Otherwise, the glare from the screen can strain your eyes. Look away at least every 20 minutes or so, and try to sit neither too close nor too far from the screen.

- When you do any sort of close work, such as sewing or reading, again, try to rest your eyes every 20 minutes or so by focusing on something far away. This will help prevent fatigue.

- If you type a lot and touch carbons or ribbons, keep hands away from your eyes. Smeary black carbon is a terrible irritant, which won't do your complexion any good, either.

- Don't use over-the-counter eyedrops too frequently when your eyes are tired or bloodshot. They may indeed clear eyes, but they accomplish this by shrinking capillary blood vessels, which many doctors think prevents the eye from healing itself.

- Try "palming" for tired eyes. Place the palms of your hands directly over your eyes and visualize black fur or black velvet. Do this for three minutes at a time, trying to relax neck muscles at the same time.

- For desk work, your best bet is a Luxo lamp that has a mixture of fluorescent and regular light. This mixture is easier on the eyes than fluorescent light alone, which can be so fatiguing that people in offices often wear slightly tinted glasses to counteract its aggressive glare. Best of all, place your desk near a window, turn off all lights and let the sun take over. 

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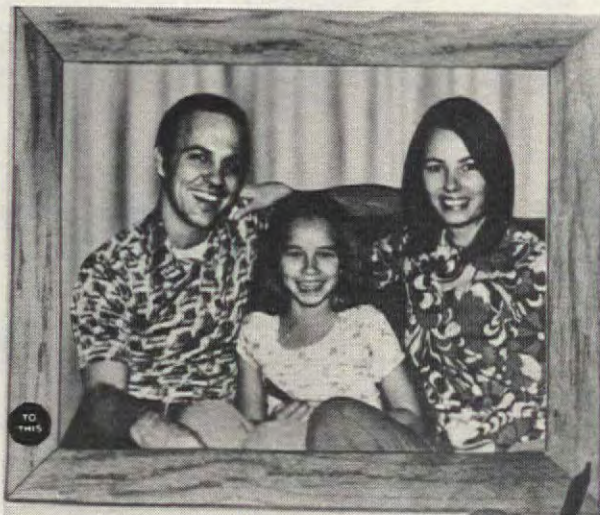
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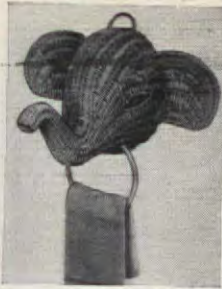
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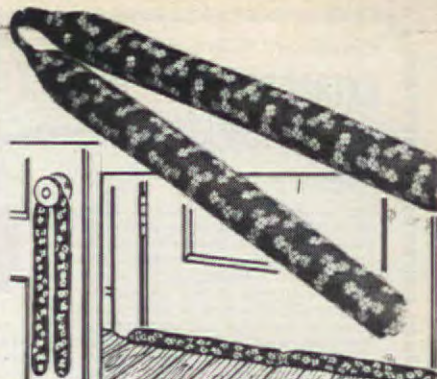
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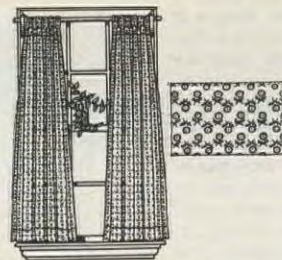
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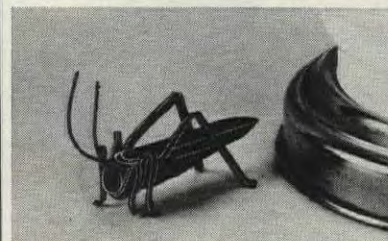
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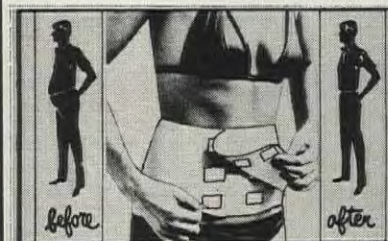
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Yes, LOSE up to 6 POUNDS the first 48 HOURS — LOSE up to 12 POUNDS the first 7 days — LOSE up to 4, 5, even 7 POUNDS MORE the next 7 days — and continue to burn away as much as 7 to 9 pounds more fat every 2 weeks thereafter, (if you still need it) . . . until you've finally lost 50 — 70 — 100 pounds OR MORE . . . without fasting, without constant willpower, without constant pangs of hunger or a single moment of body-racking exercise!

Recommended by the U.S. Government's very own doctors to members of Congress who want to lose weight fast . . . Hailed as the weight-loss "breakthrough of the century" by leading medical journals . . . here at last is the most effective NO-DRUG program for FAST — INSTANT — PERMANENT LIFETIME WEIGHT-LOSS ever made available to the public without a prescription!

WORKS SO FAST THE FIRST WEEK ALONE YOU LOSE AS MUCH AS 1½ TO 2 POUNDS OF BOTH FLUID AND FAT EVERY 24 HOURS! Direct from the pages of the N.Y. Times and Reader's Digest comes reports of an incredible "fat burning" breakthrough by medical researchers at one of Boston's foremost medical schools! Reports of a new "crash-loss" program (featuring a remarkable natural substance) that safely yet surely steps up FAT-BURNING METABOLISM . . . forces your system to ATTACK bulging pockets of fat . . . and starts to shrink and burn that fat in just a matter of hours!

Yes, from one of New England's leading medical centers comes the new SUPER FAT-BURNER way to turn up your "inner furnace" . . . unlock those clinging pockets of fat . . . break them down SO FAST . . . you burn off excess bulge at the unbelievable rate of up to 6 POUNDS of both fluid and fat GONE the very first weekend alone!

Think of it! You actually burn away more fat each 24 hours than if you ran 12 to 14 miles a day! Lose more inches each week than if you did 300 sit-ups each morning and 300 push-ups each night! Actually LOSE as much as a FULL SIZE THE FIRST 7 DAYS . . . and from 3 to 5 inches off your waistline the very first month!

That's right! Weight-loss results and inches-off wonders that absolutely stagger the imagination. Just look:

U.S. ARMY OFFICERS LOSE WEIGHT 3 TIMES FASTER THAN EVER BEFORE!

Case History #1: When medical researchers in Boston, New York, Philadelphia and Los Angeles first tested this new hi-amino concept on a scientific weight-loss program . . . they reported astonishing results of as much as 12 POUNDS LOST IN JUST THE FIRST 7 DAYS! — 16 to 18 pounds gone by the end of week number two — and most mind-boggling of all — U.S. Army Officers actually losing weight 3 times faster than ever before! As much as 50 POUNDS GONE, like that!

WAISTLINES SHRINK UP TO 3 INCHES IN 7 DAYS — A FULL 5 INCHES SMALLER IN A SINGLE MONTH!

Case History #2: When first rumors of this

medical breakthrough leaked out to professional actors, actresses and celebrities . . . they immediately rushed to the offices of America's leading weight-loss specialists to get their hands on this "magic compound"; and no wonder! Because the first week alone they carved away as much as 2 pounds a day . . . 13 pounds a week . . . were forced to take in their belts 3 notches smaller in just 10 days!

DOCTORS REPORT: AVERAGE LOSS — 57 POUNDS!

Case History #3: But most significant of all . . . when universities, hospitals and medical schools, (such as New York's Leading Medical School and Cleveland's largest hospital) tested this newly discovered "crash-loss program" on patients who all their lives had been hopelessly overweight . . . they reported astonishing losses of as much as 2 pounds a day at the start . . . 20 to 30 pounds a month . . . as much as 70 pounds lost over a single summer season! — by simply stepping up their fat-burning metabolism and burning, melting, oxidizing 50, 70, 100 pounds of hard-set fat . . . FASTER, SURE than they had ever dreamed possible!

WORKS LIKE "POWDERED HEAT" — MAKES YOUR INNER FURNACE BREAK DOWN BODY FAT!

What is this wondrous new development that helps safely stimulate fat-burning metabolism and shrink your body's fat cells the moment it starts working in your system? It is a totally new concept in the war against fat. An ANTI-FAT WEAPON unlike anything you've ever seen, or tried in your life. A FAT-BURNING aid that helps you convert body fat to body fuel AUTOMATICALLY . . . and EVAPORATE excess pounds and inches starting the very first day!

Think of it! A medically proven formula that is such an effective reducing aid . . . that when combined with the food you eat on this "crash-loss" program . . . burns off as much fat each 24 hours as if you jogged up to 14 miles a day . . . or played 3 hours of tennis in the most brutal heat!

The name of this wondrous amino formula is "THERA-SLIM-100" and here is precisely how you use it to win the body and figure of your dreams as you:

LOSE UP TO 4 TO 6 INCHES OFF YOUR WAISTLINE
LOSE UP TO 2 TO 5 INCHES OFF YOUR HIPS
LOSE UP TO 3 INCHES OFF YOUR THIGHS
LOSE UP TO 4 INCHES OFF YOUR BUTTOCKS
LOSE UP TO 4 INCHES OFF YOUR STOMACH

and as we've said before, starting not in weeks, but in mere days.

HELPS YOUR BODY CONVERT STORED UP FAT TO BURNED UP ENERGY! At this very moment — having read this far — you are but one short step away from LIFETIME IMMUNITY TO FAT! Now comes your FINAL

GIANT STEP into a whole new world of LIFETIME SLIMNESS.

Of course, there is one thing you must keep in mind. With the "THERA-SLIM-100" way to LIFETIME SLIMNESS you cannot gorge yourself on all sorts of fattening foods, candies and desserts. Not that you'd ever want to, because with "THERA-SLIM-100" — due to your new, stepped up metabolism — besides enormous weight-loss you also experience a loss of hunger. Which makes it one of the easiest ways to lose weight fast. Now here's how simple it is:

STEP #1 — YOU EAT

In addition to the wide and tasty selection of food you enjoy morning and night, (all scientifically programmed to help maintain a high-level of FAT BURN-OFF)

STEP #2 — YOU TAKE "THERA-SLIM-100"

hi amino compound.

Once a day, you take "THERA-SLIM-100" in a glass of water, (just like refreshing fruit juice). This hi-amino intake helps keep the fat-burning chain-reaction going ALL 24 HOURS OF THE DAY — NON STOP!

STEP #3 — YOU HAVE AUTOMATICALLY STEPPED UP YOUR FAT-BURNING METABOLISM — SO YOU AUTOMATICALLY BURN OFF EXCESS WEIGHT!

In virtually no time at all, you make your inner furnace accelerate fat burn-off. Safely, gently, yet surely you cause a gradual change in your fat-burning metabolism as you "rev-up" that inner furnace.

The result: Your body begins to eliminate stored-up fat and fluid at a rate so incredibly fast, the very first weekend alone YOU DRAIN AWAY AS MUCH AS 5 OR 6 POUNDS!

In short, with the "THERA-SLIM-100" weight-loss program, you force your body to automatically convert body fat to body fuel . . . automatically shrink fatty cells . . . drain off excess flab . . . flush it right out of your system ONCE AND FOR ALL!

Never before has medical science offered you a surer, faster, more effective weight-loss method. (short of total fasting) than this super fat-burning breakthrough development at one of Boston's Leading Medical Schools.

THE FACTS ARE IN! THE RESEARCH IS DONE! THE INCREDIBLE WEIGHT-SLASHING RESULTS HAVE BEEN PROVEN BEYOND A SHADOW OF A DOUBT BY MEDICAL SCHOOLS

— HOSPITALS — DOCTORS — AND SCORES AND SCORES OF OVERWEIGHT PATIENTS! NOW THE FINAL STEP IS UP TO YOU!

REMEMBER: You must see dramatic results in just 24 hours — results you can measure with both your scale and your tape measure — you must lose:

up to 6 lbs. the first 48 hours
up to 12 lbs. the first 7 days
up to 7 lbs. more the next 7 days

or it costs you nothing! Simply return within 10 days for full refund (except postage and handling, of course). Act now!

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MAIL NO-RISK COUPON TODAY
Mead-Wilson Pharmacal, Dept. JPD-33
Caroline Road, Philadelphia, PA 19176

Yes, I want to burn away excess weight fast and permanently with this doctor's "crash-loss" program featuring amazing new high-amino compound "THERA-SLIM-100".

Please rush me 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, of course).

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IF YOU READ NOTHING ELSE — READ THIS!

What you see on this page is the announcement of the latest breakthrough by medical science in the war against fat. Developed at one of Boston's leading medical schools, the incredible weight-loss results this new "crash-burn" program delivers are so astonishing (average loss 57 lbs.) it has been featured in every leading medical journal . . . given headline coverage in such outstanding publications as Reader's Digest and the New York Times, to mention just a few; Aside from — ABSOLUTE STARVATION — there is no surer, faster, more effective way to slash away pounds and inches than with this Boston Medical School discovery.

However, before starting we advise you to consult with your physician to be sure you are in normal health and your only problem is obesity. Individuals with gout, heart disease, diabetes or pregnant women should not use it at all. As a matter of fact, we insist that you show this entire program to your family physician . . . have him check you regularly to make sure you're not losing too much, too fast . . . and advise when you've lost enough. See if he doesn't agree that the "THERA-SLIM-100" road to Lifetime Slimness, including the recommended progressive daily toneup, isn't by far the most effective approach to the conquest of obesity ever developed by medical science.

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—says E.F. of New Jersey

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BEYOND THE BAKE SALE

continued from page 21

for You) to encourage girls to stay in school and to direct them toward the resources—vocational schools, job training programs, universities—that could provide them with the skills they need to get the jobs they want.

Perhaps the single most important challenge facing traditional women's groups today is the need for leadership training. In the early days, when women's decision-making role in community life was limited, if women in a particular area wanted something done, they organized and did it themselves. Today they realize, if they want action, their leaders must be experienced in modern business and management methods. Most groups have initiated training programs and seminars for their directors. Recently, the YWCA became the first women's group to have its executive and staff training workshops endorsed for college credit by the American Council on Education.

"Women tend to underestimate themselves," explains Vice-mayor Young of Fort Lauderdale. "But little by little they are realizing they can run things. Women who used to be content licking envelopes are now moving into leadership positions in their organizations. And as companies and institutions seek women directors, they are beginning to look not only at university degrees and military service but at women's achievements in these groups. Women can do it, it's just a question of expanded efficiency."

Martha Edens of CWU recognizes the same trend in her organization: "Through their participation in community service groups over the years, many

consider: Congress vs. the President, Panama and the U.S., nuclear proliferation, and moral values in foreign policy. The questionnaire, which included background information on the

"People tend to think of the typical clubwoman as strongly influenced by her husband, but our women think for themselves."

—Jewel Hamilton, General Federation of Women's Clubs

issues, drew 326,000 responses. The State Department was so impressed with the results of the survey that the GFWC has been asked to conduct another study this year.

"People tend to think of the typical clubwoman as strongly influenced by her husband," says Jewel Hamilton, explaining GFWC positions, "but our women think for themselves. They study the issues and they take a stand."

Besides knowing how to use the strength of their numbers, women's groups have learned to work with other groups, to form coalitions on issues of mutual concern. "One thing we're learning," says Irma Finn of BPW, "is that each group doesn't have to reinvent the wheel. If we have a program, other groups do, too. It's in the interest of everyone to work together."

Many women's groups are finding the

lems. As more and more women join the work force, these groups, many of which are built around volunteer service, are having difficulties recruiting new members. Many older clubs are losing membership as new women's groups inspired by the women's movement spring up.

Funding remains another headache. Parallel men's groups (i.e., Boy Scouts, YMCA's, etc.) still receive almost twice as much support as their female counterparts. According to YWCA's Kit Kolchin, "Though women's groups have made great strides, there is still a lot of lip service going on and funding is always a problem. No matter what we do, there's still an extra step to take because we're women."


In spite of the perennial difficulties with recruiting and funding, philosophically speaking, women's groups have never been stronger. The concept of separate organizations for women has gained new impetus from the women's movement. According to Edith Phelps of Girls Clubs, "Paradoxically, to stand as equals, girls need time to stand apart. . . . Girls Clubs will always focus on the special place apart where girls may sharpen their personal resources,

"We're out to dispel the old myth that women can't work together."

—Louise Wheeler, National Federation of Business and Professional Women's Clubs

deepen their human commitments, and acquire that necessary sense of female personhood which will enable them to feel secure in themselves and essential to the complex world in which they live."

Also, the women's movement is fostering a closer understanding between traditional and activist groups. "One very significant change," according to CWU's Martha Edens, "is that NOW has shifted its position toward service organizations. They originally had a very hard line against volunteer work, but we are coming to realize that we all have common goals."

This month thousands of women, representing every type of women's group and interest, are convening in Houston to work out a list of common objectives for the U.N.-declared Decade for Women. It symbolizes the realization that if there is to be a women's movement at all, it must be as broad-based as possible, a principle that traditional women's groups have always understood. "Unity in Diversity" has been the motto of the General Federation of Women's Clubs for almost a century. 

UNITED WAY ALLOCATIONS TO AGENCIES—1976

Boys Clubs	\$22,131,019	Girls Clubs	\$2,764,667
Boy Scouts	35,868,568	Girl Scouts	21,916,114
		Camp Fire Girls	6,168,551
YMCA	42,216,719	YWCA	25,393,405
TOTAL	\$100,216,306	TOTAL	\$56,242,737

Courtesy of Girls Clubs of America

women have gained expertise in areas such as social action, education, and health. Increasingly, these women are being called on to take community leadership positions outside their organizations based on these skills."

If women as individuals are just beginning to realize their leadership potential, women's organizations with their claims to large, diversified memberships (GFWC has 500,000 members in this country and 10 million worldwide) are aware of their potential influence. Last year the General Federation of Women's Clubs broke new ground in a foreign-policy survey conducted among its membership. The organization selected four topics from a list for women to

Women's Action Alliance, a clearing house for information about women's activities around the country, to be one of the best ways of keeping in touch with other organizations and getting together on issues. Recently the Alliance sponsored a National Women's Agenda of 11 issues affecting women, with emphasis on passage of the ERA. The agenda has been supported by more than 100 women's organizations, representing 33 million women. "We're out to dispel the old myth that women can't work together," explains Louise Wheeler of BPW.

Despite the continual updating of programs and perspectives, traditional women's groups are not without prob-

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QUESTIONS AND ANSWERS

BY SARA STEIN

Q. My neighbor's German shepherd puppy continually chases and bites at the end of his tail. He does it so frequently, he's pulled all the hair out, leaving it completely bare. We wonder if this could be caused by worms, or is it just boredom?

—M.C., Vista, NY

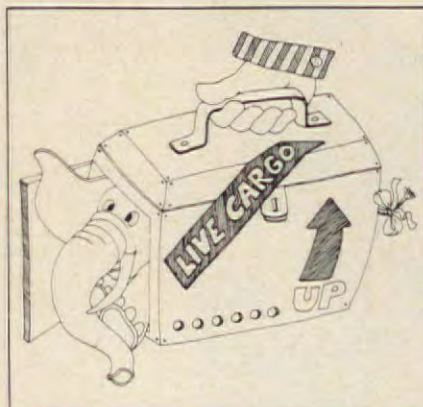
A. Puppies and kittens will often spot their tail in the corner of their eye, and playfully chase or pounce on it. However, the constant chasing and biting you describe does not sound like normal playfulness. Worms, which cause anal itching, would prompt the dog to drag his rear end along the ground rather than bite the end of his tail. I think your second guess is correct; boredom and loneliness, especially in young animals, can lead to self-destructive behavior. The problem could be cured by your neighbor's providing him with more company, attention and play.

Q. We wish to send a puppy to a friend on the east coast, but we're worried about the dog being injured in shipment. What's the safest way to send her a long distance?

—T.J., Ames, IA

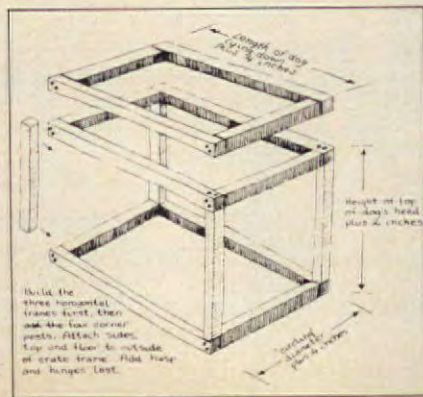
A. Animals are frequently safely shipped over long distances by plane. Your puppy will have to be at least eight weeks old before she's sent on a journey like this. Call the airline that you'll be using to ask for regulations governing the care of animals in transit. You may be required to obtain a health certificate, and if the dog is to be in transit for more than 12 hours, you will always have to supply food, water, and instructions for care. I suggest dry food and crockery dishes that will not tip easily. Most airlines have crates that can be purchased from them to ship a pet, but if you want to insure an absolutely safe journey for your dog, you might want to build one this way:

First, measure the puppy when she's in a sprawled-out sleeping position. Use that dimension plus 4" for the length of the crate floor. Watch her as she circles before lying down. The diameter of that circle plus 4" should determine the width for the floor. Now measure her height to the top of her head in a sitting



or standing position. That measurement plus 2" is the height of your crate. Only a crate this generous in size will assure your dog's comfort during her travels.

The material you use should be strong enough to withstand some bumping. The frame for a small crate should be made from 1" x 1" lumber; for a large crate, 2" x 2". When constructing the frame, use both nails and glue, or screw the frame together. The floor of the crate should be a solid piece of wood so urine doesn't leak through. Both the floor and the top can be 1/4" plywood or 1/8" composition board. The sides have to provide ventilation, so use either wood lath, leaving 1/2" between slats, or pegboard for two of the sides; if all sides of the crate are solid wood, you'll have to drill a row of holes 2" from the bottom on opposite sides of the crate. The other two walls can be solid. Place rigid handles on the ventilating sides for easy handling and to prevent other cargo from cutting off ventilation. Hinge the top so the puppy can be taken out and cared for during the trip, if necessary.



To be sure she can't push the top open, use a small hasp (the sort intended for use with a padlock) and clip the two pieces together with a sturdy spring catch from a dog leash. Shred newspaper to make an absorbent bedding, which will serve as good insulation, too.

Last, mark the crate LIVE CARGO in capital letters, indicate the upright position with arrows, and tape any instructions to the top surface. I wish your pup a comfortable journey, and hope your friend will enjoy his new pet.

Q. A year ago, I bought my daughter a pet goldfish. We have gone through six goldfish since that time, each one surviving only a month or so. Whenever one dies, my daughter gets terribly upset, but she asks for a replacement each time. Do goldfish always die so quickly? Should I keep replacing them?

—S.L., Chicago, IL

A. Goldfish can be kept for a very long time as pets—certainly for five years and occasionally much longer. But the care of any fish is not at all easy. In general, the hardest goldfish variety is the plain-looking comet. However, even *this* adaptable relative of the carp will die from common environmental problems such as rapid temperature change, depleted oxygen from decaying food, lethal chemicals such as chlorine or copper in the tank water, or from any number of diseases that can be carried from one pet fish to the next if the tank has not been disinfected before the new one is added. Any of these reasons could be why your fish are not surviving. To analyze the problem more accurately, ask your librarian to recommend a good book on the subject, or consult a friend or neighbor who successfully collects tropical fish.

As to whether or not a pet should be so promptly replaced, I'd have to say no. Wait a decent interval until you know more about caring for goldfish before you try again.

We invite readers to send their questions about pets to: *Pet Show*, American Home, 641 Lexington Ave., New York, NY 10022. Sorry, we can't promise personal replies.



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**COHABITATION VS. COMMITMENT**

In "Living Together" (October) C.B. Abbott states: "Couples who select cohabitation . . . often cite the frailties of marriage as an institution. They say for example: One out of three marriages ends in divorce or permanent separation."

Well, now, let's be serious. Since the establishment of the wedded state the world has seen billions of happy, successful marriages. If the institution has suddenly become a social bummer, it is possibly because the participants are no longer qualified to handle the responsibility. Many enter the married state blindly, selecting unsuitable partners in the first place. Others choose not to work at their roles, through selfishness, laziness, or lack of emotional maturity.

And now the millions of unmarrieds playing house together are proving beyond a doubt that they don't even intend to try to build an enduring relationship. In demonstrating their love through cohabitation, they will never know the meaning of the word commitment, will never experience the self-abandonment, the drama, and the exquisite gratification of the truly dedicated husband or wife.

Virginia Driscoll
Braintree, MA

THE GIRL NEXT DOOR

I read your October "Living Together" section with great interest. My lover and I wanted the closeness and spontaneity of living together, but we also wanted the freedom of having our own living arrangements. We solved our dilemma by buying a duplex in Denver's residential Washington Park area. After knocking a hole in the common living room wall, we added a sliding door. Now we can move freely between our two "houses" and be together when we want; or, by shutting the door, maintain our separate spaces.

We each pay a \$211/month mortgage, less than most two-bedroom apartments. Plus we have the bonus of two kitchens for holiday entertaining; two extra bedrooms provide plenty of guest space. We only needed one dining room, so the other one became a music room.

Our tastes are quite different and having separate houses gives both of us the freedom to express our unique decorating styles. In addition, we have the opportunity to maintain our separate lifestyles, our careers, and our friends, but we also have our life together, our

love for each other, our mutual friends, and the emotional closeness of our intimate open relationship.

Lee Ashmore
Denver, CO

DEVIL OR ANGEL?

I really enjoy American Home because you do not talk down to women but realize they are intelligent, creative individuals. It's refreshing not to find 80 different ways to serve gelatin dessert to a macho husband. I loved "The Littlest Angel" (October), and I talked my father-in-law into making the chair for my daughter.

Diane Keenan
Waldwick, NJ

Annie Hatcher had her head in the clouds when she dreamed up her fantasy chair. As the mother of two toddlers, I can see that star on the chair is a real lethal number. A child could poke his eye out or require 15 stitches on the forehead if Mom hammered this sweet little thing up for him. . . . Otherwise, it's a cute idea.

Sherrie Fast
Goleta, CA

EXPLOSION AFTERMATH

"Exploding the Myth of Casual Sex" (October) made more sense to me than anything I've read in a long time. It is exactly what I have been trying to say. I want to thank Craig Gilbert for expressing my beliefs so well and also for restoring my faith in men.

Kay Thomure
Wheaton, IL

I don't believe a word of what Craig Gilbert says. From my experience, even with my husband, the male embraces "casual" sex in exactly the way it's defined: feeling or showing little concern. Gilbert simply wants to have his cake and eat it, too, and is also using the classic method of the male to excuse his actions, i.e., buckpassing. Now that women are doing what the male has been doing for the millennia and he finds that his feelings are exactly what the woman's have always been, he doesn't like it.

Too bad. This is a healthy sign in women. Women no longer have to depend on the male for love, a love which they rarely got. They can depend on only themselves and finally realize this and can be free to achieve their own self respect and any sex they need.

Mrs. Anonymous

I would be very concerned and agree with Gilbert's article were it not for the fact that 30 percent of the magazine market is devoted to such male-entertainment magazines as Playboy, Penthouse, and Hustler, whose credo has always been and is now "shoot for the score." With that kind of message in those bibles for males, I hardly think that Gilbert's article is accurate.

It's strange that males never heard the pleas of women for love, compassion, concern, caring, etc., before—when women were the only ones doing the pleading and were the sole recipients of such humiliating and callous treatment. Therefore, my reaction is: My heart bleeds. Ho Hum.

Priscilla Clark
Middletown, NY

Why don't we quit calling it "making love" and title it by its true name—"making sex," "mating," or "coupling"—and leave the term "love" for a committed and cherishing relationship of more permanent duration (hopefully).

Mrs. L. G. Ott
Havre, MT

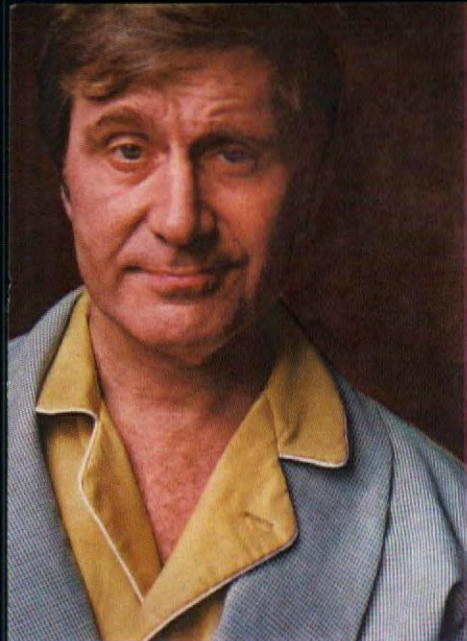
APPLE TEMPTATION, CONT'D

Is it really possible to bake a pie safely in a paper bag as Gale Steves states in "American Classic Updated" (October)? The Paper Bag Apple Pie looks delicious and I'm tempted to try it, but I'm afraid. Please reassure me.


Carole A. Shinkewicz
Norwich, CT

Editor's note: This recipe was tested in the American Home test kitchen. The pie pictured on page 68 (October) was baked in the same test kitchen. Food editor Gale Steves has made this pie on many occasions in both gas and electric ovens without a problem. We would, however, add these precautions: Be sure the brown bag you use is heavy duty; not all grocery bags are, so look for the seal or marking. Place the bagged pie on a cookie sheet and be sure it is in the center of your oven. This will insure even heat distribution and prevent contact with racks or oven walls. Use an oven thermometer to check the temperature inside your oven; the thermostat may be inaccurate.

Address letters to: Our Readers Write, American Home, 641 Lexington Ave., New York, NY 10022. Be sure to include your signature and address.



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