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New Mary Bond/Armetale Cookware doesn’t come in pretty colors. Or space age shapes. It was made with only one purpose in mind: to really cook your food properly, efficiently and easily.

Designed and perfected by Mary Bond, a “Grand Diplome” Cordon Bleu Cook. Armetale Cookware combines the best of all ingredients (balance, weight, shape and size) necessary for the perfect cooking of food.

The revolutionary Armetale metal distributes heat evenly and effectively permitting you to cook at any temperature without scorching. It resists sticking without any artificial coating. In addition, there are no rivets inside any professional Mary Bond/Armetale Cookware. You can stir any sauce in an even flow.

These perfectly balanced, hefty cooking utensils are designed for easy handling and minimum care. The cast iron handles allow every piece of Mary Bond/Armetale Cookware to go under the broiler. They won’t crack, chip or dent in normal usage. They’re made professionally to last a lifetime. From a single egg to a banquet, there’s a pan, pot and gratin to fit your every cooking need: Burner to oven to table.

See Mary Bond/Armetale Cookware at stores concerned with the finest in cooking utensils. Or send 25¢ for our brochure to Dept. MB to cover postage and handling.
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Howard Miller Clock Co.

In the early 17th century, Thomas Tompion was the most celebrated of English clock makers. This elegant timepiece was inspired by his work and we have named it after him. The rare Carpathian Elm burl facing on the door is skillfully adorned with gold accents. The mirrored back and glass inserts show off the excellent West German movement, Tompion would be proud.

On the cover: A country bedrock is earthy and bright and full of woodsy things—can you think of a nicer place to wake up? You can have the country look even in a city room like this. (See our special report on decorating beginning on page 70.) For freshness, leafy greens cover walls, turn up on frames, quilts, durrie rug, and bed. And love seat in a cotton and linen warp weave print from Quadrupel For warmth, lots of wood: an Early American blanket chest—hewn life Beams (real urethane foam) by Barclay, a tree-trunk table from LCS, beech cypress chair and a pine desk. Both from David Barrett. Wall paint from Pittsburgh Paints. "Halston's Flower"—sheets from Fieldcrest (see others, page 94); durrie rug from Patterson Flynn & Martin; "Postureped Royal" mattress by Sealy. Framed quilts are from a collection at America Hurrah Antique Shopping information page.
The artisan's concept of fashion and the influence of his rural life created much of the charm in French country furniture. For those who appreciate this style, reproductions are available through Baker Furniture retailers.

You are invited to send two dollars to Baker Furniture, 471 Merchandise Mart, Chicago, Ill. 60654 for our Country French catalogue.

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Garden art

Getting your ginger up

Interested in an exotic, tall, problem-free, bamboolike house plant that will spice up your cooking as well? Then consider *Zingiber officinale*, the snappy ginger plant. We started ours after purchasing two plump roots at a Chinese grocery store. One we used that evening in a dish of beef with vegetables being stirred together in the wok. The other I put in a 6-inch pot filled with good soil. Nothing happened for the first month, then suddenly a group of stems emerged. They grew and grew. The plant reached a height of over 4 feet before the leaves began to brown and dry out. Thinking the plant might need repotting, I knocked it out, and found eight of the freshest, plumpest ginger roots I'd ever seen. Two went back into individual pots; the other six kept us in Chinese cooking for several months. For best results, start with a fresh fat root. After planting, keep the soil constantly moist, but not wet, and place the pot so your plant receives maximum sunshine.

Gerald Durrell and baby gorilla

**Zoo story**

“The first word I could enunciate with any clarity was ‘zoo,’” says Gerald Durrell, naturalist, zoologist, and author of the upcoming book *The Stationary Ark* (Simon and Schuster), his newest and most urgent work. Durrell’s book describes how he is attempting to save our endangered species by founding his “stationary ark,” a breeding zoo on the island of Jersey in the English Channel, where endangered animals are brought to live, mate (hopefully), and ultimately be returned to their wild state—“if there is a wild state left for them to return to,” says Mr. Durrell darkly. “There are only 28 individual pink pigeons left on Mauritius,” he says. “There are only two tiny colonies left of the European bare-faced ibis. We need funds.”

Write to the Wildlife Preservation Trust International, Inc., 34th Street and Girard Avenue, Philadelphia, Pa. 19104. A 1-hour flight from London will get you to the zoo in time for lunch with the gorillas.
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and menthol. Salem's my enjoyment.

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that cigarette smoking is dangerous to your health.
Does Vitamin C really help keep you healthy or is it just a health food fad? Here's the latest report from Executive Health: “Vitamin C is probably involved in all of the natural protective mechanisms in the body... Dr. C.W. Jungeblut working in the College of Physicians and Surgeons of Columbia University showed that vitamin C in concentrations... in the bloodstream, inactivates poliomyelitis virus and several other viruses. In one study in Japan it was shown that surgical patients who receive multiple transfusions of blood and are in danger of developing serum hepatitis are completely protected by an intake of 2000 milligrams of vitamin C per day. A high intake of vitamin C provides protection against secondary bacterial infections complicating the common cold.”

How to strip furniture and refinish with hot wax

Materials: paint remover, denatured alcohol, #1 grade steel wool, dark brown paste wax, cheesecloth, 1 paintbrush 1½ inches wide, 1 bristle brush, rubber gloves. (Note: Rubber gloves should be worn through stripping and waxing.)

STEP 1. STRIPPING
Generously apply paint remover with paintbrush, covering the entire piece of furniture. Let remover set for approximately 10 minutes.

STEP 2. RUBBING DOWN
Dip #1 grade steel wool into a bowl of denatured alcohol and begin rubbing down the piece. Change steel wool as many times as necessary. Be sure to remove all evidence of paint and paint remover. When piece is completely clean, rub down one last time with clean steel wool dipped in clean alcohol, and wipe with cheesecloth.

STEP 3. HEATING WAX
Place opened paste wax can in a pan of water, making sure the level of water is just halfway up the side. Heat water until wax completely liquefies (45 minutes).

STEP 4. APPLYING HOT WAX
Dip a piece of cheesecloth into the liquefied wax and apply it to the piece of furniture, one section at a time. (Make sure wax is liquefied and warm throughout the entire process). Wipe off excess wax with clean piece of cheesecloth.

STEP 5. BRUSHING OFF EXCESS WAX
Use a soft bristle brush to remove excess wax from joints and carvings to get a smooth finish. Wax set for 10 minutes.

STEP 6. BUFFING
Use a clean piece of cheesecloth to buff piece of furniture to a luster. Note: This process of stripping can be repeated for any furniture. This wax finish is only recommended for country furniture of oak, pine, etc.

Michael Principi
Right now at Sears!
Your Choice Sofa Sale

A toast to Sears Champagne Sofa Collection! A toast to the lowest prices ever on these selected groupings!

Your choice of pieces
The possibilities are endless. At least one is waiting to dress up your room. In addition to these three suggested sale groupings (Sears lowest prices ever!), you can save at least 20% on every other piece in Sears Champagne Collection.

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Choose from 19 popular, versatile and very durable fabrics. All at least 20% off. (Fabrics pictured are included in the sale price.)

Durable construction, too

Sale ends February 20, 1977
Don't miss it! Sears Champagne Sofa Collection is on sale Jan. 24, through Feb. 20, 1977 at most Sears larger stores as part of Sears Great Indoors Sale!

Sale $597.88* - reg. $899.95
Three-piece sectional including sofa-sleeper and ottoman

Sofa Sale $369.88* - reg. $489.95
Demi-Sofa Sale $299.88* - reg. $419.95
Sale $697.88* - reg. $1019.95
Three-piece sectional including sofa-sleeper and ottoman

Sears, Roebuck and Co. 1977
* Prices higher in Alaska and Hawaii
Working women take heart

The working woman is probably in better physical shape than the working man, according to a recent medical report. If you are worried about a business career causing stress and subsequent heart attack, there is encouraging news from Dr. William Hazzard, a distinguished professor of medicine and expert in statistical analysis. Dr. Hazzard told a recent meeting of the American Heart Association in Los Angeles: “There’s no evidence that changing roles are leading to increase in the incidence of heart attack. It’s an open question whether it is more or less stressful being at home with a screaming bunch of kids all day or at an office.”

Dr. Hazzard, who directs research at the University of Washington in Seattle, notes that many working women are on the pill, which is considered a risk factor in heart disease. Even so, while the number of working women increased by 23 percent between 1968 and 1974, women’s deaths from heart attacks decreased. “We don’t know why, but this is a fact.” One theory is women possess some remarkable, built-in resistance factors to coronary disease. Such questions have spurred Dr. Hazzard into further research. On a grant from the National Heart, Lung and Blood Institute, he is investigating post-menopausal body chemistry, to further understand the mysterious resistance factor.

Hand-hooked rugs that tell a story

Today’s rug may be tomorrow’s heirloom, a family treasure handed from generation to generation. You can send rug-maker George Wells of Glen Head, N.Y. a snapshot of an event, such as an anniversary, or a subject, (your house, your pet, or even your garden) you want commemorated. He sends you back a watercolor sketch, which, if you approve, he translates into a hand-hooked rug. Many families have given Wells projects. The Colgates have a rug in the design of a toothpaste tube. These custom designs are hooked in any size from 18 by 25 inches up for a $35 a square foot. Wells encourages people to hook their own signs too. He has the necessary materials in his shop. Write George V Wells, Hand-books a custom order in his studio.

Cabbages, beans in dining room

$35 a square foot. Wells encourages people to hook their own signs too. He has the necessary materials in his shop. Write George Wells, 565 Cedar St. Rd., Glen Head, N.Y. 11545.

Miniatures, as reported on page 96, are a hit all over the country. The enchanting miniature food and furniture shown here are the creations of long-time, mini-world designer Mary Frances Cochran of Catonville, Md. Here are her recipes for making the delicious-looking non-edibles. For turkey, meat, fish, pastries, you need: 3 slices white bread, white household glue, lemon juice, poster paint in various colors. Method: Cut off crusts of bread, crumble. Mix with 3 tablespoons glue, and 3 drops lemon juice. Knead in a bowl until mixture no longer sticks to your fingers. For color, add appropriate poster paint and mix until smooth. For texture, push dough against a small sieve. Model turkey body, then wings and legs, attaching them to body with a dab of glue while still wet. To prevent cracking, coat turkey with equal parts of glue and water, allowing 3 days for drying, then repeat twice more. After last coat, place in a 350° oven for 3-5 minutes. Final touches of color may be added with any kind of paint. (Dough may be stored in a plastic bag in the refrigerator.)

To make fruit and vegetables you need: oil paints, paraffin wax. Method: Place wax in a tuna fish can, set in a saucepan of water. Add color oil paint for whatever you are making. Heat. When wax has melted, dip your fingertip into it and soft wax into carrots, bananas, apples, etc. For a tte parfait, layer colored plain wax. A dash of hand wax will protect your finger.
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Imagine your foyer, family room or bath with Redi-Set Tuscany.® Real ceramic tile with a rich, textured surface. In handsome colors and a variety of shapes.

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Anywhere you put it, Redi-Set Tuscany shows off beautifully, without acting up. Find out more about it by visiting your local American Olean Color Center, or ask a tile contractor. For descriptive information on Redi-Set along with the latest tile decorating ideas, send 25¢ and your name and address to American Olean Tile Company, 2338 Hannon Avenue, Lansdale, Pa. 19446.

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QUESTIONS & ANSWERS

Antiques

By Louise Ade Boger

“Ionic” wall clock

Can you tell me anything about the background of this old wall clock of mine?
H.A.M.—San Turce, P.R.

The design of your clock was copied from the Elias Ingraham “Ionic” wall clock, with round head and round drop. Ingraham received a patent for this type of case about 1860. Later several companies—including the Waterbury Clock Co., active 1857-1944, which made your clock—copied his successful design. The model is also called Para or Cuba.

Victorian vase

What can you tell me about my Victorian vase?
Is it collectible? D.D.—Los Angeles, Cal.

Your salt-glazed stoneware vase belongs to a class of late Victorian English pottery first developed at Doultons of Lambeth as a reaction against the Industrial Revolution. It is of great interest to the collector, as virtually all the pieces are signed by the artists responsible for the decoration. Each piece has a unique decorative scheme, and invariably the decoration is carried out by the person who designed it. Your vase bears the artist’s mark (E.S. in monogram) of Eliza (Elise) Simmance, c. 1873-1928.

Tammany bank

We inherited this old bank. Is the figure that of a real person? How did the bank work? The mechanism on ours is broken. N. I.—Forest Hills, N.Y.

The man is believed to represent Boss Tweed. This Tammany bank, one of the earliest and most popular of the J & Stevens productions, was manufactured from the mid-1870s into the early 1920s. Tweed quickly drops any coin that placed in his right hand into his coupe. He nods his head happily as does so.

American armchair

Can you pinpoint the style and date of my armchair? C. N.—Lisle, Ill.

The arched crest rail, trumpet-turned front legs with flattened ball feet, arched front stretcher composed of scrolls show it was adapted from a typical William and Mary style armchair, popular in the 1690s. Your chair is of early 20th-century American manufacture.
Heritage furniture:
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Heritage craftsmen make the difference.

At Heritage, we still construct furniture in the grand tradition established by master craftsmen.

This means we hand select veneers for tables and cabinets, so the patterns of grain flow continuously. We sand them by hand, not once, but many times in our traditional 28-step finishing process. We also take care in finishing the interiors of all our cabinets.

Our skilled woodworkers shape and frame each sofa and chair using only seasoned hardwoods. We hand tie the springs, use the softest filling materials, and present them to you in a choice of over 750 beautiful fabrics. So our sofas and chairs are as sturdy as they are soft and plush.

Over the years these costly, extra steps have been abandoned by most furniture makers. But at Heritage, we know furniture this lovely can never be made by machinery alone. It demands the hands of skilled craftsmen. Only this way can we create furniture that will remain beautiful for years to come.
Heritage.
The furniture that makes the room.
See Heritage Furniture at these and other fine stores.

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Montgomery, Dexter Interiors

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Fairbanks, Nerald's Home Furnishings

ARIZONA
Mesa, Barrows
Phoenix, Barrows
Phoenix, Mehagans Furn. Galleries
Phoenix, Ladlows Home Furnishings
Prescott, Barrows
Tucson, Barrows

ARKANSAS
Little Rock, Arkansas Furniture & Carpet Co.

CALIFORNIA
Bakersfield, M. H. Davies Interiors
Costa Mesa, H. J. Garrett Furniture
Cupertino, Suburban House
Fullerton, Thompson's
Long Beach, Lloyd's of Long Beach
Los Angeles, San Fernando Furn. Galleries
Oakland, Berman's
Pasadena, J. H. Biggar
Pomona, J. H. Biggar
Redlands, McEvien's Furn. Galleries
Sacramento, Scofield's Furniture Co.
San Diego, Burnett Furn. Co.
San Diego, V. J. Lloyd House Of Fine Furn.
San Diego, Edwards Interiors
Santa Ana, J. H. Biggar
Ventura, Bush's Furniture
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Southport, Freedmans of Southport

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Jacksonville, Hendren's, Inc.

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Terre Haute, Weberg's

IOWA
Cedar Rapids, Smulekoff's

KANSAS
Liberal, Wilson's Furniture Co., Inc.
Wichita, Horton Furniture, Inc.

MICHIGAN
Detroit, Preuss Furniture Co.
Lansing, Ray Interiors
Saginaw, Henry Feige & Son

MINNESOTA
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Kansas City, Cousins Inc.
Springfield, Wheeler Home Furnishings
St. Louis, Carafols—All stores

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Japanese bells

Have you any information about my unusual old gongs? M.A.T.—Lowell, Ind.

Your tuned gongs or bells are “campanelli giapponese” or Japanese bells. They are used in the score of Puccini's Madame Butterfly and Mascagni's Iris.

Silver trinket box mark

From the mark, can you identify my silver-plated box? L.B.A.—Huntington, W. Va.

I'm told our pitcher is an antique. From the mark can you confirm this? E.O.—Honolulu, Hawaii

Your pitcher is not an antique. The impressed mark Doulton Slater's Patent was used on special wares, c. 1886-1914. Your pitcher dates after 1901, the year Edward VII conferred a double honor on Doulton by the presentation of the Royal Warrant to its chairman and personally authorizing it to use the word Royal describing its products.

Chinese Export table

I understand my sewing table is very old. Can you tell me anything about its background? R.M.—Orla, Tex.

Your lacquered worktable with lifted top disclosing a well and sewing artifices is an example of Chinese Export furniture, probably dating around the 1820s. It reflects Sheraton influence.

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New findings on napping from a team of sleep researchers

By Caroline Seebohm

Are you the kind of person who can take a nap at any time and feel wonderful afterward? Or can't you close your eyes during the day, however much you'd like to? Do you feel guilty about napping?

These sorts of questions were raised recently by a group of sleep experts at the Institute of Pennsylvania Hospital and the University of Pennsylvania. Their findings may help us understand naps better.

According to Frederick J. Evans, Associate Professor of Psychology in Psychiatry at the University of Pennsylvania, and member of the research group, there are two distinct types of nappers, appetitive and replacement.

"The appetitive napper is one who likes to nap, regardless of his sleep needs," explains Dr. Evans. "The replacement napper takes naps when he feels he needs to make up for past or anticipated nighttime sleep loss. For example, replacement nappers in our study were significantly more likely to say that they often felt they slept too short a time, and that they often feel they need more sleep. The appetitive napper takes naps when he chooses to, enjoys napping as frequently as possible, and derives benefits from the nap that are not necessarily related to his physiological need for sleep."

There is a third category of people studied—those who reported that they did not take naps at all. "Such people, if they do take a nap, wake up feeling out of it for a while. Most people feel that any way after a nap, but the regular nappers quickly recover, whereas people who do not enjoy taking naps tend to stay somewhat lethargic for the rest of the day—they don't perform as well. If anything, they have trouble going to sleep that night. So for some people it would seem that the nap is counterproductive."

For the lucky people who like napping, however, Dr. Evans feels their performance improves after it. "Either because they are no longer tired, or they've recovered from whatever stress led them to take the nap, so there should be some improvement in performance following relatively short naps."

Some people probably feel that taking a nap interferes with their nighttime sleep. The research studies tend to refute this. "Admittedly, the replacement nap looks physiologically like a piece of nighttime sleep," says Dr. Evans. "The nap of the uptempo napper, however, doesn't look very much like fully developed deep sleep at all—indeed it doesn't even look like the sleep where we dream. But the striking feature of both kinds of napper is that they seem to have a skill in being able to fall asleep whenever and wherever they want to regardless of whether they are tired or not. And they do not report that it interferes with their night sleep."

Dr. Evans believes that people who can nap easily are special people. "Their ability to control their sleep patterns and their sleep processes relates better abilities that are important. For instance, people who control their sleep processes turn out to be more able than people who have this kind of control," he says. "I suspect they may be able to meditate faster—or they would be more likely to say that they can probably benefit from napping, and should take advantage of your talent if you can."

There should be some improvement in performance following relatively short naps

For New Beauty Products in the Stores, see page 32.
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"My hand became so rough and raw... I was about to call a doctor!"...

BILLIE WILLIAMS—Sharon, Mass.

Gentlemen:

I am not an Arctic fisherman nor a Japanese pottery maker. I am a Massachusetts housewife whose right hand was paralyzed by a virus the end of last summer. Needless to say, over the past seven months I have been forced to use my left hand almost exclusively. My hand became so rough and raw with cracks, bleeding, etc., that I was about to call a skin doctor last week when I decided to give your product a try. I figured I'd be conned by a good advertising campaign one more time. Now—HERE COMES MY FIRST UNSOLICITED TESTIMONIAL—TA DA—AND A DRUM ROLL!

Last Thursday night I purchased Neutrogena Hand Cream at my local drug store. I used it that night, each night since as well as during the day, with a cotton glove and one of my husband’s white terrycloth socks over that to keep in the warmth. We noticed an improvement in one day and by Saturday the cracks had started to heal. Today is just one week. I can touch double knits without my skin snagging them—the dark discoloration which was imbedded in every crack is disappearing as new, soft skin takes its place; my hand doesn't hurt any more; my husband and kids will hold it without saying yuk and gross, respectively and I'm not ashamed to have anyone see it.

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February, 1977
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there's a perfect pair of Leggs
Q. What's the best treatment for arthritis?
A. Arthritis has been around for a long time. Dinosaur fossils show unmistakable evidence of arthritis, as do skeletons of prehistoric man. There is still no cure for this problem, despite provocative claims about diets with or without herbs, carbohydrates, honey and vinegar, vegetables without skins, massive doses of vitamins, strong purges to get rid of "poisons," and even bee stings! On the positive side, however, there has recently been a dramatic breakthrough in medical research which offers new help to sufferers. Until recently, a drug called indocin was the only medication aside from cortisone and aspirin that doctors could recommend as anti-inflammatory treatment to act on swollen tissues and decrease joint fluids. It is very effective but not readily tolerable by the stomach. In the past few months, however, four other important drugs have become available—motrin, originally from England, nalfon, naprosyn, and tolectin, all manufactured in the United States. They can be used with safety on a long-term basis and are less likely to cause side effects, such as stomach upsets and allergic reactions.

There is no question that these drugs are a huge step forward from cortisone treatment, which is hazardous in the long term, leading to severe side effects such as diabetes, high blood pressure, enlargement of the heart, intestinal bleeding, ulcers, and the puffed-up "moon" face. The new medications are particularly successful in combating rheumatoid arthritis, which is crippling if untreated. No one knows the cause of this type of arthritis, which attacks young and old alike, resulting in a general swelling of joints with stiffness and pain. Of the three other types of arthritis—gout, secondary arthritis, and osteoarthritis—the last is the most common. This condition results from the cushions (cartilage) at the joints wearing thin over the years, so that the bones rub together and thicken from pressure. Gout is a hereditary problem in which excess uric acid in the blood precipitates as crystals in the joints, causing pain, swelling, and stiffness. Secondary arthritis is much rarer and may occur with any infectious disease.

Joint replacement, introduced by Dr. John Charney in England and carried out by his trainees in this country, is an effective alternative to drug treatment for arthritis in some cases. A high-density polyethylene cup is inserted with a shaft of stainless steel or alloy to provide a new hip or knee. Recently Dr. Charles S. Neer, at Presbyterian Hospital, New York, has replaced shoulders as well.

All arthritis sufferers are helped by a dry, warm environment and aggravated by cold and dampness. A well-balanced diet is beneficial. Supervised physiotherapy with heat, baths, massage, and exercise often makes the difference between an invalid and a normal active person. Fortunately for arthritis sufferers, spontaneous remissions occur with this disability. It is this fact that accounts for so many "success" stories, or false "cures."

Q. Is there first aid for guilty thoughts?
A. There are three specific steps to counter the emotional stress of guilty thoughts—"I could have killed him!..." "She deserved what happened to her..." and feelings such as that. Step One. Accept guilty thoughts as normal. Everyone has them. Vague concern about condemnation from others is groundless, since no one else has access to your thoughts unless you reveal them. Realize that everyone in childhood is taught cleanliness, patience, to keep a leash on temper, and self-control. Acceptance of this code of behavior denies much that may be pleasurable and intensely desired and stirs fulfillment of many feelings...risky sexual experience, satisfaction about some one's misfortune, illness, or death, antagonism toward parents or children, and much more you consider improper. The point is that guilty thoughts are the world's best-kept secrets. With the appearance of proper thinking all around you naturally feel different and disturbed. Correct your thinking by remembering everyone is in the same boat, and it will be curative. One who is led to think he has committed a crime feels miserable. When the confirmation comes that he is innocent, gloom disappears. Knowing that at some time everyone wants to rebel will make discomfort disappear.

Step Two. Desensitize yourself... Continued on page 3

By Drs. Robert and Mary Catherine Tyson
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guilty thoughts. Dr. Albert Ellis, the noted psychologist, has a term for facing an emotional situation directly: “de-awfulizing!” The technique is simple. For coping with “wrong” thoughts, you simply call them to mind, dwell on them vividly, say out loud: “How I wish so-and-so (the guilty thought).” Each time add “Everyone has thoughts like that!” Practice 5 minutes, twice daily for a week. At first you will feel anxious, but as you repeat the process you will find the guilty thought loses its power over you.

Step Three. Make amends. When guilty thought incorporates not just wish but an actual deed that cannot be undone, making amends is a simple, helpful remedy. Perhaps you said something you regret to someone, or you rejected a request for help. An honest apology is a strengthening act—often overlooked.

Q. What is total love?

A. Total love goes far beyond the sexual aspect of a relationship and is worth reassessing, given the fixed attention on the physical side of a partnership that exists today. Total love sums up the full measure of mutual respect and close cooperation between partners, which results in each individual feeling good. And as a matter of fact, when this mutual respect exists, it actually enhances the sexual act.

Total love provides constant moral support. In life, almost everyone you deal with evaluates you. Knowing your partner likes you for yourself, as you are in your successes and in your failures, provides a great feeling of security. Total love offers the feedback of criticism, intellectual stimulation, and a unique opportunity to “talk things over.” It serves two universal, complementary motives—to nurture another person and in turn be cared for. These incentives aside, we all know the pleasure of sharing and how enjoyment can be heightened by mutual enthusiasm. A balanced life calls for challenging tasks, new sights, sounds, and places, exercise, entertainment, reading, learning, and sheer fun. Some of these may be enjoyed privately, but many are more complete experiences with companionship. Within total love, there is the long term comfort of “getting used to each other.” Really deep feelings of appreciation for the other partner develop with tolerance, compromise, inevitable frustrations and some thorough therapeutic quarrels.

Partners who experience the development of this compatibility and understand the value of mutual respect observe that intermittent romance never ends. They can enjoy “seeing” each other as for the first time, speaking with particular affection, giving one another gifts. Total love describes a richly satisfying relationship.
"It's a shame more women don't take up Interior Decorating."

Why should any woman today allow herself to get trapped under a pile of boring household chores or in some dull, underpaid job? Carin Baugh, of Kennewick, Wash., escaped that trap by becoming an interior decorator. And she loves it.

She doesn't have to hassle with commuting; she's only five minutes from the department store where she works. She sets her own hours; so she can always manage to be on hand if her kids are in a school play or some other event a mother wouldn't want to miss.

And she seldom gets bored because each day is different. One day she's redecorating a basically fine but run-down old "mansion," on another she's helping a local business plan their new offices, etc.

When Carin talks about her work she asks, "Isn't it a shame more women don't take up interior decorating as a career?"

For some women, it could be an ideal job. Many interior decorators even work out of their own home. They use it as both office and showroom. And furnish it at a special decorator discount. (If you do work at home, your accountant can show you how legitimately to deduct from your taxable income all expenses necessary to running a business, including your home office.)

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Carin Baugh of Kennewick, Wash., is raising two children and yet manages to have an interesting, well-paid job.
Platform tennis, anyone?
Why the new game is booming
It's easier than tennis, you can play throughout fall and winter, and women can hold their own with men

By Barry Tarshis

The first time I played platform tennis—or, as most people know it, "paddle"—the temperature was in the low teens, and I was so cold when we started to hit the ball I suggested to my playing partners that we suspend activities until a day when the specter of frostbite did not hang as ominously in the air.

"Are you kidding?" wondered my friend Seymour, as he slipped off his jacket. "This is perfect paddle weather."

He was not being sarcastic. Although platform tennis can theoretically be played indoors or outdoors, at any time of the year, the sport has traditionally been an outdoor, cold-weather exercise—a cold-weather surrogate, in effect, for tennis. You play it on a 60-by-30-foot elevated platform surrounded by a 12-foot wire fence, with special flaps on the bottom to facilitate the removal of snow. The rules of the game, moreover, minimize the amount of time you spend standing around waiting for somebody to retrieve a stray ball and keep rallies alive longer than in the typical tennis game. All of which explains why suggesting to a dedicated paddle player that it is too cold to play is tantamount to telling Sir Edmund Hillary that there are mountains too tall for him to climb. "The colder it gets," my friend explained to me, "the more you want to move around to stay warm, and the more exhilarated you feel when you're finished. It makes for a much better game."

If you're having a problem right now visualizing what I'm talking about, then there is no need to feel culturally deprived. Platform tennis was "invented" nearly 50 years ago, but for most of its history it has had a limited constituency—made up almost exclusively of upper-crust northeasterners. That particular constituency is still very strong in the sport, but the picture has changed dramatically. Five years ago, for instance, there were something like 1,200 paddle courts in the U.S. and less than 100,000 players. To day the number of courts has risen to more than 3,500 (a growing number of them in private residences and in public parks), and the number of players, according to estimates by the American Platform Tennis Association (APTA) has soared to 400,000 or more. The geographic complexion of the game is changing, too. Whereas 5 years ago, the paddle scene was confined almost exclusively to northeastern suburban areas, the game today is played in some 550 cities, 3 states, and in 13 different countries.

What it all seems to add up to is a boom, except that the most knowledgeable people in platform tennis insist that the best is yet to come and that the boom in the sport is only beginning. There are now more than a dozen commercial platform tennis centers scattered throughout the northeast (until a year or so ago, there were only two or three) with more in the works. Several major corporations are starting to invest money in the game, chief among them the Coca Cola Bottling Co. of New York, which sponsors the Tribuno Platform Tennis Tour—paddle's answer to the WCT circuit in tennis. "What we're seeing is only the beginning," asserts Dick Squires, a former paddle champion, who is one of the game's leading authorities (his book The Complete Book of Platform Tennis is the bible of the sport). "With the right sort of promotion and with enough courts available, paddle could easily become as big as, if not bigger than, tennis."

Continued on page 4

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38 pages of room scenes and ideas illustrating a classic collection of dining, bedroom and occasional furniture. For your copy send $1.00 to Dept.HG-2A, White Furniture Co., Mebane, N.C. 27302. The South's oldest maker of fine furniture.
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An exaggeration? Perhaps. But platform tennis has a lot to offer. To begin with, it bears a close resemblance to tennis, offering many of the same features, with a few of its own (such as a rubber ball). A platform tennis court is a little more than half the size of a regulation tennis court, but the relative proportions are virtually the same. The rules are pretty much the same, too, with a couple of notable exceptions. First, you are entitled to one, not two, serves on each point. Second, you’re permitted to play balls that bounce off the wire fence, providing the ball has only bounced once in your court before striking the fence and providing you can get the ball over the net before it bounces again.

More than anything else, it is the “off the wire” aspect of the game (you can return the ball by ricocheting it off the fence to your opponent), that gives platform tennis its distinct personality. Being able to play off-the-wire shots tends to keep the ball in play longer than in tennis. More important, though, the wire shot neutralizes the advantage of brute power. The crushing overhead put way that is so much a part of tennis rarely wins points in platform tennis. Power is secondary to finesse and quickness—an effective equalizer between the sexes, which explains why paddle is even better suited for mixed doubles than tennis and such a good family sport.

Paddle is also a much easier game to pick up than tennis—at the novice and intermediate level. The short-handled, perforated wooden paddle is easier to control than a tennis racket, and the sponge-rubber ball is a little larger and not nearly as lively as a tennis ball. Stroking techniques are not much different, but, where it takes most tennis beginners a year of steady practice before they can control the ball, anybody with an average degree of hand-eye coordination can start having fun at platform tennis the second or third time on the court—and in even less time if they’ve played other racket sports. It also is not as tiring as tennis, if you’re in less than perfect shape physically. “Paddle is not nearly as frustrating a game as tennis,” says Squires, who has played both competitive squash and tennis in national tournaments. “You don’t have to spend a fortune with a pro to get reasonably good, and you don’t peak as quickly. For some reason, you don’t go through so many ups and downs with the sport as you do in tennis.”

Tennis, of course, has its own mystique, and its own special pleasures, not least of which is the marvelous feeling that comes when your ball zings off your racket after a clean, solid groundstroke.
We have no quarrel with modern technology. But we think people will always love the beauty of real wood. Compare the color and grain character of veneers on these "Novacraft" tables, for example, with the plastic or printed finishes being used today. Compare the prices. Then ask if you're saving anything on the phonies. As you can see, these tables are very functional. Huge tops, shelves, spacious cabinet storage. Unmistakably modern, but casual enough in design to be at home in family room or living room. For color literature of Lane furniture, send 50¢ to The Lane Co., Inc., Dept. N020, Altavista, Virginia 24517.

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Paddle tennis doesn’t have the same “feel”, and doesn’t have the strategy and complexity of tennis. Also, it’s a terraced doubles game, but not such a go-singles game.

On the other hand, paddle is probably quicker and more intense than tennis, and not nearly as expensive. A good racket that should last you a lifetime costs in the neighborhood of $50. Balls cost about the same as tennis balls, but they will last considerably longer. Finally, there is no special dress that is required. The standard “uniform” is both men and women is slacks and sweater.

Given all that paddle offers, it’s logical to wonder why the game is just now developing a large following. Basically, the reason is that until recently none of the people connected with the game were very interested in promoting its growth. Whenever the game did develop in a new area, it was usually because an avid player moved someplace where the game was yet undiscovered, joined a club, and started from page 44
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The Home Paddle Court

Interest in platform, or paddle, tennis, has brought about a mini-boom in residential courts—and it will probably accelerate. A home court is not inexpensive by any means, but it has one big advantage over a regulation tennis court or a swimming pool: it can be used all year long for fitness in four-season climates.

Making room. The typical platform tennis court takes up about one-quarter of the space a tennis court does, which simplifies the problem of finding room on your property. Any reasonably level 60-by-30-foot patch of land will lend itself quite easily to a paddle court. Many homeowners prefer to tuck the court away in an area partially shaded and sequestered by trees.

The cost. A paddle court built by a commercial builder will run anywhere from $10,000 to $20,000, depending on the kind of court you build and what features you include. For the lower price, you can build a traditional wooden court, but less and less of these are being built now. They don't hold up as well as the newer aluminum courts, and require yearly maintenance of $1,000 to $1,500. The top price buys an aluminum court with lights for night play and heaters for winter, that requires little maintenance.

One promising new route for do-it-yourselfers is the prefabricated aluminum paddle court kit presently being marketed by Devoe Systems (800 Eastern Avenue, Carlstadt, N.J. 07072). The basic structure, which meets APTA standards, is designed to stand only 7 inches above the ground, and to be more esthetically pleasing than the typical court. It costs $7,990. Lights add an additional $1,200, heaters, another $1,200. Louis Grenadier of Devoe says that if you hire three experienced construction men, he says, the final cost will still be about $3,000 to $5,000 less than a commercial ly built court.

A new look

Very different from the old style wooden court on a raised platform, this $7,990 prefab aluminum court is planned for easy maintenance—and no splinters. It can be put up by advanced do-it-yourselfers.

Information Please

The best source of information about platform tennis is the American Platform Tennis Assoc. (APTA). It can give you a list of paddle court suppliers and builders, and literature about the game. Write: Gloria Dillenbeck, APTA, 52 Upper Montclair Parkway, Upper Montclair, N.J. 07043.

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Gesneriads: beyond the African violet

By Richard Langer

A combination of hybridization and the introduction of central heating on a massive scale in the 1920s and '30s turned an obscure little greenhouse plant for the wealthy, Saintpaulia ionantha, into America's most popular indoor flower, the African Violet. Some 1,800-odd other species in the gesneriad family, however, remained more or less in obscurity. Now, in the plant explosion of the '70s, a wide range of fascinating gesneriads have come into their own.

For your plant collection, consider the various attractive Rechsteineria. R. cardinalis, for instance, is a very robust grower forming a cluster of emerald-green velvety leaves topped by a bonnet of scarlet flowers. R. leucotricha, popularly called Brazilian edelweiss, has silvery foliage and flowers of a soft rosy coral, accentuated on the outside by silky white hairs. It is easy to grow from seed.

Or consider the genus Smithiantha, the temple bells. S. cinenabara is a compact grower, yet impressively large in size. The plush reddish leaves grow a foot in diameter while from the center rises a red stalk covered with bright scarlet bell-like flowers. S. x hybrida 'Compacta' has yellow-tinged bells; S. multiflora, subtle cream-colored flowers.

For hanging-plant enthusiasts, the gesneriad family has plenty to offer. The Episcia, or peacock gesneriads, have quilted fuzzy leaves whose bright brocade colors and dazzling flowers justify their name. The Columnea species provide several more trailing gesneriads to choose from. Not to leave African violets out entirely, one outstanding variety is "Tiny Dots," a miniature.

Gesneriads from seeds

Gesneriads are very easy to propagate. You can take leaf cuttings of a Saintpaulia, Smithiantha, or Episcia; you can divide the tubers of Sinningia and Episcia; rhizomes of Achimenes and Kohleria can be divided too. But somehow there's nothing quite like raising a plant from seed—besides, that's the only way to get specimens of some of the more unusual varieties.

To sow the seeds, dampen some finely sieved milled sphagnum moss—rub the dry moss through an old tea strainer on its way into the pot—and sprinkle the dustlike seeds on top. Then place the pot in a polyethylene bag, blow the bag up gently, and close it off with a rubber band. Place the bag in a warm (72°-76°F) shady place. Usually a spot near the stove is perfect. Once the first two leaves have developed on the seedling, remove the bag—for an hour the first day, 2 the next, and so on until the plants have hardened off. When the plants begin to look crowded, transplant.

The charming Smithiantha cinenabara.

A pint-sized charmer

Sinningia pusilla is sheer delight in Lilliputian scale. A thumb-sized gesneriad that blooms almost constantly, it will actually thrive planted in a thimble.

I remember vividly seeing a dollhouse whose diminutive window boxes were filled with these plants. The flowers were just a fraction too large, perhaps, but the effect was striking. The plant has olive-green leaves and delicate lavender trumpet-shaped flowers. Like most gesneriads, S. pusilla prefers a warm and humid climate. Three plants in a brandy snifter will flourish.

Sinningia pusilla, actual size, in thimble.

This delightful and easy-to-grow plant family has hundreds of colorful species, many that flower throughout the year.

Plants by mail

Buell's Greenhouses
Eastford, Conn. 06242
catalogue 50 cents

Fisher Greenhouses
Linwood, N.J. 08221
catalogue 50 cents

Kartuz Greenhouses
92 Chestnut Street
Wilmington, Mass. 01887
catalogue 50 cents

Lyndon Lyon
14 Mutchler Street
Dolgeville, N.Y. 13329
Send postage stamp for list

George W. Park Seed Co.
Greenwood, S.C. 29647

Tinari Greenhouses
2325 Valley Road
Huntington Valley, Pa. 19006
catalogue 25 cents

San Francisco Plant Co.
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Daly City, Cal. 94014
Send stamped self-addressed envelope for list

These societies are good source of unusual seeds, and will keep you up-to-date with newsletters.

African Violet Society of America
P.O. Box 1326
Knoxville, Tenn. 37901

Gesneriad Society International
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Knoxville, Tenn. 37901

The American Gloxinia & Gesneriad Society
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KEEPING A CLEAR KITCHEN SINK DRAIN
By Deanne Raffel

Nothing is more frustrating than having a clogged kitchen sink drain—especially when you are in the midst of preparing a dinner party. Keep cool and try to remedy the situation yourself before yelling plumber!

Usually the trap, that U-shaped pipe connected to the underside of the sink, is the culprit. It collects all types of refuse that travels down from the sink. If you have been remiss in keeping the strainer in place, garbage will collect quickly in the trap. (The pipe that follows the trap and the line that leads directly into the sewer or cesspool also can become blocked.)

Begin your plumbing career by removing any vegetable peels, utensils, etc., that are in the sink. Also be sure to lift out the strainer. Is the drain completely clogged or is the water slowly trickling into the waste pipe? Maybe you have poured both coffee grinds and cooking fats down the drain. The fat tends to build up in the line and the grinds, in turn, stick to the grease. If this is done repeatedly, the drain quickly becomes blocked.

Wait until the water completely empties through the semiclogged drain. Bring a pot of water to the boiling point and then pour the steaming liquid down the sink, being careful not to splash yourself. The heat may dissolve some of the coagulated material and allow the water to flow freely down the drain. If successful with this first unclogging attempt, follow the scalding water with hot tap water running for at least 10 minutes.

If plumbing venture No. 1 does not work, then go on to No. 2. After all the water has seeped out of the sink, pour a half-cup of baking soda and a cup of vinegar into the drain. Immediately place the strainer (fixed in the closed position)—the soda-acetic acid combination sets up a bubbly chemical reaction. Leave the drain tightly closed for several minutes. Remove the strain and flush with water as above.

A completely clogged trap requires a plumber. Remove the strainer and then fill the sink with a couple of inches of water. Set the plunger cup over the drain and with both hands on the handle pump down and up several times. Hopefully the obstruction will be freed at then permit the water to run into the pipe.

If an object has fallen into the drain it may be sitting in the trap. Set a bucket directly below the sink. With an adjustable wrench loosen the cleanout plug in the trap (if there is one). Unscrew the plug and the liquid sitting in the catch will empty into the container. Where there is no plug, the trap itself must be removed.

With luck on your side, one of the efforts will solve your problem. If not then it is time to call a plumber.

A few easy rules to remember for kitchen sink maintenance:
1. Always keep the strainer over the drain opening.
2. Never pour grease or coffee grit into the sink.
3. Pour scalding water into the drain weekly.
4. Use the soda-vinegar treatment monthly.

An electric gun for gluing and caulking works fast. Insert a glue stick, the gun warms up and you press your thumb against the stick's end. Emerging glue from the "Electri-Fast" gun works on bond wood, ceramic, canvas, leath cardboard surfaces speedily. Or use it to caulk gun to seal cracks and crevices around windows, pipes, thresholds, bathtubs, and tiles. Vinyl pouch includes 4 glue sticks and 3 caulk sticks for about $7.95 at hardware, paint stores, home centers. Swingline Consumer Products Div., 32-00 Steinman Ave., Long Island City, N. 11101.

(Continued on page 57)
Seeing is believing!

This Kenmore Washer gets big loads cleaner than the next best-selling brands. And we mean cleaner. Just look at those bibs:

To demonstrate, we loaded each washer with a big, 15-pound load.* And we added 10 dirty bibs.

As you see, only Kenmore got them all clean.

Only Kenmore has the amazing Dual-Action Agitator. Top and bottom move separately. The top pulls clothes down into the wash. The bottom whirls them side to side. Compared to the other agitators, there's at least 3 times more roll-over. Extra cleaning action—for cleaner clothes.

See Kenmore with the amazing Dual-Action Agitator only at Sears, Roebuck and Co. Also through the catalog: #26936. Test results available upon request.

Tests were conducted using a standard 15-pound AHAM load. Cleaning results are measured against the other best-selling washers. Load contained: 3 sheets, 2 tablecloths, 4 shirts, 6 bath towels, 4 T-shirts, 4 pillowcases, 6 shorts, 6 washcloths, 5 handkerchiefs.

Kenmore. Solid as Sears
Outlasts ordinary putty or caulk by years.

DAP '33' Glazing Compound is the surest, easiest way to replace broken or cracked window glass. It sets new panes in either wood or metal sash. And, gives you an airtight, watertight seal that'll outlast ordinary putty by years.

DAP Butyl-Flex Caulk is the one for those really tough exterior sealing jobs. Lasts 5 times as long as ordinary caulks. So it's perfect for sealing around doors and windows, filling siding joints, and caulking chimney flashings.

Home fix-up's a snap with DAP

DAP is a trademark of DAP Inc.
DAP Inc., General Offices, Dayton, Ohio 45401
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Energy-saving fireplace heater

Heat from an open fire can be circulated through a room instead of passing up the fireplace chimney. The brass-trimmed, steel Duo-Therm Hearth Heater fits masonry fireplaces with 28- to 48-inch openings. It pulls heated air into the unit, routes it through 2 sealed heat exchangers, and expels it into the room. Electrically operated with 2 blowers, a 2-speed switch, and automatic thermostat, it plugs into a 120-volt AC outlet. Average price $219.95 at fireplace, hardware, and building supply stores. Duo-Therm, 509 S. Poplar, LaGrange, Ind. 46761.

Brighten the corner

"Bright Stik" is General Electric's new light bulb and fixture in a 1-piece unit. The 25-inch-long, 33-watt, fluorescent tube, complete with end cap brackets, 6-foot cord, and on-off switch, can be plugged into a standard outlet. The "deluxe white" warm tube yields as much light as a 50-watt bulb, lasts from 3 to 5 years. Adhesive pads on mounting brackets simplify installation, screws are provided for permanent positioning. For kitchen counters, closets, shelves, attics, basements. Suggested retail price, $13.50, at drug, hardware, discount stores.

Winter windows

Insulating glass—2 sheets of glass hermetically sealed to enclose an air vacuum between them—reduces cold air entering your house and hot air leaking out. Now Andersen has introduced triple insulating by adding a third windowpane, a clip-on storm sash. The insulating over double-pane glazing is increased 35 percent for its casement, awning, double-hung windows, it is claimed. Windows, which have factory-applied weather stripping and frames sheathed in rigid vinyl, are available in white or earth tone. Andersen Corp., Bay Minn. 55003.

Bathroom boost

Old, crazed tile shower stalls and alcoves or cracked plaster bathroom walls can be transformed with Shield. White, satin finish, water-styrene panels are flexible, trimmed if necessary, and are applied with adhesive. They come in kits, standard size shower and tub area (4-foot wide, 6-foot high, shower stalls, 34- to 60-inch-wide, 5-foot-high panels). Corner moldings and mold caulking are included in kits. Costing under $40 at hardware and appliance stores, home centers and beryards. Consolidated Industries, Erie Ave., Canal Fulton, Ohio 44614.
Only Pella makes a wood window with this much insulation.

Only Pella makes a wood window this easy to wash.
Only Pella windows are equipped with a hinging system that allows the sash to crank out a full 90° to the center of the frame. You get lots of elbow room to clean outside glass — even reach the farthest corners — quickly and easily from inside your home. As a matter of fact, every ventilating window Pella makes — casement, double-hung, and awning — is engineered to be the easiest window you ever washed.

Only Pella makes a disappearing screen. The Pella Rolscreen® is a screen that works like a window shade. It rolls up and out of sight to give you a crystal clear view and let in 20% more light. Then, when you need it, the screen pulls down and latches firmly into position. An interesting option to the standard inside screen on our Clad Casement.

Only Pella offers an aluminum exterior that needs no painting. Pella is the only major wood window manufacturer to give you the best of both worlds: aluminum cladding in attractive colors outside — all-wood construction inside. We think that's important. Most wood windows that offer clad protection, wrap the exterior finish all the way around the sash so you see it on the inside, which can cause decorating problems. But with Pella, all you see inside is rich, warm wood.

Only Pella offers instant privacy or shade. Only Pella makes the Slimshade®. It fits between the panes of our Pella Double Glass Insulation System and provides privacy at the touch of a dial. But even more important, the Slimshade®, when completely closed, can reduce heat loss by as much as 62% and solar heat gain by up to 82% when compared with a single pane, unshaded window. An option that results in real energy savings.

Only Pella saves energy with more insulation for less money. Only Pella makes a double glass wood window with a full 13/16" air space between the panes. And the greater the space between panes, the greater the insulation value. As a result, Pella's Double Glass Insulation System actually outperforms ordinary welded insulating glass yet costs less per window! Add this fact to Pella's many other "Energy-Tight" features and you have a real money saver.

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The English countryside offers more variety than most people can cope with. Wonderful Georgian houses would be enough. But add to these, medieval churches, 17th-century manor houses, Roman andprehistoric ruins, Italianate and cottagey gardens. Especially for Americans, England is a place to take notes for houses and gardens at home. Here are some brief notes on hotels, restaurants and sights west of London. Planning ahead makes for a better trip.

The best way to see the English countryside is to find a comfortable inn and use it as a base. Especially if you don't like to sleep in a different hotel every night or the idea of bucking city traffic getting in and out of London for day trips. Here are some possibilities in the country west of London:

An hour and 10 minutes from Paddington Station, British Rail deposited their traveling press. From Paddington Station, British Rail deposited their traveling press. Bath, the closest thing England has to Baden-Baden.

An offshoot of the Hole-in-the-Wall, also in Bath, is Pop-Joy's, a restaurant in the handsome house of the mistress of 18th-century Bath's honorary mayor, Beau Nash. A good bet: duck in a brown sauce with bacon and chestnuts.

Another town that makes a good (Continued on page 60)

Barbara Switzer

Noon 1

Cirencester  N. 
/    Wilton  Salisbury

Woodstock

Cirencester

Oxford

Windsor

London

Wells

Stonehenge

Bath

Wilton

Salisbury

Broadway

Stow-on-the-Wold

Stratford-upon-Avon

Gloucester

Worcester

See sights west of London

Me in Trafalgar Square. The yellow cab can be used by Underground to Madame Tussauds, where they have kings and presidents and popes and all the things like that, all made of wax. Both also have a place where there is a place like a dungeon, with things like that, all made of wax where people came to drink cold in a wineglass.

An offshoot of the Hole-in-the-Wall, also in Bath, is Pop-Joy's, a restaurant in the handsome house of the mistress of 18th-century Bath's honorary mayor, Beau Nash. A good bet: duck in a brown sauce with bacon and chestnuts.

Another town that makes a good (Continued on page 60)
They just moved to the other side of the country and you miss them. You had a lot of good times together. You laughed and talked and listened to each other. You had a good thing going and you still can. Just reach for the phone. Long Distance is the next best thing to being there.

Bell System

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"It's wacky, but it works."

rural base is Wells, totally uplifted by the presence of its cathedral. Here’s what to look for: The distant view from the Bath road of the massive central tower with its many small pointy spires... The façade, a huge stone screen, exhibition space for a collection of 400 intricate medieval stone figures... Inside, two huge sweeping inverted arches... The fan vaulting and stained-glass windows in the Lady Chapel... The chapter house, supported, seemingly, by a single, immense fan vault. And, as a reminder that bishops really knew how to live, see the Bishop’s Palace next to the Cathedral.

The rest of the town is two steps away. The Star Inn is a coaching inn from the 16th century, which opens right out of a medieval street-wall that’s full of shops and houses. A very comfortable place. Around the corner is a low-ceilinged, rough-beamed bakeshop-tearoom called the Priory. Have hot drinks from an earthenware mug with your name on it (they have a supply of mugs with every name there is). Choose a pastry yourself from a wide range in the shop entry.

Staying in Wells or Bath, one has an amazing choice of things to see to the south: houses, gardens, cathedrals, scenery.

Stourhead is a must, an example of country Georgian architecture, and even if it’s not open when you go, a view of the house from the outside is a sizable pleasure.

The garden at Stourhead is open year-round and is a super place to see even in the rain, since its basic thrust is unaffected by weather or season: It’s a lake surrounded by a walk and trees with some tiny stone buildings serving as garden sculpture and end-of-vistas.

Longleat, built in the reign of Elizabeth I, is one of the tremendous house-cities of the English countryside. The present Marquess of Bath, whose family has always lived there, has a sense of humor. He enjoys having his picture taken with a lion cub called Marquess—buy the postcard. The lion cub comes from the game park, which is something you’ll like even if you don’t like game parks.

Once inside the gate, the driving is slow because the animals have the right of way. Rhinos stand in the middle of the road like big boulders in the wrong place; elephants and camels wander nearby.

As it works out, after a long morning of touring, one is more receptive to the beauties of Salisbury Cathedral after lunch than before. The Cranes, a tiny country restaurant right under the cathedral wall, insists on reservations, since it buys only enough food to feed the people who’ve called ahead. Also be sure to be there by 2:00 when the kitchen will begin to run out of the day’s specials. High-

Continued on page 62
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lights: watercress soup, venison stew, damson ice cream.

The custom in these country restaurants is to take the order in a little living room area, where there are all sorts o books to read, start the food cooking while people have juice or a drink, and seat them when the first course is ready.

Salisbury Cathedral is set in the middle of a big green lawn bounded by a long row of houses called the cathedral close. These houses are from various period and are worth a look.

North of Bath, the road winds into the Cotswolds, one of the prettiest sections of England. If you stay in Bath, you can see part of the Cotswolds in a day and circle back that night or you can keep on going east through Woodstock, Blenheim, Oxford, and on to London.

Roman settlements are scattered all along the area just to the north of Bath. In Cirencester there’s a Roman museum with a good collection of coins and details from Roman life in England. A sample Roman menu: grapes and pomegranates, small hot rolls, duck with watercress sauce, mussels, leeks cooked with olives, dates fried in honey, pine kernels.

More Rome, 20 minutes away on a dirt road that winds off the main one—the remains of a Roman villa that must have had a view of miles of countryside. Only the floors, some with mosaics, remain, which are now covered by what look like garden sheds with peaked Elizabethan roofs. Given even the layout of the house and nothing else, it still is indubitably Roman, the open porches and colonnades of Mediterranean outdoor life unchanged.

A short drive from the Chedworth Villa brings you to Broadway, which would be known as a charming 13th-century village even if it wasn’t the home of the Lygon Arms, a big E-shaped inn built in 1620, and today owned by the Savoy Hotel Group. Reference enough for a week’s stay: The rooms are filled with old things—17th-century four-poster beds, collections of pewter and Wedgwood, original paneling and fireplaces (Reservations in the U.S.: Fred Howe 212-535-9530; or 212-838-3110).

Stratford is 13 miles away. March through December they put on Shakespeare. The Royal Worcester porcelain factory is nearby. Tours can be arranged.

Three miles away is Hidcote Manor Gardens, one of the best cottage gardens in England. Buy the guidebook to Hidcote put out by the National Trust in the Trust bookshop at the garden entrance. Vita Sackville-West, master-gardener of Sissinghurst, a famous contemporary garden, makes the point that since Hidcote is 10 acres of garden-rooms, any

Continued on page 60

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The crucial book for house touring in the English countryside is Histon Houses, Castles and Gardens in Great Britain and Ireland, a big paperback available in this country through the British Travel Bookshop Ltd., 680 Fifth Avenue, New York, N.Y. 10019 for $2.95 including postage. If you don't want to drive yourself (especially on the wrong side of the road), there are many alternative tour operators. For instance, the Savoy has Camelot car service, which sends out its Daimlers and knowledgeable drivers on day trips from London. British Railway provides fast Inter-City trains, which average 92 mph. A 14-day, $90 Brit-Rail pass is a super way to get around.

Then there's a prize tour organized by the American affiliate of the English National Trust, which owns and operates most of the things you'll want to see. To be eligible to take the tour, one must join the Royal Oak Foundation at $15 a year. The next tour: May 1-May 19, starts at Oxford and finishes in London, with tours to Ascott House, Highclere Castle, and the Lake District, $845 covers almost everything but air fare. Reservations are made in the most comfortable country inns. Future tours go according to theme: Adam houses, Adam decoration, porcelain, Elizabethan houses. Royal Oak membership also offers a network of lectures and publications that will make you more savvy when you arrive. For membership and tour reservations, write the Royal Oak, H&G, 41 East 72nd Street, New York, N.Y. 10021. Other luxury tours include one by Brien Merrimen in New York, 212-752-0730.

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Please review the price lists per page 7 for the desired items. Send your order with your payment and return within 30 days if not completely satisfied with your purchase. (Offer expires on March 31st.)
Parents in London

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to the Tate art gallery. Try to get out of it if you can. All they have there are pictures. My mother loved it. 7 But do see the London Symphony. This can be tricky because it's at night and parents like to leave kids at home at night. I got to see them play at the Royal Festival Hall on the South Bank. It was great. The conductor was André Previn and the pianist was André Watts. He almost broke the piano playing some of his chords. After the symphony, we went to a restaurant called The Great American Disaster. You can get a good hamburger there. 8 You can also see some good plays. We saw Gigi. Near where the theatres are there is a square called Trafalgar Square, with big huge black lions in the middle. There you can buy little cups of seeds to feed the pigeons.

9 Every day at Buckingham Palace, where the Queen lives, they change the guards. All of them wear red coats and black fuzzy hats. 10 At the London Tower, the Beef eaters live. They don't like to be called Beefeaters, though, but Yeoman Warders. At the Tower we saw the Queen's crown and lots of armor, including Henry VIII's, which is enormous. They also showed jousting outfits. Jousting is to prove who is the bravest knight. They get on horses and run at each other as fast as they can. They often knock the other person off the horse. We saw the dungeons and the block and axe they execute people with. 11 All parents want to shop in London. We went to a famous place called Harrod's. I went back to the hotel because of a headache. In another store, Fortnum & Mason's near Piccadilly Circus, we bought a shirt for my dad. Also, I rode on a real merry-go-round right inside the store. 12 Tea is something that happens every day somewhere after lunch and before dinner. My favorite sandwich was the cucumber, and also the tomato, both on skinny white bread without crusts. You can also have a wonderful little biscuit called a scone. First you put whipped cream on it, and then jam. Or you can put the jam first. This is called Cream Tea. You eat on a comfortable chair and it is quite nice. 11

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Preparing to rob the Dalton City Bank, bandit Ma Hooper decided to signal her partners with a lighted cigarette.

The bandits got $6,000. Ma Hooper got 60.

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If you want to give country folk a good hearty chuckled, compliment them on their decorating. "You mean these rugs Great Aunt Gert wove out of rags? Those muslin curtains we sewed ourselves? The log chairs we made when we built the house? That's not decorating." Yet look what our rural pioneers have, traditionally, produced for those of us who do "decorate": beautiful patchwork quilts, embroidery, pottery, baskets. Homespun and home-woven fabrics, and furniture built by craftsmen who could recognize different woods by touch, who took as much delight in the natural materials as in their own creations. Now these great crafts are thought of as arts, and we display with pride things that were lovingly, painstakingly made not just to be admired but used.

It's not pure esthetics either; the appeal goes straight to the heart. It's not a wave of reactionism to our technological times: For generations people have instinctively returned to living things, to natural materials, to handcraftsmanship, when they needed a comforting sense of warmth, peace, permanence. When our spirit of adventure leads us too far into the cosmos, rustic is a return to our roots.

For people who have always lived by the homespun wisdom that you "Grow where you are planted," as a sampler on one farmhouse wall instructs, nature is the way of life. Some strayers cityward have readopted it as at least a part-time way of life, buying or building country houses (There aren't enough old barns to go around to all the people waiting to convert them, and the cows still living in the newer ones are getting nervous). They're discovering that rustic doesn't have to mean backwoods, that it can be forward looking, fresh, with real meaning for modern living.

But for the rest of us, the return must be, has always been, symbolic. And the only answer is what we call "decorating," which by now everyone should know means not to superficially apply trendy ideas and colors, but to surround ourselves with what we really love, to help us create the kind of life we want to live.

If you are beckoned by the rustic life, look around your own house: You might not have a barn-high ceiling, but maybe you could expose some beams (or even add some—or plank the whole ceiling—see page 87). You could hang simple cotton curtains, or shutters, or nothing at all. Pot plants in clay or baskets or wooden tubs. Use earthenware, pewter, wooden bowls and spoons, natural fibers. Think in terms of shepherd's pie, cider, peasant bread. Take up a country craft—old American crafts are being rediscovered and revived all over the country, and if you look hard enough, you can find quilting and needlecraft groups making things the same way their own ancestors did 200 years ago.

For inspiration, look to the people who have gone the rustic route, made over barns, used rough-sawn materials in inventive ways, found delight in country furniture even in the city. Beginning here, our split-rail gateway to the charm of country living, no matter where you live.
New excitement in decorating: straightforward simplicity, with an honest love for nature and the earth—its colors, materials, textures, variety, warmth. Starting here, House & Garden's special report
The Rustic Idea

In an indoor-outdoor kitchen, cook under a ceiling of plants, dine on a tree top terrace.

A back-to-nature kitchen, woodsly, light, and full of warm-hearted rustics—rough-hewn barn beams, barn-board walls and cabinets, hand-made Mexican terra-cotta floor tiles, Portuguese countertop tiles, a butcher-block work space—and plants, plants everywhere. Owner Florence Swet—working with architectural firm Elder, Angell & Lange—extended the original kitchen into a space between two dormers, and enclosed it with 1-inch Thermopane glass. More glass went into the existing kitchen ceiling with special shades to control light.

Opposite page: Deck, just outside the glass doors for dining among the dogwoods.
Elegance—there's no other word for a house with this kind of affectionate appreciation for natural materials combined with this kind of sophistication. The house is a new combination of assorted old buildings—a potato-picker's shack, an 18th-century barn, and various out-buildings—moved to the site from the surrounding countryside and linked together with a minimum of new construction. What remains from these venerable buildings are their expansive volumes and mellow woods. What is gone is their crudity, replaced by a serenity no barn ever had before.

Architect Donald R. Richey, who, with Carl Warns, designed this house for artist Arthur Williams, stripped the old buildings to their framework and filled in with wall and ceiling planes painted pure white. In the main living spaces, flooring, too, is white—expanses of small hexagonal tile, with heating coils buried below.

Light is also important here. Skylights and new windows (but using old window frames) have been added everywhere, bringing in completely unbarnlike amounts of sun and opening rooms to the surrounding gardens and woods. The impact of such openness is not diminished by curtaining: All glass is left free and clear.

Left: The living room is quiet and uncluttered, its fireplace seating group dominated by a Ward Bennett sofa in antelope suede and a pair of polished steel deck chairs that were once on the deck of the Mauritania. On the tile floor near the desk, a bronze armadillo. Opposite page, top: The front of the house with old-fashioned flower garden—part of the house's spirited affection for the past.
In the barn, glorious new windows, the surprise of a studio and a year-round pool
The largest single element of the complex is the barn, which had been moved to the site from a nearby Long Island town. Rather than animals or farm equipment, however, the barn's main level now holds the pool, heated for winter use. The barn's loft serves as owner Williams's painting studio. Here, as in other parts of the house, walls have been opened to the woods through generous glass areas, and the barn is connected to the living-dining wing by a new passage which also leads to a sauna.

The whole house has a quiet look, but this part even sounds quiet—unusual for an indoor pool area—thanks to white foam insulation which fills all the non-glazed areas between wall studs and roof joists with a stucco-like texture, a seemly complement to the rough wood structure.

Left: In the barn, original ladder to the loft has been replaced by a spiral steel staircase made in Mexico. The floor around the pool is bluestone (unlike some stone, it is not slippery when wet).  
Opposite page, bottom: Outside the barn's new window wall, a cascade of wooden deck platforms projects out into the wooded site.
The unique character of the assemblage of old architecture has not been allowed to upstage the house's contents. The rooms are so spare and bright, in fact, that furnishings and objects take on a heightened importance. Some of these objects are primitive, some thoroughly modern, all chosen for visual interest, texture, and soft, natural color. Like the roof joists over the dining room and fireplace area, all furnishings are silhouetted against the planes of white; every detail is clear. Example: the rustic dining chairs made by a Japanese woodcarver.

Right: Dining area, a few steps from the living room. Grilled window in the wall at left, salvaged from a Long Island post office, opens into the kitchen.

Above: To the left of the fireplace seating area, a wooden church model. On the right, a giant bird from an old carrousel, stripped down to its natural wood.

Above: At the end of the dining room, a trompe l'oeil painting of shells by Mr. Williams. Door at right leads to kitchen.
For living and dining, the excitement of pure line, simple furniture, an extravagant look of space.
A feast of American country antiques in a city apartment
Early-American country craftsmanship is just a kissing cousin to great Colonial cabinetry. One style is ingenious, the other, grand. Yet, used without competition and with a little savoir-faire, American Primitive has real style—and can even be amusing (a trait quite lacking in, say, a Philadelphia Chippendale highboy). A charming example is the New York apartment of George E. Schoellkopf, collector, dealer, and authority on Americana. His gallery is an old brownstone where he lives up over the store in a very simple apartment filled with his favorite possessions. All are very special, and all are held together by one color—a soft taupe—that covers everything from stem to stern in paint and fabric and carpeting—a neutral background used as museums use it: to keep the eye fixed on art, not what it’s hung on or set against. And the furniture is art: Hoopback chairs, a pigeonholed chest from 1800, wonderful tables and cupboards. Quilts and rugs are used as paintings; carvings and toys and weather vanes as ornaments. His quilts are extraordinary—one in particular, a blue and white splash in the curiously named “Kansas Troubles” pattern. It is also curious because its maker belonged to a Pennsylvania religious sect that incorporated deliberate mistakes in their quilting because “Only God can make something perfect.” There are no mistakes, however, in the hooked rug beside it of a cat and an unfortunate mouse, nor, over the mantel, a Navajo child’s rug—an 1870 version of “The Chief’s Pattern.” Although Mr. Schoellkopf lives in an aura of antiquity, he does not live by candlelight. Ceiling spotlights are focused on paintings and other art. And the living room has two permanent contemporary residents—a wailful of cotton-covered banquettes and a huge glass and steel table designed by Harry M. Schule who, with Ned R. Marshall, designed the apartment.

Left: Living room where despite the vast difference in age, four Windsor chairs are perfectly congruous with the glass table, perhaps because of a kinship of design—steel bands and wooden spokes. Chairs, once called sack-backs, are now better known as hoop-backs. Similar to nothing except a cigar-store Indian (and much rarer), the life-size carved wooden figure, an effigy of a circus barker, probably once stood in front of a tent wherein the likes of Little Egypt displayed her rippling charms.
The secret is in the mix: antique furniture with modern, quilts as graphic art

Bookshelves and banquettes fill one living-room wall; a greenhouse built on a shallow terrace—"My garden and my office," says Mr. Schoellkopf; "There's a desk in one corner"—floods the room with soft sunlight filtered through greenery. The two carved wooden Quakers in the doorway, opposite page, once stood on a store counter to proclaim the honesty of the establishment. In the dining room, above, a set of Wallace Nutting chairs—"Just youngsters, only 60 years old." Even so they have the silky patina of polished jade. Pine and spruce table started life in a kitchen (when kitchens were often dining rooms), and extends to raise the guest list to eight. Over table, an old meeting-house chandelier of iron, tin, and wood. In the corner, an 1800 blue-painted lawyer's chest whose doors conceal a honeycomb of pigeonholes, each labeled with a client's name—plus one for the district attorney. Quilt is Amish, a late 19th-century version of the "Irish Chain" pattern; copper and gilt pig is not so portly that he couldn't whirl as a weather vane. In the hall, left, a marvelous hooked rug of a lion taking his ease in a little pool bordered with water lilies. Below it, a late 19th-century New Hampshire cupboard with its original buttermilk paint. On it, and just as rare, a shallow slipware bowl labeled "Apple Pie." When the potters of the day made something for something, they meant it.
Way out west, where big country spaces call for boots and jeans, a spectacular glass-walled ranch house sits squarely among the desert cactus. Its cedar-shingled roof swoops low to provide essential protection from the sun's glare. Indoors is a reflection of the rugged Oregon landscape, with clusters of growing green succulents, a forest of timber walls and ceilings. Decoration is modern, casual, and carefree—leather and suede, cane and wicker—to fit the sporting life of the Stevenson family, who spend weekends and vacations there. They're fast-action, back-to-nature people. Recently, they put a good deal of energy into remodeling their house which architect Saul Zaik built.
The Stevenson ranch house has grown with the family's enthusiasm for this rugged territory. In the last year, 27-year-old Mark Stevenson, the designer-builder in the clan, supervised a major expansion plan. He enclosed the old carport, laid down a new terra-cotta tiled floor, and put in a whole new kitchen and dining area in this space. All storage cabinets here are family made, topped off with counters of tamarack wood. Upstairs two open bunkrooms were turned into more private bedrooms and another bedroom added. Two cabin-type bedrooms and a bath on the ground floor completed the transition. Now a dozen people can sleep over comfortably—and often do. Sit-down meals for such a large group are made easy in the new entertaining space. Mark Stevenson designed and built a new 7-foot circle dining table from tamarack on a base of noble fir, that seats up to 14. “Mother does all the cooking,” he adds. They like hearty food and serve it on colorful, local ceramics, such as steer plates, that they’ve collected over the years. “Wood houses can be dark inside,” Mark Stevenson notes. “I avoided this by having the living room face north away from the sun and wrapping with windows.” A galaxy of spotlights shine down from overhead timbers to light up the kitchen and dining area. Very necessary to Temperatures swing from a daytime high of 95 degrees down to freezing after dark, as everyone comes indoors at night.
Opposite page, top: Brand new kitchen under sloping rafters that once protected cars. Terra-cotta-tiled floor flows into the new dining room. Above: In the dining room, bandana napkins and local pottery on the great 7-foot circular table. Right: In the kitchen, translucent overhead panels light up working counters. All appliances are stainless steel, cool-looking against wood cabinets and counters. Left: Carpeted living spaces, three steps up from the big eat-in entertaining area. Window-wrapped living room is just beyond the study. Opposite left: Cedar shingles the roof and rims the house in decks and walkways. Rough-sawn timbers make railings. Low roofline helps to keep out the desert sun.
What makes a room rustic? Twiggy, woodsy things... rough-hewn natural textures... heavy woven country fabrics... the richest earthy colors... stoneware... pottery... and lots of greens.

Here, a pageful of rustications to inspire any back-to-nature mood.


Bringing home the rustics
natural colored Danisheware casserole. & Grondahl.

Traditional quilt design in woodsy colored rug of Acrilan Plus, by Form III.

Pine-slatted doors on a laminated serving cart by Thomasville.


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At last count, 358,000 more people under 35 had discovered the joys of farming. Here’s how two young doctors with full careers and two children work their 300-acre farm in Minnesota all by themselves—and thrive on it.

Eight years ago, two young doctors, Fen and Jenifer Riley, fulfilled one of almost everybody’s favorite fantasies—they bought a farm.

It was just going to be a small “place in the country” where they could breathe the fresh air, raise a few vegetables, and let their new son crawl on real grass. But the 52-acre farm soon grew to 150. Then 300-plus. Two calves, a horse, and a little hay have increased to a hundred head of Herefords, 35 chickens, 2 dogs, 7 horses and a pony, 4 cats, 4,000 bales of hay, a year, corn, oats, and 3 miles of fences.

Rileys put up themselves... “dead straight too. We’re compulsive.”

Now every minute they can squeeze of busy medical careers goes into farming. Their faces are tan and weatherbeaten from 90° Minnesota summers and 30°-below winters, their bodies are enviably lean and muscular. At-home wardrobes have shrunk mostly to well-worn T-shirts and work-pants. Their two children, 6 and 8, are healthy and self-reliant. By family consensus, farm life is the good life.

“Just the idea of absolutely fresh food is fabulous,” says Jenifer. “It’s so satisfying to go up to the kitchen garden and come down with an armful of food you raised and you’re going to eat.” The Rileys’ monthly food bill is a staggeringly low $75—for staples like sugar and butter, and a few extras like shrimp. Everything else they raise themselves. Steak isn’t a luxury; they raise and freeze their own beef. Chickens supply milk and fresh eggs, a big garden yields an abundance of vegetables. Fresh milk comes from their own cows.
Every summer freezer freezes ends of fresh tables; enough icing and onions bored to last the She makes preserves and puts up peaches and tomatoes. Makes her own on bread, 8 loaves at a time. Even this gets his due—last summer the whole my collaborated on making chokecherry. They’re still waiting to see if they’ve up with a vintage creation.

How do the Rileys juggle their multiple of doctors-farmers-parents? It’s not especially since they do everything but hired help. The secret seems to be comunal energy and, yes, “being common.” Luckily neither are in branches of that involve late-night hours: She, & her maiden name Jowsey, is director orthopedic research and professor ofology at Mayo Clinic, he is an ophthalmologist who shares a local practice with 3,700 doctor—and a 4-day office week. Jen John and Pamela stay with a neigh-boring farmer’s wife after school until their parents get home.

Still, the workload seems superhuman, especially in the hectic season—April plow-through June haying. Sharing is essential ingredient. Both Rileys work off in spring to put the plants when “we really have to go all out.” Then the summer harvest together: He and she rakes. Housework is split the middle. Jenifer cooks dinner, but, yes, “I’d just as soon do the chores.” Lives don’t divide along the usual lines ‘en’s work’ and “women’s work”—in some of their energy seems to come good healthy competition. It’s often a see who can get to the cab of the red tractor first.

Finally, these passionate farmers were raised in urban areas (he in California, she in London), and they came to farming ignorant of even the basics. They credit their farming neighbors with teaching them most of what they know: “Farmers have a sort of fraternity,” they explain.

Now they’re in the fraternity—the Rileys are farmers for life, and their children love the farm as much as they do. They’re not alone, according to the U.S. Department of Agriculture. The number of under-35-year-olds going into farming has increased from 265,000 in 1970 to 358,000 in 1975. “It’s a real phenomenon,” says USDA’s Calvin Beale, “and many of them are young people of urban background. They’ve gotten into it from a philosophic point of view.” The appeal is easy to understand: their own rich soil to plow, their own newborn calves to straighten on tottery legs, their own beets and lettuces to pull out of the garden. “And the best thing about farming,” according to the Rileys, “is that every year you get a chance to start over.” For details on how the Rileys plan, freeze, and put up food, see page 114.

Sharing is essential—the whole family works together.
COLORS AND LIGHT
DESIGNED
FOR PEOPLE FIRST

This apartment is designed for people—it's full of rich, flattering colors that warm to sunlight—and nightlight. The combed plaster living room walls are painted pale salmon, giving a velvety fresco feel—and a glow to the complexion. A salmon ottoman, off-white on chairs and sofas covered in a geometric woven wool, white moldings, dark brown marbleized skirting, and a deep pile shag rug add color contrast and texture to the room. But the apartment comes alive at night: In every room, vertical fluorescent tubes fixed at each side of the windows glow through the plain sailcloth curtains. Other lighting comes from simple white table lamps, inconspicuous reading lamps, and up-lights shining through the trees. Since the city view is spectacular, Mrs. S. Joseph Tankoos, Jr., (who is currently planning an interview program for Cable TV), asked designer George Clarkson to make the most of it. "We enlarged the windows, and used only ottomans in the center of the room, so the view is unobstructed," he says. The furniture is arranged in two spacious groups, with a backgammon table in one corner.

Above: The living room, at night, with lighting behind curtains. Backgammon table from Willy Rizzo, Ronnie Landfeld painting from André Emmerich Gallery. Right: The other end of the living room. Far right: Mrs. Tankoos relaxing at home.
COLOR TAKES A SHINE TO THE DINING ROOM, TURNS A BEDROOM INTO LIVING GRAPHICS
Color is the unifying force of the whole apartment. The brilliant dining room has glossy deep blue walls, a green rug, and sky blue ceiling defined by white moldings and curved sideboard designed by George Clarkson. Hexagonal mirror adds sparkle. The octagonal glass dining table seats 8-period. ("I like to talk to people," says Mrs. Tankoos.) Light bulbs buried in the birch-tree containers cast light up into the stark branches, creating dramatic silhouettes. In the bedroom, below, the diagonal striped rug is a snappy contrast to the soft warp-weave-like cotton print (one of the newest looks in fabric) used for bed upholstery and curtains.

THE BEDROOM
DRESSED BY HALSTON

A DAZZLING WARDROBE FOR BED AND BATH—AND A FRESH NEW SLANT ON DECORATING
Halston—the man who's been turning fashionable heads for years (think of Jackie's famous pillbox hat, the Ultrasuede explosion, the unbroken line of livable clothes) is now turning his energies homeward. "Your living environment is even more important than what you wear," he says, "because it's not expendable." His own bedroom models his first collection for the house: sheets with a play on the Halston "H" (there are also plain bordered sheets, and for romantics, a watery flower print—see it on the cover), cashmere blankets, Ultrasuede spreads. His favorite? White-on-white sheets, red blanket—because he likes spots of color in an environment of space. "Paul Rudolph taught me about space," he says. "He designed this house like a cathedral: low ceilings exploding into high ones; the sudden thrill of space." The overall gray makes another kind of space, and he finds, the best background for people. "Real luxury is space and time—you don't want to fill them up with a lot of things." Will Halston stop here? Not a chance. His second offering of sheets will debut in spring; he's now planning fabrics, floor and wallcoverings—eventually a line of furniture. "I want to do everything," he says.

Above: Miniature-maker L. Rodman Page in his basement workshop with Lilliputian copper pots and pans made from 1-inch plumbing pipe. Below: Fish House kitchen, knee-high to an apple, is 20 by 45 inches scaled at 1 inch to 1 foot.
When little

set your eyes on a small-fry replica
real Philadelphia kitchen —
a model of prizewinning craftsmanship

kitchen is strictly for looks, not cooks. It's a miniature replica
kitchen at the famous Fish House, Philadelphia, the oldest
club in the country, where members take turns playing chef
kitchen cooking the meals. Everything in this model is abso-
accurate down to the last tea strainer, made of nylon fabric-
ed with metal paint. Miniature-making is rewarding (this won
prize at Philadelphia's Flower Show) and fun, says the model
man, L. Rodman Page. He logged 500 hours on this project.
up at 5:30 each morning to spend two hours at his workbench
leaving for his job as a hospital administrator. To make the
Thumb-size copper cookware, Page first carded tiny wooden
then hammered sheet copper or copper plumbing pipe around
ins. More than 3,000 miniature bricks pave the floor, each one
ually laid with tweezers. Near the left wall, a menu on the
board—roast pig, apples sauté, cole slaw, and guava duff—
to a dinner that Page organized in the actual kitchen—with
om other club members as cooks and waiters. To learn how
the miniature food, fruit baskets, and desserts, please turn to our
section, page 14.

Above: Real Fish House kitchen in
action, with cooks, all club members.
Top: Carved wood molds made by
Page to create tiny copper cookware,
and photographs from which he
worked. "The most difficult pan of
all was the double boiler with handle
and a spout," he reports.
A garden oasis with tropical rain, sun, gentle breezes, whirling water, and a spot for exercising.
A gleaming palace of infinite whiteness with an arching skylight roof—that's House & Garden's 1977 dream bath. In the central oasis is a deep Steeping Bath with built-in whirlpools sunk beside trees and therapeutic herbs that fill the room with a natural fragrance. End walls are entirely mirrored, one with exercise bars and mat. The bleached teak vanity with clear-plastic shelves above floats off the wall in a wash of fluorescent strip lighting concealed behind it. A four-speaker sound system provides music to exercise or relax by. Practical and easy to clean, the bath was created by Yann Weymouth and Peter Coan of Redroof Design, with Kohler fixtures, available everywhere—and introducing Kohler's amazing Environment, a self-contained unit.

opposite page top, and left, installed beside the shower in which you experience a cycle of sun, rain, steam, and wind, like weather you can control. Peter H. Dunlop of Horticulture House designed the planting.

To make you beautiful

What better place to grow things than in the bathroom, where sunlight and moisture abound? And why not grow things that do you good—rose geranium, lemon balm, and lots more (see following pages)? Left: Soothe your brow with an aloe vera compress before your bath (indeed gardening itself is wonderfully restorative). Peter H. Dunlop designed this planting to be portable—you can take rosemary cuttings to the kitchen, for instance, or lavender to the linen closet.
With four waterjets to make you tingle with health

Step into this cast-iron Steeping Bath ("steeping" because it's 6 inches deeper than regular baths), and let the four adjustable whirlpools soothe your bones. You are at ground level with the planting—turn your head and inhale the aromatic herbs, feel at one with nature. Left: The doorless toilet and bidet area made cozy by lowered ceiling. Note easy-to-reach telephone and storage niche. Seamless curved tiles at all corners make cleaning easy. "No angles for dirt to hide in," says architect Yann Weymouth. The bath and planting are raised off the ground; water from hose-downs runs into floor drains. Brushed chrome faucets gleam softly. Shopping information, page 138.

With weather you control yourself

This is a brilliant extension of the sauna or sun bath—an enclosure where every environmental experience is yours at the flick of a button. Enclose yourself in sun, rain, steam, or wind for as long as you want, at any temperature. Left: Forget the world under ultraviolet lamps, listen to music, let your skin enjoy nature's climate. For more information about Kohler's Environment, turn the page.

FRANK HOBAT
The bath-as-everything—that's the idea. "You can garden, exercise, play with the kids, talk, relax, look after your body, and enjoy nature," says architect Yann Weymouth. Here, a few ideas to help turn your bathroom into a personal health spa.

Right: The bath, a skylit oasis with wall-to-wall teak vanity (bleached by the architects), white marble countertops, lots of space for TV, books, equipment, and a bench. The mirror, lit by 14 tiny bulbs, pulls down into counter when not in use.

A changeable climate you can control

Just open the doors of Kohler's Environment, and you're in another world. The front panel is fiberglass, with a teak interior and cypress deck. Four infrared lamps in the ceiling provide soft light and heat to acclimatize your body before starting the cycle. The five changes of climate are Baja Sun (from 4 ultraviolet lamps in the ceiling); Spring Shower (from 6 wide jet nozzles with adjustable temperature); Jungle Steam; Tropic Rain; and Chinook Winds (from heater vents in the wall). At one end of the enclosure, a porthole may be used as a window to the outdoors, or space for projection screen, aquarium, or other visual delight. Two speakers in the ceiling provide sound. Each climatic change is controlled for time and temperature from the central panel. (If you want only one experience, (Continued on page 136)

HERBS FOR HEALTH

Grow your own teas and soothers

The bathroom planter's challenge is to ensure that the right amount of sunlight and shade reach all plants. "Yet at the same time it must look beautiful from every angle," explains designer Peter Dunlop. Here's how he did it, with a list of all the herbs and plants he used, all of them collected for their aromatic powers—and many for purposes that have been proved therapeutic over centuries of experimentation. For example, the aloe vera has been found helpful in soothing burns and moisturizing skin. Lavender in steaming water cleanses pores, and in a cold compress helps relieve tension. Rosemary, excellent as an aromatic tea, also works as a fragrant hair rinse. Thyme can be used as a disinfectant mouthwash or gargle, as well as an addition to bath oil. Spearmint, the most widely used herb in the world according to Mr. Dunlop, works as a refreshing inhaler in a humidifier. "And rub the leaves on aching limbs after exercise," he recommends. "If you (Continued on page 136)

1. Ficus benjamina
2. Bird's-nest fern
3. Aloe vera
4. Lavender
5. Scented rose geranium
6. Parsley
7. Asparagus
8. Oregano
9. African violet
10. Creeping thyme
11. Catnip
12. Rosemary
13. Pineapple sage
14. Lemon balm
15. Sage
16. Spearmint
17. Saw-tooth cale
18. Sweet woodruff
A doctor tells how to keep it glowing

"The human skin is an amazing organ," declares Dr. Adolph Rostenberg, Jr., Emeritus Professor of Dermatology at the University of Illinois. "First of all, it's the largest organ in the body—and we can't do without it. It acts as a protective barrier or envelope for our viscera—in this capacity it has a remarkable blend of suppleness and delicacy of motion. Yet on the other hand it's relatively tough. The skin acts as a temperature adjuster; it also repels bacteria—and finally, it's a sex organ!"

In order for the skin to function properly, what does it need? "A certain (Continued on page 137)

Seven exercises designed by an expert

Stretching and toning the body is what exercise teacher Barbara Pearlman recommends. These exercises she has worked out for bar (or bathroom rail) tone and build stamina all over.

1. Hold bar with hand, other arm palm up out to side. Reach to wall, bounce 3 times, back to original position. 10 times each arm. Good for waist, upper arms.

2. Hand on bar, other hand on waist. Swing outside leg forward and back in one continuous movement. 10 times each leg. Good for legs, buttocks.

3. Hands together with fingertips on bar, feet apart and parallel. Press into bar like a push-up, bounce 3 times, heels on floor, press away at count of 4. Good for backs of legs, hamstring muscles, upper arms. 12 times.

4. Lie on stomach, feet together, elbows bent, hands overlapped under chin. Lift and lower legs one at a time (grin buttocks tightly, keep hipline on floor, point toes). 10 each leg, work up to 40. Good for buttocks.

5. Sit on mat, soles together, hands clasped around toes, back erect. Bounce knees gently to floor and up. 20 times.

6. Sit on mat, hands on knees, elbows out. Round back, drop head to knees, bounce body gently 10 times. Uncurl slowly until back is straight. Good for back. Repeat 6 times.

7. Lie flat on back. Lift head, neck, shoulders, arms in continuous curl as knees bend slightly. Sustain for 3 counts, uncurl slowly from back to head. Good for tummy. 8 times.

8. Men will probably prefer the high bar for muscle building exercises for upper arms and shoulders. Here, the classic pull-up.
Slipcovers—
for a change

HOW TWO SETS
OF SLIPCOVERS
ADD UP TO
A YEAR’S WORTH
OF GOOD
DECORATING

The
30-minute
makeover

With the flick of a slipcover, you can change a room’s whole look to suit the season—or your mood. Take a living room like this, with furniture upholstered in cushiony tufted beige Indian cotton, perfect for a light-hearted spring or fall. For an in-between summer change, the room becomes cool with icy blue and white slipcovers sewn from handwoven Iranian cotton tablecloths. In winter the room warms up with woolly slipcovers of Hudson’s Bay blanket—by-the-yard. “With the hearth blazing, it’s as cozy as a ski lodge,” say the owners.

Both slipcovers, designed, as was the room, by Dan Hawkins, are the easy-fit kind (fitted only at the arms so they lie nearly flat for pressing) that wrap around and tuck in at seat, back, and arms. Summer slipcovers wrap around the loose cushions as well. Winter pillow covers pop on, off with Velcro tape.

Both sets are bold design statements in a room full of ethnic patterns—striped Middle Eastern camel-bag floor cushions, batiks, quilts, a checkered African throw. Slipcover plus: Summer ones can be washed, steamed, back in place in 3 hours; winter ones go to the cleaner’s. “We’re so hooked on slipcovers,” say the owners, “the only change we’d make is—more changes!”

Above right: Living room for spring and fall in beige cotton upholstery. Right: summer look—blue and lightweight cotton slipcovers. Opposite page: The living winter, with slipcovers of wool blanket—famed s Canadian fur-trading day. The number of black strips the corner told how many skins the blanket was made of. Shopping information, please.
Quick-change tip: Velcro closings
A stroll-through vegetable-flower garden to start planning right now and a build-it-yourself summerhouse.

Left: Backyard after summerhouse was built, before the garden was fenced. Trenches are for electric cables. Above: Backyard with 30-foot garden, its winding paths bordered by lettuce and lilies and all manner of flowers and vegetables. Railroad ties and Weyerhaeuser timbers line path to the summerhouse Mr. Ritts built.
The pleasure of making gardens is "not in finishing them in too great haste: but after a general scheme is laid, to make Annual Advances." This happy insight, by Repton, the great English landscaper, is just what Paul and Mary Ritts have experienced in their own backyard. Step by step, these radio-TV writers and performers have transformed the lawn behind their shingled house. First, they dug a vegetable garden, as wide as the rose bed planted by previous owners. Next, they built a summerhouse on a knoll. Later, they added paths and a post and rail fence — "at first it looked as bare as a pony ring." The enclosure became a stroll garden of flowers and vegetables, the fence was garlanded with roses and morning-glories, and the Rittses could sit content in their romantic summerhouse and "view the fruits of our labors." For how-to details, please see page 185.

Above: Amid baskets of flowers, a refreshing salad lunch from the garden. Below: Old-time ceiling fan to stir summer breezes in octagonal 13½-by-13-foot structure.
James Beard is at home in the kitchen: where he cooks, teaches, and entertains—and cultivates others. He's his cookbooks (the twenty-first, James Beard's Every and Practice Good Cooking, top), is just out to come out) often used as fully as the golden spoon. Here in every personal setting where he combines his professional and private lives.

James Beard’s recipe for living

How the master chef solves his own culinary needs: A terrific new kitchen in his Greenwich Village town house, where he loves his garden, collecting antiques — and cooking!
James Beard is a household name, synonymous with good food and good living. Through his 21 cookbooks, lectures, TV appearances, and wonderful cooking school, James Beard has sparked the fire in many a cook-in-embryo's heart with his gift for food—cooking, relishing, and writing about the very best of it. And his own private world is as rich as his Christmas fruit cake; it reflects a zest for color and antiques, a flair for the eclectic and a love of informality. Here's a first look at James Beard in his Greenwich Village town house, a neighborhood he's called home for 40 years, and a new house he's recently decorated with the help of fellow Oregonian, designer and antique collector Jerry Lamb.

Here on two opened-up floors and a flower-filled garden Mr. Beard lives, writes, cooks, and entertains in a personal setting that reflects his taste for the unusual and the witty in design. The ground-floor kitchen with adjoining dining room is the scene of the James Beard cooking classes where devoted fans spend happy hours cooking their own dinner under the tutelage of the master. It's the scene, too, of many a party to launch a promising new food talent or to celebrate the arrival of a visiting culinary giant, perhaps Richard Olney or Simone Beck.

The second-floor living-sleeping-working area is opened up with the addition of a prefabricated greenhouse to add an extra studying, dining, and relaxing area with a strategic—and unexpected—spot for a screened-off shower. "It gives me a feeling of living in and out of the house," says Mr. Beard, "a constant reminder of the outdoors and the pleasures of the country."

The greenhouse isn't just for plants—it's like an extra room that gives the feeling of living outdoors.

The greenhouse overlooks ivy-walled garden studded with chrysanthemums and a charcuterie pig sign. The living area with its Chinese red walls has as much formality as I would ever have in a room, and my sleeping balcony ties in, masks itself with a curve of mirror plastic mirrored sheets], and provides as well a shelf for bedtime books, TV."

Above: Looking from the sleeping balcony through living room to the study and greenhouse beyond. Spiral staircase winds down to dining room and kitchen. Right: Greenhouse overlooks ivy-walled garden studded with chrysanthemums and a charcuterie pig sign. Opposite page, far right, from top: Desk for work and chairs for relaxing on the greenhouse balcony. Shower at one end, screened with bamboo. Shades pull down over the glass, marble tiled floor has its own drain. Bathroom, sleek, mirrored, beside the shower. Steps to bed, backed by an old Chinese embroidered panel. Opposite page, bottom: James Beard relaxes in his favorite Louis XV chair.
"A kitchen should be a combination of function and beauty."

"It's an ideal kitchen for teaching, great for entertaining, and fun even when there's only one person working in it," says James Beard of his new step-saving kitchen, above and right. It operates functionally: There's a series of separate work spaces within the area—and beautifully: It's decorated with an all-over covering on walls and ceiling of brilliant world maps (from the U.S. Army map service) and a lovingly collected assortment of antique utensils. "I love to have space; I love to be able to move around and do different things in different areas with everything conveniently at hand.

"I like the fact that the ovens are removed from the main body of the kitchen; they're concentrated in one space for large baking and roasting jobs." The sink area is out of sight of the main kitchen to keep kitchen clutter invisible at party time and also to allow for nonruptive clearing up during class.

The center of the kitchen is an abbreviated U-shaped island with drop-in Corning cooktops that can be used from both sides. Electrical outlets for small appliances are right in the island. The small dining and breakfast room overlooking the garden is a favorite spot for eating alone or with just one other person. Dining room with its barboo fabric-covered walls houses an enviable collection of Wedgwood and Minton. The marble table works well for a small dinner party; the whole floor is used for larger parties—"We can seat at least 16 for a buffet."
Thursday's chicken
is Thursday's chicken.
But a blend of two rices
and twenty-three different
herbs and seasonings
is not a potato.

What a success.

Uncle Ben's
long grain & wild rice

Living off the land

Here's how the Rileys (see page 88) stagger their cornucopia of fresh food to last a good part of the year.

Throughout the summer, Jenifer freezes the following vegetables as they come in from the garden: asparagus, collard greens, green peppers, corn, chard, string beans, beets, and kale. She puts up tomatoes and pickles, makes choke cherry jelly and mincemeat. Potatoes and onions are stored. Every 6 weeks she makes 8 loaves of brown bread and freezes all except 1 loaf. Bread and vegetables fill a 20-cubic-foot capacity freezer in the basement.

In the fall, the Rileys butcher chickens: 30 this year of their large (average 7 pounds) tender eating chickens, keeping just 7 "that lay nice brown eggs: double and triple yolker." They sold 18 and froze 20. They also have a whole steer butchered and cut up by a local butcher into roasts, steaks, hamburger, liver, steak meat, and soup bones. A 1,200 pound steer yields about 600 pounds of meat which provides meat for at least 3 months. Chicken and beef go into a 15 cubic-foot freezer in the garage, along with chicken stock Jenifer makes and freezes.

Winter salad comes from watercress that grows in a nearby stream. Another winter specialty is pâté and terrine. Jenifer makes chicken-liver pâté because "the chickens' livers are marvelously fat from all the good things we've fed them. She uses it and her terrine as hors d'oeuvre for parties, or for very special sandwiches.

Country terrine

Chop 1 large onion finely; sauté in butter. Flambe in 1 cup Madeira. In bowl put ½ cup cream; 2 eggs; 4 tablespoons flour; ½ teaspoon each cloves, ginger, nutmeg; ½ teaspoon salt. Stir together add ⅛ pounds each ground veal and ground chicken. Line a small casserole with ⅛-inch thick slices of salt pork leave pieces hanging over edge of dish. Put in ⅓ of terrine mixture. Add 4 thick slices Italian sausage or tongue, then remaining ⅔ terrine mixture. Fold salt pork over top; make pattern on it with bay leaf and peppercorns.

Cover the casserole and set it in a pan with about an inch of water; cook for hours in 350° oven. Remove casserole lid; put a flat pan on top with a heavy weight to keep the terrine flat. It can be refrigerated for 2 weeks or frozen, whole or in slices.
THINK THIN

JAMES BEARD'S SEAFOOD SALAD FOR DIETERS
The Potion of Love.
And how it began in Saronno 450 years ago.

We know that she was young. Blonde. Beautiful. And that she was widowed.
But did she create the original Amaretto di Saronno as a thank you for her portrait? Or was it offered as a gift to express affection for Bernardino Luini, the now famous artist whose painting immortalized her in 1525?

History has lost most of the answers— even her name— leaving us nothing but Luini’s stunning fresco in the Sanctuary of Santa Maria delle Grazie in Saronno, Italy. And... her romantic liqueur. We still like to think Amaretto di Saronno is a liqueur that inspired a great love.

It’s something for you to wonder about tonight as you discover its intriguing flavor and enjoy its provocative bouquet. This is Amaretto di Saronno. The original Amaretto. Brought here from Saronno, the village of love.
Only the Cognac region of France can produce the finest Cognac brandy. And only the vineyards of Bordeaux can ever produce a true Bordeaux wine.

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Amaretto di Saronno. We’ve left a rose alongside our name as a reminder of how it all began.

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Amaretto di Saronno.
The Original Amaretto. From the Village of Love.

The spice is right:
James Beard gives new life to diet food

Now that one of America’s top cooks has been put on a low-calorie, low-salt diet, he shares with you his secrets for adding zest to diet fare in added flavor when enhanced by this mixture. It is excellent with vegetables as well, notably turnips, white and yellow—also parsnips, potatoes, cauliflower, and even asparagus and artichokes.

Roasted peppers
Keep a casserole or salad bowl of roasted peppers in the refrigerator. Place them on a broiling rack under the broiler and turn until all sides are practically blackened. Skin them quickly and seed. Cut into sections and place them in a dish with a bit of white vinegar. Roasted peppers are super in salads, or a great relish with cold meats or fish. Combine them with fresh slices of raw mushrooms and greens. Garnish with green onions.

Oil
If you are allowed oil, remember that olive oil is mono-unsaturated and has no adverse effect on serum cholesterol levels. It is desirable because of its rich, fruity quality, and is one of the luxuries allowed the dieter.

Onions
Raw and cooked. They do wonders for the salt-free palate. Place veal or pork chops on a bed of thinly sliced onions. Use raw onions in a salad, or with cold meats. Sliced onion and tomato are a perfect accompaniment to steak, and onion and cucumbers give fish an added zest. They may be served just with freshly ground pepper and a touch of basil and can be refrigerated in wine (Continued on page 134)

“Never feel deprived.
Always feel adventurous,
which is the way to diet sanely”

James Beard THINKS THIN these days, and shares his secrets for putting zip into low-calorie, low-salt cooking. Maurice Moore-Betty cuts up a chicken to produce 6 delicious dishes—easy ways to stretch a budget-priced bird. Devon redericks shows you how to throw a party for 6 on a time-and-money budget. Henry McNulty brews up tea with a dash of spirit.

Freshly ground black pepper
Adds an exciting overtone to many foods. Meats take it enthusiastically. Chicken and fish are vastly improved by it.

Green peppercorns
Add a volume of interest, too. Try them with hamburgers, coarsely chopped, and either mixed in with the meat or pressed in. Grilled fish takes another dimension with the green peppercorns, plus a dash of cinnamon.

Margarine or butter
If you are allowed margarine or butter, make a blend of the fat and crushed peppercorns and a bit of garlic, with a dash of cinnamon. To a quarter pound of margarine or butter, use 2 tablespoons crushed peppercorns, a large clove or 2 small ones of garlic, and a dash or 2 of cinnamon. Fish, beef, pork, chicken, all abound with chervil; and tarragon, of course, is great with salads and many vegetables—as well as chicken and veal. Combine with a little white wine, and a few chopped shallots, and you get an exciting flavor.

James Beard’s dieters’ seafood salad

INGREDIENTS

1 1/2 pounds shrimp, fairly large
1-2 garlic cloves
4-5 sprigs parsley
4 teaspoons fresh tarragon, chopped
1 cup white wine
4 tablespoons sherry wine vinegar
4-6 carrots
1 large onion
1 tablespoon chervil, chopped
1 1/2 cup parsley, chopped
1 pound crabmeat, shredded
4 tablespoons olive oil (optional)
yogurt
salad greens
1 box cherry tomatoes

METHOD

□ Split shrimp down back, remove shells, leaving tails intact. Use sharp scissors.
□ Combine 1 quart water, garlic, parsley, 1 teaspoon tarragon, wine, 2 tablespoons vinegar. Bring to rolling boil. Cook 5-10 minutes. Add shrimp; cook 3 minutes after returning to a boil. Chill.
Good Plains cooking from Rosalynn Carter

The new First Lady talks about food, nutrition, and home cooking, and shares her own recipes for some of the President's favorite dishes in this personal interview by Marian Burros

In the inauguration of Jimmy Carter, the country also acquired a First Lady who talks seriously about a balanced diet, healthy snacks, the problem of junk food, and the importance of a good breakfast. Rosalynn Carter is not a trained nutritionist, but unlike most of us, she paid attention to her home economics course in school. Mrs. Carter added that it also helped having a mother who "was always very careful to see that we ate right."

This concern about eating properly was a particular problem for slim, dark-haired Mrs. Carter during the 22 months she campaigned for her husband. The thing she missed most on the road was fresh vegetables. It's not surprising. Her mother, Allie Smith, known to everyone as Miss Allie, said recently, "I never cooked a frozen vegetable in my life. We always had a garden." Miss Allie was indignant that an article which included one of her vegetable recipes called for frozen beans! The Carters had a garden, too, while their three

FRUIT CANDY (Amy's favorite)
Grind together ½ pound dates, 1 pound dried figs, 2 cups chopped walnuts or pecans, ½ cup seedless raisins, and 1 pound dried apricots. Press into a buttered pan; cut into squares, and sprinkle with 1 teaspoon grated orange zest or sesame seeds, or unsweetened shredded coconut.*
Her favorite recipes aren't just Southern. Along with grits-cheese puff, butternut squash pudding, and collard greens, she likes Cornish hens Toulouse and strawberries with banana liqueur. Here are 10 of Mrs. Carter's best.

### Spinach loaf

**Ingredients**

- 3 slices bacon, cut in 1-inch cubes
- 3 tablespoons onion, chopped
- 2 tablespoons butter
- 3 tablespoons flour
- 10-ounce package frozen chopped spinach, defrosted
- 1/4-1/2 cup milk
- 5 eggs
- 3 tablespoons heavy cream
- 1 teaspoon beef bouillon granules
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon nutmeg

**Method**

1. Sauté bacon and onion together until bacon is done; remove from pan and set aside. Add butter to pan drippings, melt it, then add flour, stirring over moderate heat.
2. Squeeze liquid from defrosted spinach into a measuring cup. Add enough milk to make 3/4 cup. Stir into flour mixture: continue stirring until mixture thickens. Add spinach and remove from heat.
3. Combine eggs and remaining ingredients in a bowl. Beat well. Add to cream sauce mixture. At this point, the recipe can be refrigerated and baked later.
4. Pour spinach mixture into a buttered 2-quart casserole and bake 50-60 minutes in a preheated 375° oven. Serve immediately, sprinkling reserved bacon and onion on top. Serves 4-6.

**Variations:**

- Bake in a well-greased loaf pan, arranged 4-6 hard-cooked eggs down the center. Or, bake in a well-greased loaf pan; when baked, turn off heat and allow spinach loaf to sit for 10 minutes in oven. Unmold: slice; add cheese slices between loaf slices, sprinkling with bacon and onion. Return to oven and bake just until edges of cheese melt.

### Butternut squash pudding

**Ingredients**

- 1 whole butternut squash
- 1/2 stick (4 tablespoons) butter or margarine
- 1 cup milk
- 1/4-1/2 cup sugar (with 1/4 cup, the pudding is just slightly sweet and makes a good side dish to serve with roasted meat, poultry, or ham. With 1/2 cup, pudding is more like a dessert.)
- 3 eggs, lightly beaten
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- Salt to taste

**Method**

1. Cut squash in half and place, cut side down, on an oiled baking sheet. Bake in preheated 350° oven for 1 hour, or until tender. Scoop out fibers and seeds and discard. Spoon flesh into a bowl. You should have 2 cups.
A great meal
you hardly have to cook

Good food with all the advantages—mostly make-ahead or quick to assemble, and easy on the budget. Just what you need if you work all day, or if your kitchen space is limited. Devon Fredericks, a young New Yorker whose profession is party planning, tells how to organize everything down to the last minute, the last pot, and enjoy it.

DINNER
Antipasto of celery remoulade, mussels vinaigrette, fresh mozzarella vinaigrette, peppers and anchovies, marinated mushrooms
Fettucini with avocado and ham
Green salad
Chocolate cake

Left: Devon Fredericks sets the table, formerly a door painted white. Right: Antipasto awaits on table set with American Fiesta Ware platters and plates. Above left: Galley kitchen's action space is a mere 3 feet (kitchen is just 7 feet long), containing sink, 2-burner stove, an oven the size of a bread box. Apartment designed by architect Tod Williams.
The party begins two days ahead with a shopping list and builds to a climax of pasta tossing at the table. Devon Frederick, New York caterer and co-owner of Loaves and Fishes, a food shop and catering service in Sagaponack, N.Y., categorizes her list by stores. "I go to a lot of different ones." She shops on the way home from work the day before the party, buying everything but the mozzarella. "It's only fresh the day it's made." That evening she bakes the cake: at the same time she prepares the celery root and mayonnaise for the remoulade to be assembled next morning, cooks the mushrooms, and makes a jar of vinaigrette for the mussels, mozzarella, and salad. Party night: Mozzarella is bought, mussels steamed, iced made, cake frosted, salad assembled, foil-wrapped bread sitting in oven to be warmed. "It takes me about an hour to arrange the platters, set the table, and make everything look pretty, scrub the kitchen, and put things away." She fills a big pot with water for the pasta, puts butter in another for the sauce, and finally departs from the kitchen and heads for a bath. The table is ready for guests to sit down to the waiting first course. When they do, it's the signal to turn on the heat under pasta water, so it will be boiling at the end of the first course. Plates for pasta sit under those for the first course. "No one can help clear—there isn't room!" Dessert is served with espresso, because "we only have space for little cups." For recipes, see page 134.

Kirsch tea

A rather spectacular and delicious drink made with tea which will warm the cockles of our hearts if they need warming.

Over 3 level tablespoons sugar, in a warmed bowl, pour half a pint of kirsch and flame it for a moment or two. Quench this fire by slowly adding a half pint of hot black tea.
Maurice Moore-Betty, right, at work in the kitchen. He describes below how to buy, cut-up, and freeze chicken parts and stock.

**Buy:** Fresh roasting chickens weighing approximately 3 1/2 pounds. Pick chickens with light-colored skin and not too much fat.

**Cut up:** First remove legs and separate thighs from the drumsticks. Cut off the wings close to the body, remove the first two joints (the pinion and the middle one that corresponds to our forearm), and add these to bones for stock. Skin the third joint and set aside to freeze for "drumstick" appetizers with cocktails. Cut through the two sets of breast bones to release the whole breast cage; they almost meet, and there is ample room for the boning knife. Flatten breast and pull out the breastbone. Carefully cut out the smaller bones, including the wishbone. With the whole breast on the cutting board facing you, look carefully and you will see a small fillet-like strip of meat on each side. Pull it out and set aside for freezing.

Strip the carcass of as much meat as possible and freeze with thighs for use as croquettes. Cut up the carcass and add to gizzard, neck, and extra small bones and wings, to use for stock.

**Freeze:** Small bones, wings, gizzard, and neck in small bags, one for each chicken's parts, for small quantities of stock. Freeze cooked stock in milk cartons. Remove cartons after freezing, wrap separately and store "bricks" stacked on top of each other to save space. (Cut carton in half to freeze in handy 2-cup quantities.) Freeze liver separately for use in pâté.

Freeze breast fillets and breasts spread on cookie sheet for 2 hours or until stiff. Then wrap each piece separately in plastic wrap and in plastic bags. Squeeze out air and seal. Wrap drumsticks in plastic wrap and again in plastic bags and seal. When freezing whole chicken, rub with vegetable oil; chill, then freeze wrapped in plastic wrap and plastic bag. (Recipes on page 126)

Cut up roasting chickens for a greater variety of dishes. Collect breasts and fillets, drumsticks, thighs, and wings in the freezer. Then use separately for 6 economical new chicken dishes from Maurice Moore-Betty, a fine chef and owner of a cooking school in New York.

**Chicken breasts en papillote**

**INGREDIENTS FOR EACH SERVING**

- 1 10-by-15-inch sheet of parchment paper
- melted butter
- 1 whole chicken breast boned but not halved, fillet removed
- 1/2 tablespoons ham, finely chopped (the best you can find)
- 1 tablespoon mint butter (recipe below)
- salt, pepper
- egg, beaten
- oil

Fold parchment in half, press in crease, and open up flat again. Brush with melted butter. Lay chicken breast on one half and sprinkle chopped ham over half the breast. Dot with mint butter and fold the other half of breast over it. Or put ham and butter on opened up breast. Dust lightly with salt and pepper.

Fold paper over breast and brush the edge with beaten egg. Start rolling tightly from a corner to make sealed paper bag. Brush rolled foil with beaten egg, and the whole paper with oil or butter.

Bake in a preheated 350° oven on baking sheet for 30 minutes. Slide out of the bag onto a plate or serve cut open. Good with lima bean puree.

**Step-by-step to chicken breasts en papillote**

1. Trim fat from breast
2. Fold sheet of parchment paper
3. Brush edge with P.
4. Top with mint butter
5. Roll edge of paper tightly
6. Seal with egg glaze

**Mint butter**

**INGREDIENTS**

- 1 stick (1/4 pound) unsalted butter, softened
- 2 large handfuls fresh mint leaves
- 1 teaspoon salt
- 2-3 twists of peppermill
- pinch of sugar, or to taste
- lemon juice

**METHOD**

In a food mill or blender, pure butter and mint leaves. Season mixture to taste with salt, pepper, sugar, and lemon juice. Chill, roll into sausage shape, wrap in plastic, and freeze.
Serve minted chicken breasts in their paper bags and let guests cut them open
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Ways with Chicken
Continued from page 122

Escalope of chicken Marsala

Ingredients
4 whole chicken breasts, skinned, boned, and halved
1 egg beaten with 1 tablespoon water
1 1/2 cups fine bread crumbs, seasoned with salt and pepper and 1/2 teaspoon dried, crushed sage
1 tablespoon oil
1 tablespoon butter
1/2 cup Marsala
flour for dredging
1 cup chicken stock
1/2 cup brown sauce

Method
- Remove fillets from chicken breasts and freeze for use in goujonette of chicken. Flatten each half breast between sheets of wax paper with a cleaver or rolling pin. Make them as thin as possible.
- Dip chicken escalopes in egg and then in seasoned bread crumbs. Refrige rate on a cookie sheet for an hour or so.
- Heat the oil and butter in a heavy skillet. Sauté chicken quickly over moderately high heat, turning once. Rearrange on cookie sheet. Do not refrigerate again if it is to be used that day.
- To serve escalopes, reheat them in a preheated 350° oven for 15-20 minutes. Serve with braised endive and pass the sauce. Serves 8.

Chicken stock

Ingredients
4 pounds poultry backs, necks, and wings, blanched
4 quarts cold water
8 white peppercorns
1 bay leaf
1 teaspoon thyme
6 whole cloves
6 sprigs parsley
1 medium-size onion, diced
3 stalks celery, diced
1 medium-size carrot, diced

Method
- In a large pot, add poultry parts and water and bring slowly to a boil. Reduce the heat at once and simmer, uncovered, about 30 minutes. Skim surface until clear. Add the remaining ingredients tied in a cheesecloth.
- Remove the scum and continue to simmer, partly covered, about 3 hours, or until reduced by half. Strain stock. Cool uncovered, and refrigerate covered or freeze. Makes 2 quarts.

Brown sauce

Ingredients
1/2 cup carrot, finely chopped
1/2 cup onion, finely chopped
1/2 cup celery, finely chopped
1/2 cup lean bacon or ham, chopped
6 tablespoons oil, bacon fat, or clarified butter
4 tablespoons flour
6 cups beef stock
2 tablespoons tomato paste
8 peppercorns
small bunch parsley
1 bay leaf
salt, pepper

Method
- In a heavy, 2-quart saucepan, cook the carrot, onion, and celery with bacon or ham in oil for 15 minutes over medium heat.
- Stir in the flour and cook slowly for 8-10 minutes or until the flour browns. Off heat, pour in the beef stock and bend with a wire whisk. Stir in the tomato paste, peppercorns, parsley, and bay leaf.
- Simmer slowly for 2 hours or longer, until reduced by half. Season with salt and pepper and strain. Freeze in 1 cup containers. Makes about 1 quart.

Buy chicken while it is on sale. Cut it up and freeze the parts separately for easy-to-make budget meals

Deviled drumsticks, mustard sauce

Ingredients
8 drumsticks (1 per person)
deviling mixture
mustard sauce

Ingredients for deviling mixture
1 tablespoon Dijon mustard
1 tablespoon mango chutney
1 tablespoon Worcestershire sauce

Method
- In a heavy-bottomed saucepan, melt butter over very low heat. Blend in the flour, and cook slowly, stirring for about 2 minutes without colorizing.
- Remove pan from heat. Pour in the hot milk all at once, and beat vigorously with a wire whisk.
- Set pan over moderately high heat and stir with whisk until sauce comes to the boil and boil for 1 minute, stirring.
- Remove pan from heat and beat salt and pepper to taste and nutmeg. Makes 1 cup sauce.

Chicken croquettes

Ingredients
2 chicken thighs
chicken stock, if available, or water seasoned with 4 peppercorns and 1 tablespoon salt
about 1 cup béchamel sauce
1 egg, beaten
seasoned bread crumbs (see recipe for escalope of chicken Marsala)

Oil for deep frying

Method
- In a heavy-bottomed saucepan, melt butter over very low heat. Blend in the flour, and cook slowly, stirring for about 2 minutes without colorizing.
- Remove pan from heat. Pour in the hot milk all at once, and beat vigorously with a wire whisk.
- Set pan over moderately high heat and stir with whisk until sauce comes to the boil and boil for 1 minute, stirring.
- Remove pan from heat and beat salt and pepper to taste and nutmeg. Makes 1 cup sauce.

Continued on page 1.
“Gee, that was good broccoli!”

Broccoli, cooked and drenched with lemon. Just squeeze on juice of fresh lemon wedges. Salt and pepper to taste. It's simple. So fresh tasting.

Broccoli, drizzled with lemon butter. Melt ½ cup butter or margarine. Add grated peel and juice from ½ fresh lemon; heat. Pour over cooked broccoli. It's one of the world's great tastes.

Blender hollandaise
This elegant sauce can make broccoli the highlight of a meal. And this version is quick and easy. Melt ½ cup butter or margarine. Put 2 tbsp. fresh lemon juice, 4 egg yolks and 1 tbsp. salt in blender jar; blend briefly. Then on high speed add melted butter in a thin, steady stream.

Broccoli with lemon and bacon. Cut 2 slices bacon in ½ inch pieces and fry till crisp. To bacon and drippings add juice of ½ fresh lemon; heat. Pour over cooked broccoli. Even children love broccoli this way.

Lemon cheese sauce. Is this great! And easy too. Just combine 1 can (11 oz) condensed Cheddar cheese soup, ½ cup sour cream, 1 cup shredded Swiss cheese, 1 tsp. grated lemon peel and 1 tsp. fresh lemon juice in a saucepan. Heat, stirring until cheese melts. Serve over cooked broccoli.

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WAYS WITH CHICKEN continued from page 126

Method

Place thighs in a pan and cover with stock or seasoned water. Bring mixture to a boil and simmer, covered, for 10 minutes. Drain and cool. When cold, roll into sausage shape and cut into 2-inch croquettes. Dip in beaten egg and roll in bread crumbs. Chill again.

Heat about 2 inches of vegetable oil in a saucepan or skillet. When temperature reaches 380°, drop chilled croquettes into oil—watch out for spitting oil. Fry 3-4 croquettes, turning now and again, to a rich brown color. Drain on paper towels and serve piping hot with crisp buttered green beans. Serves 4-5, 8-10 croquettes.

Lima bean purée

Ingredients

2 10-ounce packages frozen small lima beans
salt, pepper
2 tablespoons butter
3 tablespoons sour cream or more, to taste

Method

In a saucepan, put the beans with enough water to cover. Add 1 teaspoon salt, bring to a boil, and simmer 5 minutes. Drain.

Purée the beans in a blender or food processor with the butter, sour cream, and salt and pepper to taste. Serves 4-6.

Virginia baked wing sticks

Ingredients

24 wing joints (next to the body, it looks like a small drumstick)
1 cup sour cream
1/2 cup seasoned bread crumbs—if you make your own seasoned bread crumbs, for 2 cups of crumbs add 1 teaspoon salt, 1/4 teaspoon pepper, and 1 teaspoon dried thyme butter, melted

Method

Remove the skin from the chicken pieces and place them in a shallow dish. Cover each piece completely with sour cream.

Lift the chicken pieces one by one from the sour cream, roll in bread crumbs, and place on an oiled baking sheet.

Dribble melted butter over each piece of chicken, and bake in a preheated 375° oven for 30 minutes. Serve for cocktails with a paper frill on the bone.

Goujonettes of chicken with sauce tartare

Ingredients

4-5 chicken fillets per serving
1 egg beaten with 1 tablespoon water
1 1/2 cups fine, dry bread crumbs seasoned with a generous pinch dried sage (all the better if you have the fresh herb), 1 tablespoon salt, and freshly ground pepper
light vegetable oil and butter in equal proportions for sautéing sauce tartare (recipe below)
fried parsley (recipe below)

Method

Dip fillets in beaten egg. Roll in bread crumbs and lay on a baking sheet. Refrigerate for at least 1 hour.

Heat oil and butter in a heavy skillet until almost smoking. Cook prepared fillets for 2 minutes, no more, turning once or twice to brown evenly. Lift out with slotted spoon and drain on paper towel.

Remove fillets from paper towel and reheat in a 350° oven on a baking sheet for 6-7 minutes. Serve with sauce tartare and fried parsley. The goujonettes may be frozen after being dipped in egg and bread-crumbed.

Sauce tartare

Ingredients

2 hard-boiled eggs
3 tablespoons sour cream or more, to taste
3-4 tablespoons capers, minced
3-4 tablespoons parsley, minced
A teaspoon salt

Method

Sieve yolks of hard-boiled eggs. Chop whites coarsely. In a bowl, mix sieved and raw yolks with mustard and salt.

Using an electric beater at slow speed, add the oil drop by drop to begin with; when it is obviously being absorbed, the mixture will become creamy. Dribble the remaider of the oil in slowly while continuing to beat.

When all the oil has been added, stir in the pickles, capers, herbs, and lemon juice. Adjust lemon juice to taste. Lastly, add the chopped whites and mix. Makes 1 1/2-2 cups.

Fried parsley

Ingredients

parsley sprigs

Method

Select parsley sprigs that are large, fresh, and crisp. Wash and dry thoroughly. Heat vegetable oil to 380°. Drop sprigs in by the handful and lift out almost immediately with a slotted skimmer. Drain on paper towels.
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February, 1977
President Carter continued to cook over the years and do household chores. Even during the campaign, Mrs. Carter said, he helped “with cooking, with housecleaning, with everything.” The Carters have always done things as equals. They built the peanut business together, Mrs. Carter keeping the books and the boys coming to the warehouse after school to work.

The family usually discussed politics at the dinner table, a custom which concerned Mrs. Carter a little because she didn’t think arguing was good for digestion. “You know, we sit down and suddenly a controversial issue is thrown out so everybody is arguing. I always worried about doing it at the table, but we did it anyway,” she said with a laugh. “It’s all good-natured. Jimmy does it on purpose to teach the children and just to make us all independent thinkers. He wants us to disagree and argue with him, and I think it’s a good way of sorting out your feelings about things. He listens to us. When I was keeping the books, I could advise him on the business and we just developed a mutual respect for each other.”

Among the President’s and Mrs. Carter’s many mutual interests is concern for the quality of life of the poor and the elderly. And Mrs. Carter’s interest in good nutrition carries over to them. When she speaks of the elderly, her low but firm voice becomes compassionate: “The thing that is so bad is when they are alone, it’s an effort to fix food for themselves. The hot lunch program for the elderly is good because it gets them out of the house and that gives them something to look forward to.”

Nine-year-old Amy Carter’s eating habits also worry her mother. Amy’s typically indulgent grandmother, Miss Lillian, who baby-sit during the campaign, let her snack on all the sweets her heart desired, much to Mrs. Carter’s chagrin.

She tries to have Amy eat fruit and healthful snacks when she is home, and said that “Amy’s been learning in school lately that those sweet things are not so good for you.” In fact, she came home from school with a recipe using peanut butter, raisins, and honey, and she’s making it herself. “I’m trying to keep her from eating all that sweet stuff children always eat.” But, arriving home on weekends, Mrs. Carter said with a sign of resignation, she would find “a refrigerator full of doughnuts, honeybuns, candy,” all things she would never have in the house.

“We eat very simple food at home. I’ve always tried to give the family a good diet; I think it’s important.” For dinner the children ate “meat, vegetables, and fruit.” Cakes and cookies were reserved for special occasions. Lunch was something rather light—a salad or a sandwich.

Mrs. Carter cooked breakfast for the family every morning, getting up at dawn to do it. It took her 25 years to find out that her husband didn’t like breakfast, and she tells the story on herself with a certain amount of glee, the usually shy smile turning into a laugh: “When we moved to the governor’s mansion,” she said, “we tried to decide what time to have the help come in, and Jimmy said the best thing about campaigning for governor is that I didn’t have to eat breakfast. You made me eat it for 25 years, and I don’t like breakfast.” So they now have orange juice and coffee, to which Mrs. Carter adds a piece of toast for herself.

The Carters’ favorite dinner is London broil and a lot of good vegetables. “Jimmy is easy to please,” according to his wife. On the campaign trail he had his fill of steak and roast beef, so back in Plains he liked to have what he calls “goulash,” in other words, some casserole-like dish. Other favorites: “chicken a lot of different ways, always fresh vegetables and green salads, any kind of fish you can broil like shrimp, lobster tails, and red snapper.”

Mrs. Carter uses few convenience foods in her cooking—“no sauce mixes, no pudding mixes.”

No matter who came to the governor’s mansion, we served them grits. I think if you come to Georgia you ought to eat grits, or try them anyway.

She is concerned about the additives that are put in foods these days. “It bothers me a little. I do try to read ingredients, but I haven’t had time to become really concerned, because I do so little cooking now and I use so few of those things.”

“I know how distressed I get in the grocery store (when something isn’t labeled). You have to know what you’re eating.”

Her “gut reaction” to a potential hazard in the food supply is “remove it. Find out if it is safe and then put it back on the market. We ought not to wait until after it’s tested. I don’t think we ought to suffer until we find out,” she said.

Years of travel in the Navy internationalized Rosalynn Carter’s taste in food somewhat. Her recipes are not just Southern. Along with grits, collard greens, and fried chicken, she likes to use wines and soy sauce for marinades and seasonings, and enjoys dishes with Italian, French, Indian, and Chinese influence.

During their four years in the governor’s mansion, however, the Carters served visitors Southern food. Mrs. Carter, who is always straightforward, laughingly admitted that when they first went to Atlanta, she “tried to be kind of sophisticated and have several courses for a meal.” But, she said, “people coming to Georgia wanted to eat the way we eat, so I started serving good Southern meals.”

A dinner given at the governor’s mansion for the German ambassador was typical: minted fruit cup, quail, tomatos stuffed with chopped collard greens and sprinkled with bacon (the ambassador loved it), broiled peaches, and peanut-butter chiffon pie.

It’s not a meal Mrs. Carter is likely to serve at a State Dinner in the White House, however. She said for those occasions she would “follow the classical French, with several wines” and the wines would probably be American.

Wine was served at the governor’s mansion; liquor and wine are occasionally served at the Carter home. For their anniversary they toasted each other with champagne, but there were no spirits of any kind in Mrs. Carter’s home when she was growing up. With one exception—just enough to make the filling for the Lane Cake her mother served at Christmas, and still does.

Miss Allie’s recipe calls for half a glass of wine, but Miss Allie said, after a slight hesitation, and with a laugh, “it’s better with Bourbon!”

“According to Mary Hoyt, the Carters will do the traditional thing at the White House and add their own flair.” Which might turn out to be grits for all breakfast guests.

No matter who was visiting the governor’s mansion Mrs. Carter said “we served them grits for breakfast,” but “I didn’t eat them unless somebody was there, because they’re too fattening.”

“The Brazilians didn’t like them,” she said. “They put sugar on them (anathema to a Southerner), and still didn’t like them. The Japanese ambassador and his wife had several helpings. It’s fun to see people’s reactions. I think if you come to Georgia you ought to eat grits, or try them, anyway.”

In Washington, she may also be able to give new life to the idea that a sound diet means a healthy life. Perhaps the new First Lady will do for nutrition what Lady Bird Johnson did for beautification. ■
Eggplant pudding

Ingredients:
- medium eggplant
- 1 cup butter or margarine
- 2 lbs milk
- 1 egg, lightly beaten
- 1/2 cup chopped onion or 1/4 cup crushed cracker crumbs
- salt and pepper to taste
- 1 teaspoon Cheddar cheese grated

Method:
1. Peel, slice and dice eggplant.
2. Tend to it in salted water or bake peeled eggplant until it is soft. Peel and slice.
3. Mash eggplant with butter while warm. Add milk, eggs, and season to taste with salt and pepper.
4. Spoon into a buttered 1-quart casserole dish. Sprinkle with additional cheese and bake in a preheated 350°F oven for 20-30 minutes until mixture is set, but not dry. Serve immediately. Serves 4-6.

London broil

London broil is one of President Carter's favorite dishes. Always salt the steak before cooking to avoid toughening.

Ingredients:
- 1 pound London steak
- 1/2 cup soy sauce
- 1/2 cup red or white wine
- 1 pound flank steak

Method:
1. Combine soy sauce and wine in a small bowl. Marinate flank steak in mixture for 1 hour or longer, turning occasionally.
2. For medium rare, broil steak 5 minutes on each side, basting once with marinade. Let rest for a couple of minutes before slicing in thin strips across the grain. Serves 4-6.

Strawberries Tiffany

Ingredients:
- pint strawberries
- 1 ounce cream de banana (you can use orange juice for children)
- 1/4 cup sour cream
- 1/4 cup granulated sugar
- 1 teaspoon vanilla sugar (Make vanilla sugar by storing a vanilla bean, which has been slit down the middle and then

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Brown chicken breasts

Ingredients:
- 4 whole chicken breasts
- 2 tablespoons butter
- 2 tablespoons Worchester sauce
- 1 teaspoon soy sauce

Method:
1. Wash chicken breasts and pat dry with paper towels. Line broiler pan with aluminum foil. Place breasts skin side up on foil.

(Continued on next page)
Grits cheese puff

**Ingredients**
- 1 cup regular (not instant) grits
- 4 cups boiling, salted water
- 6 eggs
- 3 tablespoons butter
- ½ pound sharp Cheddar cheese, grated

**Method**
- Cook the grits in the boiling water for 5 minutes. Remove from heat and beat in eggs, 1 at a time. Add butter and 6 ounces of the cheese. Mix well.
- Place in 2½ to 3-quart casserole; sprinkle with remaining cheese and bake in a preheated 350° oven for 45 minutes. Serves 8.

Humdingers

Date-nut rolls for snacks

**Ingredients**
- ¼ pound margarine
- 1 8-ounce package pitted dates, cut up
- 1 cup nuts, chopped (walnuts, pecans or almonds)
- 1 cup sugar
- pinch salt
- 1 teaspoon vanilla
- ½ cup crisp rice cereal
- confectioners' sugar

**Method**
- Melt margarine in a large saucepan. Add dates, nuts, sugar, and salt. Cook for 5 minutes over low heat. Remove from heat; add vanilla and cereal. Cool until mixture can be worked with hands. Shape into walnut-sized balls, or finger-sized rolls. Roll in confectioners' sugar. Makes 3-½ dozen.

Cornish hens Toulouse

**Ingredients**
- 6-7 tablespoons onion, chopped
- 4 tablespoons butter or margarine
- 2-3 large Rock Cornish hens (over 1½ pounds)
- ½ pound fresh mushrooms, sliced or chopped
- 1-1½ teaspoon lemon-flavored pepper
- 1 egg
- 10 black peppercorns
- 2 bay leaves
- 1 teaspoon cornstarch

**Method**
- In a large skillet sauté 4 tablespoons onion in the butter until soft and translucent. Chop livers from hens very fine. Add to onions with mushrooms. Butter will be soaked up. Cook over moderate heat until juicy again. Remove from heat and add water chestnuts, ham, croutons, salt, thyme or marjoram, and eggs.
- Prepare hens by washing and drying. Sprinkle ½ teaspoon lemon-flavored pepper in each hen’s cavity. Put skin from necks under wings. Stuff hens with ham mixture. (If preparing hens in advance, do not stuff them with warm stuffing.) Sew up opening with dental floss and needle. Leave a long end of thread and use to tie up legs loosely. Rub a little lemon juice over breasts and cover breasts with strips of bacon.
- Line a broiler pan with doubled heavy-duty foil. Place oil in pan and add remaining onion, tomato, carrot, bay leaves, and peppercorns along with hens. Add 1 cup boiling water and seal pan with a single sheet of foil. Bake at 400° for 30 minutes. Slit top open, reduce heat to 350°. Push bacon down into the gravy and bake hens another 30-40 minutes longer.
- Strain gravy, keeping hens hot. Bring gravy to a boil in a pot. Mix cornstarch with 1 tablespoon water and then stir into gravy. Cook until thickened. Adjust seasoning. Serve hens, decorated with carrots, along with gravy. Serves 6-8.

Allie Smith’s Lane cake

**Ingredients**
- 1 cup butter
- 2 cups sugar
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup milk
- 6 egg whites, stiffly beaten

**Lane filling (recipe below)**

**Method**
- In a bowl, cream butter until smooth. Gradually add sugar and con-

---

**House & Garden**

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tinue beating until mixture is light and smooth. Combine dry ingredients in another bowl and add to creamed mixture alternately with milk. Stir 1/4 of egg whites into batter. Fold in remaining egg whites just until-blended.

Spoon batter into 3 greased and floured 9-inch layer cake pans. Bake in a preheated 375° oven 20-25 minutes. Cool in pans for 10 minutes; remove and cool on cake racks. Fill and frost top with Lane filling. Cake layers freeze well.

**Ingredients for Lane filling**

- 6 egg yolks, lightly beaten
- 1/4 cups sugar
- 1/2 cup butter
- 1 cup pecans, chopped
- 1 teaspoon vanilla
- 1/4 cup Bourbon or wine

**Method for filling**

- Combine yolks with sugar and butter in a heavy saucepan and cook over medium heat, stirring constantly until sugar dissolves and mixture thickens to coat back of a spoon. Do not allow mixture to boil or eggs will scramble.
- Remove from heat and stir in raisins, pecans, vanilla, and Bourbon or wine. Cool before using to fill and frost cake. Serves 10-12. Frosted cake should be allowed to mellow for 2-3 days before serving.

**Quail or doves cooked with wine and mushrooms**

**Ingredients**

- 8 quail or doves (Rock Cornish hens can also be used. Split 4 hens, each under 1 pound, down the back and follow directions for quail, except that hens should be cooked for 30-40 minutes instead of 1 hour)
- 1 cup water
- 6 tablespoons butter
- 2 tablespoons lemon juice
- 1 tablespoon plus 1/4 teaspoon Worcestershire sauce
- 1/2 cup plus 2 teaspoons dry sherry
- 6 ounces fresh mushrooms or 2 3-ounce cans button mushrooms, drained
- salt, pepper to taste
- 2 tablespoons flour
- 8 dashes hot red pepper sauce or to taste
- 8 slices buttered crustless toast

**Method**

- Open the birds down the back. Steam them in the water in a covered pan for 20 minutes. Turn birds so breast sides are down and place 1/2 tablespoon butter on each. Add the

**Holiday tea punch**

**INGREDIENTS**

- 2 quarts boiling water
- 1 cup loose tea
- 2 teaspoons whole cloves
- 4 sticks cinnamon
- 1 cup orange juice
- 1 cup lemon juice
- 1 quart hot water
- 11/2 cups Bacardi Anejo rum
- 1 1/2 cups brandy
- sugar to taste

**Method**

- Bring the water to a full rolling boil. Remove from heat. Immediately add tea, spices, and fruit juices. Brew 5 minutes. Strain into a large chafing dish. Add 1 quart hot water, rum, and brandy. Stir. Add sugar to taste. Serve hot in 4-ounce punch cups. Garnish with a slice of orange or lemon. About 50 servings.
The spice is right
continued from page 117

vinaigrette for several days, or used in a va-
riety of ways with cooked food. Onion
slices may be steamed with margarine or
butter, flavored with Madeira or sherry. Thiny sliced onions make a per-
fect sandwich on salt-free bread or toast.

Sausage
My great friend and butcher, John
Montiari, of Jefferson Market, surprised
me with salt-free, low-fat Italian sausage.
This was especially made, but you can
follow the pattern. It is lean pork, ground
with salt-free, low-fat sausage. It is
made in the food processor with
your own seasoning, a flavorful treat.

Pasta
The electric pasta machine makes salt-
free pasta in no time. For two persons,
use ½ cup flour, 1 egg, mix in the food
processor. Then knead and roll in the
pasta machine, following directions.
Finally, cut into fettucine or linguine.
Pop at once into rapidly boiling water
for 10 seconds after it comes to a boil.
You have perfect pasta. The whole
process from beginning to end takes little
more than 40 minutes. Electric pasta
machines are available from, Ham-
macher Schlemmer, 147 East 57th St.,
New York, N.Y. 10022; $129.50.)

There are any number of possibilities
for sauces with clams, mussels, shrimp
(if allowed), or buy salt-free canned to-
matoes and cook them with a whole
onion and a bit of margarine. It makes
a very acceptable salt-free tomato sauce
for all purposes. Add herbs to taste.

Restaurants
For the dieter, restaurants need not be
a problem. I have yet to find anyone who
will not cooperate with my low-sodium
regime, and some have made suggestions
of great help. Some restaurants feature
low-sodium and salt-free foods. One that
does is Le Coup de Fusil in New York.
The other day I lunched there deliciously
on chicken breast wrapped in lettuce
leaves and poached with olive-shaped
turnips and dried apricots. It was a de-
glight to the eye and a pleasure to the
palate. At the Coach House in New
York, Leon Lianides will broil one of his
great lamb chops without salt and bring
you a salad which may be dressed at the
table. Quo Vadis will do fish for you
without salt, with plenty of lemon juice.
In San Francisco, Le Central will prepare
one of its delicious roast chickens for you
free of salt, the Fournos Ovens in the
Stanford Court will give you a rack of
lamb without salt, and the Pot Pourri will
do an excellent salt-free hamburger.

Chinese food
If you are an amateur of Chinese food,
be sure you check on recipes that are free
of monosodium glutamate, which is just as
heavily laden with sodium as salt. Sashi-
mi in Japanese restaurants is a pleasant
change for the dieter, but beware of soy
sauce!

Mussels vinaigrette

Ingredients

2 quarts fresh mussels, scrubbed
clean
¾ cup white wine or water
3 cloves garlic, mashed
1 tablespoon Dijon mustard
1 tablespoon salt
½ tablespoon freshly ground
black pepper
½ tablespoon sugar
½ tablespoon oregano
6 tablespoons red wine vinegar
1 cup olive oil
fresh parsley, chopped
fresh dill, chopped
Bermuda onion, chopped

Method

Steam the mussels in white wine
and 2 cloves garlic until they open.
Drain and cool.
In a large bowl or big jar mix to-
gether the mustard, remaining garlic,
salt, pepper, sugar, oregano, and
vinegar. Add olive oil and mix again.
In a serving dish, toss the mussels
with ¼ cup dressing. Garnish with
parsley, dill, and onion. Chill until
ready to serve. Serves 6.
Store the rest of the vinaigrette in
an ajar in the refrigerator for the green
salad, mozzarella vinaigrette, and
other dishes. Make the dressing the
day before the party; steam mussels
and assemble dish just 1-2 hours be-
fore guests arrive.

Peppers and anchovies

Ingredients

1 2-ounce tin good quality
anchovies
1 shallot, chopped
1 tablespoon dill, chopped
2 tablespoons parsley, chopped

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A HEARTY MEAL YOU
HARDLY HAVE TO COOK
continued from page 121

A HEARTY MEAL YOU
HARDLY HAVE TO COOK
continued from page 121

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2 tablespoons olive oil
3 tablespoons lemon juice
salt, pepper
1 small jar (8 ounces) pimientos, cut in thin strips
buttered toast or French bread

Method
Pour oil from the anchovies into a small bowl. Add the shallot, dill, and parsley, oil, lemon juice, salt, and pepper. Mix well.
Arrange anchovies and pimientos on a plate. Pour marinade over them. Sprinkle with remaining parsley and serve with buttered toast or French bread. Serves 6.

Marinated mushrooms

Ingredients
1 pound mushrooms
1 lemon
1/2 cup olive oil
1/2 cup red or white wine vinegar
2 cloves garlic, peeled
1 tablespoon oregano
5 black peppercorns
1/2 tablespoon kosher salt
parsley, chopped

Method
Trim the stems and clean the mushrooms. Cut a tic-tac-toe pattern into the caps.
Add the mushrooms to a big pot with half the lemon sliced into thin rounds, oil, wine vinegar, garlic oregano, peppercorns, and salt. Heat over high heat until the mushrooms become dark. Turn off heat and let sit. Cool to room temperature.
Remove and discard the garlic, lemon slices, and peppercorns. The mushrooms can be made the day before and refrigerated until an hour before serving. Bring back to room temperature and garnish with the remaining lemon, cut in rounds or wedges, and fresh parsley. Serves 6.

Mozzarella vinaigrette

Ingredients
1 fresh mozzarella, about 1 pound
vinaigrette from mussels recipe (or 3 tablespoons red wine vinegar and 6 tablespoons olive oil)
Freshly ground black pepper

Method
Thinly slice the mozzarella and arrange the slices on a flat plate so they overlap each other.

Continued on next page

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February 1973
A HEARTY MEAL
continued from preceding page

Spoon a generous amount of vinegar over the cheese. Add pepper to taste. Serves 6. Assemble in the last 1-2 hours before serving.

**Fettucine with avocados and ham**

*Ingredients*
- 1 stick (1/4 pound) sweet butter
- 1 teaspoon flour
- ½ pint heavy cream
- 1 pound fettuccine or spaghetti
- 3 avocados, chopped (or chop 2, slice the third, rub with lemon and reserve to arrange on top of pasta)
- ¼ pound imported ham torn in shreds
- (Prosciutto is preferable; it more than adds its price—$1.75 for ¼ pound—in taste to the sauce)
- ¼ pound freshly grated Parmesan
- freshly ground black pepper

*Method*
- In a large saucepan melt the butter and stir in the flour. Add the cream and cook, stirring often for 5 minutes.
- While sauce is cooking, boil the pasta in salted water until al dente. Drain. Tip pasta onto a warm platter and pour over sauce, avocado, ⅓ of the ham, and add ¼ cup grated Parmesan and lots of black pepper. Toss well, arrange reserved avocado and ham on top, and serve at once with more grated cheese. Serves 6.

---

**Loaves and Fishes chocolate cake**

*(Loaves and Fishes is a popular food shop and catering service in Sagaponak, Long Island)*

*Ingredients*
- 2 sticks (1/2 pound) butter, softened
- 1 cup sugar
- 4 eggs
- 1 can (16 ounces) Hershey chocolate syrup
- 1 tablespoon vanilla
- 2 cups flour
- confectioners’ sugar or chocolate icing *(recipe follows)*

*Method*
- In a large bowl cream together the butter and sugar. Beat in eggs. Add chocolate syrup and vanilla. Stir in flour and mix well. Bake in a 9-inch square or round pan in a preheated 350° oven for 20-30 minutes or until done. Do not overbake. Keeps very well for days. Ice with chocolate icing the day the cake is to be served.

---

**Chocolate icing**

*Ingredients*
- 8 ounces semi-sweet chocolate
- ½ cup Cointreau
- 2 sticks (1/2 pound) butter, softened
- walnut halves or pecan halves

*Method*
- In the top of a double boiler melt the chocolate with the Cointreau. Beat in the butter. Remove from heat and stir over ice until thick. Pour onto center of cake and let flow over the sides, using a knife to make sure the sides are iced. Garnish with walnuts or pecan halves.

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**Your own weatherman**

*continued from page 102*

... turn all the other timers to zero.) Three tinted acrylic sliding doors make access easy. Inside controls allow you to delay or stop cycle if you wish. The unit, 12 inches wide, 90 high, and 60 deep can be installed in your office, bathroom next to your pool—anywhere water and electricity can be supplied. “It’s large enough to enjoy with your kids,” says Herbert V. Kohler, Jr., president of the company. “For me, I just like to lie down and experience the elements in total relaxation. It’s a renewal.” The Environment is the first of a series of environmental enclosures that Kohler has in the works. For shopping information, see page 138.

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**Herbs for health**

... crush the leaves of all herbs, their aromas, and power will be released. Put them in oil, lotion, teas, or poultices. And what about putting crushed herb leaves in a luffa to scent it? The possibilities are endless.”

As for starting a bathroom herb garden yourself, Mr. Dunlop suggests a bed lined with galvanized iron, with a perforated drain, like a sink drain, with gravel or shard on top. “I’d advise next a layer of perforated polyethylene plastic, then a layer of peat moss which acts as a soil baffle—then good potting soil. If you put trees in, leave them in their pots so you can turn them occasionally—the same applies to bird’s-nest fern. All herbs must be continually pinched back for proper growth. Watering should be once a week in this moist atmosphere, but check more often.

“When you design your garden, follow the shadow pattern for placing herbs. Bird’s-nest fern, asparagus and African violet, for instance, need indirect light—like a forest floor.”
Your skin

The skin is like leather—it needs moisture to remain pliable and soft. We get older, it appears our sweat glands function less well and fail to moisturize the skin as effectively. So putting an emollient on the skin is our way of trying to replace that lubricant. "Of course water imposed from the outside is not the same as water generating from the inside," points out Dr. Rostenberg. "particularly if you remember what a protective organ the skin is—things don't easily get through.

An emollient may help protect your skin against dryness caused by sun or soap and detergents. 1. If you spend a considerable time in the sun, protect your skin with a sunscreen lotion or cream.
2. Use soap or detergent sparingly—especially in winter when your skin tends to dry out anyway.
3. An emollient may help protect your skin against dryness caused by sun or soap and detergents.

Taking a nap

Dr. Rostenberg’s final advice?

1. If you spend a considerable time in the sun, protect your skin.
2. Use soap or detergent sparingly—especially in winter when your skin tends to dry out anyway.
3. An emollient may help protect your skin against dryness caused by sun or soap and detergents.

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Great lazy Susan is for snack services, ice on a buffet table and for shell storage as well. Base is blow acrylic and clear dome is 1 1/2" high. Five clear pie-shaped dishes. $13.95 plus 75¢ post. Count Gourmet, Q2E, 512 S. Fulton Ave, Mt. Vernon, NY 10550.

**WINDOW SILL EXTENDER**

Perch for the windowsill with solid wood top finished in polyurethane and silk screened in a pretty leaf pattern. Holds up to 50 lbs. 20 1/2" by 12", it is installed without tools and is easily moved. $11.95 plus $1.95 post. Order from Posie Perch, HG2, 512 S. Fulton Ave, Mt. Vernon, NY 10550.

**BROWN BAGGING IS "IN"**

Stoneware "brown paper" bag is perfect replica of the real thing and has even more uses! Put arrangement of flowers and grasses in or a bunch of daisies. It's water proof. What a splendid cooky jar too. 5" by 9". $25. ppp. Sanc castle Crafts Corp. HG2, 2 Spencert Pl., Scarsdale, NY 10583.

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Hold your portable TV right where you want it without tables or stands. Takes any width, up to 14" deep, 17" high. Brass tone finish pole has spring tension rod to adjust to 7 1/2" to 8 1/2 ft. Ceiling heights. Can be set Hi or Low. Real space saver!

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House & Garde
**Birthday Tile**

Signed just like a patchwork in sunny childhood mounted in a 7" sq. album. In order specify baby’s piece, date, place and time of birth, weight, $15.95; tile alone, $5 ppd. Art Guild Enterprises, Box 23201, Minneapolis, MN 55423.

**CHECKED GINGHAM**

On and polyester permanent gingham with 1/2" checks, yellow, brown, blue or pink, white 72" w., $4.50; $10 63", 72", $15.95; 10" by 10' valance, $3 each. Add $2 post. order. Free catalogue, swatches. Entry Curtains, HG21, Stockbridge, MA 01262.

**Country Work Table**

Block tables for small families or lots of company. Sizes 48" 30" $162.00 by 30" $164.75 by 36" $205.72 by 36" 40. Exp. coll. Also available in stock sizes. Send for catalogue. J. Butler Block & More, HG2, 10 So. Clinton, Chicago, IL 60616.

**Stove Topper**

Stainless steel cleaner for aluminum, iron, porcelain cookware, ovens, cassette end grills. 7 oz. can. Dissolves carbonized grease, entrapped buildup. Does not darken or pit. $3.98 plus 60c. Anthony Enterprises, HG2 Mission St., San Francisco, CA 94111.

**Sydneys**

Safe inside while you wash or double side of windows, even double glazing types. "Window Washer" can clean 34" to 1/2" tall windows. Use on mirrors. Sponge on one end, rubber squeegee on other. $2.99 ppd. Sister Drake, HG98 Drake Bldg., Torpedo Springs, CO 80940.

**Oud Panels**

Graceful peacock designs are made from seashells imported from the Philippines. Available in background colors of green, blue and yellow, 5" by 5". Plaques custom-framed. Pair $19.95 $1 post. Armiel Products, 2516 Brookhill Rd., Clifton, 07015.

**Locking Rattan**

Ven rattan makes an elegant tall airy look for a white painted room. 30" w., 36" h., 18" d. 17" in floor. Cushion in solid gold, black, red tameng, blue or gold. Chair, $84.95; cushion, $29.95. Exp. coll. Catalogue, 25c. Int.’s Basket House, HG2, Rte. 10, East Hanover, NJ 07936.

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Deep-carved letters, elegant shapes, and clear, to show the beauty of materials and finish. Ideal for plaques, flower pots, vases—everywhere you need protection from heat, scratches or moisture. American-crafted by Robert Mann and sponsored by gift-ware. Each set of 8—11 1/4 x 15 1/2 INCHES. 1441 Lucite Tiles 1 Set $8.98
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A fine selection of over 50 classic designs for indoor and outdoor lighting that will lend warmth and charm to both the contemporary and traditional decorating scenes. Every lamp is of the highest quality, individually cut, assembled and fired in brass, copper or pewter. Your selection will be owned with pride by future generations. Send $1.00 for 48 page catalog.

LEPRECHAUNS FOR LUCK!

ANNALEE'S newest decorator elves, handcrafted in emerald green felt, with bright cotton vest and red hair. Perfect for St. Patrick's Day and an all-year eye-catcher perched on your favorite planter. These appealing 10" sprites are flexible for easy positioning and have a variety of roguish expressions created exclusively by ANNALEE. $6.00 each plus 1.25 postage & handling.

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'77 catalogue of dolls for all season available on request.

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Re-live exciting vacation trips with post cards. Handsome album has covers of padded leather-like vinyl. Holds 200 U.S. and foreign cards neatly in curved corner slots that make it easy to slip them in and out. Great gift for any traveler, 10"w. by 11 1/2"h., $8.95 plus $1 post.; two $17.50 ppd. The Writewell Co., 866 Transit Bldg., Boston, MA 02115.

Your family name

Have it inscribed under the eagle design, hand-screened in four colors. Made of 1" New England pine, antiqued subdued pale green ground. Overall size 18" by 21". Display outside, or inside in hall or recreation area, $22.95 ppd. The Stage Stop, Dept. H2, 440 Great Rd., Acton, MA 01720.
creative designer supplies


Tab style

The timeless simplicity and quiet dignity of tab curtains make them favored for many American homes. Grosgrain trim in muted colors; wine, moss green, navy, soft gold or brown. Permanent-press natural color muslin or white polyester and cotton (specify). About 80" w. pair. 45" or 54" long $22. 63" or 72" $26; 84" or 90" $31. Pair trimmed tiebacks $2 extra. Add $2 post. Constance Carol, HG2, Box 899, Plymouth, MA 02360.

Real wooden barrels

Authentic wooden barrel decanters, expertly made from solid oak by third-generation cooper. Each is assembled individually into a liquid-tight unit that won't leak or change the flavor of beverages. Walnut finish, oval decanters on solid wood cradles: qt. $19.95; 2-qt. $29.95; gal. $39.95. Ppd. Name plates (include wording) $3.25 each. Co-operative Products, HG2, 63 Frederickson Dr., Randolph, MA 02368.

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Something to crow about, our rooster print separates are from Gordon of Philadelphia. The polyester/cotton jersey T-shirt comes in white/red sizes S.M.L. $14.95. Chambray front-wrap skirt of polyester/cotton reverses from faded blue to matching white/red print S.M.L for sizes 6-18 $34.00. Add $1.75 for postage. Order by mail or phone: 617-749-7830. MasterCard, American Express accepted.


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Upper comfort


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Many early American homes had no curtains at all. But those that did most likely had tab curtains. Tab curtains are found here in Plymouth at the windows of houses built as early as 1640. We love them and use them throughout our own weathered saltbox home. The simple elegance of tab curtains makes them as right for the finest contemporary homes as they are for the most authentic Colonial homes. They are as functional as they are beautiful, sliding easily on simple rods. They do not require expensive and complex drapery hardware. And they are available both in plain natural muslin and in a variety of colors and fabrics to suit your taste.

- Natural Permanent press muslin
- White: Polyester/cotton blend.
- About 80 wide

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<th>TAB CURTAINS LENGTH</th>
<th>Natural or white</th>
<th>Pilgrim Stripe (Wine, Navy, Moss Green, Soft Gold or Brown on natural or white)</th>
<th>Gingham (Yellow, Green, Brown, Red, Blue or Pink)</th>
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- BALL FRINGE CURTAINS
  - Natural or white
  - Valance 10" by 80" each $3.50
- FABRIC SAMPLES (about 30) $2

Allow 1" per yard shrinkage. Money back guarantee.

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Windsor style


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A photograph is permanently sealed in a thermo mug. The frame area is 1 ¾" dia.; actual photo is used (no slide or negative). Send black and white or color for each mug. Dishwasher safe. $2.95 plus 50¢ post. Two, $5.50 plus 75¢, RoMr Gift Co., HG2, 57 LeBrun Ave., Amityville, NY 11710.

WHO'S TO KNOW
Burglars or other would-be male-factors will bypass premises having a warning decal advertising an alarm system. Self-adhesive vinyl stickers are bright yellow and green. Set of four, $1.98 plus 20¢ post. Anthony Enterprises, HG2, 556 Mission St., San Francisco, CA 94105.

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Clear plastic stand holds recipe at reading angle behind a clear shield. Pages are ready to refer to, stay stain-free. Lightweight, easy to store, a great gift, by 12 by 4" $5.95; 12 by 16 by 5½" $6.95. Add 50¢ post. each. Both $14 ppd. Mail Mart, Dept. A-1, Box 53243, Atlanta, GA 30355.

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Casually soft nylon stretch lace makes a bra to wear for nature ease and control. It's ideal for sleeping as well as daytime activities. Snap front. In white; sizes A-D. $4.98 plus 40¢ post. Write to Anthony Enterprises, HG2, 55 Mission St., San Francisco, CA 94105.

NEAT AND READY
Ski-and-pole organizer kit for equipment protection all year. Carrying case. Stylish carrying case is ideal for carrying or storing skis and poles. $12.50, plus 45¢ post. J&F Enterprises, HG2, Box 5181, Orange, CA 92667.

GOLDFINCH FEEDER
Go forth with your special message in black ink on yellow vinyl bumper sticker. Up to 20 small letters on top line, 14 large letters on bottom. Self adhesive, easy to apply. Size 3" by 12". $2.35 original duplicate, $9.50 each. Ppd. 1h. Writewell Co., 864 Transit Bldg. Boston, MA 02115.

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Handsome serving tray of genuine British Honduras mahogany with hand rubbed finish. Perfect for buffets or on the patio. 36" high. Tray 18" x 32". Collapsible. $28.95 + $5.00 handling and shipping.

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Lovely wooden fruits, hand carved and polished from tropical woods of Guatemala. An assortment of 12 fruits plus wooden tray at $24 + $3 handling and shipping.

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Use a magnifier with spotlight to read phone books, programs maps even in dark also as emergency flash. Focus bright light where needed. 2 pins, 1 by, 1" by, each $4.95. Add 50c post. Photo Quik, HG2, Narrow St. Stamford, CT 06904.

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Beautiful rosewood stands handcrafted in century-old Oriental pattern. Display a treasured family of flowering plant. Smooth and the low case model at $4.55 and the footed version at $10.05. Both are 4" in dia. Photo Other sizes: 10 Gifts, HG2, 26-42 Central Ave. Ton-on, NY 10710

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Tamper-proof Pacific Ocean drawer pads made by Gorham Prevent tarnish and scratching. $11.95 each. 2 pads, HG3, 26-42 Central Ave. Ton-on, NY 10710

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Textured glass ball with hollowed center takes a 1/8" candle wick. 11/2" by in diameter, becomes a ball of fire when lit. Beautiful to use singly or in pairs on table or mantel. $6.50 each, 2, $11.95. Add 50c post. Uran Vernon, Dept. G2, 1500 S. Fulton Ave., Mt. Vernon, NY 10550

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Have a slide or color print enlarged to 8" by 10" on a 1/16" tint or tint. Color print on a 1/16" tint or tint. Color print on a 1/16" tint. Colors used: $7.95 plus 55c post. Photo Quik, HG2, Narrow Shopping Center, Kingston, PA 18704.

HAND ENGRAVED FAMILY CREST RINGS

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Padded applique and quilting combine to make a charming picture with a 3-dimensional effect. Kit includes full-size patterns, instructions, all fabric and batting plus real chicken feathers. Colors gul and brown, red and blue. $5.50. Pink and yellow, be sure to designate color with order. Complete kit and instructions $17.00. Pad: Embroider instructions only $1.95. Pad pattern of other kits. Send check to Latch, Inc., 116 W. 18th St., New York, NY 10011. The Patchwork Pillow

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Address labels with nice designs

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Victorian whnotat with shaped shelves, front, side curves. Hand-carved shell crest at top, 120 turnings used in posts. All wood. 54"H. Heavy steel in baked enamel finish. Identifying post. American Consumer, Dept. 431, Box 266, Concord, N. C. 28025.

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Add a light globe, too.

Add $7 shipping and handling in cont. U.S. Or charge to your Master Charge or BankAmericard®. Be sure to include account number and expiration date.

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Made to measure—crafted from the very finest materials. The ultimate in style and comfort. Available in over 3 colors of Premium To Grain Leather. Matching pieces shown in brochure. Fine leather furniture. Il 11 38 39 13

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Cozy rug in front of fireplace or on floor by your bed, approx 2' by 4'. In natural white or assorted colors. $39.95, plus $1.50 post. Send $4 for swatch card of decors. Our pretty Recipie Book has clinging, transparent cover sheets. Just cut or tear out recipes, and slip them under your bed virtually undisturbed by each other's movements. The bed shapes itself to your body almost like cradling it—-with unheard of flexibility in a standard bed frame. Intflate-A-Bed is incredibly light and incredibly tough (20 mil Poly Vinyl Chloride). It cleans easily with soap and water. It deflates in minutes for you to fold up and take with you—visiting, camping, beach (a dynamite water raft) or moving to a new home.

DO YOU LIKE TO CLIP RECIPES from newspapers or magazines? We have the answer! Our Pretty Recipe Book has clinging, transparent cover sheets. Just cut or tear out recipes, and slip them under the magic-grip sheets. No adhesive or tape needed! Pages measure 5 1/2" x 8" and have 20 sides to store recipes for quick, clean, easy reference. $3.30 each; 2 for $6.50. Please add 50c postage.

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Genuine Lambskin

Cozy rug in front of fireplace or on floor by your bed, approx 2' by 4'. In natural white or assorted colors. $39.95, plus $1.50 post. Send $4 for swatch card of decorative's. (Refundable with purchase) Golden State Sheep Tanning Co., HG1, 3500 S. Pacific, LA 70130.

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For Ms. or Mr., a 22kt. gold-plated pendant with beautifully executed zodiac design, 1" by 1/2". All twelve signs available (specify birth date). On 18" chain. $6 ea. plus 75¢ post. Send for free catalogue. Many Splendored Things, HG2, Box 80750, Los Angeles, CA 90080.

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America's "King of Waterfowl". Kits of handsomely carved solid pine body and head, glass eyes, ready to assemble. Natural wood finish, or antique or paint them. Approx. 13". Each kit, $12.95; hen and drake, pr. $24.90 plus $1 post. Color catalogue, 50¢. Bay Country Woodcrafts, HG2, Oak Hall, VA 23416.

CASE FOR CASSETTES
Swedish designed ivory styrene case holds 32 cassettes in numbered slots with titles upright for easy selection. 12 1/2" by 10 1/2" by 3 1/2" with hinged see-through lid; double handles. $14.98 plus $1.40 post. Lillian Vernon, Dept. HGZ, 510 S. Fulton Ave., Mount Vernon, NY 10550.

EAR PIERCING KIT
Safe, simple, sterile method for piercing your own ears in the intimacy of your home. Disposable kit includes hypo-allergenic exact placement earrings and stainless steel posts. Complete instructions included. 2.95 plus 50¢ post.

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 Tier and Valance, or use two pairs home with these 78" WIDE curtains.
backs included with all pairs 45"
trimmed with 2" knotted fringe. Tie-
Made of natural unbleached or snowy
Cottage Style (as shown) or one

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Specify White or Natural

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New repellent doesn't do harm to pesky rodents, yet it's guaranteed to keep them away—it does not hurt birds at the feeder or bulbs in the ground. Handy 10.5 oz. squeeze tube. $3.49 add 80¢ post. three, $9.95 add $1.25 post. World Garden Products, 2HGE2, Saugatuck, CT 06880.

The Needlepoint Shop
Needlepoint a love note. Spring blossoms and carrots in green, orange, blue, pink and yellow complement tan bunnies on a white background. Finest design hand painted on 12 canvas measures 11" x 8". Bankameri
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Your own state and a star showing the location of your home town. Handy 10.5 oz. squeeze tube. $3.49 add 80¢ post. three, $9.95 add $1.25 post. World Garden Products, 2HGE2, Saugatuck, CT 06880.
BRIDAL REMEMBRANCE
Field flower bouquet painted on a square ceramic tile is mounted in a walnut frame as a trivet or plaque to hang. Give name of bride and groom, date and place of wedding. $15.95 ppd. Tile alone, $11.95 ppd. Art Guild Enterprises, HG2, Box 23201, Minneapolis, MN 55423.

GROW BABY ORCHIDS
A unique, horticulturist starter’s kit with five little plants of exotic baby orchids thriving in glass terrarium. Has potting mix and instructions for transplanting when they grow. Pkg. $3.79. Three pkgs. $10 plus 50¢ post. Jungle Gems, Inc., Dept. HGE, Box 95, Bel Air, MD 21014.

ELECTRIC BOOT DRYER
Dry damp boots or shoes in about an hour, wet footwear overnight without damage to leather. Also use to warm shoes. Operates on 110V AC or DC. Rust-proof aluminum. 8 1/2” by 2 1/4”. $16 plus 1.79¢ post. Catalogue, $1. House of Minnel, Dept. 5126E, Deerpath Rd., Batavia, IL 60510.

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Harmonious blend of ivory ground with rust, gold and brown accents. 2’ by 3’ $19.95; 3’ by 5’ $34.95; 4’ by 6’ $49.95. 6’ by 9’ $89.95 Ppd. Other designs, also Oriental and Scandinavian rya rugs in full color catalogue $1. Peerless Imported Rugs, GE-27, 3028 No. Lincoln Ave., Chicago, IL 60657.

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90" regular size, catalogue $7482E. $65 ppd. Also available in 90" x 100" queen size, catalogue 7483F. $85 ppd. In white or green with black stripes or gold with dark gold stripes. From L.I. Bean, Freeport, Me.

"Yardley Brick" self-sticking no-wax vinyl asbestos floor tile: 12" sq. tile comes in white or "ducky red." About $79 c a sq. ft. By Antico Flooring.


Glass flower basket with handle: 6 1/2" diam., about $33. Also available: 10" wide oval, about $60. By Arabia of Finland. For store nearest you write Arabia, 8300 N.E. Under-Dr., Kansas City, Mo. 64161.

Drop-in table of pine and ash veneers: 66" x 38" x 30" high. Open: 66" x 18" x 30" high. About $320. From the "legend" collection by Lane. Available late March.

"Dakotah Trails" cotton and polyester quilted bedspread: Twin size, $45. Pillow sham, $10. By Taylor & Ng, At Manhattan Ad Hoc.

"Rundown" cotton and Dacron polyester bath towels: Bath towel, about $9.50. Hand towel, about $5.50. Washcloth, about $2.25. In white (shown) or "suede." By Martex and Peter Coan of Redroof Design.

Clear acrylic shower: 36" x 36" x 80" high. About $475. By Kohler. The five cycles are (1) Baja Sun, 0-39 minutes; (2) Caribbean Sun, 0-39 minutes; (3) Beach Bum, 0-39 minutes; (4) I ropic Rain, 0-29 minutes; (5) Hang Ten, 0-39 minutes. The cycles are: Baja Sun, 0-39 minutes; Caribbean Sun, 0-39 minutes; Beach Bum, 0-39 minutes; I ropic Rain, 0-29 minutes; Hang Ten, 0-39 minutes. All by Flexible Materials division of H. E. Taylor, Inc.


"Fair Haven" cushioned, resilient no-wax floor covering: In 6', 9', and 12' lengths available in multiples of 100" only, while supply lasts. Price will depend on foreign exchange rate, shipping, and duty. For information, have your interior designer or department store decorating service write H. W. Scott, 155 East 50th St., New York, N.Y. 10022.


"Valet" vitreous china wash basins: 19" x 15". Shown in "cerulean blue," with "Contemporary" brushed chrome fittings. All by Kohler.


"Whirlpool Steeping Bath" in cast iron: 60" x 36" x 20 1/2" high. With 4 whirlpool jets. Shown in "cerulean blue," with brushed chrome grip rails and "Contemporary" deck-mounted brushed chrome spout and bath valve. All by Kohler.

"Rundown" cotton and polyester bath towels: Bath towel, about $9.50. Hand towel, about $5.50. Washcloth, about $2.25. In white (shown) or "suede." By Martex and Peter Coan of Redroof Design.

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A summerhouse is the dominating feature of your garden (page 106). Octagonal in shape, suggesting a 19th-century bandstand, the summerhouse is light and airy, yet substantial enough to shelter a fair number of people from summer sun or showers. Beginning at the bottom, the structure stands on 9 concrete piers—one for each point of the octagon, plus one for the center. How substantial these should be depends on climate and soil. In the Ritts’s area, Princeton, N.J., this means digging 3 feet so that frost does not get under the piers in winter. Shallower piers will serve as well in warmer climates, but the 12-inch square of concrete will be needed everywhere. The Rittses rented a post-hole digger and used 8 bags of ready-mix concrete. Basic framework of the structure is 4-by-4-inch timbers, which may be held on the piers with cast-in pins or bolched-on iron straps. Base of the floor is 2-by-4s, running from the peripheral piers to the central one, with cedar strip flooring laid on top. Railings, of 2-by-4s and 2-by-2s, are built as independent units, then nailed into place between the uprights.

Aluminum brackets, in the angle where roof support and upright meet, are a decorative element that also add stiffening to the structure. Triangular roof elements can be fabricated on the ground, hoisted into place and nailed into position atop the 4-by-4 frame. The cedar shingles are nailed onto the roof of the summerhouse. Small-sealed pines, heathers, gray santolina, and artemisia are among the permanent plantings. Spring bulbs, daylilies, and chrysanthemums also ring the summerhouse.

Now that many gardeners are indoors, it’s time for summer projects and plans, good new reading, and useful winter-care tips

By James Fanning

Planning for spring planting

The frozen-up months are a time for planning—what to do when frost is gone and all outdoors is calling for attention. Planning is the professional function of a landscape architect, and Nelva M. Weber is one of the most expert in the business. Out of her experience in the New York City-Long Island area, Mrs. Weber has distilled the essence of landscape design and put it all into a book for homeowners. How to Plan Your Own Home Landscape (Bobbs-Merrill, $11.95) tells what to expect from the space around your house and how to go about realizing the expectation. It describes how to prepare a plan, how to select and install paving materials, how to choose plants and, once the job is finished, how to keep it all in topnotch condition. Black and white photographs by Molly Adams and line drawings to explain technical points will stimulate the design talent latent in practically every homeowner.
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THE GARDEN MART

A gardener's most helpful library is his collection of seed catalogues. Appetite-whetting pictures aside, these catalogues provide all the information you really need. A well-prepared catalogue, for instance, will tell how long you may expect to wait between planting and harvest time for any given vegetable or how tall annual or perennial flowers will grow, so you can decide whether to put them at the front or rear of a flower border. Cooking instructions for everything from asparagus to zucchini are often included, too, and some catalogues even go into nutritional values of the various vegetables. All this information is naturally expensive to compile, print, and distribute, so more and more seed and nursery stock houses are being forced to charge a slight fee for their catalogues. Some of the old reliables are still free, but even these may now have a charge for postage and handling. They're still a bargain considering all the knowledge and expertise that goes into them. When ordering plants, you may find, too, that modern packaging techniques have caused the price to increase, but, again, it is well worth it. With plastic wraps to halt evaporation and specially shaped containers to prevent crushing, you will receive your plants in topnotch condition.

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