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ON GUARD . . .

# The AMERICAN HOME



PREDICTING YOUR FUTURE HOME!

*Log Cabins :: Helpful Decorating :: Exciting Wartime Food*

# No soldier in the world gets better care than a man in the U.S. Army



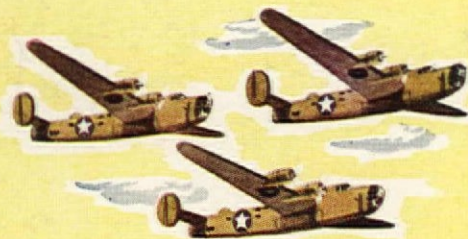
## How Armour Products contribute to his efficiency

1. ★ **Meat**, for the field rations he carries in his pack.
2. ★ **Wool**, for warm, comfortable uniforms.
3. ★ **Leather**, for tough, long-wearing belts and shoes.
4. ★ **Soap**, for his personal cleanliness; to burnish his weapons.
5. ★ **Abrasives**, to finish and polish his rifle.
6. ★ **Glycerine**, for explosives in the guns he fires.
7. ★ **Chemicals**, to waterproof his field jacket.



### The jeep he rides

largely depends, for its speed and power, on lubricating greases made in part with Armour fats. Its seats are cushioned with resilient Armour Curled Hair pads, to lessen the shock of jarring rides over rough, tough terrain.



### The plane he flies

is finished in virtually every moving part with Armour abrasives. The plane's destructive fire-power comes in part from glycerine, another Armour by-product. The pilot's parachute cushion is made of Armour Curled Hair.



### The medicinals that guard his health

are, many of them, prepared in the Armour Laboratories. They include such necessities as sutures, suprarenalin, and other preparations that in a doctor's skilled hands will save untold lives, maintain fighters' health and efficiency.

## Uncle Sam doesn't miss a trick in guarding the health and welfare of his fighting men!

From his helmet to his shoes, the American soldier is the best cared for, most fully equipped fighting man the world has ever known.

The products of many different industries have been adopted by the Army Quartermaster Corps to meet his needs. The technicians of America have developed new products and improved old ones, for his health, welfare, efficiency.

Armour and Company, maker of Star Meats and Cloverbloom dairy products, not only supplies America's fighting forces with millions of pounds of nourishing, body-building meat... but also with many by-products... Wool and Leather, Oils and Soaps, Chemicals and Curled Hair, Sutures and Sandpaper. These are just a few of many Armour products that contribute to the American fighting man's life. That is why Americans at home are not only asked to share the meat but to share many other things as well.

We of Armour are proud of these many industries-within-an-industry. Grateful that our very size and complexity make it possible to aid in outfitting the best-cared-for soldier in the world.



**FREE Illustrated Booklet**—"Food for Freedom"—shows why our armed forces are the best-fed, best-equipped fighting men in the world. For your *free* copy, write: Armour and Company, Dept. 180, Chicago, Illinois.

"Bill would have wanted me to write"

Dear Mr. \_\_\_\_\_,

Bill would have wanted me to write this letter.

He was the one who first recognized the truth of your statement—"The future belongs to those who prepare for it." To me, I must confess, other things seemed more important—then.

Today I am so grateful that you persuaded Bill to say "yes" to life insurance!

Your friendly interest and your perseverance—these alone, I am sure, have made it possible for our children to make the most of the happy future Bill and I always planned for them : : :



THE FUTURE BELONGS  
TO THOSE WHO  
PREPARE FOR IT

6 ENTRIES •  
FROM A  
CONFIDENTIAL  
NOTEBOOK

**NOV. 23**—Called on W. H. Allison, lawyer, 32. Married, has young son and daughter. "Not interested in insurance," he says.

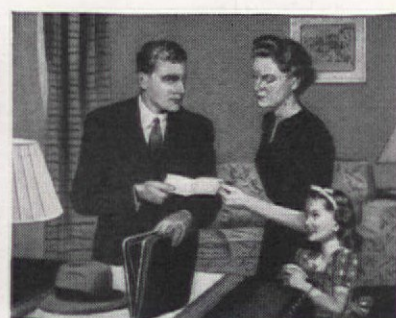
**MAY 30**—Saw W. H. Allison. Outlined Family Income Policy to protect wife and children. Wife doesn't want him to buy life insurance.

**JULY 7**—Saw Allison at their home. Presented plan providing that, if Mr. A died, Mrs. A would receive \$150 monthly income until both children are grown, then \$60 a month for the rest of her life. But Mrs. A still seems to be more interested in furnishing their new home.

**AUG. 4**—Called again at Allison home. After further discussion, he bought plan as outlined last month. Well pleased that family is protected.

**APRIL 8**—Heard Bill Allison was in hospital—pneumonia. Stopped to cheer him up, but found he was too ill to be seen.

**MAY 14**—Yesterday took Grace Allison the first of her lifetime monthly income checks from Bill's insurance. Received a very thankful letter from her today. Especially satisfied with this case because of the time and effort required to place this much-needed protection.



The



PRUDENTIAL

INSURANCE COMPANY OF AMERICA

HOME OFFICE: NEWARK, NEW JERSEY

AS A SERVICE to the United States Government and to you, Prudential representatives sell War Savings Stamps. For victory—buy some today!

# Let's Hasten the Day



Let's all fight like demons today for that brave new world of tomorrow—a world that is swiftly and surely rising, like a new planet, from the blood, sweat and tears of all peoples as a shining tribute to Democratic Ideals.

Let the boys come home to a new America in which every one can live not only decently but well; in which, the luxuries of today will be the necessities of tomorrow. Modern Kitchens, for instance.

YPS designers and engineers are already planning new kitchen conveniences and new kitchen beauty for your present home or the new one you are planning.



There will be a YPS all-steel kitchen to fit your budget — and it will be worth waiting for!



BUY WAR BONDS and STAMPS TODAY  
YPS KITCHENS TOMORROW

**YOUNGSTOWN PRESSED STEEL DIVISION**  
**MULLINS MANUFACTURING CORP.**  
WARREN, OHIO

**It's OUR WAR let's fight it NOW!**

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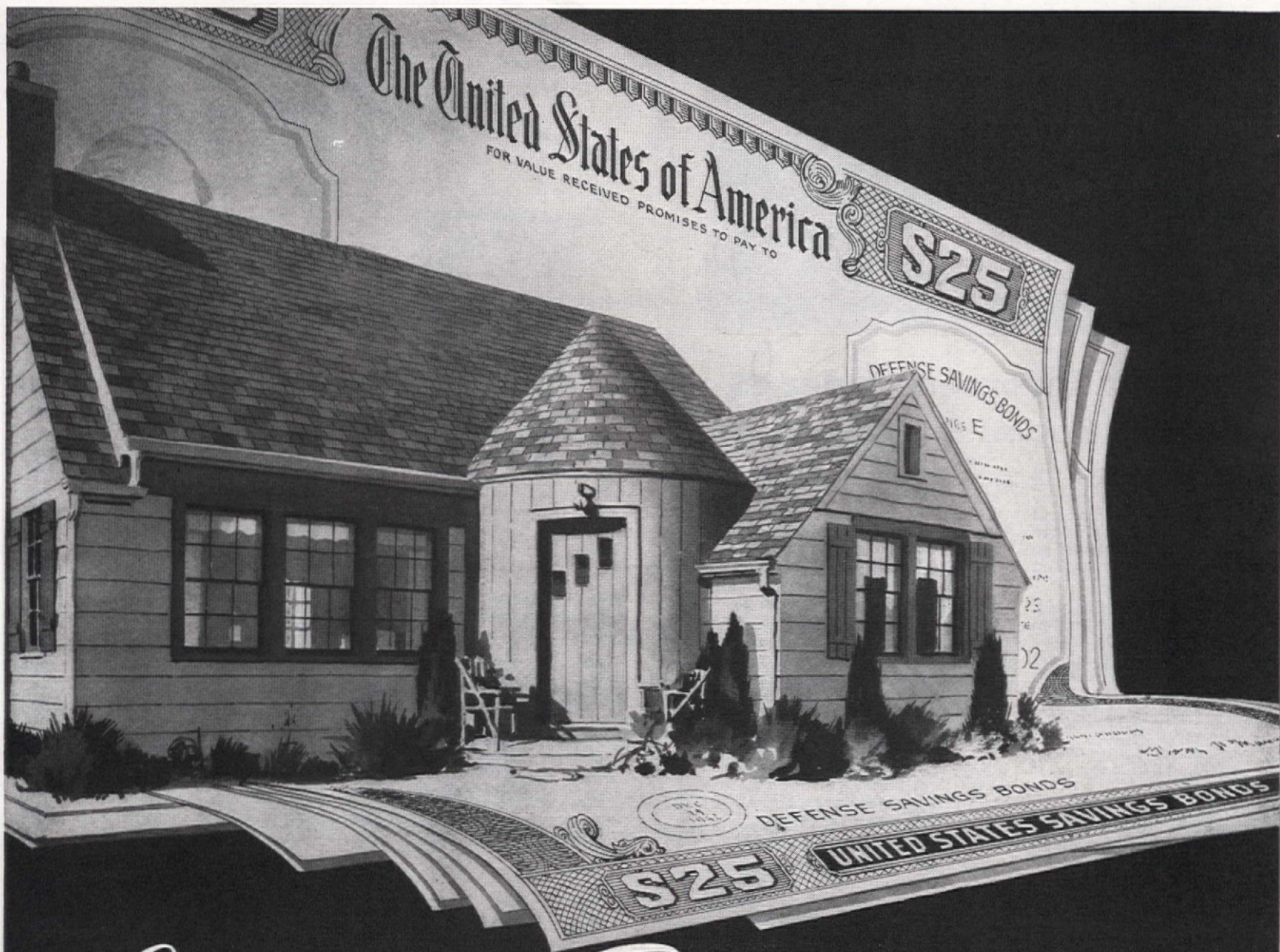
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Published monthly by The American Home Magazine Corporation, W. H. Eaton, President-Treasurer; Henry L. Jones, Vice-President; Jean Austin, Secretary. Executive, Editorial and Advertising headquarters, 444 Madison Avenue, New York. Subscription Department, 251 Fourth Avenue, N. Y. Branches for advertising only: 248 Boylston Street, Boston, Mass.; 360 North Michigan Avenue, Chicago, Ill.; A. D. McKinney, 915 Olive St., St. Louis, Mo.; W. F. Coleman, Henry Building, Seattle, Wash.; W. F. Coleman, 300 Montgomery Street, San Francisco, Calif.; W. F. Coleman, 530 West 6th Street, Los Angeles, Calif. Copyright, 1943, by The American Home Magazine Corporation. All rights reserved. Title registered in U. S. Patent Office.

THE AMERICAN HOME, February, 1943. Vol. XXIX, No. 3. Published monthly by The American Home Magazine Corporation, 444 Madison Ave., New York, N. Y. Subscription price in United States and Canada, \$1.50 a year; two years, \$2.25; three years, \$3.00. Foreign postage \$1.00 per year extra. Entered as second class matter December 31, 1935, at the post office at New York, N. Y., under act of Congress, March 3, 1879.

THE AMERICAN HOME, FEBRUARY, 1943



# Installation Buying IN REVERSE



That's what investing in War Bonds *now* for *future* spending means. It's a mighty pleasant feeling to know that you will have a substantial nest egg tucked away to build a new home or remodel your present one — when Peace comes. A lot better feeling than trying to keep abreast of installment payments as they fall due. As you plan and save, one of your important *musts* should be Automatic Heating. M-H Controls, which actually

make Automatic Heating automatic, will bring a new conception of indoor comfort to post-war homes, offices and industrial buildings, whether the heating equipment is new or only modernized. Send for our booklet, "Contribution to Better Living." Minneapolis-Honeywell Regulator Company; 2737 Fourth Avenue South, Minneapolis, Minnesota. Branches in forty-nine principal cities. In Canada: Toronto, Ontario.

Listen: "JOHN FREEDOM," Blue Network Coast to Coast every Wednesday, 9:00 to 9:30 P. M., Eastern War Time; or see your local Newspaper . . . "The Most Dramatic Show on the Air"

## MINNEAPOLIS-HONEYWELL CONTROLS

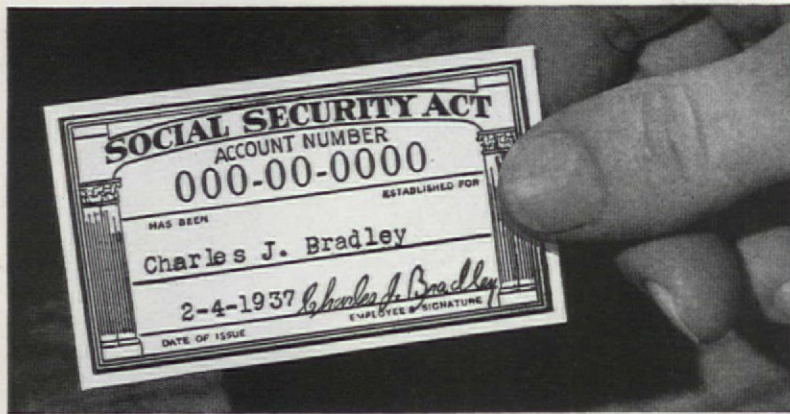
FOR OUTSTANDING ACHIEVEMENT in War Production, the Minneapolis and Wabash plants of Minneapolis-Honeywell have been awarded the Army-Navy "E"



*the*  
**Chronotherm**

THE NEW CLOCK THERMOSTAT THAT SAVES FUEL

IF YOU LIVE IN A DEFENSE AREA Automatic Heating and M-H Controls will be considered for priority rating . . . See your heating dealer now!



## To men and women under 45 who hold a Social Security card

**WHAT MY UNCLE FRED SAID** to a bunch of us over at his house the other night applies to every man and woman I know in business. We were talking about how swell it would be to retire on an income some day and really enjoy life.

"Well, as you know," he said, "I've just retired. From now on, I'm living on my income, free to do as I please. And what's more, I think you younger folks can manage it the same way I did."

"Years ago, I took out a Phoenix Mutual Retirement Income Plan, guaranteeing me \$100 a month at age 65. I was able to take care of it out of my salary."

"When the Social Security Act was passed, it made me plenty happy. Apparently the Government and I both had the same idea—providing for me when I stopped working and wanted to retire."

"So, you see, I'm sitting pretty today. My Social Security and my Phoenix Mutual Retirement Income Plan are partners. They work together to provide the security I'm enjoying now. With the income from both of them, I can do all the things I've always wanted to do."

"Any man or woman in business needs both of them, I say. Together, they make a life of retirement the life for anyone."

### \$100 a month extra

The Social Security program already provides a certain amount of life income for most workers in business and industry when they reach 65. A Phoenix Mutual Retirement Income Plan enables you to add to that security. For instance,

suppose you're under 45 now. If you qualify for the following Phoenix Mutual Retirement Income Plan, you can add \$100 a month to your income at age 65. It guarantees:

1. A check for \$100 when you reach 65, a check for \$100 every month thereafter as long as you live.
2. A monthly income for your family, if you die before age 65.
3. A monthly disability income for yourself, if before 55 total disability should stop your earning power for six months or more.

There are other possibilities. Your Social Security income starts when you reach 65, but you may want to have your Phoenix Mutual Retirement Income begin as early as 60 or even 55. This can be arranged.

### Send for Free Booklet

Send the coupon below and you will receive, by mail and without charge, a booklet which tells about the Phoenix Mutual Plan and how you can get a guaranteed income of from \$10 to \$200 a month or more, starting at age 55, 60, 65, or 70. Don't delay. Send for your copy now.

MONTHLY SOCIAL SECURITY BENEFITS AT AGE 65				
Average Monthly Salary (to age 65)	If you have been continuously in covered employment and your age on Jan. 1, 1937, was:			
	25	30	35	40
\$100	\$35.00 52.50	33.75 50.63	32.50 48.75	31.25 46.88
\$150	\$42.00 63.00	40.50 60.75	39.00 58.50	37.50 56.25
\$200	\$49.00 73.50	47.25 70.88	45.50 68.25	43.75 65.63
\$250 and over	\$56.00 84.00	54.00 81.00	52.00 78.00	50.00 75.00

NOTE: Upper amount in each set of figures indicates single benefit; lower indicates benefit to man and wife, after both reach 65.

# Contributors



ANN DELAFIELD

AS DIRECTOR of the Du Barry Success School, ANN DELAFIELD has had a hand in literally moulding the lives of well over 60,000 ladies in this land of ours. She's told them how to do everything from losing or gaining weight in the proper places to how to enter a room without falling on their faces, figuratively or literally. All this didn't just happen. Her background, starting with study in Dr. Arnold's School of Physical Education, back in 1913, Packer Collegiate Institute, then a degree from Cornell University, where she specialized in dietetics, gave her pretty sound ground on which to build. Two years teaching physical education at Battle Creek Sanatorium followed along, and then the teaching of corrective exercises, specializing in infantile paralysis work. She's traveled and lectured on her pet subjects, physical education and dietetics, the length and breadth of the land, and finally Richard Hudnut caught up with her and made her head of the Du Barry Success School and Salon. . . .



ESTHER CHAPMAN ROBB

ESTHER CHAPMAN ROBB's home has always been in the Middle West—Minnesota, land of wheat fields, pine woods, lakes by the ten thousand, giant iron mines, and genuine, big-scale contribution to the war effort. She writes us that "my youngest son is in the Navy; another (shown in the picture in his State Guard uniform) is now a Coast Guardsman; and my eldest, married for some time, has not yet, because of a disability, been able to get in anywhere. Maybe our 13-year-old daughter would be a WAVE if she weren't too young!" Housewifery is her profession, with a little writing as a hobby. Sometimes she can't decide whether to whip up a chocolate cake or an article. . . .




HELEN G. MCKINLAY

HELEN G. MCKINLAY was born, reared, and educated in New Jersey. Her first "job" was as counsellor in a girls' camp, which naturally led to a connection with a national organization for girls. Eventually, some dozen years ago, she became a professional home-lighting specialist, lecturing, writing, and otherwise spreading the gospel of making things easier for our national eyes. So, you see, she's a real human benefactor. . . . PAUL SCHWEIKHER—Lieutenant Schweikher (jg) to you now—is the modern-minded young architect responsible for the cooperative homes described in this issue. He studied architecture at the University of Colorado and followed that with six years of practical experience in a Chicago architect's office and then two years' study of modern architectural design trends in Europe, where he grew especially interested in the cooperative communities of Sweden. At present he,



PAUL SCHWEIKHER



**PHOENIX MUTUAL**  
Retirement Income Plan  
GUARANTEES YOUR FUTURE

<p><b>PLAN FOR WOMEN</b></p> <p>PHOENIX MUTUAL LIFE INSURANCE CO. 563 Elm St., Hartford, Conn.</p> <p>Please mail me, without cost or obligation, your illustrated booklet describing Retirement Income Plans for women.</p> <p>Name _____ Date of Birth _____ Business Address _____ Home Address _____</p>	<p><b>PLAN FOR MEN</b></p> <p>PHOENIX MUTUAL LIFE INSURANCE CO. 563 Elm St., Hartford, Conn.</p> <p>Please mail me, without cost or obligation, your illustrated book showing how to get a guaranteed income for life.</p> <p>Name _____ Date of Birth _____ Business Address _____ Home Address _____</p>
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like many others, is occupied with other duties—notably at the U. S. Naval Training Station at Great Lakes, Illinois. . . . “In the photo I’m sending,” writes **MARGARET TIPTON WHEATLY**, “I look much as I do to my many customers who come for plant advice at the San Diego nursery with which I am associated. Actually, my real interest in flowers began as a child when my Dutch mother always knew the name of every wilding I might drag in. Unpretentious wayside homes always attract me; they reflect their owners so clearly.”

. . . **HELEN BELL GRADY** is still proud of the daily newspaper she once published for her classmates in the high school at Coeur d’Alene, Idaho. Believe it or not, the whole thing was written in longhand! Later, she wrote her way through the University of California and then did newspaper and publicity work in Oakland. Teaching journalism came next, but finally Mr. Grady came along—and that was that! Married life hasn’t ended her writing urge, though, or her flair for undertaking a big interior decorating or remodeling job. . . . **GARRETT ECKBO**, who on pages 16 and 17

opens our eyes to the intriguing possibilities of tomorrow’s gardens, was born in Cooperstown, N. Y. but grew up in Alameda, California. His professional training as a landscape architect also involved both East and West, since he studied at the University of California and Harvard. We were gratified to have him say that “I have a growing conviction that it is impossible to do very advanced thinking about either house or garden design alone any more,” for that is a pet belief of **AMERICAN HOME**, too. . . .

**JOSEPH STEIN**, architect of San Francisco, who collaborated with Mr. Eckbo in the preparation of the article, came from Omaha, Nebraska, studied at Cranbrook, the University of Illinois, and Fontainebleau, France, has practiced in both East and West, and right now is helping to build ships for victory. . . . And finally, **DUANE BRADLEY** speaking: “At the age of six I decided to become a famous writer—for twenty-two years I’ve been trying to convince editors of the wisdom of my choice, and I must say the battle seems to be going against me. I’ve written poetry, fiction, articles, newspaper features, and am now working infrequently on a murder book! My family consists of a husband in the army, two large and amiable children, and a neurotic cat called Tinker. My days are passed working on a newspaper, keeping house, raising aforesaid children, writing, feeding the cat, and praying for the time when stamps are free.”

Important: Letters requesting information should be accompanied by a stamped, completely addressed envelope. Manuscripts and illustrations will not be returned unless accompanied by the necessary postage. They will be handled with care, but we assume no responsibility for their safety.

**Mrs. JEAN AUSTIN, Editor**

**ROBERT S. LEMMON**, Associate Editor  
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**MARGUERITE LOCKE**, Household Equipment Editor

**MARION M. MAYER**, Managing Editor  
**E. L. D. SEYMOUR**, Horticultural Editor  
**LYNN GIVEN**, Style and Beauty Editor

**WILLIAM J. HENNESSEY**, Architectural and Building Research Editor

Address inquiries to:

Mary E. Monze, Decorating; Elizabeth B. Bothwell, Entertaining; R. H. Westbrook, Building



**MARGARET TIPTON WHEATLY**



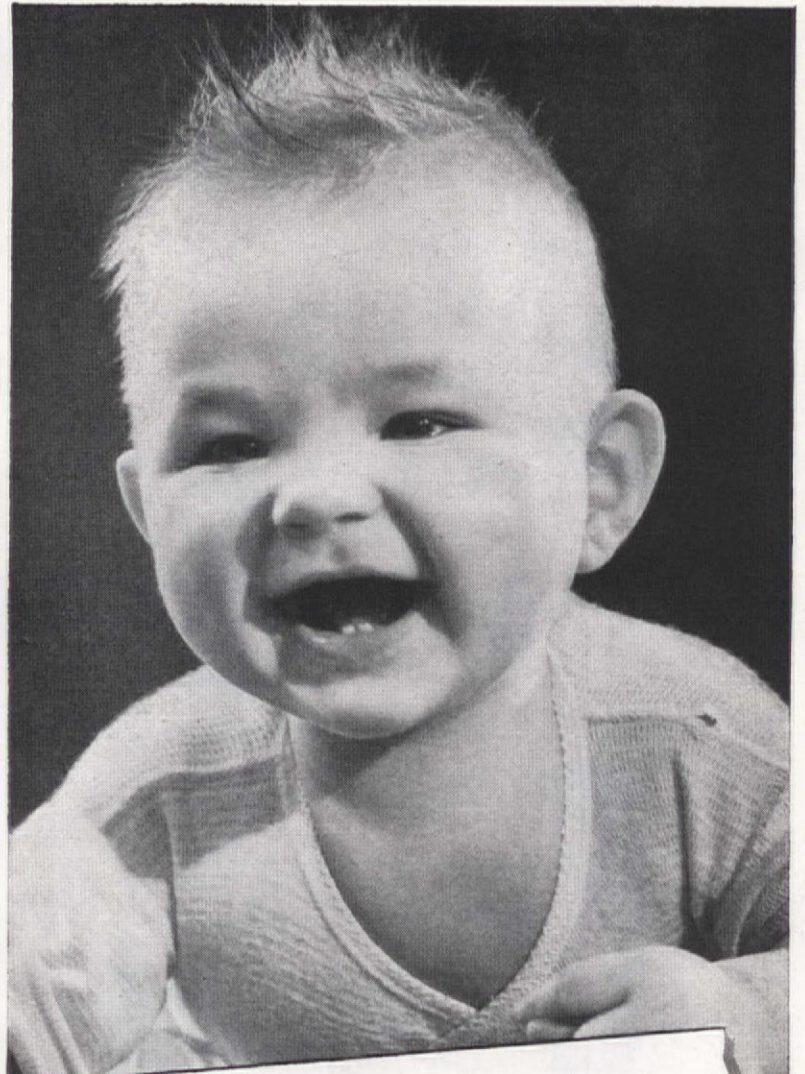
**HELEN BELL GRADY**








**GARRETT ECKBO**



**DUANE BRADLEY**





# More Precious than Ever

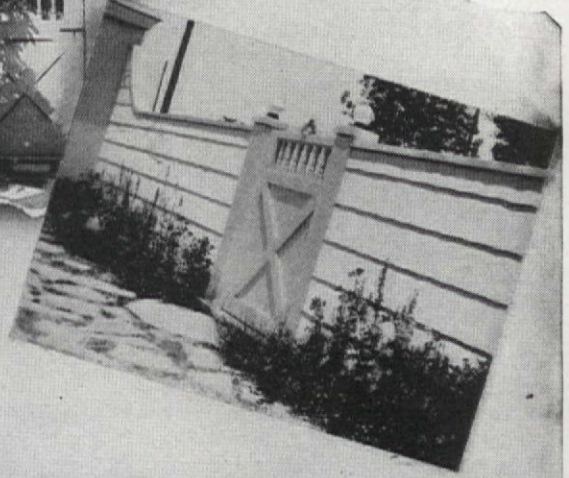
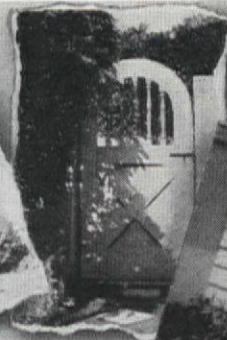
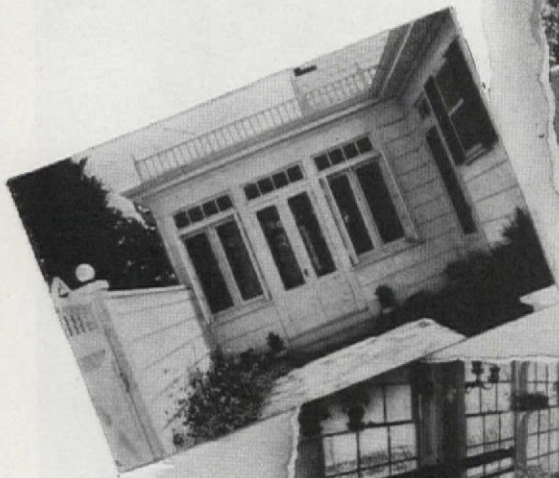
Every baby becomes more precious   
 --while health risks become greater--when the world is at war. Infection is an enemy   
 always active on the home front--but especially in winter,  when sickness spreads so easily. Fight a household war against germs,  with **LYSOL**. Use **LYSOL** in your regular housecleaning. If sickness comes to your household,  be ready with useful sick room necessities--including **LYSOL**. Your druggist has them.



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<p><b>YOUR NEIGHBORHOOD DRUGGIST IS FEATURING SICK ROOM NEEDS NOW</b></p>	 <p><b>FEVER THERMOMETER</b></p>	 <p><b>CHEMICAL HEATING PAD</b></p>	 <p><b>ABSORBENT COTTON</b></p>	 <p><b>VAPORIZER</b></p>
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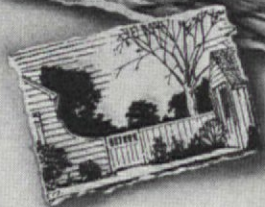
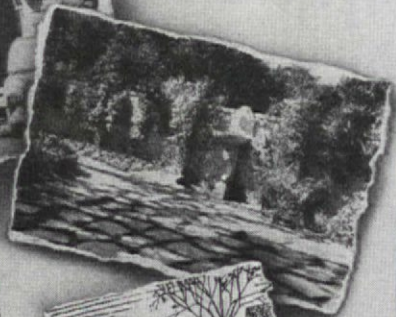
★ BUY WAR BONDS AND STAMPS ★



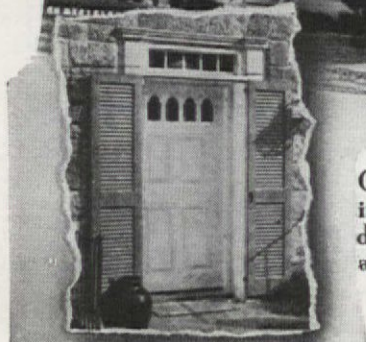
Three little pictures that were drafted into service for our charming garden gate. Crowning touch is Grandfather's old field bell



Here's the inspiration for my curtainless sunroom windows - nature in clay pots adds outdoorsy touch



Look closely here - inspiration from many sources provides the proper unity between garage and garden wall



Out of the scrapbook into reality - my dream doorway and fireplace at last come true



# THERE'S NO PRIORITY ON PLANNING

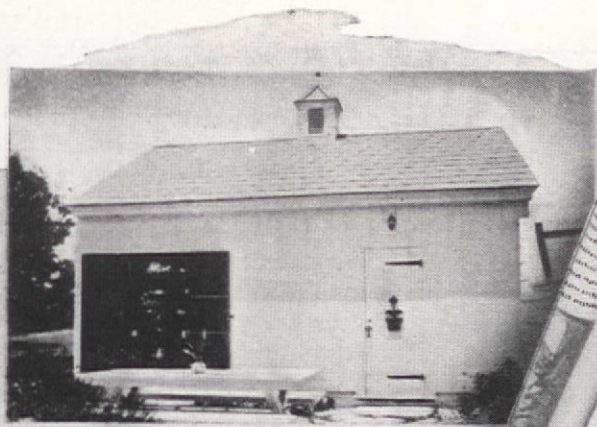


MRS. FRED CHESSEY believes that a scrapbook





I just had to own one. This quaint door, with its flower pot cutout, won my heart



Credit for my outdoor cabinet must also go to the scrapbook. Its interior painted dusky rose peps up our terrace no end

One of my earliest inspirations was this idea for my outdoor cabinet

And as you see at left my terrace table and benches were adapted from this picture



Inspiration springs up everywhere. Here's where I found my strap hinge designs

The business of homemaking and building in this great home-loving nation need not cease in our minds



I LIKE to think that a scrapbook built my house—an AMERICAN HOME scrapbook to be more explicit—because really there's lots of truth to the statement. Of course, I had quite a job making my selections. The magazine held such a wealth of material for me that the task of getting "just the right" detail was not the easiest one in the world. However, one thing helped me no end: I had loads of time in which to make decisions. My husband and I were paying for a very small house which we built thirteen years ago. We knew that it was not perfect at the time but its lines were good and besides we didn't need a great deal of room.

From the very start, I made a tremendously interesting game of altering via the AMERICAN HOME page route. As time went on, I became more and more fascinated, although a bit confused. It was hard discarding ideas and suggestions which, when first cut out had seemed so ideal. However, I realized that times and styles often change and improve, so the habit of substituting new for old grew to be quite a habit. One thing became certain, by my processes of elimination, I was arriving nearer and nearer to my ideal.

When the time arrived for making our alterations, we had a pretty good picture of just what we wanted. We did not hesitate an instant. Each suggestion, every vital detail had been the outgrowth of years of careful consideration. We knew instinctively that each piece would contribute more than its share to the whole. Nor were we let down. We're crazy about our "new" home and so are all of our friends. We feel repaid many times for the years spent in accumulating our scrapbook. I'd really like to start all over again.

The only structural change necessary was raising the roof hips. Because we live in the deep South, most of the exterior features we added were necessary ones, due to climate. Two porches, one open and the other a closed sun porch were added. These gave our little house width. Because ours is a corner lot, the house needed depth as well as width. A garage and connecting fence answered that problem. The garage is really half garage and half den. I used center matched knotty pine for the walls of this room and in spite of the low price of this material, the shellac and waxed finish are a delight to the eye. Everything connected with this room is built-in. The adjacent bathroom inherited its fixtures from the main house. This gave us a chance to get modern fixtures for our original bath.

I wanted a weathervane for my garage so badly, especially after I had read Harriet I. Miller's article on the subject. Really, if you want anything badly enough, somehow it comes to you. My weathervane came from an



Before and after pictures are lots of fun . . . it took us thirteen years to bridge the gap but, with the loyal scrapbook's help, it was well worth the effort

Here's one way to keep warm  
with less fuel...



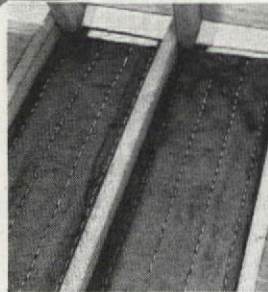
... BUT  
here's a better way!

■ Keep your family's morale UP while you keep fuel consumption DOWN... keep your home snugly warm with rationed fuel by installing KIMSUL\* Insulation in that unfinished attic floor or roof! Installed in either spot, KIMSUL Insulation stops up to 80% of the heat that could otherwise escape there!

† Here's what that means: years of far more solid comfort from less fuel... years of savings in fuel that can "write off" the small cost of installing KIMSUL Insulation... years of extra comfort that costs you nothing.

Widely recognized as one of the most efficient insulations, KIMSUL is also one of the most trouble-free. It installs easily and rapidly. And once properly installed, it won't sag, sift or pack down. Fire-resistant and moisture-resistant, KIMSUL gives lasting protection.

Mail coupon today for all the facts!



KIMSUL Insulation is quickly, easily installed in unfinished attic floor—where it stops up to 80% of the heat that could otherwise escape there! KIMSUL-insulate your attic now!



And here's how neatly KIMSUL is installed in sloping attic roofs. Stays put, too, once properly installed. Rows of strong stitching run through KIMSUL blanket, prevent sagging, sifting, settling.

old barn and cost me a dollar because its owner, an old man, wanted tobacco money. "Tony" is my pride.

MY DINING ROOM IS SMALL, but thanks to one of your articles, "Eat-Any-Where," I learned that dining need not be confined to one room. A wrought-iron bridge table in the sun porch helps when we're overcrowded at lunch or breakfast.

This seems an ideal time for the scrapbook beginner. Of course, you can't build, but planning need not stop. This enforced lull certainly should eliminate any chance of jumping in heedlessly and making wrong selections. Time is your friend. Go slowly. Select with care. It's really loads of fun and the whole family can join in the game. In this way, a knowledge of their likes and dislikes may be gained. My husband and I were surprised at how much better we appreciate the other's tastes after a session over our wealth of clippings.

Don't get discouraged if too many ideas for one house seem to be accumulating. After you've had a chance to sleep on the matter, your real choice will come to the surface and triumph. This is the only satisfactory way of separating the chaff from the wheat.

I am sending you pages from my scrapbook along with details of my home. This will give a pretty good idea of how your suggestions were put to use. Thanks loads for your continuous inspiration. I'm really a confirmed scrapbookite and know that another will be started soon because I hate so to throw away your exciting material.

NEVER HAVE I APPRECIATED the worth of a photograph more than I did when work was actually being done on my house. Not being too familiar with building terms, I realized more and more that without the help of these treasured pictures, it would have been impossible to explain many of my innovations—pardon me—I mean the AMERICAN HOME'S ideas, also. Whenever the contractor started looking at me with that typical builder's look, you know the one that means you really aren't serious about that idea now, are you, out would come my beloved scrapbook and the day was saved. I realized that a clipping from your magazine carried a great deal of weight. Your articles and pictures were past the "guinea pig" stage—they were reality and had been selected and published only after a great deal of care. With these in my scrapbook, I gained an authority and certainty that otherwise would never have been my lot.



"So sorry, Mr. Trowbridge. We'll look in the Classified for a plumber."

When you need a plumber, carpenter, auto mechanic, beauty shop—just "look it up!" in the Classified section of your Telephone Directory.

The Classified lists the names of all local tradespeople, and their advertisements give detailed information that will help you in selecting the one best fitted to do your job.

Make the Classified  
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**KIMSUL**  
INSULATION

KIMBERLY-CLARK CORPORATION  
Established 1872 AH-248  
Building Insulation Division, Neenah, Wisconsin  
Without obligation send me the facts about KIMSUL Insulation.

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\*KIMSUL (trade-mark) means  
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4. Cole Slaw; Special Dressing



1. Roast Leg of Lamb; Carrot Flowers

Planned for a good-sized family by Martha Logan, Swift & Company's chief Home Economist, following the U. S. Official Food Guide. You will "Share the Meat" by using every delicious bit of left-over lamb.

Nutritious...

# this meal with SWIFT'S PREMIUM LAMB

And it gives you *grand meat left-overs\**

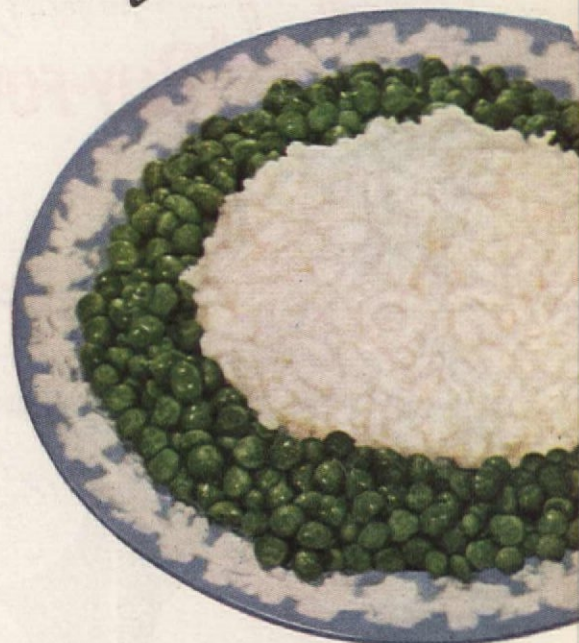
1. Isn't it a tempter—Swift's Premium Leg of Lamb with this gay garnish? Tender, juicy, delicate in flavor, lamb that carries the words *Swift's Premium* has been selected for you by expert meat graders. We realize that, these days, you can't always get Swift's Premium Lamb. But when you can, you'll find any cut of it delicious. And it supplies complete, high-quality proteins; B vitamins; essential minerals. To fix the garnish: make 2-inch slices of carrot with potato peeler; attach black olives with 1/2 inch tooth pick.

food. Green peas make a hit with 'most everyone . . . including Uncle Sam. He recommends a green or yellow vegetable daily in the U. S. Official Food Guide.

3. Be sure you get *enriched* bread, for its vitamin B<sub>1</sub>. Butter, or enriched margarine, is an important source of vitamin A.

4. Crispy, crunchy cole slaw provides a texture contrast and lots of vitamin C. Watercress and green pepper add flavor and vitamins. For a tasty dressing made without oil: dissolve 1/2 cup sugar and 1 teaspoon salt in 1/4 cup vinegar diluted with 1/4 cup water. Stir in 1/2 cup undiluted evaporated milk (or top milk or cream).

5. Three mighty nutritious foods—milk, eggs, and orange juice—go into toothsome Orange Cream Pie. In choosing a beverage for the meal, see that it's milk, as always, for the children. If the grown-ups have coffee or tea, be sure they get their daily pint of milk in other ways.



2. Fluffy Rice; Green Peas



5. Orange Cream Pie

\*Use 'em for lamb stew, lamb croquettes, ground lamb sandwiches. And try this tasty main dish: Brown 1 tbsp. chopped onion and 1 tbsp. chopped celery in 3 tbsps. fat. Add 2 tbsps. flour; blend. Add 2 cups tomatoes, 1 tbsp. chopped green pepper, 1/2 tsp. salt, 1/2 tsp. chili powder, 1 1/2 to 2 cups diced cooked lamb, and 1 cup water. Cook slowly for 10 minutes. Serve on hot cooked rice or noodles. (Serves 6)



3. French Bread



SWIFT & COMPANY, FOOD PURVEYORS TO THE USA

Ask for Swift's Premium Ham, Bacon, Beef, Veal, Lamb, Poultry, Frankfurts, Table-Ready Meats.

Of course I'm strong for the Del Monte "Buy-for-a-Week" plan!

Just see how much better wartime service I can give my customers

—how it saves their time—their gas  
—and those valuable tires!

Your grocer is right! The "Buy-for-a-Week" plan benefits everybody—you, your country, your grocer!

Try planning your meals for a week ahead, and buying as many of the foods you need as you can in one grocery order. See if it isn't far easier. See if your meals aren't a lot more interesting and varied!

Your grocer can give you better service, too. And if he happens to be short-handed, he'll appreciate your shopping early in the week. Avoid the rush hours if you can—you'll miss the crowds, shop more efficiently.

And remember—this is wartime! You may bump into shortages. That's why Del Monte's wide variety is so important. You can "switch and swap" within the Del Monte line—and still be sure of quality.

*This folder practically does the job for you!*

**FREE:** WARTIME MEAL PLANNER. Makes meal-planning by the week easy. Shows where scores of foods fit into U.S. food rules. Gives you a permanent form for writing out menus. A postcard brings it. Free! Write Dept. Y, California Packing Corporation, San Francisco.



GET THE *Del Monte*  
**"BUY-FOR-A-WEEK"**  
habit  
SAVE TIME—SAVE WORK—  
SAVE TIRES AND GAS, TOO!



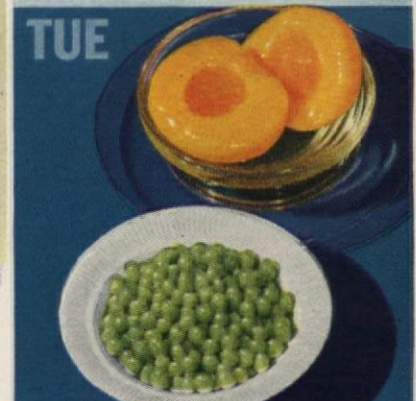
Tomatoes! Red-ripe, rich in health values. Del Monte Fruit Cocktail. Five grand fruits.



No finer dessert than these Whole Figs. It's Del Monte—for real corn enjoyment!



Peaches that are tree-ripened, sun-flavored. Just the tastiest sizes—Early Garden Peas.



Serve beets sliced, whole, diced or Julienne. Mellow, juicy pears—Bartletts, every one!

Young Green Limas. Delicious just buttered. Rich, ripe apricots—for a "different" flavor.

Just one quality of pineapple—the finest! Stringless Green Beans, always tempting.

Three juices: Pineapple, grapefruit, tomato. Early Garden Asparagus—it's really tender.

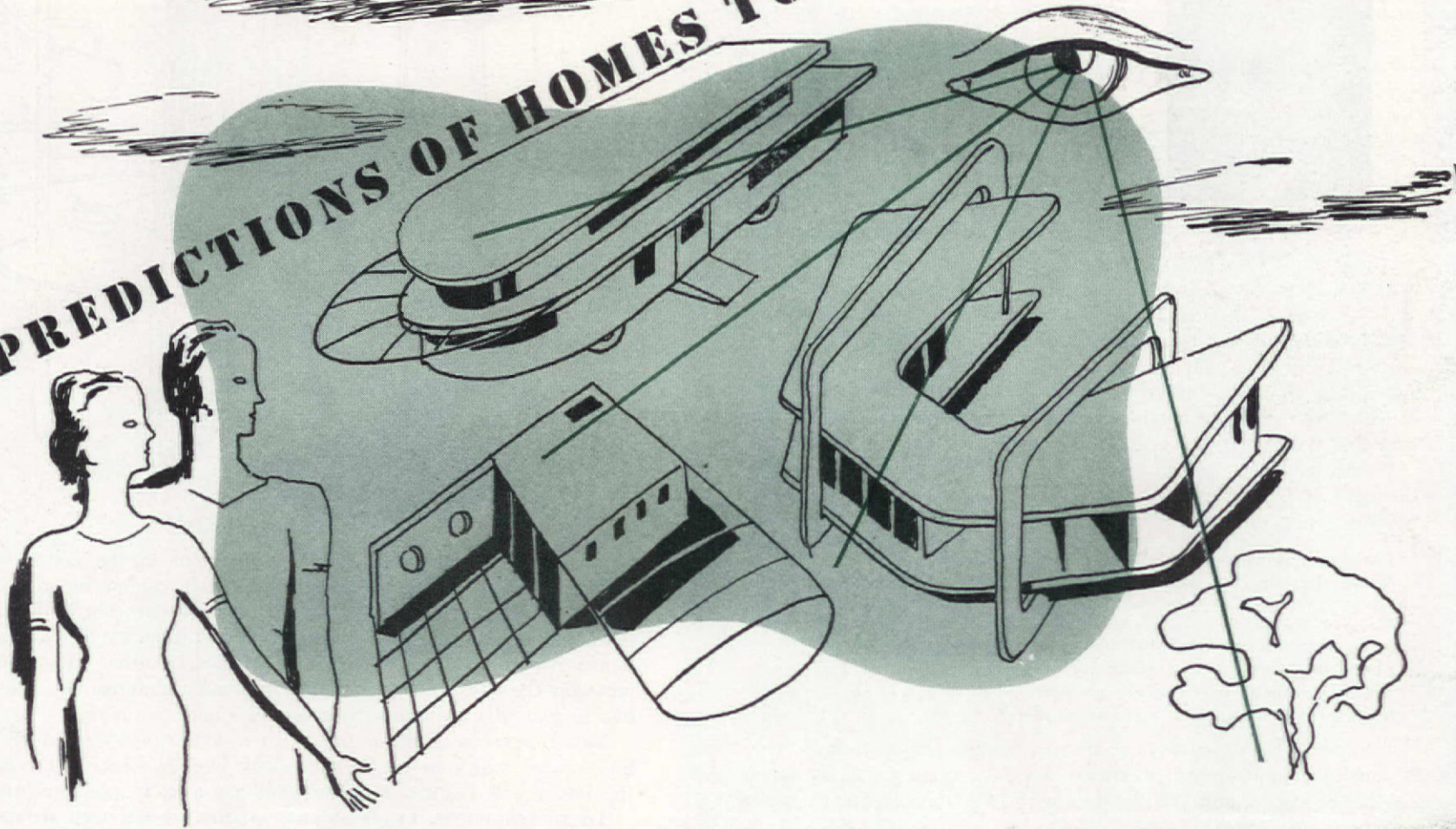


Many Del Monte Foods now packed in both cans and glass. Both the same quality.

**Del Monte Foods**

TAKE THE VARIETIES YOUR GROCER HAS—BUY FOR A WEEK AT A TIME

# PREDICTIONS OF HOMES TO COME



## THE FUTURE AFTER VICTORY

LET'S start these predictions about your post-war home with a flat, unqualified statement that the time is not far distant when all frame houses will be prefabricated. This is inevitable because you—Mr. and Mrs. Average American Homeowner—will make it so!

Prefabrication has been subjected to so much discussion, pro and con, in recent years, that the word has acquired all sorts of connotations that do not belong to it. In and of itself, prefabrication has nothing to do with the way your house looks. A prefabricated house is not necessarily modern, *moderne*, or modernistic. We have prefabricated homes in the style of the Georgian Manor—and there are conventionally built homes, as you know, that resemble a delirium of Dali.

The design of your house is governed by your needs and tastes. What prefabrication is primarily concerned with is the way in which your house is built. However, we do believe that prefabrication will eventually affect housing design. The evolution may be compared with the automobile's change from a horseless carriage to the modern streamlined convertible of recent memory. But, for the moment, let us keep to the fundamentals of prefabrication.

"To fabricate," says Mr. Webster, "means to form by art and labor; manufacture; produce." "Pre-," he adds, "is a prefix denoting before." So to prefabricate means simply "to produce before."

If this sounds familiar, it's no wonder. Everything we commonly think of as manufactured is "produced before." We prefabricate clothing and canned goods, automobiles and adding machines, whistles and washing machines, soaps and shoe laces, pianos and playing cards. All are "produced before" at a factory.

A great deal of what goes into a modern house is "produced before," too: plumbing fixtures, lighting fixtures, brick, shingles, siding, millwork

—even the lumber comes to the carpenter, not as a log, but rough finished. In fact, the only *totally* un-prefabricated house in recent history is the log cabin of our pioneer ancestors.

The idea, therefore, of prefabricating is not entirely new. What does make news is the manner in which the prefabricators are applying the underlying principle to the house as a whole. In the conventionally built house, a major part of the work is still done by hand at the site. The fact that carpenters cut their lumber as needed on the job is a case in point. Prefabricators, on the other hand, manufacture all major parts of the house—walls, floors, roof, etc.—in a factory. Then these are assembled at the site at an enormous saving of time and labor.

We do this for the same reason that the doorknob on your front door is manufactured in a factory, instead of being hammered out by a blacksmith at a temporary forge erected on your lot. Factory produc-

by F. VAUX WILSON, JR.

Vice-President, Homasote Company



Moyer

# SCIENCE PLANS FOR A BETTER WAY OF LIFE



predicts

**DR. CHARLES M. A. STINE, Vice-President**

**E. I. duPont de Nemours & Co. (Inc.)**

**U**NDER the pressure of a great war there may be compressed scientific, economic, and social developments that might have taken decades to achieve under less urgent conditions. Their effects on our lives and our civilization may be more wide-reaching and lasting than any military conquest. Already our world of 1940, in which we took a pardonable, if mistaken pride, is so distant in the past that it has become an antiquity, as seen through scientific eyes.

We are going to need to be visionary to the point of audacity, in the light of today's evident facts, to discharge just a fair share of post-war opportunities and responsibilities. We will have:

**Glass that is unbreakable; glass that will float.**

**Wood that won't burn; laminations of plastic and wood that will compete with structural metals.**

**Hosiery derived from air, water and coal, a wonder of pre-war days, is but a forerunner of innovations, ranging from**

**Shoes that contain no leather. . .**

**Window screens that contain no wire. . .**

**Machinery bearings that contain no metal.**

Plywood, plastics, rustless steels, non-ferrous alloys, various types of composition board, fire-resistant woods, ceramics, and synthetic finishes of lasting durability will be used in profusion. For example:

**Stainless steel is indicated as a common roofing material in the future. It will last as long as the house and require no maintenance.**

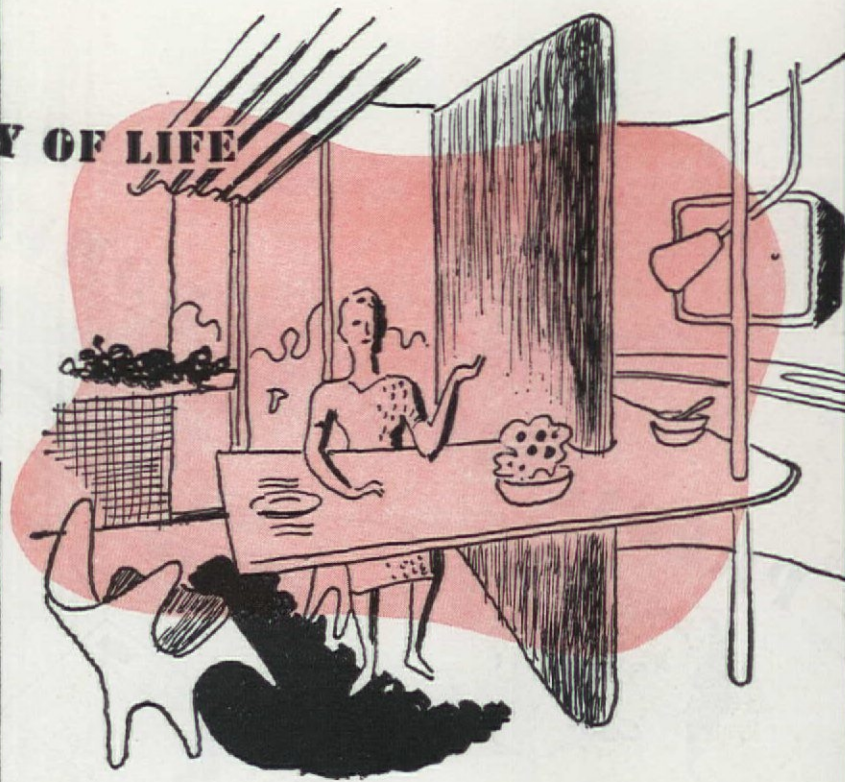
**Lighting will be automatic, governed by electric "eyes" sensitive to outside variations in the daylight.**

**Air conditioning units will filter hay fever and asthma pollens.**

The crowded city slums should be emptied after the war by a combination of forces that is being arrayed against them. Fuels that may yield fifty miles to the gallon, or better; lower-cost motor cars, which will draw thousands of city dwellers to suburbs and country, represent two of the forces that are going to help empty the slums.

The nation will emerge from this war with capacities for making plastics, synthetic fibers, nitrates, hydrocarbons, high octane gasolines, and literally scores of chemical and other raw materials on a scale that only two years ago was beyond comprehension.

Progress means going forward. It must build more than is destroyed or it does not merit its name. Not only should it be of a tangible, material character, but it should contain the elements of greater spiritual growth for the individual and community alike.



tion is more efficient. We can use equipment in the factory—power tools, jig tables, overhead cranes, etc.—that cannot be used on the individual job or site. In the factory, weather does not bother us. Let it rain, freeze, hail, or blow—we still go on producing all parts of your house. All we need are a few hours of clear weather to assemble the parts on the site. Because work is fast and uninterrupted, the cost is less to you, the structure more accurate and thorough.

Now that we've had our say as to how the post-war house will be built—what will your future house look like? We believe the house of the future will adapt and refine what has already been invented.

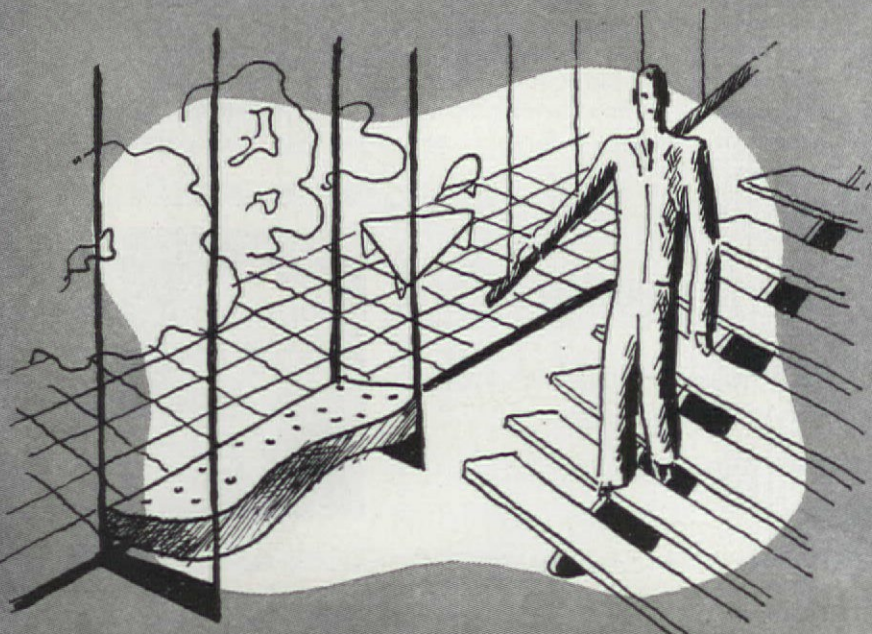
**TO BEGIN WITH, LET'S START THINKING OF THE HOME AS A MACHINE** whose function is to help you live more comfortably. If you have an efficient machine, why should you have to abandon it when you move from one community to another? In the post-war period, this will not be necessary. Any prefabricated house can be so erected that it is *demountable*—able to be taken down in a few hours and re-erected elsewhere. We predict that all homes of the future will be demountable for three very good reasons:

1. The owner can take his demountable house with him if his work calls him to another city.
2. The owner is protected against deterioration of the neighborhood. If the character of the neighborhood changes, he simply moves his house elsewhere.
3. A demountable house is expandable. If your family grows, you can merely demount one wall of the house and add on more rooms.

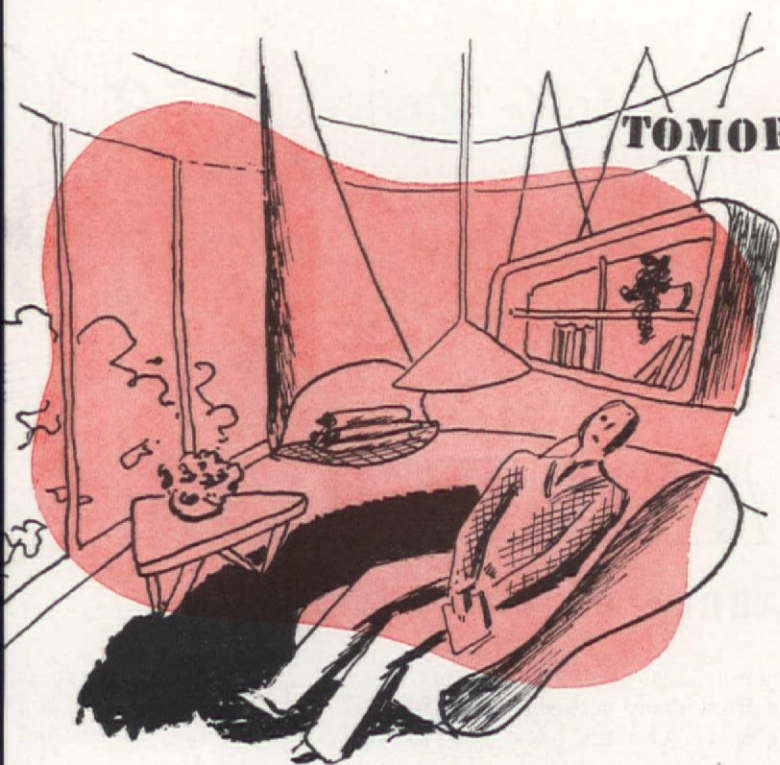
Again, come back to the concept of your home as a machine for living. Space is not an important consideration. It is the *use* to which the space is put that counts. For example, after the war we will have bathroom rooms as small as 4' 6" square—and they will be *spacious*. The triangle will be in the way bathroom fixtures are designed. The lavatory will fold over the tub or the toilet (as in Pullman bedrooms). The toilet water closet will always be built into the wall.

Kitchens will also provide more utility in less space: by combining stove, refrigerator, sink, and laundry tubs into a single unit; folding the sink over the laundry tray; by building such appliances as washing machines into the wall. Bedrooms will probably be smaller, because there is no need to provide large areas for the single function of sleeping. The present type of skimpy closet will be expanded into a dressing

**We feel certain that the era after victory will be one of the most progressive in the nation's home building history. Our war effort has evolved so many exciting new trends—new materials and methods of production and construction—that their effect upon our post-war program is bound to be tremendous. As part of its policy to keep its readers thoroughly informed about these new**



# TOMORROW'S HOMES WILL BE FLEXIBLE



predicts

VERNON F. SEARS, Research Director,

U. S. Plywood Corporation



LOOKING forward to the homes of tomorrow fills me with a tremendous sense of excitement. Under pressure of our war effort, giant strides are being made in the fields of research and material manufacture. This is bound to be reflected in the nation's building program, once victory is ours.

Houses will certainly be more livable when that day comes; they are bound to cost less. One outstanding feature of the new homes will be their flexibility. Within a given area, with the aid of mobile walls, any number of space combinations can be achieved. Our rooms will become larger or smaller as the needs of the family dictate. More activities can be accommodated within the confines of the house walls without enlarging the total plan area.

SUNSHINE plays a large part in our present mode of life; in the future we shall go farther in harnessing the sun's energy. We will use it to partially or completely heat our homes. Radiant heat, whose source lies buried in the walls or floor, will come into greater prominence. A warm floor makes a healthier play area for the youngsters.

The importance of closet space becomes more and more evident when we consider that attic and basement space may become non-existent in the future house. Bigger and better closets will be the order of the day. By the use of sliding partitions every available inch of this space will be readily accessible to the homeowner.

KITCHENS AND BATHROOMS will be purchased as packaged units. Surely this is more efficient and economical than purchasing each piece of apparatus separately.

Dry wall construction will really come into its own in our future building program. Most of the house will be prefabricated before it arrives on the job. Houses will weigh less without sacrifice of strength.

METAL WALLS AND ROOFS will become commonplace, without, however, the "tinny" qualities associated with our present-day examples. Wood will be used in great quantities in tomorrow's homes—but with a difference. Today's wood is temperamental. Changes in temperature cause it to expand and contract. Our present houses fairly groan with aches and pains. The new wood will be tamed. It will be made inert and will stay put. Plywood will play an even greater role when peace comes. Its uses, either alone or combined with other materials, will be thousandfold. Curved surfaces will hold no terror, as plywood can be bent and stay bent. Used with non-corrosive materials, it will open new avenues for startling design trends.

room with specialized cubicles for storing and protecting clothing—perhaps even large enough to act as individual sitting rooms. Throughout the house, space will be used more efficiently by means of built-in furniture, replacing certain types of storage furniture, cabinets, and bookcases. All this saved space will give the housewife what she has always dreamed of—closet space galore!

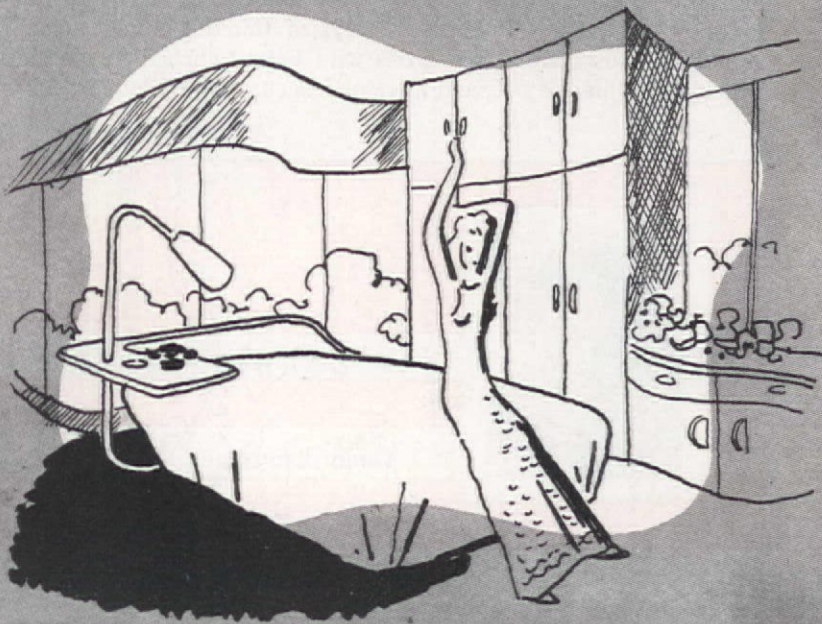
THERE WILL BE FEW LIMITATIONS ON THE LOCATION of your post-war home. Transportation's future is beyond the scope of this article, but it takes no great imagination to see that the super-highways, automobiles, planes, and helicopters of tomorrow will shorten the distance. As every suburbanite knows, distances should be measured in minutes and not in miles. As far as the utilities are concerned, the solutions to these problems are already being devised. Refuse will be evaporated by electrolysis through a special unit in the house. Water, of course, will come from a modern variation of the good old-fashioned well.

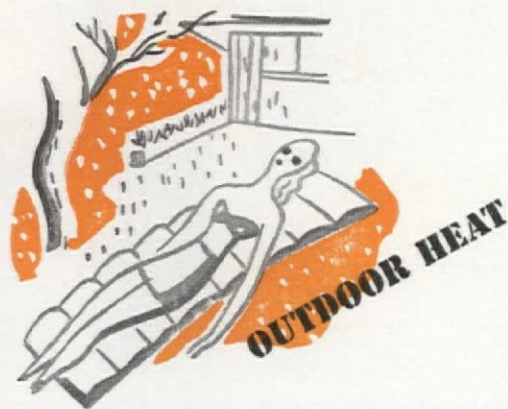
The cost and upkeep of your post-war home will be much lower than current standards. Heating expenses will be cut one third to one half because of improved methods of insulation; and repairs, in a house manufactured under the controlled conditions of a factory, will be held to a minimum. The advantages of such a house are obvious.

Strange as it may seem to us now, the place to shop for your future home may well be the nearest large department store—for the simple reason that the department store is the most convenient meeting place between manufacturer and consumer. Your post-war home, moreover, will come to you as a completely equipped package. You will make your selection from a variety of such packages—specifying the details, finishes, and accessories your individual tastes and needs dictate. The complete house will be *guaranteed by one* manufacturer. In such circumstances, the convenience of the department store as a shopping place will be the paramount consideration.

Here's one final prediction: with department stores selling homes, we believe it will be the vogue to present prospective newlyweds with purchase certificates representing a portion of the down payment on a new home. Instead of the usual assortment of wedding presents, ranging from antique antimacassars to embroidered pot-holders, the young couple will receive a substantial start in life. There's one rub, however: the wedding guests may feel entitled to too much hospitality in the house they not only helped furnish but also helped to buy.

forces at work about us, THE AMERICAN HOME has invited leaders of industry, manufacture and design to contribute their forecasts concerning the new life ahead. Being molders of this new destiny themselves, no dream pictures will be theirs. On the contrary, we can expect a canvas on which vision, ingenuity, and good American horse sense will be the principal ingredients

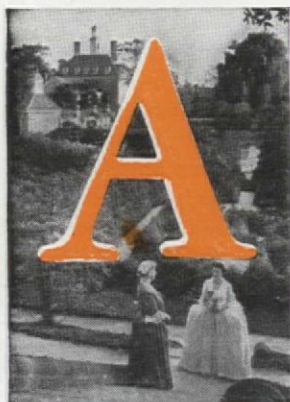




# PLANTS AND PEOPLE

## THE HOME GARDEN OF THE FUTURE

Virginia Conservation Commission



ANALYSIS of the elements or ingredients of gardens must be based on their relevance to the people who will use the gardens. Which people? All people, of course. That's what the war is about: whether we shall have the same standards for everyone (democracy) or standards for the masters and substandards for the slaves (fascism). However, in our situation after the war, adequate private gardens will be for those who can

afford the land, installation, and upkeep—probably not over a third of the population. For the rest of the people, the problem is one of public gardens, as provided by parks and the modern type housing project.

What do people want or need from gardens? Why should they have them? Many values spring to mind immediately: flowers, views, sunshine, fresh air, vegetables and fruits, exercise, relaxation, play—all these, and more, gardens give us. If we seek a general, all-inclusive principle, we seem to find it in the need for personal control of some portion of our environment. That is, the garden, as part of the home, is the one place where one can feel secure, comfortable, and in the midst of orderly, controlled, friendly surroundings of one's own choosing.

Now, calling the garden part of one's home brings up a very important point. Our concept of home includes two elements—the house and its garden—without either of which it is not complete. Well, if the average family needs both a house and a garden to make a completely desirable home environment, why shouldn't they be planned together, as one complete unit, rather than separately? This does happen occasionally through collaboration between architects and landscape architects, but usually the practise is a series of disjointed steps: first we buy a lot, then we build a house, then we landscape it, sometimes all at once, more often little by little, and generally with not too happy results.

Yet the fact that few people have the means for the development of a complete house-and-garden all at once doesn't mean that they cannot *plan them together* as a unit from the beginning. The lack of integration or simple good relations between most houses and their gardens is a proof of the fallacy of our past ways of thinking about them. Most American houses are closed boxes with holes punched in the sides by which we get in and out, and more or less surrounded by gardens which

are mere frills of decorative planting. They have two standard entrances—the front door, between public front yard and the porch, hall and living space, and the back door, normally between the kitchen and a more or less private back yard or (potential) garden.

To find out what is wrong here and how it could be improved, think a little further about why people have homes—what they need from them. The lives of most of us have two distinct parts: productive activity, or work, and recreative activity, or relaxation, which re-creates us for more work (and is therefore especially important right now). The home is one of the most important recreative environments, even for the housewife, for whom it is also a workplace. Eating, sleeping, bathing, resting, playing are all factors in recreation. And one measure of the success of any person's home might be the extent to which he or she is forced to seek recreation elsewhere. That does not mean that the home can provide all needed recreation, but it can furnish a large part.

We have called home (house-and-garden) the one place where we can feel secure, comfortable and in the midst of order and control. Control of what? Basically, of insects, precipitation (rain and snow), and temperature—the exclusion of the first two, the regulation of the third. From this has come the prevalent conception of a house as a box which can be tightly sealed against the vagaries of Mother Nature. The only exceptions in history have been houses in mild climates where insects were accepted as part of the family. But building technique has now reached a point where the box shape is no longer necessary, and good modern architects are developing the resulting potentialities. The home also embodies control of views, both into it (to give privacy) and out from it so that those within shall see only that which is pleasant and desirable. Such control is a function of both the garden and the house.

**THERE ARE ESSENTIAL DIVISIONS IN EVERY HOME UNIT:** work space (kitchen, laundry, study, etc.); play and relaxation space (living and dining); rest space (bed and bath), and perhaps public reception, and service spaces. The important point—and this involves a pretty complete break with traditional thinking—is that each of these spaces is really an indoor-outdoor unit, only part of which belongs under a roof. Work spaces need service yards; living space should have the major garden area; a bedroom and bath unit could be enhanced by a small, completely private outdoor area, and so on. And each such indoor-outdoor unit should be physically continuous, not broken by the standard tortuous connections. The model procedure might be to take a house in which these functional units are defined, support the roof independently of the walls, move the original, too-solid walls out to become the boundaries of the outdoor areas, and replace them, inside, with partitions which combine the right proportions of temperature and vision control. Since house walls and partitions, fences and gates, trees and shrubs, all divide a property into a series of indoor and outdoor rooms, on the average small lot the fewer room spaces there are the better and more spacious and well proportioned the resulting home will be.

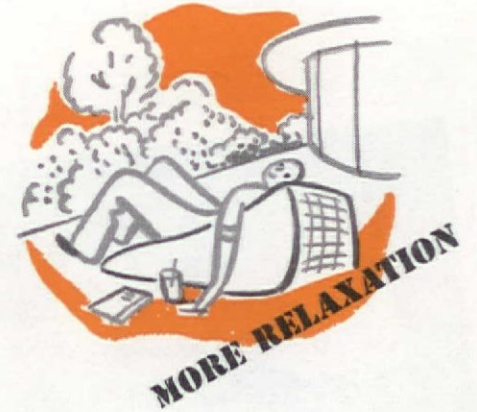
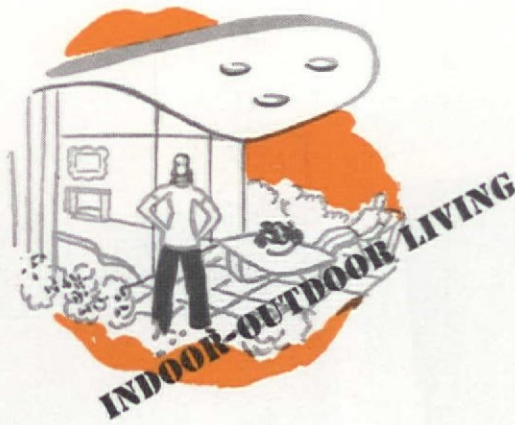
There are two objections to outdoor extension of the house in much of the country. One is that most of the year it is too cold to use outdoor space; but to this the developing technique of radiant heating (which warms not the air but objects on which it is focussed) may well provide an answer in the form of outdoor heating units. The other is the large, active insect population of some localities. To it there are just two answers: enlarged screened porches, or a social control based on complete



by GARRETT ECKBO

Noted Landscape Architect





Gardens are for people—not for flowers, vegetables, vistas, focal points, beauty, formality or informality, or anything but people. If these elements are part of gardens, it is because they are likewise for people and improve the gardens' function

rational and scientific regional planning procedure, where efficiency has been demonstrated and given its proper place in the considerations.

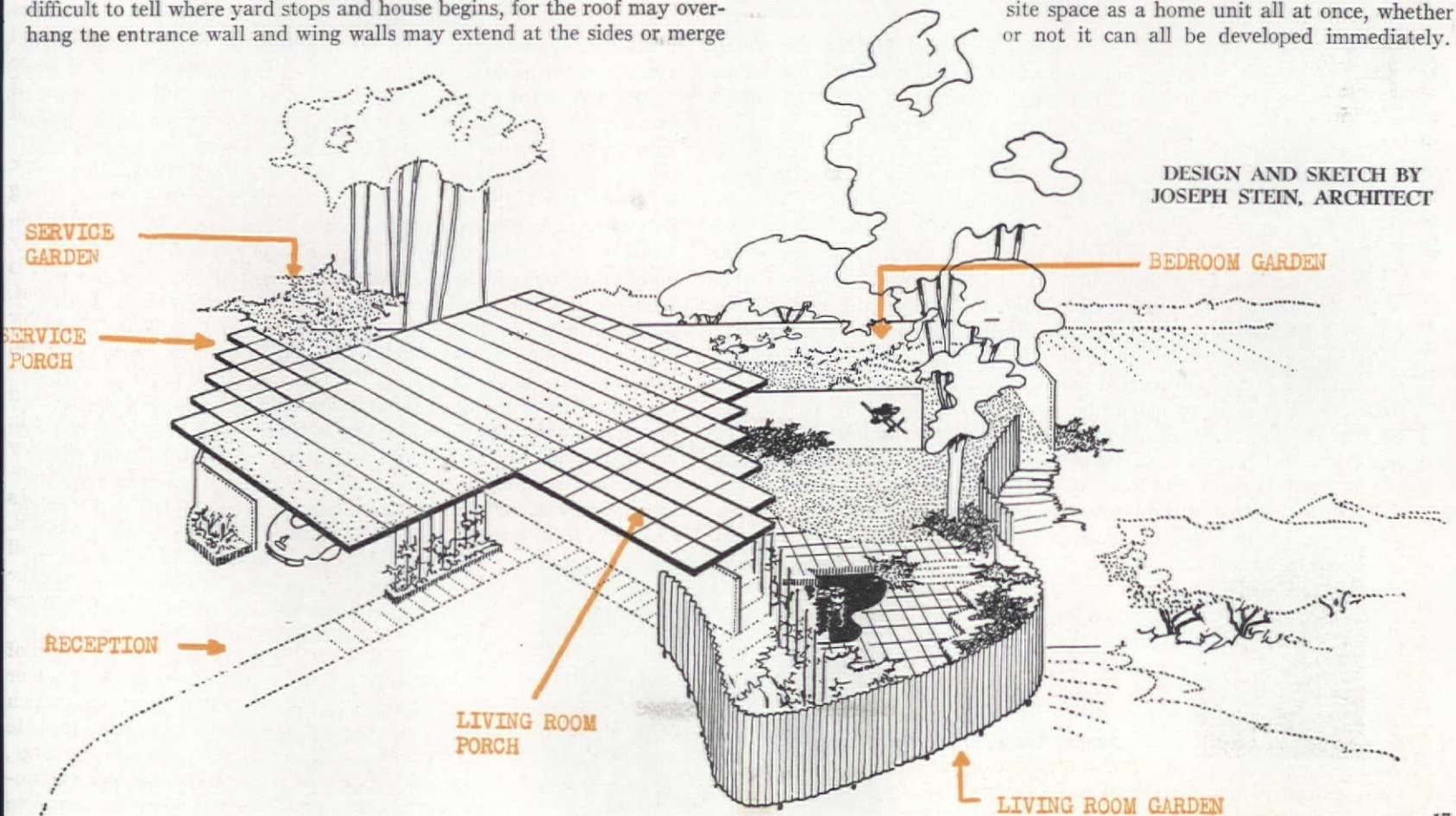
**NOW TO HELP VISUALIZE THE ACTUAL FORM OF THIS FUTURE HOME,** let us visit that of the John Doe family, time about 19XX. Whether it suggests the Colonial, Spanish, or Modern, we can hope to find certain characteristics, particularly evidence that it is designed as a setting and background for the lives of the residents, rather than as an expression of the designer's personality or creative urge, or of the builder's pursuit of the most dollars for the least living space. Another characteristic is a simplicity of surface—wall planes, whether solid or transparent, tend to be of one material. Walls with holes punched in them give way to solid or glass walls, or solid walls with horizontal strip windows let in from end to end. The building materials have a chance to express their quality in clean, unbroken planes. Whatever shape the roof, it is felt as a free, horizontal plane supported independently of the walls. A sense of freedom of space beyond the actual size of the house results from a maximum simplicity of division into rooms and an arrangement of partitions and screens; this is further emphasized by a continuation of the floor surface outdoors so that its area is greater than that of the roof, thereby heightening the feeling of flow and movement.

We enter through a court or yard, perhaps in grass, with specimen trees and shrubs, perhaps paved or sanded, with decorative boxes of small plants, rocks, water elements, or sculpture of some kind. It is difficult to tell where yard stops and house begins, for the roof may overhang the entrance wall and wing walls may extend at the sides or merge

into trellises, lower walls, or plant boxes. Beyond a small reception space we find a living room, spacious, free, and comfortable. The garden, which is its unroofed continuation, is something more than an "outdoor living room," for gardens must be the homes of delight, of gayety, fantasy, imagination, and adventure, as well as repose. It is a roofless room, a controlled block of air, with vertical planes combining walls, fences, lattices, or posts with various sorts of hedges and trees, their number and complexity and such further elements as pools, shelters, beds of flowers, or ground covers depending upon its size. Except for gardening enthusiasts who truly enjoy garden work, the most livable garden is that which requires the least work to maintain, and this is conditioned by the materials, particularly plants, used in it. Here we must achieve some sort of balance between what we like and what we want to care for. To simplify things use grass (which needs much attention) only where you want to walk and sit on it; and more paved areas or ground covers. For flower color concentrate on relatively permanent perennials. We must begin to think in terms of minimum maintenance gardens, whose owners or tenants can care for them and have time left over to enjoy them. . . .

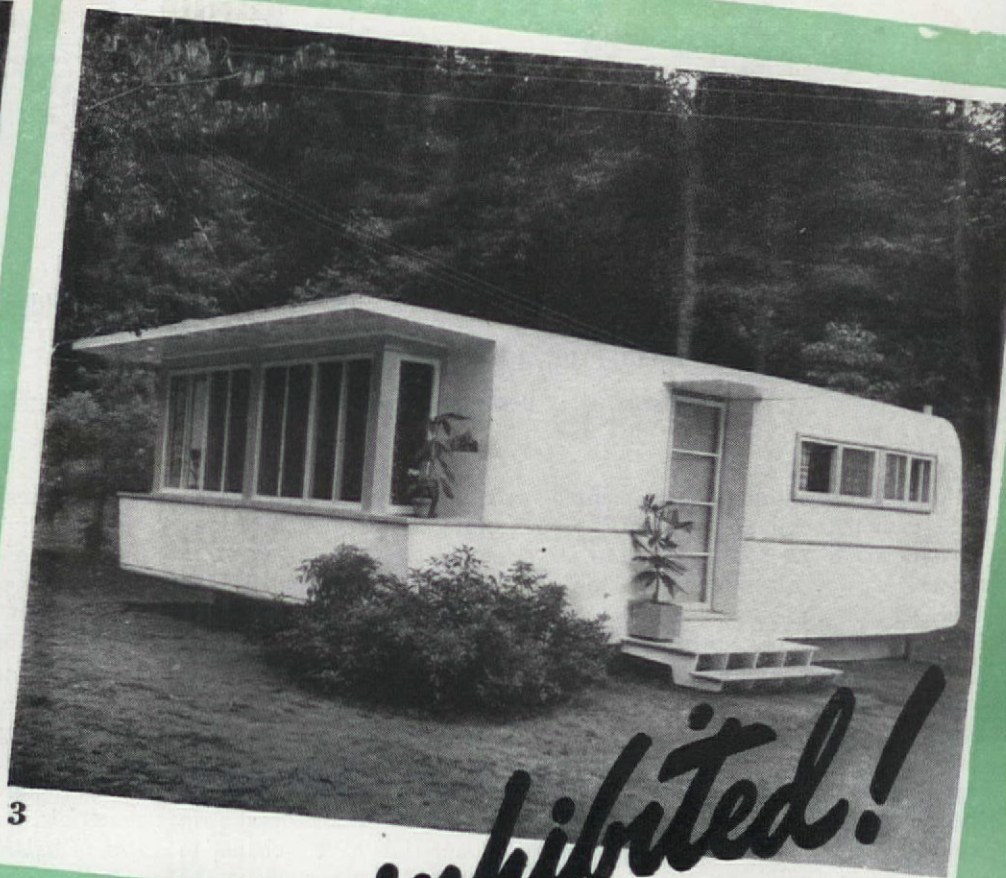
**ALL THIS IS A SUGGESTION** of what we can make of our future homes if we consciously organize our activities toward such an objective. The ideas offered are not rigid principles; on the contrary, endless variation in relation to specific people, problems, and sites are desirable and unavoidable. The main thing to remember is the planning of the entire site space as a home unit all at once, whether or not it can all be developed immediately.

DESIGN AND SKETCH BY  
JOSEPH STEIN, ARCHITECT

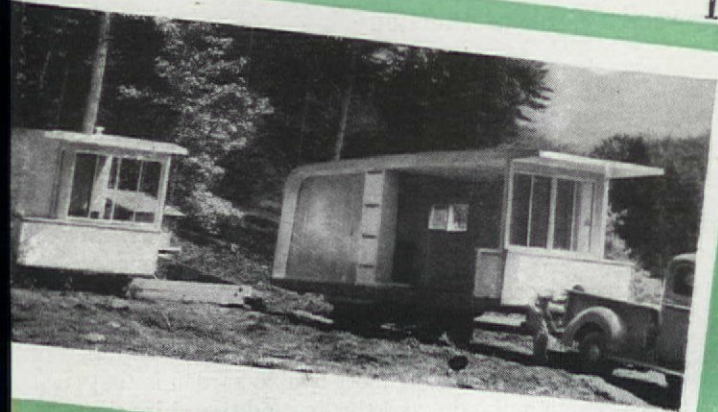




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3



2

# Footloose and uninhibited!

Will tomorrow's Home Sweet Home really come in a package?

**H**OUSES zooming along the open highway! Homes, completely equipped, traveling hundreds of miles to new destinations! Fantastic though it seems, these houses are actually a part of today's realities and not a figment from a Jules Verne dream.

Necessity, mother to so many inventions, can truthfully claim responsibility for these packaged houses. The Tennessee Valley Authority, working in remote locations, needed adequate housing for its workers. Permanent quarters were out of the question for at the end of each project, houses of this character had to be abandoned. This represented a tremendous loss. Even the regulation-type demountable houses proved to be impractical after two or more movings. The present trailer-house was evolved after a great deal of experiment and fits the bill perfectly.

At first glance, trailer houses are just neatly designed, thoroughly modern little homes constructed in two slices. The slices are delivered on undercarriages light enough to be towed in the future by your family car. On the site, they are rolled onto a foundation which consists of a few posts and beams. Small wheels concealed under the floor help in sliding the house onto its foundations with a maximum of ease.

When both slices of the houses are on the foundations, tar paper envelopes on the matching sides are removed and the two slices brought into contact. In less time than it takes to tell, they are then coupled together like railroad cars. Next, water, electricity, and sewer are tapped by a single connection for each and the trailer house is ready to serve with hardly any effort at all.

In spite of their lightness and the fact that they can be erected with ease, these houses are as permanent as any structure several times their weight. By means of stressed-skin plywood and close calculation every pound of material is made to contribute its utmost to structural strength. That's why these

house-slices can be pulled up steep grades by trucks lighter than the average car with no damage whatever to the superstructure or interior.

**THE INTERIORS** are gems of compact livability. Plywood in a variety of natural or painted finishes has been used for all partitions. Plenty of light and ventilation have been provided. Some have oversized bay windows to give an illusion of much more space to the living-dining room. Kitchens and baths are completely streamlined. Closet space is more than adequate. Here are homes that cut housework to a minimum!

All in all, whether you're the type who likes to pick up his home and move or are more inclined to stay put, these trailer-homes give plenty of food for thought. Designed now in two slices, goodness knows what possibilities are in store when more slices can be added. They're economical; coming as completely equipped as a hotel room, most of the furniture is an integral part of the house itself. What new avenues are opened by these exciting assembly-line homes? The prospects are fascinating and unlimited. Consider the possibility of taking your home along when your job or career requires that you move to distant places; conversely, the ability to exchange your house when your requirements are altered without moving from the garden you planted or the neighborhood you have learned to cherish. Strange as it may seem, perhaps you

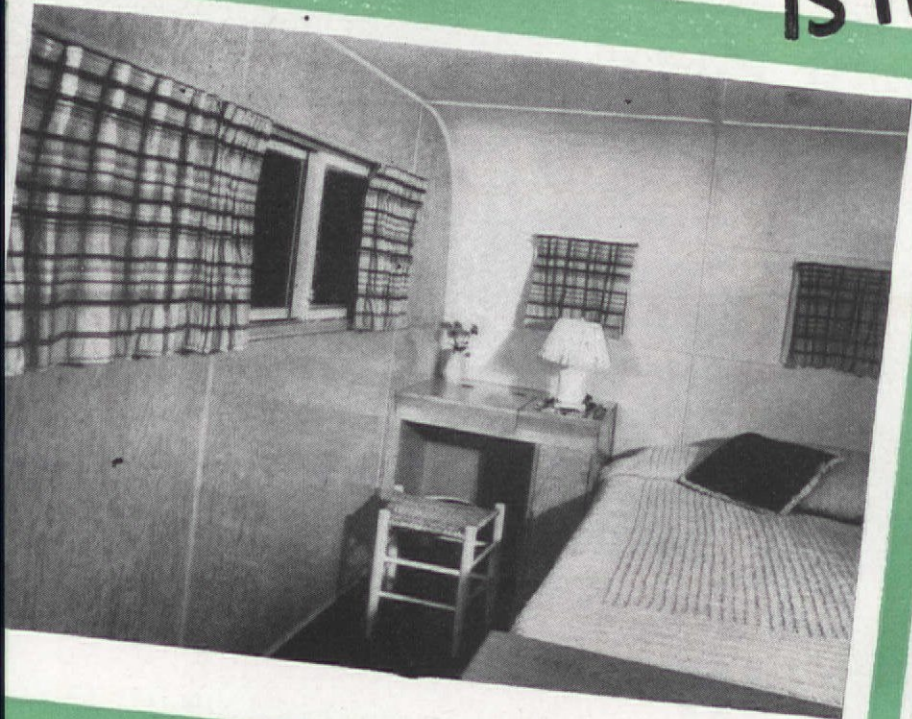
may be able, in the interests of economy, to buy your first trailer house in the second-hand house lot.

Just what part this type of house will play in the post-war life is anyone's speculation. Certainly, one day they answer a definite need in the Tennessee Valley Authority's program. The workers are very keen on them and they are in great demand. At first, out of a curiosity, they are now an accepted part of the life at camp. The women appreciate their compactness and the men admire their precision and fine execution. What is their future? That's entirely up to you.

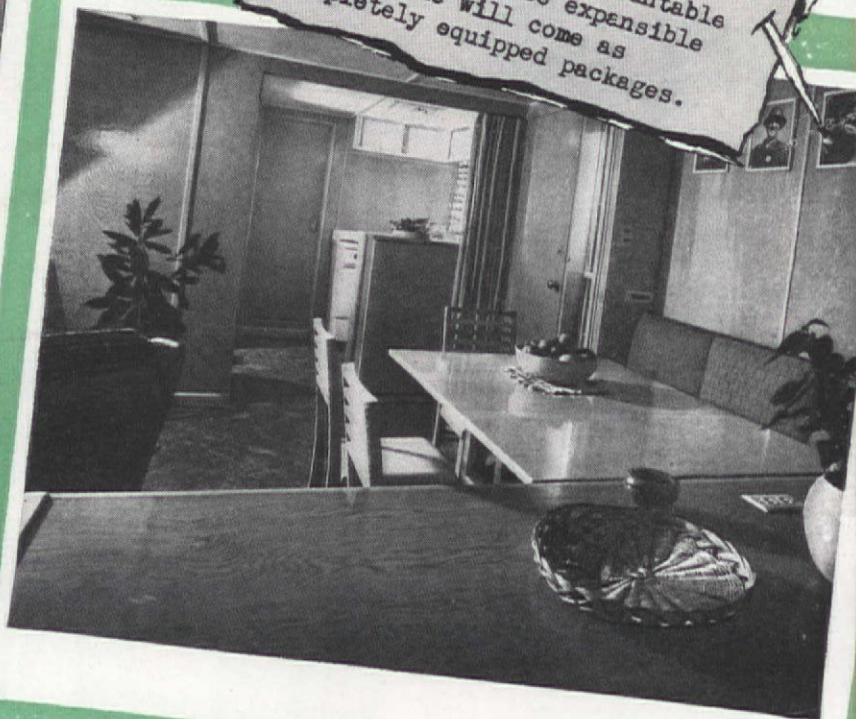


# IS IT SO RADICAL AFTER ALL?

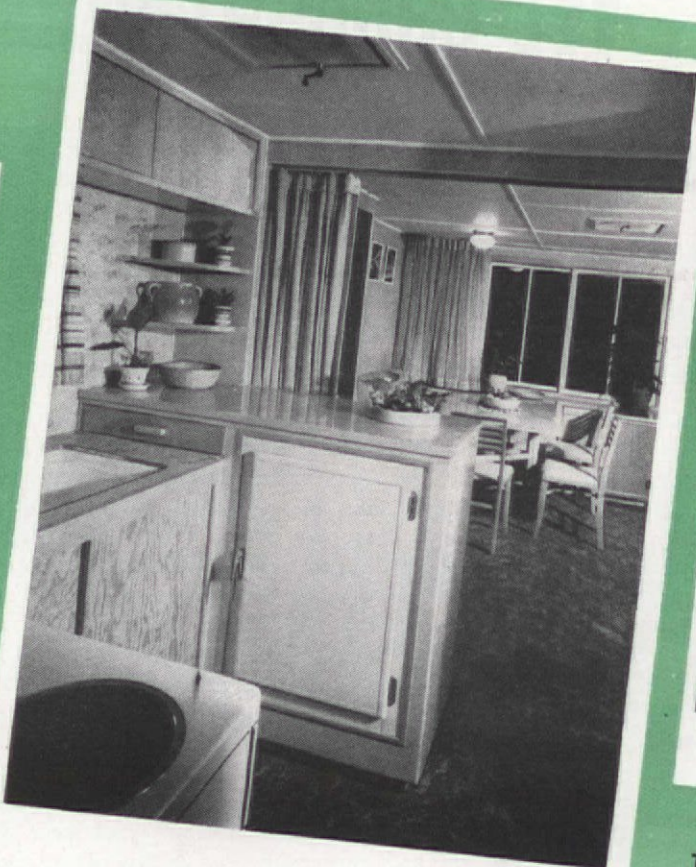
F. Vaux Wilson, Jr.  
 Predicts:  
 Homes that will be demountable  
 Homes that will be expensible  
 Future home will come as  
 completely equipped packages.



4



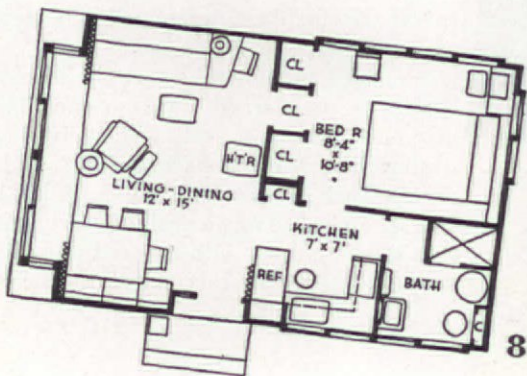
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8

1. Trailer-house slice hits the open highway
2. Two slices meet and become complete house
3. The trailer-house is now ready to serve
4. Plenty of air and light in ample bedroom
5. Looking from dining area towards kitchen
6. Streamlined kitchen—gem of compactness
7. Natural wood finishes add softness to living area
8. Ingenious floor plan is workable and efficient



The atmosphere of Hawaii transported to California—that is the spirit in which Mr. and Mrs. Evans built their Los Angeles home

## WE BROUGHT PARADISE

TWO years ago my husband and I returned to California, a enthusiasm, from a three months' visit in the Hawaiian Islands. Broke but undaunted, we resolved that we would surround ourselves forever with the spell of that tropical land—jungle terrace, hibiscus, scents and sights and all. And today we look at the changes, we know that we have done it!

We had only a hundred and fifty dollars to start with, but in two weeks we were gloating over a fine piece of land, secluded and tranquil in a hidden valley—the perfect setting for our tropical home-to-be. Fortunately, the owner proved to be a builder and willing to wait until the completion of the house to get his \$5,000—the price of the house and land. A loan could be obtained later from the F. H. A.; meanwhile, our little nest-egg, plus determination, oodles of hard work by both of us, and rigid penny-watching, would launch the venture.

From memories of our island sojourn came the feeling that a house of blended semi-modern and orient character would be ideal for tropical landscaping. Out of this thought grew a low structure with lateral siding, corner windows and boxed eaves, and a color scheme of burnt orange and yellow. The living room, bleached Philippine mahogany from top to toe, is low and emphasized by horizontal lines, with copious wandering bookshelves and dark plank floors. A wide Dutch door opens on the patio and plenty of large windows bring the lush garden in to us on moonlight nights and sunny days. The challenge of chilly winter evenings inspired our fireplace design, with homey copper hood and snug seats for fire-huggers.

We chose natural pine for our bedroom—Hawaiian homes use unadorned wood so effectively. In similar mood are the corner seats with shelf space underneath, window ledges for books and plants, and a low built-dresser that doesn't look the least bit bedroomly! Of course, we had to mix a dash of utility with our dream, so a dressing room with tailored dresser and wardrobe was sandwiched in to connect the bedroom with the

# IS IT SO RADICAL AFTER ALL?

Vernon F. Sears  
Predicts:  
Importance of closet  
space becomes more  
evident...attic-and  
basement space may  
become non-existent.

PURSE CABINET IN BEDROOM!



HALL LINEN CLOSET



DRESSING TABLE BETWEEN  
BEDROOM AND BATH

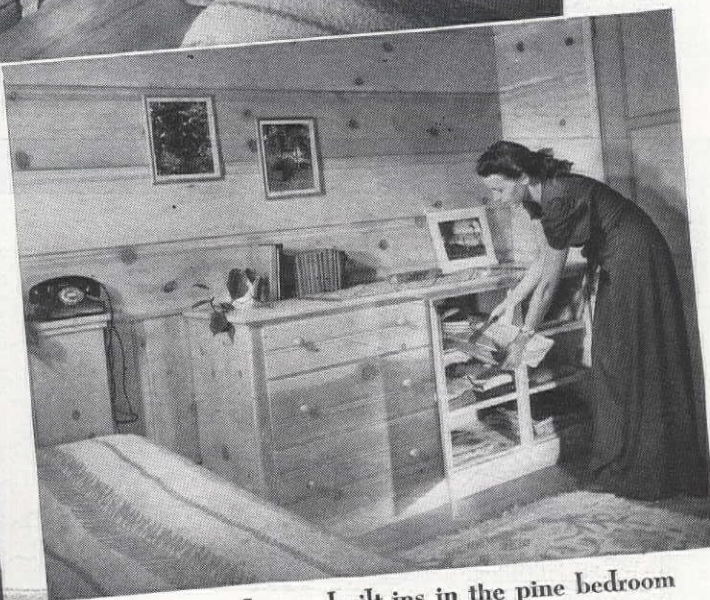
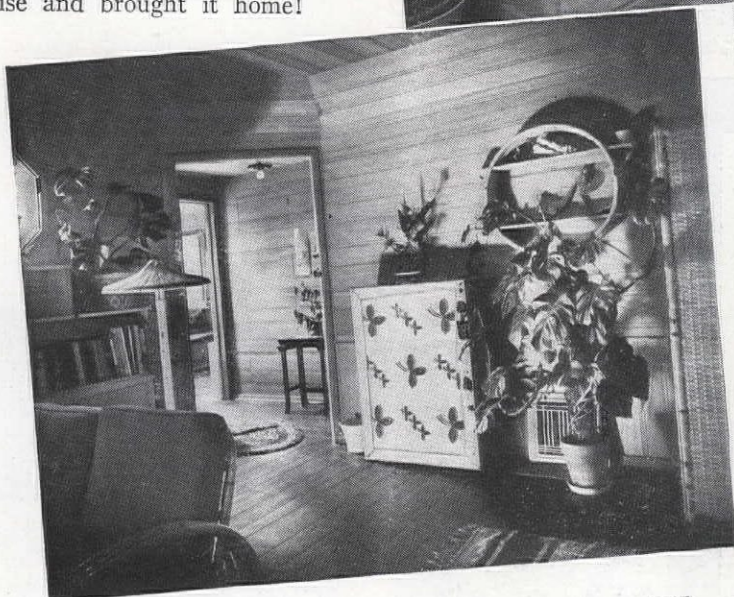


# Home!

small, compact bath in brown glass tile sheeting, yellow trim, and brown and cream linoleum.

Back to warm wood tones in the dining room, where friendly china peeps from its plate rail and open cupboards, and a glimpse of garden comes through French doors opening on a terrace. And the kitchen! What could be more natural than knotty pine with a plate rail for gadgets, and above it bright red and white wallpaper of peasants and cows and funny little farmhouses?

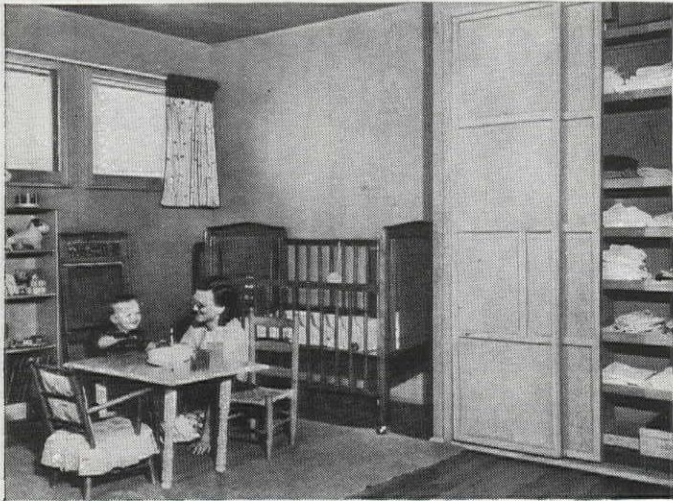
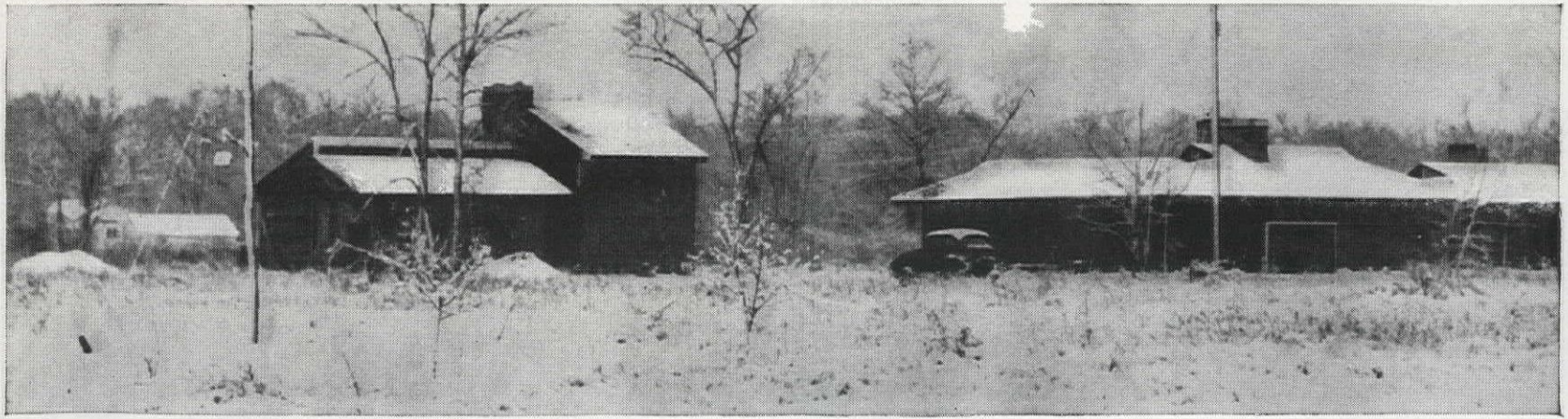
Finally, out in the garden we gave free rein to our imaginations, ably assisted by our own strong arms for the digging and planting! Today, as we revel in the tropical luxuriance, we know that actually, and not merely in our dreams, we have captured paradise and brought it home!



Corner seats and more built-ins in the pine bedroom  
Bleached Philippine mahogany walls and Hawaiian atmosphere in the living room

Photographs by  
Maynard L. Parker

Story by  
JANE EVANS



Spacious closets like the Russell Scargles' are typical



The George Simonds living-dining-guest room



RUTH W. LEE

A FEW years ago, seven young Chicago couples were faced with identical problems. They all wanted homes of their own; they all had children and they wanted these children to be reared in healthy, happy surroundings. They also knew, after endless searching, that they could not afford the type of homes they really wanted. However, since this is a tale with a happy ending, a solution was found to their problem. Cooperation was the answer. By pooling their resources, they discovered that what could not have been acquired singly was easily within their reach as a cooperative unit. Aided by this knowledge, they soon had their plans under way.

Land was purchased, five and one half acres of beautifully wooded countryside. A distinct advantage, too, was the fact that the site was within easy commuting distance. The selection of an architect was a more difficult problem. To find one who would not only understand their individual desires but who would also be in complete sympathy with the community demands was not an easy task. Paul Schweikher, a progressive designer with a great deal of cooperative housing experience in Sweden, was the final choice.

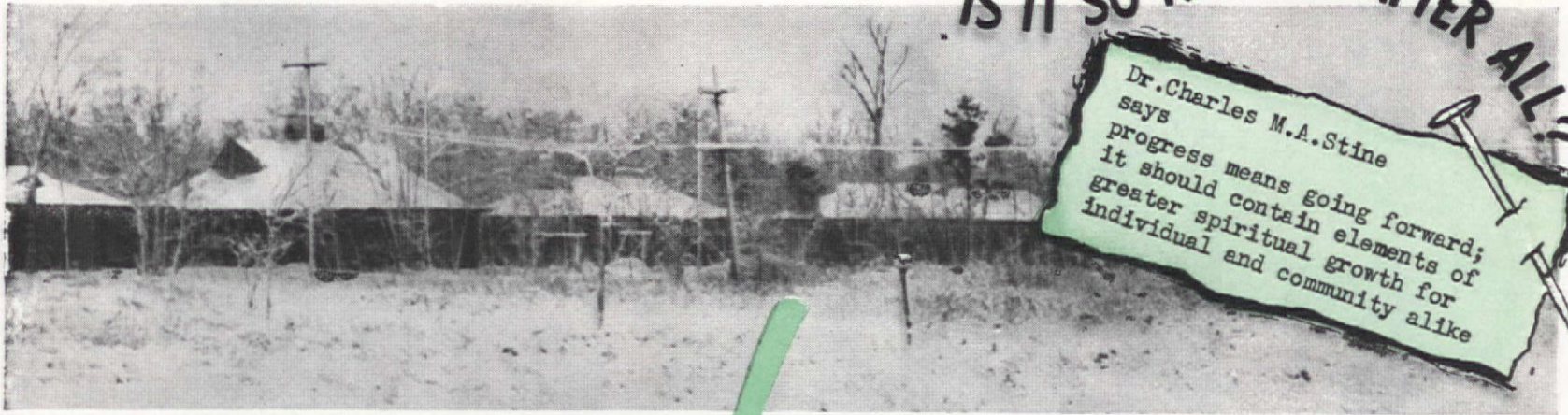
Harmony was created among the houses by choice of an exterior finish common to all—California redwood. On some this is used as vertical battens, on others as horizontal siding; a few have combinations of the two. The interiors are entirely built of fir plywood, these left to be finished later by the individual owners. A feature also common to all houses is that one living-room wall is built completely of glass. The exposure of this wall has been so arranged that a maximum of sunlight is caught during the winter months, while much-prized shade is gained during the summer. There are no dining rooms as such. This feature has been incorporated into the living

Glass rear walls like this one in the Simonds house are common to all



The front entrance to the George E. Simonds house





IS IT SO RADICAL AFTER ALL?

Dr. Charles M.A. Stine says progress means going forward; it should contain elements of greater spiritual growth for individual and community alike

Photographs, George Keller

# Seven!

This good neighbor policy practised here at home points to a more complete way of life

area, thereby adding more flexibility to this space. Sliding partitions do wonders toward gaining a variety of interior treatments. Especially is this true in the children's bedrooms where, by the simple flip of a sliding screen, any number of small or large sleeping cubicles can be arranged. Wonderful, indeed, when one of the youngsters is a bit under the weather.

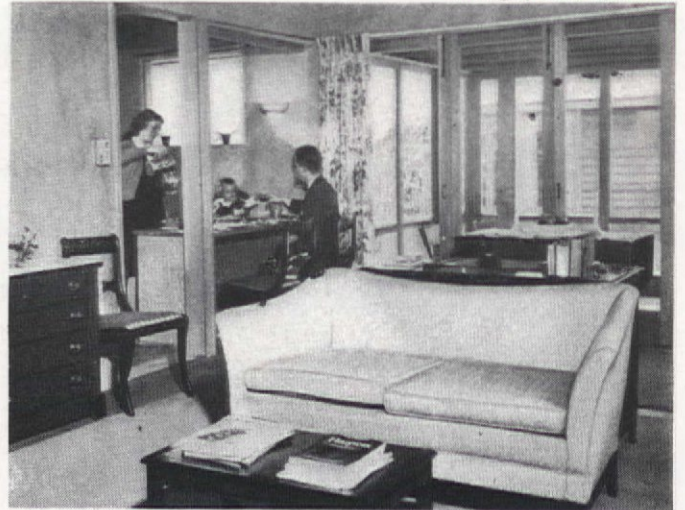
Each fireplace has been given individual treatment. Most of them are of a soft gray-pink common brick that blends nicely with the natural woodwork. Kitchens are most efficiently designed. In many cases a lunch counter, built on the living-room side, solves the informal family meal problem. And don't the youngsters love it! Closets are breathtakingly large—magnificent praise for Mr. Schweikher came from each housewife for this.

Most of the houses are one-story affairs, though one is built on a three-level plan. Some have garages, others screened porches. In many cases the heating unit is located in the attic space; others have small utility rooms located next to the kitchens.

A common playground, easily seen from each house, helps tremendously in solving the child problem. Community buying made it possible to acquire much more apparatus here than could have been bought individually.

The social advantages of the arrangement are manifold. Cars are pooled by the commuting husbands or shopping wives. "Sitters" are not necessary when a movie is the order of the evening. Watchful volunteers are always available. Garden tools, such as lawn mowers, cultivators, and wheel barrows are owned in common. To each and every member, the experiment has been more than successful. They like their homes; their children are healthy and happy; they're better friends than ever. True test, indeed!

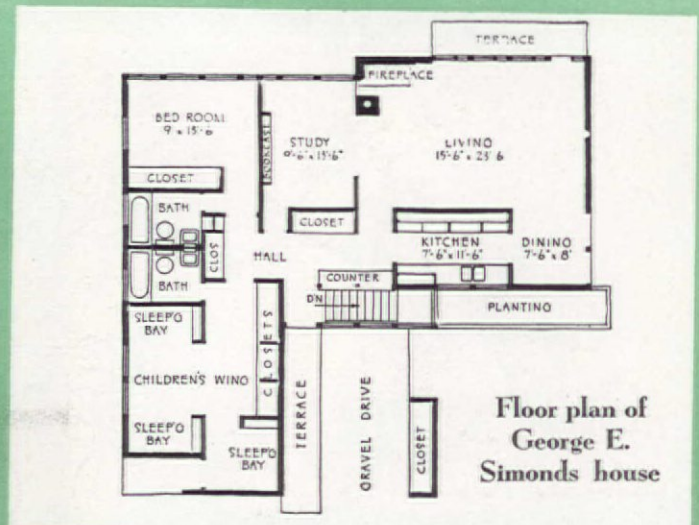
The Lawrence A. Parrish living room nicely mixes modern with traditional



Service counter in the Lawrence Parrish living room



Happy eating in the Arthur Frost ample kitchen

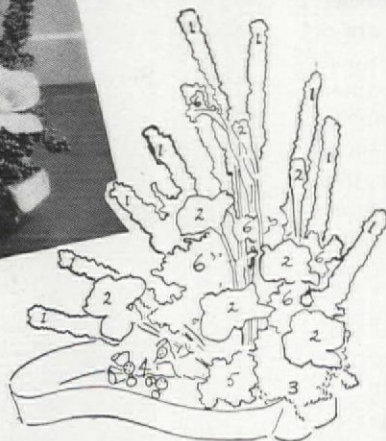


Floor plan of George E. Simonds house

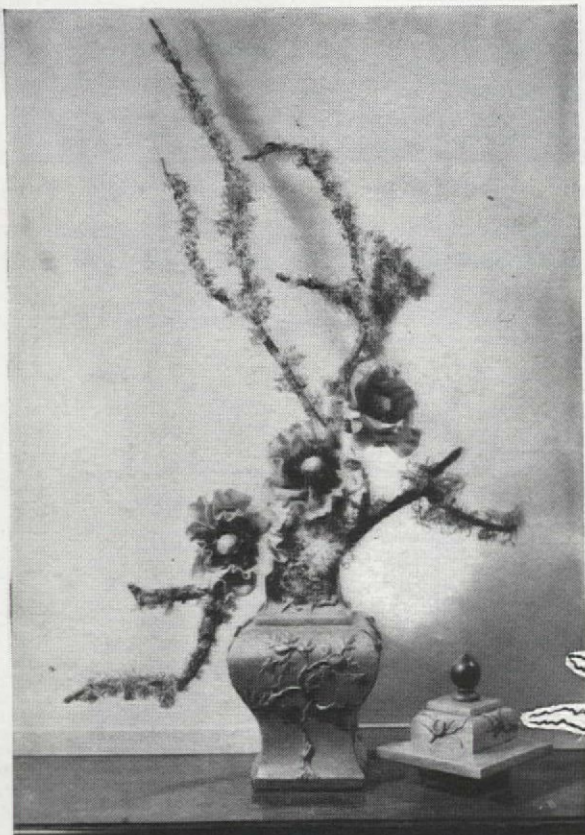


For bouquet beauty: Scissors, pliers, light wire, floral tape, and clay or sand

## HOW TO MAKE A



- 1 Mullein
- 2 Artificial daffodils
- 3 Sorghum
- 4 Eucalyptus pods
- 5 Decorative stone
- 6 Starbush



- 1 Moss covered branch
- 2 Wax poppies

“THE flowers that bloom in the Spring, tra! la! have nothing to do with the case!” It’s dried arrangements that bloom in the winter that we’re talking about. They are fun to do, last all winter long without having to be watered, fed or pruned, and can be stored away for next season! The only thing you have to do, by way of upkeep, is to keep them dusted, and don’t use the vacuum cleaner or that will be the end of your winter’s beauty!

Whether you go out in the highways and by-ways around your part of the country and gather material for your winter’s supply, or buy it from your flower shop, there are certain things to do and not to do by way of arranging it effectively. If you’re using a shallow dish for your bouquet, use floral clay (or plasticine if you can’t get the other) as a base into which to “stick” your choice. Be sure to mask it in some way, either with bits of wood, stone or leaves. If you’re using a vase over six inches deep, use sand as your base. And by the way, most dry arrangements don’t look well in glass. They’re happier in metal or pottery of some kind.

When you start to build your bouquet, remember to have the container you’re using *straight* in front of you or you’ll end up with a lopsided affair. For anything but a flat arrangement, figure on the finished masterpiece being once and a half the height of the vase. Remember, too, that dried arrangements must have line and form, even more so than fresh flowers. That’s the difference between good and bad.

There are tricks to this trade, too, and whether or not they’re an improvement on Nature depends on how well you employ them! If a piece isn’t long enough, for instance, you can splice it onto a stem the proper length by using floral tape or fine wire. Of course, you conceal your operation. If a leaf or a bud doesn’t happen to grow in the right direction to fill a space, cut it off and splice it back where you want it to go. You can even make up interesting effects by combining magnolia leaves, for instance, with a wood rose forming the center of a decorative rosette.

Sometimes dried material isn’t as adaptable as you’d like it to be. Take the beautiful gray smoke bush for instance, or the interesting fronds of the fernette. To be able to bend





- 1 Sumac
- 2 Sorghum
- 3 Lotus seed pods
- 4 Broom
- 5 Fountain grass
- 6 Dock



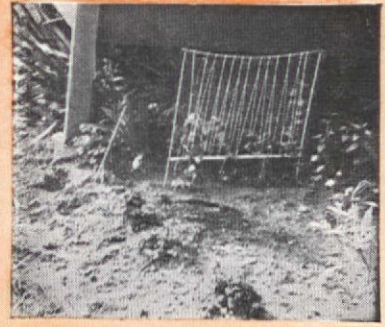
# Winter Bouquet

them to your will, they must be soaked until they are pliable in your hands. If the family doesn't object to flora and fauna in the bathtub for a few hours, that's a wonderful place to do the job. Then you can bend and work them almost as you want, without danger of breaking their otherwise brittle stalks.

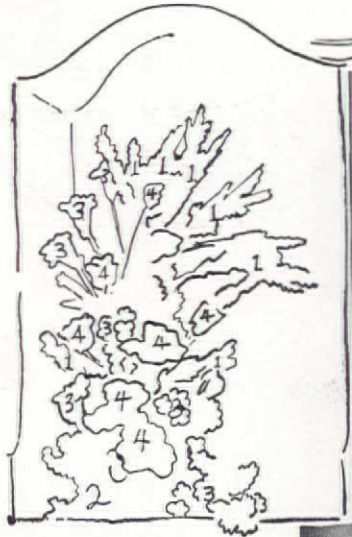
The materials for these winter beauties are not elaborate, or difficult to come by. Of course, different parts of the country have different plants to offer. Simple things like the common mullein, grasses of all kinds, and grains, seed pods of the lupine, milkweed or lotus are wonderfully decorative. The lowly dock and teasels become things of beauty in an arrangement. For a dash of color, you can use the rich red sumac, red and yellow coxcomb, the orange of bitter sweet, yellow tansy and the soft gray smoke bush. Dried lotus leaves are a wonderful green, and magnolia leaves turn deep mahogany colors.

If you have a yen for artificial or wax flowers, use them in conjunction with dried things and you can get most attractive results. The exotic looking arrangement in the left hand corner is a good example of what can be done, merely with a few things. The arrangement was chartreuse and gray, and three poppies. Yellow daffies were used with brown dried material for the low arrangements above it and tiny artificial forget-me-nots and rosebuds were combined with wheat and sorghum to create the little shadow box group on this page. So take the hints and do your own.

"HERE'S A TEMPORARY TRELLIS idea that's good for outdoors or in, depending on the size you make it. I used  $\frac{3}{8}$ " dowel rods for the lower bar and  $\frac{1}{4}$ " ones for the upper and the uprights.  $\frac{3}{4}$ " brads hold it together. The frame can be of any size and can be raised or lowered as desired. Plain white string, pulled rather tight will curve the lighter rod enough to make the whole effect a little on the fancy side. It's grand to support ivy and other trailing plants that are put outdoors for the summer, and it's husky enough to take it."



Submitted by Estelle Dupre who dreamed it up and tried it out in her own garden

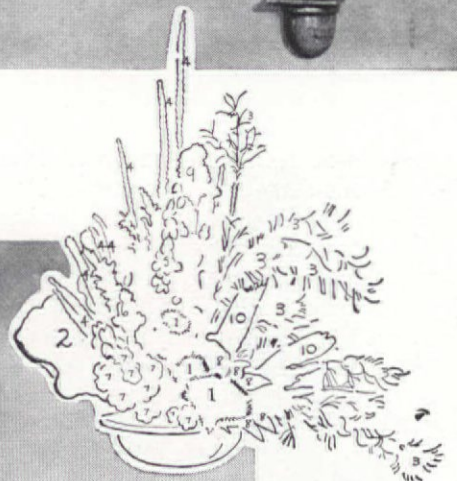


- 1 Broom
- 2 Sorghum
- 3 Artificial forget-me-nots
- 4 Yellow rose buds



WILLIAM G. F. LEITH

Arrangements by William G. F. Leith  
Photographed at Lord and Taylor by F. M. Demarest



- 1 Artichoke gone to seed
- 2 Ficus pandurata
- 3 Bottle brush
- 4 Mullein
- 5 Hawaiian buds
- 6 Yucca
- 7 Wood roses
- 8 Magnolia leaves
- 9 Broom
- 10 Broom (treated)



# Begonias

BRING FRIENDS

Story and pictures by EARLE C. BLODGETT

OUR back yard has been a happy meeting place for flower lovers these last three years. The attraction is a 9' x 9' x 6½' lath house. Being the only one in the city, it had people wondering what it was for and what was in it. Now, the beauty of several dozen tuberous begonias in profuse bloom holds visitors spellbound. They find it hard to believe that ordinary efforts can produce such a display and I have been asked so many questions about it, that I offer this brief account of what I have done since the begonia bug bit me back in July, 1937, in one of Frank Reinelt's



INVESTMENT: \$5 for tubers, \$5 for this lath house.  
 RETURNS: begonia beauty all summer in Idaho

huge greenhouses at Capitola in California.

A native of Central America, the tuberous begonia needs a fairly uniform, moderate temperature and a moist climate. Here in Moscow, Idaho (elevation 2560 ft.), the frost-free period is roughly from May 6 to October 8; maximum summer temperatures range between 80 and 90 degrees with an occasional jump above 100, but commonly fall at night to the low 60's or lower. Our frequent hot, dry winds would be fatal to such plants, so a lath house seemed about the best solution. The one I built as an experiment has proved satisfactory, though I wish it were larger. The framework is of 9' peeled cedar poles that cost 50 cents; the sides, except the upper part of the north side and the doorway, are of lath (three bundles cost \$1) nailed an inch apart to 1" x 2" wood strips fastened to the framework. A shelf made of scrap 2 by 4's and slab wood for 25 cents is covered with a 2" layer of leafmold that gives an even surface and helps maintain needed humidity. Aster cloth to cover the top and about 1½ ft. of three sides, cost \$1.25, and is good for four or five seasons if carefully stored over winter. One thickness was used the first year, but two layers on a wire and lath support would be better.

My first order was placed in February, 1938; \$5 and a request for as complete an assortment as possible brought me about forty tubers, which I started in early April in a mixture of coarse sand and peat moss in shoe box lids set in a light, warm room and kept moderately damp. As soon as they had made shoot and root growth, I planted them in No. 10 tin cans with several holes punched in the bottom, which I covered with an inch of gravel and a layer of partly decayed leaves. (Under war-

time conditions use clay pots.—EDITOR.) Begonias want a very light soil; every grower has his own idea as to a proper mixture, so here mine: With leafmold collected under shrub thickets as a base, I thoroughly mix part rotted leaves, coarse sand, a little phosphorus and bone meal, a portion of good loam, and some well-rotted cow or sheep manure. The exact proportions are optional, but the result must be light, porous, coarse, and not too rich and fresh soil should be used each year. If the container nearly full, lift the tuber carefully to not disturb the roots, set it in place, cover lightly, water, and leave it in a light warm place. Plants can later be hardened off a shaded coldframe. After all frost danger over, I move them to the lath house shelf, setting the cans closely and embedding the slightly in the leafmold. Hanging basket type go on pedestals or are hung from the roof. A few potted annuals give variety and ferns provide a background. Each morning (and evenings, too, in hot, dry weather) I fill the containers with water, keeping it off flowers and foliage. Any excess water must drain away quickly or it is likely to rot the tubers. However, I wet the bench and floor down well and moisten a few half-bushel baskets of peat moss kept under the shelf to help maintain humidity. I water the begonias three or four times a summer with liquid manure. The plants are so crowded on the bench that the stems rarely break off, but the growth is so heavy that I consider staking them. Fruit and shade trees, rose bushes, raspberries, and other plants surround and partly shade the lath house, adding to its appearance and helping to protect the plants from occasional strong, drying winds. Why don't you try tuberous begonias, too.



**E**VERY year sees an army of brand new gardeners break ground and tap a reservoir of experiences that are always interesting, often enjoyable, sometimes full of surprises and thrills. This will, no doubt, be true also in the spring of 1943; but just as war conditions will put a premium on the invigorating rewards of gardening, so they will demand that there be as few failures and as little wasted energy and time and lost motion as possible.

Your first steps in that direction can be taken long before outdoor work begins; as soon, in fact, as you start checking over seed and nursery catalogues and deciding what you are going to grow. In general, these alluring price lists follow a somewhat standardized pattern in which the opening section features the firm's current novelties and specialties. Then follow alphabetical groupings of annual flowers and vegetables—or vice versa, depending on the concern and its clientele. Next come smaller sections devoted to perennial seeds and plants, bulbs, house plants, lawn grasses, shrubs, vines, and trees, fruit plants, perhaps some farm and forage plant seeds, and finally several pages of garden tools, fertilizers, spray materials, garden books, and other sundries. Study your favorite catalogues in the large before you begin to make out an order, so as to keep a desirable balance between serious, necessary items and "luxuries." As far as the plant materials are concerned, the main groups just mentioned are represented in the table of easily grown subjects on the next two pages, even though space limitations prevent the discussion or recommendation of particular varieties. For the most part, beginners can skip the novelties (which usually command a slightly higher price than standard sorts), unless they have space and time to give them extra attention and do a little experimenting. However, the element of uncertainty as far as new developments in annual flowers, vegetables, and roses are concerned has been greatly reduced in recent years by the organized seed trade's system of All America Selections of varieties, which feature annually the fruits of pre-introduction trial ground tests in all parts of the country. Says MABEL KANE FOX, in the course of some well-chosen hints for beginning gardeners, "Don't 'run through' seed and nursery catalogues picking out things just because they sound good. Buy and plant at first only things you know by sight or experience, even if they seem commonplace; things you can count on to grow and give certain effects at certain times. You won't be satisfied with that kind of gardening for long, of course. But it's a safe way to start, and with what you learn and the help people will be glad to give you, you will make rapid progress toward real results."

**B**UT even the ranks of familiar, commonplace plants contain so many alluring descriptions that you must firmly determine to use judgment and self-control in making your selection. Better go over your first, tentative list and cut it down by at least a third before actually making out your order; and that applies to both flower and vegetable sections of your victory garden. In England, after two years of war gardening, a study was made of the commonest mistakes of novice gardeners and right at the top were: (1) Over-enthusiasm, leading to over-buying, over-planting, and too much crowding for the good of the crops; and (2) injudi-

cious, excessive kindness in the form of over-feeding with strong fertilizers. Priority restrictions will check the latter tendency in this country, but be modest in buying seeds and nursery stock, for the well-grown product of a single seed packet will cover a lot of ground, and rows of tiny shrubs and trees lined out in a corner to "grow on" until you get their permanent sites ready, will surprisingly soon become crowded and make transplanting operations necessary. So, don't waste.

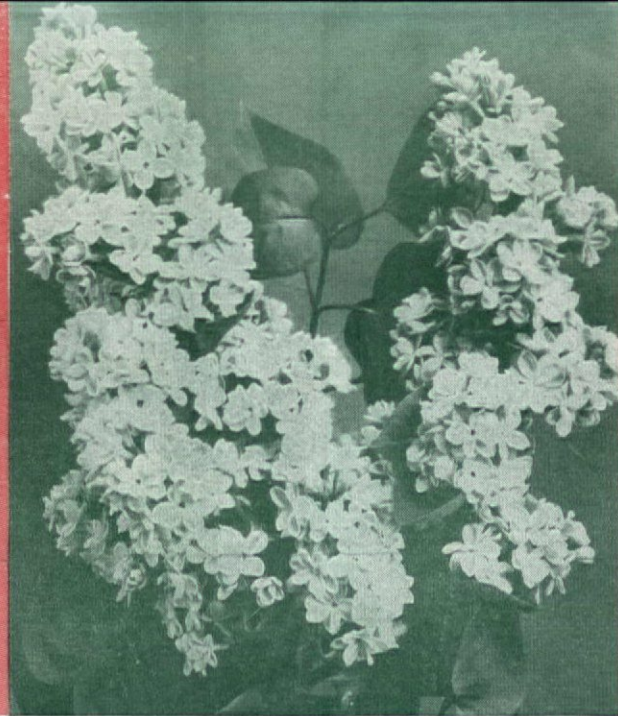
**D**ESCRPTIVE keys in the accompanying tables are, of course, approximate and relative. Color gradations and combinations must be sought in the catalogue listings of different varieties. Flowering period tips indicate merely the early, middle, and latter parts of the normal growing season in any particular locality, rather than specific months. The directions for planting refer to the simpler methods recommended for the beginner; in many cases results can be hastened for both annuals and perennials by starting part of a packet of seed in a flat, indoors, or in a hotbed, about six weeks earlier than the rest can be sown outside. In the woody plant table the sizes are relative, a small shrub, for instance, meaning one less than three feet tall, whereas a small tree might run up to fifteen or twenty feet. Hardiness is, of course, a matter of locality, influenced by altitude and humidity as well as by temperature; "tender" plants in the tables mean those not reliable outside of California or the Deep South.

In a new garden, rely on annuals for first year bloom, but look ahead and budget your spending so as to buy at least a few perennials that will make their entrance the second summer; also some small bushes and a couple of sapling-sized evergreens or shade trees (fruits or nuts, perhaps) which, as Sir Walter Scott put it, "will be growin', Jock, when ye're sleepin'." In short, it's none too soon for the world to plan a New Order of global peace—and for you to plan your garden of tomorrow.

**Petunia America—rose-pink, free-blooming all season, and all-double, is this year's All-America silver medalist**



W. Atlee Burpee Co.



1943 All America Rose Mary Margaret McBride Jackson and Perkins

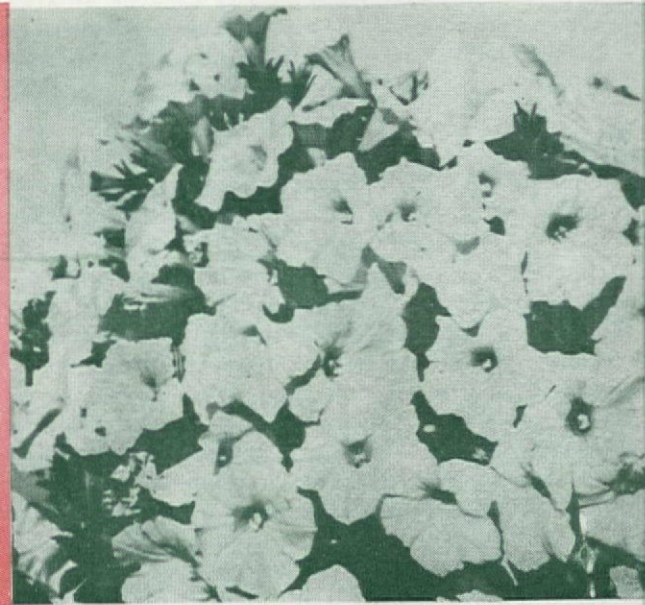
Double White Lilac President Grevy

McFarland

Hybrid Korean Chrysanthemums

# Carefully selected list of Annuals,

Color: White (W); Pink (Pi); Purple (Pu); Red (R); Yellow (Y); Blue (B); Orange (O) Height range: Tall (T) 4' or over; Medium (M) 1'-4'; Low (L) 1' or less. Flowering season: Early (E); Late (L); Spring (S); Summer (Su); Fall (F). Plant: Seeds (S); Bulbs (B); Plants (P); Indoors (I); Outdoors (O)



1942 Medal-winning Dahlia Sondra Lee Morgan

1943 All America Marigold Sunhist

Peter Henderson

1943 All America White Petunia Igloo

Peter Henderson

Annual (A) or Perennial (P)	Color	Height range	Flowering Season	Plant	Notes
Ageratum (A)	B	L	Su-F	SIO	Fine for edging
Alyssum (A and P)	W-Y	L	S-Su	SPO	Annual white; hardy yellow
Anchusa (P)	B	T	Su	SPO	Fine blue; stands shade
Aquilegia (P)	Many	M	S	SO	The popular columbines
Aster (P)	PiBPuW	M	F	PO	Easily grown
Bleeding Heart (P)	Pi	M	LS	PO	Old fashioned favorite
Calendula (A)	YO	L-M	Su-F	SO	Often self-sow
Calliopsis (A)	YR	L-M	Su-F	SO	Coreopsis is perennial
Campanula (P)	WPi	L-T	Su	SPO	Many types and species
Candytuft (A-P)	W	L-M	S-Su	SPO	Fine edger and cut flower
Canna (A)	YOR	M-T	Su-F	BO	Spectacular bedder
China-aster (A)	Many	M	Su-F	SI	Fine for cutting
Chrysanthemum (P)	YORPiW	M	F	PO	Splendid border plant
Clematis (P)	W	T	Su	PO	Filmy-flowered vine
Cornflower (A)	WB	L-M	LS to F	SO	Singles and doubles
Cosmos (A)	WPRO	M-T	LSu-F	SI	Needs room, staking
Dahlia (A)	WPiRYO	M-T	Su-F	BO	Many flower forms
Daylily (P)	YO	M	LS-Su	PO	Greatly improved of late
Gladiolus (A)	Many	M-T	Su	BO	Dig bulbs and store
Gypsophila (A and P)	W	L-M	Su	SO	Sow annuals often
Hibiscus (P)	WPiR	T	Su	SPO	Huge mallow flowers
Hollyhock (P)	WPiRY	T	Su	SPO	Stake; dust for mildew

Annual (A) or Perennial (P)	Color	Height range	Flowering Season	Plant	Notes
Iris (P)	Many	L-M	LS-ESu	BO	Divide, replant in August
Lily-of-the-valley (P)	W	L	S	BO	Spreads rapidly
Marigold (A)	YOR	L-M	Su-F	SIO	Brilliant; reliable
Mesembryanthemum (P)	WPiR	L	S-F	SO	Likes heat, light soil
Morning-glory (A)	WPiRB	T	Su	SO	Makes fine screen
Nasturtium (A)	RYPi	L-M	All Su	SO	Now includes doubles
Nicotiana (A)	WPi	M	Su	SIO	Fragrant, night-bloomer
Pansy (P)	WBPuY	L	S-Su	SOI	Best grown as annual
Peony (P)	WPiR	M	S	PO	Plant just 2" deep
Perennial Pea (P)	WPi	M-T	LS-Su	PSO	Needs little care
Petunia (A)	WPiBPuR	L	All Su	SPO	For beds and boxes
Phlox (A-P)	Many	M-T	All Su	SPO	A must in most gardens
Pinks (A-P)	WPiR	L	S-Su	SPO	Charming bedders
Plantain-lily (P)	WB	M	Su	PO	Bold foliage; permanent
Platycodon (P)	WB	M	LS-Su	SO	Pleasing bellflowers
Portulaca (A)	WPiR	L	All Su	SO	Give sandy soil and sun
Pyrethrum (P)	WPiR	M	Su	SPO	Delicately daisylike
Salvia (A-P)	RB	M	Su-F	SPO	Annual red; hardy blue
Scabiosa (A)	WPiRBPu	L-M	Su-F	SIO	Easy; fine for cutting
Sweet William (P)	Many	M	S-Su	PO	Keep flowers cut
Verbena (A)	Many	L	Su	SI	Seeds start slowly
Zinnia (A)	WYPiOR	L-M	All Su	SIO	Many improved sorts



On these pages are suggested eighty-eight easily grown subjects for new gardens — started in spring, they soon begin to give any home a setting of long lasting beauty

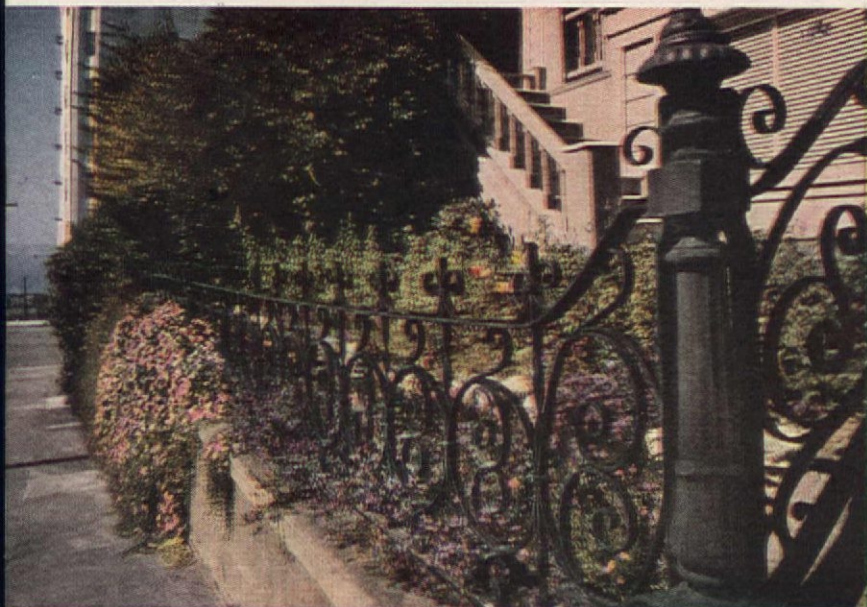
M. Chace

L. M. Chace

L. M. Chace

# Perennials, Shrubs, Vines and Trees

Size: Large (L); Medium (M); Small (S). Growth rate: Fast (F); Medium (M); Slow (S). Hardiness: Hardy (H); Half-hardy (HT); Tender (T). Use: Shade (Sh); Blossoms (B); Foliage (F); Fruit (Fr); Evergreen (E); Specimen (Sp); Hedge or Screen (H); Cover (C)



Ger Sturtevant

Walter L. Greene

Tree (T), Vine (V) or Shrub (S)	Size	Growth rate	Hardiness	Main value	Notes
Barberry (S)	M	M-S	M	F H Sp	Varied forms and uses
Birch (T)	M	F-M	H	Sp	Graceful; handsome bark
Ceanothus (S)	M-L	M	T	B Sp H	California's "wild-lilac"
Dogwood (T)	S-M	S	H	B Sp F	Tiers of white in spring
Eucalyptus (T)	L	M-R	T	F Sp Sc	Fragrant, towering, gaunt
Euonymus (V and S)	M-L	M-S	H	FFr CHSp	Evergreen vines; berried bushes
Elm (T)	L	S	H	Sh Sp	New England's glory
False Bittersweet (V)	L	R	H	C Sc F	Keep it controlled
Fig, Climbing (V)	M	M-R	T	C E	Good on masonry walls
Forsythia (S)	M-L	R	H	B Sp Sc	Brilliant yellow in spring
Fringe-tree (S-T)	M	M-S	H	B Sp	Drooping white flowers
Fruits (T)	S-L	M	H	B Fr Sp	Apples, peaches, cherries, etc.
Ginkgo (T)	M-L	S	H	Sp Sh	Good for city sites
Grape (V)	M-L	M	H	Fr C	For fence, trellis, pergola
Holly (S-T)	M	S	H-HT	F Fr Sp	Evergreens and others
Honeysuckle (V-S)	M-L	M-R	H	B Fr C	Rampant vines; useful bushes
Hydrangeas (S)	M-L	M	H-HT	B Sp	Effective for massing
Ivy, English (V)	L	M-R	H	C F H	Clings to masonry
Juniper (T and S)	M	S	H	E H C	Fine low spreading forms
Lilac (S)	M-L	M-S	H	B H Sp	Favorite old reliable
Live Oak (T)	L	S	T	EF Sp Sh	For California and South
Manzanita (T)	M	S	T	F Fr Sp	Rich brown bark

Tree (T), Vine (V) or Shrub (S)	Size	Growth rate	Hardiness	Main value	Notes
Maple (T)	L	M-R	H	Sh Sp	Many useful kinds
Mockorange (S)	M-L	M	H	B H Sp	Fragrant white bloom
Mountain-ash (T)	M	S	H	FFr Sp Sh	White bloom, orange berries
Mountain-laurel (S)	M	S	H	E B F	Needs acid soil
Nuts (T)	M-L	M-S	H	Fr Sp Sh	Ornamental and useful
Oak (T)	L	S	H	Sh Sp	Noble and lasting
Pine (T)	L	F-M	H	E F H Sp	Fine windbreaks
Pittosporum (S)	M-L	M-S	T	EH Sp	For California and South
Privet (S)	M-L	F	H-HT	H F B	Popular hedge; fragrant
Quince, Flowering (S)	M-L	S	H	B Fr H Sp	Pinks especially good
Rhododendron (S)	L	M-S	H-HT	B F Sp	Includes azaleas; acid soil
Rose, Bedding (S)	S-M	M-F	H	B Sp	H. T.'s, Floribundas, etc.
Rose, Bush (S)	M-L	M-F	H	B H Sp Fr	Species, such as rugosa, etc.
Rose, Climbing (VS)	M-L	F-M	H	B Sp	Large and small-flowered
Rose, Trailing (VS)	L-M	M	H	B F H C	Fine for banks
Spirea (S)	M-L	M-F	H	B H Sp	Profuse white flowers
Viburnum (S)	M-L	M-F	H	F B H Sp	Many varied types
Trumpet-vine (V)	M-L	M-F	H	F B C H	Keep under control
Weigela (S)	M-L	M	H	B Sp H	Bright spring bloom
Willow (T)	M-L	F	H	Sp Sh F	Graceful, but short-lived
Wisteria (V)	L	M-S	H	BC Sp	Drooping flower masses
Yew (S)	M-L	S	H-HT	EFHCSp	Evergreen in many forms

The ever-usable scenic in soft and lovely colorings of rose, green, and white on a putty-colored ground. Excellent for creating Colonial "atmosphere"



Imperial

Fruit and flowers in colors of mustard, pink, coral, violet, white, and green form a diamond pattern on a soft Wedgwood blue ground. Good 18th Century background



United

United

A two-inch stripe of bright sky blue "tied in" with an all-over flower pattern in pink to red, lavender, green, soft brown on a white ground. Versatile and charming



A traditional and charming wallpaper for Eighteenth Century furniture needs. Dignified gray-blue ground with floral pattern in chaste white and shades of gray



Imperial

Rightly named "Old Peking." Beautiful drawing in Chinese yellows, soft greens, and deep beige on antique white ground. Companion paper, inset at corner, is a small all-over conventional tracing



Imperial

Imperial

Conventionalized fruit and flower reminiscent of Pennsylvania Dutch style. Red, blue on white. Good with pine or maple



United



# WHEN You Buy

## Do You Know *WHAT* to Buy?

LESSON TWO IN OUR HOME STUDY COURSE IN SHREWD BUYING

### II. WALLPAPER

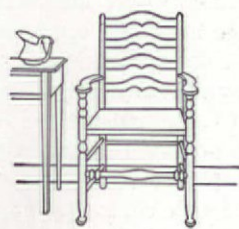
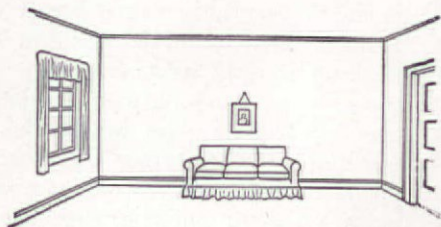
LET'S pretend we've both gone shopping together for wallpaper. Our problem is any one or all four of those listed below. We have looked at what seemed hundreds of wallpaper samples and our choice has narrowed down to the eight seen here. We must make up our minds on the one that will do the best job for us. Well, it's here that we leave you, for it's here that our lesson begins. Make up your own mind and then check your choice with ours on the following page for Lesson Two in "quiz" form. The reasons for our choice of design and color are the basic rules for buying wallpaper, the fundamental thinking which must determine choice of design and color in wallpaper.

B Fresh, sentimental pinkish-red roses on white ground. Good with Victorian, Federal, or "country house" atmosphere



United

### 4 "Most-Asked" Reader Questions -



**1.** Tired of plain walls, but my rug and furniture are figured. Is it permissible for me to use a pattern with pattern?

**2.** Moved from small apartment to large room, high ceilinged house. Will wallpaper help "furnish" the room for me?

**3.** Have few Early American pieces, moved into nondescript house. How to create that "Colonial feeling" for furniture?

**4.** Have 18th Century things, new house on modern side. Would wallpaper "take down" modern feeling, be desirable?

## The Greeks and the Romans

were lavish in their use of beautifully woven and embroidered coverings over their marble walls! The early Europeans used magnificent tapestries, and later, richly carved wood panelling. All wanted something to make the walls look finished and livable. And so came into being, wallpaper. Originally devised for the poorer classes who could not afford tapestries and panelling, wallpaper became so interesting that through its own intrinsic merit it attained a high level of artistic importance, gradually supplanting all other wall coverings.

The same holds true today. Wallpaper is one of the outstanding style jobs of today. Manufacturers have employed artists and designers of the greatest distinction and skill, not only to reproduce old patterns but to redesign those period motifs for modern homes, with the results that correct design and subtle color, once possible only through professional interior decorating sources, can now be had at low cost, and are practical for strenuous homes because they are both washable and sunfast. Wallpaper can provide, as well as color and design, an illusion of spaciousness, scale, liveliness and interest. It is no professional secret that wallpaper does a tremendous amount of "furnishing" and definitely needs fewer accessories, pictures, etc. Structural faults can be visually corrected with wallpaper. Ceilings that are too low or too high; a room too large to be cosy; a room too stingy in its proportions to be gracious—for all these things there is a wallpaper-cure. And last but not least, a whole room can be built around a bit of lovely wallpaper, and for the unimaginative or color-shy, a harmonious, interesting color scheme is ready-built!

as would No. L. Both these papers, however, would make excellent backgrounds for use with smaller, all-over patterns. So here's our answer to Reader Question 1. What was yours?

**PROBLEM II.** My, oh my, what a tragedy this one can be! Why, in the apartment the furniture looked positively massive, but set down in this house! Well, my dear, the answer is simpler than you think! The answer is, of course, wallpaper, and our answer, wallpaper No. K. You want to "pull down" the ceilings, window, and door frames. You want to "furnish," and because it is a rented house, you want a quick, livable result rather than elegance or dramatics. A glance below will prove conclusively, we think, that wallpaper K does furnish, does pull the long wall together miraculously. It is sprightly and warm and without pretense—with no pompous pretenses. In short, it makes that small-scale apartment furniture of yours feel thoroughly at home. No. B would be pretty elegant—with elegant furniture, of course—and one or two of the others would have answered some of the problems, but none, in our opinion, does quite so well to scale down the room and play so congenially with your furniture as does our choice. How did you answer this one?



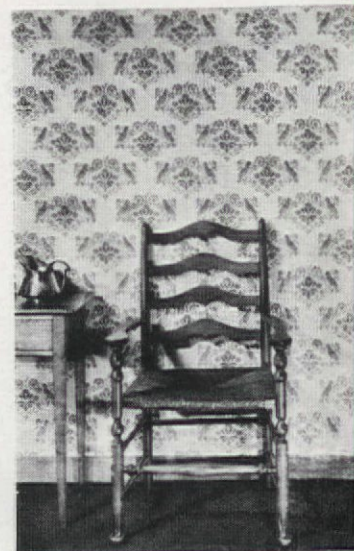
## Our Answers!



**PROBLEM I.** Of course pattern may be used with pattern, but that it does take rare skill is undeniable. We are smack up against that much-abused word "balance," but let's try to re-phrase it into something more meaningful. A good room has balance *and* movement, but—balance is not to be confused with monotony, nor movement with confusion! Too many patterns of a similar size create monotony, give no focal point or contrast. A pattern larger than that of our chair covering would be of too large a scale for use in any but an enormous room, and result in confusion. We must, therefore, in order to use pattern with pattern,

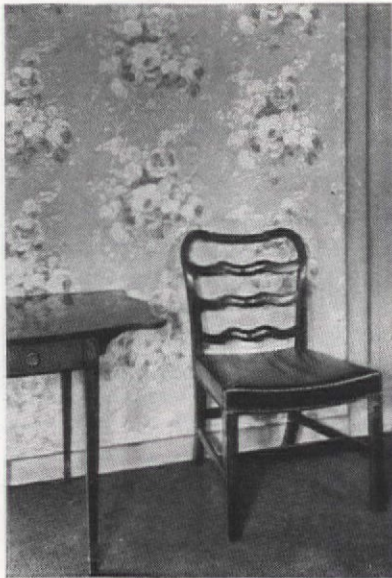
keep balance in mind. We can avoid monotony through variety, and through scale and color achieve a good balance. We can avoid confusion and restlessness by avoiding too much contrast, for too much "movement" is even worse than stiff balance and no movement. Our choice is No. G. It is well covered and has interest. Study the photograph of this actual wallpaper. There *is* harmony, isn't there? And that's what we mean by good balance! No. J, similar to the chair covering both in pattern and scale, would have been monotonous,

**PROBLEM III.** We'd give you almost any odds on the answer to this one, because there are so many pitfalls lurking in this question. "Colonial" is a word used so glibly that what seems the most obvious question of them all is in reality a difficult one. Had you a lovely old pine mantel, pine dado or panelling, we should unhesitatingly nominate No. H. It would be enchanting in a pine room with pine or fruitwood furniture. But used from ceiling to floor baseboard, without benefit of good trim, truly fine old antiques, and fine fabrics, it is far too subtle a paper to fool with. Number G, another obvious favorite for "Colonial," while not so subtle, likewise needs much "doing." To pick up any of the colors in the paper itself would need special mixing of paint for trim and rather luxurious, at least subtle, carpeting. And so we come to our choice—Number A. Here is, in fact, one of our top choices among all of this year's new designs. It is forthright without being overly simple. It is fresh, yet not too "white" for use with maple or pine. It is primly conventional, without being "quaint" or incongruous in a 1943 room and would not that, in itself, be enough reason for awarding it a palm? A very nice mantel breast or fanlight door would complement it mightily, but if, as in so many of the very new and the houses whose age is forty-ish, the woodwork is something you'd rather not dwell upon, this wallpaper will cause no painful sense of omission. Here, then, is the answer for "Colonial atmosphere." All truly good "Early American," straightforward and functional as well as timeless and charming.





**PROBLEM IV.** Had I beautiful moldings, soft carpets, and wondrous fabrics with never a thought of utilitarian colors, I should run, not walk, to the nearest shop carrying wallpaper I. It is old world charm and how—absolutely limitless in its decorating possibilities. However, we are assuming that your 18th Century things are reproductions, not museum pieces; that you've not inherited a rare old gem of a house, but that you, undaunted, will go on assembling 18th Century until you do get exactly what you want. So for you, who crave some dignity and elegance and know that it can be had without going pompous, we lead you to wallpaper J. It's practically perfect for you, dignified in coloring, traditionally elegant in design, and most adaptable for use with any number of



other colors you have or like. While the color sample we show you may seem rather large in scale, you will see from the photograph at left how very suitable it is for an average sized room. It's one we shall be recommending often this coming year! And how did you come out on the quiz? Are our "answers" technical or detailed enough to suit you?

This home study course in shrewd buying (The first lesson, selection of china, was published in the January issue.) is not compiled for the purpose of giving you a thorough background knowledge of decorating in all its ramifications, but rather to select from current merchandise available to all, the most correct or most practical solution for current problems. We cannot attempt to cover all phases of our chosen subjects, but rather hope to answer satisfactorily those problems most often asked by our own readers. With many things rationed (and wallpaper production is one of the many items curtailed by order of the War Production Board) it is more imperative than ever that we go forth better equipped to buy wisely. Even when there is great plenty, mistakes are costly. Today they are inexcusably unpatriotic and even tragic. So buy carefully. And when you DO buy, know WHAT to buy.

## The 8 "Most Asked" Buyer Questions

EUGENE B. CHASE, JR.

### 1. WHAT IS A TRIPLE, DOUBLE, AND SINGLE ROLL?

Wallpaper is made in two different widths, 18 inches and 30 inches. All 18-inch wallpaper comes packed in double rolls and all 30-inch wallpaper comes packed in triple rolls. A single roll of wallpaper is merely a term applied for the purpose of pricing wallpaper. A single roll of paper is 8 yards long, thus making the double roll 16 yards long. In the 30-inch wallpaper the length of a single roll is only 5 yards long, making the bolt 15 yards in length. So in buying 18-inch wallpaper you must get it in double rolls and in buying 30-inch wallpaper you must get a triple roll.

### 2. WHAT DO YOU MEAN BY WASHABLE WALLPAPER?

That is just what it is. The wallpaper *can* be washed. Fingerprints and the like can easily be removed with soap and water. By following these simple directions you can easily get a very successful job in washing your wallpaper.

Take some good soap flakes (the kind you would use in washing a pair of silk stockings) and make a tub of thick suds. Dip your cloth (which should be a clean, soft one) into these suds and wring it out. Then, wiping in one direction, wash a space about 4' x 4'. With another clean, damp cloth wipe your paper down.

### 3. WHAT ARE ADVANTAGES OF WASHABLE PAPER?

Besides being really washable your wallpaper will be fade proof, and this means a great deal, for your paper will not be a different shade after a few months of sunlight. Should you spill water on your wallpaper it will not spot and if you happen to leave a window open and it rains on your paper you will not have to worry about its showing. Your wallpaper will clean much better. If your wallpaper does not need washing then you may clean it to look like new with wallpaper cleaner (about 3 cans to the room) using it as directed on the can.

### 4. HOW DO I KNOW HOW MUCH PAPER TO BUY?

The following table will give you a fairly accurate estimate.

Size of Room	Single Rolls of Side Wall			Yards of Border	Rolls of Ceiling
	8 Feet	9 Feet	10 Feet		
4 x 8	6	7	8	9	2
4 x 10	7	8	9	11	2
8 x 12	10	11	13	15	4
10 x 14	12	14	15	18	6
12 x 16	14	16	18	20	8
14 x 18	16	18	20	23	8
15 x 18	16	18	20	24	10
16 x 20	18	20	22	26	10
18 x 22	20	22	26	29	12
20 x 28	24	28	30	34	18

Deduct one single roll of side wall for every two ordinary sized doors or windows or every 36 square feet of opening.



Keystone View Co.

### 5. CAN I REMOVE GREASE FROM MY WALLPAPER?

You certainly can. There are several products on the market which have proved very successful in removing grease from wallpaper. Follow the simple directions on each can and you will have no trouble.

### 6. DOES EMBOSSED WALLPAPER CATCH DUST?

Not any more than any other wallpaper, for when you hang it most of the embossed surface is smoothed out.

### 7. IS IT CHEAPER TO WALLPAPER OR PAINT?

There is little or no difference in the cost of wallpapering a room and of painting one. A good washable wallpaper and a first class wallpaper hanger will cost no more than a first grade paint and a good painter.

### 8. IS THERE ANY SPECIAL KIND OF PASTE NEEDED?

You should have a good wheat paste. It has several features and the cost is very little. First, it will hold the paper on the wall better and it is treated so that insects will not eat it.



Mrs. Frank Hixon, Chairman and guiding star of Women's Division of the Office of Civilian Defense, Lake Forest, Illinois, is always ready to assist, encourage, and applaud

# Equivalent of the NAVY "E"

RECENTLY Admiral John Downes, Commandant of the Great Lakes Naval Training Station, awarded the Housing Committee of Lake Forest a certificate considered comparable to the Navy "E" in the production field, expressing the Navy's deep appreciation for the committee's work in finding a total of 500 rooms, livable apartments for 250 Navy officers and their wives to date, solving an acute housing shortage, and done on a shoestring . . . RUTH LEE



Ensign Ell, of Boston, gets accommodations for herself and 22 other WAVES from Mrs. Hixon and Mrs. Paul Rowen in one day



Photographs by Charles H. Keller

The old Hopkins house was the first to be "loaned" for the duration, and started the ball rolling for 15 others



Waiting for dinner: C.P.O.'s E. H. McArthur, Calif.; L. J. Ledbetter, Tex.; P. R. Welsh, Mo.; M. O. Schmidt, Calif.; L. G. Bounds, Tex



Chief Petty Officer Schmidt's wife's baby was the first to arrive —on Thanksgiving day— and they rated one of the choicest rooms



Mrs. Glone and Mrs. Hanson, busy doing gay scheme of canary yellow, red, and beige for incoming Navy "tenants"



In the "furniture depot" the Housing Committee rehabilitates the many "loaned" furnishings from various Lake Forest homes



Lt. and Mrs. John Parker, Middletown, Ohio, take over the garage apartment newly decorated by Mrs. Howard Linn



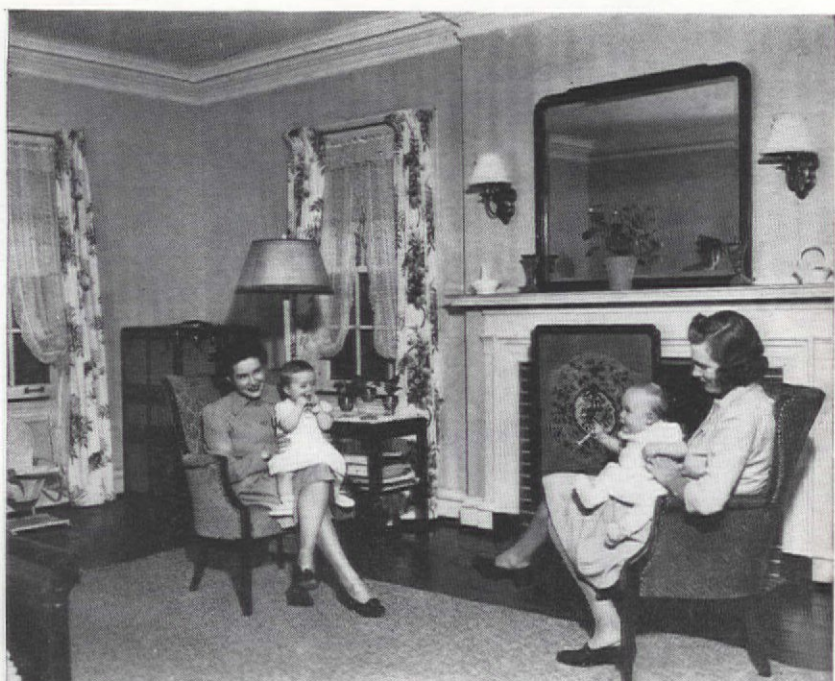
After "two sittings" for dinner, men will start some fast poker, while wives play gin rummy in the dining room



Seven families live here. Community work simplifies cleaning up. Ice-box and milk cards divided into sevens, too!



Mrs. Alden Swift and daughter, Mrs. Paul Rowen, finish the Edwin Stanley, Jr. guest house for Lt. Reuter and wife



Mrs. James Ward Thorne did the Rumsey house. Family of Lt. Fairfax, of Pelham, N. Y., entertains Lt. McDonald's family, of Oak Park, Ill.



HOPE NEWELL

OUR GUEST EDITOR this month. Maternity Consultant of Henry Street Visiting Nurse Service. She started her career as a graduate of the Jewish Hospital Training School for Nurses, and was one of the first nurses to be graduated from the Maternity Center Association School for Nurse-Midwives in New York City. She holds a B.S. degree in Public Health Nursing from Teachers College, Columbia University. She's been engaged in public health nursing ever since she started, "except for an interlude of a few years when I was busy bringing up my own son who is now in the armed forces." For the past twelve years Mrs. Newell has specialized in infant welfare nursing. In her spare time, this busy lady writes books for children!

**A** GREAT improvement in the care given to mothers during pregnancy and childbirth has been one of the proudest advancements our country has made in the last quarter of a century. Much time, money, and earnest effort have been spent in making good maternity care available to all mothers, and in teaching the mothers themselves to take full advantage of the care provided for them.

At the time the present war burst upon us, the outlook for America's mothers and babies was never so rosy. In 1942, more mothers came

through childbirth safely and more babies were born alive and well than in any year for which we have figures to compare. Our duty now is to see that, in spite of the war, this happy state of affairs continues.

With thousands of doctors and nurses joining the armed forces, and with our birth rate going up by leaps and bounds, it is obvious that there will be less medical and nursing service available for maternity, as well as for other civilian patients. However, if we plan carefully so that all the essentials of maternity care are retained and only the "luxury" or non-essential care is done away with, there is every reason to believe that maternity service can be streamlined without endangering the welfare of a single mother or baby.

The expectant mother herself can be a great help in this plan to use medical and nursing service as wisely and sparingly as possible. One way in which she may help is by doing everything within her power to keep herself strong and well. She can do this first, by putting herself under the care of a physician as soon as she *thinks* she is going to have a baby. This is her first step toward keeping in good health during pregnancy and insuring a safe and happy outcome for herself and her baby. More often than not in these troubled times, the expectant mother finds that the family doctor, whom she has learned to look upon as a good friend as well as her medical advisor, has gone off to war. However, this is no reason

for her to delay beginning medical care. Usually her own physician has left his practice to a trusted colleague. If not, the mother may obtain the names of one or more competent physicians from any of several reliable sources, such as the near-by hospital, the local medical association, the department of health, or the visiting nurse service. No matter how radically medical service to civilians is curtailed, there will always be physicians available to care for the maternity patient. It is up to the expectant mother to make the effort to find one. If all expectant mothers would do only this, the amount of medical time saved to care for mothers in labor, as well as for illness in general, would be tremendous. The physician who has the good fortune to see his maternity patient early in pregnancy can often anticipate and prevent not only her minor discomforts but any more serious complications as well. The old adage which warns us that "an ounce of prevention is worth a pound of cure" is doubly true in wartime.

Aside from protecting her own and her baby's health and conserving the physician's time, there is another good reason for the mother to make early arrangements for care. The unprecedented crop of Victory babies has caused a serious shortage of hospital beds for maternity patients. By registering early, the mother-to-be can choose the hospital she prefers and the type of service—semi-private, private, or ward—best to fit her pocketbook.



Mothers' clubs specialize in teaching up-to-date methods of child care. The inexperienced mothers have a chance to practice bathing, dressing, and feeding the baby, and are taught what



to expect from him. When her own baby arrives, she is ready to take over his care with pleasure and confidence. She knows that regular medical supervision is indispensable to baby's welfare. She consults

Photographs, Kaskel-Karplus

# Mothers

## THAT MAKE IT WORTH WHILE

One word of warning: once you have made your plans, do not, at the last minute, decide to go to some distant city or town to be near your soldier husband. Many mothers have done this only to find that the hospitals near the army camp were filled to capacity and that no adequate care was available at any price.

ANOTHER way in which the mother may help to conserve the time of her physician is by consulting him only about important matters which require expert medical advice. In the more leisurely days, before Pearl Harbor, the physician could regard with tolerant amusement the over-anxious patient who brought even her layette problems to him. Today, such infringement upon medical time, her physician's most valuable commodity, is not only ridiculous but downright unpatriotic. The young mother wants to know all these fine points and it is important for her to know them, but with very little effort she can find the answers elsewhere. There have never been more excellent pamphlets and books on the subject of good hygiene in pregnancy and on the needs and care of the newborn than there are today. Many of these books may be obtained from the library; many of the pamphlets and particularly those supplied by the Children's Bureau and the local state and county health departments are sent free of charge to any mother who asks for them.

In most communities, there is a Mothers'

"ARE BABIES PEOPLE?"

THEY SURELY ARE, AND THEY'RE NOTHING TO BE AFRAID OF

H. Armstrong Roberts

Club group conducted by registered nurses working under the local health department or visiting nurse service. By joining one of these groups, the mother may obtain expert advice on many problems of pregnancy and child care. Even more important, she will be taught to distinguish between the really important problems in which only her physician is qualified to answer and the minor problems to which she can learn the answers herself. She will learn to recognize "danger signals," such

as persistent headaches or swelling of her hands and feet, which should be reported at once. On the other hand, if he has advised her to include liver in her diet, she will not, as one mother did, telephone at dawn on Sunday morning to ask him how to cook it.

If, for any reason, a mother cannot attend a Mothers' Club during pregnancy, it is often possible for her to have a public health nurse visit her at home. However, the patriotic mother will realize that wartime nursing service as well as medical service is precious and should be used only with the utmost economy.

MANY pregnant mothers and mothers of young infants, whose husbands are in the service are tempted to take positions in defense plants. Before considering any work outside the home, for either financial or patriotic reasons, each mother should, first of all, talk the matter over with her physician and ask his advice. This wisdom is the better part of valor.

Expectant mothers need have no fear that by staying quietly at home they are shirking defense activities. There is no greater contribution that they can give to their country than that of bringing strong, healthy babies into the world. By taking their full share of responsibility for learning to care for themselves and their babies and practicing what they have learned, they are already making a war effort no civilian can hope to excel.

### SUGGESTED READING FOR PARENTS-TO-BE

*Modern Motherhood*, Claude Heaton; *Expectant Motherhood*, Nicholson J. Eastman; *Getting Ready to Be a Father*, Hazel Corbin; *Babies Are Human Beings*, C. Anderson and Mary N. Aldrich.

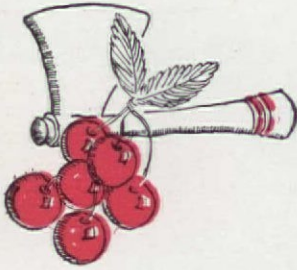
#### Government pamphlets:

"Prenatal Care," publication No. 4 of the Children's Bureau; "Infant Care," publication No. 8 of the Children's Bureau. (These may be obtained free of charge from the United States Department of Labor, Children's Bureau, Washington, D. C.)



Courtesy, Henry Street Visiting Nurse Service

her baby's physician, and him only when problems arise. But, because she has learned beforehand to distinguish between problems and trifles through her training in these groups, she does not take up his valuable time unnecessarily



**ORIENTAL SNOW BATH:** Do right by your Oriental rugs and give them a snow bath. Spread them on soft, new snow, sprinkle it on top until lightly covered, then, with a broom, sweep off snow. The slight movement of the rug during the sweeping helps clean the back of it. Repeat process on the other side. The colors will become brighter and fresher, the pile softer and deeper. Hang them on a line or dry on a flat surface. Two or three times during the winter will help them a lot.—ELLEN OSGOOD

**A PLANT-OF-THE-MONTH CLUB** has been started by me for my own selfish enjoyment. I am all the officers, all the members. Out of the household budget I manage, sometimes by dark and devious methods, to buy a new flowering plant for the house each month or a new rose bush for the spring garden.—JEAN COWLES

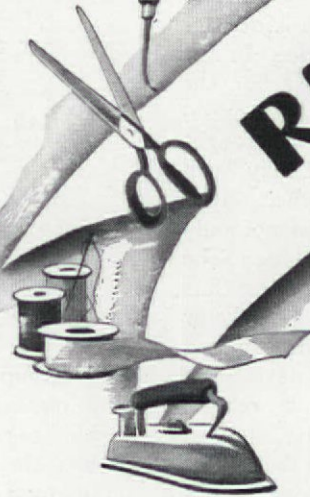
**SAFETY FIRST:** When I have a children's party during the winter months, as they take off their wraps, scarfs, galoshes, and gloves, I fasten the galoshes together with snap clothespins, writing each child's name on the pin, and put their other belongings inside the galoshes. It saves all the running around afterwards on the part of the mothers, getting pairs back together, since the children never seem to recognize their own apparel. It is always a scurry anyway!—RUTH M. SCHOOLEY



**GREASING—WORLD'S FAIR STYLE:** The World's Fair is gone forever, but one bit of it lingers on in my kitchen. At one of the Science Shows at the Fair, the lecturer demonstrated a new type of heating unit which might possibly be used in the "Stove of the Future." As he prepared to fry an egg, he would say, "After much research, our company has discovered that the housewife of the future will grease the pan—thus!" and he would produce, and use, a large oil-can. It was always good for a laugh (I saw the show three times). Why not try the idea? I did. Now, a large copper oil-can from the dime store, thoroughly cleaned and filled with cooking oil, stands beside my stove. It has saved me hundreds of trips to the refrigerator, it's clean and economical in these fat-saving days, besides being decorative—and it's always good for a laugh from a new audience!—WYNN STEPHANSEN



# REPAIR IT



**HAVE** you any rugs that need mending? I had—seven orientals, the largest 5 by 7 ft., and the hooked. Well, mend them yourself. I did, after finding the cost of professional work far beyond my budget. It took time and patience.

Photographs by F. M. Demarest



1. To mend holes or reinforce weak spots I sew patches of new burlap beneath



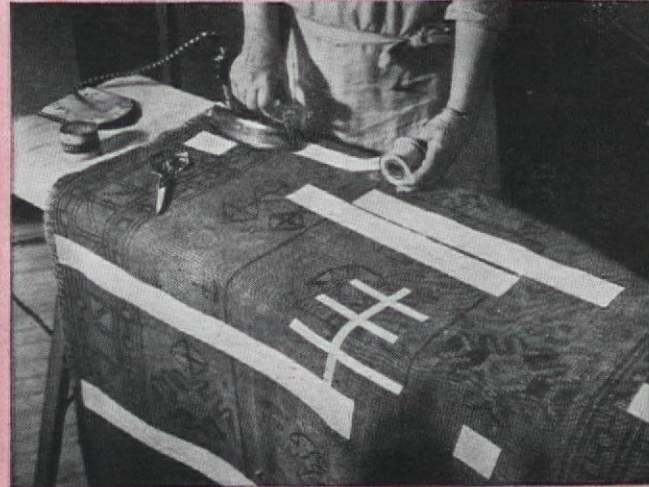
2. I ravel the frayed ends of orientals to straighten edges—



3. And with a warm iron apply gummed carpet binding to the underside of the new edges. This can also be done to—



7. Then I shear the hooked loops even with the nap of the rug. Do this preferably before the hole appears

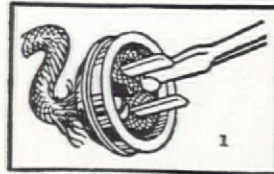


8. To reinforce weak spots where even darning failed, I apply strips of 2-inch surgical tape underneath

# Yourselves!

## ● lamp cord frayed?

Avoid possible short circuit, shock, or fire by replacing plug, thus: Remove black insulation disk (if any), loosen binding screws (1), pull cord through plug and cut off with sharp pliers beyond frayed part (2). Slit and remove outer woven or rubber insulation for 1 in., then scrape insulation from each of the two wires, leaving about 3/4 in. bare, clean, and uninjured; if strands of wire are unraveled, retwist. Slide plug up so each wire can be carried around its own prong and twisted, clockwise, around binding screw to form an S pattern (3) which holds wires firmly, as a loose twist (4) does not. Tighten binding screws (5), (*Turn over*)

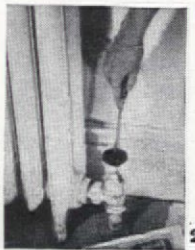


THIS WAY

## ● leaky radiator valve?

Reverse: Pounding pipes

STEAM leaking around a radiator valve stem wastes fuel, may burn your hand. If the packing nut or gland is loose, tighten it with a monkey wrench (1) (*not* a Stilson with toothed jaws). If leak continues, packing is needed. Check fire until there is no steam pressure, then remove screw (2) and lift off round handle. Loosen nut completely, remove it and clean out remnants of worn-out packing (3) with screwdriver or pocket-knife.



turn over please

but the results were excellent and the effort well worth while in money saved and rug life prolonged. The pictures show most of the steps. The materials I used were: gummed carpet binding, carpet tape and wool (or worsted, at a pinch), burlap patches, linen thread, and faithful crochet hook.



FRANCES V. TUTTLE



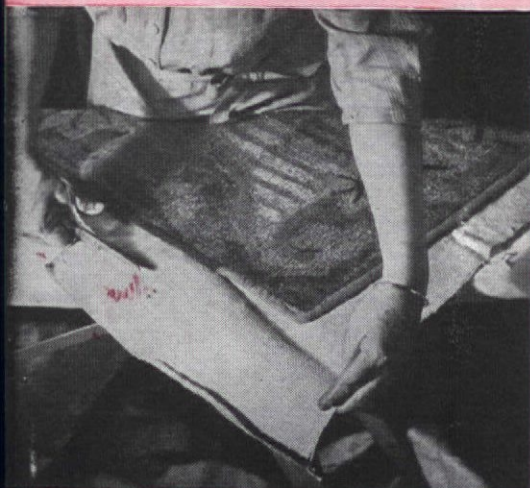
4. Worn sides of rugs but I prefer to bind them with matching carpet tape



5. If heavy warp strands are laid bare, I "darn" them in place with carpet wool



6. To patch an oriental, I sew strong burlap or coarse canvas beneath and hook in worsted, matching the pattern



9. To save a valued hooked rug, cut and hem burlap generously large and sew firmly to edges



10. Then quilt in large squares with coarse, running stitch, distributing the fullness evenly



11. Carefully sew burlap to rug around worn spot and hook in matching yarn or rags

● lamp cord frayed?

(Continued from reverse side)



NOT THIS WAY

taking care that all strands of each wire are gripped by screw head and cannot touch those of other wire. Finally slip black paper disk over prongs so it sets snugly against plug base. If hole in plug is large enough, a ¼ in. strip of electrician's (friction) tape wrapped spirally around cord where it enters plug will reinforce it. If plug fits loosely in socket, making lamp flicker, spread prongs slightly or bend tips outward a little with pliers (6).

Text by Virginia Skinner; sketches, courtesy National Better Light Better Sight Bureau

● pounding pipes?

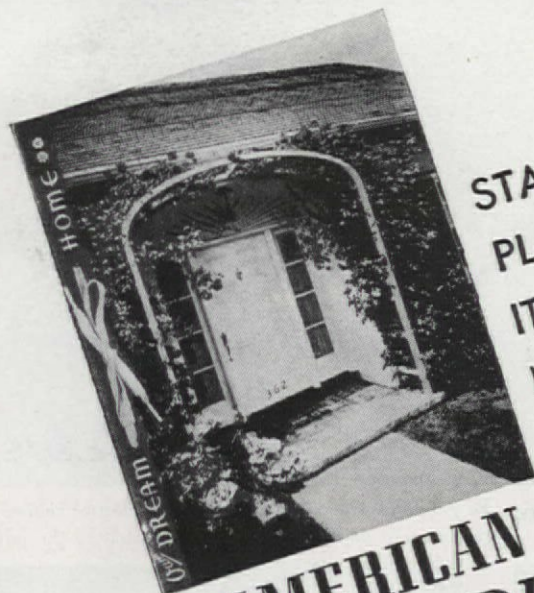
Reverse: leaky steam valve

Cut off 6" or so of one or two strands of graphite packing as sold by plumbing supply stores (4), wrap enough, clockwise, around base of stem to comfortably fill packing nut. Replace nut, tuck packing into it, tighten snugly, replace handle, and fasten the screw.

WHEN pipes or radiators hammer and bang, it means that steam has cooled, condensed, and, as water, been trapped in the system so as to prevent new steam from coming up. First see that the radiator valve is either tight shut or wide open. If noise continues, check level of radiator and its horizontal supply pipe to see if it slopes upward toward vertical supply pipe instead of downward as it should. To correct condition, raise radiator slightly with lever and block, and put thin pieces of wood under legs so water will drain back to boiler as fast as it condenses.



DON'T JUST DREAM ABOUT YOUR DREAM HOUSE



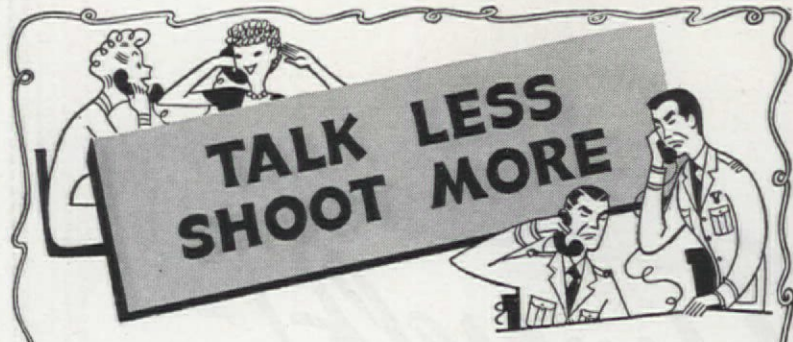
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Here's the convenient, easy way of filing for future reference all of the fascinating photographs and details so helpful in making the dream house a reality . . . large enough to take a complete American Home page . . . you'll love its covers . . . each different . . . both showing a charming doorway in full color and tied together with a bright red shoestring . . .

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the Bright Red Shoestring to Start Your Dream House



YOU'RE ON A PARTY LINE WITH UNCLE SAM!

OH, THAT woman!" you wail as the stream of trivial conversation flows on at flood tide. And then you realize that we are a nation of telephone addicts, accustomed to using the little black instrument as often as we please, as long as we please, and for any purpose we please. But no more, for today there's a war!

A lot of us don't realize that Uncle Sam has six or seven million men coming to dinner, as it were, and also expecting to be sheltered, clothed, armed, trained and transported for the toughest war in history. His ordering must be done over party lines that he shares with all of us. He has to make a whale of a lot of calls—two thousand are involved in the making of a bomber—and he's in a desperate hurry. We've got to help him by making fewer and briefer calls so as not to tie up the wires needlessly!

"Fewer and briefer" means that we must learn to make one call do the work of two. Unnecessary, long-winded, and wrong-number calls are out for the duration, at least. Give yourself the following quiz, counting ten for each answer in your favor and checking with the instruction pages which you'll find in the front of your telephone directory:

1. Are you a "mealy-mouth," or do you speak slowly and clearly, your lips a half-inch from the mouthpiece?
2. Are you a "mystery man," or do you identify yourself immediately and ask, "Who's calling, please?"
3. Are you a number guesser? (wrong numbers take three persons' time to no avail). Do you ask "Information" for numbers you can find in the directory?
4. Are you a hook juggler? If the operator doesn't answer pronto, it's because the calls are coming in faster than she can handle them. You'll save your own time and save needless congestion at the central office if you wait patiently for the operator to answer instead of hanging up and trying again, thereby making two calls instead of one.
5. If you have a dial phone, do you wait for the dial tone to tell you that the equipment is ready to take your call?
6. Do you wait for an answer as long as you would like to be waited for by the other fellow?
7. Do you answer your phone as promptly as you wish others would answer theirs when you are calling them?
8. Are you a message-mixer? When calls are left for some member of your household, do you take down the names and numbers correctly? Are there pad and pencil by your phone?
9. Do you end your conversation with a pleasant "good-bye," or do you slam the telephone door in the other fellow's face? Do you replace the receiver carefully, making sure that no object beside it acts as a prop and so holds the line "busy" on the headquarters board?
10. If you share a party line, are you considerate of your partners? It's especially important in wartime.

Story by ESTHER CHAPMAN ROBB  
Sketches by DOLLI TINGLE



# FOR SALE... "Tomorrow's" "Miracle Home"

**WITH WAR BONDS BOUGHT TODAY!**

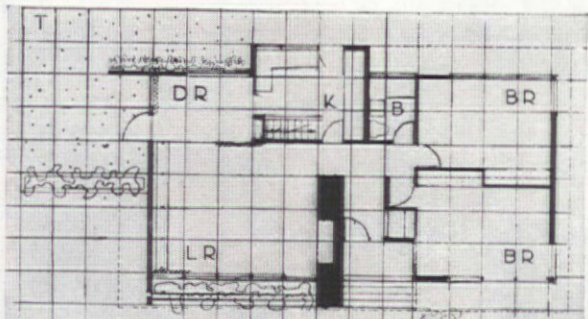
AS AMERICA DRIVES FORWARD under war's incentive, the products of our future greatness are being shaped. New wonders are coming from the men of science and industry. Revolutionary progress in medicine, plastics, transportation, communications. Housing will undergo tremendous change. Smoky slums will disappear. And out of undreamed of progress and invention will emerge your "Miracle Home" of tomorrow.

These "Miracle Homes" are not just idle dreams. They are the actual blueprints of America's future. Homes priced for millions. Providing jobs for millions. Homes worth fighting for—working for—saving for.

And you can start planning and buying this "Miracle Home" of tomorrow with the War Bonds you buy today.

Vision your own "Miracle Home" of the future. Rooms that change size—doors that open automatically—walls that swing wide to the garden—a "built-in" television screen. Indoor air of "June morning" freshness. Air free of odors and impurities. Winter chill and summer heat shut out—and heating costs minimized by improved insulation. And a miracle kitchen where mechanical servants do the hard work.

Not a "rich man's home"—for this "Miracle Home" will be well within reach of the *average* family—with a world of comforts unknown even in the wealthiest homes of yesterday—produced by American industry, the free enterprise of free men!



Architects: Skidmore Owings & Merrill

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#### HELEN BELL GRADY

**I**F YOU plan to be an apartment dweller permanently, we want you to meet young Mr. and Mrs. Van Allen Haven. They have proved that under such circumstances it pays to remodel your rooms, even though it means digging down into your own pocket to cover the costs. He's a commercial artist and she has a flair for interior decoration, and by pooling their talents they've wrought an astounding transformation in their formerly drab and uninteresting 4-room apartment in Berkeley, California. Incidentally, they also own a ranch out in the Napa Valley, so that their week ends and summer vacations are well provided for.

Paint and mirrors did wonders in working this miracle of modernization, especially in the living room where white casein paint has blotted out the old figured tan wallpaper. Gone, too, is the former fireplace mantel of wood, and in its place is a narrow mirror, one which blends perfectly with the mirror panels which cover the wall above it. These panels, by-the-way, were made from ordinary window glass painted with quick-silver and held in place with chromium bands so they can be readily removed and installed elsewhere. Fifty dollars covered the whole operation—little enough when you realize how it increases the apparent size.



A California couple, faced with a drab little apartment, decided that life needn't be like that, so they did something about it!

may not own it!



The outstanding feat was the fireplace treatment



To carry on the gaiety there's an oyster white broadloom rug, also, white Venetian blinds, and window drapes of blue and white figured pareo cloth from Tahiti. And to cap it all, look at the oyster white leather sofa by the windows, Mrs. Haven's prized antique Biedermeier chest at the right of the fireplace, and the four modern chairs—two of chromium with covering of Kelly green sailcloth, and two armchairs in blue and white striped satin-like material.

When you go into the dining room, be prepared for a surprise! It used to be dark, but now it fairly glows with brilliant chartreuse walls, and the Duncan Phyfe chairs in their deep blue covers around the drop-leaf mahogany table echo the color accents set by the tapes of the white Venetian blinds. What a setting for the Havens' collection of bamboo-framed Japanese prints which are hung on every one of the four walls!

In its way, the bedroom is just as exciting and original. Dead white walls and crushed strawberry trim; beds with raspberry red upholstered head boards and zebra striped black and white cotton crash covers; very full pink and white checked gingham curtains—these first catch your eye. And then, quickly, you notice the Mexican oil painting above the low mahogany chest that serves as a bedside table, and there are bookshelves lining the wall opposite the windows, and a lovely old camphor chest which once served as a desk aboard a sailing vessel.

Thinking it all over, you realize that home, as to the Havens, means living among the things you enjoy most. Wise people—those Havens!

THE AMERICAN HOME, FEBRUARY, 1943



Do you realize that  
50% of the Heating Season  
LIES AHEAD?

FREE BOOK tells how you  
can still save fuel this winter  
with **JOHNS-MANVILLE**  
HOME INSULATION

AMAZING as it may seem, there's more cold weather in February, March and April than in October, November and December. Our ancestors knew this. They used to say, "As the days begin to lengthen, the cold begins to strengthen"... U. S. Weather Bureau records now confirm that old adage... See table at left.

FUEL CONSUMPTION PER MONTH	
Figures based on 5 years of Weather Bureau records	
SEPT.	1%
OCT.	5%
NOV.	11%
DEC.	17%
JAN.	20%
FEB.	18%
MAR.	15%
APR.	9%
MAY	3%
JUNE	1%
JULY	0
AUG.	0
TOTAL	100%

SEND FOR FREE BOOK

Because at least half the heating season still remains you should send for the free book shown above immediately. It explains "How to Use 1/3 Less Fuel in Wartime"... It tells the full story of J-M Rock Wool Home Insulation... Shows why J-M insulated homes are more comfortable in winter as well as up to 15° cooler on hottest summer days.

This interesting book tells why it will pay you to have your house scientifically insulated right now with Johns-Manville Rock Wool Home Insulation... and how it begins to save you money the minute it's installed! Tests by the U. S. Government (Bureau of Mines) prove that rock wool insulation saves up to 30% on fuel.

Get the facts given in the free book and you'll see why the U. S. Bureau of Mines says about Insulation, "Here is a situation where the interests of the individual and the Nation are identical."

The fuel situation is extremely acute and probably will remain so for the duration. Why not plan to insulate now the thorough J-M way. You'll save vital fuel this winter and every winter from now on. Coupon brings illustrated book FREE.

**JM** Mail this coupon... NOW!

JOHNS-MANVILLE, Dept. AH-A-2, 22 E. 40th St., New York.  
Send me FREE J-M Home Insulation book which tells "How to Use 1/3 Less Fuel in Wartime."

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State \_\_\_\_\_

**JOHNS-MANVILLE** "BLOWN" HOME INSULATION

# Our Piece of American

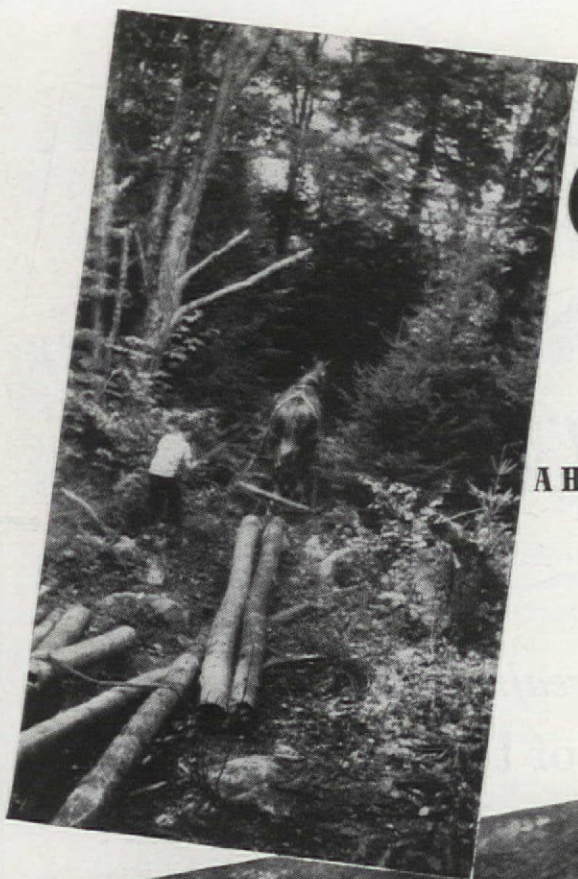
EMIL L. JORDAN

THE STORY OF  
A HAND-MADE HOUSE IN THE WOODS  
IN WHICH  
LIE HOPES FOR THE FUTURE

RETURNING from a hunting trip in Maine, my brother-in-law surprised us by announcing: That he had found the piece of American soil he wanted to own; that it was some 450 acres of mountainside, forested with spruce, white birch, beech, and oak—oh, yes, and sugar maples for a February harvest; that there was a site ready for a cabin from whose porch one could look over a wide clearing, dotted with islands of spruce, hemlock and cedar; that it was ideal hunting country, with some farms and fields toward the horizon, the silhouettes of three high hills closing the scene and, to the west, back of the cabin-to-be, endless woods, mountains, and lakes without a village or a wagon road for three hundred miles. As to water, there were a well in the cabin site, two brooks not far away, and two thirds of a little lake on the property. Yet a hard-surfaced road led right up to the place and two or three cars passed every day. When we asked how, unless he had won the Irish Sweepstakes, he was going to buy "his forest," he said it could be had by paying the overdue taxes at one quarter to one third the cost of a suburban lot.

We did not take him too seriously, but, sure enough, the following spring he disappeared for a few days and returned with the deed and the announcement that he had ordered fifty fine, tall, straight trees cut and peeled for the log cabin. So that summer we decided that we might as well put our August vacation—probably our last wartime holiday—to constructive use and build the log cabin up on "Art's forest" in Aroostook County, Maine.

Having no previous plans we just went ahead, step by step, under the guidance of Oliver, a native carpenter, with very satisfactory results. At first we lived a mile away with Farmer Palmer, who also gave us valuable assistance. His two fat horses dragged the logs to the site and Bill Palmer and his helpers—two college graduates who made fine farm hands while awaiting their induction into the air corps and naval reserve—gave a helping hand whenever oats or potatoes did not need attention. But for most of the three weeks it took, Oliver and I worked alone—and I was but a lowly, unskilled laborer. The features of the building operations—some of them are illustrated herewith—were roughly as follows: Most of the logs (spruce) were cut in April for



Photographs by the author

# Soil - in MAINE

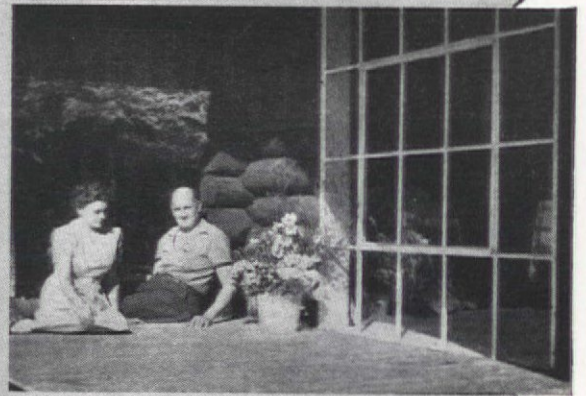
August use; a few felled after construction began were used with, apparently, no unfavorable effects. The important thing seems to be to cut the trees before mid-August while the bark peels easily. The four biggest logs were leveled, laid on four low piles of sturdy rocks and firmly notched into one another to form a foundation 18 by 20 feet for the cabin and 7 by 18 feet for the porch. Building proceeded by adding a log to the front wall, one to the back wall, then one to each side wall and so on. Careful notching created a very tight and sturdy structure without the use of nails or screws. This went on without interruption until the height of the top of the windows and the door was reached. At this point the openings were sawed out and the sides secured by nailing boards to them, after which the windows proper and the door frame were set in. The door and a 6 by 7-foot steel frame window (that had once served in Art's machine shop) were put in the front, and three ready-made, small window frames were fitted into the other walls.

Since the roof was also the ceiling of the cabin's single room—thirteen feet from the floor in the center and six and a half feet at the eaves—it was made very strong, in three layers: one of regular boards, above that, one of tar paper, and on that, dark red rubberoid shingles. A double floor was laid, one layer of fir boards and one of hemlock, and the open spaces under the cabin were piled full of stones and rocks to prevent porcupines from settling there. Finally, the spaces between the logs were tightly chinked or caulked with gray, native moss that was found in abundance near by.

As to furnishings, they started with a woodstove, not new, but in excellent condition, that was bought at Houlton, the county seat, together with some other utensils. A combination kitchen table-cupboard of smooth boards was nailed together in fifteen minutes, and some other simple furnishings had been brought in from home.

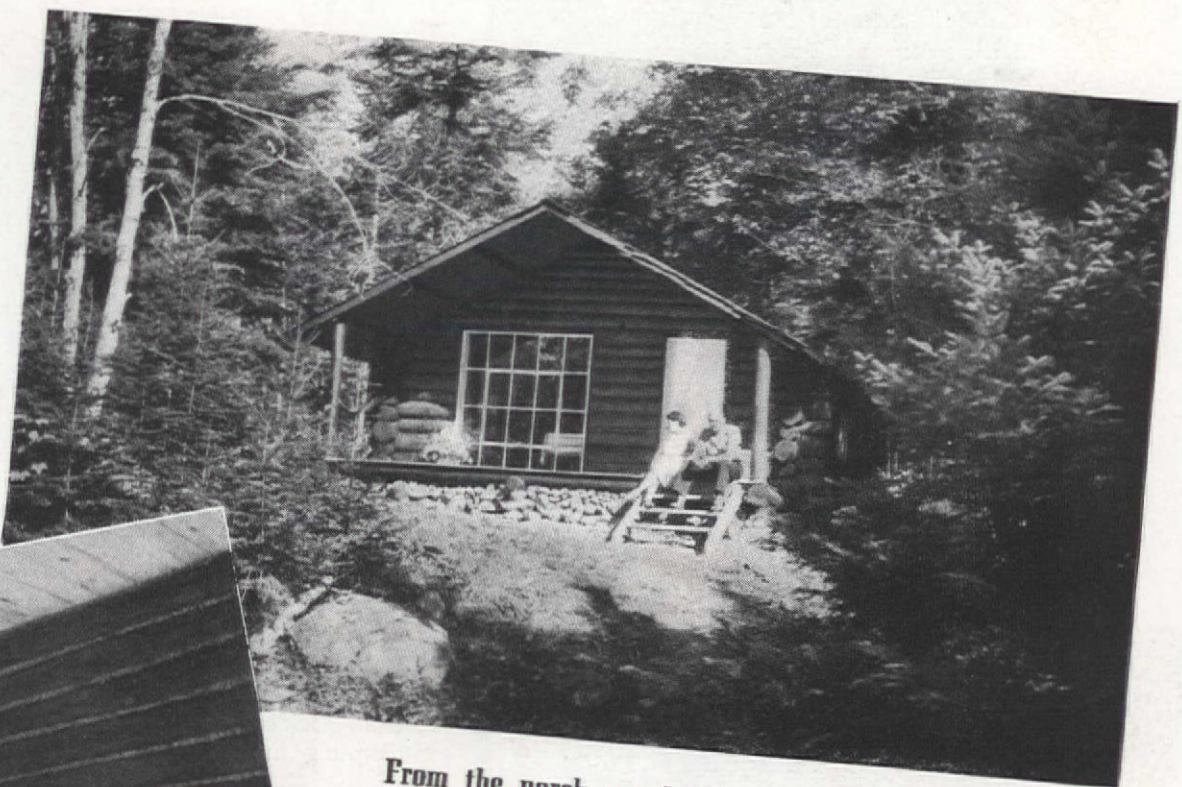
As far as the outdoor appearance is concerned, the final result—even though it followed no special plan, design, or color scheme—was very pleasing to the eye. The logs were stained dark brown and the door and window frames were painted white. This made an attractive combination that was well supplemented by the secondary shades—the gray of the moss used for chinking and the dull red of the roof. The whole composition blended naturally into the rocks and forest of the surroundings, both in colors and in form and texture. Only about 600 miles from New York, the site looked as vast and as virgin as all America did in pre-Revolutionary days; the cabin, with its traditional design, fitted well into the picture.

For the last week of our all-too-short vacation we stayed in the cabin and found it comfortable and livable. Whether we will be able to see and enjoy it again for the duration, I do not know. But in the rush and strain of the war days, wherever we may be, it is a nice place to think about.



*It's part of our  
American Heritage—*

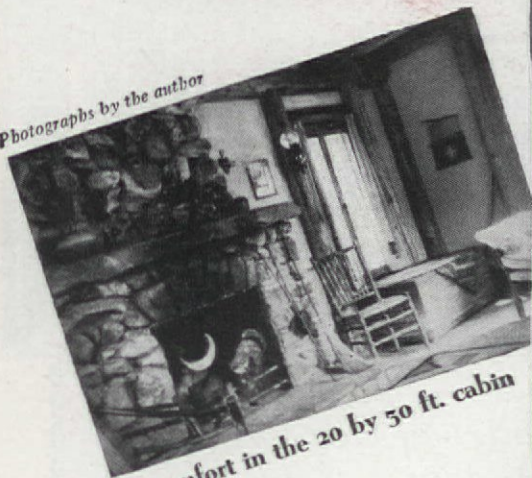
**And what would a February issue be without a log cabin or week-end retreat? Right now we can't build or enjoy one. But, as Emil Jordan says, "it's a nice place to think about." And anyway, you can dream and hope**



*From the porch one looks out across a clearing,  
dotted with islands of spruce, hemlock, cedar.  
Within is simplicity, but also comfort and security*



Photographs by the author



Simple comfort in the 20 by 50 ft. cabin



Separate guest cabins

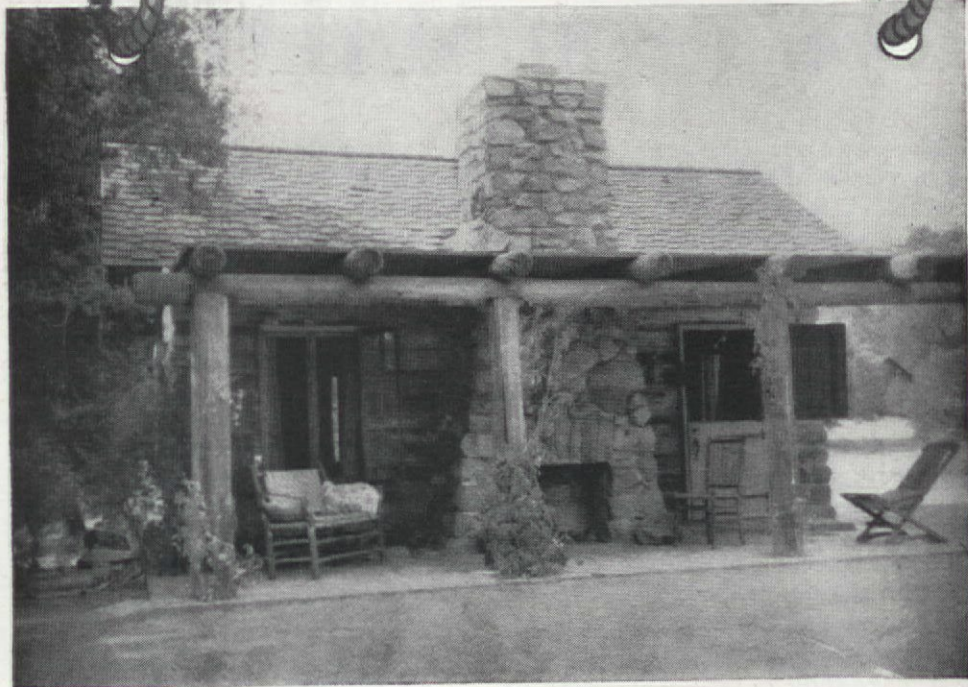
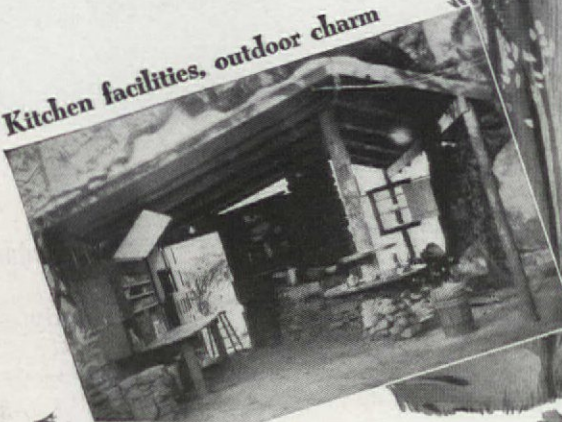


Dining ramada



The vine-draped wishing well

Kitchen facilities, outdoor charm



## Week-End Retreat IN CALIFORNIA'S SIERRAS

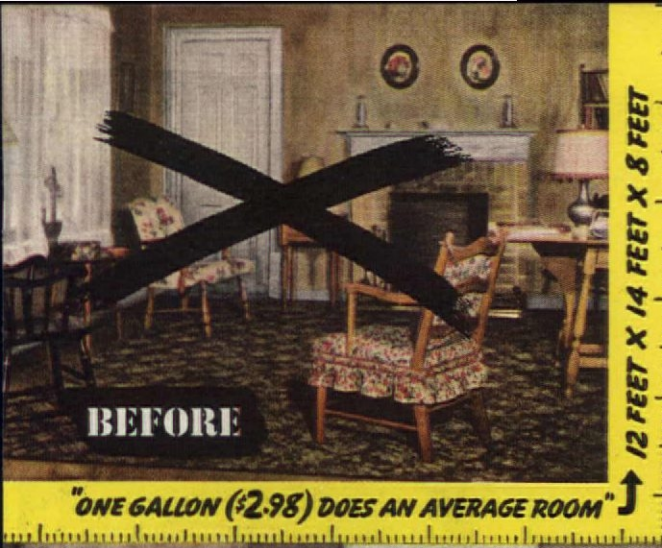
WHEN Miss Juliet B. Taylor first bought a wooded acre picturesquely located on a knoll overlooking the Sweetwater River and purple misty mountain ranges of Southern California, she engaged a local mason to build her two big stone fireplaces back to back. The fact that there was no house in sight for either of them puzzled him until she explained that, in her plans for a week-end retreat, the double fireplaces meant more to her than any other feature. She was afraid that if she went ahead with everything else, she might never get around to them! So there they stood for more than a year before the hospitable communal cabin with its one big room was built over one of them. The other is sheltered by the commodious porch with its stalwart, vine-supporting log pillars, and used as a cheerful gathering place on summer nights when, up there in the mountains, a blazing fire is truly welcome.

Near-by is the al fresco kitchen, which represents one capitulation to the practical, decided on after a winter of attempting to cook meals literally out-

doors. However, it is open on two-and-a-half sides and a huge live oak provides a "roof tree" in fact as well as in name. So cooking is done to the music of a near-by fountain, the song of birds, and the wind in the treetops. The one solid windbreak wall accommodates dish and supply closets, and there is additional cupboard space (as well as a smoke-outlet window) back of the stove, which is an old range encased in masonry.

Actually, the first building completed at "the camp" (as this inviting spot is unpretentiously and most appropriately called) was a tentlike structure equipped with washbasin and shower, which now is used as a dressing room by guests who prefer sleeping under the stars to even the thin shelter of the small detached sleeping huts. Of course, that was the primary objective of "the camp"—to provide a place where Miss Taylor, an office worker grown normally weary of the restrictions of city living, could spend as much time as possible living outdoors and could enjoy the pleasure of simple hospitality and the comradeship of her friends. The detached plan of the various functional units—outdoor kitchen and dining ramada, convenient open bathing facilities, separate sleeping quarters and charming one-room communal cabin—gives both elbow room and privacy to hostess and guests. It is essentially a do-as-you-please sort of place. And, most fittingly, the Spanish name of that section of the state—Descanso—means rest, repose, tranquility.

MARGARET TIPTON WHEATLY



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3. DRIES IN ONE HOUR . . . room furnishings may be replaced immediately.
4. MIXES WITH WATER . . . no turpentine needed.
5. WASHES EASILY . . . with ordinary wall cleaners.
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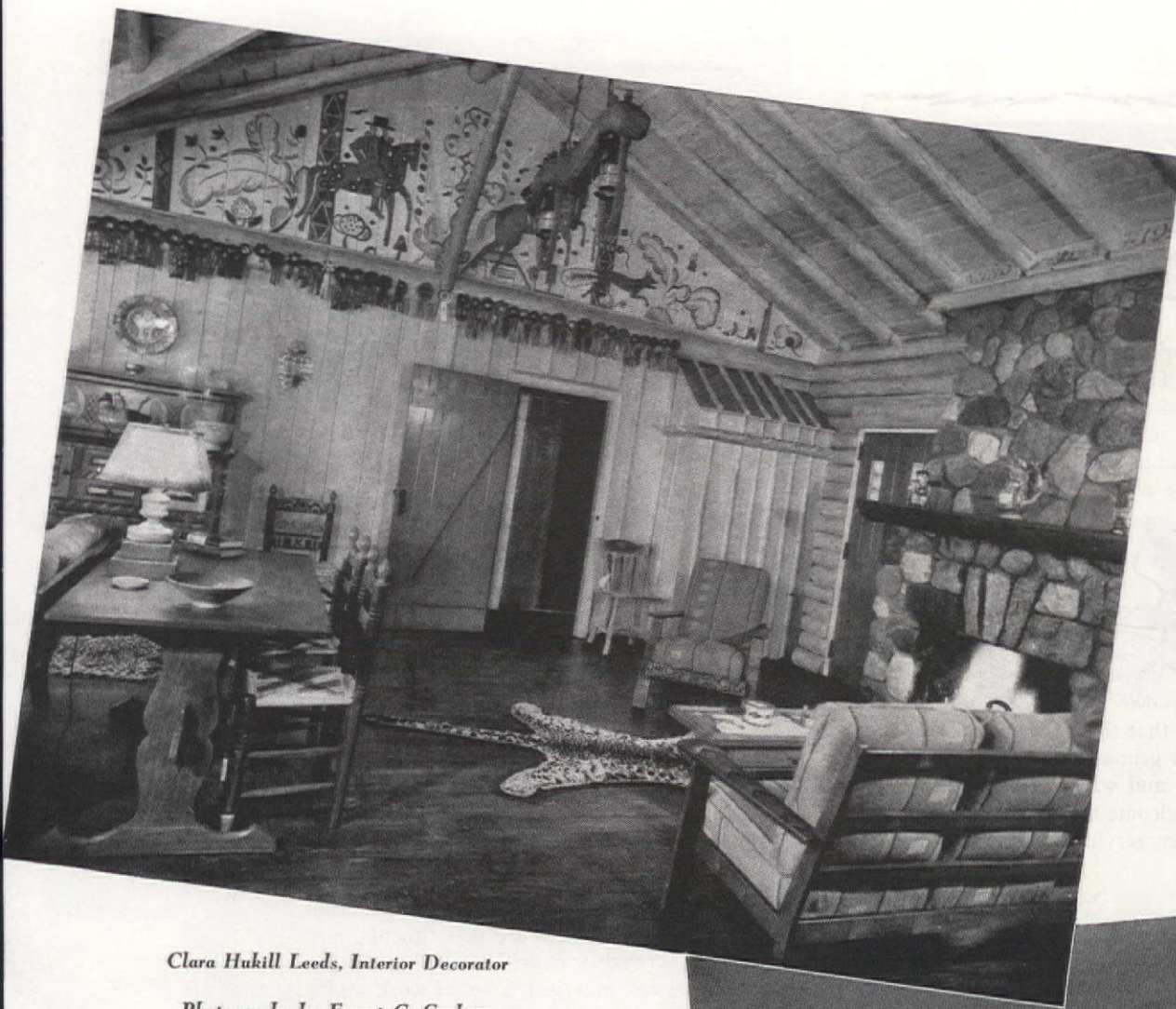
# LOG CABIN

*with  
Swedish Leanings  
in the  
Michigan Berkshires!*



**W**HAT might be called the "Berkshires of Michigan," fifty or so miles north of Detroit in Lapeer County, is a region of horses and hunting. Also there are glorious views of rolling countryside—which was largely what led Mr. Graham J. Graham to buy a log cabin there and turn it into a delightfully gay and comfortable place in which to wind up a day of hunting or spend a week end or a vacation. Starting as a typical structure of one big central room and one small one, it has been developed, under the direction of Frank Chapman, contractor, until it now includes two additional bedrooms, a kitchen, and a large screened porch built out from the west, or chimney, wall of the house, where as many as thirty people can gather around the huge charcoal grill to enjoy the steaks it turns out. Here also are a rack for cooking utensils and a roomy copper sink.





designs in orange, blue, and red. In one of them the inside board wall is decorated with a sprightly sleighing scene, the furniture is painted a clear blue which is matched by the thick, woven rag rug, and one of the beds is of the so-called "Swedish sofa" type, with a backboard but no head- or footboard. Here the spreads carry a large plaid pattern in orange and blue, the colors used also on the painted furniture, as seen in the picture at the bottom of this page. The other bedroom presents an attractive contrast of yellow and red furniture, rugs and curtains.

In the picture at the left, the door just beyond the fireplace leads onto the screen porch which forms the extension to the left in the illustration below. The view on page 48 and on the cover shows the picture-window end of the cabin.

*Clara Hukill Leeds, Interior Decorator*

*Photographs by Ernest C. Graham*



The peeled log walls of the cabin are stained a time-weathered gray both inside and outside, where the doors and trim are painted a bright yellow-green with here and there a little red decoration. Indoors, Mrs. Graham, who is interested in craftwork of all kinds, asked for a Swedish Lodge effect, which has been brilliantly achieved by Mrs. Clara Hukill Leeds, of Cleveland, Ohio. In the big main room, the side gables are gaily painted in the Swedish manner, the work of Louise Morris, muralist of Cleveland. Most of the east wall is taken up by two large picture windows which, while not orthodox cabin architecture, provide a magnificent view. Under the windows, broad seats with spring mattresses and plenty of inviting pillows permit luxuriant enjoyment of the view or of books from the shelves which, with shaded lamps, flank the seats at either end. Between them is a Swedish-type stove made of green and tan marbled tile found at a house wrecker's and built around a tall, boxlike chimney that serves a small coal grate. A gratefully warm backrest, this, on a cold, stormy day. Opposite the big windows is the vast stone fireplace of the original cabin, with several pieces of sturdy, comfortable furniture arranged about it, including the heavy oak center table which is pulled out for use at meal times. Much of this was made by a local carpenter after designs taken from books of old Swedish interiors, then painted and decorated, the prevailing colors being red-orange, light greens, and dark blue. Along the south gable beam, and above a big, brightly painted cupboard which is filled with interesting pieces of old pottery, hang the prize ribbons won by Mr. and Mrs. Graham's horses, their blues and reds fitting nicely into the color scheme. The rough-woven Swedish fabrics of the upholstery, the cowhide in which some of the chairs are covered, and the bearskins and other rugs all contribute to the inviting informality and the cheerfulness of the spacious room. A merry-go-round horse mounted on wheels and used as a refreshment serving table is an unusual, amusing, and appropriate detail in a huntsman's home.

The bright and cosy bedrooms are whitewashed, with simple curtains of muslin or calico in colorful checks or peasant



# Did you Know that..

WITH war comes increased work for home-front eyes—longer, more exacting hours of knitting, sewing, mending, canning, and so on? You can take it, though, if you banish the many, many ways in which you unwittingly strain your eyes by failure to keep the home lamps burning at peak efficiency. And take it you and all the rest of us surely must!

FOR instance, you don't want to lose half the light you're entitled to just because dust and dirt are robbing you of it. So make it a point to keep the dustcloth busy on shades and bulbs, and remember that the kitchen enclosing globes, because of their exposure to grime-carrying moisture, call for regular washings with soap and water. The diffusing bulbs on indirect lamps, too, will welcome a bath at intervals and repay you by rendering better service for your eyes.



OF COURSE, all the thoroughly dried service, and you must not to let any of or plugs get wet. dark walls and absorb much keep them clean, too.



washables must be before being returned to be very, very careful the sockets, cords, Furthermore, ceilings light, so

WHERE practicable, use a single bulb instead of the equivalent wattage in several smaller ones. A single 100-watt standard inside frost bulb gives the same amount of light as six 25-watters and uses 50% less current.



NATURALLY, the location of a special-purpose light has a lot to do with its efficiency; it's sheer waste to place a reading lamp up near the ceiling! Actually, moving such a lamp as little as twelve or fourteen inches closer to the work may double the amount of useful illumination. Which naturally makes considerably easier going for both pocketbook and eyes.

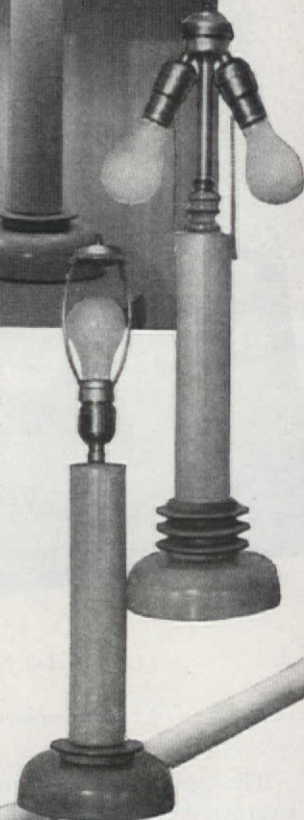


FURTHERMORE, your most cherished shade may be robbing you just because it is dark on the inside. Can you truly justify this waste of as much as 30% to 50% of the illumination provided by the bulb? Isn't it worth while to cut a white paper pattern to fit inside the shade and help your eyes by providing them with twice as much light where they need it?

Story by HELEN G. MCKINLAY Sketches by DOLLI TINGLE



MODERN LAMPS FROM ROLLING PINS—the kind with holes all the way through! I made them from dime-store materials, mounting them on inverted wooden salad bowls with plywood disks and drapery rings held together with glue and long screws inserted from below. The necessary metal clusters and sockets, brass tubes to go inside the pins, screws, wire, outlet plugs and shade holders all came from the electrical and hardware departments, and we had a screwdriver, drill, and pliers in the house. The rest was just a bit of work and a trifle of ingenuity, but the result made our old-hat lamps look pretty sick! The cost? Why, it was a mere \$1.37 each! HARRY J. JANSON

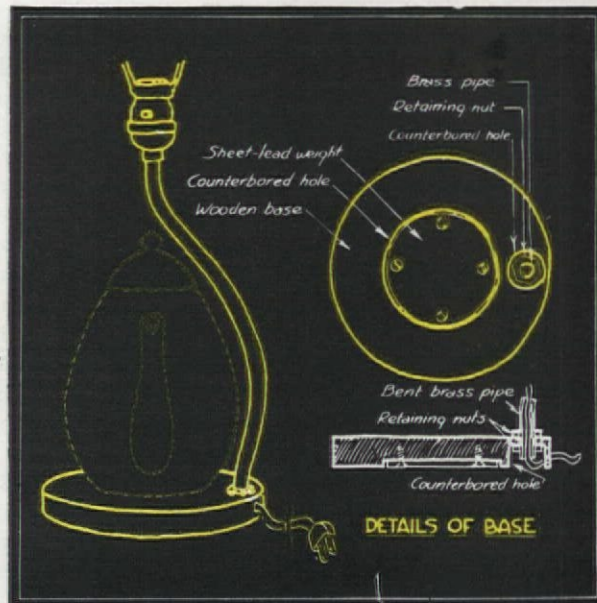
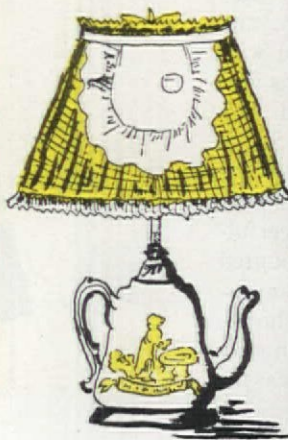


# BE YOUR

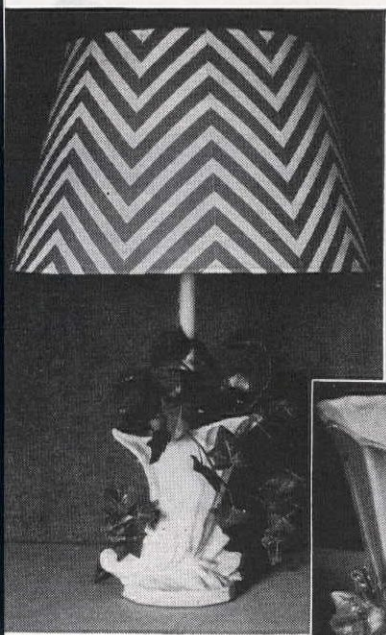
Even an old pink teapot has possibilities! All it needs is a wooden base to carry a piece of brass tubing for the wires and fixture, and a ruffled organdy apron shade. For tea, just lift off the pot!

H. Armstrong Roberts

# Old Teapots



THREE MORE! First, a flower vase in which a hollow rod for wires and fixture is bedded in plaster of paris; shade covered with small pieces of striped dress goods. Center, copper coffee pot with short socket pipe soldered to top and small base hole for wires. Right, old brass fixture with rod bedded in plaster of paris. WILL HOLMES



# OWN Decorator

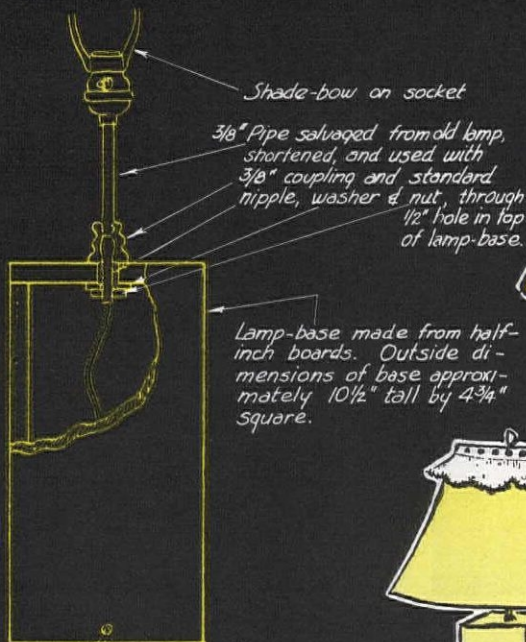
**NEW LAMPS FROM OLD odds-and-ends?** Why, of course! Maybe from an empty popcorn can with a hole through the lid to let in one of those skinny table lamp pipes with its end set in a round wood block closely fitting the bottom of the can. Finish all

over with a pasted-on and varnished print—or maybe laced-on canvas and a shade decorated with little signal flags for a nautical boy's room.

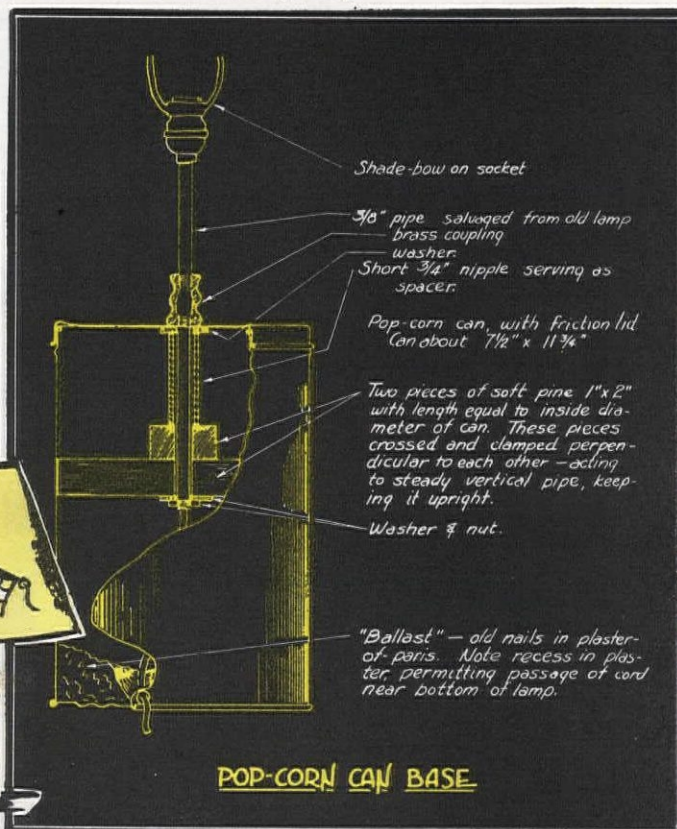
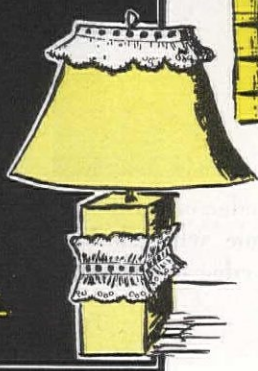
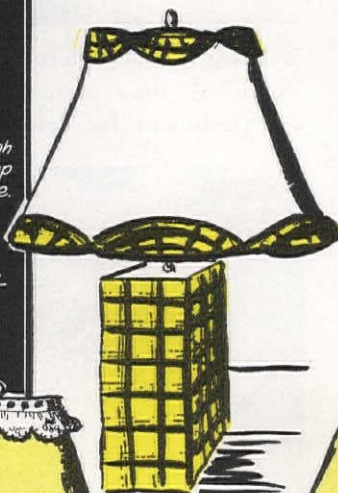
There's even a grand base to be found in 16 toy building blocks—four in a central pile with holes bored through for the wires, and three each in four "wings," the whole glued tight together. Indeed, you'll soon be adopting the motto, "there's a lamp in every left-over!" **PENNY PRESCOTT**



## Popcorn cans & children's blocks!

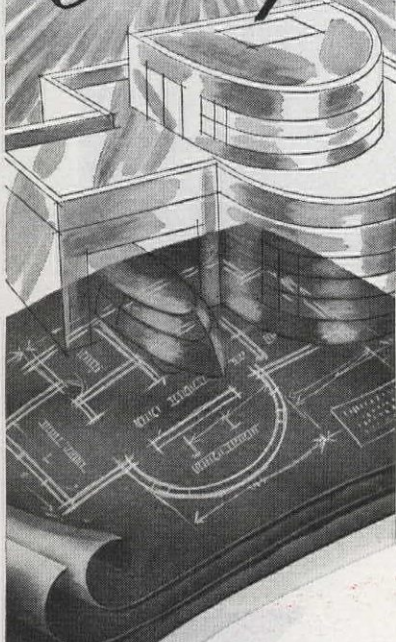


WOODEN BOX-BASE



POP-CORN CAN BASE

*There's a  
Great Day  
Coming*



*THE HOME OF  
TOMORROW WILL BE  
a Generation ahead*

Right now, Delco Appliance is working only for Victory . . . devoting all its skill to the mass production of high-precision electro-mechanical war devices.

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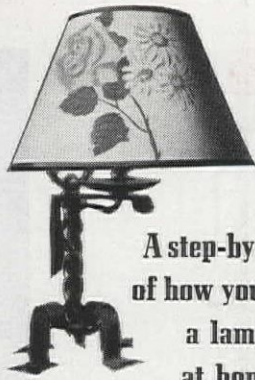
We cannot tell you yet what this new equipment will be like. We cannot even tell you how many of the new war-born metals, plastics, and synthetics it will make use of, or how many of the new manufacturing processes will be employed in its construction.

We only know that when Victory inevitably comes, Delco Appliance will bring this advanced equipment to you with the utmost speed.

*Delco Appliances include Automatic Delco-Heat (oil-coal-gas), Delco Water Systems, Delco-Light Power Plants and Delco-Light Ironclad Batteries.*

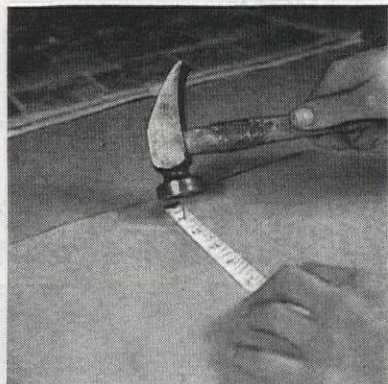
**DELCO**  
**APPLIANCE**  
DIVISION, GENERAL MOTORS CORPORATION, ROCHESTER, N. Y.

*During War or Peace DELCO APPLIANCES  
Do the Job Better*

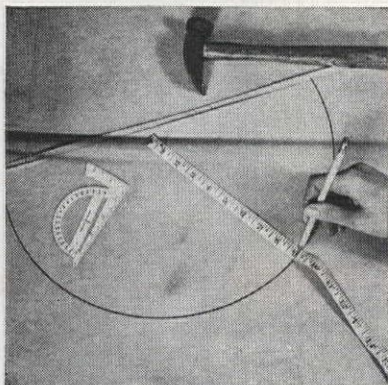


A step-by-step story  
of how you can make  
a lampshade  
at home with  
available materials and tools

**R**EALLY good homemade lampshades that will look well and live long are just a matter of knowing how, selecting the right materials, and working carefully step by step. A good size and style on which to begin is this 12" shade, for which you will need: thin white cardboard 20" x 35"; wrapping paper 20" x 35", scissors, tube of glue, tape measure, hammer, protractor, small nail, side prong rivets (stationery store), an awl, 6" circular wire frame with washer fixtures, 12" plain ring frame, clothespins, ruler, pencil, 60" narrow silk binding, strong needle and thread.

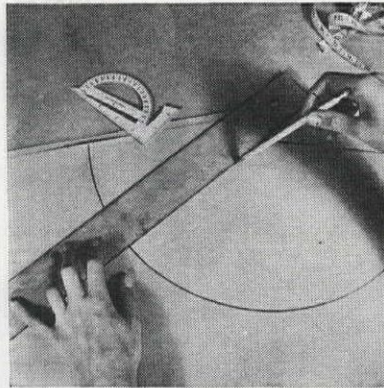


1. Nail end of tape measure to wrapping paper 1" from the edge, as guide for drawing semi-circles

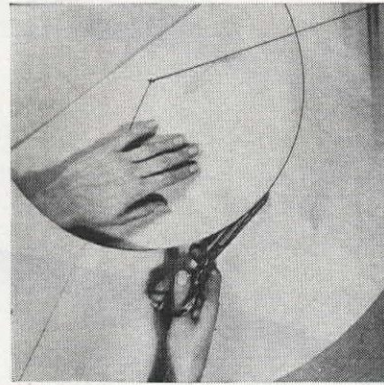


2. Draw two half circles based on the same center—one with 8" radius, the other with 16" radius

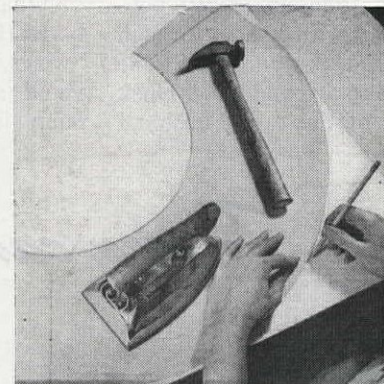
*Want to make one?*



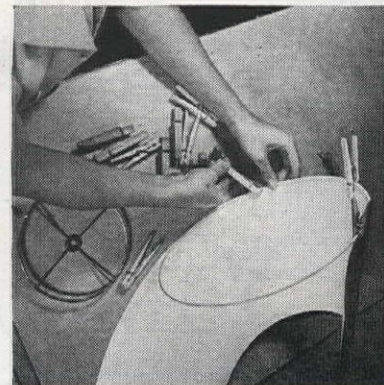
3. Draw line from the center to the outer circle; cross the latter more than 5" from edge of paper



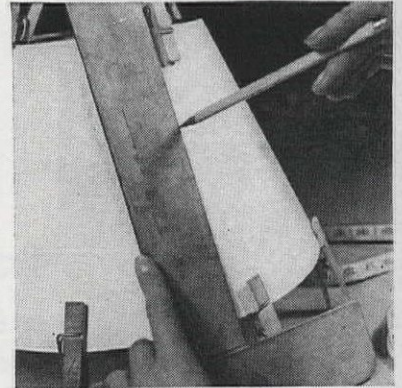
4. With protractor measure 154° angle, draw second line, cut arcs of both circles; leave 2" at ends



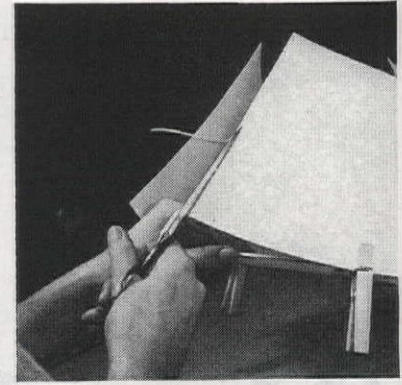
5. Place arc as pattern on white cardboard, draw around it, cut out cardboard for actual shade



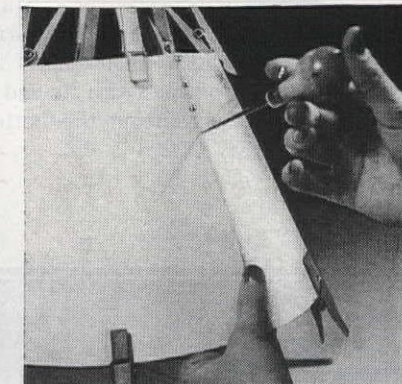
6. Fasten outer edge of cardboard arc to 12" frame with clothespins, and inner edge to 6" frame



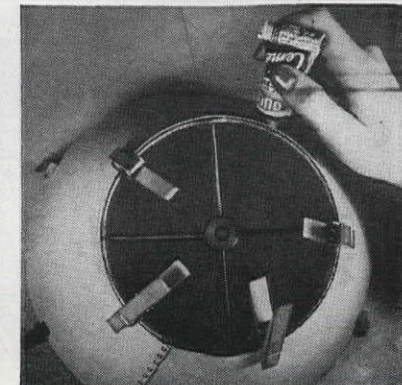
7. Where ends of arc meet, draw parallel straight lines from top to bottom, allowing 1/2" overlap



8. Cut away excess cardboard beyond the two guide lines so overlap is even top to bottom



9. Pierce holes through outer and inner edges about 1/52" from edge, 3/4" apart. Put in rivets



10. Apply glue around upper and lower rims of shade to attach to frame. Let dry for 10 minutes

Extra Warmth  
from your  
**FIREPLACE**

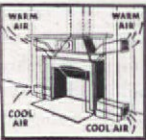


Use your Heatilator  
for WARTIME COMFORT

Thousands of home-owners from coast to coast are thankful for their Heatilator Fireplaces this winter. These people hadn't counted on drastic fuel shortages when they built their fireplaces; they merely wanted the extra comfort and fuel economy that the Heatilator provides. But now they know how really valuable a Heatilator Fireplace can be.

If you're one of the lucky ones who owns a Heatilator, you don't have to be told how it circulates cozy warmth to every corner of the room—and even to adjoining rooms. And it's this extra circulated heat from less vital fuels that helps you maintain living comfort in the rooms where it is needed most.

Right now the manufacture of Heatilators has given way to more important war production—no more can be made until peace comes. But when you plan your future home or camp you will be wise to include a Heatilator. Write for details.



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**HEATILATOR** Fireplace

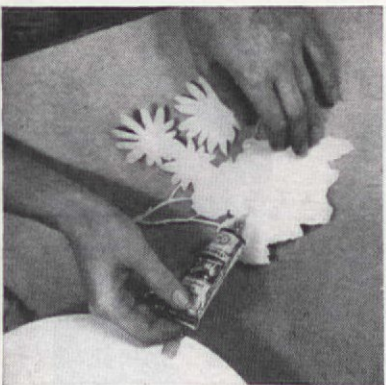
Story and Photographs  
by  
RENE W. P. LEONHARDT



11. As finish, sew silk binding of desired color around top and bottom rims with large 1" stitches



12. Select a piece of flower-design wallpaper of desired pattern and colors, and cut out figures



13. Apply paste to backs of cut-out flowers, being careful to spread it evenly and completely



14. Apply the flower designs, making sure that position is correct before contact with shade

"We got an **Eagle Insulation**  
**Job** and are **WE** lucky!"



You're lucky indeed if you had the forethought to buy a job of Eagle Mineral Wool Home Insulation!

Let it storm... let it blow... let fuel rationing get really stringent! You're not plagued by drafts caused by uneven temperatures. Your home is snug.

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Up to forty per cent on fuel bills may be saved by a complete Eagle Insulation Job. That's *your* bene-

fit. The fuel you don't use goes to feed Uncle Sam's ships, factories and war machines. *That's* downright important today!

And you know... you can *still* get an Eagle Insulation Job. Fill out and mail this coupon. We'll tell you how.



Application is easy... without fuss or mess. Eagle Mineral Wool is blown pneumatically into the areas to be insulated.

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**EAGLE INSULATION**  
for homes

Made by the makers of Eagle White Lead — for all fine painting

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Gentlemen: Please send me complete facts about a scientific job with Eagle Mineral Wool Insulation.

For Present Home  
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DIRECT FROM LOOM TO YOU!

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**KIDNEYS  
MUST REMOVE  
EXCESS ACIDS**

Help 15 Miles of Kidney Tubes  
Flush Out Poisonous Waste

If you have an excess of acids in your blood, your 15 miles of kidney tubes may be overworked. These tiny filters and tubes are working day and night to help Nature rid your system of excess acids and poisonous waste.

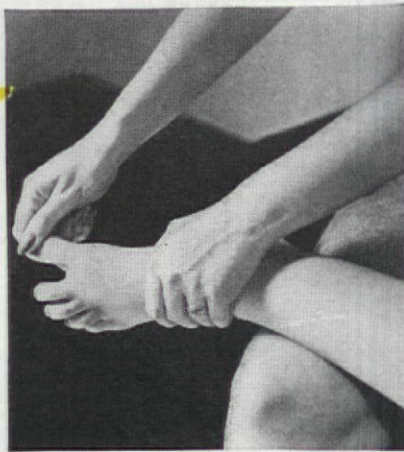
When disorder of kidney function permits poisonous matter to remain in your blood, it may cause nagging backache, rheumatic pains, leg pains, loss of pep and energy, getting up nights, swelling, puffiness under the eyes, headaches and dizziness.

Kidneys may need help the same as bowels; so ask your druggist for Doan's Pills, used successfully by millions for over 40 years. They give happy relief and will help the 15 miles of kidney tubes flush out poisonous waste from your blood. Get Doan's Pills.

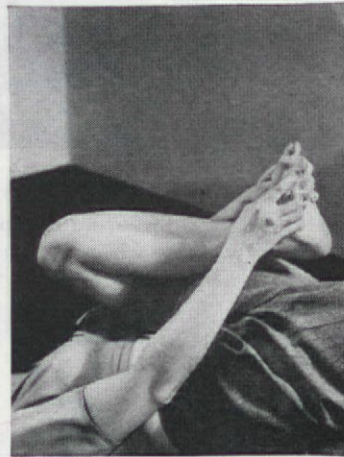
# good foot work



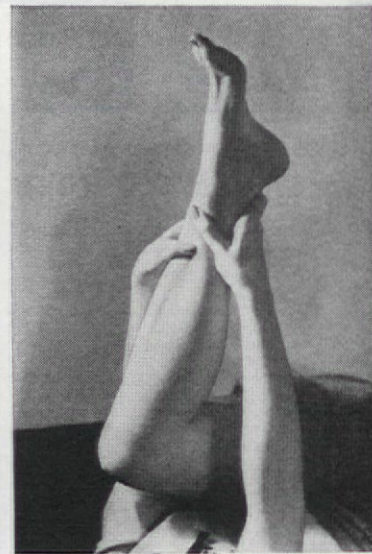
Sketches, Clare McCanna



ARE your feet tired of it all, come the end of the day? First, pop your aching pedal extremities into water as hot as you can take to relax muscles. Then you give them a scientific Swedish massage. Take each toe separately, as the lady's doing in the picture, rotate as far as possible a few times. Then hang on to your foot with your hand, and pull the toe **hard** with a vibrating motion

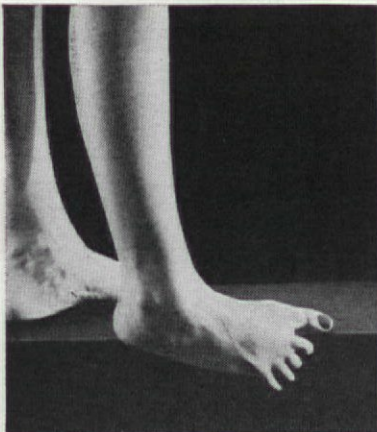


Then, lying in the Beauty Angle (head forty degrees lower than feet so blood will be drawn to upper part of body, relieving any congestion in feet and legs), take a foot in both hands, tips of fingers under middle of metatarsal arch, thumbs pressing on top of foot, hang on tight, pull fingers down foot toward heel, forcing blood toward ankle



And now that you've helped to press some of the blood out of the toes, grasp ankle firmly with both hands, hold tight to your tissue and pretend you're wringing out a dish rag in a circulatory motion, back and forth, as you slowly pull your hands up the leg toward the knee. Ten times on each underpinning! Keep a good firm grip, and don't spare the horses!

Photographed by F. M. Demarest at Hudnut Success School



For the metatarsal that sags in the middle, try this exercise ten times a foot, daily. Place length of foot along edge of stair, pressure along foot's middle. Then, stretch your big toe in on the stair **hard**, curl your other toes down and under the side of stair tread. Count twenty, then relax and start again



Another good foot fixer is the Turkish towel trick. Sit on a chair with towel on the floor under feet. Plant both feet firmly on the towel, stretch your toes out as far as possible, then grasp towel with toes, arching them as you grab. Arch inside of foot and stretch outside muscles of foot and ankle. Let go fast. Ten times



For perfect weight and pressure balance on feet, relax and stretch outside muscles, foreshorten the inside arch and foot. Here's an exercise: Sit on floor, knees to chest, soles tight together. Keep them like that, slowly stretch legs down straight on floor, knees turned as far apart as you can



THESE are feet-first days, sure thing, what with no gas, no rubber, and nothing much but ol' Shank's Mare to get us hither and yon. We thought we'd find out something to improve your understanding, from someone who knows, so we went to Ann Delafield. She's saved more soles, along with other things, than most preachers have, and here are a few of her secrets, revealed. They'll help to strengthen and rest your weary underpinning. *But*, and it's a big but, according to this authority, you can massage your metatarsals, ariate your arches, twiddle your toes, but you can't have perfect feet, to save your sole, unless your spine is in perfect alignment. That means that your weight will be properly placed along the outside edge and across the metatarsal arch of your foot. Until this is accomplished, your arches will sag and your dogs will growl. So you walkers and workers, give heed: stand with your back and heels bang up against the wall, feet four inches apart and toes *straight ahead*,

Indian idea. Bend your knees slightly, and separate them. S-t-r-e-t-c-h your toes out as far as possible and grab the floor with them. Now, your body weight is over the heels, and here's the trick that will change your foot life for the better. Still gripping the floor with your toes, tuck your fanny under you, away from the wall and push your waistline back against the wall. That lines up your spine and throws the weight where it belongs—on the *front* of the foot. Do this little stunt ten times a day and you'll soon get the proper feeling. Then any foot massaging or exercising you do will mean something in your life, and the life span of your arches will be long and strong. And when the end of the day comes along, you won't be all worn out, wanting nothing more than just to put your feet in your pocket.

**READY CUT HOMES**  
STILL AVAILABLE  
REALLY NEED A HOME? You can get one—now—in many areas. Necessary equipment included. We'll show you how to get a new home, save \$500 average, on a modern home, quick method home, easily assembled. Information on financing. If you plan to build—now or later—send 25¢ now for Sterling Homes Catalog showing 75 modern low priced home plans. Full color and get on your way for government priority. Complete building plans ready now for filing with application. Write Dept. A.H.—23, International Mill & Co., Bay City, Mich.

**NEW COLOR CATALOG FOR ONLY 25¢**

## Help Kidneys If Back Aches

Do you feel older than you are or suffer from Getting Up Nights, Backache, Nervousness, Leg Pains, Dizziness, Swollen Ankles, Rheumatic Pains, Burning, scanty or frequent passages? If so, remember that your kidneys are vital to your health and that these symptoms may be due to non-organic and non-systemic kidney and bladder troubles—in such cases Cystex (a physician's prescription) usually gives prompt and joyful relief by helping the kidneys flush out poisonous excess acids and wastes. You have everything to gain and nothing to lose in trying Cystex. An iron-clad guarantee assures a refund of your money on return of empty package unless fully satisfied. Don't delay. Get Cystex (Siss-tex) from your druggist today. **Only 35¢.**

## Free for Asthma During Winter

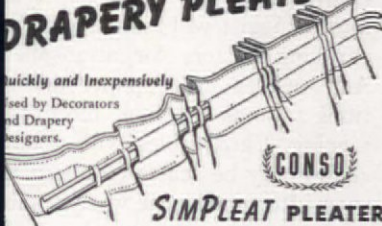
If you suffer with those terrible attacks of asthma when it is cold and damp; if raw, wintry winds make you choke as if each gasp or breath was the very last; if restful sleep is impossible because of the struggle to breathe; if you feel the disease is slowly wearing your life away, don't fail to send at once to the Frontier Asthma Co. for a free trial of a remarkable method. No matter where you live or whether you have any faith in any remedy under the sun, send for this free trial. If you have suffered for a lifetime and tried everything you could learn of without relief; even if you are utterly discouraged, do not abandon hope but send today for this free trial. It will cost you nothing. Address: Frontier Asthma Co., 110-K Frontier Bldg., 62 Niagara Street Buffalo, New York

## Safer winter dog baths with MAGITEX Bubbles



Try new Magitex Bubble Shampoo: clean pet almost as easily as washing hands. Rub bubbles in—wipe off—that's all! No tub, rinsing, splashing. Removes fleas, lice, on contact. Deodorizes, beautifies coat. Safe, effective. Large bottle \$1; trial size, 60¢; only pennies per bath. At Department and Drug Stores. Or by mail prepaid. Satisfaction or money back. Fougere & Co., Inc., Dept. 12, 75 Varick St., N. Y.

## Easy Now to make Professional DRAPERY PLEATS



Give your curtains and drapes that "professional look" with the new, inexpensive Conso SimPleat Tape. Patented, nothing else like it. Easy to sew on any material. Trouble-free, no hooks or rings needed. Pleats "stay put." Durable, washable without losing stiffness.

AT ALL DRAPERY AND DEPT. STORES in widths of 2", 2½" and 3" at 10¢, 15¢ and 19¢ a yard. Use this amazing short-cut to handsome, tailored drapery effects. Ask for CONSO SIMPLEAT.

CONSOLIDATED TRIMMING CORP. 27 West 23rd Street New York City

## Meet the new Ration Book

**B**OILED down to its essentials, the new "point rationing" is a system of rationing groups of related or similar commodities—cereals, for example, though of course they are not actually included at present—which could be substituted for each other if the need arises to control their consumption. The new system will not replace the straight coupon rationing of such unrelated commodities as sugar, gasoline and coffee. Here's how it works:

Suppose the Government is rationing a group of five different but similar things—let's call them Items A, B, C, D, and E. The supply of Item A is plentiful, B is a little less plentiful, C considerably less, D much less, and E very scarce. Then the point-values assigned by the Government would be about as follows: A, 1 point; B, 2 points; C, 4 points; D, 8 points; E, 11 points.

The quantity as well as the item you selected to buy would determine the number of point-stamps from the new Coupon Book Two you would have to surrender to the storekeeper. Since the number of points you are allowed for a given period (a month, perhaps) is clearly specified, you must plan to make them last through that period. This will automatically mean more buying of the few-points or plentiful items, which is the purpose of this whole plan to help win the war on the home front as well as the fighting front.

**BOOKS FOR THE FIGHTERS.** Have you done your bit in the 1943 Victory Book Campaign by taking that good detective yarn, adventure book, or history to the nearest library with the request that it be sent to the men in our armed forces? The American Library Association, the Red Cross, and the U. S. O. are back of this campaign. They're counting on you!

**NURSES NEEDED!** "Young women who are high school graduates to enter schools of nursing at the February or other new-term openings"—that's the urgent call from the National Nursing Council For War Service. Surely here is a double opportunity for very many of you in our AMERICAN HOME family—immediate and priceless aid in winning the war and a life-long career of usefulness. We know you'll respond to it eagerly.

## SOLDIERS IN HOUSEDRESSES

—you're helping to win!



**Pequot is proud to serve both you and our armed services**

**T**HE ALARM CLOCK is your bugle, Mrs. Housewife—the housedress your uniform. And we'd like to pay a tribute to your military virtues. Your *courage* in accepting the harsh necessities of war. Your cheerful *obedience* to ration regulations. Your *sacrifice* of time and strength—walking and carrying bundles when it's cold, canning your garden surplus when it's hot.

Maybe these war tasks don't sound sublime. But they happen to be *your* job, the job you're trained for, and you're doing it mighty well.

You know what Pequot's special skill is—expert training in making sturdy fabrics. Night and day Pequot Mills roar on, far outstripping all previous production records, to turn

out sheets and special war fabrics for military use.

**Any Pequots for You? Yes!**

So great is this new production record, that some Pequot Sheets can still be made for homefolks. They're genuine Pequots. The same superior, long-wearing quality that made you vote Pequot your favorite sheet in nation-wide polls.

If you need sheets, you need Pequots more than ever. Never has thrift been so essential. Pequot is very happy that we can serve you soldiers at home as well as our soldiers in the field.

PEQUOT MILLS, SALEM, MASS.

**BUY ONLY NECESSITIES—** and the first and the greatest necessity to invest in, for our future safety, is—**WAR BONDS.**



**PEQUOT SHEETS AND PILLOW CASES**



## NEW "Make and Mend for Victory" Book shows how to make 95 smart make-over fashions...costs only 10¢



Outgrown slacks  
make flannel  
coat.

Here are some of the smart make-overs in "Make and Mend for Victory." This 52-page book has dozens of lovely fashions easily made from cast-off suits, dresses, trousers, shirts, hats and scraps. They'll cost you nothing much but time... but think how well-dressed you and your family will look while helping win the war! Get "Make and Mend for Victory" at your favorite retail store, or MAIL COUPON TODAY!



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shirts  
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"Make  
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SEW AND SAVE WEEK,  
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| <input type="checkbox"/> "Sew and Save" (sewing), No. 169              | <input type="checkbox"/> "Edgings" (crochet), No. 182                      |
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Name..... (Please print)  
Address..... City.....



H. E. Marsden

# -for the 40-odds!

DUANE BRADLEY

IF YOU'VE about decided that Valentine's Day used to be fun, this party belongs to you. It's fun particularly for a group of married middle-aged people who have known one another for years—the type of crowd that gets into a rut of little dinners and bridge parties, all practically alike.

Remember the drugstore or the sweet shop where your crowd used to meet after school to eat ice cream sodas, complain about the lessons, and make plans for dates? Well, that's the setting.

Go to the ten-cent store and buy materials for making valentines. Get lots of paper lace and little red hearts and cherubs to concoct the most elaborate and sentimental bits your hands can devise. On each, write the following verse:

"Bring the Valentine you married  
To a party at our house;  
Bring a textbook that you carried  
'Ere she was your happy spouse.  
For we're going back to school  
In the garb we used to wear;  
1920 is the rule,  
There'll be romance in the air."

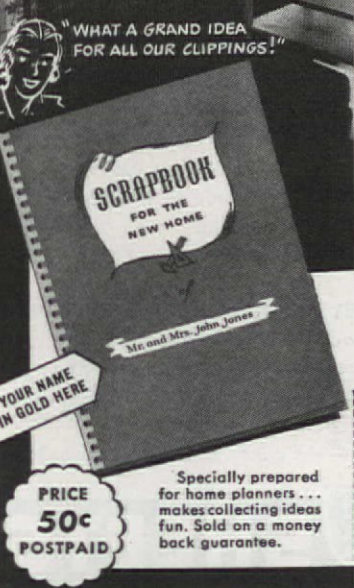
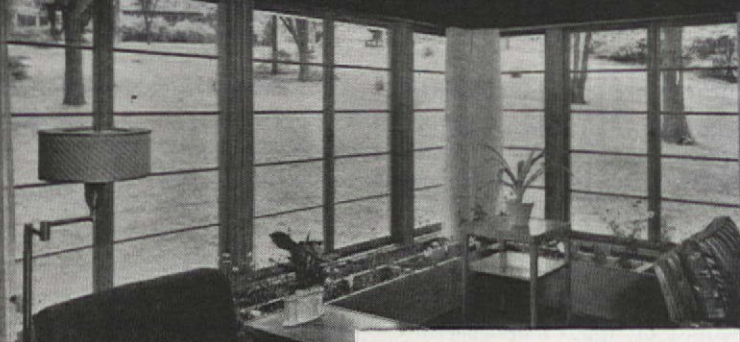
At the bottom put your address and the date, February 14, 1943. Of course, the date in your verse is the date of your school days. 1920 just happened to fit our party. Send these invitations at least a week or so in advance—and mail them to the husbands. They'll enjoy the party more if given an important part to play.

If it is possible in your own particular crowd, ask each couple to bring a phonograph record that was popular for dancing during their courting days. These records may be secured from almost any second-hand store for about a nickel apiece, so it's no financial hardship. But if you don't want to ask your guests to do it, assemble a group of such records yourself. They'll come in handy later on for dancing.

Your house should be completely in the mood for delightful recollections, so clear your living room for dancing and light dozens of candles to give the room a firm romantic cast. The dining room which will be the heart of the theme, must be as nearly as possible a reproduction of the drugstore where most American young people do their courting. Use your buffet as a temporary soda fountain and make a counter of long boards and supports. Perhaps your local druggist will loan several advertising posters for atmosphere. Add twisted crepe paper decorations to make it look more convincing. Card tables with folding chairs may be scattered about the room. Remember the wooden table tops covered with carved initials. Cover your tables with heavy cardboard and, instead of place cards, draw initials inside hearts at each place in old tree trunk style.

If your husband is an amateur photographer, let him add to the fun by fixing floodlights in the ha-

## Window Beauty Ideas FOR YOUR NEW HOME



If you are collecting ideas now for your new home, you'll want this special Home Planner's Scrapbook in which you can collect and arrange all of the clippings and booklets you have been saving. Good looking Moroccan Brown Leathette cover, Ivory Plastic Binding. Your name stamped in gold on your copy.

Special sections for house plans—kitchen ideas, bathroom ideas, outdoor living rooms and all other rooms, also special page on which to sketch your lot.

Also sent without extra cost, our special booklet "Window Beauty Ideas" showing Andersen Windows in bays, window seats, picture windows, corner windows... Andersen Windows are beautifully designed and precision fitted.

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Bayport, Minnesota

I enclose 50¢ (coin or stamps) for your Home Planner's Scrapbook. Also send without extra cost your booklet "Window Beauty Ideas".

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Specially prepared  
for home planners...  
makes collecting ideas  
fun. Sold on a money  
back guarantee.



# "You bet I know my groceries!"

...if any customer complains about not getting her favorite flavor of Karo Syrup, you know what I tell her?

I say, first: "Don't you know that the Army and Navy are buying tons of Karo Syrup?"

Then I say: "Every housewife in the land is buying more Karo than ever before—'cuz Karo is the kind of food that gives energy to hard-working Americans."

Last, but not least, I tell her this: "The makers of Karo won't let down on quality just to step up quantity. No Ma'am—not with millions of us babies, our mothers and our doctors too, depending on Karo for our feeding formulas."

As a clincher—I suggest: "If you can't get one flavor of Karo (the shortage is only temporary)—just try another flavor. They're all delicious—all nutritious—all rich in Dextrose...food-energy sugar."

See what I mean?

Corn Products Refining Company, 17 Battery Place, New York, N. Y.



**IMPORTANT**—Karo is packed in tin and in glass. Regardless of type of package, when you see the name **KARO** on the label, it is your guarantee of purity and quality.



FOR VICTORY  
Buy U. S. War  
Bonds and Stamps

BECAUSE THERE IS NO SUBSTITUTE FOR QUALITY, THERE NEVER CAN BE A "SUBSTITUTE" FOR KARO

# How to be your own home decorator



**BRIGHTEN YOUR BUFFET**

Place a generously proportioned plate glass mirror on the wall above it. Then put a clear, brilliant plate glass top on the buffet itself. This buffet "face-lifting" not only makes guests gaze with admiration . . . it also is 100% practical. The mirror makes the room seem larger. The glass top protects your buffet from scratching or scorching.



**WAKE UP YOUR LIVING ROOM**

The easiest and most effective way to do this is to hang a large plate glass mirror above your mantel . . . framed or unframed, take your choice. It doubles all the color, life and charm of the room.

**LIVEN YOUR ENTRANCE HALL**

Welcome arriving guests with a handsome framed plate glass mirror in your reception hall. Adds light and style . . . and is ever so convenient for that last-minute check-up before you go out.



**THE MARK OF GOOD GLASS—WHOEVER MAKES THE MIRROR**

The majority of mirror manufacturers use Pittsburgh Plate Glass to make their mirrors because of its beauty and accurate reflections. So the Pittsburgh Label on a mirror or other plate glass article is your assurance of good glass, no matter who makes the product. And remember, for true reflection, a mirror must be made of plate glass.

## Free Booklet

A handbook of ideas, illustrated in full color. Shows you how to brighten your home in a hurry with mirrors and plate glass. Send the coupon for your free copy . . . today.

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Please send me, without obligation, your free booklet entitled, "Helpful Hints on the Use of Glass in Your Home."

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**"PITTSBURGH" stands for Quality Glass and Paint**

and catching each couple as they arrive in their costumes. He'll have many orders for these souvenirs, and your party will be off with a flash as the door is opened.

As the old saying goes, "The way to a man's heart is through his stomach," so don't make him wait to find his heart. As soon as your guests have all arrived, let them find their places in the "drugstore" dining room. Take their orders individually and carefully write them down. For dessert, have special menus on which several drugstore delights are mentioned—each one named for someone present or some place dear to the hearts of your guests. Serving, however, is much more simple, since each guest receives exactly the same thing, regardless of what he or she has ordered.

In planning your menu, however, remember that everything must be simple and delicious. If there is some delicacy that will turn back the years for the crowd, serve it by all means. As a suggestion, you might serve plates of fried chicken, baked potatoes, cabbage slaw, and one vegetable. For dessert, Swedish pineapple cream will complete the high school drugstore picture, if served in tall glasses topped with whipped cream, and a maraschino cherry—and a long spoon should go with this.

AFTER eating, pencil and paper games will aid in peaceful digestion and may be played right in the "drugstore." Appoint someone to be teacher and collect the textbooks brought by your guests. From these books have teacher ask questions that all could have answered immediately in those long-past days of exams and homework.

Laughter also aids digestion, so ask each guest to write (without asking any questions) the true story of how he or she met his or her mate. Simple as this seems, you will find a wide variance in answers. Reading these aloud will provide lots of merriment.

Music, too, is always welcome, so don't forget the records you have already assembled. See how many your guests can identify. It's a lot more difficult than it sounds. They will enjoy hearing their old favorites and dancing to these tunes will be refreshing after the swing and boogie-woogie so much more suited to the teenagers of today. We've heard tell of one similar party at which they danced until two in the morning and found their children waiting up anxiously for them.

If, by any chance, your crowd is more sedate than most and

doesn't care about dancing, this is a fine excuse for bringing out your high school pictures, the memory books, and the momentos you have saved so fondly in that bureau drawer. Recollections that have been hidden for years will come to life and stimulated imaginations in this field will run rampant, bringing fresh enjoyment to all.

THERE are many variations on the entertainment that may be planned. If your friends like games, wrack your brain for the ones you played at high school parties. "Musical Chairs," "Teakettle," "Hide in the Dark" are all fun when grownups play them. Do you remember the taffy pulls and popcorn parties of your youth? It might be fun to reincarnate them for the evening. If nicknames can be remembered, print them on placards and make each guest wear the one he used to be called. All available early pictures of your friends will make a guessing game. Mount them on cardboard and see how many will recognize the town banker in that tousle-haired, un-gainly sixteen-year old.

Individual prizes for each game are fun and quite inexpensive, if you shop in the ten-cent store. It's all in fun, so you have quite a choice—a box of chocolates tied with a huge red ribbon, a bow for your hair, a giddy lapel ornament, a flashy necktie, etc.

This party must be very personal to be enjoyed by your guests, so make your plans carefully and try to remember everything about your high school days. You will recall dozens of things that will make this party one of the most enjoyable and sentimental parties of your life and after all that's a real Valentine to everyone present!

HERE'S a suggestion for a merry curfew—but you must weigh this carefully. It's a grand final touch to the drugstore valentine party, but you must know your guests well enough so that it won't be a grand final touch to your friendships. As the time approaches when your guests would be normally leaving, have the host (who has played the part of the drugstore proprietor all evening) answer a dummy phone which has been very apparent. After a long conversation with an imaginary parent, he will announce that Ellen's mother wants Tommy to bring her home right now. Several such calls will get them under motion and the kidding and laughter caused by these imaginary conversations will really make your party good to the last goodnight.

# TODAY'S MEALS MAKE TOMORROW'S MEN



Balanced Diet Is Important to the Future Strength of Your Children—Follow Uncle Sam's Nutrition Plan Now

It is quite simple to provide a balanced diet. Just remember there are five basic groups of food—proteins, fats, carbohydrates, minerals and vitamins—these supply all our nutritional needs.

Recognizing the need for a simple guide to sound diet, your Government has prepared an official food chart. Use this chart in your daily meal-planning—serve some foods from each group every day—for variety; for adequate diet.

**U.S. NEEDS US STRONG**



**EAT NUTRITIONAL FOOD**

*Every day, eat this way*

<p><b>MILK &amp; MILK PRODUCTS</b> at least a pint for everyone—more for children—or cheese or evaporated or dried milk.</p> 	<p><b>BREAD &amp; CEREAL</b> ...whole grain products or enriched white bread and flour.</p> 
<p><b>ORANGES, TOMATOES, GRAPEFRUIT</b> ... or raw cabbage or salad greens—at least one of these.</p> 	<p><b>MEAT, POULTRY or FISH</b> ...dried beans, peas or nuts occasionally.</p> 
<p><b>Green or Yellow VEGETABLES</b> ... one big helping or more—some raw, some cooked.</p> 	<p><b>EGGS</b> ...at least 3 or 4 a week, cooked any way you choose—or—in "made" dishes.</p> 
<p><b>OTHER VEGETABLES, FRUIT</b> ... potatoes, other vegetables or fruits in season.</p> 	<p><b>BUTTER &amp; OTHER SPREADS</b> ... vitamin-rich fats, peanut butter, and similar spreads.</p> 

**Then eat other foods you also like**

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OFFICE OF DEFENSE HEALTH AND WELFARE SERVICES,  
PAUL V. McNUTT, DIRECTOR, WASHINGTON, D. C.

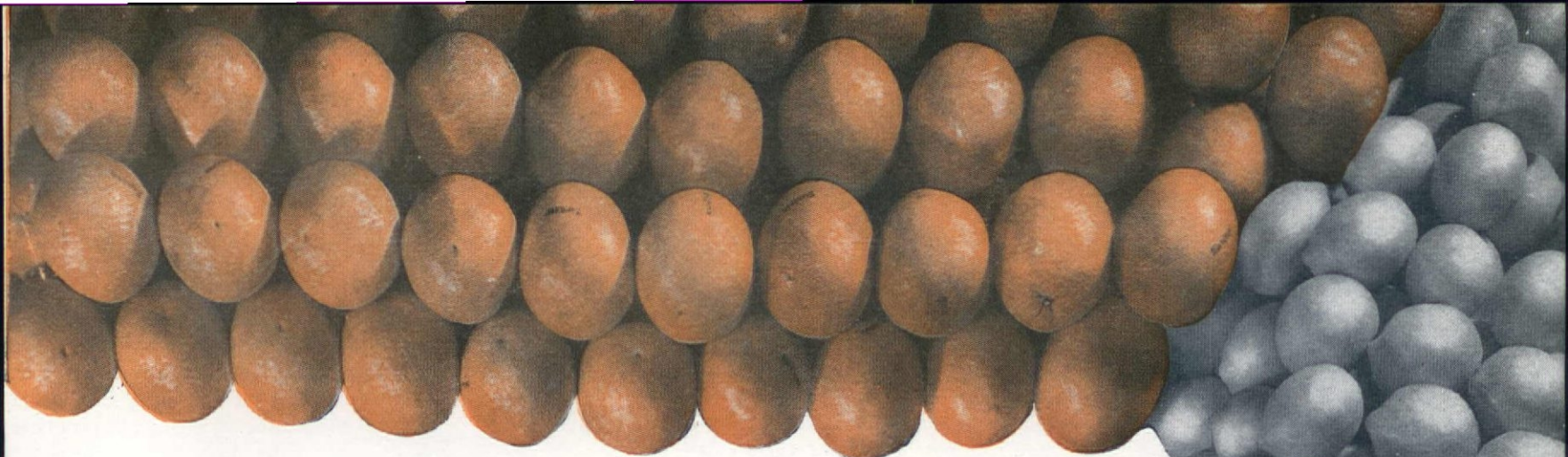


By the way... have you ever made cookies with Baby Ruth? So delicious... so easy to make. (Recipe on every wrapper)

This Advertisement Contributed in the Interest of the National Nutrition Program by the CURTISS CANDY COMPANY

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I. APPLES: November, 1942; II. CHEESE: January, 1943

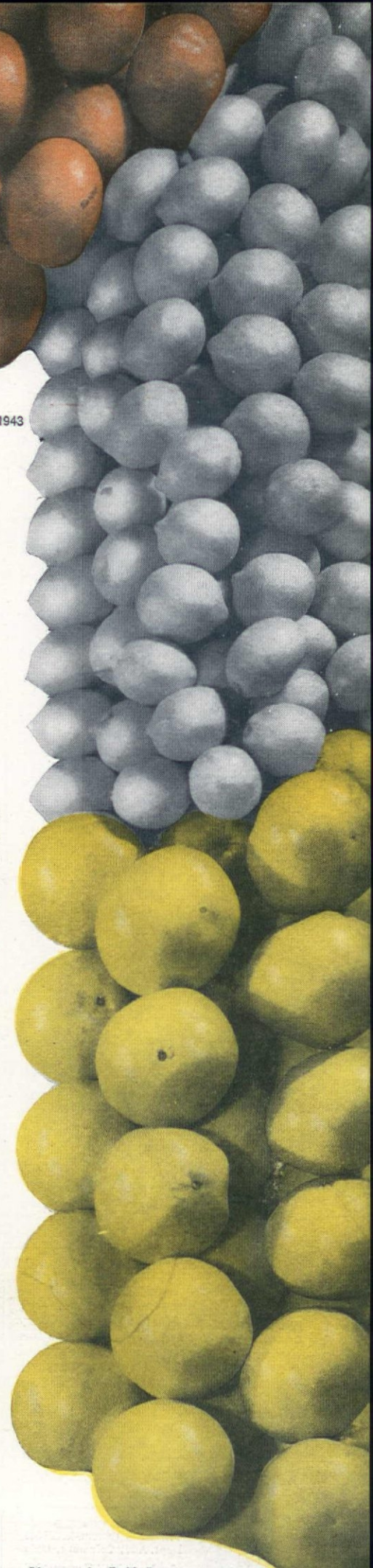


# III American Fruits

## CITRUS AND TROPICAL

"Every night my prayers I say,  
And get my dinner every day;  
And every day that I've been good,  
I get an orange after food."

Robert Louis Stevenson



Photographs, F. M. Demarest  
China and glassware, courtesy  
John Wanamaker, New York

POETS, artists and historians have featured the merits of citrus fruits ever since the days of those legendary Gardens of the Hesperides with their magical "golden apples." In old religious drawings, in the mosaics of the early Chinese, in pottery and other art works done long before the beginning of the Christian era, these plants played a significant part. But it remained for Columbus, voyaging to the New World to bring the seeds of oranges and lemons to the West Indies, whence they were later introduced in Florida, Texas and California for commercial production.

Today, of course, grapefruit, oranges and tangerines are everyday starters for American breakfasts; it's hard to believe that, not so many years ago, an orange was looked upon as a Christmas surprise in some of our northern States! But now the United States leads the world in its consumption of oranges, with England following in second place. This year our national production of this fruit, together with tangerines and grapefruit, is so great that these three are listed as a Victory Food Special.

Probably all of our citrus fruits (or at least the kinds from which they were developed) originated mainly in the general region of tropical and subtropical Asia and the Malayan Archipelago. They are, therefore, a warm-climate tribe, and in the North can be grown only under glass. The best known are the oranges, lemons, grapefruit, tangerines and limes, but one must not forget the various hybrids such as kumquats, limequats and orangequats. The tropical fruit list, other than citrus, includes pineapples, pomegranates, cherimoyas, bananas and so on. Both groups, aside from being eaten in the raw state, are used in making jellies, marmalades, preserves, conserves, and spiced and crystallized fruits. But always, and in whatever form, they worthily uphold their reputation for making life more fun to live!

It is not only for their table qualities that citrus fruits are valued; some of them, especially lemons and limes, have long been known for their curative value. The story goes that the reason British sailors

used to be called "limies" dates back to the days when lime juice was carried on the old wind-jammers to cure a mysterious malady which sometimes attacked the men during the long, long voyages. Scurvy, they called it, and thought in a general way that it was caused by the monotonous bread diet on shipboard; anyway, lime juice was the remedy. Latterly, science has discovered that the real cause of scurvy lies in a lack of vitamin C or scorbutic acid, the best known source of which is citrus fruit.

So, today, the citrus fruits have really come into their own as scientific health makers and keepers. Babies are given orange or lemon juice to supply their proper daily quota of vitamin C; adults drink theirs for the same reason—and because they like it! Instead of the occasional orange for the Christmas stocking, whole carloads of them and allied fruits are shipped into every section of the country. Where people once bought them by the half-dozen, or not at all, they now get them by the crate. There isn't a month in the year when your health and palate can't be benefitted immeasurably by what the citrus fruits have to offer—whether served raw or cooked.

The discovery of this vitamin C, and others, is an exciting story in itself, but even more interesting are the new solutions for medical mysteries which scientists are finding in them. For example, there is the common ailment that we call hay fever. It was Prof. Harry N. Holmes, president of the American Chemical Society and head of the chemistry department of Oberlin College, who, with his associate Dr. Wyvona Alexander, reported in a recent issue of *Science* that hay fever patients who were given relatively large doses of vitamin C showed "distinct gains" and "great relief." The data in the report shows that the relief provided is in direct proportion to the amount of vitamin C that is taken. Incidentally, this work developed from some observations which indicated that some people who suffered from hay fever had a low level of vitamin C retention. Since an eight-ounce glass of orange juice averages 75 milligrams of vitamin C, and an average

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dosage for comfort in hay fever, according to the report, is 200 milligrams, it is evident that one could well consume daily two tall glasses of orange juice or similar juices which are rich in vitamin C.

**IN MILITARY CONNECTIONS**, too, vitamin C has much newly discovered importance; evidently its complete story is far from being concluded. Scientists have been so thorough in their investigations that they can now determine the potency of the fruit by its location—whether it has grown on an inside or an outside branch, etc.

But such facts are important chiefly to the scientist and the grower who have the responsibility of determining the best available fruit and then supplying it. It's the consumer's responsibility to take his quota of vitamin C every day. Without it, many nutritional deficiencies can develop, although the extreme cases of scurvy are not as prevalent as they were years ago. Surprisingly, nutritional reports show that individuals are not taking this full daily quota even in states where citrus fruit is plentiful; even in a land of plenty the wrong food is eaten! It's not very flattering to our intelligence that we should so neglect the opportunities which Nature provides.

And now, with your permission, let's look at some of the details of these rather amazing citrus fruits which come so generously to our tables whenever we invite them:

**ORANGES LEAD THEM ALL** in production and consumption. With us, the two best-known producing states are California and Florida; each of these regions has its followers who claim that its particular product is the finest or sweetest or juiciest. The two chief varieties grown in California are known as Valencia and Navel. The growers have so systematically controlled production that when one variety gives out the other starts in, so that in California year-round crops are possible—Valencias from April to November, and Navels from November to May. The Navel is distinguishable by a peculiar formation in the side farthest from the stem, as well as by its distinctive bright color, firm skin and flesh, distinctive flavor, and seedlessness. Valencia oranges, on the other hand, are lighter in color, free of any navel formation, and notably sweet and juicy. Still another type is the so-called blood orange, whose distinguishing characteristic is the red color spread throughout its luscious flesh.

And then there are the tan-



**THIS** charming young lady is one of many thousands looking forward to a grand and glorious vacation. And won't she deserve it! Right now she's working in a war plant and vacations are "out" for the duration. But she's investing a lot of her earnings in War Bonds to cash in for that trip to the mountains or seashore after the war. Or maybe she'll want to get married. How about you? The more you spend for War Bonds and Stamps now, the more money you'll have later—and the quicker Hitler and Tojo will go down to defeat. Buy today. Buy every day. This advertisement contributed by the makers of Sani-Flush and Mel'o.

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gerines—"kid glove oranges," as some people call them because of their thin, loosely adhering skin which can be removed so easily. Actually they belong to the Mandarin group of oranges, and today they are distinguishing themselves as a rich source of vitamins A and C as well as of calcium. Because they are so easily handled they are an ideal fruit for any lunch box as well as other uses, so Florida ought to be proud that it produces such large quantities of them.

Grapefruit, or pomelo, which also belongs to the citrus fruit family, was brought to America by the early Spanish adventurers. The name grapefruit, incidentally, comes from the fact that the yellow, tart fruit grows in clusters rather than singly. There are both seedless and seedful varieties, the flesh may be either yellow or pink, and some skins are smooth and yellow while others are streaked with russet. The picking season extends right through the year, variety following variety.

Lemons, of course, have been well known and valued for centuries; in this country our biggest supply of them comes from California. You won't find them growing on nice, rounded trees like oranges or grapefruit, though, but on rather straggly bushes. The leaves, too, are pale and scattered, instead of bright, waxy and luxuriant. It is from the lemon that sweet limes have been developed.

Since only the fruit of uniform size and quality is sent fresh to the market, any surplus is dehydrated or canned in the form of juice or sections. In these concentrated forms they are especially suitable for use by the armed forces as well as by the people of the lend-lease countries. Hence the emphasis on the civilian use of *fresh* fruit.

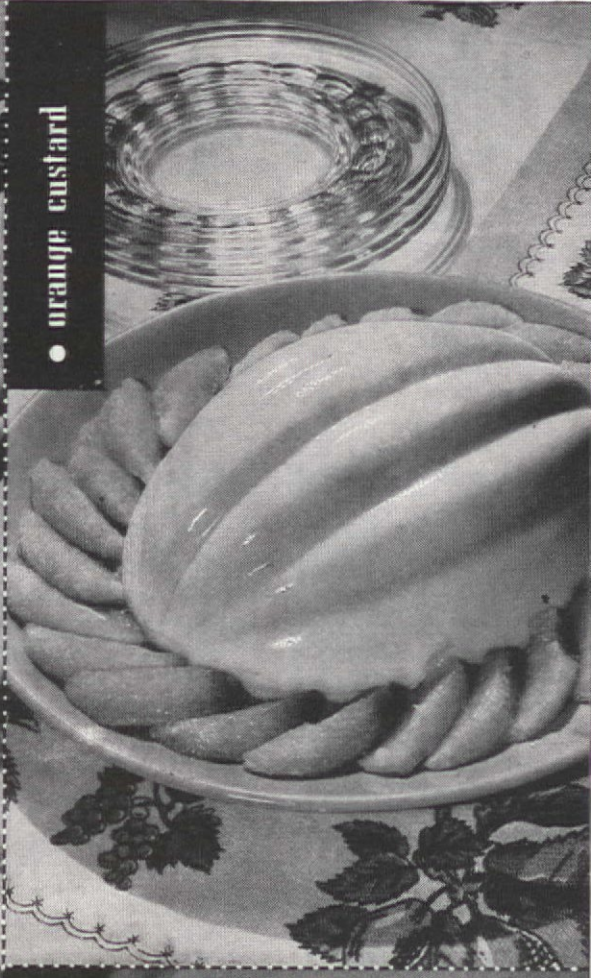
The marketing division of the U. S. Department of Agriculture advises buying citrus fruit which feels heavy, as that indicates it is full of juice. Always get the size best suited for your purpose, too.

**ONE FINAL WORD:** With fresh citrus fruits so available, use them freely! There are all kinds of interesting ways to serve them, too—besides in their fresh state in salads, fruit cups, and desserts. Marmalade, jams, conserves for those lunch box sandwiches are delectable as well as healthful. They can be made at any time during the year but especially in the winter when the fruits are best. So be sure that you and the whole family get the full benefit that waits within these handsome skins

• pineapple-sweet potato fluffs



• orange custard



Easy peeling tangerines contribute nutritiously vitamins A and C

• tangerine salad variations



• lemon souffle pie



Recipe printed on back of each photograph

F. M. Demarest photographs

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**USE THEM OFTEN AND WISELY IN EVERY DAY FAMILY MEALS**

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Brer Rabbit Molasses is second only to liver as a rich food source of iron the body can use.

*Brer Rabbit's Recipe!*

4 cups navy beans	1 teaspoon dry
½ lb. salt pork	mustard
1 cup Brer Rabbit Molasses	1 tablespoon salt
	¼ teaspoon pepper
3 cups boiling water (from simmered beans)	

Wash beans; pick over; soak 3 hours in boiling water to cover. Cover, bring to boil in same water (to preserve minerals and vitamins) adding extra water if needed to cover well; skim; cook slowly until tender—about 50 minutes. Drain, reserving cooking water. Turn beans into bean pot or 3-qt. casserole. Scrape pork rind until white, score top by cutting down about 1 inch, and bury in beans with rind exposed. Mix remaining ingredients and pour over beans. Cover; bake in slow oven (325° F.) 3½ hours or until tender, uncovering during last hour. If necessary, add water during baking. 12 servings.



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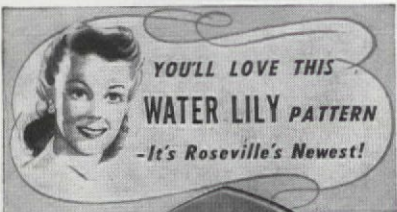


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**ROSEVILLE**  
DECORATIVE ART POTTERY

● **pineapple sweetpotato puff**

5 medium sized sweetpotatoes  
1/2 cup pineapple syrup  
1 tbsp. butter  
3/4 tsp. salt  
1/8 tsp. pepper  
6 slices pineapple  
Butter

Preparation time: 50 min.

**S**CRUB sweetpotatoes and cook in their jackets until tender (about 25 min.). Peel and mash, adding pineapple syrup drained from the can of pineapple. Add more pineapple syrup if needed to give potatoes a smooth, moist consistency. Season with butter, salt, and pepper. Brush drained slices of pineapple with butter, and pile each slice with the mashed sweetpotatoes. Top potatoes with a small lump of butter and place under a preheated broiler until pineapple is warm and sweetpotatoes are lightly browned. This amount will serve 4-6. *308-462 cal. per serving. Source of vitamin A.*

**NOTE:** A number two and a half can of pineapple serves 8 large slices, and 1 cup of syrup. Save extra slices and syrup to use in gelatine desserts or salads.

*Courtesy, Dole Pineapple*

Tested in THE AMERICAN HOME KITCHEN

● **orange custard**

2 tsp. unflavored gelatine  
2 cups milk  
1/2 cup sugar  
1/4 tsp. salt  
3 eggs, separated  
1 tsp. grated orange peel  
1 tsp. grated lemon peel  
1 cup orange juice  
2 tsp. lemon juice  
Fresh fruit for garnishing

Preparation time: 50 min.  
(chill overnight)

**S**ORTEN gelatine in milk for 5 min., then heat in top of double boiler until milk reaches scalding temperature. Add sugar and salt to slightly beaten egg yolks, and stir in the hot milk slowly. Return to double boiler and cook, stirring constantly, until it has the consistency of custard (about 5 min.); remove custard from heat, add grated orange and lemon peel and juice. When cold and beginning to thicken (about 30 min.), fold into egg whites, beaten until stiff and dry. Rinse a 1 1/2 qt. size mold in cold water and pour orange custard into it. Chill overnight. To serve, unmold and garnish with orange slices or berries if desired. Serves 8-10.

*117-145 cal. per serving. Source of vitamins A, B and C.*

**NOTE:** Any left-over portions may be stored in the refrigerator and served next day for lunch.

Tested in THE AMERICAN HOME KITCHEN

● **tangerine sunburst salad**

Preparation time: 30-40 min.

**W**ITH SHRIMP: Select 4 nice tangerines and wash. Make 8 or 9 cuts just through the peel from blossom end to 3/8" from bottom. Peel back the skin carefully to make petals and remove as much membrane as possible from the fruit. Open the tangerine sections, fitting them into the outside petals. Fill centers with a 5 3/4 oz. can of chilled cleaned shrimp. Peel and slice a medium-sized avocado and place slices radiating from center of tangerines. Place sections of fresh or canned grapefruit between slices of avocado. Pass the French dressing! Serves 4. Substantial enough for a main luncheon dish. *345 cal. per serving. Source of vitamins A, B-complex and C.*

**W**ITH CREAM CHEESE: Prepare tangerine flowers as above. Mash 1 1/2 pkg. (4 1/2 oz.) cream cheese with enough cream (approx. 6 tsp.) to make it fluffy and add 1/2 cup broken nut meats. Fill tangerine centers with this and place whole Brazil nuts between sections. Garnish with watercress. Serves 4. *413 cal. per serving. Source of vitamins A, B-complex and C.*

Tested in THE AMERICAN HOME KITCHEN

● **lemon soufflé pie**

3 egg yolks  
1/4 cup lemon juice  
1 tsp. grated lemon peel  
1/4 tsp. salt  
1/2 cup sugar  
1/2 cup light corn syrup  
3 tsp. hot water  
3 egg whites  
1 baked pie shell, 10" in diam.

Preparation time: 1 hr.

**B**EAT egg yolks until light and lemon colored. Add lemon juice and peel, salt, sugar, corn syrup, and hot water. Cook in top of double boiler over boiling water until very well thickened—15 min. (Even though this mixture looks thick in 5 min., be sure and cook for the 15 min.; the filling will hold up better and will have less tendency to fall.) Cool, and when cold, fold slowly into egg whites which have been beaten stiff and dry. Pour into a baked pie shell and brown in a moderate oven (350°F.) 15 min. Cool before cutting. Serves 6. *292 cal. per serving. Source of vitamins A, B-complex and C.*

Tested in THE AMERICAN HOME KITCHEN

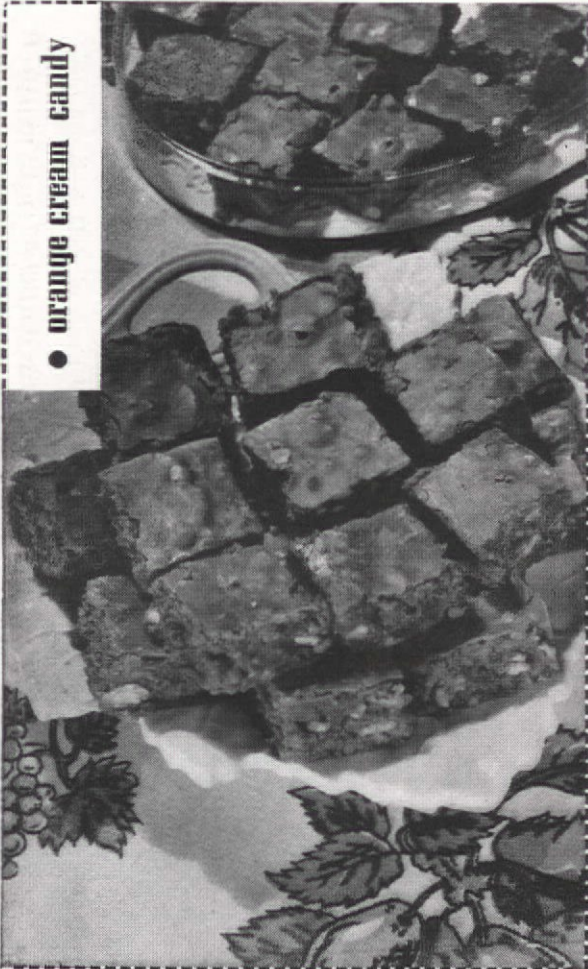
Photograph on back of each recipe

*This Month's*  
**SPECIALS**

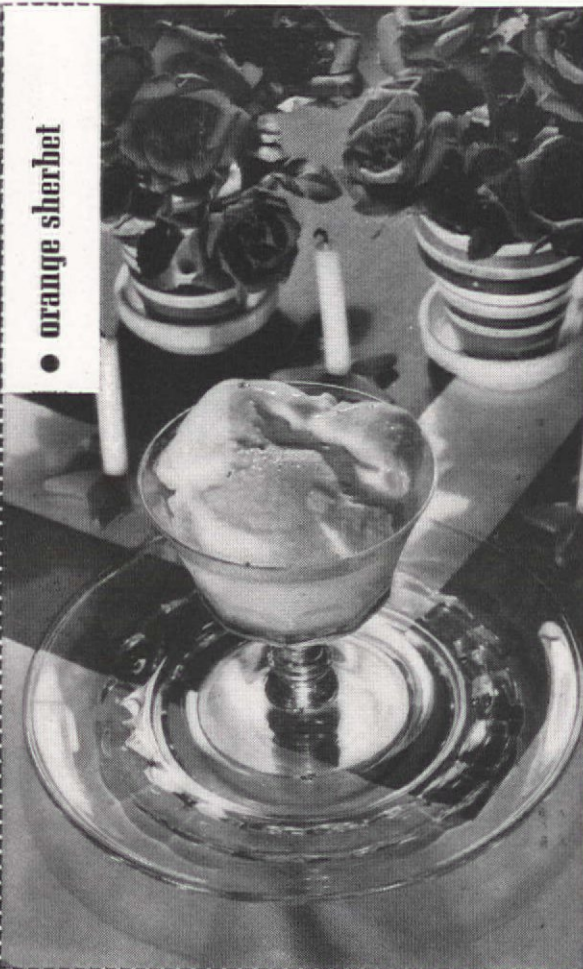
**LUNCHEON OR DINNER SALADS AND DESSERTS,  
EVEN VEGETABLES ACQUIRE A  
NUTRITIOUS GLAMOR WITH ANY OF THE CITRUS FRUITS**



● orange cream candy



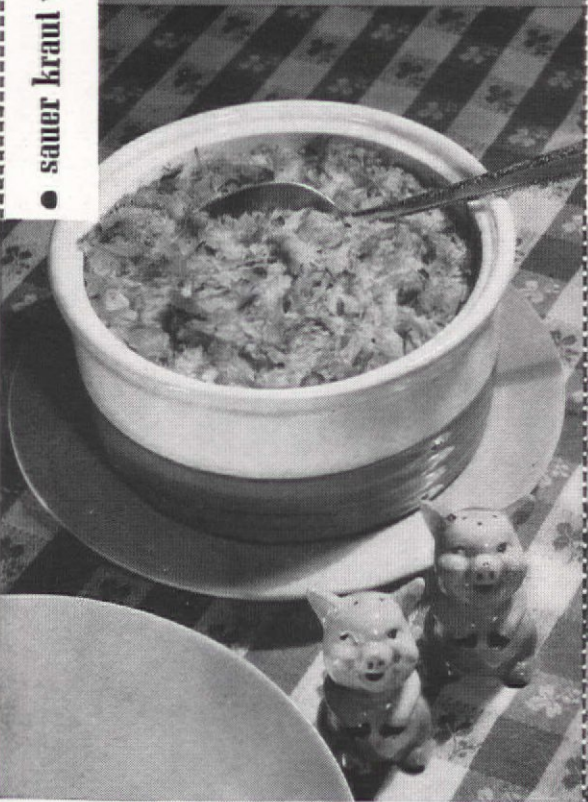
● orange sherbet



● sauer kraut variations

Serve bulk sauerkraut frequently in winter months because it has the health giving vitamin C, too

● citrus fruit marmalade



Recipe printed on back of each photograph

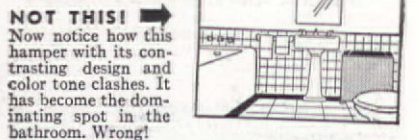
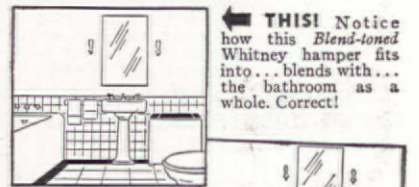
Courtesy, General Foods

FOR A LUNCH BOX SWEET INCLUDE SANDWICHES FILLED WITH FRESH HOMEMADE CITRUS MARMALADE, OR A FEW PIECES OF ORANGE CANDY



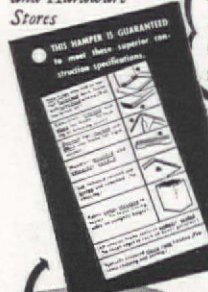
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This Month's SPECIALS

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AT BETTER DEPARTMENT STORES

Preparation time: 20-35 min.  
(allow 3-4 hrs. for freezing)

### orange sherbet

2 egg whites  
2 tbsp. sugar  
2 cups orange juice  
3 tbsp lemon juice

1 tsp. unflavored gelatine  
2 tbsp cold water  
½ cup sugar  
½ cup light corn syrup

**F**IRST method: Soften gelatine in water for 5 min. Mix sugar and corn syrup in a saucepan and boil until syrup forms a 3" thread when dropped from a spoon (approx. 4-5 min.). Add softened gelatine to hot syrup, stir until thoroughly dissolved; cool. Beat egg whites until stiff and quite dry and add sugar. Fold in the syrup slowly and add the orange and lemon juice. Pour into freezing trays and freeze with refrigerator controls set at coldest point. Mix once during freezing process.

**S**ECOND method: Follow first steps but as soon as gelatine has been dissolved in the syrup, pour over the stiffly beaten egg whites and sugar and whip until creamy. Add the orange and lemon juice and freeze as above. When almost completely frozen, remove from freezer tray and whip with an electric mixer or by hand until smooth and fluffy, but not melted. Return to tray and finish freezing. 6 generous, 8 average servings.

128-245 cal. per serving. Source of vitamin C.

Tested in THE AMERICAN HOME KITCHEN

### orange cream candy

1 cup sugar, caramelized  
¼ cup boiling water  
2 cups sugar  
1 cup evaporated milk  
Few grains salt

Preparation time: 1 hr.

**T**O caramelize sugar, place 1 cup of sugar in a heavy frying pan and place over low heat, stirring constantly. When sugar has completely melted and has turned light brown in color, add the boiling water and cook until a heavy syrup is formed—about 4-5 min. Add the 2 cups of sugar, evaporated milk, and salt. Cook until it forms a firm ball in cold water or reaches a temperature of 242°F.\* Just before candy is done, add orange and lemon rind. Remove from heat, add butter and let stand until cool. Beat until creamy, add broken nut meats, and continue beating until wandy holds its shape. Turn into a buttered 8" square pan. When cold, cut in squares. Let stand in pan several hours before removing. This is an excellent candy for gifts or packing for the boys in camp, as it remains creamy on standing. Makes 30-40 pieces.

88-118 cal. per piece.

\*NOTE: Don't be alarmed if candy curdles during this part of cooking—it will come out creamy and smooth when beaten.

Tested in THE AMERICAN HOME KITCHEN

Preparation time: 1½ hrs.

### citrus fruit marmalade

4 cups sugar  
2 cups light corn syrup  
½ bottle of 4 oz. fruit pectin  
Paraffin

2 cups prepared citrus fruit (approx.  
1 small grapefruit, 2 oranges, 1  
lemon, 1 tangerine)  
1 cup shredded peel, solidly packed  
1½ cups water

**T**O PREPARE fruit, remove peel in quarters, cut off tight skin of peeled fruit and pulp out of each section. Measure 2 cups, solidly packed and covered with juice. Lay peels flat and shave off about half of white part. Using a very sharp knife, cut rind into fine shreds (do not use tangerine peel). Add water to peel, bring to boiling point, cover and simmer for 10 min., stirring occasionally. Add pulp and juice to cooked rind, cover, and simmer 20 min. If oranges are very sweet, add juice of another lemon.

Put sugar and corn syrup in large kettle. Measure and add 3 cups of cooked fruit and peel (if necessary, add water). Bring to boiling point and boil gently for 5 min. Remove kettle from heat and add fruit pectin. Then skim and stir for just 5 min. to cool slightly and to prevent floating fruit. Pour quickly into sterilized glasses and cover with paraffin. Makes 9-10 glasses (6 oz.). This makes a colorful marmalade which can be made any time during the winter.

610-678 cal. per glass. Source of vitamin C.

Tested in THE AMERICAN HOME KITCHEN

### sauerkraut variations

Preparation time: 40 min.

**C**ARAWAY KRAUT: Melt 2 tbsp. shortening or drippings in a frying pan and add 1 medium sized onion which has been chopped. Cook until slightly brown. Stir in 2 lbs. sauerkraut (do not drain off juice) and cook for 5 min. Grate 1 medium-sized raw potato and add to sauerkraut with 1 tsp caraway seed. If the kraut seems dry, add ¼ to ½ cup stock or water. Simmer on top of range for 30 min.; or, put in casserole; bake in a moderate oven (350°F.) 30 min. Serves 6.

94 cal. per serving. Source of vitamins B-complex and C.

**V**EGETABLE KRAUT: Place 2 lbs. of sauer kraut including juice in a casserole. Add 1 grated raw apple (not peeled), 1 grated raw carrot, and 1 small grated raw potato. For seasoning add ¼ tsp. black pepper and ½ tsp paprika. If the kraut seems dry, add ¼ to ½ cup stock or water. Bake in a moderate oven (350°F.) 30 min. and serve hot. Serves 6.

69 cal. per serving. Source of vitamins C and B-complex.

Tested in THE AMERICAN HOME KITCHEN

Photograph on back of each recipe



## CARRY a LUNCH?

**I**F filling lunch boxes is your daily chore, here are some helpful hints. Whether you're packing the meal for the children, for a working husband,

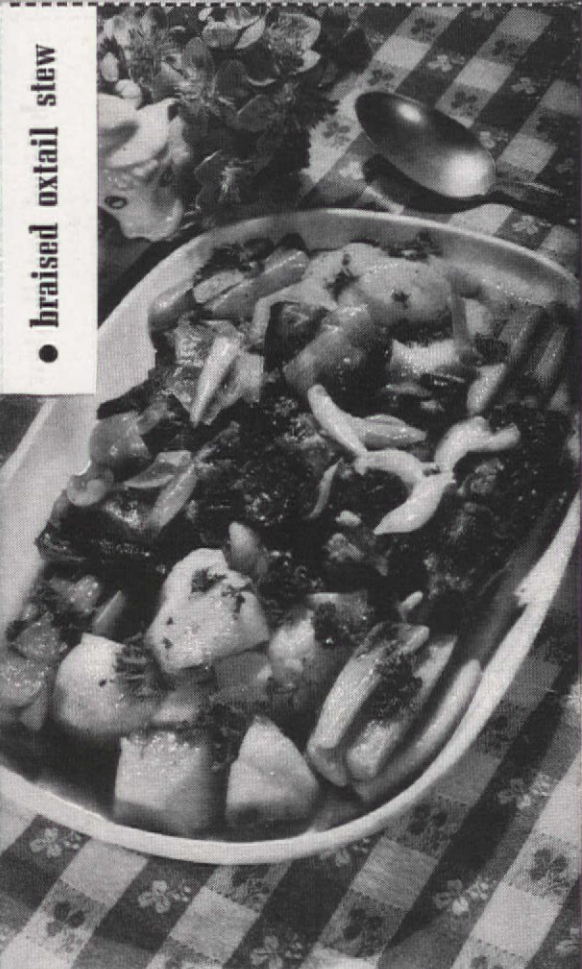
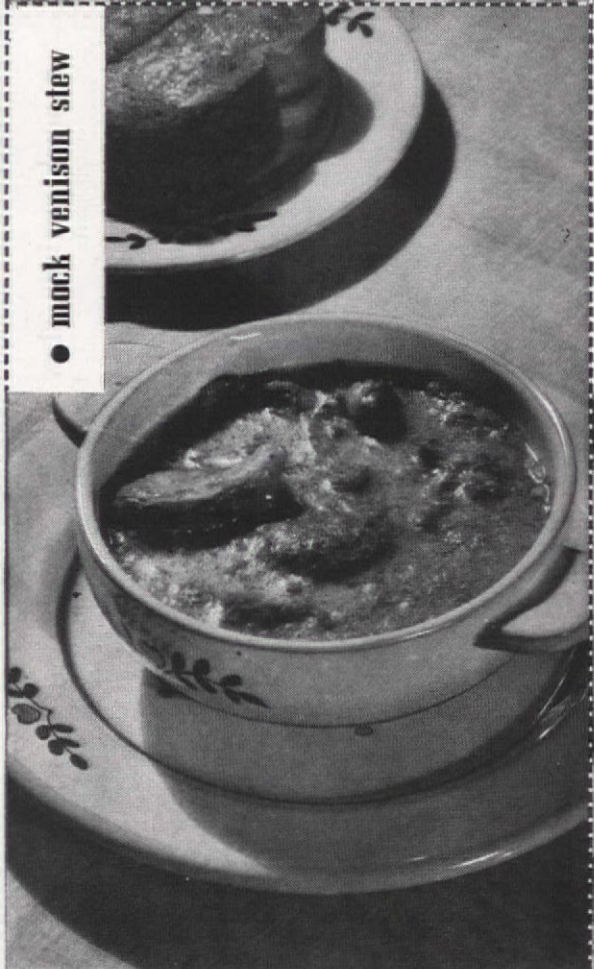
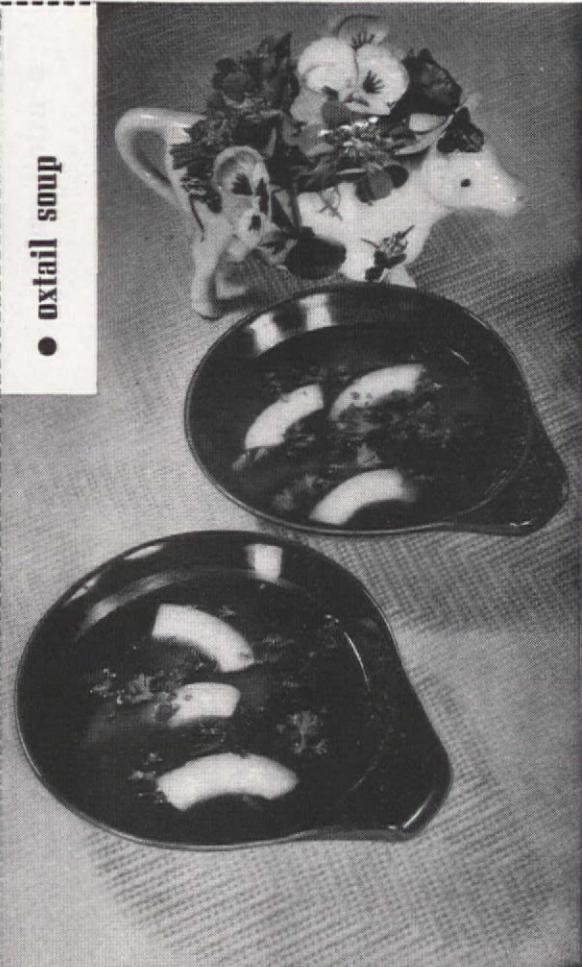
or for yourself, remember that the carry-lunch should be substantial; it's better to have too much to eat than not enough. A packed lunch ought to be equal to one eaten at home or at a cafeteria or restaurant; after all, it is one third of the "three squares" which we

● yellow split pea soup with pork feet

● oxtail soup

● mock venison stew

● braised oxtail stew

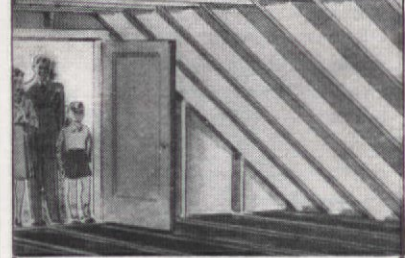


Recipe printed on back of each photograph



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**all** know everyone deserves. Don't think that a skimpy one will be made up for at dinner, for nine times out of ten it won't.

To be efficient about lunch packing, the first item to be considered is the carrier. A regular lunch box with a vacuum

container is the best selection, especially if the food is to be packed for a long time. Keep all the equipment together—waxed paper, paper containers of all sizes, paper napkins and everything else that you'll be using every day, like the bread board and knife. Keeping all



### ● yellow split pea soup with pork feet

2 cups yellow split peas  
2 qts. water  
1 medium-sized onion, chopped  
1 raw carrot, grated

Preparation time: 5 hrs., 15 min.

2 pork feet  
1½ tsp. salt  
¼ tsp. pepper  
½ tsp. paprika

**W**ASH the peas. They may be soaked overnight, although it is not necessary. Place peas in a large kettle and add water, onion, carrot and pork feet. Bring to boiling point, cover and simmer for several hours until peas have cooked into a purée consistency and meat has cooked from bones (usually about 5 hrs.). Add seasonings to taste. The soup may be strained but it is not essential. Shred meat with fork for serving. Serves 6 generously or makes 8-10 average servings.

**NOTE:** Split pea soup is always quite thick, but if it is too thick the second day, add water to give it the desired consistency.

Tested in THE AMERICAN HOME KITCHEN

### ● oxtail soup

1 oxtail  
Flour  
Salt and pepper  
2 quarts boiling water  
1 sprig thyme

2 sprigs parsley  
1 bay leaf  
1 tsp. salt  
1 tbsp. Worcestershire sauce  
6 peppercorns

Preparation time: 5 hrs., 20 min.

**H**AVE butcher cut oxtail at joints. Wash and dry; dredge in flour seasoned with salt and pepper. Brown in Dutch oven or deep well of electric range. Add water. The thyme, parsley and bay leaf in a cheesecloth bag and add to soup. Add salt, Worcestershire sauce and peppercorns. Cover and simmer for 4 hours. Dice the carrot and chop the celery and tomato. Add to the soup with leeks and barley. Cover and simmer for another hour. Discard cheesecloth bag with the herbs and remove any meat which has not already fallen from the bones. Serve soup at once with some meat in each bowl. Serves 4-6. **125-188 cal. per serving. Source of vitamins some A and B-complex.**

**NOTE:** This soup, with its rich meaty flavor, is so good, you will probably want to double the recipe. It keeps well and tastes even better the second day.

Tested in THE AMERICAN HOME KITCHEN

### ● mock venison stew

4 lamb hearts  
Flour, salt and pepper  
2 tsp. drippings

1 cup water  
4 onions, sliced  
½ cup celery, chopped

Preparation time: 1 hr., 40 min.

1 cup water  
1 tsp. tarragon vinegar  
2 bay leaves

**S**LIT open hearts and remove veins and arteries. Wash thoroughly and dry. Slice crosswise in pieces ½" thick. Dredge in flour and sprinkle with salt and pepper. Brown well on all sides in drippings and add water, onions, celery, carrots, vinegar and bay leaves. Cover and simmer 50-60 min. until heart is tender. Discard bay leaves; remove to platter; drop bread dumplings into sauce. 3 calves' hearts may be substituted.

**bread dumplings:**

1 cup whole wheat bread crumbs  
½ tsp. baking powder  
½ tsp. grated onion

1 egg, well beaten  
3 tsp. melted butter, or margarine

4-5 tbsp. stock or milk  
2 tsp. chopped parsley  
Salt and pepper  
Flour

Mix crumbs, baking powder, onion, egg, butter or margarine and enough stock or milk to make a stiff paste. Add parsley and salt and pepper to taste. Make into tiny balls the size of a marble and roll in flour. Keep in refrigerator until ready for use. Add balls to boiling sauce and cook until done—about 15 min. Add heart, cook 5 min. longer. Serves 3-4. **527-703 cal. per serving. Source of vitamins A and B-complex.**

Tested in THE AMERICAN HOME KITCHEN

### ● braised oxtail stew

2 oxtails  
2 tsp. drippings  
½ cup minced onions  
1 small clove garlic, minced  
2 tsp. salt  
½ tsp. pepper

1 tsp. vinegar  
1 tsp. sugar  
2 cups hot water  
4 large carrots  
4 medium-sized potatoes  
4 medium-sized onions

Preparation time: 4 hrs.

**H**AVE butcher cut oxtails in pieces at the joints. Wash and dry thoroughly. Melt drippings in a Dutch oven or deep well of an electric range and brown the oxtails. Add onion and garlic and cook until tender but not browned. Add salt, pepper, vinegar, sugar and water. Cover and simmer 3 hrs. Wash and pare vegetables and cut in quarters. Put in the kettle with the oxtails, and cook until vegetables are tender—about 30 min. This is delicious the second day when the full flavor has had a chance to permeate through the stew. If you are a defense worker, make it when you come home in the evening and heat it thoroughly the next night for dinner. Serves 4 generously. **330 cal. per serving. Source of vitamins A and B-complex.**

Tested in THE AMERICAN HOME KITCHEN

Photograph on back of each recipe



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This Month's SPECIALS

lunch box food on one shelf in the refrigerator will simplify matters when you're stumbling around in the cold gray dawn. Since it is so essential to pack lunches which are nutritionally correct, let's plan a pattern to follow. Sandwiches are easy to carry, and lunches may be planned

around them—that is, if they are given substantial meat or fish fillings so that extra protein dishes are unnecessary. Since everything we eat should carry its full quota of vitamins and minerals, the bread for sandwiches should be of the whole grain or enriched variety. There

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is a wide assortment of such breads—rye, whole wheat, enriched white. For variety, you can include fruit-filled or some whole grain muffins.

**SPEAKING OF SANDWICH FILLINGS**, it's well to remember that, according to nutrition standards, some form of protein should be included in every meal. Protein means meat, fish, cheese, eggs, poultry, milk, nuts, dried beans or lentils. Probably you won't find it practical to buy meats just for sandwiches. Instead, when planning dinner, arrange to save some leftover meat, or whatever you serve, for the lunch box next day. If there isn't anything crunchy in the sandwich filling, plan to include raw carrots, celery or an apple in the box, since a whole soft-filling lunch soon becomes nothing to write home about.

Because it is a long stretch from the time sandwiches are made until they are eaten, and since during that interim the lunch box may be exposed to heat or cold, it's a good idea to pack salad dressing separately in a small paper container, thereby eliminating soggy sandwiches. And another tip: when cutting sandwiches into smaller eating sizes, avoid triangles and other fancy shapes; they slip and slide when wrapped and are not as easy to eat as the old reliable squarish ones. Two sandwiches should be the minimum in any lunch box. One may have a meat filling, and the other egg or chopped peanuts and carrots. Peanut butter blended with chopped raw carrots or cabbage is good, too.

What to put in the vacuum container? Well, if it's a blustery, cold day, soup will be very welcome. Otherwise, a good choice is half milk and half coffee, or milk cocoa, or plain milk. On warm days, cool, refreshing fruit juices or tomato juice will prove very acceptable.

**NO LUNCH IS COMPLETE WITHOUT DESSERT.** The easy-to-pack type is fruit and cookies. Sometimes a pudding made in an individual container will be a welcome change—maybe chocolate or caramel pudding or apple betty. A piece of pie left over from dinner will be appreciated, and there's a lot to be said for tucking in a bit of marmalade, jelly, jam, or fruit conserve. Put it in a little container as a pleasant surprise—that is, if you haven't included a sandwich made of one of these fillings. The need for sweets to give renewed energy and reduce fatigue is a well-known fact, and the use of these citrus combinations will help out your sugar rationing card.



**TOMORROW—** fool "Old Man Winter"

... surprise your family with

## FRESH-MADE GRAPE JELLY!

• Is your supply of jelly running low these days—for favorite jelly sandwiches in all those lunch boxes you pack for your family now—for the popular, wholesome "fruit sweet" on your breakfast or supper table?



Here's an idea! With a quart bottle of grape juice and a bottle of Certo—the famous

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Displays now at your grocer's

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★ WISE USE OF SUGAR ★



Active workers and growing children naturally crave sweets which help replace used-up bodily energy. That is why jelly, marmalade, or jam sandwiches are both popular and approved by nutritionists as one kind of sweets for school and industrial lunch boxes.

The benefits of your sugar allowance are extended by combining your sugar with fruit, as in jelly, marmalade, or jam.

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(from a letter by  
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(from a letter by D. M., Kansas City, Mo.)

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VIA  
HOLLYWOOD



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Salvaging Ideas from Hollywood!  
KAY CAMPBELL



3163

3177

3186

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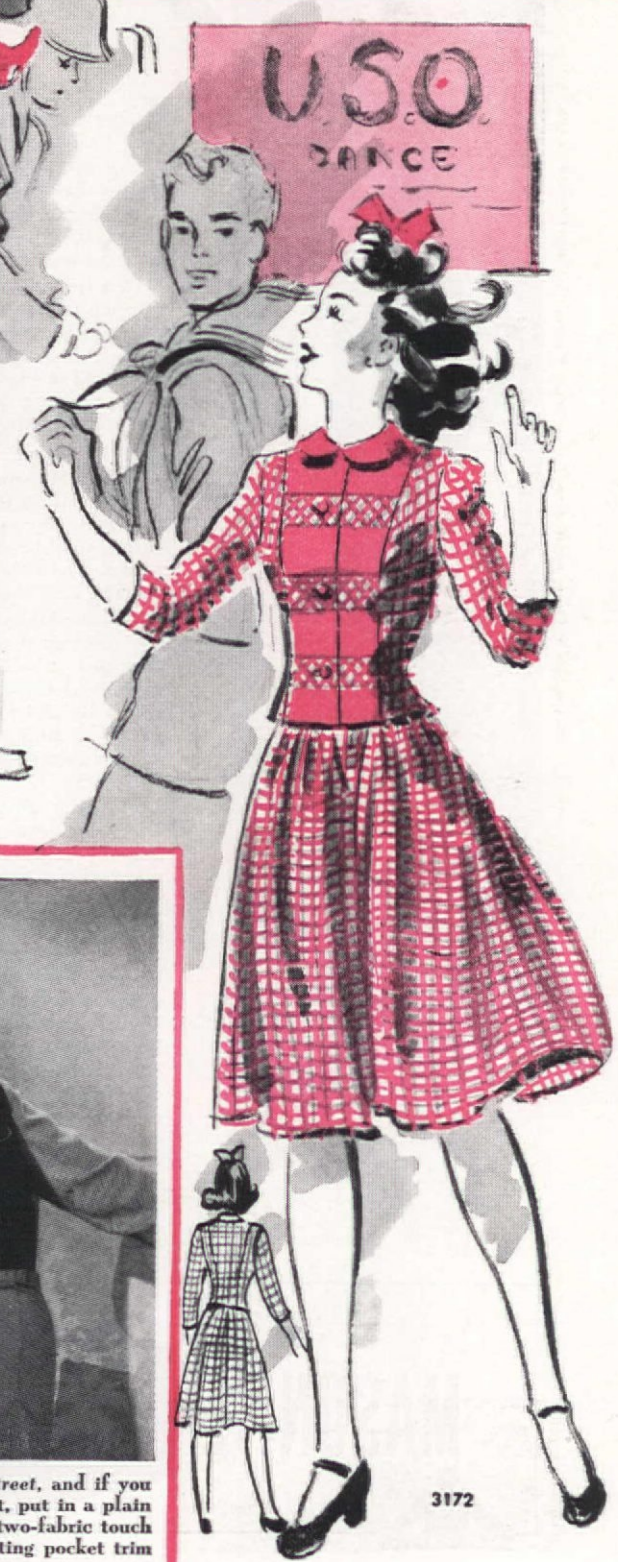
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HEADQUARTERS

VIA HOLLYWOOD



Take one striped scarf, one last winter's felt bonnet, cover with scarf, let the remainder drape softly, just the way Ginny Simms wears hers in *Here We Go Again*. You'll match her and Mary of Scotland!



# Dressmaker CLOTHES

VIA HOLLYWOOD

**3186:** For mother to wear when she goes out on her off-duty time. Nice in printed muslin, novelty cotton, rayon crepe. Size 36, 3 yards, 39" material. 16 to 20; 34 to 48 bust. **Advance, 15 cents**

**3158:** A dress with a waistcoat that's oh! so good these days for its infinite variety. Size 16 takes 3½ yards of 35" material for the dress; 1¾ for the waistcoat. Sizes 12 to 20. **Advance, 25 cents**

**3589:** Quick change from a uniform! This afternoon dress in rayon jersey or printed crepe takes, in size 16, 3¾ yards of 39" material. Any-one size 12-20 can wear it. **Advance, 35 cents**

**3172:** Juniors take notice! Here's a date dress that's fresh as a jeep. Two pieces, too, and a 13 takes 3 yards of 39" material, ¾ yard of a contrasting fabric. 9 to 17. **Advance, 25 cents**



Lucille wore this in *The Big Street*, and if you have a last year's check or print, put in a plain vest front that contrasts. Note two-fabric touch in collar and revers and interesting pocket trim

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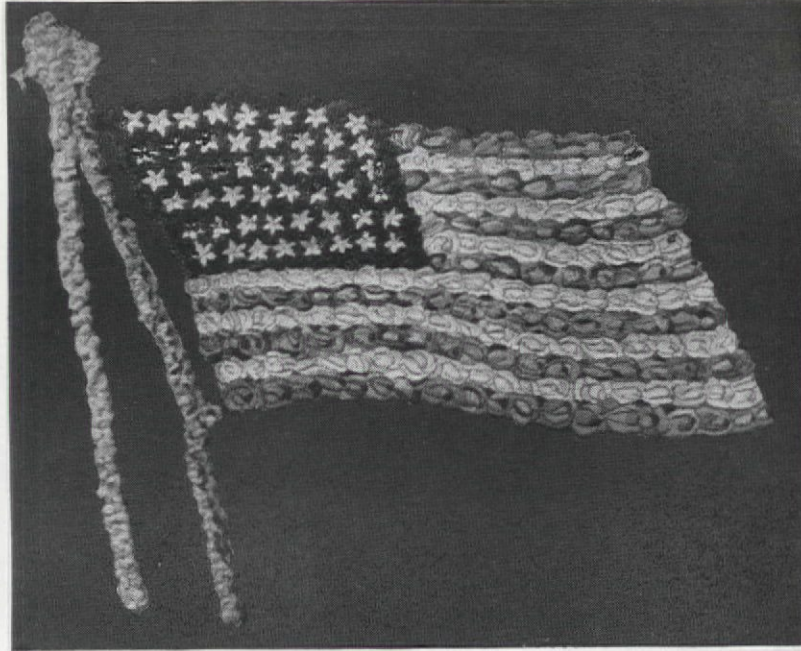
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## MASONITE PRESDWOODS

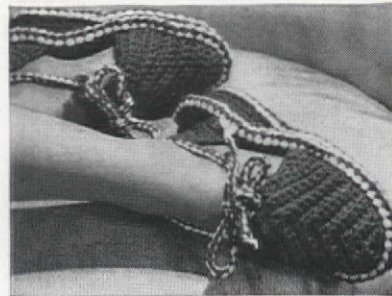


THE LIGNO-CELLULOSE HARDBOARDS



## HOMEWORK

AMERICAN HOME CRAFT A585



AMERICAN HOME CRAFT A587

FOR February Homework, we offer the needleworker and the home crafter things that are fun, fancy, and practical, a pretty good combination for the winter months' work. They'll

give you relaxation after your war work is done and pay grand dividends in enjoyment and actual comfort in several instances. So here's how!

**A585:** Old Glory done in flowers! Remember our July cover? Well here it is, translated into needlework terms by Georgiana Brown Harberson. It is really something very special, and a potential heirloom if we ever saw one. The pattern includes color chart and complete directions with a special hot-iron transfer that takes on any color material. Size 16" x 14", the flag looks simply beautiful framed. Ours was done on a gray-blue background, but that's up to your color desires. The flag is pretty grand, whatever your choice. Cost of pattern, 20 cents.

**A587:** An idea to keep your feet warm and your head cool this winter when the temperature inside is sixty-five degrees! Smart, neat, and nifty footwear that's *all* crocheted from cotton rug yarn, even the sole, so you don't have to get anything extra to have toasty tootsies. Directions, 10 cents.

**A589:** Our peasant designs were so popular that we're offering six more,



AMERICAN HOME CRAFT A589



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Send for these 5—Burpee's best Radish, Carrot, Beet, Lettuce and Tomato—all 5 10c-Packets for just 10c.  
**Burpee's Complete Vegetable Garden—15 Pkts.**  
Bush Beans (1 green, 1 wax), Tomato, Carrot, Chard, Sweet Corn, Cucumber, Lettuce, Onion, Parsley, 2 Radishes, \$1 Beet, Squash, Turnip (total \$1.70)...  
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All best flowers and vegetables. Have a garden, grow more food.

**W. Atlee Burpee Co.**  
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 Send 5 Pkts. Vegetable Seeds for 10c. Enclosed  
 Send Vegetable Garden, 15 Pkts. \$1.  
 Send Burpee's Seed Catalog FREE. is.....  
Name.....  
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adapted from Jim Miner's grand designs—this time with breakfast room suggestions, but there's no limit to what you can do by way of using them to meet your various needs. That's part of the fun, anyway. With the need to spruce up our old things, and dress up unpainted furniture, here's your chance to get a head and cheerful start on the spring painting season. Patterns, directions, color chart for six designs, yours for 20 cents.



**AMERICAN HOME CRAFT A588**

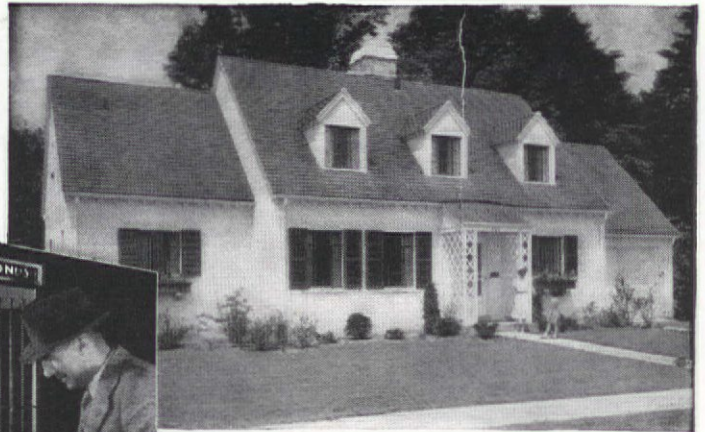
**A588:** Here's a raglan ribbed slip-on to warm the heart as well as the body of any eight-year-old lad. There's a new treatment of the sleeve that gives lots of room for action. And there's lots of military snap in this crocheted cap, with its two brass-buttoned-down points. Evelyn H. Carpenter designed them. Directions for both the sweater and the cap, 10 cents.

**A586:** Everybody loves a panda, and the wise little Chinaman is intriguing, too, so much so that our model couldn't make up her mind which to wear—she wore both! That's not a bad fashion note, either. Directions for knitting the Chinaman and crocheting the panda, 5 cents. They'd be cute pinned on your bag, too,



**AMERICAN HOME CRAFT A586**

Order these American Home Crafts from the American Home Pattern Service, 251 Fourth Avenue, New York City



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a fighting man**

While Lieut. Herb Smith is helping to cook up a big surprise for the Nazis, his mother back home is fixing up a very pleasant little surprise for him.

You see, Herb has always had designs on that attic room at home. Wanted it fixed up his way. But, somehow, never got around to doing it.

Before he returns, his mother—with the help of Western Pines\*—plans to transform that drab little attic into a room of warmth and friendliness. It will be an ideal spot for Herb to read and write and rest—and generally enjoy the freedom he is fighting for. See how other mothers have improved their homes. Send for "Western Pine Camera Views." Western Pine Association, Dept. 170-F, Yeon Building, Portland, Oregon.

\*Idaho White Pine \*Ponderosa Pine \*Sugar Pine

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Wayside News

2  
NEW  
EXCLUSIVE  
ROSES



Douglas  
Mac Arthur  
(PATENTED)

**Douglas Mac Arthur**—"The Commander's Rose"—This vigorous, very free-blooming hybrid tea rose, was chosen among the many new ones as a true leader.

The tulip shaped buds open slowly into glorious flowers of rose gold and salmon, exquisitely blended.

Price: \$1.50 ea. Doz.—\$15

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"The Memory Rose"—Unequaled by any other Hybrid Tea Rose we know of. Truly named "Pearl Harbor" to commemorate and honor the brave quality of our fellow Americans. Vigorous growth, with exceptionally long and pointed bud. Upper part of petal delicate shade of shell pink with golden bronze shadings at base. Outside of petals vivid Tyrian rose.

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Because of conditions we have only had a limited number printed, so be sure to get your name in early. More new Roses, Flowering Shrubs and rare items for your garden. All new flowers are shown in true to life colors. To be sure of this outstanding book, kindly enclose 25¢ (coins or stamps) to cover cost of postage and handling.

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**SPECIAL OFFER**  
Colorado Blue Spruce, 4 yr., transplanted 3 to 6 in. tall—only \$1 postpaid, 22 only \$2 postpaid. Another Bargain: 50 Evergreens \$3; postpaid; all 4 and 5 year transplanted, 45 to 120" tall. Ten each Douglas Fir, White Spruce, Red Pine, Norway Spruce, Mugho Pine, all \$6 for \$3. (West of Mississippi River add 15¢). Free illustrated price list of small evergreen trees.

All Trees Guaranteed to Live.

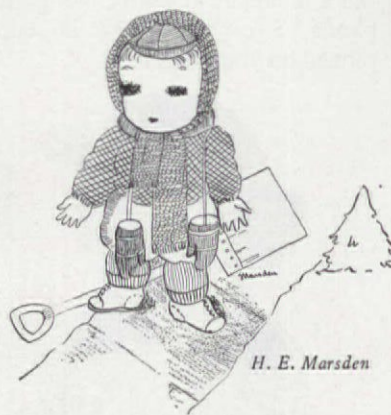
WESTERN MAINE FOREST NURSERY  
Box AH-23 Fryeburg, Maine

Avocado  
Avocation

HERE'S a recipe for a plant oddity that has real interest and attractiveness: 1 glass jar or tumbler; 3 toothpicks; 1 avocado ("alligator-pear") seed saved from a fruit bought for salad at the grocer's or fruit stand. Perhaps you have seen the handsome trees with their big, evergreen leaves in Southern California and the Gulf states; they won't stand frost, but while small they make excellent as well as unusual plants for the house.

The fun of growing an avocado starts when you poke the toothpicks into the base of the seed (the larger, blunt end) so they radiate in three directions and support it upright in the mouth of the container. Keep the jar filled with water so it just touches the seed and within a few weeks, if all goes well, a slender, white root will start down into the water, later branching and rebranching into rootlets. Meanwhile the seed will begin to split at the top and from between the two halves will arise a stem with leaf buds and leaves; when it is two or three feet tall it will begin to branch and become definitely tree-like. Although the seed contains enough food to support it for some time, you can, if you like, put an occasional pinch of any good, balanced plant food in the water.

When the top and roots become pretty big for the container, start



H. E. Marsden

adding soil to the water, then more and more until the plant is actually growing in thick mud. It can then be shifted carefully to good rich loamy soil in a flower pot of suitable size and thereafter handled like any house plant—that is, given a sunny location and water and

New Flowering Plant Ball!

Just wet it . . . and it grows. "Earthless" sphagnum-moss plant ball (3" in diameter) impregnated with Vitamin B-1. Blooms in record time. Just place it in bowl or hanging basket and keep moist. Eleven varieties: Nasturtium, sweet pea, morning glory, petunia, zinnia, marigold, cosmos, mixed flowers, climbing and trailing vines, and parsley. Idea for gifts and bridge prizes. 50c each—3 for \$1.00. All 11 varieties—\$3. Money-back guarantee.

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**4 BEAUTIFUL HOUSE PLANTS 25¢**

Greatest House Plant Offer of the Year! Weeping *Lantana*—Soft Lilac Pink *Coleus*—Trailing Beauty, 1 *Strawberry Geranium*, 1 *Begonia*—Pink Gem

All Blooming Size Plants. Only 25¢ Postpaid. Worth \$3.00. Most complete assortment of Flowering House Plants in America, over 25 varieties, including "Grandmother's Old Fashioned" and late introductions, featured in our Big Plant, Seed and Nursery Catalog, sent to you FREE. Send 25¢ for this Big Bargain House Plant Offer.

CONDON BROS. SEEDSMEN, Rockford, Illinois

**50 EVERGREENS**

Area! bargain in hardy northern grown seedlings. 4 best varieties for a quick permanent windbreak. Value 50¢ each, regular catalog price \$2.50. First orders only filled at \$1.00. 20 Norway Spruce, 10 Colorado Blue Spruce, 10 Scotch Pine, 10 American Arbor Vitae, all 4-6 inches. All 50 for only \$1.00, postpaid. Free evergreen circular and catalog sent on request.

Berry Seed Company, Box 4221, Clarinda, Iowa

**GROW FULL SIZE FRUIT ON DWARF-SIZE TREES** 79¢

Have delicious, large-size fruit within year or two. Dwarf Trees grow easily, quickly—produce plentiful fruit in small space. **APPLE, PEAR, PLUM, CHERRY.** All rich, sweet, large. FREE! big new catalog of nursery novelties. Also Fruit & Shade Trees; Flowers; Berries; Shrubs. Lowest Prices. Write today!

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Rust-Resistant Huge, exquisite blooms, 2 to 3 ft. spikes. Easy to grow. 3 finest colors—Crimson, Yellow, Rose—15¢-Packet of each, all 3 for 10¢, postpaid. Seed Catalog FREE—Flowers, vegetables.

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100 for \$3.00

25 Colo. Blue Spruce 4 1/2" for \$1.00 plus 10¢ postpaid. 100 for \$3.00 plus 20¢ postage. Selected 3 and 4 year stock, grown from best strains, with unusual root systems, carefully packed shipped to you at planting time. Send for complete circular of Forest, Amis Tree and Ornamental Seedlings and Transplants, and special bulletin on "Growing Amis Trees."

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"ROSES OF NEW CASTLE" 47th Edition, printed in exquisite colors tells how to grow these roses, and many other flowers. Contains a wealth of information. Beginners ought not be without this book. Low price. Write for copy. It's FREE.

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Think of it! 10 strong, 2-year-old, field-grown guaranteed satisfactory everblooming rose bushes for \$1.00! To acquaint you with the superb blooming qualities, the hardiness, and the low direct-from-the-grower prices of Naughton's roses, we make this unusual offer. Send \$1.00 and we will ship at once the following 10 selected "cream of the crop" roses:

1 Red Radiance (Best Red)	2 Ami Quinard (Blackish Red)
1 Pink Radiance (Best Pink)	2 Luxembourg (Orange & Yellow)
2 Tallman (Gold & Red)	2 President Hoover (Red & Gold)

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All above roses are hardy, everblooming varieties that will thrive throughout the U. S.—All are ready to live and bloom for you this summer!

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If you are not entirely satisfied with the roses you receive, we refund full purchase price or replace them with other stock satisfactory to you. You can't lose—order now—plant early!

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For pleasure at home, plan now to improve your lawn. Follow the simple suggestions offered in Lawn Care and have a lawn that is most inviting for outdoor fun and relaxation. Mrs. A. C. Smith of Little Neck, L. I., says, "My lawn has been a delight since using your seed. I would not use anything but Scotts." Decide this spring to use Scotts weedfree mixture of permanent grasses and feed rejuvenating Turf Builder. This proven combination will quickly produce sparkling green turf the whole family will enjoy. **Make the lawn your hobby . . . but start right by planning your spring activity with the help of Lawn Care. It's FREE . . . No obligation, of course.**

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and get this full-sized trial package **NEW SURE-HEADING LETTUCE**

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5 Separate 20c Pkts. ONE OF EACH COLOR: YELLOW-WHITE, CRIMSON-PINK AND LAVENDER

Gorgeous Blooms 5 inches across, 2 1/2 inches thick, on strong, sturdy, well-branched plants 3 feet in height.

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ANYBODY CAN GROW!  
In summer the Waterlily is Queen of the Garden, grown in an old wash tub or a beautifully designed pool.

OUR NEW 1943 CATALOGUE of top-notch waterlilies, curiously interesting water plants, colorful fish, is yours for the asking.

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Send postcard or letter for 1943 Burpee Seed Catalog FREE.

**W. Atlee Burpee Co., 637 Burpee Bldg., Philadelphia, Pa., - OR - Clinton, Iowa**

**10 HARDY PHLOX \$1**

Safe Delivery Guaranteed. TEN NEWEST VARIETIES. LARGE FLOWERING TYPE

Ten distinct colors, each different. Nice 2 year roots which will Bloom This Year. Check offer, clip add and mail with amount. Postpaid east of Rocky Mts. West of the Rockies add 25c extra Postage.

**4 Cushion Mums, \$1.00**

Hundreds of blooms on each plant. Will Bloom This Summer. Plants from 2 in. pots; Pink, White, Yellow, Bronze. Postpaid east of Rocky Mts. West of Rockies add 25c.

FREE BOOK "Glories of the Garden"—America's Most Helpful Garden Book. Write for it today.

**KRIDER NURSERIES**  
Box 46 Middlebury, Ind.

food as needed; set outdoors or sunk, pot and all, in a sheltered corner of the garden for the summer, and brought in again before the first frost. The chances are pretty small of its ever becoming a bearing tree under such conditions, but it may become so large that you will ultimately have to donate it to a botanical garden or other plant collection; and you will find it well worth growing anyway, both as a novelty and for the cheerfulness of its handsome green leaves.

—OLGA ROLF TIEMANN

### INDOOR PLANTS WILL BLOOM IN THE WINTER.

Do your plants wither and die because of the "Sahara like" atmosphere in your home? For years I had been unable to keep plants during the long winter months when a bit of green is so welcome. Now I have an indoor garden in my living room I covered a glass pie plate with earth, and in it planted two ivy plants, a begonia, hen-and-chickens and a cactus; over all I put a layer of peat moss. At the back I placed a crystal rock from a Black Hills cave, a piece of alabaster from Fort Collins, Colorado, and among the plants I have a glass squirrel and a pheasant. The whole thing is kept inside a Cellophane hat box on a table near a south window and for the first time I have a flower on the begonia plant. The Cellophane acts like the glass in a hot house. The sun can shine into my little garden and I have a good time watching it grow. At a dinner for the Garden Club I removed it from the hat box and used it for a centerpiece. The praises I heard were most gratifying and confirmed my own feeling that the experiment was well worth while.

—MRS. C. A. FUERSTENAU

### PLANNING YOUR 1943 GARDEN?

Are you now wondering what your garden of 1943 will be like? Are you wavering between the all-vegetable and all-flower types? Then here are some hints from experienced gardeners which may help you to a decision. First, from Marian E. Witzman, who lives in Pennsylvania:

"One half of our garden is plowed solid for sweet corn," Mrs. Witzman writes, "the balance is laid out in long, narrow strips approximately 4 feet wide by 80 feet long, with narrow grass walks between. From these grass walks we plant, hoe, hand-weed, garner—and keep our shoes clean! It is easier to weed the strips than if the whole space were planted in crops, because we can work them even when a little dressed-up. We

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Enormous Fruits, perfect in form. Thick, solid and delicious flavor. Weigh from 1 to 3 lbs. each. Attain a height of 12 to 15 feet. Bears large quantities of very delicious fruits. Fine for slicing or for salads.

### Yd. Long Beans

An excellent variety and a very interesting curiosity. Vines are rampant growers. Produce an enormous crop of long slender round pods, 2 to 4 ft. long, that are of excellent quality for snap beans. Are of very fine flavor.

### Vine Peach

Ripe fruit in 80 days. Resemble oranges, color, shape and size. Grow on vines like melons. Beautiful, tempting appearance when canned. Make delicious preserves, sweet pickles. Fine for pies or jelly. Easy to grow.

### New Climbing Cucumber

Vines climb readily on fences, poles, etc., saving valuable space in small gardens. One hill will keep a good sized family supplied all summer. Bear early and continue to produce fruit throughout the season. One plant will bear from forty to fifty fruits. Delicious flavor. To introduce our catalog of rare and unusual seeds we will mail all 4 Pkts. for only 30c and 2c Postage.

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Both sent you POSTPAID at planting time

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More IRON  
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AUTHORITIES ACCLAIM

# The Lowly Potato!

POTATOES are  
an Inexpensive  
Source of IRON!



Don't give up potatoes because you think they're "fattening"! Eat them in moderation, on an otherwise balanced diet, and they will not cause excess weight gains! An important, inexpensive source of iron, a potato-a-day is advised as a diet essential.



## Recipe

### SAVORY POTATO FRITTERS

(Ideal meatless main dish for lunch or supper)

Grate 3 medium-sized raw potatoes,  $\frac{1}{2}$  onion. Add  $\frac{1}{4}$  cup flour, 1 tsp. salt, 1 tbs. cream or evaporated milk, 1 well-beaten egg and 1 tsp. Heinz 57 Beefsteak Sauce. Stir well. Drop by spoonfuls in heavy frying pan in hot fat one inch deep. Serve with spicy, old-fashioned Heinz Apple Butter.

## Recipe

### MASHED POTATOES SUPREME

(Unusual, distinctive dish made from ordinary, economical ingredients)

Season 3 cups hot mashed potatoes with  $1\frac{1}{2}$  tsp. Heinz Prepared Yellow Mustard. Pile in shallow baking dish. Beat  $\frac{1}{2}$  cup heavy cream or evaporated milk till stiff. Add  $\frac{1}{2}$  cup grated cheese to cream. Season with salt, pepper. Spread cream over potatoes and bake in moderate oven ( $350^{\circ}$  F.) till brown.



HEINZ PREPARED MUSTARD, made from genuine stone-ground mustard seed, Heinz White Pickling Vinegar and the world's most exquisite spices, lends distinction to lunch-box sandwiches! Two kinds - Yellow (mild) and Brown (strong).



# Heinz

57

## Varieties



HEINZ 57 BEEFSTEAK SAUCE makes fish and other sea foods, game and leftover meats *enticing!* For it's a medley of skillfully seasoned fruits and vegetables.

HEINZ PICKLES - Fresh Cucumber, Dills, Chow Chow - are prepared from pedigreed cucumbers and racy spices. They give new life to meatless meals!

