House and Garden
March 19th
Artefacts is one of Henredon's most truly versatile collections. The sleek, architectural lines find their inspiration in the handcraftsmanship of the past, yet adapt beautifully to almost every style and period. Artefacts includes dining room, bedroom and occasional furniture crafted from the finest woods as well as striking accent pieces in glass and wrought metal. Whatever your decorative preference, you'll enjoy seeing the complete Artefacts Collection and Henredon's Upholstered Furniture, too. For brochures send $2.00 to Henredon, Dept. HG 3-74, Morganton, North Carolina 28655.

The look for the life you live now Henredon
Kirsch announces

The Shenandoah Collection

Six quilted bedspread ensembles, each weaving a tale of authentic Early America.

You're looking at the first true collection of actual replicas of 18th and 19th century Early American quilts. Each design is distinctively different. And each is available with matching ruffled pillow shams, dusters and draperies.

The Shenandoah Story. Unlike other so-called Early American collections, each of these bedspread patterns is an exact replica of an original which has been fastidiously researched and faithfully duplicated.

Kirsch went a lot further in recapturing the beauty and charm of these Early American quilts than meets the eye! We devised a method for stitching two or more different quilting patterns for the look of real handmades. Then we specified a polyester filling which feels remarkably like the cotton batting of yesteryear. Finally, we used muted colors to simulate the fading inherent in the originals.

Only Kirsch brings you such authentic Early American patterns plus quality workmanship as modern as tomorrow.

So do something not only historic but dramatic for your bedroom. Something that will quickly and easily transform it into one of the most distinctive rooms in your home.

A short history of each pattern in The Shenandoah Collection.

HERITAGE: Sometimes called a “born of quilt,” this pattern, which shows a distinct Elizabethan influence, was among the first of its kind to appear in Colonial America. At the time it was a tradition for friends and neighbors of a new mother to prepare an elaborate bedcovering for her which was used on the occasion when they welcomed the new arrival.

ROSE WREATH: The rose has always topped the list as the most popular of all flower designs. Instead of a singular pattern, it was sometimes interspersed with other designs because of its light, well-balanced look. This color combination follows that of the original hand appliqued silk spread of the early 1800’s.

LOG CABIN: Patchwork quilts are uniquely American. They evolved out of the frontier women’s ingenuity in utilizing every scrap of material that was salvageable, usually from dressmaking leftovers. This Shenandoah pattern was copied from sections of an original early 19th century patchwork.

FRIENDSHIP: Like many Early American quilts, Friendship patterns were the collective work of women who combined their individual skills at quilting bees. Friendship quilts were usually designed as special gifts for leading citizens.

SNOWFLAKE: Inspired by their simple beauty, pioneer women worked nature’s geometric compositions into many of their quilts. The snowflake was one such design. But, unlike other Early American patterns, the snowflake color combination seldom varied from blue and white. Like all the other patterns in The Shenandoah Collection, this one was taken from an authentic Early American original.

EIGHT-POINT STAR: Another popular geometric design was the star. Its symmetry led early quilters to literally hundreds of variations, with the most popular star patterns being named after every state in the new Union, other nations and famous men.

The Shenandoah Collection can be found at fine stores throughout the country. For the name of the one nearest you, write: Kirsch Company, Sturgis, Mich. 49091.
Here's where a KitchenAid compactor stops looking like a luxury.

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There's also an activated charcoal air filter to eliminate odors. And you can use the KitchenAid compactor with or without trash bags.

Talk to your KitchenAid dealer today. Look in the Yellow Pages under "Dishwashers". Or mail the coupon.

ON THE COVER: A light touch and the country freshness of sunny yellows and soft greens turn Cathy and Alessandro di Montezemolo's living room into a year-round spring garden. Despite its large size, the room is surprisingly intimate, inviting—and very easy to care for. Most of the furniture "woods" are either wicker or bamboo, and sofas and chairs are arranged to fill the room without any feeling of ponderousness. The result: a beautiful balance. The Sun Yellow and white paisley design, designed by Carol Costello for Clarence House; the green and white butterfly prints, by Paule Marrot for Margowen. The Brunschwig "woods" are either wicker or bamboo, surprisingly intimate, inviting—and very inviting, despite its large size.

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PUBLICATIONS INC., CONDE NAST BUILDING
BRITISH HOUSE & GARDEN
VOL. 145 NO. 3
MARCH, 1974

HOUSE & GARDEN
(INCORPORATING LIVING FOR YOUNG HOMEMAKERS)

PERRY L. RUSTON, CHAIRMAN
ALEXANDER LIBERMAN, EDITORIAL DIRECTOR

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"Imagine being the head of the world's largest model agency and waking up to find yourself over forty and overweight!"

By Eileen Ford

"Overweight, out of shape, and looking older then you are doesn't happen overnight. You can kid yourself or years. But one day you can no longer tide that you've let yourself go."

"It's a distressing day for any woman. But, if you're Eileen Ford, head of the world's largest model agency, it's also downright embarrassing.

"Not only am I surrounded by beautiful women all day long, but everyone knows how critical I've been of women over 30 who let themselves slide. Yet, I let the same thing happen to me.

"And to make matters worse, my husband picked just this time to shed 20 pounds. With his longer hair and new clothes he looked younger than he had in years. All the models were talking about it."

A More Beautiful You in 21 Days

Eileen Ford was determined to make a comeback.

She gave herself 3 weeks to do it. And she did it, spectacularly. She lost 6 pounds in 21 days plus 2 inches from her waist and 3 from her thighs.

Now, step-by-step and day-by-day she reveals to you the plan that she devised for herself. Eileen Ford's plan uses everything she knows about beauty care, exercise, and diet. Plus everything she knows about how easily a busy woman can fall into the trap of overweight, middle-age drab and flab.

Eileen Ford hates boring repetitive exercises. So, she put together a pleasant, varied program that you'll be able to do in a few minutes.

Eileen Ford loves food and has a family to feed. So you'll share her slimming menus and recipes for 21 days. They're so delicious and filling not even your family will now they're dieting, too.

Why should they with dishes like Positano Seafood Stew, Scallops in red wine, Rouille, New Orleans Rumbo, and many more delights that Mrs. Ford has eaten in the best restaurants in the world.

Beauty Secrets of Top Models

In addition to day-by-day exercises and menus, you'll learn the beauty secrets that Eileen Ford has revealed only to models like Ali McGraw, Candice Bergen, and Jane Fonda.

Tips that keep on-the-go models looking like they just stepped out of a magazine page. How to cure The Frizzies. No more dry skin. The perfect and portable hair style. First aid and lasting beauty for fingernails and hands. Quick make-up magic. The secret to a sexy voice.

You'll learn little-known tricks for a vibrant, glowing skin tone that are remarkably easy to do.

And many more secrets that beautiful models use to make the most of their assets, and the least of their worst features.

Eileen Ford's 21-day plan can't make you look or feel like a teenager again. But it can make you slimmer, more attractive and happier every time you pass a mirror.

It's a realistic plan that takes into account your busy life — whether it's caring for a family, building a career, or both. So, if you're really determined to make a comeback as Eileen Ford was, it can work wonders for you, too.

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Find out how three weeks can change the rest of your life. Visit your bookstore, or fill out and mail the coupon below and we'll rush you A More Beautiful You in 21 Days. Examine it in your own home.

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Questions & Answers:

Antiques

By Louise Ade Boger

American Melodeon

Our recently acquired melodeon bears a manufacturer's plate: "Prescott Brothers Concord, N.H." Can you tell us approximately when it was made and if its design is distinctive?

M.S.L.—Douglaston, N.Y.

Prescott Brothers started in business at Concord, N.H., in 1814, and probably made your melodeon between 1840 and 1865 when melodeons were widely popular. The lyre-form trestle-end supports joined by a scrolled stretcher are a decorative and characteristic feature.

German Porcelain

What can you tell me about my decorative figurine?

M.C.—Logan, Utah

Your porcelain group, which appears to be German probably from a factory in the Thuringia district, dates from about 1870 to 1890. It was modeled after a painting "La Blanchisseuse [The Laundress]" by the French artist Jean Baptiste Siméon Chardin (1699-1779). In the original painting, in the National Museum, Stockholm, the little boy is blowing soap bubbles, which explains the pose of his right arm.

Boston Teapot

This is a snapshot of a pewter teapot that has been in my family for a long time. "G. Richardson" is marked, on the bottom. Are you able to identify and date it from this?

K.S.W.—Sedona, Ariz.

Your pewter teapot was made by the Boston pewterer George Richardson, who was working about 1818 to 1828.

Calendar Clock

My clock, in the family since the 19th century, gives the time, the month, and the day of the week. Can you tell me its origin? Is it a rare type?

E.M.C.—Los Angeles, Cal.

Your calendar clock, which originally had a maker's label, appears to be by Burwell & Carter, active at Bristol, Conn., 1859-1861. The calendar mechanism they used was developed and patented by Benjamin Bennett Lewis, and is commonly known as the B.B. Lewis calendar mechanism. Though your calendar clock tells numerous items, it is not a rare type; the mechanism was used by many companies.

Continued on page 10
the couristan experience

See how Couristan's magical way with warm glowing colors blends all the differing elements of these rooms into a beautifully total harmony. Experience the exciting challenge of these intricately detailed patterning in oriental design rugs and broadloom—the trendy now look for today's living. Lush, deep pile rugs, firmly anchored clear to the back by Couristan's exclusive "Locked-in-Weave."

Left: Kurdistan, crisp geometric in today's wanted earth tones of sand and tree-bark. Woven Axminster broadloom, 80% wool 20% nylon. Power loomed in Ireland, 12' width, $27.95 sq. yd. Right: Kashimar legendary Polonaise oriental design rug depicting the fabled Persian peacock. Pure worsted wool. Rich fusion of bronzes and golds lit with marble white and sky blue. Hand knotted fringe. Power loomed in Belgium in a full range of sizes. 8'3" x 12', $459.

prices slightly higher in the west.

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Historic heirlooms... new Federal Group


GERMAN TELESCOPE

I bought this telescope in the South Pacific and have been trying to find out where it came from and how old it is. “Tchalze & Barten, Rathenow” is written in script on its side. Can you help me?

L.B.—Sandy, Utah

Your hand telescope, probably dating from the 19th century, was made at Rathenow, Germany, in the Prussian province of Brandenburg. This town has been known for its spectacles and optical instruments, which are made for the export market.

BOHEMIAN CHINA

This mark appears on some china we own. What does it signify? L.B.—New York, N.Y.
The initials E P I A G are for the Erste (first) Bolmische Porzellan Industrie A.G., a combine that controls a group of Bohemian factories. These initials appear in a number of 20th-century Bohemian factory marks. Your mark was used after 1918.

ANTICA PORTUGUESA

This table has been in my family for years. We would like to know something about its age, style, and use.

J.K.—Boston, Mass.

Your inlaid breakfast table, with oval top supported on a turned column with four reeded splayed legs having brass paw feet on brass casters, is in the Sheraton style. It is of English manufacture, dating around 1800. According to the records of that time, breakfast tables were used in “morning rooms” or “ladies’ boudoirs.” On them was a “breakfast set of superb china.”

FRENCH VASES

Please tell me what you can about these vases, which belonged to my mother, The word “Longwy” is on both of their bottoms.

D.E.V.—Broomall, Pa.

Your vases dating in the 1880s were made in Longwy, Lorraine, France, where factories making white earthenware have existed from the 18th century until today.

CHINESE CHAIR

We have four chairs similar to this one. They are of heavy, smooth-grained wood with a slight rose cast and are held together by flat pieces of wood inserted. They have no markings. We have been unable to identify them. Can you?


Your chairs are probably late 18th or early 19th century Chinese. The basis on which Chinese furniture was made was the miter, mortise, and tenon join; it was used in China from at least the 4th century B.C. and holds fast without glue.
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42-48H
Five of these Gorham Originals were the latest thing in Sterling over 60 years ago. They’re even more popular today.

Can you guess which ones?

- Melrose (1948)
- Classic Bouquet (1972)
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- Medici (1971)
- Chantilly (1895)
- Buttercup (1899)
- Camellia (1942)
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Lane

For a nearby Lane Record Cabinet dealer, phone free: 800-243-6000 (In Conn., 1-800-882-6500)

TOMLINSON

Notes on Nutrition

For Your Family’s Health

Weight Control — the Basics

By Eloise R. Trescher, R.D.

The subject of nutrition is coming into its own. Never before has so much been written on the how, when, where, and what to eat. The public is becoming aware. The word is spreading. But not quite as fast as American waistlines. Weight control is one of our country’s main health problems. Obesity should be looked upon as a disease, not a vice.

Controlling your weight is really controlling your destiny. To think thin is more than being fashionable, it’s being sensible. As Hippocrates wrote long ago, “Persons who are very fat are apt to die earlier than those who are slender.” Times haven’t changed.

I once had a patient, a deeply religious woman who wanted to lose “So I can get down on my knees to pray.” Another was an employee of a gas and electric company who couldn’t get his rotund self into the manhole containing the machinery he was required to operate. The rewards of losing weight on a nutritionally adequate basic regime are legion. You improve your entire physical condition, your vitality, your resistance to fatigue as well as your mental alertness. You’ll be a much happier person, proud of your own self image.

Medically speaking the overweight are asking for trouble. They are much more likely to develop diabetes, high blood pressure, and hardening of the arteries than the slender individual. The overweight are poor surgical risks. Stout women often have menstrual disorders, are less likely to conceive, and have more complications with pregnancies than leaner women. Gout and gall stones are other unwelcome companions to the overweight, as well as shortness of breath, mechanical limitations, varicosities, and joint and back pains. Nowadays no one really loves a fat man. Much less himself.

We become overweight when we take in more calories than we need for the energy we put out. Calories measure the energy our bodies receive from various foods. These amounts vary according to their fat, carbohydrate, and protein content. And quite simply we need this energy to live. What we must remember is to balance the energy we eat against the energy we use. Eating nutritionally and exercising moderately is the answer. It is far easier to prevent overweight than to cure it.

Good food habits at any age do not just happen. Left to his own devices a child may form habits of overeating that may continue through adulthood. Psychological factors often contribute to overweight when the individual’s social, occupational, professional, or sexual desires are unfulfilled.

Overweight often develops insidiously in individuals who do not seem to eat excessively. As little as 100 calories a day in excess of one’s needs can result in a gain of 10 to 12 pounds a year. Think how you might look in five more years! Try on a skirt or dress you wore when you were twenty-five, considering you were in reasonable shape. If the zipper doesn’t meet, you should meet the challenge and start losing weight right now. (Continued on page 16)
Sears own Petit Plume. Damask draperies that hold their shape beautifully even after washing.

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48 pages of room scenes and ideas illustrating a new collection of dining and bedroom furniture. For your copy, send fifty cents to Dept.HG-O3, White Furniture, Mebane, North Carolina 27302.

"What we must remember is to balance the energy we eat against the energy we use"

WEIGHT CONTROL continued from page 14

Nor do you have to be a Billie Jean King when it comes to exercising off calories. A brisk walk for half an hour will burn an average of 150 calories. Although not as invigorating you'll burn just as many calories if you make beds for a half hour. Perhaps more entertaining would be dancing, but fast—600 calories an hour. Whatever your activity, it should be on a daily, year-in-year-out basis. Along with using energy and helping to control your weight, physical activity improves circulation of the blood and improves muscle tone. It helps lessen tension and fatigue and gives one a sense of mental alertness and physical well being.

There is no "Master Diet" that will fit all people. A good maxim is arrest weight gain. Lives are too variable and people too individualized for anyone to evolve a set of rules—but there are ways:

Decrease calorie intake. If you stop eating an extra 25 calories or so a day, you might stop gaining weight. And if you cut back 100 calories a day less than your needs, you will lose 10 to 12 pounds a year.

Learn to eat slowly and chew thoroughly.
- Limit portions of food at meals to one average serving.
- Never take second helpings.
- Omit or drastically restrict free fats—butter, margarine, mayonnaise, salad oils, cooking fats. Sufficient fat is present in lean meats, fish, poultry, eggs, and cheese to insure adequate use of the fat soluble vitamins A, D, E, and K.
- Omit or drastically restrict free sweets—jelly, jam, honey, syrups, sugar, candy, pies, pastries, and most other desserts.
- Restrict or eliminate intake of alcoholic beverages.
- Eat a good breakfast and never skip a meal.
- Never use food as a reward.
- Learn to practice moderation. If you decide to indulge in a high calorie food eat it slowly and eat one half or less than you normally would.
- Buy a good scale and use it. Weigh once a week and keep a written record of your weight.
- Never go grocery shopping when hungry. Before starting off have a piece of fruit, a glass of skim milk, a cup of bouillon, some raw vegetables. This will probably stop aisle-to-aisle munching.
- Keep a food diary. Record in detail food and drink for a week. This helps stiffen resistance to dietary temptations. It is also an important aid in that it may reveal unconscious departures.
- Few adults know that a reduction of approximately 75-100 calories per day, after the age of 35, is a must if the healthy individual is permanently to achieve weight control. You must accept the fact that you did not become fat overnight and that you cannot shed those unwanted pounds quickly. The more gradual the change in one's food habits, the more likely the moderation is to become a permanent habit, a new way of life.

If Jack Sprat and his wife had known more about nutrition, another old nursery rhyme might have been deleted from young children's literary diets. One only ate lean, the other only fat. A healthy individual should include food from all four food groups every day. They are 1. milk and milk products; 2. vegetables and fruit; 3. meat, fish, poultry, eggs, and cheese; 4. bread and cereals, whole grain or enriched. And an apple a day keeps the doctor away. Continued on page 158
OUR OWN RACER TO GET AWAY FROM IT ALL.

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Praxiteles used it, Michelangelo used it, and so does Henry Moore, because marble is beautiful. Because it is beautiful, marble has been popular for furniture, walls, and floors, as well as statues, for almost as long as man has been making them. It is durable, adaptable—and easier to maintain than you might think. If you have some around the house, here's how to care for it like an expert.

What is marble? Marble is limestone that has been compressed and heated by geological action until it recrystallizes into a form much harder than the original. Its mollings and colors, which can range from white through reds, greens, blues, and yellows to black, are caused by minute traces of minerals present while it was being formed. The Marble Institute of America classifies marbles from A, extremely hard, to D, rather fragile, depending on crystalline structure and general soundness.

Marble comes in three finishes: polished, used for furniture and interior veneers; honed, a satin finish used primarily for floors; and sand-rubbed, the finish most often given to exterior walls.

How do I care for it? Everyday care for polished marble couldn't be simpler. Treat it as you would fine wood, with dustcloth and wax.

When polished marble needs a thorough cleaning, wet it first with clean hot water, then use a soluble soapless cleaner like Spic n'Span, or a spray like Fantastick or 409. Rinse thoroughly and dry with a soft cloth.

For honed marble floors, use an abrasive cleaner like Ajax or Comet. If the marble has been really dirty, use a wet sponge, dissolve a quarter-cup of powdered pumicite in a wet sponge, and in five minutes or less the honed marble will be sparkling clean.

What about stains? A drop of wine, a marble ring or stairstock is treated the same way as stains on other surfaces—blot and later or so, keep the area on which the stain is to be removed oily to retard penetration, then remove with a mixture of 1 part vinegar and 1 part water. For rust, use a commercial rust remover or a little steel wool.

Marble, especially honed marble, is not difficult to take care of, because it is caused by the most minor carelessness in keeping the surface clean. Marble is a sustainable product of the American marble industry.

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Wounded marble requires a poultice... organic stains will occasionally disappear if left alone

HOW TO TAKE CARE OF MARBLE  Continued from page 20

scribed under “fire stains.”

Air pollution is very hard on exterior marble, both walls and statuary. It’s a problem that has curators all over the world worried, and several scientists are working on solutions. At the moment, there are a number of non-yellowing coatings on the market, but nothing that is actually a preservative.

One caution: These cleaning methods are safe for genuine marble. If you suspect that yours may be one of the many excellent imitations, make sure before you try to clean it. Some of them won’t stand chemicals.

Stains and stain-removal usually leave some mark on the finish of polished marble. When the stain is gone, you can restore the shine. Wet the surface with clear water, sprinkle on tin oxide, available in hardware stores or in marble shops, and rub into the marble with a damp cloth, or the buffing pad of a power drill. Continue until the gleam is restored. The Marble Institute of America, 1904 Chain Bridge Road, McLean, Va. 22101, offers a mark remover and polishing kit for $5.50. It includes a protective spray to help prevent new marks.

Care and maintenance of marble is one thing. Restoration is another. Marble-topped antiques from reputable dealers usually are in fine shape—but those of us who haunt auctions and country antiques stores occasionally come across a treasure that is in need of repair. With patience and minimal mechanical skill, there is no reason why the amateur cannot tackle the job.

I’ve got a broken marble tabletop. Can I repair it? Yes, as long as you have all the pieces. From a marble dealer obtain a tiny amount of polyester resin in powder form and a small bottle of liquid catalyst. Even a sizable job needs only about two tablespoonsfuls of the resin.

Now lay out the pieces on a flat surface and check the fit. Clean all the edges with acetone. Mix the cement. The amount of catalyst determines the setting time of the mixture. Fifteen drops to 2 tablespoonsfuls of resin will allow you about twenty minutes to work. Dip a small brush in the cement and coat all the edges to be joined. Press the marble firmly together—its weight will hold it without clamping—and remove excess cement with a putty knife. After the cement is dry, do what polishing is necessary.

There’s a corner missing. What should I do? If the piece is less than 2 inches square, there’s no problem. From the marble dealer get some marble dust of the same color as your marble, and some resin cement. Next, make a wooden form for the missing piece. For a corner, two pieces of wood 1 by 3 inches, and the same thickness as the marble, should be covered with wax paper, then fastened along the edge of the marble to form a 90-degree corner angle. Mix the marble dust with the cement to form a paste the consistency of thick honey, and pour it into the mold. After overnight drying, remove the mold and abrade and polish the new corner to match the rest.

The same marble dust/resin... Continued on page 15;

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A GARDENER SPEAKS HIS MIND

BY WILLIAM B. HARRIS

This is the second in a series of articles about gardening based on the experiences of the author. Problems and their solutions, some of which took several years to discover, are telescoped to make a beginning gardener's beginning more fruitful—from the beginning.

The fact that my first bed of annuals had not done as well in its second and third year as it had in the first year does not mean those years had been failures. They were not. The border grew flowers, but it was not as lush as when it was first planted. I suppose that if I had really understood the thin volume on annuals that I bought before planting it, the results would have been better. The author talked a lot about soil, but wrote in the language of gardening and my knowledge of its terms was very limited. He did discuss "sweet" and "sour" soils and noted that this was determined by a pH test of the soil. This rang a bell, for I had made such tests in high school chemistry with litmus paper. He pointed out that a pH of 7.0 was neutral, above it, alkaline or "sweet," below that, acid or "sour," and he added that soils in rainy climates were generally on the acid side, which he said was the "proper" pH for most flowering plants. So I took a sample of soil to my druggist, the only store in town I knew that used litmus paper in doing business. My soil was slightly sour, satisfactory according to the book, but as I didn't get a specific number from the druggist, I had no idea of what "slightly" meant.

The book discussed fertilizer at such a length that the author lost me. And then there was the subject of humus, which the book discussed, as an item, the same way it discussed pH and fertilizers—no space was taken to put these major soil factors together so that they came out an intelligible whole.

Over the years I've gone through scores of garden books and all follow the same formula, a charge that can be leveled, but only in part. I hope, at the one I wrote a few years ago.

The nurseryman to whom I took my soil sample had the growing of things all figured out—from experience. His own. When he had felt, looked, and smelled the soil I brought him, he knew what to do: Add a whiff of lime, lots of cow manure, plus some phosphate. But because of his college educated son, we nevertheless, as I noted in the last installment, sent the sample for testing, and when the answers arrived, I took them to my new friends for consultation, for I did not understand some of them. The sample got a "low" grade in organic content followed by "Very." The pH was 6.3—slightly acid, as it should have been in New England. No nitrogen was needed, nor potash, but phosphorous was "slightly low." The soil was characterized as "sandy." The iron content was given as "satisfactory." (When I reported this to Miss Grant, she said, "Go on, everybody knows all God's children need iron every day," What to do to put this diagnosis into a successful prescription for our somewhat recalcitrant soil? I followed exactly the recommendations of my sharp-eyed, sharp-nosed nurseryman fellow... and I promise not to repeat that again.

The following summer our annual garden was so good—far better than the first season—that I had to pinch myself from time to time just to be sure that what I saw was not a dream. From what I recall, I must have been a bore about the thing, for I've never forgotten a garden talk Grant gave me one day after our company had gone. "Bill," she said, and I knew she was boiling angry at me, for she never used my nickname when she wasn't. "If I ever again hear you say fatuously, 'And I grew it myself' about that damned garden, I shall scream in public." Once, much later, I admired a particularly good planting of peonies. She said...
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"When you consider that from topsoil comes the food that keeps alive all land animals on earth, the stuff has to be put down as this planet's most important resource"

TOPSOIL AND WHAT IT MEANS

continued from page 26

was nearby. Under my breath, I repeated, "I-did-not-grow-them-myself...I-did-not-grow-them-myself," loud enough for her to hear. I didn't figure that that was any reason for her to sly a trowel at me.

Getting a remedy for a gardening problem, and having it work, is only half satisfactory to the person who is attempting to garden seriously, for it leaves nothing, so to speak, in the mind with which to work further. You hit another problem; you need another solution—and so on, endlessly in gardening. Until you have some idea about how these seemingly unrelated things relate, you can't fix them yourself. It took me more than twenty-five years to find out how the soil is "supposed" to work, and that word is quoted because no one really knows how this frightfully critical inorganic-organic chemical mass really does work, although over the years there have been remarkably important discoveries in soil science. But don't get the idea that a gardener should know all of this. It is enough to be a good midwife to grow plants well.

You start with the earth.

Now that's coming a phrase, Harris—should the start be made in the kids' sandbox? Probably not, for when you come right down to it nothing grows in mineral soils, not even weeds. At least that is what I am told. And no one should get the idea that these things I report about gardening have been my own discoveries. I've been picking brains. And gardening meanwhile. But when I said "earth," I should have used the compound noun "topsoil." It is that easy to get a simple explanation inexact by not using the right word.

So you start with topsoil. As I did. My trouble was that after three years I was apparently running out of it, but I didn't know how it was happening. And no one explained the reasons, nor why the results the fourth year were splendid. In other words, none of the helpful people who solved the problem so quickly that it bordered on the miraculous, gave me any information about how topsoil works to perform its wonders. The following telescopes a tremendous amount of information that I have picked up over the years, data that would have been nice to have in a neat capsule when I first discovered my small border of annuals was not fully paying back my work. Which leads us to a discussion of topsoil and what it means to a gardener.

The simplest definition of it I've found is that it is the soil in which plants grow. When you consider that from it comes the food that keeps alive all of the land animals of the earth, the stuff has to be put down as this planet's most important resource. Purists will immediately argue that the foregoing is true only when topsoil reacts in response to air and water—the atmosphere, in other words. This, plus a lot of other factors, is scientifically correct, but let's stay practical, for after all we gardeners are not nitwits and know if air and water are not around, nothing is, so it isn't necessary in that context even to nod at topsoil—or to anything else, for all of that.

Because there are so very many plants and animals, you might think that the store of topsoil is limitless. But the truth is the reverse—compared to the vast quantities of soil that make up the continents, topsoil is but a thin mantle of the mineral soils, which as noted earlier, grow nothing. (Agronomists have succeeded in making plants grow in sand, the simplest mineral soil, by using water-soluble nutrients. This is called hydroponic agriculture, is very expensive, and as no one in his right mind would try to grow a flower garden this way, we can dismiss it.) Some parts of the country, such as most of New England, have very thin topsoils—some hardly more than 3 or 4 inches deep. If it interests you, this has been due to past erosion because of glacial action. But Connecticut River topsoil can be several feet thick, the result of constant flooding, and it was about 18 inches deep on rich creek-bottom land where I had farmed in Colchester. Continued on page 154
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MARCH, 1974
HOME IMPROVEMENT IDEAS FOR
the House Fixer

by Will Morris

To keep warm this year your fireplace may be called on for extra heat duty. Here are two new types of grate that make the fireplace more useful in times of fuel shortage. One is a tubular fireplace grate, Thermograte, left, which claims to double the heat output of a fireplace. It has eight C-shaped welded steel tubes that heat up quickly when a fire is kindled on it. Air in the tubes heats up, expands, and circulates out the top and into the room like a heat-circulating fireplace. In two sizes, 24 inches wide, 29½ high, 22 deep and 22 by 26 inches, they sell for $99.50 and $69.50 respectively. Grates for burning coal (they rest above the lower tubes) are also available. Thermograte Enterprises. The Kindelabra II grate, right, can be used two ways. Of welded black iron, 22 inches wide by 14 deep, it has five horseshoe-shaped rings that hold newspaper rolls that will kindle wood logs placed above them. It also has three upper rings that could hold newspaper rolls for a 30-minute paperlog fire without wood. The rings allow air flow that insures efficient burning and also makes building a fire foolproof. The grate takes care of newspaper disposal as well. $29.95. Kindelabra Co.

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6 ways to exercise yourself out of the blahs

An Interview With Dr. Alexander Lowen

EDITOR'S NOTE: Alexander Lowen, M.D., is a practicing psychiatrist in New York and Connecticut, author of *Pleasure and Depression* and *your Body* (both published by Coward, McCann & Geoghegan), a consultant to the Esalen Institute and Director of the Institute of Bio-Energetic Analysis. He has worked out what he calls "grounding" exercises to help beat those moments—we all know so well—when for some reason, everything seems blah. "Many people" he says, "have exercises similar to the ones I use—Yoga is an example, so is the Chinese Tai Chi Chuan. A person who has his feet on the ground is steady, down to earth, he feels rooted. And this is where physical 'grounding' exercises can help. They bring you in touch with basic realities, your body, and the earth. The thing to realize is that when you feel down, it is not a question of something that goes on only in the mind, it's in the body, too. What generally happens is that the energy level is depressed. You feel heavy. You do things more slowly, breathing is shallower. You talk about being tired and you are tired. Although you're not doing anything very much, you probably are not building up any energy either. To start the wheels going again follow one very simple, effective technique—practice deep breathing.

1 DEEP BREATHING Bend backward over a stool or a chair with a pillow on it. Arch the back so that the body is opened up and start breathing. You will find the moment you begin to breathe more deeply you will begin to charge up. Like a fire, when you introduce a draft of air through the bellows, you will brighten right up. If you can use the voice, shout, maybe scream, kick, even cry, so much the better. Feelings set up a whole rhythmic process in the body that excites breathing. Feelings are the aliveness of the person and getting in touch with feelings rebuilds the energy level. Haven't you noticed how your breathing gets deeper and deeper spontaneously when you are being held close or held someone close to you? And how this makes you feel good? Shaking off the blues is a bit like shaking a clock when the balance wheel has stopped running. If you encourage the right vibration, everything will start to work again. Vibration exercises are important in the treatment.

FRANCES MCLAUGHLIN-GILL

2 FEELING GOOD VIBRATIONS You start by breathing deeply for awhile. Then place the feet 8 inches apart with the toes turned slightly inward. Flex the knees and bend over from the waist until the fingertips touch the ground. All the weight of the body should be on the feet, the fingertips merely serving as points of contact. Let the head drop. Then try straightening the knees gradually until some vibration develops in the legs. Do not attempt to extend the knees fully and stiffen the
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WAYS TO EXERCISE continued from page 34

legs. Open the mouth and breathe easily and fully. You should begin to feel the knees quiver, then the legs quiver, and then the quivering should extend up to the pelvis. It does not, however, happen to everyone in the first trial. People who unconsciously hold themselves in tight control may need to repeat the exercise many times before the right vibrations occur.

3. BASIC GROUNDING ROUTINE Take a position with feet (preferably bare) parallel and about 6 inches apart. Bend the knees so the weight of the body is balanced between the heels and balls of the feet. The rest of the body should be straight but relaxed, arms hanging loosely at the sides. Breathe deep down in the abdomen and put your attention into your feet while maintaining your balance. The body will start to relax, and the legs may start to shake. Let the leg tremors develop. Continue the exercise until the position becomes uncomfortable or you think your legs will collapse. The key thing in grounding exercises is to have the knees bent. When you stand with the knees locked the lower part of the body becomes a rigid base and the torso is resting upon a pedestal, so that you are only existing in the upper half of your body and no feelings are flowing through.

4. FINDING YOUR CENTER OF GRAVITY Bend the knees all the way and hold the arms out straight, with the hands just off the floor. The weight of the body should be pitched forward, but the heels should not come off the ground. Breathe deeply through the mouth. The crouched position forces you to use and to expand the deep abdomen in order to make a full inspiration. The result is that you feel the pelvic cavity come alive. When you sense that the leg muscles are beginning to tire, fall onto the knees with the arms extended and rest the elbows on the floor. Let the forehead lie on the hands.

5. TRY TO LET YOURSELF GO Stand on one leg and bend the knee as far as it will go without raising any part of the foot off the ground. The other leg is extended backward off the ground. The arms are extended and the hands rest lightly on two chairs, placed alongside. The chairs are used for balance and not support. On the floor, 6 inches from your feet, is a folded blanket or cushion. Hold the position as long as you can, breathing easily and deeply, and feel the weight of the body on the foot. When you can no longer maintain it, fall on the knee onto the blanket.

Repeat the exercise twice on each leg. On the fourth time, say, "I give up" as you fall. To feel yourself fall and not be hurt seems to relieve some deep anxiety. If you can make these exercises a part of your daily living, you will have found a way of feeling "up" most of the time.
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A new town comes to life in downtown Kansas City

BY DENISE OTIS

Crown Center, a new community of offices, shops, hotels, and housing in Kansas City, Missouri, is not all finished yet and won't be until 1983. Even the nearly completed first phase lacks its housing. That will come in a couple of years. But what is finished and functioning is exciting. It's full of experiments that its creators hope will work. They're enthusiastic about their innovations—and the risks are part of the excitement.

The biggest gamble of all was in the beginning....

In most American cities there are stretches of wasteland—depressing blocks of deteriorating warehouses, used-car lots, rundown factories, and vacant lots filled with trash and billboards. And many an American businessman has looked out at them from his office and said "Somebody ought to do something about that mess." One of them was Joyce C. Hall, founder and chairman of the board of Hallmark Cards—and he did something about it. He committed his family-owned company to buying and rehabilitating 25 square blocks—85 acres—of blighted land adjacent to Hallmark's international headquarters and 12 blocks from the downtown business district of Kansas City. True, the land had possibilities—half was a limestone bluff facing out to downtown and the Missouri River. There were parks on two sides and a new city hospital complex was taking shape nearby. But in 1955 Mr. Hall's decision was a major act of faith in the center city and its future at a time when many stores and businesses were following their customers and employees to the suburbs.

It took time to decide what form this redevelopment—a very large, multi-billion-dollar project—would take. Mr. Hall and his son Donald, president of Hallmark, talked to experts of all kinds. "Our ideas grew over the years," Donald Hall explains, "we worked on the concepts for ten years before we finally honed in on a detailed land-use plan. Victor Gruen helped us with that. The actual building has adjusted easily to fit virtually any finger. The actual building has

The Crown Center Hotel was planned as a resort-in-town, with an enclosed pool, health club, jogging track, and tennis courts as well as banquet- and ballrooms, bars and restaurants. Next to the hotel there's a flexible entertainment and communications center for both convention and community activities.

Continued on next page

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NEW TOWN COMES TO LIFE
continued from preceding page

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“Indoor streets wind off the plaza and are lined with shops and stalls selling delicacies from all over the world”

In 1955 when Joyce Hall first decided to undertake the project that is now Crown Center, Signboard Hill, above, was typical of the neighborhood. Today stripped of its billboards, LEFT, the same limestone bluff is a 60-foot, glass-enclosed tropical garden at one end of the lobby of the Crown Center Hotel, designed by Chicago architect, Harry Weese.

JAMES MATHEWS
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The Mississippi River takes a turn at a point in the Louisiana low-lands that's about 100 miles from the river's mouth. There, in the elbow of land formed as the river shifts direction, with a huge freshwater lake for its other border, is New Orleans. She radiates the charm, guile, and skills-in-living typical not only of the American South but also of the many nationalities who first settled there. Not a Puritan city, she is full of pleasures brought from other places. New Orleans is like a Henry James American heroine who once having seen "Pace," brought a lot of it back home with her. A series of immigrations from France, Spain, Canada, Germany, and Ireland plus American latecomers—black and white—created a remarkable racial gumbo over a period of 200 years. This stew of nationalities bubbled and set according to the necessities of a near-tropical climate and a network of river-lake-bayou-and-gulf that made her site unique. And though Jefferson couldn't manage more than two meals a day. Everything about food and cooking in New Orleans is wonderful. Fantastic restaurants come by the dozens in all categories: old-style grand restaurants, truck stops with remarkable Cajun food, working-class cafés serving oyster stews, pastry shops, Italian ice-cream parlors, lunchrooms famous for French bread pork-chops, sandwiches, local candies, cof-fee with chicory, and every kind of fresh and saltwater fish and shell fish you can imagine. In New Orleans they literally do oysters hundred ways from the purest most dietician way—split open seven seconds before they're eaten with only a little lemon juice—to the other extreme, baked in rich sauces. There is an exhilaration about the rituals of eating in New Orleans that comes from the French passion for good food. Local people have a son who's a waiter in one of the city's many famous restaurants is like having a son who's a doctor or a lawyer. His future is guaranteed. He's part of a famous tradition of restaurants and is a standard of good food that's supported by local people and craved by visitors. Naturally enough, the book that gives a good background for New Orleans is a restaurant guide. Called New Orleans Underground Gourmet (Simon and Schuster, $2.95), it is the only document more than any other that will make your stay in New Orleans rich. Richard H. Collin is the underground gourmet who also writes a column for the New Orleans States Item where he is constantly reevaluating his advice and keeping track of whether a saloon here or a famous oyster dish there is still up to its reputation. Collin lists his restaurants with address, phone numbers, whether they require reservations, and if they take credit cards. The New Orleans Tourist Information Center, 30 Royal Street, puts out a very good big city map, which will help you locate where you want to go.

I had only a few days in New Orleans and here's how I organized them. For the business traveler who needs all the convenient amenities of a big modern hotel, the Mariott on Canal Street (where I stayed) just outside the Quarter, is perfect. It's within walking distance of all the good many restaurants, shops and museums. There are several places right in the Quarter, however, that...
are smaller and keep to the two-
story, wrought-iron-balconied at-
mosphere of the Quarter itself. The
Royal Orleans is two steps from
two famous restaurants, Antoine's
and Brennan's, and also close to
antiques shops. The smaller Saint
Louis, has a beautiful inner court
with a fountain and rooms opening
on to public corridors that open
on to the court and is definitely not
a commercial hotel. No conven-
tions. A third is the Provincial Motel,
a motor court with an 1850 look about it and a gas station next-
door that's in a mid-nineteenth
century building. There is a hustle
in the French Quarter all day and
all night. There are always people
in the streets and dogs and smells
of food and sometimes music.
Once and off I spent a day and a
half in the French Quarter, a day
seeing the American sector and
old-building watching in the busi-
dness district. On Sunday I drove
half an hour out the highway from
sidewalk along with at least thirty
other people at 11:30 one morning
in order to have breakfast. The
restaurant is a long rectangular
room with a white tile floor and
mirrors on the long walls from
chair-rail-level to the ceiling. Coat
hooks above the mirrors and huge
fans set down from the ceiling on
mahogany poles are the only deco-
ratation. Waiters wear black jackets
and black ties, busboys have
starched white everything. When
the doors opened, the entire line
waiting on the sidewalk streamed
in and seated itself until all the
tables were filled up and the rest of
the line waited some more in the
street.

The air inside is very cool and a
bit damp. A little on the fish mar-
ket side. The only fish odors, how-
ever, are the subtle fragrances of
broiled pompano or trout men­
vêtre amandine. For a breakfast-
lunch that cost me under $5 before
the tip, I had half a dozen oysters

"There is an exhilaration about
the rituals of eating in New Orleans
that comes from
the French passion for good food"

New Orleans to the River Road
and some of the plantations open
to the public.
The Vieux Carré is an easy place
to get around. For several hours
each day Royal and Bourbon
streets are closed to traffic. The
narrow streets and sidewalks, the
pleasure of having the sun on my
back in the early morning, and the
pleasure of keeping to the
early mornings, and the
shady side of the street in the
afternoon once the full heat of the
day got to be too much, the cafes
and pastry shops that seem to be
filled throughout the day, the fact
that there's practically not a build-
ing over four stories—it's a scene
to idle over and enjoy. Commercial
and residential are all mixed up to-
gether. Even Bourbon Street, fa-
mous for its low-life, seems to
reclaim its vitality and charm rather
than tawdriness. And it's soon after
one turns off Canal onto Bourbon, that
one passes a restaurant with a line
outside its doors that re-
minded me of the way New York-
ers line up outside Third Avenue
movie theatres. Gallatoire's is one
of the most famous restaurants in
America and it doesn't take reser-
vations. At lunch and dinner, local
people and tourists alike wait out-
side for an hour or more before
there's a table free. Disliking lines,
but still determined to enter this
temple of seafood, I was on the
nature, a broiled trout with menun-
ivre sauce, and a remarkable cup
of New Orleans coffee with chivo-
ry. Giddy with pleasure, my next
stop was two blocks over on Royal
Street where there are several
antiques shops. East Coast dealers
used to canvas there just as they
did auctions in London and Paris.
Today people say the prices of
good pieces are on a par with New
York if a bit under London. Wald-
horn, a family business since the
1880s, specializes in English fur-
rine. Stephen Moses who is this
generation of one Waldhorn fami-
ly loves Queen Anne walnut or
Chippendale mahogany as much
as anything he can think of in life
and his passion is reflected in his
furniture. He loves to talk with
people, compare prices set at auc-
tions all over the world, or sell a
William and Mary inlaid walnut
chest with bird and floral panels
for $5,500. For an early lunch at
Gallatoire's, he recommends eggs
sardou—poached eggs on an arti-
choke bottom with creamed spin-
ach and hollandaise. On one side
of Waldhorn is Stern's where there
are English Regency portraits and
a mixture of English, French, and
Italian furniture. At Manheim, al-
so on Royal Street, there's a lot of
everything of every period as well
as reproductions made in the Man-
Continued on next page

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and Alexandria, the
accent is Southern,
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The Great Getaway

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Great Getaway to events upcoming in New Orleans this spring are: Horse racing at the Fairgrounds through March 31st. Jazz and Heritage Festival, April 17-21. Spring Fiesta, April 19-May 7. And Food Festival, July 5-7.

New Orleans the Great Getaway

The Monteleone Hotel

NEW RHYTHMS JAZZ UP OLD CITY

continued from preceding page

New Orleans is like a Henry James heroine who, once having seen ‘Paris,’ brought a lot of it home

bein workrooms. Many visitors come to see a fantastic jade collection as well as Tang pottery from the 8th, 9th, and 10th centuries. In another shop I saw a pair of old terrestrial and celestial globes for about $8,000, an abundance of tea caddies and inlaid boxes from $150 to $300 and some unexpected pieces of Chinese Export. Also on Royal Street is Brennan’s, a large restaurant in an old house built around a beautiful patio where people with reservations can have something to drink before they sit down. Breakfast at Brennan’s (they’re Irish) is a local tradition and usually is a meal that will hold you until eight o’clock that night. Hollandaise is a chief ingredient for some not light but really remarkable egg and seafood combinations. Try Eggs St. Charles—poached eggs on a piece of crisp fried trout with hollandaise, or eggs Hussard where grilled ham is the base. Brennan’s has a hand some cookbook for $7.95, which is full of recipes that would be fantastic for Sunday daytime entertaining. (The oyster stew, is one of the simplest, yummiest, most soothing Sunday night suppers possible.) The second cookbook I bought turned out to be an excellent guide to two houses open to the public in the French Quarter. It’s the Junior League’s Plantation Cookbook (Doubledley, $7.95), which has the reputation for having original Creole recipes—Creole means American-born descendants of original Spanish and French colonists—which they updated and tested exhaustively. Their gumbo, the original leftover stew of frugal Creole housewives, is a recipe that can vary with every making and according to ingredients on hand but usually is based on a crab or shrimp stock with okra, peppers, celery, and seasoning. Apparently it freezes beautifully. Before one gets to the recipes—divided into headings like eggs and cheese, fish and shellfish—there’s a section with drawings and descriptions of famous houses in town and on plantations throughout the state.

The Hermann-Grima house is one of the few “American” or brick houses in the Quarter. It’s now owned by the Christian Woman’s Exchange, which has a shop in the stable next to the house and sells its own quilts and jams and odd antiques. The parterre garden behind the house was also a working courtyard where vendors came from the street to sell vegetables and household wares. Because of the mild climate many women spent most of their time on the porch that opened on to this courtyard. The Gallier House at 920 Royal Street is the other house-museum in the Quarter that attracts lots of visitors. It’s an American architect’s house built since his wife was Creole they lived in this part of town. Strikingly speaking a Victorian town house, it is curios for its Italianate touches. Gallier’s own version of walk-in closets, skylights, and air-circulating vents camouflaged by ceiling moldings. Look for a passageway covered in French machine-made wallpaper with a rose garden and gargoyle scene to get an idea of what was fashionable in 1855. The Gallier House gift shop has good maps and architectural history plus jams and needlework.

The real focal point of the Vieux Carré, however, is a section down toward the river called Jackson Square where the Cathedral of St. Louis is flanked on each side by a museum—the Cabildo and the Presbytere, one historic, the other, the natural history of the state. The Cabildo’s gift shop has a fine collection of books on Louisiana and New Orleans and French Quarter history. It also has handsome pine needle baskets woven by the Ksat Indians. One rather large one in the shape of a good-sized water jug cost $35. Along another side of the square is a block-long red brick row house building with a colonnade over the sidewalk and cast iron balconies above. Built in the 1850s by a local woman, the Baronne Pontalba, these row houses are considered some of the finest examples of period architecture in the city and are compared with parts of the Place des Vosges built by Francis 1 in Paris.

Today brass bands give concerts in the grassy center of the square and on the side closest to the river.
Antiques

New Orleans has them. Antique jewelry and furniture. Coins and stamps. Buttons and dolls and toy soldiers. If you're a collector, you'll love New Orleans. And fine antiques are just one of the many things you'll find only in New Orleans. There's Creole and Cajun cuisine. Jazz, real jazz, the way they play it only in New Orleans. And Mardi Gras and a thousand other wonderful things to see and do. You'll love it. You won't find anything like it, anywhere else in the world.

For more information about a unique New Orleans vacation, write: Greater New Orleans Tourist and Convention Commission, Dept. HG, 334 Royal Street, New Orleans, Louisiana 70130.

You'll love New Orleans
And she'll love you right back

MARCH, 1974
NEW RHYTHMS JAZZ UP OLD CITY
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stands a living New Orleans tradition that is open twenty-four hours a day. The Café du Monde, famous for two things, and that's all you can get there. Fantastic hot coffee and chicory and a French style doughnut called a beignet, a hollow square of pastry dusted with powdered sugar. Tins of coffee and a pound of doughnut mix are shipped home from Café du Monde, 805 Decatur Street, New Orleans, La. 70116. Send for a price list.

Next-door to the Café du Monde is Aunt Sally's candy shop where big iron vats of pecan praline batter bubble thickly in a small side room and several very local, sweet little old ladies try to cope with a constant demand for service. Packed in a "cotton bale," large and small quantities are shipped all over the country. Write Aunt Sally, 314 Royal Street, New Orleans, 70116 for price information.

The gardens are especially beautiful antebellum homes.

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Longue Vue is a series of five gardens on an eight-acre private estate, each with its own plan, color scheme and personality. Throughout, fountains whisper enchantment as they transform water into fantasies of motion. Several feature water sculptures by artists of international fame. The gardens are especially beautiful in spring. For information, write 7 Bamboo Road, New Orleans 70124. Open daily from one to five. Closed Mondays. Open under aegis of Longue Vue Foundation.

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Rosedown, a restored plantation empire on the Great River Road (U. S. 61), is a superb monument to lifestyle of 19th century. Many original furnishings. Ancient camellias and azaleas. Rewarding aesthetic experience. OPEN DAILY except Christmas and Christmas Eve

"The bread pudding at a restaurant called Chez Helene is fantastic. People who dole on it call it 'strictly soul food.' That means joy on no money"
The charm of New Orleans's French Quarter lies in its houses with wrought-iron balconies, shading streets filled with antiques shops, boutiques, and restaurants, and places to hear the best jazz.

**Method:** Stir all together in deep greased baking pan—in a 350° oven for 2 hours—stir it up an hour before you take it out. Serve with rum hard sauce. Should be enough for 20 people. Can be warmed over.

The fun of this bread pudding is that it evolved as a no-money dessert when the blacks couldn't afford a real store-bought dessert. The stale bread came free from the local bakery. "It's strictly a soul dish," says Alfred Leslie. "That means joy on no money."

If New Orleans cookery owes a great deal to its French and Spanish traditions so one branch of American music owes a great deal to some equally classical traditions. And just as local New Orleans cooking today is perpetuated by talented black chefs so it is the blacks who three generations ago began to adapt the canons of traditional music to base the evolving rhythms of a local black music. Today just off Bourbon Street in the French Quarter at 726 Saint Peter Street is an empty building with an entry just off the sidewalk where any night, for a dollar, anyone can stand inside and listen to some of the simplest of old time jazz numbers played by Sweet Emma and her Preservation Hall Band for $5 that's for sale right at the door or write Preservation Hall, 726 St. Peter St. for a catalogue of other jazz albums. Ten minutes with Emma and her boys and you get the feeling that you've walked into the heart of New Orleans.

Though the French Quarter has been famous to visitors for years, other districts rival its importance in a way that's different. What is now called the Garden District and the Lower Garden District on the other side of the big boulevard that divides the city—French Quarter from the American quarter—was for a long time a separate community called Lafayette. The Garden District is as American as the French Quarter is not. A book called *The Great Days of the Garden District and the Old City of Lafayette,* on sale at the McGehee School, 2343 Prytania Street, explains its evolution from part of a big plantation owned by the city's French founder Bienville. Most of the Garden District's biggest handsome houses were built in the 1850s when the advent of the steamboat on the Mississippi made New Orleans as important a port as New York. Some are Greek revival, most have interesting ironwork and double galleries, big double parlors and Victorian details. In general, the generation of people running things in New Orleans live in the Garden District. Their married sons and daughters often live in transition neighbor-

*Continued on next page*
big public building. A well-known restaurant in this section of town is Turc's, which has moved from Poydras to 3218 Magazine Street. See what the Underground Gourmet has to say about the pasta. This is an area for antiquities shops where prices are lower than Royal Street.

If you can get a tank of gas, Sunday's the day to drive outside New Orleans to plantations on either side of the Mississippi upstream about a thirty minute drive. On the way out stop at Longue Vue Gardens, an example of classical landscape design done often in the South in the 20s and 30s. Longue Vue was laid out in 1942 by Ellen Biddle Shipman. It has 8 acres of rose and water gardens, see-through brick walls in a lattice design, paths, walks, fountains, and visual surprises all around a big stone house that is not open to the public. The gardens are beautifully maintained and when you've seen everything, stop by the movie room for a film showing the best known gardens in Louisiana.

There are three plantations very close to New Orleans on the River Road. Tchoupitoulas has a good restaurant that's open for lunch on Sundays—the restaurant is the old plantation house itself, which once stood closer to the river bank. Today it sits farther back and a story lower. Peacocks, horses, and chickens wander close to the house as you're eating. Not five minutes away is Magnolia Lane, which belongs today to the same family who built it in 1784. The owner, Richard Naherschneig, is usually at Magnolia Lane on Sundays when he can be away from his nursery business and all of his children help keep the place in shape. Get him to take you on a tour of his house where the bedrooms are filled with the fragrance of sweet olive and date palm. Just back on the other side of the river from Magnolia Lane is Ehnwood, sitting right under the shadow of a Kaiser Aluminum plant. Huge oak shade and protect it from contemporary life. The house built in 1782, is pink stucco, low and massive. Mysterious and full of atmosphere, it also has a restaurant known for its game dishes and many local people go there on Sunday nights.

For plantations farther afield consult the previously mentioned Plantation Cookbook, a pamphlet from the state Chamber of Commerce called Magnificent Mansions of Louisiana (Box 44291, Baton Rouge, La. 70804), or talk to the people at the 334 Royal Street Tourist Information Center. You can make a three-day driving tour that sounds enticing—word on the mouth has it that there are as many good little local restaurants around Lafayette and New Iberia as there are big famous ones around Lyon in France. But that's for my next trip to Louisiana.

Days are warm in the spring and fall in New Orleans but nights are cool and you'd be uncomfortable without a jacket or coat. Though none of the restaurants require skirts for ladies, most require the men to have a jacket and tie for dinner. It remains informal, but it's a city where many of the inhabitants dress well and a great many tourists come from all over the world. You feel better in New Orleans if you make an effort to pull yourself together.

Delta has daily nonstop flights from New York, Chicago, and Los Angeles, subject to fuel supply. C

BOOKLETTES TO HELP YOU DECIDE WHERE TO GO, WHERE TO STAY

To help make your trip to New Orleans memorable and to suggest other rewarding places to include in your trip: South, House Gardens will send you any of these colorfully illustrated booklets, free of charge. Just fill out and return the coupon on page 52.

LOUISIANA. A series of six booklets tells how to See and Savor Louisiana (1). One gives an overview of the entire state, another concentrates on its capital city, Baton Rouge; another on its restored mansions open to the public. Of interest, even if you're not going
South is the booklet on Louisiana's excellent, distinctive cuisine, with recipes for several local delicacies including Cajun Jambalaya and Chicken File Gumbo. New Orleans Is a True Original (2) is the title of a two-booklet packet that details the various guided tours available to the traveler who wants to check this statement out. A series of three brochures, under the collective title of You'll Love New Orleans (3), provides a listing of places to stay (complete with rates and amenities available), a rundown on the many events, so you can plan your stay to coincide with whichever turns you on... If you want to stay in the old French Quarter (and who doesn't?) you can send for the booklet describing the merits of The Saint Louis (4) a brand-new hotel, but modern only in its top-notch facilities—its façade, interior, and furnishings are in complete harmony with New Orleans French Quarter ambiance. Of special interest: The room rates include complimentary breakfast, tree parking... The Monteleon Hotel (5), the largest hotel in the quarter, has six lounges and restaurants, a penthouse country club complete with swimming pool and putting green. Its brochure includes a map of the entire French Quarter and a guide to its noted restaurants... The Chateau LeMoyne Hotel (6) is yet another central Quarter hotel that successfully combines old-world charm with new-world efficiency—color TV, direct dial phones, outstanding restaurant, swimming pool... Just ten minutes from downtown New Orleans are 8 acres of landscaped loveliness, Longue Vue Gardens (7), sure to interest anyone who enjoys strolling through gardens ablaze with color. There is more to Louisiana than New Orleans, and a trip to Baton Rouge (8) is well worth anyone's while. Two booklets describe its merits, suggesting what to see, where to stay... Not too far from Baton Rouge are Rosedown Plantation and Gardens (9). Rosedown, one of the great ante-bellum mansions, built in 1835, has been completely restored and decorated with period furnishings. It offers an enthralling look into a bygone world that is no more. The gardens are some of the loveliest in Louisiana... The Shreveport-Bossier Region (10) of Louisiana has many outstanding attractions, including house tours, gardens open to the public, an outstanding museum. A whole raft of brochures are available to lure you there, including one that lists hotels and motels in the area.

MISSISSIPPI. The Mississippi Gulf Coast is a great place for a relaxing vacation—lovely stretches of beach, comfortable hotels, excellent facilities for indoor and outdoor sports. You can find out all about it in Sun's Up on the Mississippi Gulf Coast (11)... For a rundown on the many attractions that the entire state offers, send for Mississippi-History, Heritage, Hospitality (12), a portfolio of most alluring brochures.

ALABAMA. Alabama Has It All! (13) explains a packet of little books, maps, photographs. It's all there, they say, whatever you're seeking... One of the "alls" is a resort community, The Grand Hotel in Point Clear (14), the "four-season hotel on beautiful Mobile Bay," complete with main house, private cottages, golf course, yacht basin, a wide variety of land and sea sports.

GEORGIA. The 50-page booklet Georgia Days (15) is intended to persuade you to visit this interesting state, filled with grand scenery, sparkling seaside resorts, and myriad places of historic interest... One of the most popular tourist attractions is Georgia's Stone Mountain region (16) and a packet of pamphlets is yours for the asking, complete with map of the area, information on campgrounds, sports facilities, an inn to make your headquarters, the many attractions to visit. If your preference lies with the shore resorts, Georgia's Sea Island is one of the greats, and an outstanding place to stay is The Cloister Hotel (17), a renowned showplace featuring everything you could possibly want for the sybaritic vacation of a lifetime.

SOUTH CAROLINA. Every state likes to crow a little about its own scenic spectacles and places of outstanding interest, be they historic, esthetic, or athletic—and South Carolina in its booklet A Lot of It Looks a Little Like a Foreign Country (18) points out the various aspects of the state that compare favorably with outstanding spots throughout the world, and, no doubt about it, the state does have plenty to offer... For a look at the "Old South," of course, there's Charleston with its ante-bellum houses, burst-of-color gardens, and gracious lifestyle. A lit-
CAROLINA TRACE

WHERE TO GO, WHERE TO STAY

continued from preceding page

tile book and an assortment of pamphlets make up a packet Charleston, City of Charm (19). Included is a pamphlet outlining the many places of historic importance to be visited, a schedule of events throughout the year, suggestions for great dining in Charleston's many fine restaurants, and, naturally, hotels and motels of outstanding comfort. . . . One of the most noteworthy of these hotels is The Mills Hotel House (20). First opened in 1853, it has been reconstructed and preserved so that it loses none of its pre-war (Civil, that is) charm but maintains the highest level of contemporary efficiency and comfort . . . A few miles out of Charleston, and well worth the trip, is Middleton Place Gardens and Plantation Stables (21). This is one of America's oldest landscaped gardens, started in 1741. It features elaborate landscaped terraces, butterfly lakes, camellia allees, and massive plantings of azaleas. The restored stables yard depicts the agricultural activities and life of the 18th- and 19th-century plantation community. The brochures provide a map of the garden, a history of the plantation, and a calendar of special events that take place there from time to time.

Hilton Head Island is the great recreational center of South Carolina, offering all the advantages of sun, surf, A-1 sports facilities, and luxurious resort hotels. A Guide to Vacationing on Hilton Head Island (22) has a self-explanatory title—where to stay, what to do, what to see, where to dine or shop, and all that's important to visitors. And the portfolio answers just about every question you may have about life on the island . . .

Palmetto Dunes (23) is a Hilton Head resort and its colorful portfolio extolling every aspect of life there will make you want to hurry on down—or up, as the case may be. It features outstanding golf courses and tennis courts, inn, and condominiums for year-round vacation time living. Facilities range from the gamut for the most economical to most luxurious . . . Or you may wish to stay at the Sea Pines Plantation (24) a whole vacation...
MiiiiuMit' with an inn, sports and other recreational facilities, shops, restaurants, the works... If you prefer to be right on the ocean front, you might investigate the Sea Crest Motel (25) where the non-sportsman can relax and bask in the sun while the golfer tees off happily at a first-rate golf course.

Myrtle Beach is one of America's most famous seaside playgrounds. In addition to the expected sun, sea, and sand, it offers entertainments of all kinds, from the earthiest to the most sophisticated. There's something sure to please every member of your family and it's a particular joy for the children. You can find out about all this in Myrtle Beach and the Grand Strand (26) ... A Golf Holiday (27) brochure describes the many package vacations available with special all-expense rates at major hotels—all devised for golfers from the rankest amateur to the next Jack Nicklaus.

NORTH CAROLINA. This state likes to think of itself as "Golf State U.S.A." (28) and anyone who has played any of its numerous courses will know why. The state's series of brochures not only extols its golf glories but points out its many attractions for fishermen, skiers, campers, lovers of scenic beauty and places of historic interest. Included is a detailed map and an accommodations directory of the entire state ... Sand and Pines and Golf of Course (29) praises the Carolina Sandhills, including the golf course at Carolina Trace, designed by noted golf architect Robert Trent Jones, and the Carolina Trace Country Club with its unique glass-enclosed clubhouse.

The Pinehurst Hotel and Country Club (30) says in its folder that it contains "millions of dollars worth of new distractions." Among the "distractions" are twelve tennis courts, L-shaped heated swimming pool, riding stables with 200 miles of riding trails, nine trap and six skeet ranges, a complete health spa... The Foxfire Golf and Country Club (31) offers bent grass greens, guest villas along the 18th fairway, an outstanding restaurant. If you want to try the Pinehurst area resorts and are not sure which will best suit your requirements, PAR (Pinehurst Area Resorts Inc.) will send you an assort-

Continued on next page

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WHERE TO GO, WHERE TO STAY
continued from preceding page

ment of brochures (32) from which you can select your ideal vacation spot.

VIRGINIA. Perhaps there are more sights of historical, cultural, and visual interest in this small state than in any of the other forty-nine. A handsome booklet, simply entitled Virginia (34) talks about many of them—Monticello, Jamestown, Williamsburg, Newport News, the beaches, the mountains, the battlefields—as a sentence on the cover shily declares “Virginia is whatever you love.”

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19 Charleston, City of Charm
20 The Mills Hyatt House
21 Middleton Place Gardens and Plantation Slahleyards
22 Guide to Vacationing on Hilton Head Island
23 Palmetto Dunes
24 Sea Pines Plantation
25 Sea Crest Motel
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Earth, air, and water are subjects of increasing interest and concern. We realize our basic dependence upon fundamental elements; we understand the importance of caring for them. As scientist Dr. Lyall Watson points out in his intriguing new book *Supernature* (Anchor, $7.95), “An intricate web of interaction connects all life into one vast, self-maintaining system.”

Objects in our universe that we perhaps too often take for granted have a vital bearing on our existence. Were the sun to disappear overnight, the earth would be encased by an immense glacier of solid air 23 feet thick. Life would cease. Today we appreciate that sunlight on the skin produces a chemical change that causes vitamin D to be absorbed into the system and that we need this continuous process to stay healthy. “And we now have evidence,” Dr. Watson adds, “that the sun’s behavior, its eleven-year cycle, the changes it produces in the earth’s magnetic field can affect many body functions and the nervous system. It is clear that man is a remarkably sensitive living sundial.”

Astrologers have always believed that sun, moon, and planets governed temperament and moods. We all know ourselves how sunshine can influence feeling, joyfulness, happiness, and a sense of well being. Now along come the scientists to support these ideas with substantial facts, turning us into a new breed of sunworshippers, conscious of our need to establish connection with light, air, the outdoors.

This idea, then, is what this issue is all about. Our Sunshine Yellows radiate throughout the pages. They can bring a sunny feeling into rooms that may not catch the real thing, or help you extend a mood of sunshine long after dark. The apartment of Cathy and Alessandro di Montezemolo, page 58, has a permanent glow built in by imaginative decorating.

Architect John Russell Nichols scoops up Florida sunshine and brings it into a three generation house, page 72. He has liberated the family from walls, using open spaces to define the necessary territorial divisions for people who pursue a free and easy, barefoot way of life. Sun bathing is another subject we’ve been looking into—we mean the nature bathroom. Doesn’t it make good sense to move your bath outdoors if you can? A San Francisco doctor bathes in his garden as often as he can, amongst all the fuchsias and camellias, page 88. Of course, if you’re not in a suitable climate, you build your nature bathroom indoors instead. Artiste Alexandre Wakevitch created a little tropical island in his New York loft, page 89, surrounding a great bath with masses of greenery.

If writer José Wilson could live her dream she would be out on the sunlit slopes of the California wine country every day enjoying a wine picnic—an experience, she declares, on page 109, to “stroke the senses as well as pamper the palate.” Entertaining at home? A golden aura of lemons fills the Wine & Food book, page 101. We give you twenty quick lemon delights, both sweet and savory, all very exciting ways of serving this citrus fruit, rich, of course, in the sunshine vitamin C.

To go back to Dr. Watson: “There is a new awareness that one of our greatest strengths lies in unity with the cosmic community, because life shares a mutual sensitivity to the cosmos, has a common origin, and speaks the same organic language.” If we can enjoy a more open dialogue with the sun, introduce this wonderful natural element into our homes more freely, bask in its beneficial effects, we shall obviously have a much richer life.
“Whatever the season, this living room always looks like the calendar was turned to April.”
SUNSHINE AMERICAN STYLE

Rooms that color makes more inviting

Bringing sunlight when the sun isn't shining and bringing the freshness of the country to a city apartment are perfectly possible with sunny colors, airy furniture, summery fabrics, and the imagination that pulls them all together. The radiant rooms on these and the following pages belong to an American and her Italian husband, Cathy and Alessandro di Montezemolo, who, when they recently went to live in Italy after twenty years in America, took their American decorating point of view right along with them.
"The fresh country look of rustic wicker and an airy furniture arrangement"

The living room is really vast," says Cathy di Montezemolo [above], "about 50 by 20 feet and 12 feet high. Enormous rooms can be wonderful, but filling them up and, at the same time, keeping them light and airy is often a ticklish problem. Although the apartment in Milan is part of a floor in a very old house, we didn't want to be feudal or Renaissance or grand. We wanted a country look—if it could be come by. So we went to Howard Dilday, a young American decorator who has a studio in Rome, and he said why not? After endless measuring and drawing up of floor plans [the final version, below], he designed the three big sofas, which are almost rustic—all of them wicker, loaded with cushions—to fill the room without looking like monuments. All the fabrics are cotton, daffodilsh yellows and greens, and in four different patterns—flowers, butterflies, paisley, and canework. A beautiful mixed bag. My niece, Robin Morton, got them for us in New York—transoceanic decorating works best with someone at both ends. Yellow, of course, was the important color. The apartment overlooks a garden, so there is plenty of room for the sun to find its way in, but even when the mists descend, the yellow fabrics give the haze an incandescent glow."
SUNSHINE AMERICAN STYLE

"Yellow and green country colors patterned with flowers and butterflies."

"...are all over the place. For comfort, usefulness, and dressing things up. The little ceramic tea set [left] is looped up with ceramic bows, and some of the baskets—this one's for yarn—have linings like inside slipcovers that tie on with bows. When they get dusty, they go right into the washer. My husband can take bows or leave them, but he loves flowers. [Alessandro is both an Italian marchese and a hard-working businessman; I am a New Yorker and the European editor for an American magazine.] The sunlit between the windows is by Thomas Stokes, the gouaches over one of the green walls are by Toto Scialoja, and that's a Piero Dorazio over the big yellow sofa. The far end of the room we call the library. It has no fourth wall, of course, but scads of books."
Lots of flowers in the dining room, lots of yellow. For dinner, flowered tablecloths, for lunch, gingham cloths—plaid put together in four pie-shaped pieces in different colors. They look like quilts without the padding. The flowered wallpaper and curtains are twins—made by Woodson and called Carolina—and are not only identical twins but wonderful stand-ins for a garden, which we don’t have. Real flowers we have to buy. After considerable cultivation, the flower vendor down the street has decided that we’re kindred souls, and I’m right there on the curb when he pulls up with his cart. He brings us just-in-bloom things, and for the dining table, they go into baskets and clay pots, with a few faience vegetables for company. Some of the china and glass we’ve had for years, some of it is new. The service plates [the dinner setting] are made of straw, and sometimes the bread sticks—these are grissini, slim as reeds—are tied up in ribbons and bows. Everything around here that can wear a bow, wears one. The table and chairs are English, quite old. But our favorite things in the room are new—the two bamboo and cane cabinets that were made to order, right here, by Cavagnat. They look a bit like old English porter chairs, but instead of porters they hold shelves for a collection of faience and porcelain. A hodgepodge, but it’s pretty, and we use everything.” (For some of Cathy di Montezemolo’s menus and recipes, turn to page 106.)
This is our bedroom, a place to wake up and go to bed in or just be in. All yellow and green and mostly gingham curtains, upholstery. It’s an old-fashioned, down-to-earth fabric, but it’s about any color you want, it’s tough, and it doesn’t cost a million dollars. So as not to impede the sun, the glass curtains are sheer cotton voile with a very white-on-white pattern. Like frost. The big desk in front of one of the windows is designed by Howard Dilday and is made of wicker and a kind of white plastic that’s smooth and cleanable. So cleanable that the tables on each side of the bed are almost invisible in it. They’re catchalls. So is the room, called my studio, which is a preposterous name since it’s about as big as a minute and looks like a yarn store. I’m a needlepointer. Stitching relaxes me and I go through yarn so fast I have to buy the bolt. So, to store it, that little desk and cubbyhole thing was made, and I sit and put all those ravishing colors on a piece of muslin and then put them in a box on the floor, then on canvas. There are all mine, for better or worse, and I like giving them away. It goes like lightning. Wonderful for rugs. The room has a terrace of pines we love, and we sit at night and soak in the serenity. By day, it’s a place for my girls. I sit and stitch and the little girls sit at the school next door and they sit up in the garden all day. They’re a little dress-up, the flower beds, but they’re not as pretty. And it’s very nice to have leaves around, if only to see them. Even when the garden is empty and quiet, it’s just as much pleasure to see what we had planted it out.
two of the chairs in the bedroom are Louis Seize, but just like the American slipper chairs, they wear gingham, and wear it well. The carpeting is sisal, practical, although it can stand a bit of dressing up, which is done with what Alessandro calls my 'pictures,' the little gros point rugs. There's one on each side of the bed, and my newest and most favorite is there by the yarn basket [left]. Those are tulips, incidentally. The drawings are framed Christmas cards that Henry Kochler—he did the portrait of me in the living room—draws each year and sends to his friends. They're lovely—like finding an angel in the mailbox.
Let the sun pour in with House & Garden’s six Sunshine Yellows! There are two brilliants, Chrome Yellow for depth, Sun Yellow for warmth; a clear and pungent Pineapple; and Pure Cream, white with just enough buttery yellow to make it rich. Creamy Apricot is the color of dawn; and Shell, as delicate as a petal. In fabrics and floorcoverings, kitchen equipment to furniture—it’s a range of colors that lightens and brightens everything naturally.

It’s a stacking drawer system of clean white molded plastic cases that connect to each other with small plastic pegs. No slipping! Drawer fronts are Chrome Yellow and each case has 1, 3, or 5 drawers. Designed by Simon Fussel for Beyerian.

Magazine rack in Chrome Yellow plastic slants to one side for wall hanging or placement on a floor or table. Partitions are removable so that even the thickest, bulkiest publication fits neatly. From Seabon.

All polished aluminum with Pineapple baked enamel finish, the Pantastic Skillet by Hamilton Beach has a Duralon III no-stick interior, removable legs and is completely immersible for thorough cleaning. Lid tilts two ways and has steam vents that open and close. The kitchen, above, is filled with the light reflected from cabinets and countertops of Chrome Yellow. They are made from a plastic laminate that shines mirror bright! More shine and gloss comes from the chrome edging around the refrigerator and the stainless steel sink and in the built-in cooktop. Flat black ceiling and floor accent and at the same time absorb the depth of color in the kitchen. Kitchen was designed for a house in Italy by George Coslin; the cabinets, countertops, and plastic surfacing are by Dadi
Diamonds of rich rust pattern a background of Creamy Apricot. "Saddle #2" is all wool, hand woven in India, and measures 5-by-7-feet long. By Saxony.

Bamboo detailing edges the doors of a curio cabinet measuring 72 inches tall. In two sections, the top has an interior light and both parts have glass shelves. The whole piece is Pure Cream antiqued to the color of the yellow of fresh, spring bamboo. By American of Martinsville.


In bright Chrome Yellow the Milano scale from Borg has a simple positive zero adjustment and it's exclusively guaranteed to last as long as you do! Paint the walls and ceiling with pure sunlight by painting with Pure Cream cut with one half white. The effect of natural light, soft and diffused, is to open this living room, above and top left, and give it a sense of great space. Built-in banquette sofas, wicker ottomans, chair, and all the pillows are covered with a heavy cotton twill designed by Pierre Cardin in white with Sun Yellow, Creamy Apricot, pink, lavender. Pure Cream carpeting by Downs on bases of banquettes. Wool rug of woven animals on a pale cream ground by Rosecore. Old-fashioned, natural-toned wicker contrasts with the vibrantly modern tables—both by Albrizzi. Sparking everything else is the painting by Ray Parker at the Fischbach Gallery. Cashew lacquered ribbon table from Charles R. Gracie & Sons; wicker furniture, Luten, Clarey, Stern; vertical blinds by Thru-Vu; Sherwin-Williams paint. For shopping information, see page 156.
Pineapple serge upholstery, 1, covers a high-backed armchair. Then it is tufted and buttoned all over its seat and back. By Hickory Chair. 2 White bamboo lattice pattern boldly printed on a Chrome Yellow ground. "Mandalay" cotton bedspread by Bates. There are matching pinch pleated curtains for it, too. 3 Chrome Yellow Italian linen, plaid and solid, for a tablecloth and six napkins bordered with white. From Pratesi. 4 There are 2- and 3-drawer units and an open shelf section of this stacking wall system. It's made of Sun Yellow Micarta laminate and base of each section is faced in brushed chrome. By Basset. 5 Curves and right angles of Sun Yellow velvet give this chair a wonderful open sculptured look. Designed by Kirk White for Directional. 6 Pairs of wide diagonal brush strokes in Chrome Yellow on white patent dance their way down "Carioca" vinyl wallcovering. Companion fabric is waiting to join in. By Quadrille. 7 Five pieces of Chrome Yellow Descoware cookware of porcelainized cast iron. Natural wood handles resist water and have copper hanging rings. All are flat bottomed to make full contact with gas or electric range.

SUNSHINE YELLOWS FOR BRIGHT IDEAS

right and opposite page top left: Living room small gatehouse in rural New Jersey filled with warmth and radiance of Sunshine Yellows all long. Rough planking floor was smoothed by glaze coat upon coat of Chrome Yellow paint over it, antique rugs and handmade quilts give pattern texture. Lemon colored sofa is covered with a rich linen tweed. Armchairs are done in a Chrome Yellow cotton and linen with animal prints. Room signed by Mrs. Henry Parish II of Parish-Hac...
The sun at your feet—“Cover Story”  
Sun Yellow carpeting of Antron nylon from Philadelphia. 
Rough textured Haitian cotton in Pineapple covers this love seat right down to its four ball feet. The cushions are deep sink ones for real luxury. 
Five drawered chest is finished in Sun Yellow striped with white. Handles of brass and the base is all carved. Both the love seat and the chest are by Tomlinson of High Point. 
All wool Mexican kilim with a ground of Chrome Yellow deepened with earthy browns. By Gotham. 

For shopping information please turn to page 156.
Behind the solid sculptural sweep of gray redwood and white sprayed stucco is a surprisingly sunny-side-up family house that keeps three generations happily together. The house is built on an acre at the edge of a subtropical knoll dense with ferns, palmettos, and scrub oaks full of bromeliads and tiny native orchids. Living is free, barefoot, and full of activity for those who live here: A successful young lawyer, his wife, their three school-aged sons, and a maternal grandmother who pursues a full-time banking career. Obviously the house had to be designed for great flexibility, so everyone can work, romp, relax—or escape—without trampling on one another’s freedoms. Architect John Russell Nichols created the necessary territorial divisions, not with walls that confine, but with distinct open spaces ingeniously planned to unfold into one another, so that however privately occupied all might be, nobody feels isolated.
generations on a one-acre lot

...on a one-acre lot...

ture is flexible and simple: a
that’s really a cleverly
ouflaged bed with a trun-
wall of cabinets with a
-up table, and an old walnut
let. “Mother has dragged
piano with her all over the
ays her daughter, “it’s
love of her life.”

owners were shocked when
first saw John Nichols’s
del for their house: “It
ked nothing like the steep-
ched shake and stone house
had envisioned.”

That kind of house just
tn’t match up with their life-
ey,” says John, “so I took the
ible of designing one that I
ught would. Gradually they
 the exciting spatial inter-
s that were going on, and
ized that trading expensive
ior materials for more
en and flexible space was a

good bargain. The house looks,
feels, and ‘lives’ much bigger
than its actual square footage.”

A prime example of these
spatial interactions is the cen-
tal entertaining section, which
consists of the dining room, liv-

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Rousseau-esque jungle be-
. In fact the indoors and
out mingle rather amicably in
small screened courtyard and
ring room proper only by folding
glass doors that are usually
open anyway. “Since we want-
ed to exploit those glass walls
as much as possible,” says
John Nichols, “the deck over-
hangs are not supported by
ventional pillars, but are
suspended from the second-
story by unobtrusive cables.”

The dining room doubles as entrance hall (“we
can think of nothing more use-
less than a whole room just for
the front door,” say the own-
ers). Three steps down is the
living room with its glass wall
20 feet high that only barely
divides the indoors from the

Jog in ceiling above long black
Naugahyde sofa is the bottom
of the study-balcony that over-
looks the living room—and
shares its jungly view.

3 children’s
country

Since we wanted a living room
that would not be a runway for
small boys,” says their mother,
the boys’ room had to be in-
viting, well-equipped, and in

Rousseau-esque jungle be-
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Since we wanted a living room
that would not be a runway for
small boys,” says their mother,
the boys’ room had to be in-
viting, well-equipped, and in

...the opposite direction. So
John Nichols put the enticing
dormitory-playroom just off the
family room (which the boys
share with their parents). The
dormitory has its own skylit
sunken shower that doubles as
a tub—and is “so much fun we
can’t get the boys out,” says
their father. Here the glass wall
facing the palmetto grove has
been divided into three mini-
rooms, each a self-sufficient
module of privacy packed with
goodies any boy could dig. And
lest there be any confusion as
to which is whose, each com-
partment is unmistakably la-
beled in big wooden letters
painted bright red.
A three-generation house

living next to nature

Almost anywhere you sit in the two story living and dining room, opposite page and below right, you are looking either at the outdoors itself or the atrium, above, a private mini-jungle through which ambles a family of ceramic quails made by the family's other grandmother. The atrium and all the planting were designed by Bruce Howard. "We were very careful about getting the house onto the site without destroying the surrounding growth," says John Nichols. "We wrapped the deck around the trees and rocks rather than remove anything." Decorator Jeffrey Howard (he and the landscaper are brothers) kept the colors neutral and the furniture sparse, and used materials planned for upkeep as easy as on a sailing ship: floors paved with gleaming black ceramic tiles, built-in Formica cabinets, furniture of metal or glass, with plenty of wipable Naugahyde upholstery. In the white Formica cabinet that separates the living room from the dining room is the music system. Its speakers, concealed behind the mirrored facing of the window banquettes, are angled down to bounce sound off the floor. On the dining room side of the white Formica cabinet there is storage for china, glass, and silver. The steel sculpture, the painting above the sofa, and the tapestry on the dining room wall are all by Sebastian Trovato.
A three-generation house

space-stretching ideas

The heart of the house, 1, is the kitchen, 3 and 4, an efficient all-white galley under whose light-up plastic ceiling anything can be prepared from 20-second micro-zapped hotdogs to fancy dinners—the latter served around the corner on the steel and glass dining table, 5. Favorite family meal is cooked on a gas grill set up on the deck: 2: turkey smoked over smoldering hickory chips and fresh-cut twigs from the lime tree in the yard. The togetherness room is the two-story L-shaped family room, 8, shaggily carpeted and furnished with humungous squashy Naugahyde covered chairs and ottomans that face a wall of books and TV. The graphic wall hanging above them the owners made themselves: thin wood strips braced to make frames, glued-on brown paper for stability, and a smashing Marimekko fabric stapled around. Overlooking the family room is the “playloft,” a broad balcony furnished principally with a pool table. In the master bedroom, 6, the big bed appears to float from the Formica partition whose reverse is used for storage. “There’s not a bit of wasted space in the whole house,” say the owners. “John Nichols put every inch to good use.”
and this partition are his and hers dressing rooms with lavatories: share the central shower. The bedroom's wall of glass doors gives on upstairs deck, a vantage point from which the owners can survey at they rule. On the narrow balcony, 10, overlooking the living room, ofa broad enough to sleep on—for solitary reading or the occasional sight guest. In the balcony's study corner, a white Formica desk de- ed for working at home—not isolated from the household, but com- ly above it all. The boys' dormitory, 7 and 9, has been divided into completely private cubicles, each packed with drawers, shelves, a t, toy bins, and a desk that serves equally well for Scott's and Todd's work or three-year-old Drew's finger painting. The bunk beds (three so everyone can have a guest over on the same night) are attrac- and simply made up with snappy red-white-blue striped sheets and net folded neatly at the foot end. Across from the cubicles is a common play area inhabited by the hamster family: Powder Puff er eleven-child brood, and their father, a furry Teddy-Bear hamster, ting, exhausted, in a nearby cage. A step away is the boys' bath.
In our fast-paced life today, decisions are required almost every minute. Do you find you make the right decisions most of the time? Or do you find you look back and think you could have done better? How well you reason out a situation depends on your ability to handle your own instant emotional reaction. You'll feel happier in the long run if your decision is not only satisfying to you but makes other people feel good as well. This test takes you through twenty common situations, all open to strong emotional reaction. Check the answer closest to the way you'd react. To find out more about your talent for making good decisions, turn the magazine upside down. Compare your results against the correct answers and see how well you did.

EDITOR'S NOTE: Dr. Syvil Marquit, director of Psychological Associates, Miami, Fla., has been a practicing psychologist for over twenty years. He is an active speaker and teacher on nonverbal communication. Marilyn Lane, a writer and journalist, has collaborated with Dr. Marquit on a number of psychological tests, aimed at making people understand their unconscious actions and motivations better.

1 Grocery shopping, you are attracted to a display of merchandise as you enter the supermarket. You decide: (a) To resist the impulse because the item is not on your list. (b) It's a sale, you'll take one. (c) The store has overbought that item, what's wrong with it.

2 The wife of a famous sports figure is on a talk show. She tells how wonderful their life is together. You think: (a) What a wonderful life they have. (b) Travel, personal appearances, separations, and the fans must make their life pretty difficult. (c) She's helping to promote her husband.

3 Your husband is being transferred to another office in another state. The company is providing you with a house; you've got to furnish it. You decide: (a) To travel with everything you own and make it work there despite the different climate and environment. (b) To draw out each room on graph paper then measure appropriate furniture to make sure it will fit. Sell pieces that won't work. (c) To ship all your favorite things you couldn't live without and decide to arrange everything when you get there.

4 Your family doctor insists you need a vacation right away. The timing couldn't be worse. Your reaction: (a) Maybe weekends away will do just as well. (b) Your doctor knows you best, you'd better go. (c) You know yourself better than anybody. It's not the moment to go, but you will work on the idea and go later.

5 A TV commercial tells you 7 out of 10 doctors prefer this brand above all others. You think: (a) If doctors tested this brand, it must be good. (b) I'll compare that brand with the one I'm now using to see which is better for me. (c) What doctors, where? How many were questioned? What other brands compared? Who paid for the tests?

6 Your birthday is approaching and you know it's likely your husband will let the date pass by through his own carelessness. You: (a) Organize a party or buy theatre tickets and remind him in plenty of time to be with you. (b) Decide to let the date go by without fanfare. (c) Ask another member of the family, a friend, to point out the date and see what happens.

7 You've planned a hollandaise sauce for the asparagus as an open face on an important dinner party. It's wrong at the last minute. You: (a) Keep everyone waiting while you do something. (b) Serve the asparagus with lemon and butter. (c) Abandon the asparagus for canned vichysoise.

8 Your son asks you to take care of his children for half a day because of a last minute emergency, when you already have made other plans. You: (a) Tell your son that he will have to make other arrangements. (b) Juggle your other plans and tell him you'll do your best. (c) Say you'll take care of the children the next day but not at that time.

9 You are giving a formal lunch to twelve and someone phones you at the eleventh hour to ask if she can bring a friend. You explain: (a) It's a formal lunch but I think I can squeeze in another guest. (b) It's a formal lunch and I would be very - hoping she'll then realize she's as wrong. (c) It's a formal lunch and I can't include anyone else at such short notice.

10 A well-known entertainer is supporting a local political candidate and you go to the rally. You feel: (a) I like him so he is sure to influence my vote. (b) He's a good entertainer but he won't necessarily influence my vote. (c) I've never enjoyed his brand of entertainment so I won't vote for the candidate he's supporting.
DECISIONS?

A new psychological test by Dr. Syvil Marquit and Marilyn Lane

You see a friend in the street but it's just not the day you want to talk to her. You:
- Cross the street or slip into the nearest store out of sight.
- Pass her by with a smile and a brief "talk to you tomorrow."
- Make the effort to stop and talk.

Your guest of honor at a cocktail party calls you the day before to say he's ill with the flu. You:
- Call off the whole party but set another date immediately.
- Decide to go ahead anyway.
- Feel he's let you down, call off the party and don't set another date.

In a restaurant an acquaintance comes over to say "hello"; you recall her name. You:
- Chat with her without introducing her to the other people at your table.
- Apologize and say you've just drawn a blank and allow her to introduce herself.
- Introduce her as Mrs. X in a joking way and let her fill in her name.

For years, you've accepted the gifts of clothes from your husband out telling him your true feelings. Test present is really something you never wear happily. You decide:
- To return it and change it without telling him.
- Tell him frankly and ask him to make the exchange.
- Tell him frankly and ask him if he minds if you go and choose something else.

You want to rearrange the furniture in the house but you know members of the family dislike it.
- Go ahead anyway and surprise them.
- Tell them about your plans ahead of time.
- Incorporate their suggestions.

At a party you are suddenly feeling too tired to stay another moment but your escort is reluctant to go:
- Go home alone unhappily.
- Go home alone happily.
- Insist on his taking you home immediately.

**17 You love indoor gardening but the climate and the light in your house don't seem to suit plants. You:**
- (a) Give up on the whole notion.
- (b) Study your climate and light conditions carefully and buy plants that will respond.
- (c) Carry on persistently with your garden, choosing the plants you like to have around and figure the mortality rate is worth their temporary beauty.

**18 The cab driver insists he hasn't got change for a $10 bill. You:**
- (a) Get out of the cab and find change yourself.
- (b) Ask him to go and find change.
- (c) Wait for him to come up with a solution.

**19 You've seen a painted screen in a gallery that you would love but you know it's really too expensive. You:**
- (a) Buy it anyway—beautiful things give pleasure for a lifetime.
- (b) Tell your husband about it and hope he will agree to this extravagance.
- (c) Forget it.

**20 You've been left to plan the family holiday but when you have everything organized, suddenly, there is some criticism about your decision. You:**
- (a) Point out that you've gone to a lot of trouble, the bookings are made, and it's too late to change.
- (b) Point out that you've gone to a lot of trouble, the bookings are made, and it would be very difficult to change.
- (c) Rethink and come up with an alternative.

**IF YOUR SCORE IS OVER 40**
You're making good quick decisions if you scored 40 or more. You used the important elements of logic to think out your answers in the given situations, just as you do in real life circumstances. You are aware of the ploys that sway other people into emotional decisions. You have a tendency to feel your way intuitively through the trickiest situation, reining your feelings while you skillfully use your mind to explore all the alternatives. When you look back, you most often find you did make the right choice.

**30 TO 40**
You're doing fairly well in your quick decisions if you scored between 30 and 40. Sometimes you need to think ahead a little quicker. Keep probing, exercise your mind to find the alternatives in the situation. The more you practice this technique the better your judgment will get. In any given situation, it's not entirely satisfactory if you come off winning at the expense of others. You will feel a sense of loss so that when you go over the confrontation in your head later, you may wish you'd made another decision at the time.

**UNDER 30**
Your quick decisions could be better if you scored less than 30. Your inner intuitive voice longs to be free. You are quick to make decisions, too quick for your own good sometimes. You can develop a better judgment if you stifle your emotional reactions more often and operate from your cerebral talents. Ask these questions more often: Will it stand the test of time? Will I tire of it quickly? Will more thought now save me money and aggravation later? Who is the real expert in this field? Is this a well-thought-out, independent decision? How much do I care about this person? This technique will put you in a position to make better quick decisions.
G
raceful, elegantly put together, American Federal furniture is a heritage from the earliest days of our nation, made—most of it—during the quarter century from the end of our first war with England, the Revolution, until the end of our second, the War of 1812. It is a collector’s dream, beautiful and scarce. A lovely blend of fine woods and fine craftsmanship, the American Federal sideboard, above, is made of mahogany, white and yellow pines, poplar, white cedar, inlaid with holly and ebony, but it is not an antique. Brand new from Kittinger, it is an exact replica of a sideboard, opposite page, built around 1790, probably in South Carolina, and now a cherished part of the collection at Colonial.

NEW AMERICAN
Williamsburg. It is part of Williamsburg's first group of reproductions of furniture made after the Revolution. For the original, home is the dining room of the Coke-Garrett House, above, official residence of the president of the Colonial Williamsburg Foundation, Carlisle H. Humelsine. The table is from Boston, the chairs probably from New York, the serving table from Rhode Island, places no longer separate colonies but part of the same new country when the furniture was built. The room, and the house, are fitting settings. The west wing was built before the Revolution; the central part was added around 1830, making a neat historical bracket for its contents, marking the transition from European to American elegance in furniture.
With each step from first analysis to final polishing applied by a special committee, Williamsburg's New Federal Group by Kittinger has been reproduced with exacting attention to every detail. Woods match, construction methods have been so closely duplicated that new pieces are scarcely distinguishable from the old. Replicas on these pages stand ready to move into empty rooms; antique originals are settled in the Coke-Garrett house, far left above.

The two-drawer worktable, far left center, its tapered legs emphasizing simple lines, was first made in New Jersey around 1810 of mahogany. The Hepplewhite style armchair built in New England around 1800, far left below, and its new twin, right center, are both upholstered in new fabrics appropriate to the period, compatible with original patterns, by Schumacher. The settee made near Salem, Mass., around 1810, left above, is a perfect example of the changes in taste that distinguish Federal furniture from its predecessors. On the landed estates of the early New World, substance had meant huge rooms and massive furniture. But a new century, a new nation, and a trend toward smaller houses turned early 19th-century ideas of substance toward refinement and delicate elegance—and produced sofas that are perfectly at home in 20th-century apartments. The breakfront bookcase in mahogany, white pine, and maple (1810), left center, gains an appearance of light and height from its eight pointed columns of glass, but the nearby chair shows its true proportions. Another example of dainty usefulness, the mahogany candlestand, below left, with its tip-top probably made in New York around 1810, prefures our own liking for small multipurpose tables—like the tripod candlestand (1790), above top, with its box-drawer top.

The Sheraton-style Canterbury on casters, above, once held sheet music or books, now can hold magazines. The Sheraton secretary, right top, may be the best piece of the whole collection according to Williamsburg Vice-President Harold A. Sparks. It's from the Boston shop of John Seymour, best-known cabinetmaker of his day. The Sheraton cased armchairs with seat pads beside it and, right, around the mahogany card table by Duncan Phyfe, are painted adaptations of an ancient Greek design and were made around 1800. For shipping information, please turn to page 156.
How to make over your bathroom to suit you

YOUR BATH—
A NEW ROOM FOR TODAY'S LIVING

Say goodbye to the bathroom as we once knew it—that limited space, limited use, tucked away somewhere. Only recently has the bathroom been brought into the open—yet think how much time we spend there. Environment, after all, is as crucial an influence as heredity. Now the bath has been recognized for what it is—a vital, useful part of our lives. It is a place to read, dress, work, plan, relax—even entertain. Discover the ways you can make your bath suit you, suit your particular needs—discover a new room for today's living.
This is a new look at an old problem, so familiar to city-dwellers—how to make two single people happy sharing only one bathroom. This one is in a loft, and designer Paul Dumont's solution was to divide it, not only by walls, but also by color, so you know which is yours. The walls slant away from the ceiling, dividing the bathroom into separate triangles, like pieces of cake, as you can see in the diagram. (Both art and good sense have had a say in this decision—it is much cheaper to put all the plumbing in one central area than spread the fixtures around.) Each piece of cake comes in a different color with white. One section is brown, 1, the second is blue, 2, the soaking tub is also in this section, 3, with steps up to it. The toilet area is brown, 4. Each section is completely private, a practical feat of designing that anyone who has ever had to share a bathroom should appreciate. Everything is tiled in American Olean ceramic mosaic, wonderfully arranged to create an effect of geometric forms and perspective. The towels, in relief, are in plain colors, by Cannon Mills, and American Standard fixtures are all in soothing white. Shopping information, page 156.
It's back to nature, not only in the way we eat and look, but in our daily lives too. Artist Jim Ganzer built a shower in his studio, left, and surrounded it with rocks, pine tree rounds, ferns, bamboo and palm trees. A soaking tub was built by Ed Stiles in California for Pat Rosenberg, who wanted a hot springs environment, like Esalen, outside her bedroom, center below. The lid keeps the leaves out and the heat in. Mr. and Mrs. Rude also chose a soaking tub, bottom. Mr. Rude can soak in hot water after a cold day's sail and look out at the view of San Francisco Bay. These tubs are based on the Japanese foro, taken very hot, 102 to 110 degrees. “Very relaxing,” says photographer Leonard Koren, who is writing a book on the subject. “Bathing is a communal thing now—a place to meet, relax.”

LEONARD KOREN

TAKING A BATH WITH NATURE

People are beginning to value nature more and more. It is not surprising, therefore, that new bath environments, too, have moved outdoors. Where better to relax and enjoy nature than in a tub surrounded by nature, warmed by the sun? A San Francisco doctor came to this conclusion and master craftsman Ed Stiles built it for him, top left, out in his garden amongst the fuchsias, cacti, and camellias. The water is kept at a constant 105 degrees, and the doctor likes to soak as much as six times a day, especially in the warm California rain.

Connecticut weather, however, demands more prudence, so architect James Slavin brought the garden of Mrs. Leonie Parsons indoors with high windows to catch the sun, above. Mrs. Parsons's own firm, Country Interiors, decorated the bathroom, but the mural on that tub, right, belongs to her alone—her old friend Alexander Calder made the design and signed it, “To Onie,” a very private nickname.

The very personal garden of Albert Keidel

An enclosed green garden, a leafy tower for looking out.
To create a garden that stays green all year is an accomplishment, especially in the dry Texas hill country where Albert Keidel lives. Deer still play in the flinty wilderness around his house, and evergreens are scarce, except for live oaks that keep their slim green leaves through drought and winter wind. To make a formal transition from raw land to front door and make it intimate yet inviting, to have a small lawn but a big place for entertaining, and to wall out wildlife without walling out the view were met as challenges. In this courtyard of hardy plants, water, native stone and wood, perhaps the most triumphant leap is the 20-foot-tall lookout tower. It is part gazebo, part Spanish mirador, part treehouse retreat. Garlanded with wild grape, its second story has benches for musicians at a party or for being blissfully alone. You get there by climbing a ladder, and you can pull the ladder up if you choose.

DEAN BROWN
The fence and all but the stone sides of the tower, above, were made of cypress timbers salvaged from an abandoned railroad’s water tank. Sold for scrap, the wood was cut in Albert Keidel’s design. The railroad had linked San Antonio and nearby Fredericksburg, a town his great-grandfather helped settle in the 1840s and where Mr. Keidel, an architect, has restored early ranch and Sun houses (House & Garden, August 1971, February 1972). At his own place, oaks and a pioneer log cabin with a low wing of limestone, quarried in the 1890s, have grown tall. Green shade dapples a two-story ranch house, opposite, top, the garden, and a Mexican-tile terrace, far right, colorful with pot amaryllis, oleanders, clivia, and geraniums. (The pot plants are wintered outside in a sheep shed with plastic sides.) To the old cabin he added a wood second story and balcony. To enlarge the stone wing, he tore down one end to matching stone to build a second floor studio, then completed it with a gable upstairs and glass doors downstairs. When he lacks enough stone for an addition, he does not mismatch and muddle the craftsmanship; he uses clapboard, board and batten, plaster, or glass instead. For log cabins old or new, he recommends porous lime mortar, not dense cement that tends to sweat and destroy logs. Patched logs or ugly rockwork can be mellowed with stains and whitewash. Even for the old timbers in his garden he used a...
five cresote stain, Cabot's Silver Gray, antiqued with streaks of Red Cedar

d enough whitewash to cling to the grain. The terrace wall, now banked with

teria, top, is made of flat stones, curved to preserve an oak, and tinted with

sulfate to blend with the cut stone of the house. The garden, 61-by-53

et, began with set axis points: the live oak, 1, and gateway, 2, which fixed the

ition of the pool, 3, in plan below. A bedroom window, 4, by front walk

suggested path near ter-

:te. Other paths to tow-

5, followed. Boxwood,

lines river-pebble

hs. Round ilex (dwarf

upon), 7, frames St.
gustine grass and

ter lilies. Variegated

onymous, 8, adds

ight. Occasional color:

ly Banksia roses on

rance porch; trumpet

me, daylilies, daisies

phlox in outer beds.
Older than the United States—but as simple as possible to care for.” That’s how Bunny and Paul Evans approached their old Nantucket cottage—imposing, with the lightest touch, their own, very personal, up-to-date style on to its traditional framework.

**UP-TO-DATE LIVING IN A HISTORIC HOUSE**

This room and the room through it toward the left, above, were once five tiny rooms. Mr. and Mrs. Evans knocked down a few walls, leaving a spacious living room, with the original 220-year-old wide board floor. But how modern the feeling is, from the casual polished cotton couches to the white walls and ceilings, as fresh and bright as new snow. In witty contrast, the Dutch girl on the far wall is a print, varnished to give the impression of age. Another contrast—the contemporary dining table, left, designed by Paul Evans himself, who designs metal furniture for Directional. In the cupboard, some of Bunny Evans’s collection of baskets.
Nantucket—from the Indian Nanticoke, meaning, "The Far Away Land"—originally settled in the 1620s, once a great whaling port, and today rich in historic treasures—including old fishermen’s cottages, like this one, bought and restored by the Evenses. Outside, looking at its typical low, picturesque front and picket fence, above, you would never guess what happens inside. Space—light—contemporary things like the bronze sculpted chest made by Paul Evans, left—in short, you step straight into the 20th century. Yet the feeling is timeless. A wall was knocked out to put in the open fireplace, below left, providing vital heat as well as beauty. The lion’s head on the wall is iron, found in an antiques shop. The coffee table, too, is interesting: its base is iron, and its top marble, from different antiques shops. "We got things we enjoy," says Bunny Evans. Like the Nantucket quilts in the guest room, below.
Bunny Evans is an insatiable collector. Every part of the house bears witness to her art. Her shell collection, such as, left, displayed in an American cabinet converted from a stained glass window. Her shell collection, some of which were seen in the dining room, collected from all over the world. Her wicker furniture collection, which she paints herself. And her quilts, seen in the bedroom and again in the Evans's own bedroom, far left. This old quilt from Nantucket, has piqué'd on cotton. Their bedroom is a perfect marriage of old and new, with its original slanting roof, washed, the old painted wicker chair, and the new Venetian jute matting, and insulated ceiling. Bunny Evans collects things, but also grows things. That's why there is such an abundance of flowers everywhere—reflecting the garden of this historic fishing cottage, left, where many hydrangeas...
Only in a cottage as old as this could one find the fascinating nooks, corners, and angles made by stairs and ceilings. Upstairs, right, Bunny Evans found a perfect niche for linen baskets from Peru. And at top of stairs, bottom left, more of the Evanses' collecting skill—iron gates welded together and painted white to make a railing. The old Nantucket seafaring trunk, useful for storage, came with house.

The game room and library, above and top left, has several unique Evans touches. First, the Belgian block floor, put in by themselves, creating the most authentic old stone effect. Secondly, the bookcase against the wall, also designed by Paul Evans, which is made out of oxidized nickel. The shelves in it are smoked glass, and hold everything from books to TV set and hi-fi. The stool is made out of the same nickel material and covered with white leather. The steel motif is reflected also in the bridge table at the far end of the room, top left. These are practically space-age pieces, and yet how happily they sit in this 220-year-old room. But Nantucket is never very far away. The cat on the wall, above, is by a Nantucket artist, and the old brown wicker chair beneath it is a local find.
Vandermint, the great Dutch after-dinner liqueur.

Because not only can you drink Vandermint, you can eat Vandermint. In a parfait. Or pie. Or mousse. Imported from Holland, Vandermint is an exquisite chocolate liqueur that has great possibilities.

What more could you want? Somebody special to give it to?

1. VANDERMINT CHOCOLATE CHEESE PIE: Cream 3/4 cup Vandermint, 8 oz. cream cheese. Add 1/2 cup milk, 1 pkg. (4-1/2 oz.) instant chocolate pudding; beat smooth. Spoon into 8 chocolate snap crumbs; 1/4 cup melted butter (in pieces). Bake 10 minutes.


3. VANDERMINT ALEXANDER: Shake 2 oz. Vandermint over crushed ice in champagne glass. Strain into cocktail glass.

4. VANDERMINT STRAIGHT: 1 oz. Vandermint, 1 oz. gin and 1 oz. cream with cracked ice. Strain into cocktail glass.

5. VANDERMINT & ICE CREAM: Pile scoop of ice cream into dessert dish. Top with Vandermint.


9. DUTCH COFFEE: Pour jigger Vandermint into a cup. Add 2 Tbsps. confectioners sugar till hot. Fold into Vandermint mixture. Serve

10. VANDERMINT STRAIGHT: 1 oz. Vandermint and 2 parts vodka over cubes in a "rocks" glass.

Happy Housekeeper

BY MARY ELIZABETH FALTER

Having hung my new painting, the next step was finding a way to keep pictures from jiggling and bouncing around on the wall every time someone bounded down the stairs or slammed a door (par for the course in a big family). So it was off to the hardware store. This time I came home with some double-sided mounting tape called Hang-A-Ting. We put pieces of the 1/4-inch tape on the backs of all the pictures, pressed them against the wall, and they have stayed put ever since. Hang-A-Ting can also be used by itself to hang pictures or plaques, eliminating nails and hooks completely. I'm sure we'll think of many other uses for it.

Ever since last November when I hunted up some old-fashioned cheesecloth for the turkey, I've been keeping it on hand all the time. I had remembered the good old days when the turkey was basted through a double thickness of cheesecloth and sure enough, this time-proven method worked beautifully. We've been using cheesecloth ever since for roasting fowl, and this summer I'm going to use it to wrap a poached salmon, as it simplifies lifting the fish from the steamer. It makes a good strainer for jelly-making and, beyond the cooking area, cheesecloth is a fine polishing cloth because it's soft and totally lint-free—great for shining silver, washing windows, and polishing furniture.

I ran out of ammonia the other day, so I used baking soda to wash a brush and comb. I just made up a solution of 3 tablespoons soda to 1 quart water, washed my brush and comb, and was pleased at how clean and fresh they were when I had finished. Baking soda is good for almost any kind of cleaning and, best of all, it's a great deodorizer and sweetener. The dry powder can be used directly on spots and soil, and it's great for polishing chrome fixtures.

I enjoy prowling around in antiques shops, especially when I have some presents to buy—birthday, anniversary, whatever. It's nice when things suggest themselves for the people I'm shopping for, and I enjoy it much more than setting forth with a rigid, preconceived idea of what to buy. I never would have imagined, for instance, giving my sister a handsome mahogany box, but when I saw it I immediately thought of her dressing table and how nice it would look as a make-up area. We've been using cheesecloth ever since for roasting fowl, and this summer I'm going to use it to wrap a poached salmon, as it simplifies lifting the fish from the steamer. It makes a good strainer for jelly-making and, beyond the cooking area, cheesecloth is a fine polishing cloth because it's soft and totally lint-free—great for shining silver, washing windows, and polishing furniture.

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A SIMPLE LUNCH
Ring of Rice with Ham
Fresh Figs in Cream

Wines: Clastidio Bianco 1969
RICE ALLA PIEMONTE
Ingredients: 3 quarts chicken stock, 1 pound of rice (Italian Arborio if available), 1 small clove garlic, about 1/4 cup freshly grated Parmesan cheese, about 1/2 cup white wine, 1 small shallot, 1 teaspoon saffron, about 1 cup grated Parmesan cheese, white pepper to taste, 2 egg yolks, 2 tablespoons butter; truffles to taste.
Method: In a large pot boil stock and rice. Cook mixture rice begins to absorb the liquid, stirring occasionally. Add more salt as needed and cook until rice is "al dente." Remove pan from stove and sprinkle with saffron, Parmesan cheese and a little white pepper and mix together. Add more salt if needed and cook until rice is "al dente.

CATHY, tyuing how to start with "L'Ivria" by Cathy di Aricci, a talented hostess who always eats something. Cathy, tyuing how to start with "L'Ivria" by Cathy di Aricci, a talented hostess who always eats something.

RICE ALLA PIEMONTE
Ingredients: 2 quarts chicken stock, 1 pound of rice (Arborio if available), 1 small clove garlic, about 1/4 cup freshly grated Parmesan cheese, about 1/2 cup white wine, 1 small shallot, 1 teaspoon saffron, about 1 cup grated Parmesan cheese, white pepper to taste, 2 egg yolks, 2 tablespoons butter, truffles to taste.
Method: In a large pot boil stock and rice. Boil mixture rice begins to absorb the liquid, constantly stirring. Add more salt as needed and cook until rice is "al dente.

CHESTNUT SOUFFLÉ
Ingredients: 1 can whole chestnuts, 2 tablespoons sugar, 3 tablespoons butter, 3 tablespoons crushed chestnuts and sugar to a fine powder, about 1/3 cup cocoa; 4 egg whites; 1/2 teaspoon vanilla; confectioners sugar; taste.
Method: Put chestnuts in a medium dish of a food mill, chestnuts and sugar to a fine powder, 3 tablespoons butter, 3 tablespoons cocoa; 4 egg whites; 1/2 teaspoon vanilla; confectioners sugar; taste.

RICE "ALLA PIEMONTE"

DINNER
"Rice "Alla Piemontese" with Truffles
Duck à l’Orange
With Fresh Vegetables
Cheesnut Soufflé
Champagne
Wines: Clastidio Bianco 1969
Rosso Antinori 1968
Those early Americans dined very well, indeed. On delicious dishes like Country Blueberry Pie. And on magnificent dishes. Like Pfaltzgraff's famed Yorktowne stoneware, which we first made back in the early 1800's. Only we make it better today. Naturally we wouldn't dream of changing Yorktowne's lovely salt-glaze color and charming hand-applied decorations. But we have made Yorktowne chip-resistant, dishwasher-safe and oven-proof. Perfect companion to Yorktowne is our exciting Touchmark collection: elegant reproductions of early-American serving pieces and accessories with the rich look and feel of antique pewter. Shown also is our handsome, authentic Colonial coin-silver pattern of stainless flatware. Designed to coordinate graciously with all Pfaltzgraff dinnerware, our stainless flatware is gently oversized in true Colonial dining tradition.

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For Pfaltzgraff Early American Country Recipes, including Country Blueberry Pie, by Betty Groff and Jose Watson, Authors of Good Earth & Country Cooking, write to The Pfaltzgraff Company, Dept. HG, P.O. Box 1069, York, Pa. 17405
Method for pie crust:

Place a hole in the center of the hat surface and make a ring.

Method for pie filling:

In a large mixing bowl add Bechamel sauce, Gruyere cheese, diced; 1/2 pound fresh ricotta; pound sweetbreads; 3/4 brais; 1/2 nutmeg, grated.

Ingredients for sauce:

Claudio Bianco 1969

AGNOLOTTI (RAVIOLI-LIKE PASTA) WITH SPINACH AND RICOTTA

Ingredients for pasta filling:

Spinach and ricotta through a sieve and set aside. In a saucepan boil brais and sweetbreads in a small amount of water for about 10 minutes, drain and pass them through a meat grinder.

In a large bowl mix together the spinach and ricotta mixture with the meats, adding Parmesan cheese, egg yolks, and pepper, and the grated nutmeg and set aside.

Roll out dough until paper and as wide as possible. Put 1 spoon of filling every 1 inch take the end of the pasta and roll over. Using a glass with a diameter of 2 inches, place half the circular glass over the pasta and into half moon shapes and flaps edges with a fork. Continue until all the filling is used.

Method for sauce: In a sauce add Gruyere cheese and milk cover over low flame, constantly stirring, until cheese begins to melt. Then, add egg yolks and continue to stir until smooth. Add a heavy cream, butter, and Parmesan cheese, mix and set aside.

In a bowl beat remaining 1/4 cup cream until stiff and refrigerate.

Method for assembling dish: In a very large pot with boiling water add the pasta and cook for 10 minutes (test after about 11 minutes cooking for desired doneness). Strain pasta and return to a hot double boiler and add sauce mix well very quickly.

Serve on a hot, flat platter, dot with chilled whipped cream and serve.

COLD LEMON SOUFFLE

Ingredients: 6 eggs, separated; 3 lemons; 1 envelope unflavored gelatin; 1 pint heavy cream; 1/2 cup sugar; 1 pint fresh raspberries; 1/2 cup heavy cream, butter, and grated Parmesan cheese.

Method: Put egg yolks and sugar in a double boiler and heat over medium heat, mix in rind of 1 lemon. Remove from heat and let cool, then add gelatin and heavy cream and beat until smooth. Add remaining egg yolks and beat until stiff. Beat egg whites until stiff. Fold into lemon mixture, fold in remaining egg yolks. Pour into a serving glass and refrigerate. Serve in a glass with fresh raspberries and mint. This is a great dessert for a summer dinner party.

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SUB-ZERO

Functional disguises in home refrigeration
How to plan your own delicious tour of California's wine country

**The wine picnic**

*by José Wilson*

Deck for picnics, designed by Thomas Church, in the Almaden Wine Gardens, San Juan Bautista

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I love picnics with a passion and have ever since I was child-<ref>

am, an early, ingenious taste for dandelion-and-hurdock stout (soft, sweet, slightly fizzy drink) and raspberry-jam sandwiches I gave up on in favor of wine, cheese.

French bread, but I'm still easily hooked on the whole flour scene—the search for just the right picnic spot, the familiar packing of the hamper, the first delightful bite and sip.

Picnics, I have found, are more if you look on them as adventures in regional gastronomy, picnics up on en route whatever foods fresh and tempting. Nowhere had I better picnics than in northern California's wine country of Sonoma, where everything you could seem to come together—at local cheesemongers, specialty foods packed with smoked and aged meats and olives, farmstands piled with ripe tomatoes, fresh lettuce, figs, berries, melons, bakeries wafting the sweet smell of yeasty fresh-baked breads and pastries, and More of all, an endless river of special wines that make all-embracing lap and the kind of corkscrew wine-tasting room that holds a healthy serving and don't tip over.

Stainless flatware takes care of anything that has to be cut, powdered, fished out, or spooned up. To drink from, I like the short-stemmed 8-ounce glasses used in the wine-tasting rooms that hold in bright, appetizing colors and even go in the dishwasher. To keep foods fresh, white wines, cold, a plastic bottle of water for rinsing off fruit and vegetables, and a plastic bag to collect the debris, and you are all set.

Mapping out your route through the wine counties is a pleasant evening's occupation. The San Francisco Convention and Visitors Bureau has racks full of free brochures and maps of the different wine areas and wineries that tell you the days and hours they are open, whether they have winery tours, tastings, picnic facilities and so on. Some of the smaller wineries can only be seen by appointment, so you have to allow time to write or phone ahead. The Wine Institute, at 717 Market Street, has a small guidebook, *California's Wine Wonderland*, that gives basic information like addresses and phone numbers of the wineries, detailed directions for getting there, and a mileage chart of the distance between wine towns. Supplement these with the excellent Sunset Travel Book called *California's Wine Country*, $1.95 in paperback, and appropriate maps. And while you're in San Francisco, a visit to the Christian Brothers new wine museum on Beech Street will give you a sense of the history and background of the wines of California.

I strongly advise scheduling no more than four wineries a day, two in the morning, two in the afternoon, with a picnic pause around 1 o'clock (wine for lunch can be brought at the winery retail shops or certain picnic-food stores in the area you are traveling). Most wineries open at 9 or 10 in the morning, close between 4 and 5 in the afternoon. The urge to fit in just one more before heading home should be sternly resisted. Better to come back another day than taste too much, travel too long, and end up fuddled and exhausted. Nor should you be talked

Continued on next page

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“A wine picnic should stroke the senses as well as pamper the palate”

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Try something nutty after dinner.

Patrician Amaretto is the de-lightful almond liqueur that brings a unique enchantment to your evening. Enjoy it with espresso, coffee or dessert. Or as your dessert. Patrician Amaretto, brought to you from Italy by Mediterranean Importing Co., Inc., New York, without shells.
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**THE WINE PICNIC continued from the preceding page**

into taking a tour of every winery you visit. You'll soon tire of yet more redwood vats, stainless steel fermenting tanks, and oak cooperage. A tour of one champagne cellar where the traditional methods are followed, such as Korbel or Kornell, is enough, so is a tour of one major winery like Beaulieu, The Christian Brothers, or Louis M. Martini. Small wineries are different. If you have made your prior appointment, you may get the chance to talk with the owners or the winemaker and get all kinds of fascinating first-hand information.

When you go to a winery, by all means taste as many of the premium varietals as you can and make a note of those you would like to buy or order back home, checking on whether the wines are distributed in your state and city. Even if some of your favorites are not so far, available outside California or in more than a few states, the picture can change rapidly as production is stepped up, and your on-the-spot reactions are good future reference. You are probably already familiar with the leading varietals, the Chardonnay, Cabernet Sauvignon, Pinot Noir, and Johannisberg Riesling. Here you have a chance to try the less well-known like Petite Sirah, Carignane, Merlot, Charbono, Pinot St. George, Grignolino, Flora, Gewurtztraminer, French Colombard, a new proprietary wine unique to one winery, or maybe a characteristically Californian dessert wine made from the Muscat Blanc grape.

As a general rule, only a certain number of wines from the full line are available each day in the tasting rooms, but you can always buy a bottle of anything else that interests you. Some small wineries don't have tastings, although they will sell you their wines.

If you are buying a wine to drink on your picnic, stick to something young and fresh. It would be a wicked waste of a fine red that needs age, like a Cabernet Sauvignon. Many of the lower-priced generically named blends from a premium winery—Chablis, Rhine, Mountain White or Red—are perfectly fine with picnic food. In the varietals, you might try a light Zinfandel, Gamay, Gamay Beaujolais, or Grignolino in the reds, a dry rosé, or any of the whites (provided you can get them chilled) from a full-bodied Pinot Chardonnay, Pinot Blanc, or dry Sauvignon Blanc (sometimes called Blan Franc), to a soft Chenin Blanc or one of the deliciously fruity Rieslings, Gewurtztraminer, or Traminer. Or, if you feel extravagant and the food merits, why not a brut champagne?

**Wine Counties North of San Francisco**

Cross the Golden Gate Bridge and head north through Marin County, skirting San Francisco Bay, and within an hour you are in the mother lodge of wine, the neighboring valleys of Napa and Sonoma, in the counties of the same name. It was here winemaking in the northern countries began, in the days of the Franciscan missions, and took its great leap forward in the middle of the nineteenth century, when Count Agoston Haraszthy, the Hungarian émigré who founded the Buena Vista winery, introduced the European vinifera grapes that launched the California wine industry today.

Parallel in more than a geographic sense, Napa and Sonoma complement each other like Swiss twin—weith different personalities. Napa impresses with a sweep of wall-to-wall wineries and vineyards running Highway 29 twenty some fifteen miles. Here you find many of the major names of the wine establishment—Beaulieu, The Christian Brothers, Charles Krug, Louis M. Martini, Inglenook, Beringer, the Hanns Kornell Champagne Cellars, and the new wineries, coming up fast, like Robert Mondavi, Freemark Abbey, Souverain, Oakville, and Sterling. Tucked away on the mountain slopes at the end of twisty, woody roads are small wineries making a limited quantity of top quality and top-priced wines—Heitz, Stony Hill, Chappellet, Mayacamas, and Schramsberg can be visited only by appointment (although Heitz also maintains a tasting room on Highway 29), and while not easy to find, they are worth the detour.

Napa looks the way you expect a wine country to be, green, with rows of vines, romantic old stone buildings, with here and there a flourish of striking modern architecture. Robert Louis Stevenson wrote of this landscape, "The stirring sun high, the light and the growing vines and the vats and the bottle in the caverns made a pleasant music for the mind." That hasn't changed.

Sonoma exudes tranquility steeped in the history and ambiance of Spanish California. The town of Sonoma was headquartered...
“Napa looks the way you expect wine country to be, green waves of vines, romantic old stone buildings, with here and there a flourish of striking modern architecture”

General Mariano Vallejo when Governor of Mexico. Un-Napa, where most of the land has yielded ground to profitable vineyards, Sonoma is largely pastoral and agricultural. Here are fruit farms, olive farms, pheasant and turkey farms (one ranch sells a turkey sausage), smokehouses, cheese factories, places for picnics, honey, walnuts, plants, Christmas trees, almost no season of the year when there isn’t something for sale. The farms are listing with the Sonoma wineries, land parks where you can visit in Sonoma County Farms, a marvelously useful map lent by the Chamber of Commerce.

A marvelous map lent by the Chamber of Commerce: 461 First Street West, Sonoma, California 95476.

It might start your wine excursions with Sonoma and then on to Napa, crossing from Healdsburg to another at the northwestern corner between Santa Rosa and Healdsburg, across the Petrified Forest of giant redwoods turned to stone, in the center by the Oakville Grade Road, or at the bottom via routes 12 and 121.

Caseophiles like me inaugurate a trip with a stop at the Marin French Cheese Factory in Petaluma, Sonoma, home of the glorious Rouge et Noir cheeses, which I have never found outside California. These are the soft-ripening, creamy type—Camembert, Brie, Schloss, and Breakfast (an odd name, perhaps, for this less-strong version of Camembert, but after all, why not for breakfast?). They are heavenly with California sourdough, or any kind of French bread—and wine, naturally.

Try to curb your morning appetite, because there, at picnic tables in a velvety green meadow under apple trees you can have a breakfast feast, made more delicious by the delay, of apples, cheese and ice-cold cheese starter, better than the smoothest buttermilk. Take Highway 101 from San Francisco to Novato, turn left on Diablo Avenue, right at Novato Boulevard, and continue along a curvy road through rolling dairy country punctuated with black-and-white cows to connect with the Point Reyes Station Road. Turn left, and almost immediately you are in front of the factory, a nursery of cheeses quietly and fragrantly aging. Tour the factory if you wish, but certainly stop in the retail shop (open from 9 to 5) to buy cheese (in addition to the creamy cheeses, you can get Teflene or Monterey Jack, Fontina, Cheddar, Swiss, Roquefort, you name it), a foot-long loaf of French bread and meat and cheese sandwiches. Should you decide to pick up some ready-chilled wine now, there’s a big wall refrigerator stocked with bottles from the Napa and Sonoma wineries and others like Paul Masson, Almadén, and Mirassou.

To the east of Petaluma is Sonoma, with historic adobe and redwood houses and two more cheese factories, Vella and Sonoma Jack’s. Sonoma Jack’s is loaded with cheese, cracklers, breads, all kinds of meats, smoked sausage, cold vegetable salads, olives and dill pickles, and California wines. You could assemble here the basis of a very creditable salade Niçoise, with canned tuna and anchovies, olives, marinaded vegetables, to be supplemented with tomatoes and lettuce from a farm stand.

Sonoma is a town to linger in, with huddles of seductive little shops like the Garden Gate in the 1836 Salvador Vallejo adobe, the Sonoma Antique Shop (a good source for Americana and Oriental collectibles), and the Napa Milling Company, where you can buy a horse a present of a hot pink nylon bridle and violet reins.

Four of Sonoma’s southernmost wineries, Sebastiani, Buena Vista, Hanzell, and the new Hacienda Winery cluster around the town. Sebastiani has been a Sonoma landmark since the turn of the Century.
Sonoma exudes tranquility, steeped in the history and ambiance of Spanish California

THE WINE PICNIC continued from the preceding page

century. Success has not changed it essentially. This is still an earthy, friendly Italian family operation where you can wander at will through avenues of redwood and oak vats and casks, ending up in the tasting room for a glass of one of the varietals that are Sebastini’s specialty, the gutsy red Barbera or the light, crisp white Green Hungarian.

Buena Vista, the original Haraszthy winery, is a super spot to picnic at tables by a little stream, lapped by the music of the eucalyptus trees, gazing on the handsome stone façade of the old building. With your lunch you might sample Buena Vista’s Rose Brook, a refreshingly dry rose made from the Cabernet grape, or Gewürztraminer.

The Hacienda Winery of Frank Bartholomew (who once owned Buena Vista) is another enchanted picnic place. As it has yet to release its first vintage, it sells the top Sonoma varietals, which you can enjoy with your cheese and bread at a wine garden on a hill overlooking a little lake and Jack London’s Valley of the Moon. Tables are dotted around a grove of Japanese-lantern-strung oaks where hawks and owls nest.

Most of Sonoma’s other vineyards lie north, in the Russian River country west of Santa Rosa, and then north again, through the rich Alexander Valley to Asti, where Italian Swiss Colony puts on a folksy face for tourists (remember its little old winemaker TV commercials?).

Korbel is a famous name in American champagne, and a detour from 101, northwest of Santa Rosa, brings you to the cellars on River Road where you can see champagne being made by the traditional, painstaking méthode champenoise and also taste Korbel’s less familiar still wines, including an excellent Chablis.

Contrasts are one of the charms of the wine country. Nothing could be further apart than the 1880s style of the stone Simi winery on the old Redwood Highway north of Healdsburg, and the spanking new redwood and stone winery of Sonoma Vineyards a few miles south, a cruciform design of four flaring wings rising to a 40-foot-high central core and tasting room.

Simi, now owned by Russell Green, has an interesting roster of wines, among them a varietal Cari-guane, a Rosé of Cabernet Sauvignon and, if there is any left by now, a cherished cache of fabulously 1935 Cabernet Sauvignon that was discovered tucked away in the old winery. It’s not for tasting. Connoisseurs consider themselves favored if they can buy a bottle. Sonoma Vineyards, the success story of Rodney Strong, who started with a small mail-order wine business in Tiburon and the savvy to print personalized labels for his customers, recently launched into national distribution with some seventeen wines.

Among the reasonably priced wines is a very good Chardonnay and a varietal French Colombard, more often used as a blending wine than bottled.

Beyond the Sonoma county line, to the north, are at least two small wineries in Mendocino County that make it worth your while to push on those extra few miles—Fetzer and Parducci, both family operated. Fetzer has no tasting room and tours are by appointment. Parducci is winning a considerable reputation for varietal wines, especially its Cabernet Sauvignon and Pinot Noir, un fined and unfiltered, big and chewy wines, Petit Sirah and Zinfandel. Parducci also bottles a varietal French Colombard.

Another day, another valley—Napa, where you can wine-taste your way north through Yountville, Oakville, Rutherford, and St. Helena to Calistoga, with pic nic interludes along the way. Oakville, Nichelini, Cuavasion, and Souverain extend the hospitality of their grounds, but it is advisable to make a phone reservation for one of Souverain’s five tables. At Old Bale Mill, tables are set under the trees by the mill and riverbank, the Bothe-Napa State Park goes one better with a swimming pool. Both are between St. Helena and Calistoga. Calistoga has tables under the trees in handkerchief-sized Pioneer Park, if Pete’s Delicatessen on the street will supply picnic items.

Provisions can also be got at various spots en route. The Chutney Kitchen, a quaint little restaurant in Vintage, has a clutch of shops in a redwood building, with box lunches on order. We are there, stop at its red mail-order sample bar to pick up some homemade chutneys—great to and sweet pepper, or almond, and sour cherry— and take a look at the Kitchen Shop.

The Court of the Two Sisters across the street from the Sonoma Inn, 1857, has delicious pastries, generously sliced onion-eye bread, a variety of quiches, which is wholly or by the piece, and an elegant picnic fare.

On Charter Oak Avenue, St. Helena a barnlike white building with Olive Oil Manufacturer in black above the door reveals itself as more of an Italian grocery store, although it does make olive oil. There are tables for a host of picnic items: some local, mostly Italian, are festooned with aging jars of olives encroaching on the service. Service is on the casual side; the cheeses are a bargain, less than supermarket prices. At St. Helena’s Main Street, Sugarhouse Bakery, where you can buy fresh homemade foccacia, almond and Linzer fat macaroons and bite-sized ringues. North of St. Helena, the gift shop next to the Franciscan Abbey winery, you will find everything away among the cookie baskets, wine baskets, and apronable collection of cheese, bread, crackers, cold meat, and chilled wines.

Napa’s wineries run the gamut from the large, established and commercially known to a place called Stony Hill, where the initial supply of but two or three varietals is bespoken in a matter of days by clients on the mailing list.

It would be difficult to get out specific wineries to which much depends on one’s interest in wine, knowledge, interest, and exposure to the wines of California. Among the better-known are the blended, nonvintaged wines of The Christian Brothers and...
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Cheri-Suisse Fondue. In saucenp, melt 2 tbs. butter with 12 oz. semi-sweet chocolate. Blend in 1/2 cup Cheri-Suisse. Keep warm, over low heat. Dip in fruit pieces or cake squares, or use as an ice cream topping.


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Continued on next page
Contrasts are one of the charms of the wine country

THE WINE PICNIC continued from preceding page

Livermore Valley is a less promising picnic locale than the northern counties, but continue south on Arroyo Road (which begins in Livermore as South L Street) and you'll find a cool oasis beside a creek in Arroyo Canyon Park. There's cheese to be had at the factory on the main street in Pleasanton, the neighboring town to Livermore. Or you can press on to Fremont in the Mission San José district and take a chance on finding a picnic table at the Weinfel Champagne Cellars on Sanford Avenue, after a refreshing draught of sparkling or still wine in the tasting room.

Santa Clara County, which bills itself as "The Other Wine Country," has more than twenty wineries, most of them small, family-owned and Italian, where tours and tastings are often by appointment. The wineries are dotted and clustered all over the map and you need an invaluable brochure called Santa Clara County Wine Tour to find your way around. To get it, send a stamped, self-addressed envelope to "Growers Brochure," Rt. 3, Box 344, Aborn Road, San José, Cal. 95121, which happens, not coincidentally, to be the address of the Mirassou Vineyards. That's as good a place to start as any. Take the Capitol Expressway Exit off Highway 101 and go east about 3 miles on Aborn Road, and there it is.

Ever since my first visit there four years ago, when I spent more hours than I had intended tasting some really remarkable wines, Mirassou has been one of my favorite wineries. There's a young, open, enthusiastic about the place, which emanates from the staff and the fifth-generation Mirassou brothers who are responsible for building Mirassou's reputation as a top-flight premium winery. Until then it had been a respected, old-fashioned family business mainly making bulk wines for other California producers. That still continues (and provides backing for the new ventures and plantings), but the excitement is in the premium varietals, about which Mirassou probably supplies more factual information than any other winery, on the bottle and in detailed releases and analyses of each vintage, sent out yearly to its mailing list. Innovative and knowledgeable, Mirassou was one of the first to plant in the Salinas Valley, to adopt mechanical harvesting, field crushing, and to give its bottled "harvest" selections from Monterey County apppellations of origin. The wines are clean, fruity, with very distinct varietal characteristics and the limited bottling "harvest" selections from Monterey County are often outstanding. It is worth devoting a whole morning to Mirassou's tasting room where the wine is served, for once, in huge glasses, and the hosts are both friendly and informative.

After leaving San José, take the road to the town of Saratoga, stopping en route to visit the Paul Masson Champagne Cellars, a very modern, streamlined place where you can watch the transfer process of champagne making and pause in the large tasting room to try one of your old favorites or find a new one, perhaps the recently released Zinfandel, from grapes grown at the Pinnacles Vineyard in Monterey County, or the Pinnacles Estate Selections Pinot Noir and Cabernet Sauvignon, available in California which can be bought but not tasted.

Continue into Saratoga to where you'll come to the Saratoga Shopping Center where you can get picnic fare and sourdough bread and, a little farther on, Vienna Woods, a well-equipped little European delicatessen. Here you can have hearty sandwiches, made up, Westphalian ham or perhaps, buy salads, Austrian chocolate torte and fruit for dessert, and then take your pick of picnic spots. Just outside the lage, before the turn-off to the Paul Masson Mountain Winery, where concerts are held on and August weekends, you'll find a Japanese garden, open to public and full of enchanting places to sit at tables and eat wisteria-hung gazebos beside a pond, or on the lawn hill under oak trees with a gorgeous view of valley, vineyards and trees. If you take the way to Big Basin Road (now called Big Basin Road) at the end, you'll be in Big Basin State Park, with giant sequoia redwoods, deer, and a nice picnic site. Should you prefer to turn first onto Mount Eden Road...
RAGOUT OF LAMB

Ingredients: 1 large Spanish onion, minced; 2 tablespoons vegetable oil; 5 pounds combination of shoulder, neck, and breast of spring lamb trimmed of fat and gristle, cut into 1-inch cubes. Do not trim meat off bones as it is almost impossible and is excellent for flavor; 3 cups flour mixed with salt and freshly ground pepper to taste; 1 cup light red wine (Beaujolais); 2 large ripe tomatoes, peeled, seeded, and chopped; 8 cups stock; half chicken half beef (fresh or canned); bouquet garni wrapped in cheese cloth consisting of white part of 1 leek, 1 celery stalk and leaves, 1 carrot, peeled and cut in half lengthwise, 2 carrot tops, 2 parsley sprigs, 1 sprig fresh thyme or ½ teaspoon dry thyme; 2 tablespoons cornstarch mixed with 4 tablespoons cold water, if needed; garnishes: 2 bunches cooked, fresh baby carrots, peeled and uniformly cut; about 15 pounds fresh or 1 10-ounce package frozen peas, cooked; 30 water chestnuts.

Method: In a heavy 10-quart casserole sauce onion in oil until wilted, not brown. Reserve. Pat meat dry in paper towel and dust lightly in flour mixture. Coat the skillet with oil and refrigerate at least 3 hours before reheating in refrigerator. Brown lamb until no longer pink, not brown, stirring occasionally, but not brown, stirring occasionally. Reheat oven to 250°. Place covered casserole in oven for 15 hours. Last 10 minutes of cooking time add water chestnuts. Lamb should be fork tender. If sauce is too thick, thicken with cornstarch. Garnish with parsley, peas, and water chestnuts. May be made one or two days ahead of time. Reheat from refrigerator at least 3 hours before reheating in oven. Cook vegetables on day you plan to serve. Serves 8-10 people.

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Ragout of Lamb

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needlepoint

Our Tropical Flowers are hand-painted in yellows, golds, tangerines and browns on white, beige, oatmeal or off-white. On #10 white mono incl. yarns, needles, instructions. 15" x 15". Price: $40.00 + $1.50 pstg.

SAFARI JR. PILLOWTOP
Needlepoint this delightful tiger cub to make 14" square pillowtop. Kit includes hand-painted design on #10 mono canvas, needle, instructions and Persian wool for design and background. Cub is tawny gold, brown and white on a deep forest green background. $17.00 plus $1.50 air mail.

SAFARI JR. PILLOWTOP

Our Needlepoint playing board entwines whimsical creatures among the backgammon points. Needlepoint kit includes hand-painted 12 st. canvas 17 x 24", persian yarns, needle and instructions. $32.00 postpaid. Brochure: $2.

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Pastel patches or clear, bright calicos—both purse styles come in either color combination. Complete kits include carefully chosen patches, polyester filling for puffs, fabrics for long braded handle and more. When ordering, please specify calico or pastel.

The larger purse (11" sq.) has 18 puffs.
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BACKGAMMON BOARD

Our Needlepoint Embroidery Organizer
Pocket for canvas up to 20" x 20". 10 plastic rings for cut yarn in palette form. Felt pocket for needles and thimble. Snap-slit for easy use. Folds flat, has slip lock handle won't open. Colorful working surface. 'Stitch' pockets, printed cotton/polyester fabric. In Blue ticking stripe with Rose. Also in Paisley or Cord Floral on Navy background. Please indicate second choice. For lap or table. Marvelous for traveling. (Yarn, thimble, needle, scissors not included.) Price 912.00 Postpaid. W. Va. residents add 3% sales tax. Catalog $1.00 refundable with order.

HAPPY HORSE
Remember your childhood delight in riding the carousel horse? Re-create the colorful creature in needlepoint. Kit includes canvas and Dupont orlon Sayelle yarns, lively colors. 8" x 10" finished sq. $10 plus 45c post. Color catalog 25c (free with order). American Quilt Shops, HG74, Box 767, Danbury, C.T. 06810.

PATCHWORK PILLOW

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PATCHWORK PILLOW
FLOWER FRESH
Bring the countryside indoors with a needlepoint flower picture. Capture unstudied beauty of white daisies surrounded by field flowers in yellow, blue and purple. Kit includes stamped fabric, (frame size, 14"x26") wool and rayon crewel, yarns, needle, instructions. $6.95 plus 50c post. Color catalogue, 25c. Tower Crafts, HG3, Box 575, Champaign, IL 61820.

ART NOUVEAU
An elegant lady who might have stepped right out of a Wedgwood drawing graces 16-mono canvas to needlepoint. Size 28" h. by 17" w. Kit includes Exeteran Persian yarn, needles, instructions. Lady wears yellow, brown, coral and white with window motif in same red, brown or green. $5.00 ppp. Idle Hands Needlepoint, HG3, 80-60 Ifferts Blvd., Kew Gardens, NY 11415.

SCENICAL
Far East design to do crewel embroidery for 14" x 24" pillow cover. Features bright yellow with white and bits of green against bittersweet background. The kit has cotton and rayon crewel yarns, piping, needle, directions, plus 50c post. The Needleery, HG36, Wellesley Hills, MA 02181.

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Can be the artist who turns your photo into an oil painting from picture you send, a 20" paint-by-numbers panel is prepared, includes up to 40 oils, pastes, practice pan- eres, $19.95. Write for free bro-chure. Personal Paint-TH, Box 123, oh, OH 43695.

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(of any age)
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Simple Teflon cover for steam irons is the solution for ironing serge, gabardine, dull-surfaced silks, wools and knits. Permits a smooth shaping or blocking job without any ugly shiny areas. $1 each plus 15c postage. Anthony Enterprises, HG3, 585 Market St., San Francisco, CA 94105.

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Is your pool robbing you of leisure time? Meyco safety pool cover takes just two minutes to put on or remove. Keeps out dirt, leaves and such; children and pets are safe when you're away. Discourages algae. Custom made for any size. Meyco, HG3, 138 Haven Ave., Port Washington, NY 11050.

RIGHT PRESCRIPTION
Styled after an apothecary jar, hardwood lamp is 24" h. and fully wired. Ready to finish, shade in white or beige shantung, oyster or natural burlap. $14.50 plus $1.50 post. Free brochure. Baxwood Crafters, PhG-43, 1141 Commercial Dr., Lexington, KY 40505.

SWEET TRADITION
Delightful white English Staffordshire candy jar has old-fashioned girl on front in red, blue or brown (specify). Perfect for lollipops, Delightful white English Staffordshire candy jar has old-fashioned girl on front in red, blue or brown (specify). Perfect for lollipops, nuts. $14.50 plus $1.50 post. Aunt Jane's Cupboard, HG5E, 410 So. Burdick St., Kalamazoo, MI 49006.

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$199.00 (as shown in quilted print)

$125.00 in your fabric—send 1/2 yds., 54"

Rubber dacron filled seat and back cushions make this lounge perfect for lazy lounging (cushions are zippered and reversible). Available in various shades and styles of fine fabrics (stripes, solids, prints; cut, antique, crushed and plush velvets; etc.). Specify type and colors desired. No C.O.D. Express charges collect. For further information, send $1.00 for Furniture Catalogue and Fabric Samples. Satisfaction guaranteed.

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Dust Ruffles Single or Double size, spring top style. Drop lengths are 18", 20", and 26". Unbleached or White Muslin. Single or Double Size. 17.00 ea.

Pillow Shams 13" x 20" with 2" ruffle. Unbleached or White Muslin. 4.75 ea.

Canopy Covers Fits standard single or double bed, canopy frame. 18" ruffle. Unbleached or White Muslin. Single or Double Size. 18.00 ea.

King and Queen Sizes also available for an additional charge. Send for brochure. When ordering please specify unbleached or white muslin. Please outline cash or money order, or 50¢. Mo. res. add 5% sales tax. Post & handling under $10.00 is $1.00; $10.01 to $20.00 is $1.25; over $20.00 is $1.75. Satisfaction guaranteed.

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Dept. HG2-14, 2810 St (Rt. 6) Marion, Ohio 43302

To highlight your best plants, we select only the tough, territe, & rot resistant heart of the stately redwood tree. It requires no treatment and ages gracefully. Contemporary lines and proportions add tasteful accents indoors and out. All brass and stainless steel fittings complete the quality. A money-back guarantee backs our craftsmanship.

Dimensions (ext.) 14 1/4 x 14 1/4 x 14 1/4"; (int.) 11 x 11 x 10". Please allow 3 weeks for delivery.

$29.95, add $3.00 postage & handling

Send Check or M.O. No. C.O.D.

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**THE LOOK OF SUED**

"Cimarron" suede, a handsome thick sueded texture, 90% rayon and 10% cotton. Double-stitch detail, flap pockets. Rust or chocolate, jacket $49.95, pants 28-38 odd and even. $45 plus $5.00 color charge or Bank American. Ask for FREE Spring Catalog. Texas Tall Girls. Dept. HG-3212, Camp Bowie Blvd., Fort Worth, Texas 76117.
**CURTAIN CHARM**

**RUFFLES ON UNBLEACHED OR WHITE MUSLIN**

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11" x 70"  2.75

For your New England homes where have used these charming Country Curtains in their homes. Practical, long-wearing, these unusually attractive curtains of pure white or white muslin retain their crisp appearance with a minimum of care.

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If you’re having a card game accompanied by a few beers, make them match. A box that looks like a mini Budweiser case of 12-ounce cans has two regulation decks: plastic coated cards, top-side photo of "Bud" bottles. $1.98 pdd. Miles Kimball, 100 Bond St., Oshkosh, WI 54901.

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Don’t worry about your dog or pet getting lost. This Identification has all the necessary information on his safe return — pet’s name, 6 line address, phone number and pets number. All embossed free. Lifetime police and veterinarians guaranteed. Information can be changed. $1.00 pdd. Your order will be sent by FAST FIRST CLASS MAIL at no extra charge. WENET BEING ENTERPRISE, INC., Dept. 203, 2842 E. Serendipity Springs, Colorado Springs, Colorado 80922.
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Handy way to take care of hose, undies, gloves, drip-dry items anywhere. "Hoz-Pins" hold them between plastic-covered magnets that loop over shower or towel bar. Set of 4 in colorful case. ½" sq., set $2.39; two $4.60.

Ppd. •C9204. Downs, Dept. 1403, Evanston, IL 60204.

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Flowers featured in the far eastern manner add oriental splendor. Hand-painted screen with four panels, framed in black lacquer, is on a pretty silken fabric. 11½" h., 17" w. $4.95 plus 85c post. Harriet Carter Gifts, Inc., Dept. HG 12543, Plymouth Meeting, Pa. 19462.

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Mats are disposable; both pole and 18" square holder are washable.

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Butcher Block

renew your
danish chair

or solfa to the original comfort and good looks! Replace those sagging or broken rubber straps, 3 styles: metal clip end, metal peg end, or loop end to use with wood dowels, $1.50 ea. ppd. Specify style & slot-to-slot distance on frame. Also rubber webbing to nail, 50C a ft.


Custom sizes and styles always ... for butcher block furniture, send 50c to:

The Schonell Company
Dept. HG-34, 1600 S. Clinton, Chicago 60616

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Slippery, buttery corn is a delight to eat but a nuisance to balance on a dinner plate. Handsome, nested glass dishes made to hold the cobs fill the bill beautifully: 9¾" x 3¾". Each $3.50, 4, $11.95 plus $.10 post. The Gift Tree, HG3, Box 55, Kensington, Md 20725.

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NINE LIVES
Sturdy hard-case stoneware cat is built to last; he's fired in extreme heat and made of lead free clay from three different regions x 4 lbs. Designed by David Stewart, vase is 11" x 8" x 8", $22.50 ppd. Enterprise Products, Dept. I03E, Box 36232, Los Angeles, Ca 90036.

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Sleep is king night or day that you don the mask: shuts out any flicker or slice of light that could disturb the psyche, the body's rest. Flexible foil and elastic band's so constructed that it fits any cranium, $1.98 plus 20c ppd. Anthony Enterprises, HG3, SBE Manhattan, San Francisco, Ca 94105.

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Front is CAST IRON with handsome scroll design. The 18" oven is fully insulated and porcelain lined. Hearth door conceals all controls, clock and timer. Available in right or left hand door models. Prices begin at $295.00, plus freight charges.

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Treasured old patterns, authentically reproduced. Dramatically decorative; through-to-the-back construction for wearing, navy or moss green ground. 4' by 6', $19.95; 6' by 9', $39.95; 9' by 12', $79.95. Pod. International Rug Co., HG3, 360 Amsterdam Ave., New York, NY 10024.

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See-worthy globe lamp shows off its bright hues through transparent camel skin casing, creating a stained glass effect. Wired. 4" dia., $7.95; 6" dia., $11.95; 8", $14.95; 10", $19.95; 12", $24.95. Add 65c post. Stylus Graphics, HG3, 10 E. 40 St., New York, NY 10016.

DIAMONDS UNLIMITED

Whether you have a penchant for rings, earrings, pins or bracelets, you’ll find fresh inspiration browsing through this free color catalogue. If you find the diamond fashion you want, a ten-day inspection period is allowed. Empire Diamond Corp., HG3, 350 Fifth Ave., NY 10001.

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Keeps those dangling electrical cords off the floor and out of the way with cord shortener that holds up to three feet of cord. Just wind excess cord around shortener and it will work 5 years from dead batteries. Has a guarantee now, even if not used. 20-hours is always ready to use, with no space-age Chromalloy flashlight. Long-life light. Smart aluminum case, that it will work 5 years from dead batteries. Has a guarantee now, even if not used. 20-hours is always ready to use, with no space-age Chromalloy flashlight. LONG-LIFE LIGHT

Space-age Chromalloy flashlight is always ready to use, with no dead batteries. Has a guarantee that it will work 5 years from now, even if not used. 20-hours "cut" life. Smart aluminum case, 3½" long. $6 + $1 postage. Discoveries, HG3, P.O. Box 28054, Dallas, TX 75228.


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Ephraim Marsh

QUEEN ANNE CORNER CHAIR

You will be as proud of this corner chair as the craftsmen are. It has four legs with curved scaling, shells and spool base, shapely splats and posts, and a sweeping rail around the back. Hardwood, finished fruitwood with light distressing. W 28 in., D 26 in., H 32 in. One yard custom covers. $109.00. shipping charges collect.

ELIZABETH McCaffrey

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PORTABLE PATCHWORK BAGS

It’s a pleasure to carry things in these terrific new totes of soft quilted patchwork. There are two sizes: EVERYDAY TOTE, 13" x 12", $8.95. And the really roomy WEEKEND TOTE, a capacious 17" x 12" x 5" deep, that actually holds a weekend’s needs, including shoes, dresses, etc., $11.95. Plus postage.

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Our stainless steel flatware is authentically reproduced from an antique English design. Classic pewter look. Dishwasher safe. Service for eight includes: 8 dinner forks, 8 dinner spoons, 8 salad forks, 8 soup spoons, 16 teaspoons and 2 serving pieces. Service for 8. $35.00 Service for 12. $52.50 Prices include postcard & handling.

Wales

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CONTEMPORARY CANE

Beauty of a headboard in a good-looking cane pattern. Natural ratan over triple pole frame with 3" peel border. Single size, 39" by 53", $38.95; double, 44" by 53", $44.95; Queen, 60" by 53", $49.95. Exp. coil. Catalogue 25c. Fran's Basket House, HG3, Route 10, Succasunna, NJ 07876.

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Exercise with simple rubber arm muscle builder, firms arm and hand muscles, relieves aches and stiffness. Fits in a pocket when not in use. Athletes use it; exercise enthusiasts advocate it. $1.98 plus 20¢ postage. Anthony Enterprises, HG3, 585 Market St., San Francisco, CA 94105.

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CALL IT CAMP

A phone with a French accent and a flavor of jazz from the 1920's. Oval base with dial, cable and four-prong plug. In the original black, $39.95. Separate ring-box $6.95. Add $1.50 postage and handling; $1 extra W. of Miss. Metropolitan Teletronics, HG3, 35 W. 35 St., NY 10001.

NO RESERVATIONS

Step right up to heap big fun in a corrugated fiberboard teepee 40" X 40" X 48" that's terrific for backyard powwows. Three bright colors; large enough for three young braves to crawl into. $7.50 plus $1 post. Catalog Showcase, HG3, 2150 Collins Ct., Hollywood, FL 33020.

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White or champagne Swiss embroidered no-iron polyester. 44" sq., $27.50; 54", $37.50. Square or oval, all 70" w; 90", $50; 108", $100; 126", $125. Round: 70", $69.50; 90", $90. Napkins, each $4.50. $1 post. Hildegarde's, HG3, 597 Farmington Ave., Hartford, CT 06105.

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How many times have you lost or misplaced your keys or found them scattered on the ground as the result of a broken hinge? Never again with this super key ring! Thread it onto your keyring strap, through a belt loop, on a teapot handle or a brief case, and it is there to stay. Made of solid brass, smart appearing. A neat way to associate keys for important. Comes unfilled, polished and virtually unbreakable. Check authenticity under light. Satisfaction guaranteed or your money refunded.

$4.00 each (shipped by first class mail)

California residents add 5% sales tax

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Imagine yourself the builder of this attractive ALL PURPOSE BARN 24' x 36' x 18' high with easy to follow plans. Appealing to the eye in suburban, farm, ranch, lake area. Many uses as 3 or 4 car garage, boats, campers, store, lodge. Plans call for concrete floor, ceiling joist, plywood loft flooring, suggested window and door location. Send $5.00 for plans and material list. Additional plans with above order $2.00 each.

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Rugs for floor or wall. In ivory with earthen accents; or brick reds and golds, color accents. 3' x 5' $34.95, 4' x 6' $49.95, 6' x 9' $89.95, 8' x 12' $159.95. Ppd. Color catalogue, Oriental and Indian rugs, $1. Peerless Imported Rugs, Dept. GE-4, 3028 No. Lincoln Ave., Chicago, IL 60657.

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Tasseled glove soft kidskin shoe with bow and piping in contrast­
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A wicker basket, needlepointed monogram. Kit includes 10½" x 6" x 5½" basket, wool, instructions, canvas, monogram chart, velvet ribbon in rose, blue, red, black, green or gold. Open basket, $4.95; lidded, $5.95. Add 50c post. Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.
SHOPPING AROUND

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Elegant silver plate caddies for instant coffee, tea or sugar. Each has a cobalt blue removable liner that shows through pierced design. 6" h., matching spoon and airtight lid. $4.95 each plus 75c post. Set of 3, $14.95 ppd. Village Design, HG 341, Box 159, Ryder Sta., Brooklyn, NY 11234.

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Mexican floral arrangement you can make from seed pods, leaves, grasses. Kit also includes step-by-step instructions with printed diagram; potter's vase. 30" h.; 18" w. Shades move without taking rack out. Trimmers five different hangers. Now hers and his trousers and slacks insert or re­ 

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Keep your Venetian blinds free of dirt with this efficient little tool. Double-duty design does two jobs at a time on both sides. Dip in suds and foam pads do the dirt with this efficient little tool.

DIE-CUT JIGSAW PHOTO PUZZLE;
can be made into an 8" by 10" photo, color or black and white, for the jigsaw puzzle fan! Any

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Receipt of your check or money order will hasten the postage paid delivery of what will instantly become a family heirloom—to be treasured always. Created by one of America's foremost sculptors, these precious solid pewter figures (approximately 3½" tall) capture the poses and expressions of wonderful memories.

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Yipes! Stripes! Our striped cotton canvas espadrilles, imported from Italy, have cushioned linings, rope-trimmed crepe rubber soles and wedged heels. Red/yellow/navy/white. Whole sizes 6-10. $15.00. Add $1.25 for postage.

5 3/4" long. Exquisite for centerpiece or curio shelf. $29.95 ppd. Stuart Kingston, HG44, Box 91, Rehoboth Beach, DE, 19971.

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Shrieking alarm for an endangered species of sound is no bigger than a perfume sprayer yet is 10 times louder than a human scream. No battery or wind-up; just push to bring loud blast. 1½" x 3¼". $3. ppd. Impact Alarm, HG3, Dept. OW, P.O. Drawer 5128, Winston-Salem, NC 27103.

EASY ON THE EYES

Smart half-frame reading glasses for fine-print magnification are lightweight, comfortable. Gold-finished wire frames with raised nosepiece, non-slip earpieces. Insect-repellent lenses. With case $6.95 plus 45c post. Neil-King, Dept. HG-34WF, 811 Wyndotte, Kansas City, MO 64105.

GROOM THE BATH

No need to have ugly cracks and openings around tub, sink or basin. Seal them up with self-sticking tape. Merely press tape on clean, dry surface. 11 foot roll, $2.29 plus 40c postage. Order from Anthony Enterprises, HG3, 585 Market St., San Francisco, CA 94105.

GOLFER'S COUNTER

You don't need two hands to card your game with an automatic golf scorer. Counts strokes and shows your total. Gold-tone metal case is tarnish-proof, has a sturdy leather strap. A great gift for any golfer. $2.98 + 50c post. Holiday Gifts, Dept. 303-F, Wheat Ridge, CO 80033.

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Scrimshaw, boating togs, figurehead reproductions, nautical home accessories—all these and more are shown in catalogue that's a treasure trove of see-worthy gifts. 8½" x 11" in full color. $5.50 ppd. Ship's Wheel, Inc., HG3, Nottingham Sq., Rd., Epping, NH 03042.

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Carved pale green jade grapes in a bunch of about 20 have five deep green jade leaves. From mainland China where the craftsmen are masters of carving "the Stone of Heaven." Bunch is about 8" long. Exquisite for centerpiece or curio shelf. $29.95 ppd. Stuart Kingston, HG44, Box 91, Rehoboth Beach, DE, 19971.

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MANY BEAUTIFUL CURTAINS TO CHOOSE FROM IN A WIDE VARIETY OF STYLES AND COLORS.
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Reproduction of an original in the Dunbarton Oaks collection of Byzantine rarities is metal, gold electroplated. 2¾" by 1¾", cross with chain. #DO-9N, $6.50 plus 50c post. Free brochure, Museum Collections, HG3, P.O. Box 999, Radio City Sta., NY, 10019.

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Ohio Res. add 4% Sales Tax
Specify style, finish & name (12 letters per line max.)
Assorted designs; choose from catalogue. Prompt delivery assured. Send check or money order to:

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$29.95

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**Personalized Glassware**

Sparkling Crystal 12 oz. Hi-Ball or 11 oz. Oscars Old-Fashioned Glasses personalized with 21 K. Gold or Non-Tarnishing Platinum adds the personal touch. Just right gift for friends, relatives or self. A cherished wedding or anniversary gift. Signed gift card enclosed on request.

Set of 4—Either Style $15.75 Postpaid
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**SHIPPING AROUND**

Roomy tote takes your personal belongings in style. Waterproof lining, inside zippered pocket, firm bottom, brass supports. 16" w. x 10.5" h. Navy (with red), beige (with brown). $10.50 ppd. Pat Baird Ship's Wheel, Dept. T6, Nottingham Sq. Rd., Epping, NH 03042.

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Favorite melodies of the past recorded from Hammond organ on 12 handy casettes, over 20 songs each. Titles like Sweet Le­lani, Anniversary Waltz, on a Sun­day afternoon. 250 in all. Each $5.95 ppd. Send for complete list. Salem Village Publishers, Box 370-G, Danvers, MA 01923.

**BIRTHDAY SPECIAL**

Extra! Extra! Read all about it—
in a special edition (front page only) of the New York Herald Tribune. See what the rest of the world was doing on the day you were born. Specify any date from 1/1/1900 to 4/1/66. $2 ppd.

**SPHYGMOMANOMETER**

It's the real thing: the blood pressure machine the doctor uses in his office. Zipper case with stethoscope. Blood pressure is easy to take at home and provides advance warnings of any change in your health conditions. $19.95 plus $1 post. Hanover House, Z-876, Hanover, PA 17331.

**FRONTIER STYLE SHED**

Build a bit of the old west in the back yard and extend your living space! Wedge shape tapers to that two­1/4 inch heel. Elasticized sling straps assure perfect, self-adjusting fit.

**WEDGE PILLOW**

Wedge shape tapers to that two­1/4 inch heel without the bunch or scrunch a rest of pillows often causes. Non­allergenic, foam makes for breathing ease. 27" by 27" by 7 1/2" tapering to .0". $8.95 ppd. Toni Serr, HG3, Box 584, New Castle, IN 47362.

**CAPABLE CANVAS**

A most attractive pattern in our current group of distinctive embroidered ENSEMBLES. The delicate design, executed by the witty Sheffli, presents a lovely floral theme for all seasons. The fabric is Darrin Nylon for extra beauty and excellent washability (no ironing necessary):

Inajious Colors: White, Fush, Green, Gold, Lilac, Blue or Yellow on White


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The Good­Enough­To­Eat Skirt. Detectable red, yellow and green vegetables in a field of white—who could resist cotton and polyester in popular wrap around style. A two­piece design, reverses to same green. Sizes: S. M. L. $25.00 Ppd.

**Empress #3887**

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Elegant carved walnut chair in reproduction style, 32" w. x 26" d. x 38" h. $215.00 pair.

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This new thing actually turns your hand into a vacuum cleaner.

Did you ever hear of such a thing? You put this thing in the palm of your hand—and wherever you place your hand it picks up dirt, lint, crumbs just like a regular vacuum cleaner. Actually turns your hand into a vacuum cleaner. Per­fect new appliance for picking up dirt on sofas, drapes, car seats, desk tops—does a fantastic job crumbling the dinner table. Great for billiard table.

Weighs about 10 ounces. Works like a regular sized vacuum cleaner. Has a brush to pick up dirt. Good suction. No bag to empty—just remove top—and empty, the way you would an ashtray.

Works on two regular batteries (not included). A beautifully built appliance, in bright orange. You'll wonder how you passed Monday without it. Money back if not pleased. $9.95 complete.
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KEY MAGIC
Veloce press-on pull-off discs in three different eye-catching colors are the key to instant discovery of keys in hand or shoulder bag. Chain has special locking device. Keys are always ready. $2.49 plus 25c post. Bleuette, Inc., HG3, 509 5th Ave., New York, NY 10017.

LAP OF LUXURY
Roomy country calico apron in multicolored flower print on red is so generous it can double as a skirt. Handmade, it's 24" l. with wide ties, two giant pockets, $6.95 plus 75c post. Catalogue, 25c or free with order. Clymer's, Dept. HG02A, Chestnut St., Nashua, NH 03060.

ST-R-ETCH TO FIT
Apply liquid leather stretch to tight-fitting shoes and it makes even suede and patent conform to the foot as you walk. Simple to apply and relief is almost instantaneous. $1.59 plus 20c postage. Order from Anthony Enterprises, HG3, 585 Market St., San Francisco, CA 94105.

GRAND ELOQUENCE
Made to order for the grandparents. Belgian linen stamped for cross-stitching in brightest colors. 8½" by 16" in a simple wood frame, specify mahogany or maple finish. Complete kit, each $3.75, 50c post. Order from Victoria Gifts, 12H Water St., Bryn Mawr, PA 19010.

WALLET PHOTOS
Twenty-four new borderless color prints made from a Polaroid color print, photo (up to 5" by 7"), negative or slide. Wallet size, silk textured color plus free photo in plastic, $2. Black and white, 36 for $1. Add 45c post. Roxanne Studios, C26, Box 1012, Long Island City, NY 11101.

WOODCRAFTERS’ GUIDE
Measured drawings of 76 original Shaker chairs, tables, bed, many other pieces. Done by a master cabinetmaker of 50 years experience. Helpful tool for the amateur or professional, valuable for dealers, collectors. $3 ppd. The Berkshire Traveler Press, HG3, Stockbridge, MA 01262.

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Send name and last known country of origin. Hand rubbed wood, walnut finish. Complete with Family Tree History Chart, Reference Sources, and Documentation. FREE $2.95 BOOK “A Fortune in Your Ancestry And How To Find It”, with every purchase of $8.95 or more. Only $8.95 plus 1st post. hdlg. Below available in Large 14" x 17" Wall Shield Order #CAF 255 . . . Only $19.95 plus 1st post, hdlg. Send Check or M.O. Satisfaction Guaranteed. CADLyn’s Dept. HG3, 2077 N.Y. Ave., Huntington Sta., NY 11746
new home study method...Learn in spare time. Excellent starting point for career. Practical basic training. Approved supervised method. Low tuition. Easy payments.

10 IN 1 APPLE
This unique red apple is a coaster set stacked for convenience. When taken apart, this apple contains thousands of magic pellets in the durable vinyl bag-bottom. They contour softly to his body. And he’ll love it! In hundreds of varieties in the durable vinyl bag-bottom. They contour softly to his body. And he’ll love it! In hundreds of varieties. This new idea in pet comfort is the ultimate in pet beds. It’s the same ideal! The SECRET to this new idea in pet comfort is the durability of the pellets and the bottom. Wipes clean! Satisfaction is guaranteed!

CATALOG $1; free with order

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THE BED DESIGNED BY YOUR DOG
It lets him snuggle into a comfort spot custom-shaped to his own liking! (You’ve seen him bed down in a pile of leaves. It’s the same idea!) The SECRET to this new idea in pet comfort is the thousands of magic pellets in the durable vinyl bag-bottom. They contour softly to his body. And he’ll love it! In hundreds of varieties. This new idea in pet comfort is the durability of the pellets and the bottom. Wipes clean! Satisfaction is guaranteed!

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PORTUGUESE POMANDERS
Charming replicas of art pieces in a museum in Portugal. Their perfume is an excellent scent.
Chemist B. White ceramic colorfully hand decorated. The rabbit is 3½" h., the bird is 3½"
1/4 h. $9.95 each plus $1.20 post.
Elizabeth McCaffrey, HG3, Northport, NY 11768.

FROM THE SEA
Sun ‘n surf fans love to create seashell displays. To begin a collection in exotic fashion, a set of 80 different seashells from around the world! Each shell named and bagged. $11.95 plus $1.15 post. House of Paradise, HG-3, Box 368, Suffern, NY 10901.

NEW PIN-UP
An unusual clothes-pin design to aid washday work. Pinch top of Shop, Dept. BE-562, 333 E. Main three $3.50. Ppd. No Nonsense side up, ready for use. Plastic 2" double disc, it's always right HG-3, Box 368, Suffern, NY named and bagged. $11.95 plus around the world! Each shell

SECRET SPREAD REST
What a great idea—a caddy hides under the mattress while the bed is made up. At bedtime, slip it out, swing down folding legs and turn the spread over it, neatly and out-of-the-way. $6.98 each; two, $12.98. Add 90c post. Gar- rett's, HG-3, Box 12274, Dallas, TX 75225.

SILENT GARDENERS
Wicks water plants while you’re away. One end goes into soil, the other into water, the wicks slowly feed the moisture for as long as eight weeks! No rot or mildew. Set of four, $1.98 plus 20c post. Anthony Enterprises, HG3, 585 Park, NJ 08824.

NEEDLEPOINT PORTRAITS
Artist’s rendering on 18" x 22" canvas of clear photo. Kit includes wool, needle. One subject, $29.95; each additional on same canvas, add $12. Creweled, $19.95; additional, $10. Add $1 post. Needlepoint Portraits, Inc., Studio 15, 71 Stillwell Rd., Kendall Park, NJ 08824.

PORTUGUESE HAND PIHISHED STOKEWARB

ANTIQUE PERSIAN PATTERN, imported from Belgium. Woven of fine, natural yarns. Magnificent with any decor. Approx. sizes: 3' x 5', $19.95; 4' 1/2 x 6', $44.95; 5' x 8', $89.95; Runners, 2' x 8', $24.95; 3' x 11', $29.95. Specify Gold, Green, Red or Blue background.

AMERICAN INDIAN REPRODUCTION, fine quality, woven of dene, natural yarns. Versatile on floors or walls. Specify earthtone accents on an Ivory background or mostly brick reds and golds with colorful accents. Approx. sizes: 3' x 5', $74.95; 4' x 6', $44.95; 5' x 8', $74.95; 9' x 12', $139.95. Imported from Belgium.

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WINES
Designed by America’s Master Potter David Stewart, these decorative vases are hand-cast ceramic in the unique style of hand-thrown stoneware. Made for more durability than ordinary earthenware for high-heat (2150°F) firing and a special formula of china clay from Southern Georgia, Lincoln Fire clay from California, and Kentucky ball clay. A collector’s item, each is a different special price. Unbreakable safe and water-tight guarantee. All colors and varieties guaranteed. Large Lion (5" x 3") $12.50 ppd. BOTH for $18.25. For our free merchandise brochure ENTERPRISE PRODUCTS, Item 103, Box 36232, Los Angeles, CA 90036.

SHIP’S WHEEL
Dept. HG-54, Nottingham Square Rd., Epping, New Hampshire 03042.

CUTTING BOARD
FROM FACTORY TO YOU—JENNY’S LADDER BACK
Native Hardwood Fibre Rush Seats—Wo­
ven by hand.

SECRET SPREAD REST
What a great idea—a caddy hides under the mattress while the bed is made up. At bedtime, slip it out, swing down folding legs and turn the spread over it, neatly and out-of-the-way. $6.98 each; two, $12.98. Add 90c post. Gar- rett’s, HG-3, Box 12274, Dallas, TX 75225.

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Dept. HG-54, Nottingham Square Rd., Epping, New Hampshire 03042.
For Food or Flowers
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Gorham Silverplate
PAUL REVERE BOWLS

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6 1/2" 14.00 10.80
8" 16.00 12.80
9" 21.00 15.75
10 1/4" 30.00 22.50
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Box 516, Annex Station
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COLORFUL PATCHWORK

The patchwork quilt goes modern with thermoloid polyester filling. Patches are cotton in cheerful mixture of red, yellow, blue and green. 66" by 78", fits single or double beds. 100% washable, white, blue, red, black, and multi-color pastel kid. Sizes 2½ to 12. For Widths AAAA to E. 7½% to 12 28.05. - Wins AAAA to EE. 10½% to 12 28.05. - For Widths AAAA to EE. 10% to 12 28.05.

COLORFUL PATCHWORK

GEOGROUS GALORE

Free brochure of greenhouses and accessories. Fiberglass and ultra violet-shielded models. Easy to assemble, portable, no extra foundation needed. From $119.95 (Model shown, $189.95) Budget plans. Peter Reimuller/Greenhouseman, Box 2666-KP3, Santa Cruz, CA 95063.

HIDDEN ASSETS

Adjustable money belt is worn under clothing. Ladies might conceal it beneath dark slacks. $3.98 plus 20c post. Anthony Enterprises, HG3. 585 Market St., San Francisco, CA 94105.

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HOUSE & GARDEN SHOPPING AROUND

350 Madison Avenue, New York, N. Y. 10017
Gardener’s Notes
by James Fanning

To commercial growers and estate gardeners the name Yoder has meant chrysanthemums for many years. So it’s good news that in 1974 Yoder Bros., is expanding its market by introducing a new line for home gardens. Called Masterpiece Mums, the new varieties are compact, low growing plants that begin flowering early and go on until hard frost. Right: Some of the flower types—they come in all the usual chrysanthemum colors, of course. A good way to use these compact plants is to grow them in pots during the summer, set them out for garden display when summer annuals taper off. Also, plants that have been forced for Mother’s Day may be cut back and set out in the garden where they will repeat at the usual time. Masterpiece Mums will be available for 1974 spring planting.

Devoted admirers of Helen Morgenthau Fox will be delighted to know that two of her best known books are now available in paperback. Those of us who cut our gardening teeth on The Years in My Herb Garden and Gardening for Good Eating will be giving these to friends or buying fresh copies to replace the well-worn volumes on our own bookshelves. Published by Collier, the paperbacks are priced at $1.95 each. They include the original illustrations and all of Mrs. Fox’s wise and gracefully written text. Newer and more condensed but just as informative are the “Gardening With —” books by Rex Mabe. Mr. Mabe is a nurseryman who has spent years in answering customers’ questions, so he knows, and is well qualified to solve, practically all the problems that may confront an indoor or outdoor gardening householder. Currently available are six “Gardening With —” titles: Herbs, House Plants, Flowering House Plants, Ferns, Terrariums, and Hanging Baskets. Priced at $1.50 each, these illustrated paperbacks come from Potpourri Press, P.O. Box 10312, Greensboro, N.C. 27404.

Cuttings of some kinds of plants root much more easily than others. Practical gardeners have always known this, but it was left for Professor Makoto Kawase of the Ohio Agricultural Research center to wonder whether some substance within easily rooted plants could be extracted and used to make the harder-to-root kinds more cooperative. Willow, one of the easiest of all woody plants to root, seemed a logical plant to begin with, so Prof. Kawase made an extract of willow twigs and found that it did, indeed, hasten the rooting of other kinds of cuttings. The willow-twigs extract will undoubtedly be synthesized and placed on the market one of these days; meanwhile anyone can make his own. Simply crush some fresh, healthy willow twigs, let them steep in water for a few days, then use the water to moisten whatever rooting medium you customarily use.

Nowadays nothing goes to waste, which means that the everyday task of cleaning up the yard involves saving everything possible for the compost heap. Main problem is getting leaves, twigs, or what-have-you whisked off of lawn and driveway and onto the heap. Rakes are slow and often pick up more than they’re supposed to, so the best answer is a rotary-brush sweeper. The Parker Sweeper Co. of Springfield, Ohio, specializes in this type of equipment, and dealers have a wide selection of sizes and types. Most efficient, of course, are the motor-driven sweepers, but with fuel likely to continue in short supply, hand-powered models might be the best bet for 1974. Parker, incidentally, makes a full line of lawn care equipment and has dealers everywhere.
Doing things by hand is one of the best ways of getting around the fuel shortage. A great many garden chores have always involved muscle power, anyway, so that shovels, hoes, axes, and pruning shears remain unmechanized and using them is the first thing beginning gardeners learn. Except for the use of stainless steel and Teflon coatings, sign of these basic tools is just what it has always been, with steel blades to do the cutting and digging, wooden handles to afford a grip and apply leverage. But even considering the changing character of hand tools, the high mortality rate of American manufacturing firms makes it surprising that a leading maker of gardening equipment is observing its 200th anniversary in 1974: The Ames Company, of Parkersburg, W. Va., began turning out farm tools in 1774, and it is within the realm of possibility that when Israel Putnam went off to fight the Redcoats the plow he left in the field was an Ames product. Be that as it may, Ames continues to produce hand gardening tools in a wide variety of sizes and shapes, including any for specialized use by masons and other professionals. Every hardware and garden supply shop has racks of Ames tools, including what most of us consider the indispensable free: a strong, sharp bladed long-handled shovel.

If you haven't done it already, there is still time to search out and destroy the egg masses of gypsy moths. They are oval, inch-long blobs of fuzzy brown on the underside of branches or in bark crevices on tree trunks. It's quite simple to scrape them off and burn them or dunk them in a can of kerosene. These pests will be appearing in 1974 in spots where they were unknown in previous years, so be on the watch if they have been reported within 20 miles of your area in recent years. The good news this year is that in places where the infestation was heavy it is tapering off due to a build-up of the moth's natural enemies.

Plants play familiar roles in blocking out noise and undesirable views. They may also act as a fire stop comes as news to most of us, but this is exactly what happened in a recent California brush fire. The heroic service of stopping the flames short of a threatened house was performed by a groundcover of iceplant. Commonly called Mesembryanthemum, iceplant has succulent, watered leaves and stems, hence its fire resistance. The plants are low-growing, with tremendous quantities of white, orange, or bright pink flowers—succulent enough for planting them in big groundcovering swaths as is done in California. In the north, iceplant rates as a tender annual and its growing season simply is not long enough for it to reach a full flush of flowering. In warm, dry climates where the plant thrives, its fire-stopping quality is a benefit added to the beauty of a bright, long-season, ground-holding carpet.

April is flower show month, and in 1974 all of the shows will emphasize conservation, whether of energy, natural beauty, or natural resources of all kinds. A leader in applying the theme this year will be the Chicago Flower and Garden Show, to be held at McCormick Place from March 25 to 31. One of the prominent features of this show will be a vegetable garden, designed for homeowners who are beginning to joy the gourmet and gardening delights of owning their own. A grove will be available for visitors who bring their own picnic hampers and special "Take Home A Bunch of Flowers" bouquets will be on sale for those who want to carry away a bit of the show's color and excitement.

“Most outdoor gardeners consider a long-handled shovel to be the one really indispensable tool!”

With the fuel situation being what it is, tools that get their power from household electricity are particularly valuable nowadays. Lightweight batteries to run hedge trimmers and grass trimmers have been around for a few years, but have thoroughly demonstrated their value. One of the first manufacturers to market this type of equipment was Rockwell International, whose battery powered rotary grass trimmer, left, has won a great number of devoted users. This is one of the handiest gadgets ever. It gets into tight corners, cuts clean, and is light and well-balanced enough to use with one hand. Rockwell also makes a hand sprayer and several sizes of hedge trimmers. All of these get their power by being plugged into the household current overnight, and all are sold at garden shops everywhere.

Be careful with fire: There are baby animals and trees need a place where they can grow up strong and healthy. The forest is their home. When you come to visit, please don't burn it down.

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Topsoil continued from page 28

“...in the process of eating and living and dying, microorganisms have returned everything to the earth that the plants and animals have taken, temporarily, out of it.”

rado. But such thick topsoil is exceptional. A foot or less is its usual depth.

Topsoil can be further defined as a mixture of clay or sand and clay, both of them mineral soils, with decomposing organic matter —animal or vegetable or both. The organic matter is called humus. Any kind of it. So humus is as simple as that. We all know that over the ages topsoil has been made by the disintegration of dead vegetable matter—leaves, branches, and trees themselves falling to the forest floor—plus animals that have perished one way or the other. They've rotted. And everybody knows that rot comes from leaving things outside in the weather, so there's nothing very special about that. But what we are not all aware of is that rot is caused by millions and millions of organisms that are very much alive, most of which can be seen only by a powerful microscope. And although no one really knows how long these myriads of microorganisms live, they all must die at some point, and when this happens they become humus, too. And in the process of eating and living and dying, these microorganisms have returned everything to the earth that the plants and animals have taken, temporarily, out of it, including themselves. I have purposely italized those words, for they represent the miracle of growth, continued growth—life being renewed. It must be that I had heard about this long before starting to garden, and I'm equally sure that most people have this remarkable fact tucked away in their heads, but it didn't occur to me, and I'm sure it hasn't to others, that this bit of universal learning is needed by anyone trying to grow a flower or two.

Now to go back to the annual border. I had dug the 20-foot bed at a location convenient to a water faucet about 40 feet away, but because it was necessary to carry water when the garden needed it, for we had started living with an ancient bell-shafted well that had never been dry—until the day we had housewarming three weeks later. Moving in. The location was at the top of the ridge on our 15-acre lot and barn were evaluated in the Berkshire forest. The grass on the bed was thin, and for some reason I never knew, I shook out what of grass there were and brought them aside—later carried away with more damned rocks. A couple almost too much for us. I'd ever seen before. It was hard digging, one reason the bed was not dug very deep. And another reason had to do with the purging of a shovel “that wouldn't cut.” I told the dealer. It was the heaviest shovel I've ever seen, and it didn't wear out—we still have it. For no respectable workman can use it more than an hour or so. I took organic matter out of the soil. None went in. I had thought of getting manure, but as I new in the country, I had no idea of where to find it. Any I thought the potato fertilizer would do the job. As I hadn't been taken to gardening seriously, I made no attempt to find manure until the results of the soil tests came back. My exaggerated sense of neatness was probably responsible for the removal of the final results after they were killed frost. So I even destroyed any small supply of humus that I would have provided. Exactly I vegetable matters work in the soil, I may not be something that who dabbles in gardening will know to, but I'm sure that those who are serious would like my information about it. So we'll leave this for later. (To be continued in an early issue)

Manuscripts

House & Garden assumes no responsibility for unsolicited manuscripts, photographs, drawings, house plans, or uncommissioned material of any sort.

All material submitted must be accompanied by return postage or a self-addressed, stamped envelope.
mixture can be used to patch holes or to even out deep depressions in old marble.

If the marble is too badly damaged for this kind of repair, take it to a professional—or have a replacement cut from old marble, which is almost always white or gray, or from one of the more contemporary brighter colors. I've found the perfect antique marble sink, but it's badly weathered. How can I repair it? This is a hard job, but it can be done. Wash the marble first to make sure you know where all the pits are. Now, starting with an 80-grit abrasive block, work back and forth across the marble, using moderate pressure. Sprinkle with water occasionally to lessen the friction and be careful: the abrasive can take a big bite.

When the rough edges are rounded over, change to a 120-grit block and repeat the process, working up through 220 and 320 grits. The finer stages can be used with an electric drill to save muscle-power, but the sander should have a universal shaft so that the abrasive stays flat on the work. When nothing but minor scratches are left, stop.

Now attack the stain problem, following the directions above.

When the marble is as pristine as you like, do the final finishing. Go over the entire surface with an abrasive disk of 600-grit, sponge off the dust, and finish up with tin oxide made into a creamy paste by adding water to about half a cup of powder. You can use a damp cloth or a disk or orbital sander to apply it, though a disk sander tends to throw the paste out. Add water and oxide to maintain the consistency of the paste. To check your work, sponge off the surface with warm water. When you can read the printing on a book jacket in the reflection, you have a polish to be proud of.

With ordinary care, the beauty of the marble should outlast us all.
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[continued on next page]
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ST. JAMES BEACH
BARRAOS

in widths up to 15’ 8”. By Holland Sales, Inc.

Page 86:

Page 57:
“Elegance” towels: in mocha brown.

Garven OHG, 3251 Aerzen, Dept. 16 West Germany

WINE & FOOD
Page 101:
“Imnekkees” glass canisters: under $1.50 each. By Libbey.

White ceramic bowl from Shaker Craft Sales Shop, Shakerstown at Pleasant Hill, Kentucky.

LAMB Page 105:

Bread board: 3/4”; aluminum pepper mill: $8.95; acrylic salad tonges, $2.50; oliphino china platter: $7.95. All from Bazar de la Cuisine. Glass salad bowl: 10” dia., $5.50; high $3.89. By Orrefors, At Bonniers.

Yellow handled flared bowl: $3.50 per piece place setting; $10 per set of 4 steak knives. At Bonniers.


ADRESSES OF STORES MENTIONED THROUGHOUT THIS ISSUE

ADAMS INTERIORS, 836 Post Rd, Darien, Conn. 659-5500

ANTONIO FLOWERS, 64 E. 55th St., New York, N.Y. 10022

B. ALTMYER & CO., 361 Fifth Ave., New York, N.Y. 10016

BACCHUS, INC., 55 E. 57th St., New York, N.Y. 10022

BAZAR DE LA CUISINE, 1003 Second Ave., New York, N.Y. 10022

WEIGHT CONTROL continued from page 16

is another old chestnut. Fruit is only a slice of what you must have to maintain nutritional balance.

The amount of food needed depends on one’s height, age, sex, skeletal structure, and activity. At the present time few doctors are trained to give the specific detailed instructions most persons requiring dietary advice need, nor do they have the time. But the doctor does know his patient’s physical condition and any weight alteration should not be attempted or considered except by his approval.

A doctor knows resources and should be able to put his patient in the hands of a qualified diet therapist or nutritionist who will plan with the patient the diet best suited to his needs, provide written instructions, detailed advice, and periodic check-ups. Of greatest importance is moral support and encouragement from the therapist and physician. Each will emphasize the importance of a nutritionally sound “Foundation Diet.” And the patient must understand that including the right kind of food in the correct quantities is as important, or more so, to his well being than excluding certain foods.

Never forget that the best diet to reduce weight must restrictions or without restricting essential nutrients, as well as provide a certain amount of gastrointestinal fat. The person supplied with a diet tailored to his individual needs who has the necessary motivation, plus increased physical activity, is assured of achieving his goal.

For a quick glance at weight control send stamped, self-addressed envelope to The American Dietetic Association, Dept. 620 N. Michigan Ave., Chicago, Ill. 60611, for a copy of the pamphlet A New Weight of Things.
Building facts

Materials and equipment used in the house on pages 72 to 77

Structure: 3,500 square feet
Lot: 1 acre

Exterior: Wood frame, glass-enclosed awning sash with bronze finish.

First story: 8-inch concrete block walls; second story, solid frame fir construction.

Interior: Concrete block exterior; concrete block interior walls; on second story, 4-by-10-inch rough-sawn redwood grooved panels.

Flooring: White sand finish plaster, tile, laminate, and man-made wood.

Artwork: Custom-made cabinets faced in Formica.

Lighting fixtures: In living-dining room, track lighting with movable spotlights and recessed cylindrical ceiling downlights and wall washers on dimmers. In other major rooms, recessed cylindrical ceiling fixtures. In kitchen, "Conwed Module Lux," luminous ceiling of 12-inch white plastic panels covering fluorescent tube lighting, by Conwed Corp.

Hardware: Oil rubbed, bronze-finish.

Music system: Built-in stereo by owner; receiver-tuner by Pioneer, turntable by Garrard, eight-track stereo recorder by Wellensiek 3 M.

Furnishings: Living room accessories, Marimekko pillows by Arango. Cabinets and counters: In living-dining room, kitchen, boys' dormitory, master bedroom, bathrooms, custom-made cabinets faced in white Formica.

Plumbing fixtures: White by Kohler Co.

Mechanical equipment and appliances:


Heating and cooling system: Two-zone heating-cooling, reverse cycle air conditioning; 5-ton unit downstairs, 6-ton unit upstairs by Fedders Corp. Thermostats by Fedders Corp.


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March, 1974

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White on white

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Fine Furniture — The Harden Tradition

Fine furniture, the Harden tradition
The setting is more sedate for the afternoon, restaurant again for dinner, discotheque as the evening goes on. It's depends on the time of day. It's a two-story shell and connected by a few months something else replaces them. That's the third floor. We've called it 'Excitement' and named it 'Earth.' The second floor, 'Elegance,' is harder to define but furs, jewelry, designer dresses, art, fine furniture, beautiful bed and bath linens are all part of a way of life. Then, there's the whole world of topical, right-now things — purple blue jeans or paper furniture. They're new and exciting and convenient for those of us who are going for 50 years. It's very different but we're not a shopping center. We're a store that has to do with the way we've been organizing stores today. So we put together on one floor all the things that have to do with leisure activities — sports equipment, luggage, games, cameras, kitchen equipment, things for informal entertaining, plants — and named it 'Food.' The second floor, 'Elegance,' is harder to define but furs, jewelry, designer dresses, art, fine furniture, beautiful bed and bath linens are all part of a way of life. Then, there's the whole world of topical, right-now things — purple blue jeans or paper furniture. They're new and exciting and in a few months something else replaces them. That's the third floor. We've called it 'Excitement' and we expect it to change. Of course, we may have to make other changes, too. We don't know how this will all work.

Will Crown Center achieve its goals? Donald Hall is cautiously optimistic. "Our idea is to bring a lot of people into this community as a place to live and work and shop. Even though it's not in the center of downtown, it's certainly adjacent to it and we hope it will start a trend. We've already seen some evidences that it's not an entirely crazy idea."