

DECEMBER 35c

American Home

The Gift of CHRISTMAS

Beautiful decorations, crafts, furnishings, cakes & goodies, gift wraps and happy holiday ideas by the hundreds

Plus: 10 Best Christmas Plants

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How To Take the Merriest Christmas Photographs Ever



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**Armstrong introduces
Santero,
the first
Spanish-style
Chandelier® Ceiling.**

You may have already seen our elegant Chandelier Ceilings, with their richly textured ceilings made to dine under, entertain under.

But you've never seen one like our new Santero. It's the first Chandelier Ceiling designed especially for Spanish rooms.

There are lots of ways to capture this traditional look: carved Mediterranean furniture, rough-plaster walls, wrought iron. Now, you can complete the picture with a Spanish-style ceiling as well.

All you need are a few hours and a few dollars. Enough tile for a 10' x 15' room costs no more than \$75. Any reasonably handy husband can install it, or your dealer can arrange professional installation.

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Armstrong

CREATORS OF



THE INDOOR WORLD®

American Home

FOR FAMILIES WHO KNOW HOW TO LIVE

INTERIOR DESIGN AND DECORATING

- 32 Decorating Newsletter:
Christmas Merry-Makings
- 53 The Gift of Christmas—Happy Holiday Ideas
by the Hundreds
- 54 Rooms Full of Joy: Living Room
- 57 Dining Room
- 59 Children's Room
- 60 Bathroom
- 61 Guest Room
- 62 Family Room
- 64 Kitchen

FOOD

- 69 From Your Kitchen With Love:
Sweets and Savories
- 70 Home-Baked and Beautiful
- 73 Cooking Lesson No. 51: Chestnut Yule Log
- 89 What's Stirring in Cookbooks?

EQUIPMENT

- 20 From Home Base: The Holiday Brunch Mates

GARDENING

- 67 The 10 Best Christmas Plants

FEATURES

- 6 This Month in American Home
- 11 Lifestyle: The Larry Bauers of Oliverea, New York
- 16 The Good-Looking Homemaker:
Beauty at Your Fingertips
- 30 It's a Great Dog's Life!
- 36 How To Take the Merriest Photographs Ever
- 80 Our Christmas Shoppers' Guide

HOME PROJECTS

- 85 Panda Needlepoint Kits

SHOP BY MAIL

- 94 American Home Market Place

COVER: A gleaming red-and-gold doily and gift-paper tree, surrounded by holiday glitter and wrappings, typifies the beautiful Christmas decorations you'll find all throughout our idea-packed "Rooms Full of Joy," beginning on page 54. Photographer: Ben Rose

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Dry-hards are tough-to-clean foods—like macaroni and cheese, eggs, oatmeal, sauces—that dry and cake and stick. And stick. On plates. On forks. Filming glasses. But Electrasol, with its special formula, gets rid of dry-hards. Lets your dishwasher give you cleaner, brighter, film-free dishes.



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CONTRIBUTORS

Special Projects/Helen Carlton
Building/Arthur J. Maher
The Woman Driver/Denise McCluggage
Gardening/Lawrence V. Power

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He's smiling because he knows the strange thing that happens when your family eats a bowl of oatmeal. It makes you feel better.

That's right. They eat Oatmeal; you feel better.

He knows they get more protein in Oatmeal than with any

other whole grain cereal.

He knows they get just as few calories as they'd get in a bowl of Corn Flakes.

He knows they get warmth.

He knows they get great taste.

He knows. And you know.

When you give all that you can't help but smile.

**Quaker
Oatmeal**

The more they eat the better you feel.

Douching vs. Norforms

"Please, let's go home."

6 PM: Before the party, you douche to stop internal odor. (What a mess!)

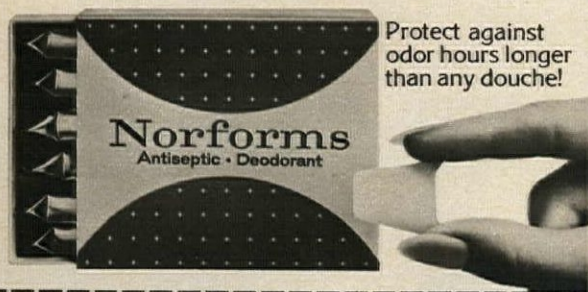
9 PM: Oh, oh. What's that unfresh feeling? All that trouble douching—and you can't even be sure how long it'll work. If only you could leave the party now.

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6 PM: You've used Norforms® The Internal Deodorant™. (You just insert it—how easy!)

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mp Norwich Products Division, The Norwich Pharmacal Co.

THIS MONTH IN American Home

This year, once again, more than 40 million evergreen trees will be felled to glitter in tinsel and firefly lights for a brief season as Christmas trees. In the past, most of them have been wastefully burned after January 1, a practice many communities no longer permit. Since the commercial harvesting of Christmas trees, properly done, is no more harmful to the environment than the harvesting of any other farmed crop, we do not mean to damn the Christmas-tree growers. But that lovely tree which brought the fragrance of the forest into your home should continue its life cycle by being returned to the earth in some useful way, its branches trimmed to serve as mulch to protect plants in winter, or the entire tree ground into chips for use as flooring in a park. Many an enlightened town has a chipping machine for just this helpful purpose.

But better than cut a tree, you might follow the example of such families as the Larry Bauers on pages 11 and 14, and bring a live tree into your home this Christmas. Afterward, replant it outdoors, either in your own garden or in another part of your neighborhood where a tree is needed. This practice is increasing all over our environmentally conscious country. In Los Angeles, for example, a Chamber of Commerce affiliate—Los Angeles Beautiful—is urging people to make gifts of living Christmas trees to city parks and forest areas. A live tree, its roots protected by earth in a burlap bag, will cost perhaps twice as much as a cut tree—\$20 and up for a four- to seven-footer—but it's worth the price. Consult your nursery about the kind of evergreen you will want growing in your garden or local park—one of the varieties of fir or balsam, pine or spruce, depending on where you live.

Choose your tree as early as possible—like right now—and dig the hole you will later plant in, lining it with mulch before the ground freezes, if you live in the North. Store the earth in your garage or cellar and keep the tree outside, on a porch or terrace, moving it into the garage or a cool room to let it adjust gradually to the warmth of the house. When finally planted in a tub or with its burlap ball wrapped in plastic to permit regular watering (room-temperature water), the tree should be placed away from direct sunlight, in a room where the heat is turned down several degrees. Do not decorate with strings of electric lights; their heat will harm a live tree.

The holidays over, transfer the tree outdoors gradually again, first into the garage, then into the ground already prepared for it. And by all means, let the children participate in the whole endeavor—from choosing the tree to planting it. They will love watching it thrive and grow, and it will become part of their memories of happy Christmases past. Why not keep a photographic record of the odyssey of your tree, from nursery to its moment of glory as the center of your Christmas and then to its place in your garden or community? It's a Merry Christmas thought.

Julia Roth
Editor

Salem refreshes naturally!

Natural Menthol™ Blend (means naturally fresh taste)



Salem's unique blend features natural menthol, not the kind made in laboratories. Like our superb tobaccos, our menthol is naturally grown. You'll get a taste that's not harsh or hot...a taste as naturally cool and fresh as Springtime.

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Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

KING, SUPER KING: 20 mg. "tar", 1.4 mg. nicotine, av. per cigarette, FTC Report AUG. '72.





**Sears Petit Plume draperies
and bedspreads.**

Rich damask that needs no ironing!

It all started in a French museum. Sears saw a beautiful Napoleonic fabric. So we had the rich damask pattern re-created for your windows.

You loved the modern improvements too. Thermalgard backing for insulation. Perma-Prest® fabric you can machine wash, tumble dry — with no ironing needed.

You loved it a lot. In fact, you made it one of America's favorite draperies.

So now we're giving you Petit Plume in bedspreads too. The same 16 great colors. The same great Perma-Prest fabric. All that's been added is a deep fringe border. And matching shorty draperies.

Petit Plume. At most larger Sears, Roebuck and Co. stores, and the catalog.

Only at **Sears**

When your man was a little boy, he had to be coaxed to eat his vegetables. Now that you've got Birds Eye® Combinations he doesn't.



Before

After

Oh, the things mother had to go through to get your man to eat his vegetables when he was a boy.

At Birds Eye, we never forget the little boy who lives inside every man.

That's why we've come up with Birds Eye® Combinations: 20 interesting vegetable combinations a man can love.

Our beans aren't just beans. We add selected seasonings... and then, something extra: toasted almonds.

When we prepare our broccoli spears, we even add hollandaise sauce.

Tomorrow night, zip up your man's meal with some Birds Eye Combinations. They're nothing like the vegetables he had when he was a boy.

The vegetables mother never had.



LIFESTYLE

For a young family in upstate New York, the Christmas season means a return to old-fashioned crafts and to the warmth of traditional family closeness.



Larry and the girls fix the tree, which sits in an old flower cart that has been brightly repainted.



Group caroling is a Christmas Day highlight for the Bauers. Nat joins Jenny, 6, and Tracy, 4, in chorus, while Larry accompanies them on an old pump organ that once belonged to a farm family.



Popcorn chains, lights and antique balls are threaded among ornaments that Nat fashioned of patchwork, embroidery, macramé and beads. Lollipop and train are dough that's been baked and painted. Tree will be planted outdoors after holidays.

Larry and Elizabeth Bauer live year round in what they call a "Christmas kind of house." And that's one reason their home is always a holiday mecca for family. Relatives come from parts of New York state, Pennsylvania—even as far distant as Florida—to fill the house with Christmas cheer. "Everyone skis or goes tobogganing in the morning," says Larry. "We come home for hot grog in front of a roaring fire and a gourmet feast that Nat has fixed." ("Nat," Mrs. Bauer's nickname, was given her by her sister in childhood.)

The Bauer home is a rambling, 110-year-old wood-frame house in tiny Olivera, N.Y. (population, 35), surrounded by 11 acres of Catskill Moun-

tain woodland. And neither Larry nor Nat, nor two lively youngsters, Jennifer and Tracy, minds being far removed from city hustle and bustle. For Larry, sales rep for a ski- and tennis-apparel manufacturer, the hardest part of country living is his periodic need to go off on business trips.

Although Olivera has been home to the Bauers for only two years (before that, home was a New York City apartment), they have sunk their roots deep. First, they planted their garden, which now keeps family and friends supplied with fresh vegetables, home-grown fruits and canned delicacies. Then they began decorating the interior of their house. Nat's handiwork is

visible throughout—on calico walls and curtains, and on patchwork pillows, quilts and place mats. Work on the house is a joint effort for Nat and Larry. Her craft and needlework skills are complemented by his carpentry. And on Sundays and holidays, Larry turns chef—sourdough pancakes are his specialty.

The Bauer country kitchen with its restaurant-sized stove (a housewarming gift, it was salvaged from an old boarding house) is the center of family activity. It's always filled with the aroma of bread freshly baked, pies cooling or a company meal in the making.

Preparations for the Christmas get-together begin in September, (continued on page 14)

HOW TO SET A GREAT COCKTAIL TABLE

Start with California Fruit Cocktail and Miracle Whip Salad Dressing, and any table is set beautifully. Miracle Whip's special blend of spices and creamy smooth texture add a lively teasing touch to this colorful blend of canned fruit.

COTTAGE FRUIT SALAD

- | | |
|-----------------------------------|--------------------------------|
| 2 1-lb. 1-oz. cans fruit cocktail | ½ cup Miracle Whip |
| 1 envelope unflavored gelatin | ¼ cup toasted slivered almonds |
| 3 cups cottage cheese | ½ teaspoon salt |
| | Lettuce |

Drain fruit cocktail, reserving ½ cup syrup. Soften gelatin in reserved syrup; stir over low heat until dissolved. Cool. Add to combined cottage cheese, salad dressing, nuts and salt, mixing until blended. Spoon into individual ring molds. Chill until firm. Unmold on lettuce-lined plates. Fill the center of the molds with fruit cocktail. Makes eight servings.

TRI-COLOR MOLDED SALAD

- | | |
|---|------------------------------------|
| 2 1-lb. 1-oz. cans fruit cocktail | ½ cup Miracle Whip |
| 1 3-oz. pkg. raspberry flavored gelatin | ½ cup heavy cream, whipped |
| 1 cup boiling water | * * * * * |
| 1 3-oz. pkg. lemon flavored gelatin | 1 3-oz. pkg. lime flavored gelatin |
| 1 cup boiling water | 1 cup boiling water |

Drain fruit cocktail, reserving 1 cup syrup. Dissolve raspberry gelatin in boiling water. Add ½ cup syrup and 1 ½ cups fruit cocktail. Pour into greased 2-quart mold. Chill until almost firm.

Dissolve lemon gelatin in boiling water; cool. Gradually add to salad dressing, mixing until well blended. Fold in whipped cream. Pour over raspberry layer. Chill until almost firm.

Dissolve lime gelatin in boiling water. Add ½ cup syrup and remaining fruit cocktail. Pour over lemon layer. Chill until firm. Unmold on serving platter. Garnish with lemon leaves. 10 to 12 servings.

PINK FRUIT FREEZE

- | | |
|--|--|
| 1 8-oz. pkg. Philadelphia Brand Cream Cheese | ½ cup Miracle Whip |
| 1 quart strawberry ice cream, softened | 2 1-lb. 1-oz. cans fruit cocktail, drained |
| | ½ cup chopped nuts |

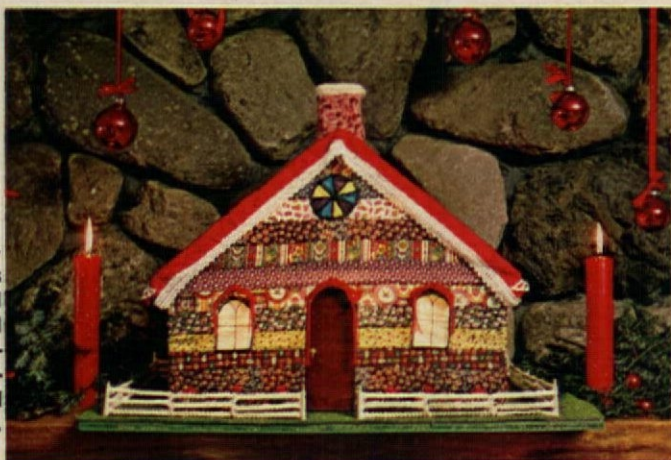
Combine softened cream cheese, ice cream and salad dressing, mixing until well blended. Fold in fruit and nuts. Pour into 9-inch square pan. Freeze until firm. Place in refrigerator 15 minutes before serving. Cut into squares. Garnish with cherries, mint and holly leaves if desired. Makes nine servings.





As the big day nears, the Bauers add finishing touches to handcrafted gifts and decorations.

Nat created this splendid needlework house to grace living room's rustic stone mantel. Wrapped around wooden frame are pieced patchwork walls, quilted roof, embroidered trim and appliquéd windows with lights behind. Plywood base is covered with hooked rug.



when most of the canning is done. Come December, the elderberry wine Nat started aging months back is ready to drink. A week before Christmas, the Bauers hike to the nearby woods to dig up a tree. They bring it indoors potted, roots and all, and replant it after the holidays.

"Readying ourselves for Christmas was a tradition in my family," Nat recalls. She and Larry have upheld the tradition, with some additions of their own. "Every year we give each of the girls a Christmas ornament," says Larry. "When they're grown, they'll have a lovely set of ornaments, each

full of childhood memories."

Homemade gifts are another Bauer tradition. This fall, Jennie and Tracy were busy drying apples and stuffing them into hand-stitched stockings to give to friends—along with recipes for apple pudding and dried apple pie. For family they made macramé bracelets and belts.

Jennie, who recently learned to quilt, expects to try quilting a pillow next. Nat's more ambitious projects included patchwork dolls, hand-stitched place mats, afghans and Christmas outfits for herself and the girls.

For a long time, Nat's friends urged her to share her talents and turn her handicrafting into profit. So last spring she turned the Bauer barn into a shop called Puckihuddle. A free catalog is available for those who can't visit in person. Write to Puckihuddle, Dept. AH, Oliverea, N.Y. 12462.

Stocked with table linens, patchwork quilts and pillows, appliquéd skirts, afghans, muslin aprons like the one Nat wears (below, left), fresh breads and sourdough starters, the shop looks like the Bauer house at holiday time. It glows with the kind of tradition that shines especially bright at Christmas.

Bake-in scene in the Bauer kitchen: Mom and Tracy prepare holiday loaves, while Jennie turns out batches of Christmas cookies.

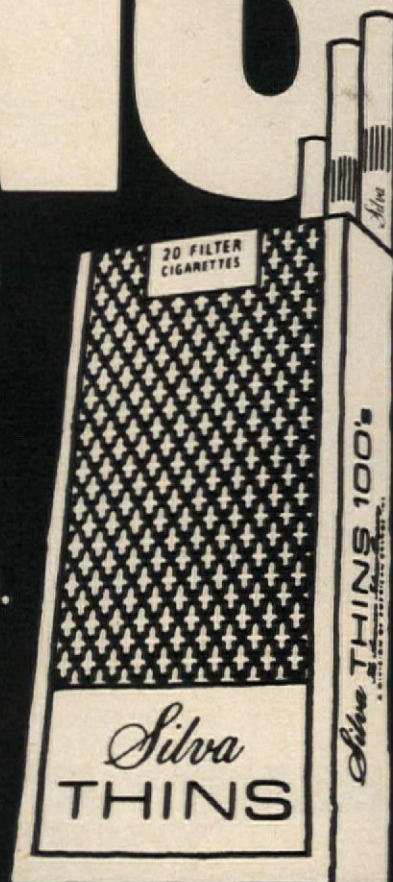
Before guests enter, Nat and the girls make a final check of the table, festively arrayed with homemade delicacies and patchwork.



THINK THINS

Think Silva Thins 100's. They have less "tar" than most Kings, 100's, menthols, non-filters.*

Menthol too.



Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

*According to the latest U.S. Government figures. Filter and Menthol: 16 mg. "tar", 1.1 mg. nicotine av. per cigarette, FTC Report August, '72.

Manicure, Nails by Nena Polish, Revlon's Misty Toffee Creme Nail Enamel

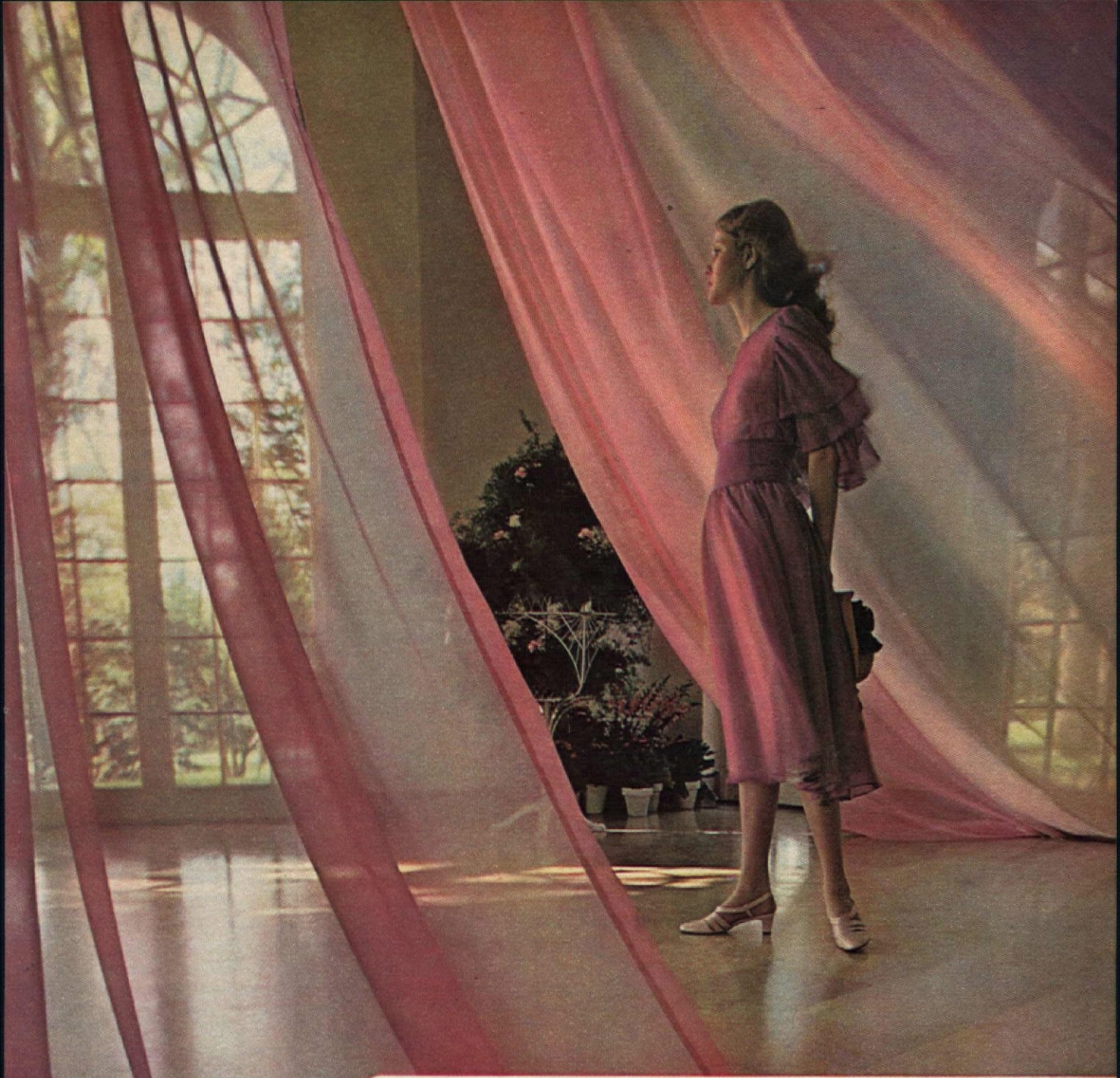


THE GOOD-LOOKING
HOMEMAKER
**BEAUTY AT
YOUR
FINGERTIPS**

Elizabeth Metz, 29, and her daughter, Jane, 7, caught in the act of gift-wrapping (above), know that well-groomed nails make graceful hands, and that the secret of both is consistent care. Liz's nail-care routine is so automatic that her husband, Richard, a golf pro, seems unaware of it. "I only know Liz has very pretty hands," he says proudly. The Metz family, which also includes Richard, Jr., 9, and a pet monkey named Sam, live in a roomy New York City

apartment, which Liz is redecorating. But no matter what the project is, Liz never forgets her hands. Each week she gives herself—and helps Jane with—a careful manicure. Liz makes sure Jane keeps her nails short and squarish, the best shape for an active little girl. For special occasions Jane tries on a pink polish, but for school days she sticks to colorless. Liz has taught her the knack of pushing her cuticles back with a towel after washing her hands. (continued)

Susan Wood



**No-iron sheers that glow like jewels.
Sears Royal Jewel Curtains.**

Raspberry. Grape sherbet. Avocado. And eleven other beautiful shades that glisten and gleam. The secret's in the special Dacron polyester ninon fiber. More threads are woven to the inch than in most other ninons. And the more yarn, the more color! Even more diamond brightness in Sears white "Royal Jewel" sheers.

For bedroom, living room — even kitchen or bath. In many widths, many sizes that machine wash and tumble dry. No ironing. See "Royal Jewel" at larger Sears, Roebuck and Co. stores and in the catalog.

Only at **Sears**

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8 Libbey
Gold Brocade Glasses
for about \$8...
about what you pay
for party snacks.

And the glasses last.

New, raised Antique Gold decoration enriches the feel, the distinctiveness of Libbey's new Gold Brocade (shown). It looks expensive, yet is reasonably priced. Explore all the new Libbey designs, shapes, and stunning colors in today's glassware. For yourself and for appreciated gifts.



THE BEST KNOWN NAME IN TABLE GLASSWARE



Some of Libbey's price
and style selection



GARLAND
STACKABLES



CALICO
GARDEN



DOGWOOD



PRADO
SOR



BLUE
STRAWFLOWERS

BEAUTY AT YOUR FINGERTIPS continued

Liz learned her own good nail-care routine from Nena Rico of Nails by Nena, a salon (with branches in New York and Beverly Hills) devoted exclusively to nail care. Here's Nena's step-by-step manicure, which you can do at home, as Liz does. First, remove old polish by pressing a cotton pad moistened with polish remover against a nail. After a few seconds, wipe off. Use sparingly; its alcohol tends to dry nails.

With an emery board, shape nails to a gently rounded oval—a pointed claw breaks too easily. Always file from sides toward tip; sawing back and forth, and using metal files, can roughen and split

nail edges. Avoid filing after hands have been in water and nails are fragile.

Clip loose bits of cuticle, but never cut into cuticle itself. This can lead to infection, or at the very least, to ragged edges and hangnails. Instead, soak hands in warm, soapy water a few minutes; then apply cuticle cream or oil around base and sides of nail—to soften cuticle so it can be nudged back with the blunt end of an orangewood cuticle stick.

Scrub nails with a brush. If you see any rough spots where you worked the cuticle back, rub gently with the fine side of an emery board, or with a water-soaked pumice stone.

Before applying polish, make sure all soap residue, cuticle remover and previous polish are completely removed and nails are dry. Then brush on a clear base coat to give polish a smooth foundation. A thin coat is all that's needed. Apply in three strokes, one down the center and one along each side. Dab a little under the tip of each nail, too, to protect the edges. If your nails are problem-free, use a base coat like Revlon Wonder Base (\$1.25, ½ ounce); if your nails tend to split, peel or break easily, choose something therapeutic, such as Cutex Strong Nail (59¢, ½ ounce) or Revlon Prolon (\$1.10, ½ ounce).

Allow one minute to dry, then apply two coats of polish, using the same three-stroke technique. Don't flood your nails with polish, but if you do, don't rush to the remover. Just dip an orange-stick wrapped in a tiny bit of cotton into nail-polish thinner, such as Revlon's Enamel Solvent (80¢, ½ ounce), and brush lightly over excess polish.

When polish seems dry to the touch, it's time for a clear top coat for protection against chipping. Again remember to seal nail edges with a flick of the brush beneath each nail tip. To wipe away any excess polish around the nails, use the tip of a toothpick wrapped with cotton and dipped in remover.

If you experience frequent cracks or breaks, consider having Revlon's Nail Mender Kit (\$2) on hand. It has everything you'll need for a quick repair job.

Growing good, long nails takes from three to six months, but be patient. Also, be attentive: Buff every time you give yourself a manicure. Buffing acts like a massage to help stimulate healthy circulation, which encourages nails to grow. You should stick with subtle pale shades while nails are growing in. Then, when they're in show-off shape, experiment with some of the newer, deeper tones,

as Liz wears in the picture on page 16.

Charles of the Ritz's new Real Ritz collection contains six lustrous deep shades, including First Class Copper and Wall Street Plum (each: \$3, ½ ounce). Ultima II's Perfect Makeup for Nails provides 20 Cloisonné Enamels, each with accompanying bottle of primer coat. The shades are newly deep and rich, like RoseMauve, Gingerwood and Wild Mushroom (\$3.75, each two-bottle set).

It takes a little extra care to have pretty nails. But, says Liz Metz, "It's worth the effort. Nails are as visible as your face and say just as much about you." END

Get our Aqua-Vac for 49⁹⁹* and don't cry over spilt milk.



Or disasters in the laundry room



Or dust in the living room



Or workshop debris



Or even water

You'll find Aqua-Vac® can clear up just about anything—liquid or solid, indoors or outdoors. Leaves? Fireplace ashes? Water? No problem! It even has a drain plug at the bottom for easy cleaning. And a 22-piece accessory kit makes it incredibly easy to use for all your cleaning chores. It comes with a dolly, brushes, crevice tools, squeegee, extension wands, replacement filter bags, floor nozzles—including one for shag rugs. If you'd like to have Aqua-Vac around the house, just come in and see us or fill in the order form below. Then start wondering how you ever managed without one!

Order early and you'll have it for Christmas

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Aqua-Vac comes with a 22-piece accessory kit.

JCPenney

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By Jeanne M. Bauer

"Come for brunch" is a popular invitation, for this is a delightfully freewheeling form of holiday hospitality. It suits any occasion and almost any size group, and portable electric appliances help make the event casual and easy. To turn brunch-giving into an even more relaxed experience for someone you care about, we've teamed several unbeatable brunch appliances with appropriate food combinations—to suggest ideas for holiday gift giving. Though the portables and foods we show are natural go-togethers, other combinations may occur to you. And brunches are only one of many uses for these handy little appliances.

The Panasonic Health Center (below, left), \$70, contains powerful centrifugal juice extractor (with automatic pulp

ejector) capable of producing healthful beverages whose variety is limited only by the imagination—and the availability of fresh fruits and vegetables. A four-speed blender attachment also comes with this multipurpose machine. As a gift, along with some unusual fresh fruits, it should please the most particular palate. If you have difficulty finding out-of-season or out-of-the-ordinary fruits or vegetables, write to Balducci, 424 6th Ave., New York, N.Y. 10011. They will air-freight a \$10 minimum order, plus shipping charges, anywhere in the U. S.

Cocktail brunches will purr along smoothly with the effortless mixing provided by a blender. But Oster's 10-speed version (below, right), \$30, is not just an

aid to mixing cocktails. It's also an all-around appliance whose special cookbook accompaniment tells how to make anything from appetizers to desserts. For a doubly welcome present, a festive basket of packaged drink mixes (Whiskey Sour, Pink Squirrel, Piña Colada, for example), jars of pretty garnishes—maraschino cherries, pineapple slices, cinnamon sticks—and a selection of cocktail glasses.

A really superlative omelet requires the proper equipment, and The French Omelette, \$27, from Hamilton Beach's International Collection (bottom), has it all. Setup includes no-stick omelet pan, wooden spatula, electric burner set into walnut cooking board—plus a stainless-

(continued on page 28)

Merry brunch gifts, clockwise from top, left: juicer-blender plus fresh fruits for a nectar supreme; blender with basket of glasses, garnishes and drink mixes for frothy cocktails; French omelet set with herbs, for the ultimate omelet.



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Larry Couzens

sandwiches, eggs, bacon. The perfect gift companions: rich waffle toppings.

For a great cup of coffee—up to eight at a time, in fact—Norelco makes a handsome electric coffee combination: a unique drip coffee maker, \$40, and a coffee mill, \$15 (top, right). The mill blends beans to a uniform grind in seconds. The maker quickly regulates time and temperature to capture the beans' best flavor and create a bracing brew. A compact unit, it comprises water holder, retractable water-flow arm, heater/warmer, filter and pot. Add a jar of coffee beans to complete your gift.

Cooking for a crowd calls for space, and the Presto extra-large griddle (top, center), \$32, has plenty. It makes quick work of eggs, pancakes, meats and other frying jobs. Its Control Master, which assures even heat, detaches and allows griddle to immerse for easy cleaning. Griddle plus savory, smoked brunch meats—ham, bacon and sausage—are an enviable Christmas treat.

Another one is the General Electric Toast-R-Oven (not shown), \$42. It's like having several appliances in one. It toasts up to six slices of bread, or bakes, browns, warms, oven-style. Assorted baked goods partner it neatly. END



Small appliances and meal fixings make super gifts for brunch-crowd pleasers. Clockwise from top, left: automatic Wafflebaker plus bonus gifts of syrup and honey; electric drip coffeemaker, fresh coffee beans and a coffee mill for a really bracing brew; king-sized griddle presented with ham steak, sausages and slab of bacon.

BRUNCH MATES continued from page 20

steel chafing dish (not shown). Holiday brunch-goers will be wowed by omelets made right at the table. Combine this setup with a selection of herbs or cheeses to vary the basic recipe, and you have a spectacular gift for someone special.

Waffles are surefire winter warm-ups for the brunch bunch, and Sunbeam's no-stick, no-scour Wafflebaker (top, left), \$30, makes them crisp and golden. For a change of pace, the baker becomes a griddle (waffle grids invert) for grilling

28

Ronson, of course

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Don't forget man's best friend-of-the-family on Christmas morning. Wherever his special corner is, it will be a brighter place if there's a gift waiting for him. These accessories are from New York City sources—American Kennels, Canine Styles, Saks Fifth Avenue—but similar dog gear can be found throughout the country. Prices of items shown are approximate.

For the pampered, pocket-sized pup who has everything, Vuitton's 14-inch pet tote (\$150) travels elegantly. Larger pets will like the roomy Madeira wicker carrying basket (\$14.50). Outings are best of all with your pet decked out in a warm wool plaid coat (\$10), and on long winter nights he'll delight in bedding down in a cozy wicker igloo that

comes complete with its own red plaid cushion (\$18).

For chow time, consider a non-tarnish, all-aluminum food/water dish (\$5) or non-tip ceramic bowl (\$3). And for play, the durable Breath Sweet hard-rubber ball, which sweetens his breath as he chews, or the giant hard-rubber pull ring (\$3 each) should keep him fit and frisky.

On the sleek side, there's an attractive array of grooming aids to choose from: Oster's stainless-steel air-jet hair dryer (\$36) especially for pets—it's on its own stand, to free your hands for combing or brushing; wooden-handled wire grooming brush (\$2.80); wire "slicker" brush for long/soft-haired pets (\$2.50); metal comb (\$2.50); oval scrub/grooming

brush (\$2.80); stainless-steel trimming shears (two styles, \$15.50 each); grooming rake for mats and tangles (\$1.65); rubber shampoo brush (\$1.90); and a grooming mitt that carries favor with short-haired dogs (\$5).

For holiday strolls, there are gold-plated chain leads (\$6 and \$7) and a tinkly brass collar bell from India (90¢). There's leather too: leashes in dark brown leather (\$8) and rolled natural leather (\$9); braided leather lead (\$5); dark-brown rolled-leather collar (\$7); braided leather collar (\$7). Add dog biscuits to your package wraps, as we did, or dog toys—and your pet will *know* the gifts are just for him. This Christmas season, it seems, dogs have never had it so good. —Betty Borger

IT'S A GREAT DOG'S LIFE!



Christmas can be fun for pets too. And what dog wouldn't just love finding any of these handsome and useful accessories, plus his favorite nibbles under the tree!

Ben Rose

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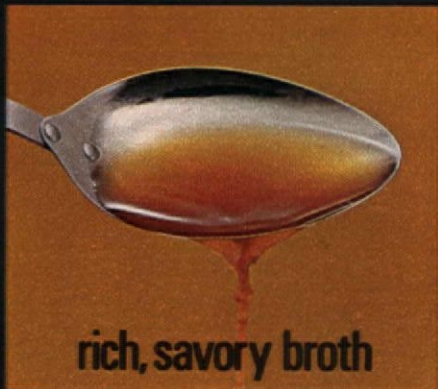
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DECORATING NEWSLETTER **CHRISTMAS MERRY- MAKINGS**

Let your most festive fancies guide you in giving distinctive beauty to your Christmas gift wraps, as we did throughout our "Rooms Full of Joy" (pages 54-65). With inspiration from designers Bill Goldsmith and Nina Pellegrini, who created many of our handsome packages and Christmas touches, you can work with standard wrapping and party-decorating elements embellished by interesting materials you have on hand.

Our living room (pages 54-55) projects the rich glow of deep red and burnished gold—in package wraps as well as opulent decor. Our exquisite Christmas tree (also pictured on the cover) is made with red foil gift-wrap paper and gold paper doilies on a chicken-wire cone that's stuffed with Styrofoam strips. For a 29-inch tree, we cut 150 six-inch squares of the red foil paper and folded them into fans, eight pleats each, then folded them in half lengthwise to create 16 pleats each. We cut 50 large gold doilies into 200 quadrants. The fans and quadrants were attached with hairpins and staples and secured with glue. We finished off the tree with a gold-fan star. To make, cut two six-by-nine-inch pieces of gold foil paper. Fold in half lengthwise and make 18 half-inch pleats in each. Attach fans together to form a circle. Fasten to tip of cone with staples and hairpin. Secure with glue.

Our dining room (pages 56-57) glitters in silver and green, and the gift wraps carry out this color theme. A wide band of green velour around shiny silver paper is simplicity itself—also elegance-plus. And a green satin bow achieves importance with a silver Christmas ball glued to its center, or with radiating clear-plastic snowflakes. Instead of a fancy bow as a package-topper, use ready-made ribbon-covered Christmas balls.

In the children's room (pages 58-59), brightly colored in red, green and white, large crayons, badminton birds and a set of jacks are glued to striped and shiny glazed papers for a fanciful effect. Polka dots, sparkling stars, ribbon bows and old-fashioned Santa cutouts also add to a child's holiday wonder. The touch to be remembered: a balloon tree that buoyantly catches the spirit of the occasion. Gay ribbons anchor 13 helium-filled balloons to a base that resembles a giant letter-block. Cut king-size letters out of colored construction paper or self-sticking paper, and attach to a square white box. Or assemble six square white cardboards (continued on page 50)

STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

(Act of August 12, 1970: Section 3685, Title 39, United States Code)

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9. For optional completion by publishers mailing at the regular rates (Section 132.121, Postal Service Manual): 39 U.S.C. 3626 provides in pertinent part: "No person who would have been entitled to mail matter under former section 4359 of this title shall mail such matter at the rates provided under this subsection unless he files annually with the Postal Service a written request for permission to mail matter at such rates." In accordance with the provisions of this statute, I hereby request permission to mail the publication named in Item 1 at the reduced postage rates presently authorized by 39 U.S.C. 3626. W. Page Thompson, Publisher

	Average No. Copies Each Issue During Preceding 12 Months*	Actual No. of Copies of Single Issue Published Nearest to Filing Date**
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1. Sales Through Dealers and Carriers, Street Vendors and Counter Sales	266,618	251,000
2. Mail Subscriptions	3,159,851	3,107,140
C. Total Paid Circulation	3,426,469	3,358,140
D. Free Distribution by Mail, Carrier or other means		
1. Samples, Complimentary, and Other Free Copies	344,993	392,968
2. Copies Distributed to News Agents, but not sold	169,245	199,352
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*July 1971 to June 1972

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I certify that the statements made by me above are correct and complete.

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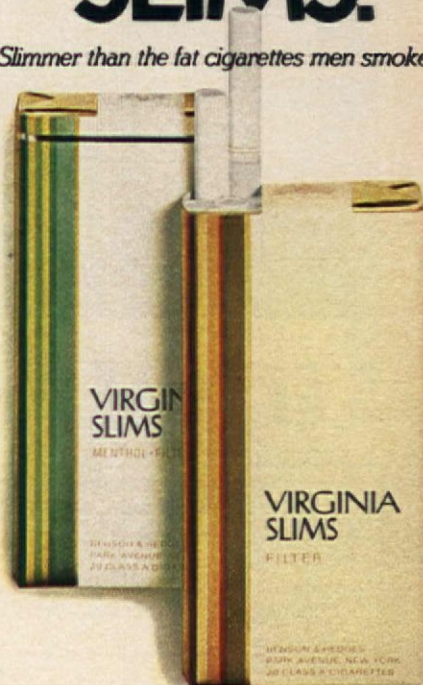
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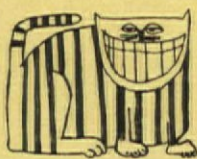
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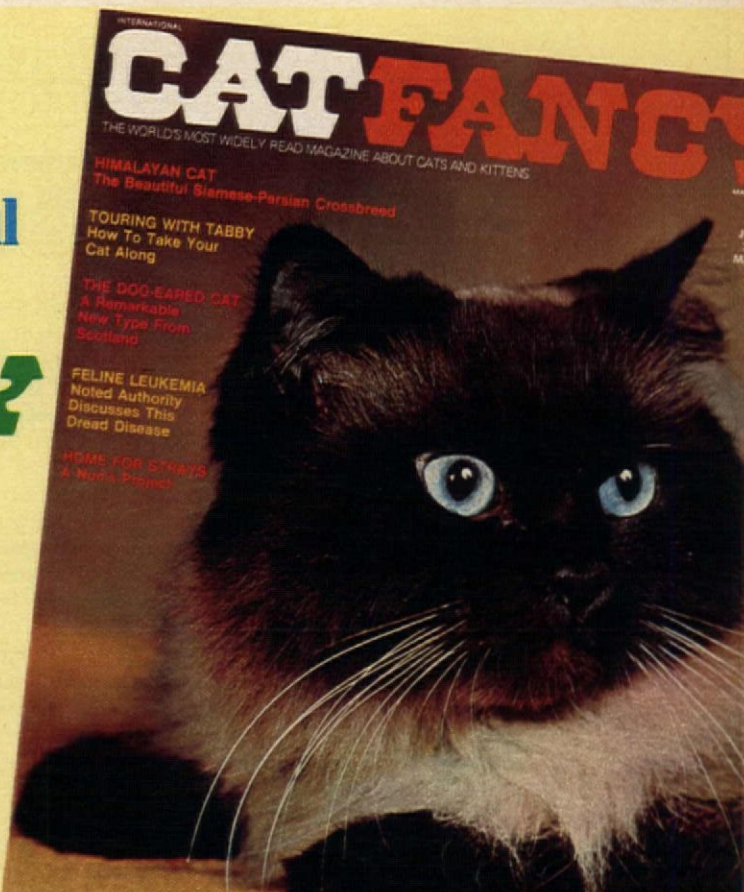
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By Denise McCluggage

HOW TO TAKE THE MERRIEST PHOTOGRAPHS EVER

Make the most of your camera for a Christmas you'll remember, chronicled from start to finish.

People who keep track of such things say that Americans take more than three billion snapshots a year, many of them at Christmastime. And why not? This time of year the children are burnished with excitement, the house is at its colorful best, the family has gathered and treasured friends come visiting. It's a time when memories are made. And so, naturally, out comes the camera.

Whatever memories used to be like—flowers pressed in books, perhaps, a yellowed lace handkerchief—they are changed now, shaped by the modern camera that is easy to operate, inexpensive and ubiquitous. Kodak and Polaroid, makers of the most commonly used cameras in American households, have become the recording angels of our private histories.

Now is a good time to consider if you're using these angels to their fullest advantage and weaving for your children a rich fabric of memories. If you are project-oriented, here's one to do: a photo book "Christmastime '72." Think of it as a time capsule presenting your family this year to another family—yours, say, 10 or 20 years hence. Consider it a kind of "personal anthropology," perhaps.

Plan your production ahead of time. Decide which aspects of your life and times to cover, make a list of the pictures

you'll need and set out to get them. You'll doubtless want to devote some space in the book to what your children think is important in their lives—their special interests, special friends. If they have hobbies, shoot them at work on their rock collections, their macramé, their model planes. Surround them with the jackets of records they listen to now, the magazines or books they read. What is the fad of the moment in clothes?—shoot them in their favorites whether you approve or not.

When photographing your home life, don't overlook family vehicles and family pets. Line them up and get a shot of them: the cars, motorcycles, bikes or skate boards, the dogs, cats, guppies, parakeets or iguanas. If it's part of your household this Christmas, it belongs in your Christmas book. And why not get a shot of the postman coming up the walk loaded with Christmas mail? If you're using a Polaroid Land camera, take two pictures and give him one on the spot.

Consider including your holiday preparations: the decorations emerging from the closet (a shot that could guide your putting them back, by the way), as well as the family putting them up and the finished scene. The kitchen is one of the busiest places in most American households during the holidays—and also the least recorded. How about all those

decorated cookies, date bars, rum balls and fruitcakes? Why not take some pictures of the process as well as the finished products? Maybe the recipes could go in the book, too!

How about the front door, the hallway, the stairs, the mantel, the tree, the dining-room table? Anything special this year? Of course. *Everything* is special this year, whether the decorations reflect long-standing tradition or new inspiration! This is the time-capsule year, and everything is grist for that mill.

Don't overlook your town and your neighborhood in their special holiday mood—the street-corner Santas, the municipal decorations. And get some night shots of Christmas lights. Every town has some street where residents have plywood carolers on their lawns, reindeer on rooftops and lights outlining every eave and doorway—maybe *your* street. It's worth recording; this is history, you know.


You'll think of other shots to fill out your "Christmastime '72" book as you go along: the greeting cards, particularly interesting packages (ones you do yourself as well as those arriving). After gifts are opened, take a picture of each family member surrounded by his "loot." Such shots can also be reminders when it's thank-you note-writing time. And, incidentally, there's no better "thank you" than a picture of the recipient wearing the sweater Grandma knitted or playing with the stuffed toy panda she sent.

When Christmas has passed and you've recorded the taking-down of the tree—are you going to put your camera away? Future anthropologists, if they studied our culture from home photo albums alone, would probably conclude that this breed of man lived mostly at Christmas, indulged in a ritual with colored eggs at Easter, graduated from institutions frequently, celebrated birthdays mostly while young and had lots and lots of small animals. Further, they would conclude, children were usually freshly scrubbed, well combed and well dressed, and spent a great deal of time standing around squinting into the sun.

Do your picture-taking habits reflect these characteristics? If so, we are out to change your ways (continued on page 42)

A child's smile, upon tearing open that special Christmas surprise, is a moment gone forever if your camera isn't loaded or you're fresh out of flash bulbs.





**How to finish off a great lunch
in a couple of shakes.**

Shake on the Bac*Os® and you've got it made!

Bac*Os are crunchy, bacon-like flavor bits that make a lunch lively. They add the finishing touch of flavor, texture and color to salads, eggs, potatoes and vegetables.

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MGM Portrait Of DONNY
- 217679 JOHNNY CASH
COLUMBIA A THING CALLED LOVE

T50/873

Used well, the camera can be the greatest aid to memory since a string around the finger.

—to get you to let your camera out more often for a wider variety of pictures and a truer representation of the way you live. A photo book doesn't really need Christmas; that's just an excuse. All such a project needs is *you*, a camera and a desire to document "a day in the life of. . ." Any day—a busy day, a rainy day, a dull day, a Tuesday. The day is important because it is yours and you photograph it. So load your camera and come out shooting. Here are some ways to put more pictures in your life and more life in your pictures.

1. Keep your camera loaded and handy. Behind the bread box or on the hall table—the more accessible your camera is, the more pictures you will shoot. And the more pictures you shoot, the better they'll be. Good photography is not a mystical talent bestowed whole and immutable on the few. Like cooking or sewing, taking good pictures is a skill that improves with practice. And your subjects improve with practice, too. The more you expose your children to the winking eye of a camera, the more they become used to it and the more natural your pictures will be. And *do* let them be as natural as possible. The best pictures are usually the result of a photographer's sharp eye, a quick squeeze of the button and a minimum amount of direction. Particularly with small children, too many orders—"Stop fidgeting"; "look this way"; "don't hold your mouth so funny"—from too many people can create confusion.

2. Don't lose a member of the family behind the camera. Exchange the shutter-bugging with others so that your entire family is represented. You'll find that

children, so visually oriented in this age of TV, can become remarkably adept at picture-taking. And on outings, don't hesitate to ask passersby to snap all of you in front of the lions' cage or the Grand Canyon.

3. Put action in your shots. A still picture needn't be a *static* picture. Hand a child a toy or something to eat. (A trick used by some experts: Put a little sticky transparent tape on a small child's toe or finger; the engrossment, not the tape, will show in the picture.) Props, such as flowers or small animals, are naturals to break down the self-consciousness a camera can create, and each subject's response will be unique. If nothing is handy and your imagination falters, you can always fall back on that old standby of newspaper photographers: Have one subject "point out" something to another.

Not that there is anything wrong with the straight, do-nothing portrait, but be sure the subject fills as much of the frame as possible. And to get past the nervous giggles or the tight smiles, try just waiting—with the camera aimed, of course. Almost always, there comes a brief moment at the end of lip-wetting and impatient sighing when the subject is open, relaxed, revealed. Shoot then. With experience, you'll capture more and more of those moments, and your portrait albums will improve. You'll even get good pictures of people who say they never have good pictures taken.

4. Get many shots of the same thing. Don't take a chance that a blinked eye or an unsteady camera spoiled a shot. Take another shot, and another. Pros shoot dozens and dozens of shots, with

slight variations in angle and exposure, to better their chances of getting *the* picture. Why should an amateur expect to do his best with only one try? Film is the cheapest aspect of photography. The moment that is "now" is the dearest, and no amount of money can buy its return. Shoot!

5. Try for more variety. The greatest single defect in amateur snapshots, according to experts from both Kodak and Polaroid, is that the photographers fail to move in close enough. The eye sees selectively, zeroing in like a zoom lens on just what interests it—two people sitting on a sofa, for instance. The camera lens takes in everything—the scatter of toys on the floor, the painting on the wall you didn't notice was crooked. To the camera everything is equally important, so the photographer must do the moving in—and also the moving over.

Maybe if you stand just one foot to the right, the background will become less distracting—or more colorful. Or the lamppost that seems to grow out of someone's head will shift to the side. Remember, only the eye sees depth—things closer, farther and farther still. The camera sees everything flat, on the same plane, because film itself is flat. Another thing to remember here: Move up or move down, too. Crouching and pointing up at your subject can give you a nice blue sky for your background, instead of a clutter of signs, for example. Standing on a chair and aiming down can also simplify the background, adding a new look to your shots.

Try a tilt or two, and throw in some vertical. Must all (continued on page 47)

Crunched in a parking lot? Photograph that dented fender to back up your insurance claim. Taking a trip? Get shots of your luggage, and its identifying marks. You'll have less trouble finding it, if it's misplaced.



Lady, be cool.

Say good-bye to hot taste. It's just not your style.
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8411



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Whether your dog is a little sad-eyed tramp or a blue ribbon champion, the answer is yes, he does need a \$10,000,000 dog food. Now, that may *sound* expensive, but it's not.

The most expensive way to feed your dog, may not be the best way.

Meat is the most expensive way. Expensive canned dog foods "without a speck of cereal" may sound good to you. But they may not be so good for your dog. Because they contain a lot of fat. And feeding your dog a lot of fat at every meal can be as bad for his health as it could be for yours.

The second most expensive way to feed your dog is about 15% sugar.

The little cellophane packets of canned dog food "without the can," look like hamburger to you, and stay soft and moist for your dog. Well, remember, they stay "without the can" because they're preserved with about 15% sugar

It cost \$10,000,000 to make the least expensive way to feed your dog, the best.

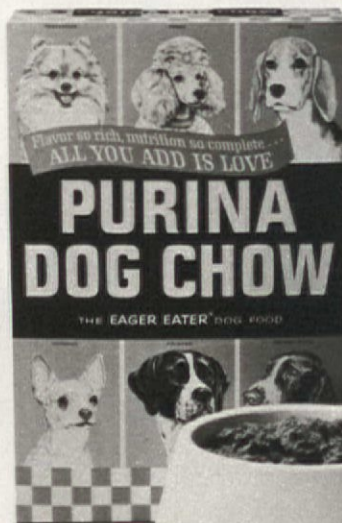
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Sears "Flower Basket." The brilliant beauty of needlepunch.

Sears revives an American Colonial design. And an almost lost American art form — needlepunch. The deep dimension of the Flower Basket design is created by hand guiding each yarn loop through the fabric.

And what yarns these are! They're an acrylic fiber that makes colors super-bright and beautiful against the off-white rayon and cotton blend background. Flower Basket is trimmed with fringe, and is easily dry-cleaned.

See Sears Flower Basket bedspread and draperies at larger Sears, Roebuck and Co. stores and by catalog.

Only at **Sears**

Let your pictures do the talking—by showing what you would have to describe or explain.

your shots run the movie-screen way of the world? Most cameras take pictures not only horizontally, but also vertically. For variety, and to suit some subjects better, turn your camera on end.

6. Make pictures, don't just take them.

Do you wish the wall were more colorful or less busy for the picture of your youngest in his high chair? Tape up a bold, bright tablecloth for a backdrop, or a poster or sheet of wrapping paper. Don't be limited by the scene as you find it; let your imagination create a flattering environment. Move things, move people—even move yourself.

7. Don't just look, really see.

To a camera, a face isn't a face, familiar and loved, it's an interplay of shapes, a medley of light and shadow. Try to see it as objectively as a lens does, and your pictures will improve immediately. You'll seek a new angle when you see eye sockets as deep and black as holes, or a triangle of shadow under a nose. You'll move your subject, or yourself, until glints of light sparkle the eyes and features have no distorting shadows. Then, and only then, lock that image on film. Stop apologizing: "This really doesn't do him justice, but . . ."

Don't think of your camera as just a memory-jogging time machine, magical as that may seem. It is also an invaluable down-to-earth household tool. Here are some other ways it can serve you.

TRAVEL

Packing. You have the trunk of the car or the roof rack packed the way you want it, with a snug place for everything. When your outing is over, how will you be able to get everything back

in its place? Just snap an instant picture of it and tape the shot inside the trunk.

Lost luggage. "It was about as big as that one, sort of the color of that one and—no, a wider stripe than that one. . . ." Identification is easier with a picture taken before you left.

What to tell the hairdresser. When your regular operator has the rollers in just as they should be, have someone take a few shots—from above, from the back, from the sides and again after the comb-out. There's no easier way to tell a strange hairdresser how you want your hair done—and it's good in any language.

FOR THE RECORDS

Valuables. Jewelry, objets d'art, collections, silver, furs. Lay them out in "still life" fashion and take a few shots from different angles. Keep them with your insurance policies and important papers in case of theft or loss.

Household inventory. Describing each item you own can take forever. Take a lot of pictures instead.

Household changes. Take pictures now as the "before" shots in case there's ever an occasion for those grim "after" pictures: flood, fire, big wind or a brakeless truck through the front wall. Or, on a happier note, take pictures "before" you remodel, put in a new storage wall or repave the driveway.

LOST, STOLEN

Photograph all the family vehicles and pets—bikes, motorcycles, dogs, anything that could ever be lost or stolen. Pictures posted on neighborhood bulletin boards or shown around at school might help locate the missing.

SELLING, GIVING, SWAPPING

An appealing picture of that record litter is more likely to find the kittens or pups a loving home than words alone. Also, your "junk" may be someone else's treasure. Pictures of what you'd like to get rid of from your garage, cellar or attic can help find buyers. And if you're a collector—of Toby jugs, paperweights, whatever—carry shots of your swapables with you. You can never tell when you'll meet another collector.

HOUSE-HUNTING

In this mobile culture of ours, house-hunting knows no season or surcease. Pictures can make the task easier, particularly if the hunting ground is half a continent away. Pictures of all the choices, with notes on the back of each, can save your straining to recall which house had the screened-in porch but dreadful wallpaper in the hall, and which had the funny shutters. Interior shots help, too, particularly of the kitchen.

And for housebuilders, a few in-process shots can prevent a lot of hurried plans-studying and wall-thumping later on. Such pictures give you "X-ray eyes" where studs and pipes are concerned.

DECORATING

Shopping for a sofa? Take your camera along and make notes of dimensions; then ponder the matter at home with yardstick and decision-makers. Spouses who hate to shop may tolerate this way of doing it.

Pondering a window treatment? Photograph the window and write dimensions on the picture, using a grease pencil. One look and a sales (continued)

Transferred and house-hunting in a distant town? Show your family what the options are when you come home. What to do with those windows? Take a picture, write dimensions on it; advice will come more readily.



PHOTOGRAPHS continued

clerk will know if you need inside or outside hardware, for example.

Rearranging things? Whether it's a picture on the wall or an entire living room, get some help and get moving. Photograph each possible arrangement and save a lot of shuffling and reshuffling to decide which you like best.

Painters coming? The wall hangings, bookshelf displays, kitchen utensils—any arrangement of items you want returned to pre-painter status can be photographed beforehand, so you can duplicate it later.

STORAGE

To make sure the workbench is always in order, shoot it and post the picture as a visual aid to borrowers who can't seem to remember where they found the Phillips screwdriver. Is the basement, the attic or the children's closet in shipshape for once? Shoot it. Now anyone can see where the lawnmower fits best or where the boots go. How often have you wondered, "What's in that box?" Scrawled lists on covers can be more puzzling than helpful—photograph the contents and tape picture to box.

EVIDENCE

The roof that leaks, the paving job that breaks up all too soon, the chaos in Junior's room, the bike left in the driveway again, the fender that's dented while the car was parked at the supermarket, the mess the neighbors' dog makes of your garbage pail, the smoke belching from industrial smokestacks—your camera will record it all. And when everything in your garden is gloriously in bloom, make a pictorial map of it, so you won't have to *guess* where the bulbs are when fall comes around.

THE CAMERAS

Those most responsible for changing the photographic habits of America are the series of Kodak Instamatic cameras and Polaroid Land cameras. The Instamatic cameras range in price from \$10 to \$145 and in sophistication from the simple aim-and-shoot to those with automatic light metering and adjustable focus. All share the ease of cartridge-film loading (just snap in place, no threading necessary). The film is widely available and readily processed.

The Polaroid Land camera family has several models, including the Big

Shot (\$20) for close-ups and portrait photography, the Square Shooter, with \$25 and \$37 models that take square pictures, and the 450 model (\$165) with its special portrait lens, electronic beeper that tells when pictures are ready and other refinements. What makes Polaroid Land cameras unique in all the world is that the pictures they make are printed *in* the camera—in 15 seconds for black and white, 60 seconds for color.

The latest Kodak Instamatic is the Pocket Instamatic, a handy miniature with its own cartridge size, even its own accessory slide projector. Priced from \$30 to \$130, these cameras have met with instant approval, particularly from women—because of the handy purse and pocket size.

Newest from Polaroid is the SX-70, not yet officially available. It will sell for around \$170 and represent a major breakthrough in instant photo printing: Color shots will emerge from the camera at a rate of one every four seconds (if you want to shoot that fast), and develop outside the camera right before your eyes. The image will appear as if by magic—no need to peel anything away, no little heap of trash. Look for this model early next year. **END**

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SPORTS ILLUSTRATED FOR CHRISTMAS

General Electric explains microwave speed.

Q. How much faster is microwave cooking than conventional oven cooking? *Cookbook writer, Myra Waldo.*

A. Microwave cooking is up to 8 times faster. Conventional cooking relies on the slow transfer of heat from the food surface to the inside layers. Microwave energy penetrates the food, causing the food molecules to vibrate, resulting in friction and creating heat.

General Electric markets two complete microwave cooking centers, (Model J896 and Model J856) plus a countertop portable microwave oven (Model JET80). And GE's Customer Care Service Everywhere goes with every microwave oven we sell.



microwave oven (Model JET80). And GE's Customer Care Service Everywhere goes with every microwave oven we sell.

If you'd like to know more about microwave cooking, write: General Electric, Dept. M.O., Appliance Park Bldg. #4, Louisville, Kentucky 40225.



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CHRISTMAS MERRY-MAKINGS
continued from page 32

with strips of wide, green cloth tape.

In the bathroom (page 60), gleaming silver paper provides a mirrorlike background for bands, bows and ribbons of purple. Try creating a lattice effect with "woven" or overlapping bands; sprinkle with silver stars for even more sparkling contrast. And for that extra-special gift, accentuate with a giant, fluffy, tissue-paper pompon and purple streamers.

In our guest room (page 61), deep, contrasting colors and a variety of textures provide welcoming warmth for any visitor. Pinecones in clusters, atop packages or mingled with ribbons sound a happy seasonal note; marbled book-binding paper gets a new look when finished with bright bows; suede-finish wrap imparts a luxurious soft touch.

In the family room (pages 62-63), brightness prevails, and package wraps reflect a flair for home crafts and casual entertaining. For the knitting enthusiast, tie skeins of colored yarns to a package and embellish with a big satin bow.

Don't throw away paper scraps—and don't worry if none is big enough to cover a whole gift. You can combine two or more sheets, as we did, using both pink-and-white and yellow glazed papers. To highlight gifts in a stack, make petal-shaped paper fringes. Cut three layers of colored tissue paper in long strips, three inches wide. Cut petal shapes along one edge, through all three layers; gather straight edge slightly and attach with double-faced tape.

Our table decoration is a wreath made of thick orange-acetate sheets around a wide, dripless candle. To make wreath, cut acetate sheets into three-inch squares, with half-inch notches in all sides of each square. Bend corners. Interlock squares and secure with clear all-purpose glue. To complete the setting, we added painted balsa-wood doves imported from Sweden. If you decide to light the candle, keep a watchful eye on it, and make sure your room is draftless.

Our kitchen (pages 64-65), with its black, white and natural color scheme, suggests a host of possibilities for creative package trim. We embellished our gifts with small utensils, pot holders, wooden clothespins, a small hand mop. Our wreath is made of vine twigs and heavy twine, with wooden utensils, brushes, pot holders, measuring spoons and wire whisks tucked or tied in.

Our pasta tree brings Christmas to the heart of the kitchen. We started with an 18-inch Styrofoam cone and put on a coat of pasta-colored poster paint. Then we glued assorted uncooked pasta to the cone in recurring rectangles, filling in with tiny pasta. Tree base is a small unopened tin can covered with spaghetti. We glued cone to base and finished off with a polka-dot napkin. —Phoebe Fox

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In the joy of love and sharing lies the timeless magic of Christmas. Here, in this issue, are holiday ideas by the hundreds to bring The Gift of Christmas all through your house and to all you love. You'll find glowing decorations, glittering furnishings and accessories, ingenious little trees and package wraps, happy ideas for children—even for the family dog. There are great things to buy, sweets, savories, home-baked treasures to make... all for the giving.

Some, like our "10 Best Christmas Plants" (pages 66-67), are presents-plus! The gifts and their charming, functional containers combine for a double, lasting remembrance. And to capture it all, a guide to the wonderworkings of today's new cameras (starting on page 36) should enable you and your family to enjoy a memorable replay of the fun and excitement for many years to come. Merry Christmas!

The Editors



THE GIFT OF CHRISTMAS

ROOMS FULL OF JOY

Our Christmas house radiates candle glow and the warmth of giving. Here, the living room is ablaze with opulent reds and golds—the bounty of gifts lovingly handmade or purchased. Pleated red paper laced with gold doilies creates a dazzling Christmas tree.





For details on these and other holiday gift-wrap and decorating ideas, see page 32. Key to all items shown begins on page 80.

continued



Dining room swathed in shimmery green moiré sets the scene for treasured crystal and silver, both old and new—all atop a glass-and-steel dining table. To further the festive mood: luscious candies, snow-white roses and wrappings of sparkling gaiety.



continued





Children's room has gifts to dazzle and delight: toys, books, records, cuddly dolls and stuffed animals. Or visualize a whole new room in holiday colors to sound a cheery note all year round. The fanciful tree—a pileup of balloons anchored with a trail of ribbons to a package that we've wrapped to look just like a giant toy building block.

continued



Bathroom, a silvered showcase, gets fluffy new towels, fragrant potpourri, scented soaps, cosmetics and beauty aids that pamper—and handsome mirror-bright accessories.

Guest room readied for the holidays is a sumptuous retreat in purples, blues and rich browns. It's filled with thoughtful comforts certain to make visitors feel wanted and cared for.



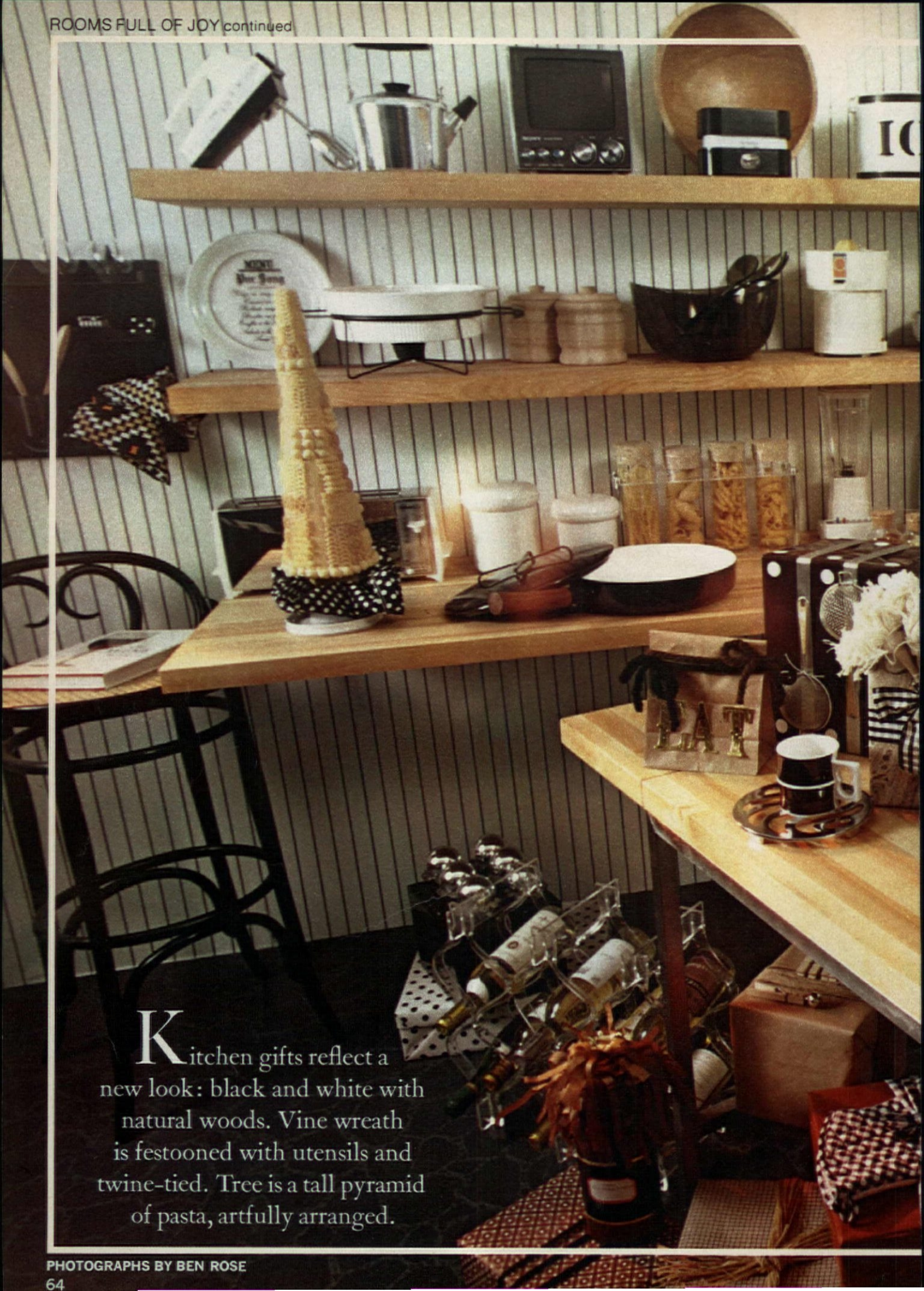
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Family room's lively charm encourages home crafts and other leisure-time delights, such as listening to music and popping corn on cozy evenings. Yellow nondrip candle is wreathed in interlocking colored acetate papers that form a nest for decorative orange doves.



continued



Kitchen gifts reflect a new look: black and white with natural woods. Vine wreath is festooned with utensils and twine-tied. Tree is a tall pyramid of pasta, artfully arranged.



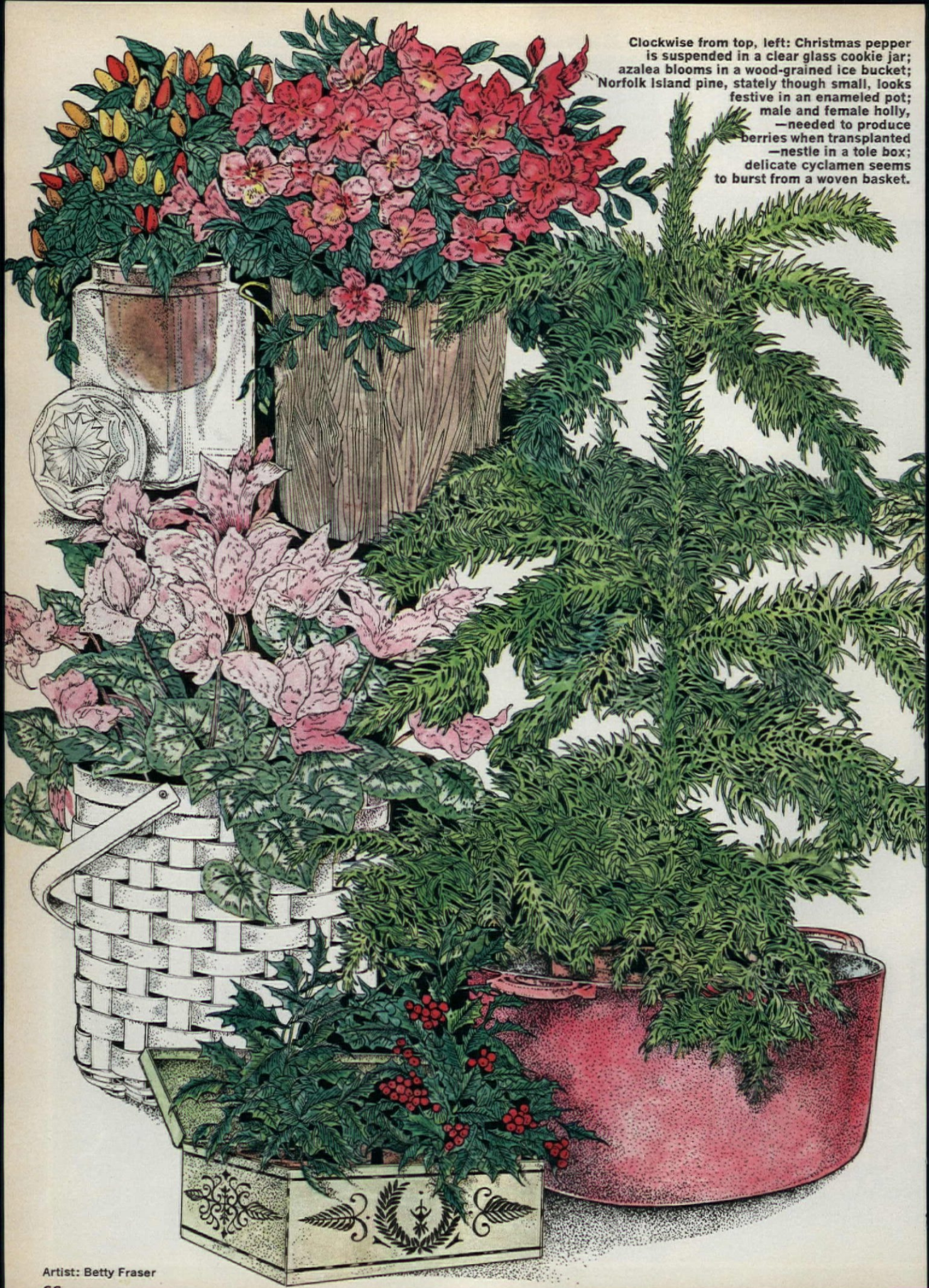
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MUG



bread



Clockwise from top, left: Christmas pepper is suspended in a clear glass cookie jar; azalea blooms in a wood-grained ice bucket; Norfolk Island pine, stately though small, looks festive in an enameled pot; male and female holly, —needed to produce berries when transplanted —nestle in a tole box; delicate cyclamen seems to burst from a woven basket.



Clockwise from below, left: Ornamental dwarf orange tree, laden with tiny fruit, stands in a coffee canister; traditional white poinsettia blossoms in an old-fashioned stoneware crock; large-flowered amaryllis is contained in wire lettuce tosser; ruffled gloxinia sprouts from the mouth of a ceramic pitcher; Christmas cactus trails from an enameled tea kettle.



By Lawrence V. Power

THE 10 BEST CHRISTMAS PLANTS

Through flowers, we convey our love, extend best wishes, show admiration and demonstrate good will. Since plants have a longer life than cut flowers and, like true affection, grow with time, they have an even greater appeal that makes them ideal Christmas gifts. The 10 plants shown were selected either because they are traditionally associated with Christmas, or because

they put on a special display during the holidays. By pairing the plant of your choice and a container with a purpose and charm all its own, you can personalize your present, make it doubly thoughtful and please even the most discerning member of your gift-giving circle. (For fuller descriptions of each of our choices, and suggestions on how to care for them, see page 88.)



FROM YOUR KITCHEN WITH LOVE



By Frances M. Crawford
and Food Staff

SWEETS AND SAVORIES

The gift you make yourself—something expressing you—truly reflects the spirit of Christmas. Whether it's a favorite recipe or one of the appetizers, desserts, sauces and syrups above, package it in a jar, crock or glass and label it gaily—a heartwarming way to extend greetings. Recipes for all the delicacies shown begin on page 74.

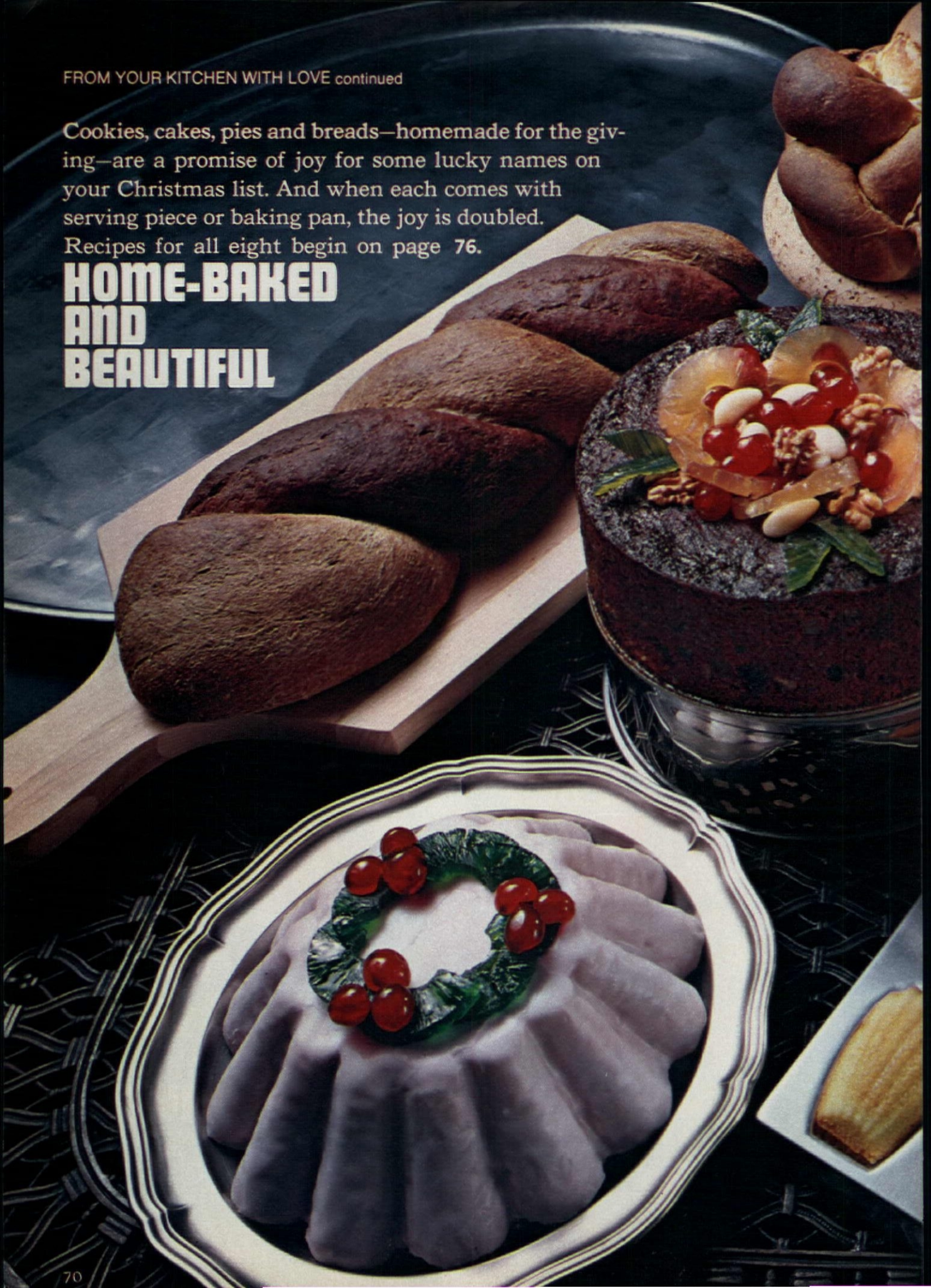
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FROM YOUR KITCHEN WITH LOVE *continued*

Cookies, cakes, pies and breads—homemade for the giving—are a promise of joy for some lucky names on your Christmas list. And when each comes with serving piece or baking pan, the joy is doubled.

Recipes for all eight begin on page 76.

HOME-BAKED AND BEAUTIFUL



Clockwise from below: Parmesan nibblers in a covered glass jar; crunchy macaroons gaily piled in a clear contemporary tube mold; rich pecan pie with its own pie plate; tiny, ridged Madeleines in their special baking pan; a jewel of a pink-frosted cake set off by a lovely pewter plate; soft and velvety fruitcake plus the springform pan it's baked in; twisted pumpernickel and whole-wheat bread presented on a board; crown-shaped bread with a delicious apricot filling, plus a handsome cork cheese server.





CHESTNUT YULE LOG

CAKE

- 1 cup sifted cake flour
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 3 eggs
- 1 cup sugar
- ¾ cup water
- 1 tablespoon lemon juice
- Confectioners' sugar

FILLING

- 3 cans (8¾ ounces each) crème de marron (sweetened chestnut puree)
- ½ cup softened butter or margarine

MERINGUE MUSHROOMS

- 1 egg white
- Dash of cream of tartar
- ¾ cup sugar
- Chopped pistachio nuts



1 Make cake: Heat oven to 375°. Grease a 15x10x1-inch jelly-roll pan. Line bottom with wax paper. Grease lightly. Sift flour, baking powder and salt together. Beat eggs at high speed 3 minutes or until thick and light. Beat in sugar gradually; beat until very thick. Blend in water and lemon juice. Fold in dry ingredients gently, a little at a time. Spread evenly in pan. Bake 12 to 15 minutes or until cake springs back when lightly touched. Sift confectioners' sugar over clean towel. Loosen edges of cake; turn out on towel. Remove paper carefully. Roll up cake and towel from short side. Cool on rack.

2 Prepare the filling: Beat crème de marron and butter or margarine smooth. Unroll cake and remove towel. Spread ¾ filling on cake, leaving 1-inch edge free all around. Reroll. Put 2 strips wax paper along plate edges, extending beyond ends. Place the cake, seam side down, on the plate. Pipe remaining filling through pastry bag with star tip onto cake. Remove paper. Chill.

3 Make mushrooms: Heat oven to 250°. Grease and flour cookie sheet. Beat egg white and the cream of tartar until foamy. Beat in sugar gradually and beat until stiff, glossy peaks form. Spoon into pastry bag with large round tip. Don't fill bag too full. Hold fairly close to cookie sheet; press out ¾-inch-wide cap. Smooth top, if peaked. For stems, hold bag vertically; press out the meringue. Pull straight up until short stem forms. Bake 30 to 40 minutes or until dry and ivory colored. Loosen with spatula. Cool on rack. Make a small hole in the underside of caps. Put in some filling. Insert pointed stem end. Sprinkle cake with nuts. Top with mushrooms.

The traditional dessert at a French Christmas dinner is the Bûche de Noël or yule log. It may be chocolate, mocha or chestnut, as shown—a beautiful and sublimely rich-tasting finale to the feast.

CHESTNUT YULE LOG

COOKING LESSON NO. 51 By Jacques Jaffry

RILLETTES

This recipe, made with pork and herbs, is a classic of Tours. It is served as an appetizer in the same manner as pâté.

3 pounds fresh shoulder of pork, fat included

- 1 cup boiling water**
- 1 bay leaf**
- 2 teaspoons ground savory**
- 1 teaspoon rubbed sage**
- 1½ teaspoons salt**
- ½ teaspoon pepper**
- ½ cup lard**

Cut pork into 1-inch cubes. Place in heavy saucepan. Add water and seasonings. Cover. Bring to boiling. Simmer, stirring frequently, 2 to 3 hours or until all water has evaporated and meat is very soft. Discard bay leaf. Let cool, stirring frequently to shred meat. Correct seasoning to taste. Pack mixture into small jars or crocks. Melt lard; pour over rillettes to seal. Serve with crackers. Makes 12 to 15 appetizer servings.

CORDIAL JELLY

- 6 cups sugar**
- 4 cups dry white wine**
- 1 bottle (6 ounces) liquid pectin**
- ¼ cup orange liqueur**
- ¼ cup crème de cassis**
- ¼ cup green crème de menthe**

Paraffin

Combine sugar and wine in a large kettle. Bring to boiling slowly, stirring constantly. Add pectin. Bring back to boiling. Boil hard 1 minute. Remove from heat; skim. Pour into 3 small bowls, about 2½ cups in each. Add orange liqueur to one bowl; crème de cassis to second bowl with a few drops of red food coloring, if desired; and crème de menthe to third bowl. Fill stemmed glasses one-third with a color of your choice; let set about 20 minutes. Carefully add layer of second color, filling glasses two-thirds. Let set. Fill with third layer. Melt paraffin; pour over jelly to seal. Makes six 10-ounce glasses.

CURRY SAUCE

- ½ cup pure vegetable oil**
- 2 cloves of garlic, crushed**
- 2 cups chopped onion (2 large)**
- 2 cups chopped pared apple (2 medium)**
- 4 to 5 tablespoons curry powder**
- 1½ teaspoons ground ginger**
- 1 teaspoon salt**
- ¼ teaspoon ground cinnamon**
- 1 can (10½ ounces) condensed chicken broth, undiluted**
- ½ cup chutney, chopped**
- ¼ cup raisins**
- 1 tablespoon grated lime peel**
- ¼ cup lime juice**

Heat oil in large saucepan. Sauté garlic, onion and apple over medium heat about 10 minutes or until tender. Combine curry powder, ginger, salt and cinnamon; stir into mixture in pan. Cook 2 to 3 minutes, stirring constantly. Add remaining ingredients. Cover. Simmer 45 minutes, stirring occasionally. Cool. Ladle into four 1-cup jars, leaving ½-inch head space to allow for expansion. Garnish each jar with a slice of lime, if desired. Seal. Label. Freeze. Makes 4 jars of concentrated sauce.

To use: Thaw 1 jar of sauce. Heat sauce and 3 tablespoons all-purpose flour in saucepan, stirring constantly. Gradually stir in 1½ cups chicken broth or light cream (do not use milk, or sauce will curdle). Bring just to boiling. Add 4 cups cubed, cooked lamb or chicken, or 1 package (1 pound) frozen, shelled and deveined shrimp, cooked. Season to taste with salt. Serve over rice.

PRALINE TOPPING

- 1 cup sugar**
- ¼ cup water**
- ¼ teaspoon cream of tartar**
- 1 cup diced roasted almonds**
- 1 cup light corn syrup**
- 2 tablespoons water**

Combine the sugar, ¼ cup water and cream of tartar in large heavy saucepan. Bring to boiling over medium-high heat, stirring constantly. Cook without stirring, until mixture turns light caramel color. Wash down any undissolved sugar that clings to the sides of pan with a brush dipped in cold water. Add almonds; stir to coat. Pour mixture onto large sheet of foil. Cool. Transfer to board. Chop. Mix chopped praline with corn syrup and water. Pour into jar. Store at room temperature. Use cold or hot as topping for ice cream, pancakes or pudding. Makes 1¾ cups.

ORANGE SYRUP

- 6 large navel oranges**
- 4 cups sugar**
- 1 cup water**
- ½ cup orange juice**

Paraffin

Remove the orange part of the peel from oranges with a vegetable parer. Cut peel into 2x½-inch strips. Place in saucepan; add cold water to cover. Bring to boiling. Boil 10 minutes; drain. Reserve peel. Combine sugar, 1 cup water and orange juice in saucepan. Bring to boiling, stirring constantly until sugar is dissolved. Continue boiling 10 to 12 minutes or until syrup registers 238° on candy thermometer. Remove from heat. Add orange peel. Let stand 5 minutes, stirring occasionally to cool and prevent peel from floating. Ladle into bottles. Melt paraffin. Seal bottles. Serve over pancakes, cakes, puddings or ice cream. Keep refrigerated after opening. Makes 4 cups.

GRAPE PUNCH BASE

- 2 cups water**
- 4 long cinnamon sticks**
- 1 tablespoon whole cloves**
- 1 can (6 ounces) frozen grape-juice concentrate**
- 1 cup lime juice**
- ¾ cup sugar**

Bunch of grapes

Bring water, cinnamon sticks and cloves to boiling in saucepan. Simmer 5 minutes. Strain into bowl. Stir in concentrate, lime juice and sugar. Place grapes in jar or wide-mouthed bottle. Pour in grape-juice mixture. Seal. Keep refrigerated. *To serve:* Pour punch base into pitcher. Add 1 bottle (1 quart) carbonated water and ice cubes. Makes 1 quart punch base or 2 quarts punch.

BRANDIED ORANGES

- 12 small juice oranges**
- 5 cups sugar**
- 2 cups water**
- 3 to 4 cups brandy**

Wash and dry oranges. Prick with skewer, making 20 to 30 holes in each orange. Place in cold water. Let stand 30 minutes. Drain. Place oranges in large saucepan or kettle. Add boiling water to almost cover. Bring back to boiling. Cook 5 minutes or until oranges are soft, turning occasionally. Drain.

Combine sugar and water in large saucepan. Bring to boiling, stirring occasionally. Simmer 5 minutes. Add oranges. Bring back to boiling, stirring occasionally. Remove from heat. Cover. Refrigerate overnight. Transfer oranges to large jar(s) with slotted spoon. Measure syrup. Bring syrup to boiling. Add equal amount of brandy. Pour mixture over oranges. Seal. Refrigerate 2 to 4 weeks. Quarter the oranges and serve as dessert. Makes 12 servings.

HERBED EDAM CHEESE

- 1 ball (3½ pounds) Edam cheese**
- 1¼ to 1½ cups milk**
- 1 package (3 ounces) cream cheese, softened at room temperature**
- ¼ cup chopped chives**
- ¼ cup minced parsley**
- ½ teaspoon leaf tarragon, crumbled**

Draw design on top of cheese. Cut design out with small knife. Cut into cheese around design; lift out rind and some cheese. Remove and discard rind. Hollow out center of cheese ball with spoon, leaving shell ¼ inch thick. Grate cheese. Combine grated cheese (about 8 cups), 1¼ cups milk, cream cheese, chives, parsley and tarragon in large bowl. Beat on the low speed of mixer until blended. Beat on medium speed, adding more milk gradually for a spreadable consistency. Spoon into shell. Pack leftover cheese into a crock. Cover. Refrigerate at least 24 hours to blend flavors. Allow to stand at room temperature to soften before serving. Use as spread on crackers. Makes 5 cups.

PICKLED SHRIMP

- 2 pounds medium, fresh shrimp**
- ¼ cup olive oil**
- 2 small onions, peeled and sliced**
- 1 large carrot, pared and sliced**
- 4 cloves of garlic**
- 2 cups cider vinegar**
- 3 cups water**
- ½ teaspoon leaf thyme, crumbled**
- 1 bay leaf**
- 1 green pepper, seeded and sliced**
- 1 red pepper, seeded and sliced**
- 1 tablespoon salt**
- ¼ teaspoon pepper**

Cook shrimp 1 minute in well-salted boiling water. Drain. Peel. Place in large bowl. Heat oil in saucepan over medium heat. Add onions, carrot and garlic. Cook 3 to 4 minutes, tossing occasionally. Add remaining ingredients. Bring to boiling. Cook 10 minutes. Pour marinade over shrimp. Refrigerate 24 hours. Spoon into jars. Seal. Makes 8 to 12 appetizer servings.

continued

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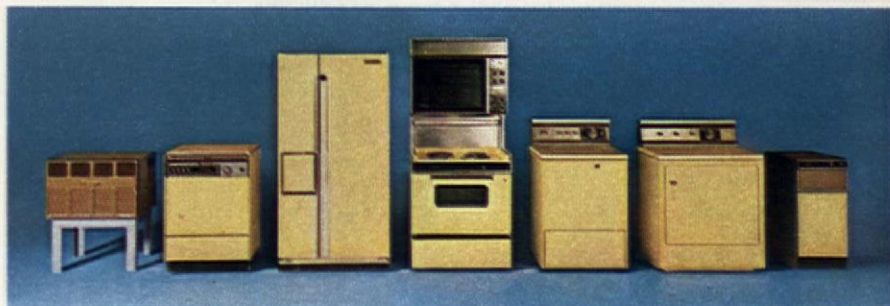
This tough new washer has a Hotpoint Permanent Press dryer to match it.

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SPICED APPLE RINGS

- 2½ cups water
- 1 cup sugar
- ½ cup red wine vinegar
- 2 long cinnamon sticks
- 1 teaspoon whole cloves
- 1 teaspoon whole allspice
- ¼ teaspoon red food coloring
- 6 small red cooking apples, unpared

Combine water, sugar, vinegar, cinnamon sticks, cloves, allspice and food coloring in large skillet or kettle. Bring to boiling over high heat. Simmer 5 minutes. Cut apples crosswise into ½-inch slices. Cut out core of each slice with canapé or hors d'oeuvre cutter. Place slices in skillet. Cook 5 minutes. Cool. Arrange slices in 1-quart jar. Strain liquid into jar. Seal. Keep refrigerated. Serve as an accompaniment to roast pork. Makes 1 quart.

SALSA VERDE

- 2 cups coarsely chopped fresh spinach
- 1 cup chopped Italian parsley
- 2 cups olive oil
- ½ cup grated Parmesan cheese
- ½ cup grated Romano cheese
- ½ cup pine nuts (pignoli)
- 3 tablespoons dried basil
- 2 small cloves of garlic
- 1 teaspoon salt
- Dash of pepper

Put all ingredients into blender container. Cover. Blend until smooth. Serve over hot, buttered pasta. Or pour into jar. Seal. Store in refrigerator. Makes 3 cups.

WHITE CLAM SAUCE

- 2 dozen clams
- ½ cup olive oil
- 8 cloves of garlic, crushed
- 1 cup chopped Italian parsley

Open clams and remove from shells, saving all liquid. Or have fish-market man do it for you. Put clams through food grinder, using coarse blade, or chop coarsely with sharp knife. Drain off any liquid from ground clams and add to liquid above. Reserve clams and liquid in separate bowls. Heat oil in saucepan. Add garlic; cook gently about 3 minutes. Watch carefully; do not let garlic brown. Add parsley and clam liquid. Simmer 3 to 5 minutes. Add clams; heat through. Serve over hot, cooked linguine or spaghetti. Or pour into jar; seal. Store in refrigerator. Makes about 1 quart.

SAUSAGE TOMATO SAUCE

- 3 tablespoons olive or pure vegetable oil
- 2 cloves of garlic, crushed
- 1½ cups chopped onion (3 medium)
- 4 sweet Italian sausages (¾ pound)
- 2 cans (6 ounces each) tomato paste
- 2 cans (2 pounds, 3 ounces each) Italian plum tomatoes
- ¼ cup chopped parsley
- 1 tablespoon sugar
- 1 tablespoon salt
- 2 tablespoons leaf oregano, crumbled
- ½ teaspoon ground cloves

Heat oil in large skillet or saucepan. Sauté garlic and onion until soft. Remove and reserve. Remove casing from

sausage; break up meat; add to oil remaining in the skillet. Cook until well browned. Pour off as much oil as possible. Return garlic and onion to skillet. Add tomato paste; cook 1 minute. Add tomatoes with liquid, parsley, sugar, salt, oregano and cloves. Cover. Simmer 1½ to 2 hours, stirring occasionally. For a thicker sauce, uncover during last ½ hour of cooking. Serve over hot, cooked pasta. Or pour into jars. Seal. Store in refrigerator. Makes about 2½ quarts.

LEMON CREAMS

- ¼ cup softened butter or margarine
- ¼ cup light corn syrup
- 2 teaspoons grated lemon peel
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- 1 package (1 pound) confectioners' sugar, sifted
- Yellow food coloring

Combine butter or margarine, corn syrup, lemon peel and juice in small bowl of mixer at medium speed. Beat in salt and half the sifted confectioners' sugar until smooth, scraping bowl often. Stir in food coloring to tint a deep yellow. Stir in remaining sifted sugar with spoon until a soft dough forms. Turn out onto a confectioners' sugar-dusted surface. Gradually knead in ¼ cup sugar or enough sugar to form a firm, nonsticky dough.

Keeping dough covered with plastic wrap, cut or break off a ¾-inch piece and shape into a miniature lemon. Place on wax paper in flat pan to dry. Repeat until all dough is shaped. Allow lemons to dry at least 24 hours. Cover pan with plastic wrap. Keep well at room temperature for 2 weeks. Place in jars for gift giving, as needed. Makes 6 dozen.

HOME-BAKED AND BEAUTIFUL
continued from page 70**APRICOT CROWN BREAD**

- 1½ cups milk
- 1 cup softened butter or margarine
- 7½ to 8 cups unsifted all-purpose flour
- ¾ cup sugar
- 2 packages active dry yeast
- 1 teaspoon salt
- 2 large eggs
- 1 tablespoon grated orange peel
- ½ cup orange juice
- 1 can (12 ounces) apricot cake and pastry filling

Heat milk and butter or margarine in small saucepan over low heat until warm (120° to 130°). Combine 2 cups flour, sugar, undissolved yeast and salt in large bowl of mixer. Add milk mixture. Beat on low speed until just blended. Add eggs, orange peel and juice and 2 more cups flour. Beat 2 minutes on medium speed, scraping bowl with rubber spatula. Remove from mixer. Stir in about 3 cups more flour with spoon to make a firm dough. Turn out onto floured board; gradually knead in ½ to 1 cup more flour. Continue to knead until dough is smooth and elastic.

Put dough into a large greased bowl; turn dough over to bring greased side up. Cover with towel. Let rise in warm place (85°), free from draft, about 1½ hours or until doubled in bulk. Punch dough down. Let rest 15 minutes on floured board. Grease two 8x1½-inch layer-cake pans. Divide dough into 6 pieces. Roll 1 piece with floured rolling pin to a 10x18-inch rectangle. Spread dough with 2 tablespoons apricot filling, leaving a 1-inch edge free of filling all around. Roll up, starting with long side, pressing firmly at each turn. Repeat with other pieces of dough.

Braid 3 rolls together, keeping seam sides down. Pinch ends together. Place a braid in each prepared pan. Cover pans with towels. Let rise about 35 minutes or until almost doubled. Heat oven to 350°. Bake breads 1 hour, 15 minutes. Cover with foil if breads darken too quickly. Remove from pans. Cool completely on wire racks. Wrap. Makes 2 loaves.

MADELEINES (TINY RIDGED CAKES)

- 1¼ cups sifted cake flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1¼ cups butter
- 3 eggs
- 1 teaspoon vanilla
- ¾ cup sugar
- 2 teaspoons grated lemon peel

Heat oven to 350°. Sift flour, baking powder and salt together. Melt butter in small saucepan. Skim off foam that forms on surface. Cool to lukewarm. Beat eggs on high speed of mixer until lemon-colored. Add vanilla. Add sugar gradually, beating continuously until volume has increased about 4 times. Fold in flour mixture and lemon peel. Measure ¼ cup melted butter, being careful not to include the sediment in pan. Stir butter into batter. Brush shells of madeleine pan with some of remaining butter. Spoon batter into each shell, filling ¾ full. Bake 12 to 15 minutes or until golden brown. Remove from pan; cool on wire rack. Wash pan; dry; butter shells. Repeat until all batter is used. Makes about 3 dozen.

PARMESAN PUFFS

- 1 package (10 ounces) frozen, ready-to-bake patty shells, thawed
 - 1 egg, slightly beaten
 - ½ cup grated Parmesan cheese
- Heat oven to 425°. Place patty shells slightly overlapping on lightly floured board. Roll to a 9x18-inch rectangle. Brush with egg; sprinkle one half of pastry with 2 tablespoons of cheese; fold other half over to form a square. Roll to 12x16-inch rectangle. Cut lengthwise into 1¼-inch-wide strips, then cut on a diagonal to make diamond-shaped pieces. Before separating, brush with egg and sprinkle with remaining cheese. Place pieces ½ inch apart on ungreased cookie sheets. Bake 10 to 12 minutes or until puffed and golden brown. Serve hot. Store in airtight container if made ahead. To reheat, place on cookie sheet. Heat at 425° for 5 minutes or until crisp. Makes about 4 dozen.

continued

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It's a fact...Beef is special.

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It's a fact...Beef is preferred for flavor.

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PECAN MOCHA PIE

- 3 squares (1 ounce each) unsweetened chocolate
- ¼ cup butter or margarine
- ¼ cup brown sugar, firmly packed
- ¼ cup boiling water
- 2 tablespoons instant coffee
- 4 egg yolks
- ¾ cup sugar
- 1 teaspoon vanilla
- 4 egg whites
- 1 cup chopped pecans
- 1 unbaked 9-inch pastry crust
- Coffee Icing (see below)

Heat oven to 350°. Melt chocolate in top of double boiler over hot, not boiling, water. Stir in butter or margarine and brown sugar. Blend water and coffee. Beat egg yolks in small bowl at high speed on mixer until foamy. Beat in sugar gradually. Continue beating until yolks are thick and pale yellow. Beat in vanilla, coffee and melted chocolate. Wash beaters. Beat egg whites in large bowl until stiff. Fold chocolate mixture and pecans into whites. Turn into pastry crust. Bake 30 minutes or until top springs back when lightly touched with fingertip. Cool on wire rack. Pipe icing on pie. Garnish with pecan halves, if desired. Makes 8 servings.

COFFEE ICING

- 1 teaspoon instant coffee
- 2 tablespoons water
- 2 tablespoons softened butter or margarine
- 1½ to 2 cups confectioners' sugar

Dissolve coffee in water. Beat coffee, butter or margarine and 1 cup sugar in small bowl until blended. Gradually beat in more sugar to make icing stiff. Spoon into pastry bag with star tip. Pipe in a design onto pie.

PUMPERNICKEL-WHOLE WHEAT TWIST**Dark Dough:**

- 2 squares (1 ounce each) unsweetened chocolate
- 2 tablespoons shortening
- 2 cups warm water (105° to 115°)
- 2 packages active dry yeast or 2 cakes compressed yeast

- ½ cup dark molasses
- 1 tablespoon salt
- 3 cups rye flour
- 3½ to 4 cups sifted all-purpose flour

Light Dough:

- ½ cup milk
- ⅓ cup honey
- 1 tablespoon salt
- 1¾ cups warm water (105° to 115°)
- 2 packages active dry yeast or 2 cakes compressed yeast
- 1 tablespoon fennel seeds, crushed
- 3 cups whole-wheat flour
- 3½ cups sifted all-purpose flour

Prepare dark dough: Heat chocolate and shortening in small saucepan over low heat until melted. Place warm water in large bowl; sprinkle or crumble in yeast; stir to dissolve. Add chocolate mixture, molasses, salt, rye flour and 1 cup all-purpose flour; beat until smooth. Mix in 1½ cups more all-purpose flour to make a firm dough. Turn out onto floured board; gradually knead in 1 to

1½ cups more all-purpose flour. Continue to knead until dough is smooth and elastic. Put dough into large greased bowl; turn over to bring greased side up. Cover with towel. Let rise in warm place (85°), free from draft, about 1½ hours or until doubled in bulk.

Prepare light dough: Heat milk, honey and salt in saucepan until bubbles appear around the edge. Cool to lukewarm. Place warm water in large bowl; sprinkle or crumble in yeast; stir to dissolve. Add milk mixture. Stir in fennel, whole-wheat flour and 1 cup all-purpose flour; beat until smooth. Mix in 1½ cups more all-purpose flour to make a firm dough. Turn out onto floured board; gradually knead in 1 cup more all-purpose flour. Continue to knead until dough is smooth and elastic, about 5 minutes. Put into large bowl as directed above. Let rise 1 hour or until doubled in bulk.

Grease a large cookie sheet (17x14 inches). Punch dark dough down; turn out onto board; knead to distribute air bubbles; divide in half. Shape one half into rope about 20 inches long. Knead, divide and shape light dough the same way. Twist a dark and a light rope together. Repeat with other 2 halves. Place twists side by side on cookie sheet. Cover. Let rise about 45 minutes or until doubled in bulk. Heat oven to 400°. Brush twists with water. Bake 10 minutes; reduce heat to 350°; bake 1 hour longer. Cool. Wrap. Makes 2 loaves.

FESTIVE FRUITCAKE

- 2½ cups sifted all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¾ cup softened butter or margarine
- 1 package (1 pound) brown sugar
- 4 large eggs
- 1 teaspoon grated orange peel
- 1 tablespoon orange juice
- ½ teaspoon vanilla
- 1½ cups mashed ripe bananas (5 medium)
- 3 cups chopped mixed candied fruits
- 1 package (8 ounces) pitted dates, cut up
- 1 tablespoon all-purpose flour
- 1 cup chopped walnuts

Sift 2½ cups flour, baking powder, baking soda, salt, cinnamon and nutmeg together. Grease a 9-inch springform pan. Heat oven to 300°. Cream butter or margarine and sugar in large bowl until fluffy. Beat in eggs, 1 at a time. Beat in orange peel and juice and vanilla. Alternately beat bananas and flour mixture into creamed mixture. Mix candied fruits, dates and 1 tablespoon flour. Stir fruit mixture and walnuts into batter. Turn into prepared pan. Bake 2 hours or until cake tester inserted into center of cake comes out clean. Cool in pan on wire rack 10 minutes. Remove sides of pan. Cool completely on rack. Store cake several weeks in covered container to mellow flavors. Garnish with Brazil nuts, walnut halves, candied fruits and angelica cut into leaves, if desired.

GÂTEAU GLACÉ (FROSTED SPONGE CAKE)

- ¾ cup sifted all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 4 large eggs, at room temperature
- ½ cup sugar
- ¼ cup milk
- 1 teaspoon grated lemon peel
- ½ teaspoon vanilla
- 1 package (1 pound) confectioners' sugar, sifted
- 4 to 5 tablespoons water
- 1 teaspoon vanilla
- Pure food coloring
- Candied sliced pineapple and cherries

Heat oven to 350°. Grease and flour a 5-cup fluted mold. Sift flour, baking powder and salt together. Beat eggs in large bowl at high speed on mixer until foamy. Beat in ½ cup sugar gradually. Continue beating until eggs are thick and pale yellow. Reduce speed. Beat in flour mixture, milk, lemon peel and ½ teaspoon vanilla. Pour into prepared mold. Bake 35 minutes or until cake springs back when lightly touched with fingertip. Cool in pan on wire rack 10 minutes. Loosen cake around sides. Place rack over cake; invert. Remove mold. Cool.

Blend confectioners' sugar, 4 tablespoons water and 1 teaspoon vanilla until smooth. Add more water to make a good, spoonable consistency. Tint desired color. Brush crumbs off cake. Place cake on rack over flat pan. Spoon icing over cake to coat top and sides. Let excess icing drip into pan. Scrape up icing and return to bowl. Stir icing until smooth. Coat cake 2 times more. Let icing set; trim icing at base. Decorate cake with cut-up pineapple and cherries.

ALMOND-JELLY MACAROONS

- 10 tablespoons butter or margarine
- 1½ cups sifted all-purpose flour
- ⅓ cup confectioners' sugar
- 2 egg yolks
- 1 package (4 ounces) ground almonds (2 cups)
- 1 cup sugar
- 2 egg whites
- 1 teaspoon almond extract
- Apricot preserves
- Raspberry jam

Cut butter or margarine into flour with pastry blender until mixture resembles cornmeal. Mix in confectioners' sugar. Add egg yolks; mix with fork. Gather mixture into ball; knead a few times to make a soft dough. Chill 2 hours. Combine almonds, sugar, egg whites and almond extract in medium-size bowl; blend well. Heat oven to 375°. Roll out chilled dough on floured board to ⅛-inch thickness. Cut with floured 2-inch round cutter. Transfer to cookie sheets, placing them 1 inch apart. Spoon almond mixture into pastry bag with a #4 star tip. Pipe a circle of mixture onto each cookie. Spoon ½ teaspoon preserves or jam into center of each. Bake on lower shelf of oven 5 minutes, then move to center shelf and bake 8 to 10 minutes longer or until light golden brown. Transfer to wire racks. Cool. Makes 4 dozen.

Surprise! Easy candy from a frosting mix.



Easy-mix candy from Betty Crocker.

- 2 tablespoons butter or margarine
- 1/4 cup milk (plus 2 teaspoons if making with chocolate fudge frosting mix)
- 1 package Betty Crocker creamy frosting mix (chocolate fudge, milk chocolate, lemon, orange, creamy cherry, creamy white* or any of the other delicious flavors**)

Heat butter in milk over low heat until butter melts and mixture *just* begins to simmer. Remove from heat; stir in frosting mix (dry). Heat over low heat, stirring constantly with rubber scraper, until smooth and glossy, 1 to 2 minutes. *Do not overcook.*
Makes 1 pound.

SQUARES—Stir in 1/2 cup chopped nuts if desired. Pour into aluminum foil-lined loaf pan, 9x5x3 inches.

WAFERS—Drop by teaspoonfuls onto waxed paper. If necessary, reheat mixture slightly.

CLUSTERS—Stir in 1 1/2 cups salted peanuts or other nuts. Drop by teaspoonfuls onto waxed paper.

*Tint and flavor if desired.

**If using golden caramel frosting mix, reduce milk to 3 tablespoons.

Look for additional candy recipes inside specially marked packages.

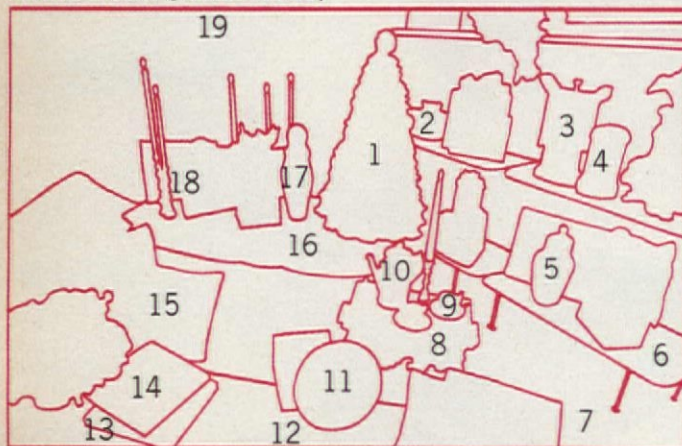
With one package of Betty Crocker® creamy frosting mix (any flavor) and one simple recipe, you can make decorative peanut clusters, dreamy old-fashioned fudge or rich delicate wafers. It's delicious easy-mix homemade candy, perfect for the holiday season or anytime. Happy holidays from Betty Crocker.



OUR CHRISTMAS SHOPPERS' GUIDE

Sources for items in "Rooms Full of Joy" (except gift wraps and fresh flowers) are keyed to shadow drawings below and following

LIVING ROOM (PAGES 54-55)



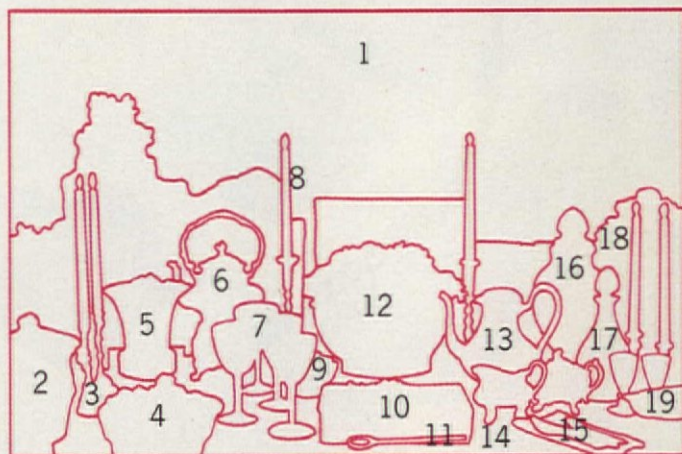
1. Pleated paper/doily tree by Nina Pellegrini (how-to, page 32). 2. Brass "cricket" box, Rubel & Co. Decorative Accessories, Inc., N.Y.C. 3. Brass samovar, Jack Orenstein, N.Y.C. 4, 5. Antique apothecary jars, David Weiss Importers, Inc., N.Y.C. 6. Baker's racks, "Four Seasons" collection, Thomasville Furniture Industries, Thomasville, N.C. 7. "Deafield" acrylic carpet, Bigelow-Sanford, Inc., N.Y.C. 8. Brass hearth table, S.P. Skinner Co., Inc., N.Y.C. 9. Bamboo vermeil demitasse spoons, Supreme Cutlery Corp. (available at B. Altman & Co., N.Y.C.). 10. "Gold Aves" demitasse set, Royal Crown Derby of Allied English Potteries, Inc., N.Y.C. 11. 1972 Christmas plate,

Reed & Barton Silversmiths, Taunton, Mass. 12. Needlepoint rug, A. Morjikian Co., N.Y.C. 13. *Max Ernst* by Werner Spies, Harry N. Abrams, Inc., N.Y.C. 14. *Gauguin and the Pont-Aven; School* by Wladyslawa Jaworska, New York Graphic Society, Ltd., Greenwich, Conn. (both available at Doubleday Book Shops, N.Y.C.). 15. Pillows, Crompton "Vallerina" velveteen, Crompton-Richmond Co., Inc., N.Y.C.; ribbons, Hyman Hendler & Sons, N.Y.C. 16. Cocktail table, Greenbaum Bros., Paterson, N.J. 17. Apothecary jar, David Weiss Importers. 18. Candlesticks, Arthur M. Miller Associates, N.Y.C. 19. Wall covering, Cohama Decorative Fabrics, N.Y.C.

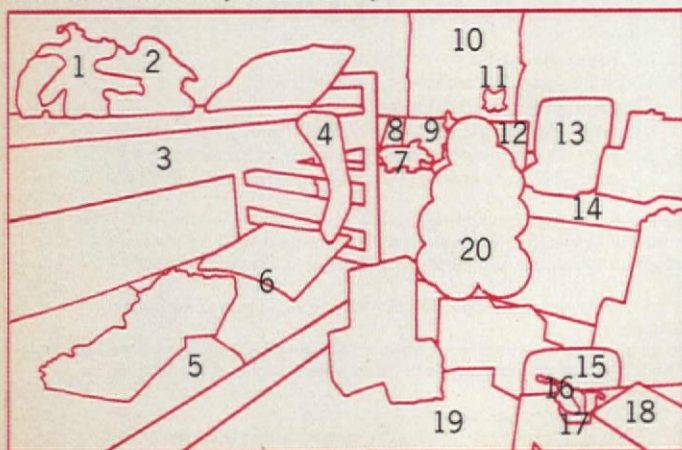
DINING ROOM (PAGES 56-57)

1. Moiré wall covering, Cohama Decorative Fabrics, N.Y.C. 2. Paul Revere silver-plated ice bucket, 1847 Rogers Bros., International Silver Co., Meriden, Conn. 3. Silver-plated bamboo candlesticks, Towle Manufacturing Co. Silversmiths, Newburyport, Mass. 4. "Irish" silver-plated serving bowl, Lunt Silversmiths, Greenfield, Mass. 5. Antique crystal vase, David Weiss Importers, Inc., N.Y.C. 6. Regent silver-plated teakettle, stand, Reed & Barton Silversmiths, Taunton, Mass. 7. Hand-cut, full-lead crystal stemware, Val St. Lambert, N.Y.C. 8. Pair of silver-plated candlesticks; 9. Paul Revere silver-plated bowl with green Plexiglas liner (both: The Gor-

ham Co., Providence, R.I.). 10. "Trajan" sterling-silver sandwich tray, Reed & Barton Silversmiths. 11. Silver-plated ice tongs in barley-grain design, Hammacher Schlemmer, N.Y.C. 12. Cut-crystal bowl holding flowers, David Weiss Importers, Inc. 13. Silver-plated coffee service, Oneida, Ltd., Oneida, N.Y. 14. Chrome/glass table, Selig Manufacturing Co., Inc., N.Y.C. 15. "Madrid" stainless-steel flatware, Oneida, Ltd. 16. Apothecary jar, David Weiss Importers, Inc. 17. Wineglasses, decanter, Gift Shop, Metropolitan Museum of Art, N.Y.C. 18. Sterling-silver candlesticks, The Gorham Co. 19. Silver-plated, footed oval dish, Reed & Barton Silversmiths.



CHILDREN'S ROOM (PAGES 58-59)

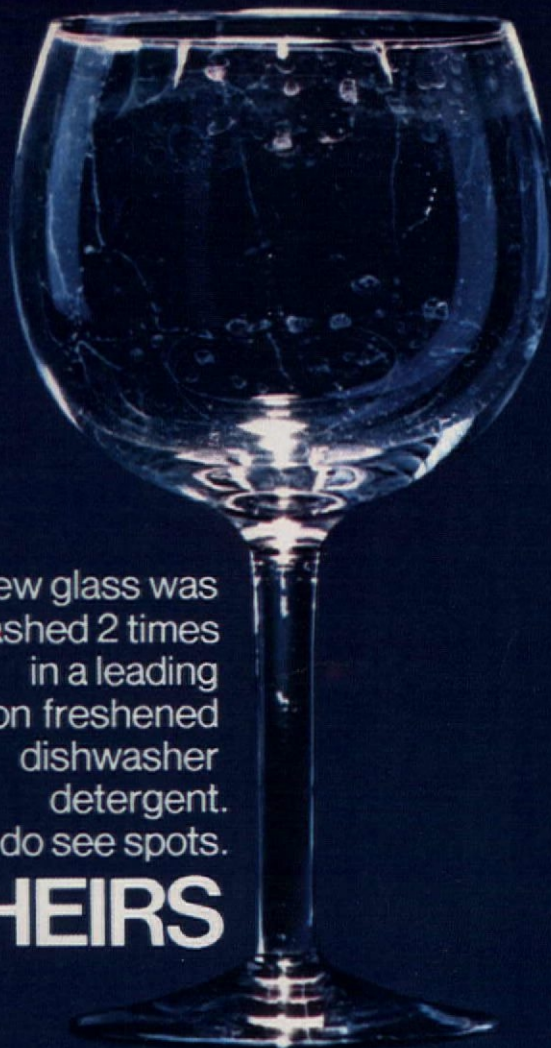


1. Sassy Doll, Sas Colby at The Egg and The Eye, Los Angeles and San Francisco, Calif., and Scarabaeus, Ltd., N.Y.C. 2. Stuffed animal, Gloria Shavel, N.Y.C. 3. Bunk beds, The Children's Work Bench, N.Y.C. 4. Needlepoint initialed Christmas stocking, Peri's Homework, Larchmont, N.Y. 5. White blankets; 6. Marimekko "Brook" sheets, pillowcases (all: Fieldcrest Mills, Inc., N.Y.C.). 7. Red "Piglet" stuffed toy, Lighthouse Craft Shop, N.Y.C. 8, 9. *Kipling's Just So Stories and More of Kipling's Just So Stories*, Caedmon Records, Inc., N.Y.C. 10. Vinyl wall-all, Vizuall, N.Y.C. 11. Gingham-bow tree ornament, Bloomingdale's, N.Y.C. 12. *Slash* by

Wendy Ann Kesselman, Harlin Quist, Inc., N.Y.C. (available at dollsandreams, N.Y.C.). 13. Record player, General Electric Co., Syracuse, N.Y. 14. Plastic hanging shelf (three units), Beylerian, Ltd., N.Y.C. 15. Polyethylene table, chair, Republic Molding Corp., Chicago, Ill. 16. Gingham tree ornaments, Bloomingdale's. 17. Green basket, Edcom Systems, Inc., Princeton, N.J. 18. *The Tiny Seed* by Eric Carle, Thomas Y. Crowell Co., Inc., N.Y.C. 19. "The Now Floor" vinyl flooring, Congoleum Industries, Inc., Kearny, N.J. 20. Balloon tree, attached to giant letter-block package wrap, designed and created by Nina Pellegrini (how-to, page 32).

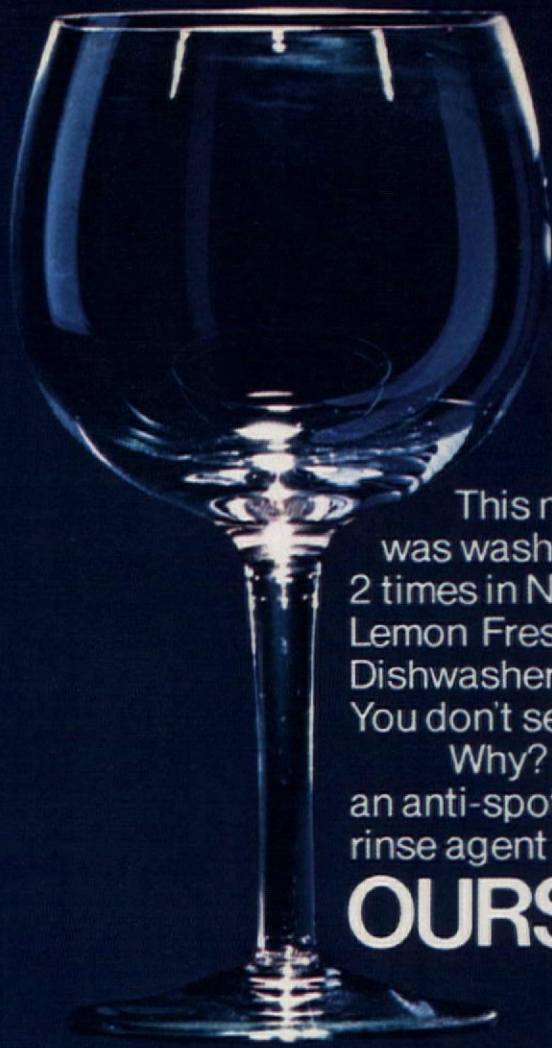
This new glass was washed 2 times in a leading lemon freshened dishwasher detergent. You do see spots.

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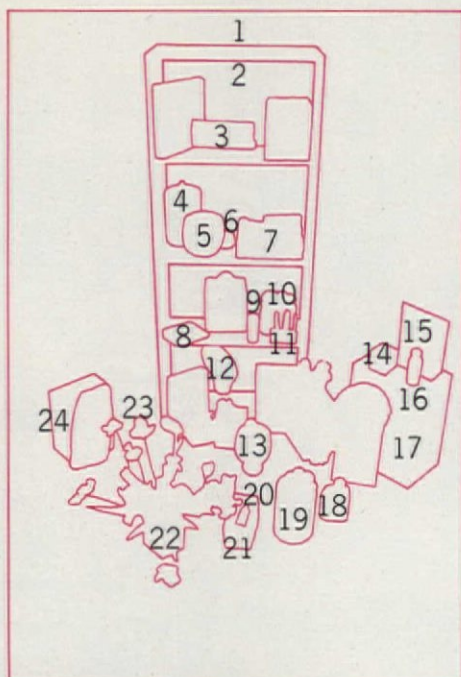
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7¢

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BATHROOM (PAGE 60)

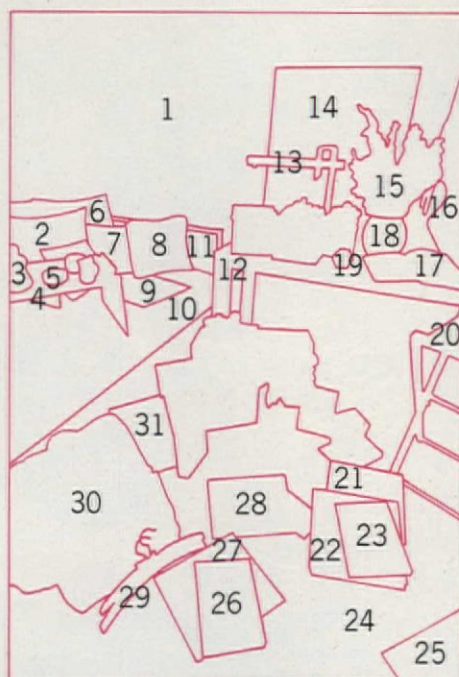
BATHROOM

1. Self-sticking Mylar on walls and floor (available at Janovic Plaza, N.Y.C.). 2. "Metronome" chrome-finish étagère with smoked-glass shelves, Sears, Roebuck & Co., Chicago, Ill. 3. Bath towels, Fieldcrest Mills, Inc., N.Y.C. 4. English Country potpourri, The Soap Opera, N.Y.C. 5. Glass bowl, Harvey L. Reid Co., N.Y.C. 6. Mémoire Chérie dusting powder, Elizabeth Arden, N.Y.C. 7, 8. Vera towels and washcloths, Burlington Industries, Inc., N.Y.C. 9. Pub CSDT Cooling Spray Deodorant Talc, Revlon, Inc., N.Y.C. 10. Tortue Foaming Milk Bath, Tortue Body Lotion, Polly Bergen Co., N.Y.C. 11. Lucite toothbrush holder, Martin S. Garment Co., N.Y.C. 12. Facial sauna, Northern Electric Co., Chicago, Ill. 13. Footed bowl containing Christmas balls, Design Research, Inc., N.Y.C. 14. Xanadu Cologne Extraordinaire, Fabergé, Inc., N.Y.C. 15. Purple-framed mir-

ror, Martin S. Garment Co. 16. Intimate Milk Bath, Revlon, Inc. (Behind it: Pub Spray Deodorant in silver aerosol, Revlon, Inc.; Coolbody Spray Talc, Bill Blass, Inc., N.Y.C.) 17. Mirror/chrome hamper, Martin S. Garment Co. 18. Square crystal bowl, Bonniers, Inc., N.Y.C.; soap balls, Carolina Soap and Candle Makers, Southern Pines, N.C. 19. Assorted soaps (in glass cylinder) from The Soap Opera, Bloomingdale's and Caswell-Massey Co., Ltd., N.Y.C. 20. Aramis 900 Absolute Comfort Shave Cream, from the 900 Face Improvement Kit, Aramis, Inc., N.Y.C. 21. Lucite guest-towel holder; 22. Lucite container (both: Martin S. Garment Co.). 23. Silk iris, Bloomingdale's. 24. Vera towel (Burlington Industries, Inc.) over Lucite wastebasket, Martin S. Garment Co.

GUEST ROOM

1. Blue marbled wallpaper, Louis W. Bowen, Inc., N.Y.C. 2. Hand-embroidered leather pil-

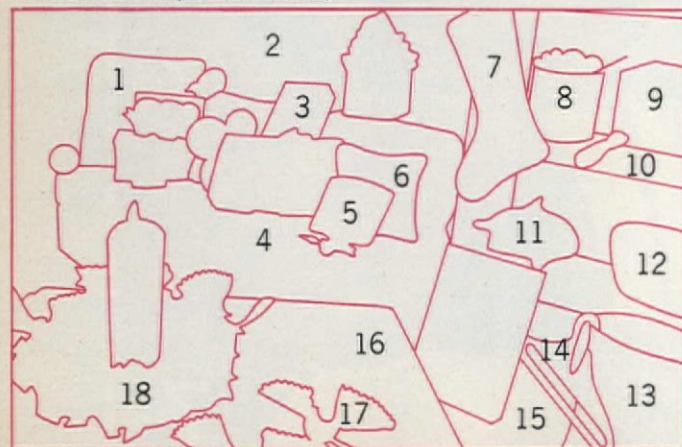


GUEST ROOM (PAGE 61)

low, Bloomcraft, N.Y.C. 3. Carafe, Hammacher Schlemmer, N.Y.C. 4. Lucite breakfast tray, Arthur M. Miller Associates, Ltd., N.Y.C. 5. Breakfast china, Bloomingdale's, N.Y.C. 6, 7, 8. Pillows, Accessories In Fur, Inc., N.Y.C. 9. Judy Collins's *Who Knows Where the Time Goes*, Elektra Records, N.Y.C. 10. Blanket, Pearce Woolen Mills, Woolrich, Pa. 11. Polished tubular steel daybed, Schule-McCarville Designs, Long Island City, N.Y. 12. Ultrasuede-covered Parsons table by Skinner, Springs Mills, Inc., N.Y.C. 13. Lucite/chrome desk lamp, Robert Sonneman Associates, Inc., N.Y.C. 14. "The Big Joe," intaglio, by Mihail, Nabis Fine Arts, Inc., N.Y.C. 15. Dried flowers, Bloomingdale's. 16. Male antelope headdress, Cosco Collections, Hamilton Cosco, Inc., Columbus, Ind. 17. *The Visconti Hours*, George Braziller, Inc., N.Y.C. 18. Vase, Carbone, Inc., N.Y.C. 19. Lucite alarm clock,

Westclox, division of General Time Corp., LaSalle, Ill. 20. Lucite/needlepoint luggage rack, Alice Maynard, N.Y.C. 21. *Dali* by Max Gerard; 22. *Marino Marini* by A. M. Hammacher (both: Harry N. Abrams, Inc., N.Y.C.). 23. *The Life and Times of Elizabeth I* by Neville Williams, Doubleday & Co., Inc., N.Y.C. 24. "New Vista" area rug, Couristan, Inc., N.Y.C. 25. Lucite chess set, House of Games, Inc., N.Y.C. 26. *Tea* by Jamie Shalleck, The Viking Press, Inc., N.Y.C. 27. *Gustav Klimt* by Werner Hofmann, New York Graphic Society, Ltd., Greenwich, Conn. (available at Doubleday Book Shops, N.Y.C.). 28. Lucite linen press used as writing board, The Kenton Collection at Georg Jensen, Inc., N.Y.C. 29. Velvet hangers, Hammacher Schlemmer. 30. Luggage, Estancia, N.Y.C. 31. *Egyptian Museum-Cairo*, Newsweek, Inc., distributed by Simon & Schuster, Inc., N.Y.C.

FAMILY ROOM (PAGES 62-63)



1. Grospoint pillow, Peri's Homework, Larchmont, N.Y. 2. "Tram" cotton wall covering, Bousac of France, Inc., N.Y.C. 3. "Madras" Orange Crate Art Jigsaw Puzzle, Gameophiles Unlimited, Inc., Berkeley Heights, N.J. (available at Brentano's, N.Y.C.). 4. "Champagne" vinyl armless demi-sofa, Sears, Roebuck & Co., Chicago, Ill. 5. Pillow needlepointed to resemble wrapped package, Peri's Homework. 6. Needlepoint pillow, Design Works of Bedford-Stuyvesant (available through Crain/Harmon, Inc., N.Y.C.). 7. Grospoint Christmas stocking, Peri's Homework. 8. Lucite/needlepoint ice bucket, Alice Maynard, N.Y.C. 9. "Challenger" TV,

Philco-Ford Corp., Philadelphia, Pa. 10. Plastic étagère, International Products & Services, Cleveland, Ohio. 11. Electric corn popper, Mirro Aluminum Co., Manitowoc, Wis. 12. Plastic bowl, Ted Arnold, Ltd., N.Y.C. 13. "Can-tainer" metal umbrella stand, Rubel & Co. Decorative Accessories, Inc., N.Y.C. 14. Plastic hanger, Alan Spigelman, Inc., N.Y.C. 15. "Gordon Hills" Enka-S "Super Bulk" nylon shag carpet, Wellco Carpet Corp., Calhoun, Ga. 16. Triangular "Multiplication" tables (two combined), Samsonite Corp., Denver, Colo. 17. Wooden doves, Edcom Systems, Inc., Princeton, N.J. 18. Acetate wreath for candle, by Nina Pellegrini (how-to, page 50).

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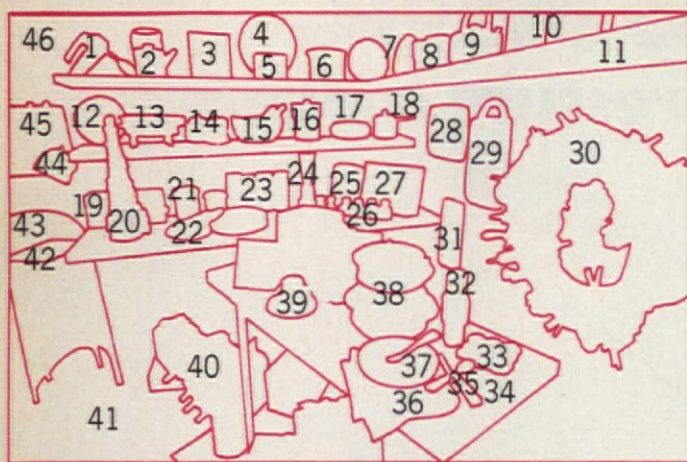
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KITCHEN (PAGES 64-65)

1. Portable mixer, Hamilton Beach division, Scovill Manufacturing Co., Waterbury, Conn. 2. Polished aluminum teakettle, Eva Housewares, Inc., San Rafael, Calif. 3. TV, Sony Corp. of America, N.Y.C. 4. Wooden salad bowl, Bloomingdale's, N.Y.C. 5. Kitchen scale, Terrillon Corp., N.Y.C. 6. Ice bucket, Rubel & Co. Decorative Accessories, N.Y.C. 7. Chromatics plates, Block China Co., N.Y.C. 8. Mugs, Georges Briard Designs, Inc., N.Y.C. 9. Black teakettle, Copco, Inc., N.Y.C. 10. Canisters, Speko Products, Inc., Chicago, Ill. 11. Butcher-block shelves, J & D Brauner, N.Y.C. 12. Plate, Tablerie at Bonwit Teller, N.Y.C.

13. Cerama 3-quart chafing dish, Wear-Ever Aluminum, Inc., Chillicothe, Ohio. 14. Wooden canisters, Bloomingdale's. 15. Translucent salad bowl, Eagle Affiliates, division of A.P.L. Corp., Brooklyn, N.Y. 16. Juicer, Ronson Corp., Woodbridge, N.J. 17. Porcelain salad bowl, Georges Briard Designs, Inc. 18. Scandia 2½-quart saucepan, The West Bend Co., West Bend, Wis. 19. Toaster (4-slice), Nesco Division, Hoover Co., North Canton, Ohio. 20. Pasta tree by Nina Pellegrini (how-to, page 50). 21. Ceramic canisters, Bloomingdale's. 22. Covered skillet, Dansk Designs, Ltd., Mt. Kisco, N.Y. 23. Lucite canister set, Tic Tac Toe, Bay-side, N.Y. 24. Mini-blender, Van Wyck International Corp., N.Y.C. 25. Ice crusher, Rival Manufacturing Co., Kansas City, Mo. 26. Kitchen Chemistry, Pilgrim Glass Corp., Moonachie, N.J. 27. Lucite cookbook stand, Kan-ro Manufacturing, Inc., N.Y.C. 28. Battery-operated clock, Howard Miller Clock Co., Zeeland, Mich. 29. Wooden carving board, Bloomingdale's. 30. Vine/utensil wreath by Bill Goldsmith (how-to, page 50). 31. Lucite cutting board, Tic Tac Toe. 32. Glass pepper mill, Harvey L. Reid Co., N.Y.C. 33. Chrome trivet, Tic Tac Toe. 34. Butcher-block cart with drop-leaf sides, J & D Brauner. 35. Cutlery, Supreme Cutlery Corp. (available at B. Altman & Co., N.Y.C.). 36. Polka-dot napkins, Tablerie at Bonwit Teller. 37. Chromatics plate, Block China Co. 38. Casseroles (2-quart atop 4-quart), Dansk Designs, Ltd. 39. Chromatics cup, Block China Co. (atop chrome trivet, Tic Tac Toe). 40. Lucite wine rack, Rubel & Co. Decorative Accessories. 41. "Geodessy" vinyl-asbestos tile flooring, Armstrong Cork Co., Lancaster, Pa. 42. *The Wine Book* by Alexander Dorozynski and Bibiane Bell, Golden Press, N.Y.C. 43. Bentwood/cane stool, Be Seated, N.Y.C. 44. "Midnight" napkin, H.J. Stotter, Inc., N.Y.C. 45. Plastic wall-all, Format Sales, Inc., N.Y.C. 46. Argo Stripe strippable vinyl wall covering, United DeSoto, Chicago.



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Panda Needlepoint Kits

by DOROTHY LAMBERT BRIGHTBILL Today, almost everyone visiting the National Zoo in Washington, D.C., falls in love with Hsing-Hsing and Ling-Ling, the two playful pandas that were Peking's gift to the United States. On this page we present a few pandas of our own, just waiting for you to needlepoint and take into your home. The appealing pair above is done on Penelope canvas; the finished embroidery is about 10 inches square. The kit includes all necessary wool yarn and easy instructions; the antique-gold-finished frame is also available. That cuddly fellow below can be either a pillow or a stuffed toy, and you embroider him on rug canvas with a heavy rug yarn that covers very quickly. Kit includes backing and easy-to-follow instructions for jiffy needlepoint and assembly.



Ben Swedowsky

Pandas are pretty popular these days, and this little needlepoint one is sure to win your heart. Finished stuffed toy (or pillow) is about 14½ inches tall.

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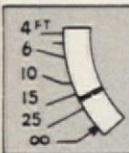
With the all-new Focus-Matic® 672/XL Camera from Bell & Howell.

A fast f/1.3 lens, plus a brand new shutter designed to make the most of the least light, lets you shoot indoors with the new, faster super 8 movie films. Without movie lights.

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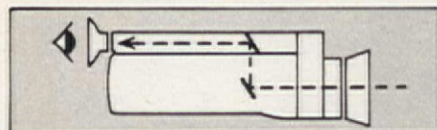
This exclusive Bell & Howell feature ends the guesswork about distances, to help you eliminate fuzzy scenes.

Because it tells you exactly how far it is from the camera to your subject. To operate, just push a button, read the scale and set the lens.

Built-in protection against over- or under-exposure.

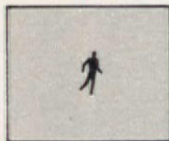
If there's too much or too little light for properly exposed pictures, a signal light inside the viewfinder warns you. So you can say goodbye to movies that don't turn out right because they're too dark or too light.

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You see exactly what the camera sees. This means you can compose your pictures in the viewfinder and follow the action, knowing you'll capture it all on film.

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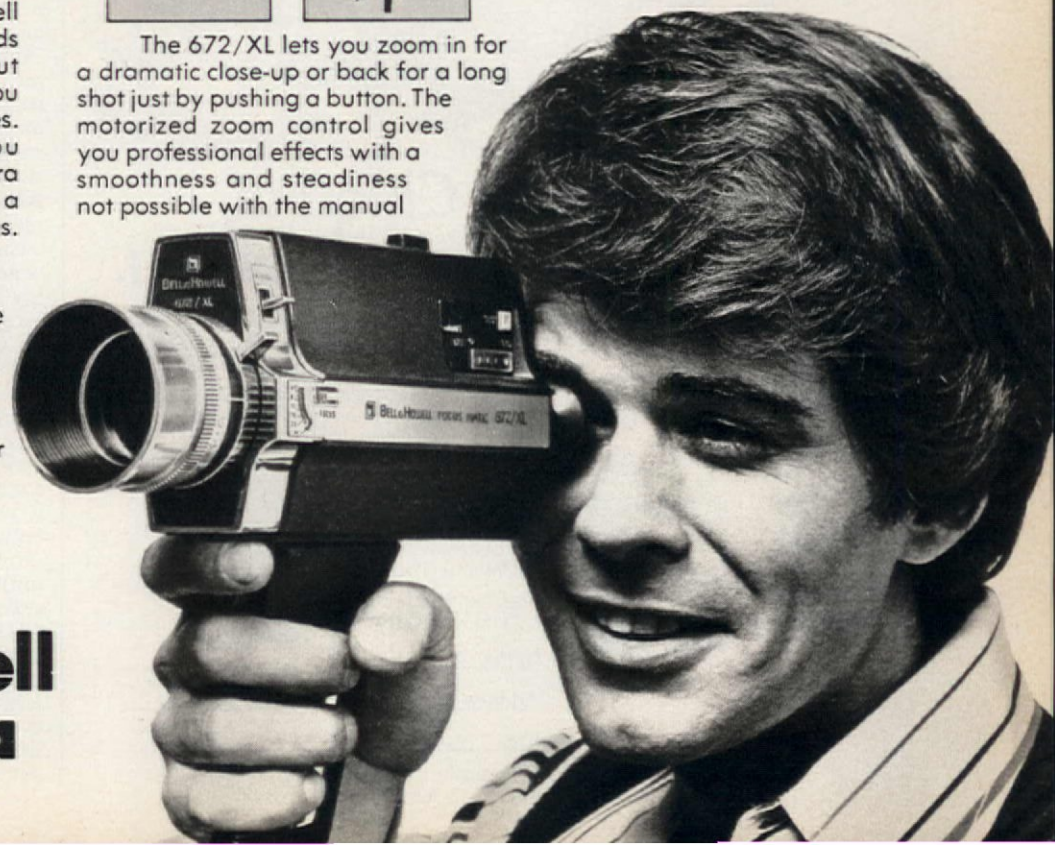
zoom found on some other home movie cameras.

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10 BEST CHRISTMAS PLANTS continued from page 67

Mother Nature can be a problem-solver for the Yuletide shopper with a long list of favored friends and relatives. The plants we've chosen can be purchased from a florist for about \$3 to \$15. An attractive, utilitarian container is a nice added touch.

CHRISTMAS PEPPER: Late in the year this small tropical shrub is covered with ornamental red, yellow and green fruit. To make the most of the plant's good looks, give it warmth and even moisture, and shield from direct sun.

AZALEA: With good light and no hot afternoon sun, this plant will bloom several weeks if kept moist and in a cool spot (50 to 60 degrees), and fed every two weeks with liquid houseplant fertilizer. If you live in a temperate climate, you can transplant an azalea to a shady outdoor location in spring.

NORFOLK ISLAND PINE: Here's a hardy choice for that someone on your list who has trouble growing things. This easy-care plant resembles a full-sized tree in miniature. Indoors it reaches two to five feet, requiring moderate light and reasonable watering.

HOLLY: Always considered a sign of friendship, holly is now a traditional holiday decoration. A male and a female plant are both essential if berries are ever to grow. Holly needs light and should be kept moist and cool. Transplant outdoors in spring.

CYCLAMEN: With colorful flowers and handsomely shaped leaves, this is one of the showiest Christmas houseplants. Give it good light, but not afternoon sun, and it will bloom until Easter.

DWARF ORANGE: This is an excellent tub plant that produces flowers and fruit intermittently. To keep plant healthy, give it good light and even watering. Feed biweekly—less often in late fall and early winter.

POINSETTIA: Often called "Christmas Star" because of its showy, star-shaped bracts, it can bloom up to six months with proper care. Poinsettia needs warmth and a lot of light, but should be watered only when soil is dry.

AMARYLLIS: Buy it in bloom or, to please a child, buy a potted bulb that hasn't begun to show its stem. With water and light, the bulb will sprout and lily-shaped flowers will appear eventually. Keep watered and feed biweekly.

GLOXINIA: Here's a fine houseplant with spectacular bell-shaped flowers that bloom for months if plant is kept moist and fed every two weeks. When last blossom is gone, cut off foliage and stems. If new growth doesn't appear soon, allow the plant to dry out and store it where light is dim and temperature between 50 and 60 degrees. When new growth finally appears, move plant back into light; begin watering and feeding to encourage bloom.

CHRISTMAS CACTUS: In early December, carmine-red pendants begin blooming on its glossy green, leaflike joints. To prolong flowering, feed plant every two weeks and keep soil moist. Move it outdoors under a shade tree in summer, until cool nights begin. **END**

WHAT'S STIRRING IN COOKBOOKS?

Probably the most distinguished book to give (or to get) this Christmas is James Beard's *American Cookery* (Little, Brown and Co., \$12.95). This is a beautiful, big book—877 pages—with attractive illustrations, which puts our best traditional cooking on the gourmet map. Cooks using *American Cookery* had better leave themselves some reading time, however—it's so easy to get carried away with the bits of background and lore that Beard serves up with his recipes. Ingredients are listed succinctly and separately at the side of each page. This is indeed a book to savor and curl up with.

Quite a different kind of book—but equally big and imposingly beautiful, with gorgeous color photographs—is Graham Kerr's *The Complete Galloping Gourmet Cookbook* (Grosset & Dunlap, Inc., \$25). New Zealand's TV gift to America has written both a very personal memoir and a cookbook with international *haute*. A drawback for some people is that all liquid measurements are given in fluid ounces and in metric measure, because of Kerr's crusade for precision. Conversion to cup units is listed on the endpapers.

From another well-known culinary expert comes a song of praise to the regional wonders of the American South—Helen Worth's *Damnyankee in a Southern Kitchen* (Westover Publishing Co., \$8.95). Intelligently researched and warmly written, it will provide plenty of good reading and good eating.

Indicative of this year's interest in Southern fare is another volume lauding the genre: *The Plantation Cookbook*, prepared by the Junior League of New Orleans (Doubleday & Co., Inc., \$7.95).

Devotees of the region won't want to pass this one by, because in addition to the recipes, it offers a lengthy description of the city's rich architectural beauty.

Still another aspect of the American epicurean scene is investigated in *Wine and Wine Cooking* by Anne M. Logan (Westover Publishing Co., \$8.95). This informative book is subtitled "Entertaining and Cooking with American

Wine." Here our wines are described and given the treatment in depth they increasingly deserve. Wine is called for in nearly 200 recipes, ranging from Old Style Yam-Apple-Sausage Casserole to Brown Velvet Banana Pie.

Natural foods are a going concern today. A book whose good looks do visual justice to the simple sensuousness of the foods themselves is (continued)

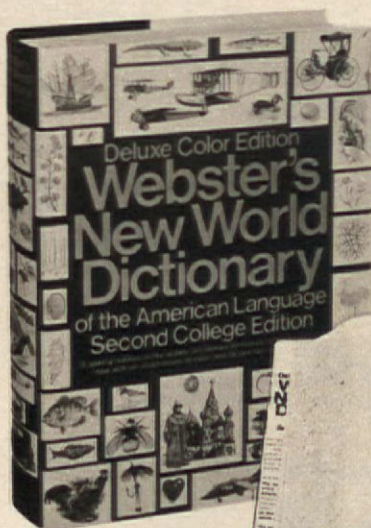
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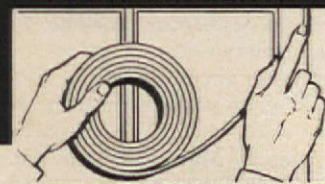


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SAVE \$1. Enclose only \$7.96 for 2 Acrylic Color Sets and we pay postage. Extra set makes wonderful gift.

Earth Water Fire Air (Macmillan Co., \$7.95). Written by Barbara Friedlander and photographed by Bob Cato (the beautiful photographs are in crisp black and white), the book has 122 original recipes, using only natural ingredients.

Given the interest in the organic way, it comes as no surprise to find *The Complete Yogurt Cookbook* by Karen Cross Whyte (Ballantine Books, Inc., paperback, \$1.25), a charmingly illustrated primer on the lore and the use of yogurt.

Chinese cooking is gathering more and more enthusiasts every day. Stir-fry may soon be as much a part of our country's polyglot culinary style as deep-fry. A first-rate compendium of the art is *The Chinese Cookbook* by Craig Claiborne and Virginia Lee (J.B. Lippincott Co., \$12.50). Craig Claiborne is, of course, the former *New York Times* man-about-food, and Virginia Lee is an expert Chinese cook. Together they have come up with a thorough, entertaining, authoritative work with easy-to-follow recipes and procedures.

Lovers of Italy and Italian cooking will enjoy a gastronomic treat in *Italian Home Cooking* by Luigi Carnacina (Doubleday & Co., Inc., \$7.95), which explores the country region by region.

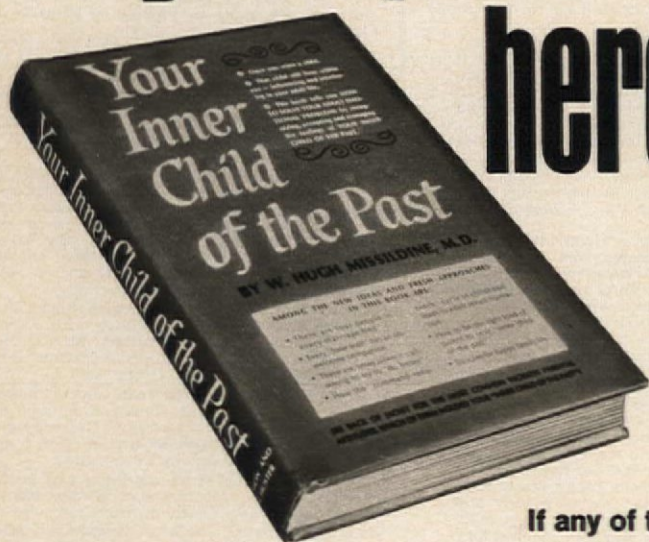
More European flavor turns up in Sandy Lesberg's *A Short Drive in the Country* (The Dial Press, \$12.95). Here are recipes from 10 countries, many from small-city restaurants and local inns. They provide an interesting introduction to each country's basic cuisine. The same author also has done *Great Classic Recipes of the World* (The Dial Press, \$12.95), a sumptuous book of handsome color photographs with recipes from great restaurants around the globe.

Focusing on just one country is Margalit Banai's *What's Cooking in Israel?* (Thomas Y. Crowell Co., \$6.95), though the fascination is in the blend of a great many culinary traditions. The dishes range from Quiche Lorraine Tel Aviv Style to Sephardic Omelette. The book also contains lots of information and anecdotes about Israel and its food.

Closer to home, there's the *Washington Cookbook* (E. P. Dutton & Co., \$10). Written by Marny Clifford, the wife of Clark Clifford, former Secretary of Defense, it has personal recipes and recipes from well-known D.C. personalities—geared, naturally, to party giving.

And finally, may we remind you that we have our very own cookbook, the *American Home Cookbook* (M. Evans & Co., Inc., \$7.95)? It's newly revised, with more than 2,000 recipes, 16 color pages and 250 black-and-white how-to illustrations. A great, all-purpose book, we say modestly. —Helen Carlton

Do you recognize your problem here?



- 1 You drive yourself very hard. People consider you successful. But you feel lazy, ineffective, inadequate. No matter what others may think, inwardly you believe you're a failure.
 - You'll change your opinion of yourself when you read Chapter 10.
- 2 You dawdle, daydream, can't get started. You draw up lists of things to do each day, but can't get around to doing them. Something in you fights against doing whatever you know you ought to do.
 - Even if you're a procrastinator, don't put off reading Chapter 11.
- 3 You do impulsive, foolish things, like going on spending sprees you can't afford. You can't settle down to persistent work. You have regrettable bursts of temper. You feel very hurt if people don't do as you wish.
 - For probable cause—and possible cure—see Chapter 12.
- 4 You are blasé, bored with everything. You wish you could develop enthusiasms, but you just drift along. You're passive. Though not a demanding person, you take it for granted that others will do things for you.
 - Chapter 13 will show you how to put living back in your life.
- 5 You are always tired, have aches and pains, and are constantly doctoring yourself, though doctors insist there is nothing physically wrong with you. You seldom take part in activities, because you don't feel well.
 - You'll feel better after you read Chapter 14.
- 6 You frequently feel that you are "no good" and deserve punishment. If a woman, you clean house until you nearly drop. If a man, you tend to seek grueling jobs. You are often filled with hateful desires to "get even"
 - To learn why you hate yourself, read Chapter 15.
- 7 You can't feel close to people. You are lonely, but you keep others at arm's length. You drift in and out of relationships casually. People just don't seem to mean that much to you.
 - Read Chapter 16 — and start to crack that shell.
- 8 You see yourself as a lone wolf, sort of an outlaw. You don't feel accepted by anybody, including yourself. Other people often accuse you of being self-centered and hostile.
 - You'll begin to relax when you read Chapter 17.
- 9 You tend to emphasize the physical aspects of sex, and are often preoccupied with sexual fantasies, but your actual intimacies are generally disappointing. You cannot form or maintain a loving personal relationship.
 - For a way out of this difficulty see Chapter 18.

If any of these descriptions fits you — this book can help you!

WHEN YOU were a child, you dreamed — as every child does — of the day when you would be "grown up". Adulthood, it seemed to you, meant total freedom and power — a time when all the fears, frustrations, and disappointments you knew as a child would be left far behind.

Today, of course, you know it doesn't happen that way.

You know now that we don't overnight become the all-powerful adult of our childhood dreams. The child we once were can — and usually does — continue for years to frustrate our adult satisfactions, to embarrass and exhaust us.

This is the basis of a liberating new approach to psychotherapy that DR. W. HUGH MISSILDINE developed while serving as director of the Children's Mental Health Center in Columbus, Ohio.

Through years of psychiatric work with children and their parents, he had many priceless opportunities to observe adult psychological problems in the making. He found nine distinct ways in which parents — by their attitudes toward their children — inflict damage that can cause lifelong unhappiness. It is this damage that persists into the adult you, which concerns the author in this book.

In **YOUR INNER CHILD OF THE PAST**, Dr. Missildine takes up each of these nine common patterns of distortion — with many revealing case

histories. And he shows you — in language free of psychiatric jargon — the best way to clear up your own difficulty.

The road to full adulthood

Dr. Missildine knows how futile it is merely to admonish a person to "grow up". You cannot root out or destroy your "inner child." It is impossible to kill a part of yourself.

You must learn to respect your "inner child of the past" — to manage it, and retrain it, the way a good parent would his own child.

You must — in effect — become a better parent to yourself.

At the same time, you must respect the parents who raised you. This book was not written for you to use as "ammunition" against them, whether they are living or dead. Any such spirit of rebellion or vindictiveness is itself a survival of childhood, and will seriously hamper your progress.

When you first begin treating your inner child in a new way, you may feel strange for a while. This is because you have come to feel "at home" over the years using the old restrictive habits of the past. Changing those habits will take a certain amount of intelligence, courage, and resolution. But the ultimate freedom and enrichment of life that you experience will be well worth the effort.

The dynamic principles presented here have

meant happier and more productive lives for hundreds of Dr. Missildine's patients. They can mean the same for you.

Ten-day free examination

We invite you to examine **YOUR INNER CHILD OF THE PAST** now at your bookstore — or mail this coupon for your examination copy. If you are not convinced that this book can help you, return it within 10 days and owe nothing. Otherwise, remit \$7.95 plus mailing costs. Write to Simon and Schuster, Dept. 740, 630 Fifth Ave., New York, N. Y. 10020.

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'You Can Get Almost Immediate Relief from Aches and Pains All Over the Body!'

"I have brought relief to countless suffering people with this method—and have watched their joy of regained health and vitality—when all hope had seemingly been lost!"
 "Let me show you how it can bring about the normal function of a specific location or organ..."
 Says MILDRED CARTER, Professional Reflexologist

Dear Friend:

My name is Mildred Carter. I am not a doctor, but for over 14 years, I have been helping people receive remarkable relief from seemingly hopeless aches and pains all over the body, with a method—which you can use, too—called Foot Reflexology.

Foot Reflexology is a method for healing the whole body. If you've ever suffered from foot trouble, you know that it's the feet that make the whole body ache. By rubbing and pressing gently on certain areas of your feet, I can show you how you may get almost immediate relief IN OTHER PARTS OF THE BODY!

Why? Because the feet contain Reflexes, which lead like telephone lines to all parts of the body. By pressing them, you help restore normal circulation and health to congested areas. No one can guarantee a cure, nor is it a medical substitute, but:

- I have seen it relieve crippled hands and feet, caused by painful arthritis, straighten whole bodies and bring them back to normal!
- The pain of hemorrhoids stop immediately!
- Most headaches vanish immediately!
- I have seen it relieve liver and gall bladder trouble!
- I have seen it clear up stuffed sinuses almost immediately!
- I have seen it relieve back troubles, in a matter of seconds!
- I have seen it bring fast relief to stomach troubles!
- I have brought lasting relief to sufferers of varicose veins with this method. This is also true with cramps or pains in the legs!
- I have seen it relieve bladder trouble quickly, with great relief after the first treatment—burning or itching seems to disappear completely!
- I have brought relief to men, in every case of prostate trouble I have ever treated!

...And still that's just the beginning! You'll find the full details of this amazing method of healing in a new book which I have written, called **HELPING YOURSELF WITH FOOT REFLEXOLOGY**.

Many Healings Reported!

Foot Reflexology is a safe, natural, and inexpensive way to help restore healthful circulation to every area of your body.

Did you ever notice how quickly water freshens when good water is poured into muddy water? Foot Reflexology does the same for circulation in your body. Blood flow slows over the years. Naturally, glands and organs become sluggish, Stimulating a new flow of blood to these "tired" places

brings new life, clears glands and organs of years of accumulated waste.

Here's What I Say In This Book:

Gall Bladder Healing "There are many cases where Reflex Massage of the liver and gall bladder has saved people from having an operation, with the stones seeming to vanish after a few treatments."—Quoted from Chapter 12

Anemic Conditions "Anyone who is anemic will find... improvement can be so rapid it is amazing. With pernicious anemia, results will be slower, but Nature will be there, changing new blood cells for old."—Quoted from Chapter 11

Helping the Heart "No matter what the nature of the trouble is, the heart can be aided with this method... I can give you many case histories of wonderful results from this scientific massage of the reflexes on heart patients."—Quoted from Chapter 13

Relief for Leg Pains "I believe I have treated more cases of leg aches than any other malady, and most were caused by the sciatic nerve. Many people suffer for years without any relief. Yet it is so amazingly simple to banish all inflammation from this nerve in an unbelievably short time. In many cases this method has brought relief in one treatment."—Quoted from Chapter 22

Varicose Veins "I have brought lasting relief to sufferers of varicose veins by starting the proper circulation with Reflex Massage, thus causing congestion to disappear. This is also true with cramps or pains of any kind in the legs."—Quoted from Chapter 16

Relief for Hemorrhoids "Hemorrhoids are nothing more than a congested vein (known as piles). This is actually a varicose vein in the rectum. These can become so large as to protrude, causing inconvenience, much suffering, and in many cases bleeding. Though painful, they are usually suffered in silence by those who have them. Yet with Reflex Massage they are one of the quickest to respond to treatment. Here we will learn how to use the Reflexology method to bring you prompt relief!"—Quoted from Chapter 21

How to Make Reflexology Your Rejuvenator "Would you like to be young again? Would you like to walk expectantly into the future, to enjoy new experiences, with a revitalized body? We do not have to be old... Reflexology rejuvenates the entire body, giving new life to glands and cells. Blood flow slows over the years. Naturally, glands and cells become sluggish. Reflexology stimulates a new flow of blood to these tired places, clears glands and cells of accumulated waste, brings them new life!"—Quoted from Chapters 3 and 24

You'll Discover...

- How Reflexology relieved a man's stuffed sinuses.

My name is Mildred Carter. I am not a doctor, but I have been helping people receive remarkable relief from seemingly hopeless aches and pains!



What A Physiotherapist Says:

"During my forty-eight years as a Physiotherapist in my own Treatment Centers... I have had every opportunity to observe the amazing benefits of manual massage. As a means of rehabilitation where physical trauma is involved, it ranks high in the annals of Medicine.

"The techniques described in Mrs. Carter's book have been developed by experts in the field of reflex massage, and we have no hesitation in recommending them... For the relief of pain, we know of no other means short of opiates to achieve this objective."

— CLARENCE R. MUNROE
Registered Technician, Physiotherapy

"After the first treatment, he could suddenly breathe through both sides of his nose" and he felt well again.

- How a woman who had hurt her spine, and was in so much pain that she called a bone specialist to take x-rays, received so much relief with Reflexology—after a single treatment—that she was able to get up and do her work. She felt so much better, in fact, that she cancelled her appointment for x-rays, and claims she is fully recovered.
- How a man with a hunchback—a huge, ugly bulge—received a complete healing with Reflexology. He was freed of pain, and "he was able to stand straight." The hump disappeared. "He was not deformed at all," I reported!
- How a man who suffered from ulcers, kidney trouble, hay fever, and constipation, received complete relief with Reflexology. "The symptoms of each illness disappeared one by one," and today he sleeps like a baby every night!
- How a man with a heart condition was healed with Reflexology. Doctors had always warned him he couldn't do the things other men did. With this method, "his heart returned to normal enough to allow him to do anything he wanted, without any trouble. Today, after more than 10 years, he is a strong and well man."

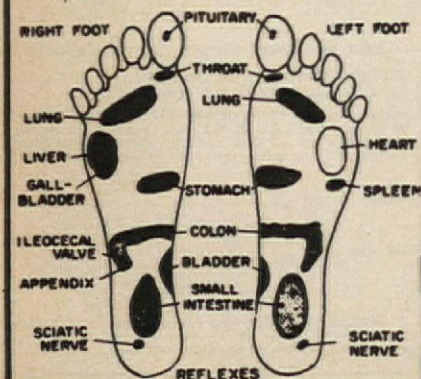
Safe To Use!

"Reflexology will free you from sickness and suffering, and fear of pain, when used correctly." What's more, Foot Reflexology is absolutely safe. It is the "drugless" way to better health, and requires no exercise, no expensive equipment of any kind. It is so simple, and natural, that it is safe to use on anyone, from the youngest baby to the oldest person. In fact, it is a Rejuvenator that can actually win you years of new youth!

ACTUAL PHOTOS Show How This Simple Method Is Used!

Reflexology for all parts of the body.

- Pancreas
- Spleen
- "Stones"
- Appendix
- Intestine
- Colon
- Bladder
- Prostate
- Rectum
- Sex Organs
- Spine
- Fingers
- Knees
- Headaches
- Arthritis
- Varicose Veins
- Thyroid
- Lungs
- Arms
- Head
- Eyes
- Ears
- Nose
- Sinus
- Throat
- Neck
- Legs
- Toes
- Heart
- Colds
- Hemorrhoids
- Constipation
- New Youth
- Stomach
- Kidneys
- Cramps
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LONG PLEATED DRESS in style today for almost every occasion: office wear, cocktails, dinner. (It can also be hemmed to knee-length.) Off-white bodice is 100% polyester crepe. Authentic tartan plaid skirt of 100% orlon acrylic challis already permanent sunburst pleated and hemmed—just sew together. Kit includes pre-cut fabric, lining, zipper, thread, seam binding, snaps. Estimated ready-to-wear value, \$79.95.

Style 497. Your kit cost **\$22.95** ~~\$28.95~~



SKIRT WITH NEEDLEPOINT BELT lets you display your needlecraft skill proudly wherever you go. And at such savings! Needlepoint belt kits alone ordinarily sell for over \$10. Sunburst Yellow or Marine Navy fabric is 50% cotton and 50% polyester brushed denim with a soft suede feel. Pre-finished slot seam pockets. Color-dyed matching zipper is completely concealed. Kit includes pre-cut fabric, original hand-screened belt, needlepoint yarn, zipper, thread. Estimated ready-to-wear value for skirt and belt, \$45.

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RAINCOAT so elegant it would cost you a small fortune readymade. Fabric is British Tan gabardine weave, 50% cotton, 50% polyester. Treated with ZE PEL® Du Pont's invisible rain/stain repeller. French piped buttonholes already finished. Kit includes pre-cut fabric, pre-cut finest taffeta lining, 10 imported bone buttons, special hair canvas interlining, seam binding, special raincoat thread tested for this fabric. Estimated ready-to-wear value, \$110.

Style 476. Your kit cost **\$19.95** ~~\$25.95~~



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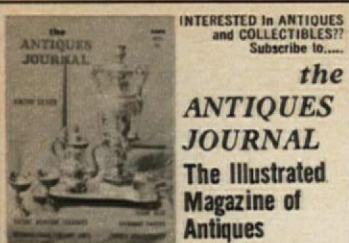
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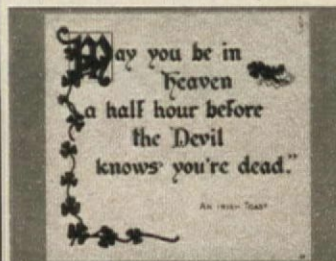
LYNN HEADLEY—Editor

**AMERICAN
HOME
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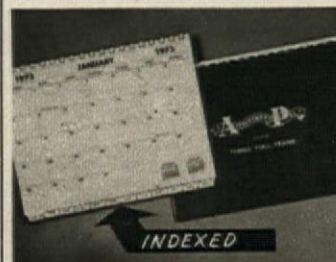
Pine medicine chests

Just what the decor-doctor ordered! Mirrored; magnetic latches; rack; locking drawers. Maple or walnut finish. 28 1/2"x15x5 1/2 in., \$39.95. 28 1/2"x29 1/4"x5 1/2 in., \$69.95. Kit: \$24.95; \$39.95. Add \$3 hdg. plus \$1 w. of Miss. Yield House, A12-2, No. Conway, NH 03860.



For goodness sake!

Irish Toast ceramic tile helps to "guarantee" a safe trip to "above" instead of "below." In the meantime, tile serves as a great hot plate or wall plaque! Cork backing. 6x6 in. \$3.98 plus 40¢ hdg. Anthony Enterprises, Dept. AH12, 585 Market St., San Francisco, CA 94105.



By appointment only

Three-Year Calendar with roomy squares lets you keep track of reminders and appointments. Unclutters your mind for other things. Each sheet shows month at a glance. Leather-like cover. 8 1/2"x11 in. \$1.98. Walter Drake, AH65 Drake Bldg., Colorado Springs, CO 80940.



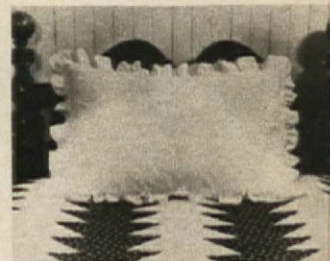
Birth date tree twinkles

Festive tree twinkles turn into a family tradition! "Merry Christmas bells in gold-plated metal are engraved with first name and year of birth of each child. Please print. in. \$1 each; 6, \$5.50. Add 25¢ hdg. Vernon, AD1, 560 S. 3rd Ave., Mt. Vernon, NY 10550.



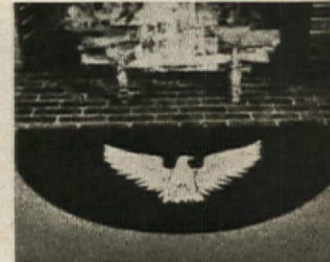
Sweet as syrup

Mini-Pitchers are precious containers for pretend or real posies; single servers for cream, syrup, etc. Hand-crafted stoneware in glaze earth tones. All different. 2-2 1/2 in. 3 for \$2.98; 6, \$5.50. Add 50¢ hdg. Country Gourmet, AD, 545 S. 4th Ave., Mt. Vernon, NY 10550.



Pillow partner

Perky and pretty muslin pillow sham makes a fluffy flatterer for your bed pillow. Measures 18x24 in. Its generous two-inch ruff turns a pillow into a decorative delight. Unbleached muslin, \$3.50. Bleached, \$4.50. Country Curtain AH12, Stockbridge, MA 01262.

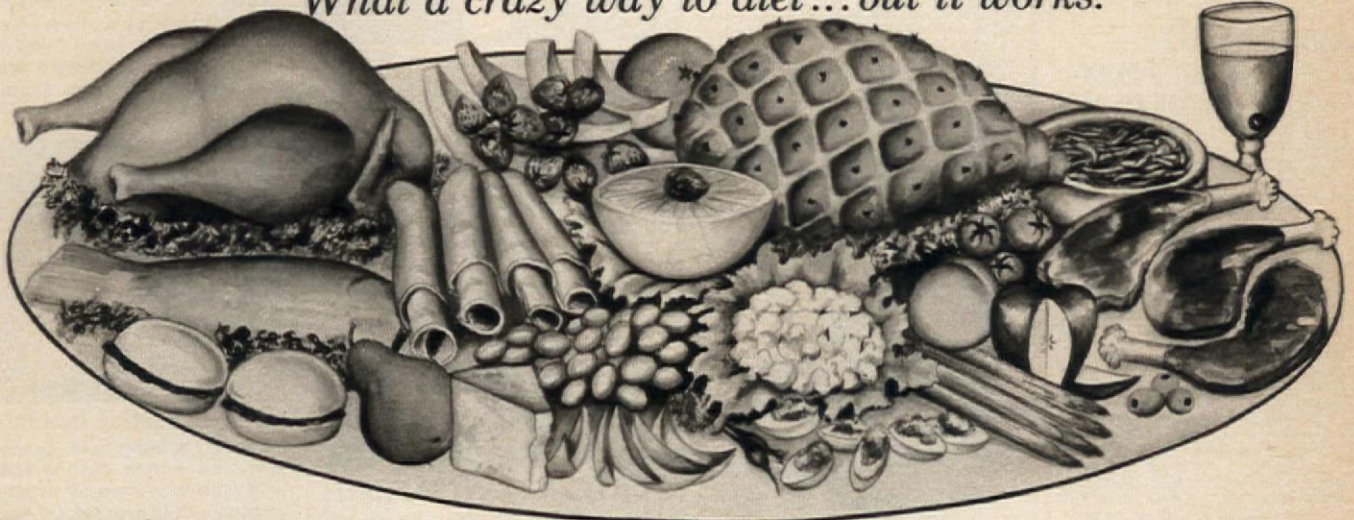


Fireside finery

It's so cozy by the fire, but it's good idea to spark-protect floor & carpet with a regal American Eagle rug on heavy, flameproof cotton duck. Pretty anywhere! Black with bright gold eagle. 27x53 in. \$6.99 plus 50¢ hdg. Holiday Gifts, Dept. 612-D, Wheatridge, CO 80033.

Eat your Fill of Tasty Foods -yet lose 10 pounds in 10 days with Newest Grapefruit Diet

What a crazy way to diet... but it works!



New, Special Way to Catabolize Fats out of your body—without unsafe drugs, annoying exercises or strict dieting.

FORT LAUDERDALE, FLORIDA (Special Report) — A new, **different** Grapefruit Diet, that really works, is sweeping the country. Overweight persons everywhere are losing excess poundage faster and easier than ever before, with this unique diet. Now they can eat **all** the foods they **love**—including thick steaks, potatoes, bacon, scrambled eggs, fried chicken, even alcoholic drinks. This special, high speed grapefruit diet begins to work within 24 hours—**even while sleeping.**

Absolutely no medicines. No muscle twitching exercises and no **strict starvation diets**, either! Instead, dieters can fill up on scrumptious, satisfying meals. Nevertheless they shed excess poundage fast—up to 10 pounds, or more, in 10 days. This is the reason why: this diet combination wakes up your lazy body **CATABOLISM** and flushes excess fat out of the body, **quickly and safely.**

MELT OFF UGLY FAT WITHOUT STRICT DIETING

This improved Grapefruit Super "C" diet requires no foul tasting medicines or boring exercises that wear you out. You **don't** cut out the foods you've always liked. You never suffer from starvation pangs. **Faddish, strict dieting is not necessary.** You feast on hundreds of delicious, satisfying dishes—meats, poultry, sea food. You enjoy soups, vegetables, salads with scrumptious dressings and fresh or canned grapefruit. You get breads, muffins, cereals, cheeses. And scores of heavenly desserts. You may also drink cocktails, wines, beer. And between meals, you can munch on scrumptious snacks and tidbits. Eat all you want day or night—without guilt feelings. Yet, unbelievable as it may seem, you'll lose excess weight faster than you dreamed possible! Up to 10 full pounds (or more) in only 10 days. And remember, this new, fast-acting Super "C" Grapefruit Diet is super-charged with **NATURAL VITAMIN "C"**. This vitamin has been acclaimed by die-

ticians, doctors, even Nobel Prize scientists both in America and abroad. Best of all, this diet wakes up your natural **CATABOLISM** to flush out excess fats—not the old fashioned, **strict** diets that half starve you to death.

RESHAPES YOUR BODY

This Grapefruit Super "C" plan actually transforms your figure, day after day. One morning you'll wake up to a wonderful surprise! Your mirror will reveal a glamorous new you—a slim, alluring body. Suddenly you're more limber and lithe, aglow with youthful sex appeal. Thousands of persons have already tried this safe, natural, **CATABOLISM** way to dislodge fat. Why don't you try it also? Simply follow the delicious satisfying diet and special private instructions. That's all! You will be rewarded with thrilling results. This diet gives you the right **COMBINATION** of foods that wake up lazy **CATABOLISM**. As ugly fat is catabolized out of your body, it also helps you conquer that tired, sluggish, "old age" feeling so often caused by a fat-burdened body.

DOCTORS WARN AGAINST STRICT DIETING

The United States Department of Health, Education and Welfare, plus many doctors warn against restricted diets deficient in vitamins, minerals, proteins, fats and starches. You need **all** these elements for abundant health. If you eliminate any of them, you get only temporary weight loss. Eventually, your body fights back and ugly fat returns, pound after pound. Super "C" Grapefruit Diet is **different**. It works **with** you, **not** against you. No hunger pangs, ever. No skipped meals. You feast on hearty breakfasts, lunches, dinners. You enjoy a rich **variety** of good eating—foods you've always **craved** for. Just imagine, you can partake of formerly "prohibited" foods, such as ham, bacon, stews, rich casseroles, creamy desserts, etc. You certainly fill up on many delicious foods. Yet, by following this fast and easy 10 day plan, you can catabolize pounds and pounds of accumulated fat out of your body. Right up to 10 pounds (or more) in 10 days!

HOW DOES IT WORK?

Your body burns up fat very much like a car burns gas. This natural process is called **CATABOLISM**. After years of faulty dieting, excess fats become hardened and lazy—locked up in body tissues. Meantime your body catabolism may also slow down. Result: cholesterol fats may clog up arteries, placing life itself in jeopardy. Fats become lodged in arms, thighs, buttocks, belly, etc. You **look** older. You also **act** older.

NOW there is an easy way to wake up that lazy, sleepy catabolism! Within 24 hours, the Super "C" Diet starts to catabolize this dangerous fat out of your body. The unsightly bulges and awkward pot belly vanish. You eat your fill without regrets, yet strange but true, you lose pound after pound—even if you gorge yourself on scrumptious foods. This great diet

helps you feel younger... act younger... and regain that sparkling, youthful look of long ago.

KEEP IT OFF—ALL YEAR!

This newest grapefruit diet will be mailed to all interested readers. Write today and also receive **Full Year Maintenance Plan**—at no extra cost. Tells you how to reduce down to your ideal weight and keep it down! How to win that slim, attractive look not for just 10 days—but for **year after year.**

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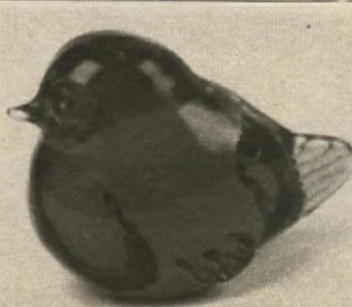
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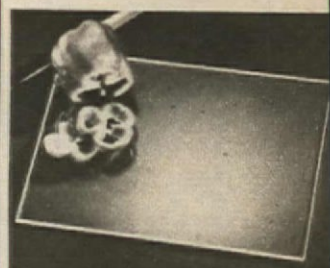
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The devil, you say

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Betty in porcelain
Young Lady doll is a dream of an early American reproduction. She is hand dressed and hand colored. Comes with wire stand. Bendable to sit. Stands 8½ in. \$5; 2 for \$9.50. Old fashioned toy catalog, 25¢. Federal Smallwares, AH12, 85 Fifth Ave., New York, NY 10003.



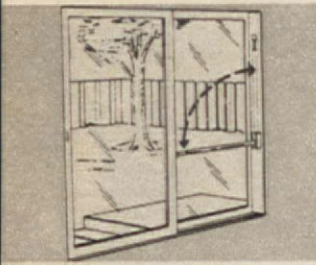
Frame your treasures
Handsome shadow box with antiqued wood frame for shells, coins, etc. 8x10 in. inside, with 1 in. between glass and plushy red back. If hanging box, glue or tape your precious goodies. \$5.98 plus 50¢ hdlg. Vernon, AD1, 560 S. 3rd Ave., Mt. Vernon, NY 10550.



New England snow scene
Lithograph in black on ivory-white parchment is mounted on black ole metal wastebasket with gold rim. 16 in. high. Ideal, too, for leaves, dried flowers, etc. Stunning gift. \$6.95. With catalog; or, 25¢. Sturbridge Yankee Workshop, AH-1, Sturbridge, MA 01566.



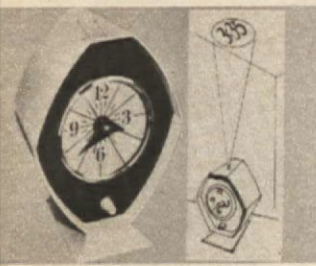
Prince of a basket
High, wide-mouthed and handsome rattan frog basket performs princely duties as holder for toys, paper, sewing, etc. 19 in. \$16.95 plus \$2 hdlg. In white, blue, yellow, green, pink, orange, or black, add \$3. Catalog, 25¢. Fran's Basket, AH12, 89 W. Main, Rockaway, NJ 07866.



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Baby bracelet, a charmer
A forever-memory is this beaded bracelet dotted with simulated pearls that spell baby's first name and topped with a gold-plated heart. Specify blue or pink beads; if for adult, teen or child; print name. \$2. Etane Originals, Dept. 10, 160 Amherst St., E. Orange, NJ 07019.



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Squinting to see the time in the wee hours? Ceiling Alarm Clock with invisible beam "zooms" the time from top of clock onto your ceiling in clear numbers! Nice alarm. Electric. 7 in. \$29.95. Catalog, 25¢. House of Minnel, 1122E Deerpath Rd., Batavia, IL 60510.



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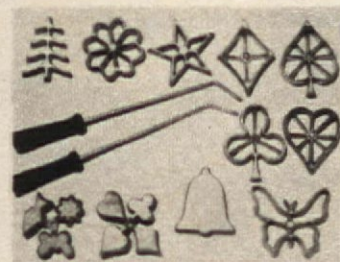
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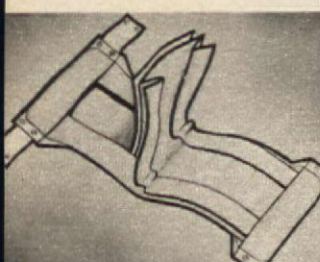
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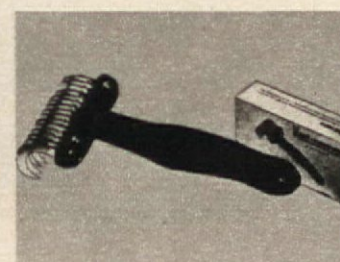
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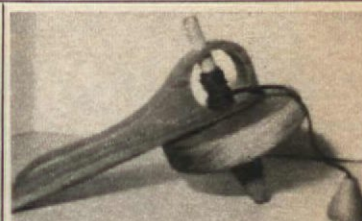
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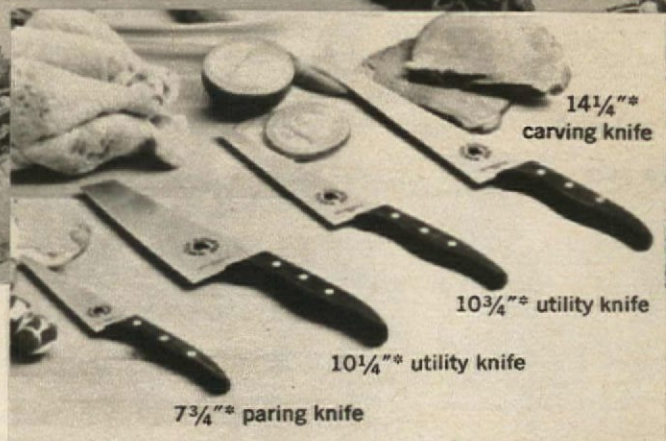
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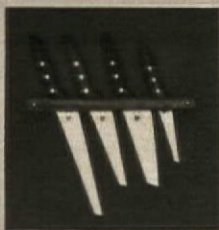
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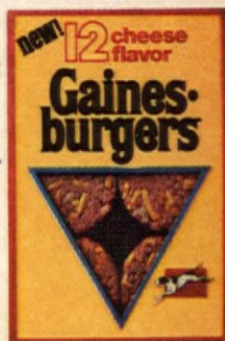
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