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By Doris Kearns

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CONTENTS November 1976, Vol. 79, No. 11

EDITORIAL	F.Y.I. From the Desk of Leda Sanford, Publisher	4
REMODELING	The Good Life: Underground Wine Cellar	33
	Basement Spa	34
	Media Room	38
	Family Kitchen: Room to Grow	44
BUILDING	Duplex '76—House of the Year	48
FOOD	Are You a Frozen-Dinner Snob?	40
	A New-Fashioned Thanksgiving—Three Menu Ideas	50
SPECIAL SECTION	Ford and Carter: The Character of the Candidates. Immediately following page	16
DEPARTMENTS	<i>The Emerging Woman: It's Never too Late to Change</i>	6
	<i>Wines: Cream of the Cordials—What's New for the Holidays</i>	8
	<i>Health and Beauty: Some Like It Hot—Steambath vs Sauna</i>	10
	<i>Plants: The Subject Is Miniature Roses</i>	14
	<i>Men at Home: Life's Worth More than a Song</i>	26
	<i>Letters to the Editors: Our Readers Write</i>	92
FEATURES	Guide to Grasses: How to Buy Wicker, Rattan and Bamboo	58
	Barter Is Better	67
	Take a Breather with the New Humidifiers	68
INFORMATION	Shopping Guide	66



Come on in and join us in the new entertainment center of the house—the much neglected and maligned basement. No rec or rumpus room here; our exciting remodelings include a wine cellar, a media room, and, as seen on our cover, a gym and sauna. Look for more information about these three versions of the Good Life Underground, including how-to instructions, starting on page 33. Product information is on page 66. Photography by Gosta Peterson.

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Fiesta Bake starts with San Francisco's Rice-A-Roni

Prepare 1 pkg. Spanish Rice-A-Roni according to package directions using 2 (8 oz.) cans tomato sauce instead of whole tomatoes. Combine 1 lb. ground beef, 2 Tbsp. instant minced onion, 1 tsp. salt, ¼ tsp. pepper, 1 cup cooked Rice-A-Roni. Line 2 qt. baking dish with meat mixture; layer 1 cup crushed tortilla chips, 1 (2¼ oz.) can drained, sliced olives and remaining Rice-A-Roni. Garnish with whole tortilla chips. Bake at 375°, 35-40 minutes. Serves 4-6.

F.Y.I. FROM THE DESK OF LEDA SANFORD PUBLISHER



My ancestors did not land on Plymouth Rock. They entered the New World via Ellis Island. Nevertheless, my grandmother, who was a great cook, wanted to celebrate Thanksgiving and participate in American traditions, so her first year in America she bought a turkey . . . and boiled it. It was tough. By the time I came along, Grandma had learned how to stuff and roast the "bird" and even how to cook sweet potatoes and corn. Both my grandmother and grandfather were grateful to be in America, and Thanksgiving became as much their feast as it was the feast of the Pilgrims.

America had made "the good life" accessible to them. What generations to follow would do with their gift was beside the point. They had made the big step, and I for one am extremely grateful.

Defining the good life three hundred years after the Pilgrims landed requires perhaps the same sense of adventure and daring that motivated the first band of refugees—and those who followed—to cross the dark Atlantic and head for America. What they discovered was not the end, but the beginning. Perhaps when we re-enact their experience, we should consider what we are leaving behind for future generations to celebrate.

In 1976, an election year, a Bicentennial year, the impact of women's evolution on the quality of family life is one of our most serious challenges. How to give women equality without sacrificing too many of the values we cherish is at the heart of the traditionalists' thoughts. Women are moving forward quickly—their horizons are widening; their dynamism is a pleasure to behold. But the gap between them and men is widening as men increasingly appear to be stuck in their roles, in their thinking, in their need to be cared for. And the needs of children remain the same in every period and despite revolutions. Because of these discrepancies, quality living is in jeopardy.

How can we redeem the classic vision of what the good life in America can be? Only by moving on to a new stage of our development as a nation and as people, by being willing to leave the old world behind as our various ancestors did and risk all for a new and better one. And if we are as lucky as they were, we will find our own symbolic Plymouth Rock or Ellis Island that will be the gateway for our generation to brighter and richer days. □

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When they began the human potential encounter course, the three women in their fifties weren't sure if it was possible for them to change. But four years later, Evelyn Barcus, Ruth Tannenbaum and May Lefkof agree they have grown as individuals through their shared experience.

When the three first joined with five additional women and formed their group, they were confused, lonely housewives who all lived in Cleveland, Ohio. They took their needs and fears to the group once a week for two years, and were enriched and strengthened each in a special way.

After an absence of two years, they reunited not long ago to compare notes. "It's been a long time. I have a sense of strangeness," Dr. Ruth Miller, the group's psychologist began.

A petite woman in her late forties, Dr. Miller was established in private practice when she formed the group. It had stayed together for a long time. For that reason, Dr. Miller felt a special closeness to these women.

Seated in a circle in Evelyn's living room, the women smiled reassuringly at each other as Dr. Miller eased into the session. "If you were to picture yourself as a box, what kind of box do you feel like right now?"

"I feel like a box with shiny paper and I'd better stay that way," Evelyn, a slim, attractive woman of 62 said.

"Who are you putting on notice?"

"He isn't here right now," Evelyn laughed, referring to her husband who had discreetly left the house.

"I must comment at this point, Ev," Dr. Miller grinned, "that you've come a long way, baby!"

Today Evelyn Barcus is an articulate woman, but she wasn't always that way. A stutterer since childhood, she never had a positive image of herself. Reluctant to speak, she endeared herself to people by performing good deeds.

At twenty-three she married a domineering man and fell into a passive role. Evelyn did whatever pleased her husband and never voiced an opinion. As a result, she felt suppressed and hostile.

Shortly after her marriage, she went to a speech therapist who taught her to substitute other words for those that gave her difficulty. This technique limited her vocabulary, but Evelyn no longer stuttered.

IT'S NEVER TOO LATE TO CHANGE

Turning your life around at middle age can be possible, with a little help from friends.

By NANCY K. GRAY

PHOTOGRAPHY BY FRANK ALEKSANDROWICZ



During this period, she raised four children who encouraged her to assert herself with "Dad." When three of the children went off to college, Evelyn started to explore.

She joined Dr. Miller's group to become more confident. The other women, after hearing Evelyn's precise delivery, were amazed to learn that she still feared speaking in public.

The group provided a safe environment for Evelyn. She read aloud, gradually gaining a sense of her oratorical abilities. Along with sureness of speech, she developed a positive outlook. As she said, "Since I've found my mouth, it doesn't stop."

Evelyn's husband felt threatened by her sudden change of character and told her, "If I don't grow with you I'm in trouble." Because he's learned to listen more carefully, their relationship has improved. Evelyn reports, "Our life is more exciting. We're taking a communications course together."

Still in the process of working things out, Evelyn shared a recent triumph. Because she had always feared a confrontation with her husband, she had put off telling him about a mistake she had made. "After all my worrying, he wasn't even angry. I had built him into an ogre in my mind. I don't have to make excuses to my husband for my behavior."

Tonight, Evelyn was able to accept Dr. Miller's compliment. "I know I've come a long way. I'm amazed at the things I can say."

* * *

The group shifted its attention to Ruth Tannenbaum, 63, who sat apart, staring into space. Her husband had died a few months before and Ruth was in despair. For her, this meeting was more than a casual reunion. She deeply needed the group's support.

"My box is brown and rectangular, but I have no ribbons."

"Do you feel vulnerable?"

When Ruth admitted she did, Dr. Miller suggested they role play. Two members volunteered to assume the parts of Ruth and a friend. They were told to act out a typical situation in which they imagined Ruth might find herself. She was to interrupt if it was inaccurate. (continued on page 56)

A weekly encounter session gave Ruth Tannenbaum (left) and several other Cleveland housewives a second chance to decide how they wanted to live their lives.



"I became an Avon Representative to earn extra Christmas money. But Avon made such a difference in my life, I wouldn't give it up for the world!"

Denise Gunnerson
Irvine, California

"With Christmas just around the corner, Avon seemed like a terrific way to earn some extra money. I could offer people unusual and surprising gift ideas, lots of beautiful fragrances and cosmetics. And while other working women had little or no time off around the holidays, I made my own hours. My evenings were free to spend with my husband Dennis and our family and friends.

Without realizing it, Avon became a part of my life. My neighbors welcomed me into their homes and I began to make new friends. Being in contact with people and sharing things is very important to me. I also like what Avon stands for—color, fashion, excitement. It's a feminine,

beautiful world, and I love being part of it.

I've worked before, but the kind of satisfaction I get selling Avon was always missing. Now I go to work because I *want* to. It's a wonderful feeling!"

If Denise Gunnerson's story interested you, why not find out how *you* can become an Avon Representative. Simply call toll free 800-325-6400 (In Missouri call: 800-342-6600) and someone from Avon will be in touch with you as soon as possible to answer all your questions. Of course, there is no obligation.

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CREAM OF THE CORDIALS— WHAT'S NEW FOR THE HOLIDAYS

The French call them digestifs; Americans call them cordials and liqueurs. In any language, they're sure to add even more spirit to a festive meal.



What can be more festive than liqueurs or cordials (the names are interchangeable) after a meal? Although cordials have been enjoyed for centuries, new varieties are always being introduced and new ways to mix old favorites keep surfacing.

The French call liqueurs and fruit brandies *digestifs*, drinks to sip after a meal to aid digestion, but Americans also use cordials to give zest to desserts like ice cream and fruit. Unlike fruit brandies, which are dry and distilled from fermented fruits, cordials made from brandy or alcohol and flavored with fruits or herbs are even sweet enough to substitute for dessert.

This holiday season don't be surprised to see Amaretto, an almond-based Italian liqueur that is currently

By CREIGHTON CHURCHILL

sweeping the American market, poured at many tables. The original, *Amaretto di Saronno* (about \$8.95 a fifth in New York), has spawned a host of imitations that look and smell like the real thing, cost as much, but just don't compare for flavor. Galliano, the golden Italian liqueur in the slender, long-necked bottle, that was so popular the last few years, will still be very much in evidence. And look for Strega, too, another golden, spicy Italian cordial that has caught the American fancy. Celebrated as a favorite of Winston Churchill, its popularity was further enhanced by the romantic legend that it was created to be drunk by lovers.

One of the newest liqueur creations is the Rusty Nail, a variation on an old theme—Drambuie. Drambuie, supposedly made by a secret formula brought to Scotland by a Frenchman attending Prince Charles Edward (and therefore called "Prince Charles Edward's Liqueur"), is made of Scotch and heather honey. A Rusty Nail is concocted by adding Cognac to Drambuie. You don't

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have to buy it ready-made, you can do it yourself. Start by mixing equal parts of Drambuie and Cognac—then adjust your own blend in the proportions you prefer for sweetness and dryness.

Still much in demand these days are the orange-based cordials—Grand Marnier, Curaçao, Cointreau. Coffee-flavored Kahlúa and Tia Maria, the former a Mexican product, the latter made in Jamaica with native rum, are also popular. Many hosts continue to keep chocolate crème de cacao on hand to mix the classic Alexander (cream, brandy and cacao). Palate-cleansing crème de menthe, either white or green, is also an important staple. Both varieties are derived from peppermint, but the green version is artificially colored, since the distillation process eliminates all color. Crème de menthe is made by a number of companies at a range of prices, but the two best are made in France. One comes from the firm of Marie Brizard; the other, less well known, produced by another company is named Get (pronounced jet).

Among the mixed drinks made from these cordials, perhaps the most popular are the newer Black Russian and the more traditional Stinger. A Black Russian is made with vodka and either

Kahlúa or Tia Maria; the death-dealing Stinger contains brandy and crème de menthe.

Usual prices for most cordials and liqueurs range from \$8 to \$10 a fifth—expensive perhaps, but since they are served in small portions, they are not consumed very fast. Even when used as a sauce for desserts, the amounts are relatively small. Kahlúa has been the most recent favorite to pour over ice cream or to use in parfaits, and now Amaretto is coming up fast. Orange liqueurs and kirsch have been traditional preferences to team with fruit, but watch for more people to try Amaretto with fruits, too.

Many of the cordials we drink today trace their origins to the Middle Ages. In those days, when your beloved felt you were not being attentive enough, she fed you potions of herbs, wine and honey. If you were having the chills and maybe coming down with the Plague, you got a drink of anise, fennel and calomine steeped in wine. Nearing death, you were given wine, herbs and bits of gold. Naturally the latter was only for the affluent—for popes and princes. A 13th-century pope so confidently attributed his life to drinking gold that he expressed his gratitude to the alchemist who concocted

the mixture by saving him from the Inquisition.

You may still try drinking gold today if you wish. Danziger Goldwasser (from Danzig on the North Sea), is one of several caraway-flavored liqueurs filled with harmless flakes of gold leaf, such as is used to gild picture frames and furniture. Many people assume the glistening flakes are only for gaudy effect when the liqueur is poured, and are unaware of the medieval tradition.

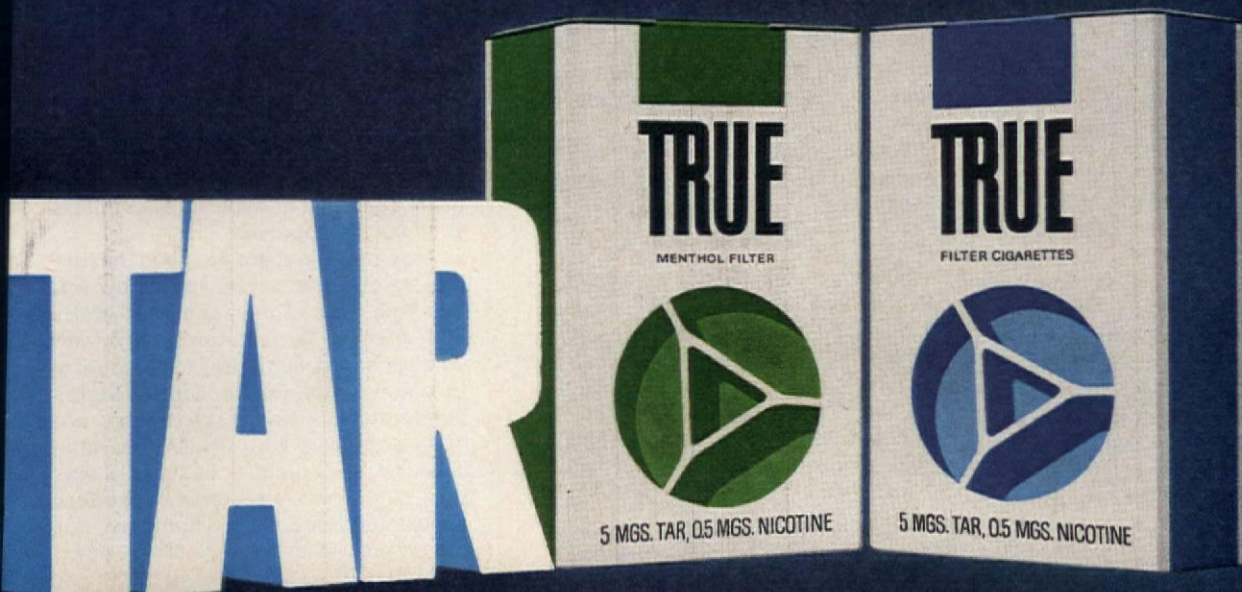
Most modern liqueurs are flavored and sweetened distillates with a brandy base. Some are derived from complicated or secret historic formulas; others are easily made in the home, given flavoring extracts, brandy and sugar. One example is the recipe for homemade coffee liqueur which follows.

HOMEMADE COFFEE LIQUEUR

2 cups water
4 cups sugar
2-ounce jar Medaglio d'Oro instant espresso
1 pint 100-proof vodka
1 vanilla bean
Boil water; add 4 cups sugar. Stir and add instant coffee. Let cool. Add the vodka and pour into ½ gallon bottle. Add vanilla bean, cut into pieces. Cap and let sit for 30 days. □

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When you're running a home, raising children, doing all you can to help your husband keep ahead in business and, these days, perhaps holding a job yourself, sometimes you're so pre-occupied that you don't pay close attention to how you look. Then one day you realize that you look older than your husband, the one man in the world you hope most to please.



You don't like it. Most likely he doesn't either. Probably every man likes his wife to look her best, perhaps because it makes *him* feel more attractive. So if you seem to grow older-looking while your husband seems to grow more distinguished-looking as his hair gets slightly grey at the temples, it's undoubtedly time you discovered the secret of a unique beauty fluid, a secret that helps women from many parts of the world look younger.

This remarkable beauty fluid is known in the United States as Oil of Olay beauty lotion. It penetrates quickly to drench your skin with pure moisture, tropical oil and precious emollients that help smooth away dryness, the dryness that makes aging little wrinkle lines all too noticeable. Notice the way your skin virtually

drinks in the skin-loving liquid. Feel your skin grow softer and smoother within moments after you gently it on your face and throat. See the difference in the radiance and lustre of your complexion.

Oil of Olay penetrates deeply into the so-noticeable surface of your skin. And there's no greasy after-feel or look. So of course it's marvelous under makeup. If you like to leave your face feeling free and easy, Oil of Olay gives a dewy, radiant glow, even without cosmetics.



The beauty fluid is compatible with your skin and works hand-in-hand with nature to help maintain your moisture balance to help you look younger. Oil of Olay, which acts with the skin's own moisture in easing dryness, helps retain your own natural moisture in the skin, where it works to help make skin softer and more supple.

Make Oil of Olay an important part of your beauty ritual. Every morning, of course, whether or not you use makeup. Again, faithfully every night at bedtime, to provide a moist climate for your skin into silent hours of sleep. Any other time during the day when you again want to help ease aging dryness and importantly increase the moisture level of your skin.

You will soon notice yourself looking younger. How nice for your husband. And for you.

Beauty Secrets

When you're dieting (and who isn't?), denying yourself the pleasure of delicious food, you deserve a little pampering. More frequent applications of Oil of Olay during diet time will let you feel a little self-indulgent. You may well achieve both a younger-looking face and figure.

* * *

Want to assure a pleasant homecoming? Then give yourself a fifteen minute "vacation" by taking a relaxing bath before your husband returns from work. Smooth Oil of Olay® on your face and throat before you bathe, and again afterward. You'll feel relaxed and ready for the pleasures of the evening.

(Advertisement)

HEALTH AND BEAUTY

SOME LIKE IT HOT

Steam bath vs sauna? Today the theory is that two baths may be better than one.



By CAMILLE DUHÉ

How's this for an easy way to look and feel better? You take off your clothes and sit or lie in a dim room to relax for a few minutes. When you come out your skin is immaculately clean, circulation is revved up; you have shed toxins and wastes and perhaps even alleviated the symptoms of arthritis, psoriasis or sinusitis.

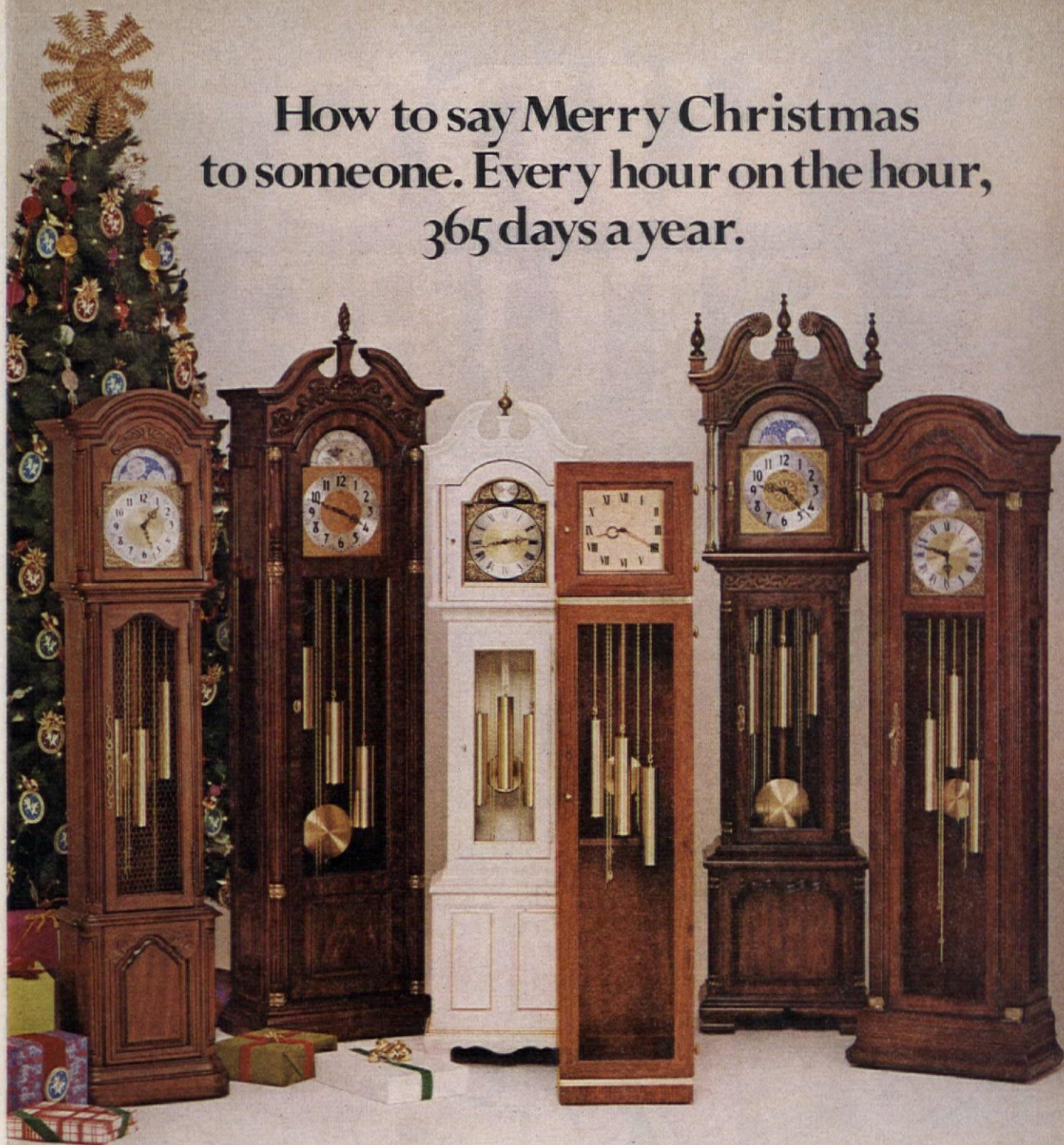
Exponents of the Finnish sauna and the Turkish steam bath claim the above benefits and more for these two kinds of dry cleaning for the skin.

But does either of them really work as well as all that? And which one is better? At health clubs and spas both are available and usually are about equal in popularity. Neither steam nor sauna is recommended if you have a heart condition or hypertension unless your doctor approves.

Assuming you are in good health, the big question seems to be how you like your heat. The sauna heat is dry and intense. Temperatures vary (and so does sauna humidity) from country to country but in the United States temperatures inside the sauna are often as high as 200°. This is bearable because the humidity is usually less than 10 percent. The steam bath offers almost total and visible humidity, but the temperature is much lower—down to 120-140°.

The rationale behind the heat is this: The normal surface temperature of the skin is maintained by the body at 92° (down 6.6° from the internal body temper- (Continued on page 13)

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KID'S STUFF.

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(L to R) "Words of Wisdom", a Joan Walsh Anglund original, that suits any child's room so well.

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Or "Peanuts All Sports" with its sports-motif featuring the whole Peanuts Gang is a natural for that son of yours.

Fortunately, any of these Chatham exclusives will make you and your child very happy.

Another Determined Production



HEALTH AND BEAUTY

continued from page 10

ture). When it's raised by just one degree, the body works to maintain its equilibrium. The heart begins to work, and the skin begins to throw off carbon dioxide and to absorb up to five times more oxygen. The pores are said to be "open" at this point. If you bring the temperature even higher, say to the 100° of a really hot bath, the heart beats more rapidly to cool the system, and you induce a copious flow of perspiration that acts to flush out many of the impurities (wax, sebum, stale oil) clogging the pores of the skin. But immersing the body in such hot water is definitely hard on the skin and heart. Small capillaries can burst and leave permanent "red spiders."

But in the sauna or steam bath, the body temperature rises more slowly, and without the additional burden of the water's weight to cope with. Whether the high temperature is to be in a wet or dry climate is, to some degree, your idiosyncratic decision. Jacqueline Storm, the manager of the New York Health Club's downtown branch in Manhattan suggests that "there can be some medical considerations, too. Asthmatics are better off in a sauna; those who have respiratory problems often prefer the moist heat of the steam bath."

But if speed is important, steam's the thing. Just two minutes in the constant bathing of moisture which a steam room offers will do the job of forcing the skin to throw off and flush away surface impurities. The sauna will do the same job of getting the skin whistle-clean and glowing, but it takes longer to do it. Because perspiration in the sauna evaporates almost immediately, you may not be aware of the body's elimination of toxins.

Perhaps the real advantage that steam can offer is the "big vaporizer" effect. Inhaling the warm moisture acts to cleanse the nasal passages and the lungs in a very efficient way.

Rather than spending time deciding, why not use both heat therapy techniques? At the Profile Health Spa for Women in New York City, director Steve Laitman suggests a sauna followed by a steam bath. "Do the sauna first. You go in dry, and slowly raise the body temperature by spending five to ten minutes in the dry heat. Then, when you are wet and perspiring you can move on to a short session in the steam bath. In that way you follow a natural progression of heating the body system and you derive maximum advantages from each kind of bath. You should take a warm shower after being in the sauna or the steam bath, then gradually make it cooler."

Here are steam and sauna tips:

Friends are the best part of a busy day.

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- You must replace the copious quantity of water and the minerals such as sodium and potassium lost through perspiration in the heat bath. At the Health Club for Women in New York, where no doctor's prevention to the contrary exists, the recommendation is to drink mineral waters, but to alternate between two or more to get a variety of trace minerals.
- If you have sinus problems or dryness in the nasal passages, or if you tend to breathe through your mouth, consider taking a fine linen handkerchief rinsed in cold water into the sauna with you. Placed over the nose and mouth it can create a moist microclimate for easier breathing.
- Take advantage of the beneficial effect that heat has on many beauty treatment products. A hot oil or pro-

tein conditioning treatment for dry hair is one of the extra bonuses you can pick up in the sauna.

- Time yourself and don't overdo. Great as saunas and steam baths are in moderation, they can be dehydrating and debilitating in excess. At the New York Health Club the wise suggestion is no more than one sauna or three steam baths per week. Because tolerance for heat is a very individual matter, you must determine your optimum stay in the heat. But for sauna novices, the New York Health Club advises three to five minutes. Over several months you can increase the stay—but never exceed a maximum of 20 minutes in the sauna. Ten minutes is the maximum for the steam bath, and half that time is the prudent amount for getting the job done. □

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PLANTS

THE SUBJECT IS MINIATURE ROSES

By BETTY GARDNER

A rose of any size will smell and look as sweet. Miniatures are an inexpensive, space-conscious way to grow and gather your rosebuds—indoors and out.



Big isn't always better—that's something plant people have known a long time. Miniature specimens of almost every species of flora have been bred for decades. But in this era of giants, of monolithic corporations, bureaucratic governments and mighty megalopolises, it's refreshing to rediscover the virtues of smallness.

One example of diminutive beauty is the miniature rose. Inexpensive and infinitely rewarding, miniature roses are natural dwarf roses, spitting images of the classic hybrid teas, but scaled down in size. They grow no more than 12 or 15 inches tall, and many reach only 5 to 8 inches. Plants, buds, flowers, thorns and leaves are in perfect proportion, and they come in every color under the sun.

In addition to the standard types, there are miniature climbing roses, trailing roses, moss roses and rose trees. All of these mini gems are hardier, less demanding and more resistant to insects and disease than their big brothers and sisters, and they bloom their little hearts out, almost nonstop, year-round.

Outdoors, miniature roses are ideal for pot culture, planter boxes, rock gardens, window boxes and strawberry jars. They're perfectly hardy in the hottest areas, and in cold areas a winter mulching will provide a security blanket when the ground freezes. They respond to the same treatment (but less of it) and conditions as regular roses:

spraying, pruning and feeding.

As indoor plants, miniature roses are unsurpassed, providing remarkable rewards for very little effort. They can be planted in pots, hanging baskets, teapots, jars, mugs, jugs, steins or cups. Like most flowering plants, tender loving care plus some luck are needed—plants are more responsive to some people's green thumbs than to others. But given the attention they require, miniature roses have been known to bloom continually throughout the year.

They will thrive in a sunny window (one that offers about four hours of daily sun), or 3 to 6 inches below fluorescent lights (for 14 to 16 hours a day). They like a bit of humidity, a demand that is easily satisfied by placing the pots on a water-filled tray of gravel (water level should always remain below the bottom of the pots). Lightly feed them every four to six weeks; keep them moist but not soggy; remove faded flowers—and that's all there is to it.

While some of the more sophisticated plant shops are beginning to sell them, the best and largest variety of miniature roses is available by mail order from specialized growers. Shipped in small pots, or bare rooted and insulated with moss or other moisture-retaining media, miniature roses travel well and adapt to new environments with minimum trauma. In fact, they usually begin to bloom five or six weeks after you receive them.

Mini roses like to be snugly planted in well-drained clay pots, in a mix of 2 parts each of potting soil and peat moss, and 1 part sharp sand or vermiculite. Most shippers send complete and detailed instructions for planting and culture along with each order. Prices are as small-scale as the plants themselves, ranging from \$2 to \$4 at most and often including both handling and postage.

Complete listings and descriptions can be found in catalogs offered by the growers listed below. Meanwhile, here are some suggestions to start off your miniature-rose collection:

Tom Thumb—2 to 6 inches tall, with tiny deep crimson flowers.

Cinderella—1. (continued on page 72)

AMERICAN HOME, NOVEMBER 1976



Pearl's precious recipes are only at home on this range.

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FORD AND CARTER: THE CHARACTER OF THE CANDIDATES

by Doris Kearns Goodwin

Women can be the most significant force in our electoral system, especially in a Presidential year. They form 51 per cent of our population—and 75 million are eligible to vote. Of that number, somewhere around 30 million will actually vote for either Gerald Ford or Jimmy Carter.

Since women are so important to the outcome of the election, four of the nation's women's magazines—*Ladies' Home Journal*, *Redbook*, *American Home* and *womenSports*—have joined this month to examine the Presidential candidates. Our combined audience is more than 30 million women.

To help American women evaluate the two candidates, we asked Doris Kearns Goodwin, brilliant young author, to do a double study of Ford and Carter. Ms. Goodwin wrote the best-selling *Lyndon Johnson and the American Dream*, using her maiden name, Doris Kearns. We chose her because she is not only a student of government but also a perceptive and sensitive writer whose insight goes deeper than most political analysis. Born in New York, Ms. Goodwin was graduated from Colby College, in Maine, in 1964, and received her Ph.D. in government from Harvard University, where she is now a professor in the Government Department. In 1967 she was a White House Fellow in Washington. There she met President Johnson, and eventually assisted him in the preparation of his memoirs. Their association over

a period of years gave her a broad understanding of the Presidency and its demands on the character of the individual holding the office. Ms. Goodwin is the mother of three-month-old Michael and married to writer Richard Goodwin. She took this assignment with the understanding that it was to be a personal character study, without party bias, and would be immune to influence from the magazines in which it appears.

This eight-page section is being published simultaneously in the November issues of *Ladies' Home Journal*, *Redbook*, *American Home* and *womenSports*. The editors of all four magazines (which are associated through corporate ties) agreed that the joint publication of Ms. Goodwin's article should be undertaken in order to provide the widest possible distribution within their means for this unusual analysis.

It is our belief that if you read these pages before the election, you will find the information helpful in making a choice. But even after the election you will find use for the knowledge Ms. Goodwin brings to her subject.

We welcome your comments; write to the magazine in which you are reading this.

THE EDITORS
Ladies' Home Journal
Redbook Magazine
American Home Magazine
womenSports Magazine



GERALD R. FORD PRESIDENT OF THE UNITED STATES THE REPUBLICAN CANDIDATE

I can still remember the relief I felt during those first days and weeks of Gerald Ford's Presidency when I heard that he fell asleep the moment his head hit the pillow, toasted his own English muffins, enjoyed his family life, participated in activities other than politics and got up in the middle of the night to lead the family dog to its favorite tree.

It was the contrast with Nixon and Johnson that made Ford—unassuming, relaxed and easygoing—so attractive initially. Here, it seemed, was a well-balanced and normal man in the White House—neither tormented by Lyndon Johnson's nightmares of paralysis and lost control nor obsessed by Richard Nixon's single-minded pursuit of power and fear that he was menaced by crowds of enemies. "I have lots of adversaries," Ford has said, "but no enemies I can remember." Indeed, so appealing was the notion of a decent, honest, regular guy in the White House that hardly anyone bothered to worry about anything more. It seemed more important to know who Ford was *not* than to know who he was.

Yet there are many decent and honorable Americans, few of whom would be thought qualified to be President. When a man seeks the White House, other questions must be asked: What does he stand for? What is his vision for America? How intelligent is he? How competent? What kind of leadership will he provide? And in what directions?

I had been scheduled to interview Mr. Ford as well as Mr. Carter, but somewhere between the turmoil of the Republican convention and the restfulness of Ford's vacation retreat at Vail, the President decided he couldn't make time for me. Fortunately, however, Ford has had a lengthy career in national government—25 years in the House of Representatives, eight of them as minority leader; nine months as Vice-President; and two years as President—which makes the task of secondary evaluation at least possible, if not easy.

Born in Omaha, Nebraska, the President was named Leslie King, Jr., after his father, a local wool merchant. When he was two years old his parents were divorced, and shortly thereafter his mother married the president of a modest paint and varnish company from Grand Rapids, Michigan, named Gerald Ford. Mr. Ford legally adopted young Leslie and changed his name to Gerald Ford, Jr. Yet Ford did not learn "I was not living with my real father:" until he was in high school. And at 17, in an unexpected and almost certainly dislocating fashion, he met Leslie King, Sr., for the first and next-to-last time.

"I was," Ford recalled, "a junior in high school. I worked at a restaurant across from South High . . . taking money, washing dishes. This man came in . . . a stranger. I was busy, yet I couldn't help but notice that he stood there for ten minutes. Finally he walked over to where I was working. 'Leslie,' he said. I didn't answer. He said, 'I'm your father. I'm Leslie King and you're Leslie King, Junior. I would like to take you to lunch.'" They drove to lunch, Ford remembers, in his father's new "Cadillac or Lincoln, which was a beautiful car for those days," and with his father's new wife.

"I thought," Ford recalls, "here I was, earning two dollars a week and trying to get through school. My stepfather was having difficult times. And here was my real father, obviously doing quite well." Leslie King had never made any of the child-maintenance payments that the divorce court had ordered. And there must have been other questions in young Jerry's mind. Why had this man waited 15 years to visit his son? Why had there been no effort to contact him, not even a letter?

Yet there was no challenge or complaint. The inevitable pain and resentment were concealed under a courteous and friendly demeanor. Ford explains: "You bite your tongue so you won't be impolite."

Several years later Ford tried to contact his natural father. It was during the Depression, his stepfather was "hanging on by his fingernails" and Ford was in college and unable to pay his bills. "I wrote my father and asked him if he could help. And as I recall, I either got no answer or, if I got an answer, he said he couldn't do it. And then after I graduated from the University of Michigan I went to Yale Law School. And while I was there, one time out of the blue I got a letter or phone call or something saying that he was coming with his wife, the woman I had met, and bringing his son by the second marriage. They were trying to find a school in the East for him and could they stop by and maybe I could give them some advice." Ford agreed, once again masking whatever bitterness he felt beneath an aura of affability and good cheer.

The story is significant because it illustrates that even as a teen-ager and in a situation of severe emotional stress, Ford had developed to an extraordinary degree the personal qualities that were to characterize his adult life: the ability to suppress any show of hostile or disturbing passions; the ability to avoid conflict and to maintain amicable relationships even in situations fraught with potential antagonisms.



JIMMY CARTER FORMER GOVERNOR OF GEORGIA THE DEMOCRATIC CANDIDATE

In 1932 political columnist Walter Lippmann explained that Franklin Roosevelt was totally unqualified to be President. Almost every expert said the same about Harry Truman when he took office after Roosevelt's death. And in 1928 even his political opponents conceded that Herbert Hoover—the great engineer—would bring unequaled capacities to the Presidency and to the task of ensuring continued domestic prosperity.

Indeed, our entire history teaches that it is almost impossible to predict the conduct of a new President. The office itself is unique—in power and the scope of its concerns. And the fact that a man was outstanding as a senator or governor or businessman is no guarantee that he will be a great, or even adequate, President. Nor can one foretell the events that will inevitably shape a Presidential administration. The governments of Roosevelt, Truman and Johnson began in efforts at reform at home and ended amid unforeseen wars on distant continents.

Just the same, when I was asked to analyze what kind of a President Jimmy Carter might be, I accepted the assignment. It was, perhaps, a foolhardy decision. Except for one thing. In recent years we have come to understand that even though a man's concerns and opinions may change when he reaches the White House, he remains the same man. His character and personality, the values that guide him and his characteristic ways of behavior, do not change. If we try to understand these qualities, then we can also guess how a new President might react to conditions and crises still unforeseen.

Roosevelt's enormous self-confidence enabled him to discard, after the passage of time proved to him that they did not work, economic policies in which he had believed. Even though one could not have predicted the disaster of Vietnam, it would have been possible to foresee Lyndon Johnson's difficulty in dealing with any situation that would not yield to his enormous talents for persuasion and compromise. The administration of Richard Nixon demonstrated most dramatically of all that the greatest powers are vulnerable to the most sordid defects of personal character and understanding.

So even though I could not hope to judge how a President Carter might deal with economic distress or racial injustice, perhaps by trying to understand the man himself one could arrive at some understanding of his capacity to deal with the possibilities of our highest office. I read the Carter books and studied the Carter speeches and, thus prepared, went to visit the candidate himself. Naturally one could not hope to "know"

Jimmy Carter on the basis of so abbreviated a contact, especially since, like all master politicians, he would be skilled at concealing those aspects of character and belief that might antagonize or intimidate the observer. Still, I thought, there might be important clues.

And so there were.

It had been years since I had thought of those fearful yet compellingly tempting childhood moments when sometimes, while kneeling in the darkness of the confessional booth at St. Agnes Church, I had pressed my ear to the panel of the door behind which the priest was listening to the recitation of sins by another penitent. Such eavesdropping was a sin, but hard for a young girl to resist. And I remembered and repeated it while seated in the Carter dining room awaiting my turn to interview the Democratic nominee, listening to the voices that came from the next room, where the interview before mine was drawing to a close.

"... And then I went on a week of visits for God . . . and since then I have never felt I had to win." The rhythms of the unmistakable drawl of Carter sounded through the hallway, though some of the words were not always clear. "Before that week," Carter continued, "I did feel that way. It changed my feelings toward people I see—on elevators, for example. . . . Now when I have a setback—say by inadvertence or personal error—I don't pout or castigate or feel guilty, but ask God's forgiveness. Now I want to help people on elevators, to see what I can do for them rather than what I can derive from them or blotting them out of my mind. And when I called home during that week, Rosalynn noticed the change in my voice on the phone."

I had known, of course, of Carter's religious faith, but not until that moment and the succeeding moments in my own interview with him did I understand that the importance of his religion lay not in the particular tenets of the Southern Baptist Church, which always has maintained a strict separation of Church and state, but in the fact that he, perhaps alone among American politicians, views his life and work through the prism of God and Jesus Christ. His conversation with me revealed a set of values and a vocabulary—soul, sin, morality, duty, guilt, citizenship, Christ—virtually unknown to contemporary political discourse. Religion is Carter's anchor, his security and—now that his father is dead and his days as a Navy officer on submarines are over—the source of his self-discipline.

Continued on page C-5



"...In my very young years I had a terrible temper,' Ford once said. 'My mother taught me that anger was not the way to meet problems.'..."

Ford's childhood experience set a pattern for a series of extraordinary coincidences in his public career: He was always being adopted. At each significant advance in his career Ford's primary qualification was not that he demonstrated superior leadership ability or oratorical skill but that because he was well liked and had very few enemies, he suited the purpose of others.

In 1948 Senator Arthur Vandenberg, of Michigan, was anxious to unseat the incumbent congressman from Grand Rapids, who had become a bitter political adversary. The Senator and his local followers assigned this task to a young lawyer, Jerry Ford, a man who was extremely likable and who seemed able to get along well with all elements of the party. Seventeen years later a group of Republican insurgents in the House of Representatives known as the Young Turks wished to oust Charles Halleck from his position as minority leader. They settled on Ford as the opponent who would have the broadest appeal among all factions of the party.

And eight years after that, in a ceremony crowded with members of the House and Senate, Richard Nixon made what seemed to many in Congress an ideal choice for Agnew's replacement as Vice-President. The moment Nixon said, without revealing the name, that his choice was "a man who had served for twenty-five years on the Hill with great distinction," a wildly cheering audience rose to their feet and turned in the direction of Gerald Ford. "Beautiful, beautiful!" shouted one congressman. "Oh, baby," shouted another, "that's great, that's just great!"

The desire to be accepted and to be liked, along with an exceptional capacity to fulfill that desire—to inspire affection and trust in others—has characterized Gerald Ford from his earliest days. In his childhood home, at school, even on the football field, the young Ford demonstrated an ingratiating and genial manner that quickly brought him both popularity and success.

All of us develop character traits both as protection and as the instruments for accomplishment in an unfriendly world. Ford's weapons were not defiance or self-assertion. Rather he would pursue his ambition by learning to suppress anger and resentment; by avoiding conflict; and by working tirelessly and with total loyalty on behalf of the successive individuals, constituencies and institutions on which his career was built. Drawing upon a metaphor from his days as a football center, Ford said of himself, "I've tried to be a good blocker and tackler for the running back who carries the ball."

These are worthy human qualities, unusual anywhere, rarer still among those who reach the heights of public life. They are valuable in building a family—and Betty Ford and her children surely compose one of the warmest and most attractive we have seen in politics in recent years—in winning a constituency, in serving a political party. And they are ideally suited for the system of bargaining, negotiation and compromise on which the legislative branch is built. But they are not enough

for a President. Indeed, they can be damaging. A President, if he is to accomplish anything, cannot avoid conflict and even bitterness. He must command loyalty as well as bestow it. And he must himself call the signals and carry the ball. The still-unanswered question about Gerald Ford is whether the skilled and devoted follower can now become a leader.

Ford's two years as President have already given us some important clues to the answer. The first of these is the structure of the Ford White House. In contrast to the highly centralized, pyramidal system that Nixon created, Ford has established his staff in a loose, congressional style marked by accessibility and informality. "Not since the time of Andrew Jackson," writer Juan Cameron observed in *Fortune* magazine, "have so many people had such easy access to the Oval Office of the President. Cabinet and sub-Cabinet officers, congressmen, White House staff members who had not been in the President's office for years—all have sat down with Ford." Ford is not a loner; he needs and enjoys the emotional and social process of thrashing out decisions in the company of his advisers. And as a veteran congressman he prefers the give-and-take possible in face-to-face discussions to the colder, more analytical process of reaching decisions by weighing a set of alternatives presented on paper.

Yet the very looseness of a system that allows a wide variety of people to urge action and advice on the President opens the door to sloppy management and un-co-ordinated decisions if the President himself does not take firm control. But Ford is not a planner by nature. His many years in the Congress taught him how to juggle a variety of problems at once without setting priorities.

Unperturbed by the fragmented nature of the Presidential schedule, Ford moves with ease from one isolated segment to the next—from greeting Miss America to a discussion of a foreign trip to a decision on Federal appointments to a briefing on the CIA. "I like meeting with one group to discuss this and the next group to discuss that," Ford says. But where in the midst of these segments of talk is policy made? When is thinking done? Who is there to make sure that the multitude of Federal actions and programs are kept consistent with major national goals?

In 1975, in the midst of a meeting with a group of highway lobbyists and governors, Ford impulsively decided to release \$2 billion in impounded Federal highway funds as an antirecession measure. Unfortunately the decision, which was never fully checked with the Council of Economic Advisers or the Department of the Treasury, not only was inconsistent with Ford's energy program but it violated his restrictive budgetary policy as well, running counter to the goals of his broad economic strategy. Nor is this the only such incident.

Another distinguishing characteristic of Ford's White House is the absence of tension and fear. "The strongest impression," one observer wrote, "is of relaxation." And the center of the calm, its essence and source, is the quiet, easygoing, pipe-smoking man who just happens to be the President of the United States. With John Kennedy and Lyndon Johnson it was all nervous energy, constant motion and competitive tension. With Ford the pressures are reduced. Expressions of anger are rare. The staff has the security of knowing, as one aide put it, "that Ford will stick with you even if you make mistakes in his behalf."

"In my very young years, I had a terrible temper," Ford once said. "My mother taught me that anger was not the way to meet problems. Adversity in athletics also helped teach me . . . and adversity in my personal life. I thought I was madly in love with a very attractive girl. It didn't work out. My mother . . . taught me that you don't respond in a wild, uncontrolled way."

Continued on page C-6



"... 'Winning or losing seemed unimportant,' Carter said, 'compared to reconciling myself with God and goodness.'..."

"I've always had superb confidence in myself," Carter said at the start of our interview, "but since 1966 it's been different. Before then, happiness came in fits and starts. Relaxation followed crisis. I was always thinking of myself. I had to prove myself to others. I had to win every battle, which meant when I lost the race for governor of Georgia in 1966, it was horrible."

Indeed, the candidate's sister Ruth recalls that after the loss, Jimmy ran to a grove behind his house in Plains, "put his face in his hands and cried like a baby." He then entered a period of depression. "I wasn't getting any satisfaction out of any successes," he told one reporter, "and when I had failures, it was very upsetting. Even the smallest failures seemed like calamities to me. Life had no purpose."

In the midst of this depression Carter had the "religious experience" that he willingly admits gave him a "new life." Years before, his sister Ruth had emerged from a deep depression by accepting God in her life. So now Jimmy Carter, at the most difficult juncture in his life, developed a personal relationship with God and emerged with renewed confidence and assurance. "In the context of God's Kingdom and life after death, the life on earth that was so important to me suddenly seemed transient," he said. "Winning or losing seemed unimportant compared with the critical importance of reconciling myself with God and with goodness."

"As Christ became my friend other lives began meaning more to me. I became less proud and stopped judging others all the time. I ran once again for governor and knew that whether I won or lost, I could approach the result with complete equanimity. And though my term as governor was tough and combative and contentious, the day we drove from the Governor's Mansion I told my wife I'd never gotten up on a single morning without looking forward to the day with great anticipation. For unlike Lyndon Johnson, the man you knew so well, I feel sure about myself deep inside. Johnson never felt secure inside, especially around the Eastern Establishment—the professors, experts, writers and media people—and that's why they got him in the end. But I don't feel ill at ease in a Harvard professor's house or when I'm talking with the experts on foreign policy or on economics or when I'm with the leader of any group.

"The point is that I'm not comparing myself with any of them. To judge our own goodness or sinfulness by comparison with other men is wrong. We all fall short in comparison with the glory of Christ. The Bible says, 'Thou shalt not commit adultery.' But I'm never proud of simply not sleeping with someone else. For if you've ever looked with lust upon another woman, you're equally guilty. Pride comes only when such sinful thoughts can be abolished."

"Have you ever felt lust?" I asked.

Carter then smiled that wide, crinkly smile of his and said, "Oh, yes, but I feel terribly sinful about it when I do. And the same with an eye for an eye and a tooth for a tooth. Don't be proud of your behavior if you've ever looked on your brother with hatred or thought someone a fool. I feel bad about the things I said about Hubert Humphrey and Mo Udall. In poli-

tics you're always caught up in combat, politically speaking. You receive a report in the course of the campaign emphasizing your opponent's comments, and there's no way to call him before speaking in response.

"Yet I wish I hadn't said and thought the things I did. For the most difficult thing in my life is to admit lust, anger and hatred. But when I talk with God I can't say simply and vaguely, 'Forgive me all my sins.' I must spell them out, and that hurts. So I tell Him I was lusting after someone else or grasping for advantage or derogating an opponent. And then belief in the forgiveness of God gives me a deep security, confidence and independence from everyday concerns."

I found myself jealous of Carter's unbroken serenity—even joy—and self-confidence. He must, I thought, occasionally experience a morning when he, like the rest of us, awakes to painful feelings of guilt or sadness, wanting to go back to sleep to block them out. But there were no such mornings, he explained when I pressed the point. And there was no hesitation or any overtone of equivocation in his reply.

Equally uncommon is the pervasive, disciplined purpose of Carter's life. He begins his day at dawn with a careful study of his schedule, detailed, it is said, even to the point of allowing time to go to the bathroom. And there is little allowance for deviation. If Carter is even five minutes late for an appointment, he becomes extremely angry and lashes out at his aides.

Nor is there much room in Carter's schedule for relaxation. Memos are scanned between meetings, phone calls are made in the break between interviews. Lunch is eaten at the desk. Speeches are written into the hours past midnight. When asked by one reporter what he did for fun, Carter described long walks hunting for arrowheads with his wife Rosalynn; and when asked what they talked about on these walks, Rosalynn replied, "Politics and delegate counts." When he decided in 1972 to run for the Presidency in 1976, Carter mapped out a strategy that called for 250 days of campaigning with visits to 40 states and 200 cities. Carefully allotting a precise amount of time to each state, Carter worked six days a week from 6 A.M. to midnight. And when it all worked out exactly as he had calculated, even down to the number of delegates he had estimated he was likely to win from each state, most of us—but not Carter—were taken by surprise.

Perhaps the most disconcerting and almost awesome aspect of Carter's character is that he derives both his confidence and his almost superhuman discipline from his relationship to God, thus reducing still further the ordinary human lapses that limit us more secular citizens.

Rosalynn Carter is the one person who can tease Jimmy about his iron will, laughingly admitting that it is hard for someone like her, who likes to sleep late, to live with a man who not only gets up early but insists on being energetic right away. And then on airplane rides, when she invariably dozes on and off, he invariably sits straight in his chair, working from the moment of take-off to landing.

Described by her husband as his first and last love, Rosalynn Carter has been and no doubt will remain Jimmy's best friend and closest adviser. She is a warm and gracious woman who seems to have expanded her capacities with each new phase of her husband's career. I found it easier to identify with her than with her husband, perhaps because I too have a tendency to fall asleep on airplanes no matter how hard I try to work. But then, neither she nor I am likely to be President.

For the important question is not whether Carter's confidence, moral code and personal discipline are unusual or disconcerting, but what impact these character traits are likely to have on a Carter Presidency. The problem is that the same clues point in different directions. On the one hand Carter may be peculiarly well equipped to handle the frustrations inherent

Continued on page C-7



"...I have lots of adversaries,' Ford has said, 'but no enemies I can remember.'..."

But there's a price to be paid for all this calm and security. A spark is missing—the stimulus and excitement that come from working for a man larger than life, a man whose presence inspires collective admiration, loyalty, even awe; energy that comes from a belief that one is participating in a noble battle to be won or a mission to be accomplished. There is a sense of lowered expectations inside as well as outside the White House, a sense that sometimes seems indistinguishable from a willingness to accept failures and defeats.

"Why is he so quiet," writer John Hersey asked, after observing Ford at close range for a week, "so unperturbed when he loses a round, as if nothing really had been lost, suggesting that nothing would have been gained either if he had won?" This diminution of expectations helps to protect against the potential dangers of an overzealous Nixon-type staff. But when the President fails to impose any strong, unifying purpose on his Administration, staff members tend to go into business for themselves, putting their own public views and private concerns above those of the President.

In part we feel a measure of safety with a leader who is not really a leader, whose very ordinariness and lack of imperial pretensions ensure the preservation of our system of checks and balances. Yet we also retain the desire for a President of superior gifts, somewhat distant from the crowd, a man of vision and unusual judgment. Despite all that has happened in recent years, the Presidency remains the prime focus for our political sentiments, the tie that binds us to our nation's past, the source of our national pride.

"...Ford has likened himself to Harry Truman in his tests of will with the legislative branch. But unlike Truman, Ford has won most of his battles with Congress...."

Thus it is not surprising that doubts began to build when Ford stumbled a little too often and when his rhetorical lapses proved a little too embarrassing (such as his saying that Paul Revere's historical signal had been "one if by day, two if by night"). And with these doubts came the nagging question: Is Ford intelligent or capable enough to be President?

To some extent the questions about Ford's capacities are unfair. He did, after all, graduate from the University of Michigan with a B average and he was in the top third of his class at Yale Law School. Yet he gives the impression of the eternal plodder, the student who worked harder than everyone else simply to keep up with the pack. "I kind of resent the word 'plodder,'" Ford says. "I would put it another way—I'm a determined person. Some people call it plodding . . . but I'd rather be a plodder and get someplace than have charisma and not make it." Yet Ford does little to help his own image when he responds to a journalist's query about his intellect with the statement: "There must be an awful lot of people much dumber than I."

Other politicians no more intelligent than Ford are better able to hide it with clever rhetoric. But Ford's utterance is slow—although in his acceptance speech at the Republican convention the President proved that a slow, forceful delivery can be quite effective—and he often stumbles over his words.

Yet to a large extent, concerns about Ford's intelligence are misplaced. A President can call upon the best brains in the country—that is, if he wants to. Far more important are qualities of temperament, character and belief. Ford's most consistent political trait—the effort to "work things out" by accommodating divergent views—seemingly restrains him from undertaking to impose his will on others, a characteristic of strong leadership. Even this quality, however, has some compensations. Unlike Nixon, and Johnson in his later days, Ford is not reluctant to surround himself with intelligent and independent-minded subordinates. He does not seem to feel personally threatened by the presence of able people with strong opinions. Indeed, he may need such people in order to buttress his confidence in dealing with the difficulties of leadership.

"...Unlike Nixon, and Johnson in his later days, Ford is not reluctant to surround himself with intelligent and independent-minded subordinates...."

Nevertheless, this unwillingness to compel obedience, this reluctance to initiate major struggles, can be serious weaknesses in a President. They prevent the formulation and enforcement of those major, long-range policies that always involve making difficult choices among powerful and conflicting interests. For example, an effective national energy policy requires that certain groups be denied their demands—oil companies or consumers, the manufacturers of atomic power plants or conservationists. The same is true in developing a program of national health care or gun control or an attack on unemployment. And because these hard choices have not been made, we have no effective national policies in any of these areas. Important conflict has been avoided but the problems remain.

However, Ford is not a "do-nothing" President. Nor can he be. In a simpler era the country could get along with a relatively passive President. The United States pretty much ran itself. But that now is precluded by the nature of the job of the modern Chief Executive, who must prepare a budget for about one fifth of the entire gross national product, decide whether to sign bills or veto them, regulate the supply and cost of money, allow the Concorde to land or forbid its arrival. And there is no way to avoid responsibility for foreign policy, where even failure to act can have consequences of enormous moment.

Thus even a President who is not aggressive or innovative exerts a powerful influence on our national life. And the nature of this influence—what direction it takes—inevitably bears the stamp of his personal beliefs and political philosophy. There can be little doubt about what this means in the case of Gerald Ford.

Throughout his entire adult life Ford has been a Republican conservative. He believes in the overriding virtues of the free enterprise system and assumes that big business does in fact represent free enterprise. He believes in the freedom of opportunity. (Perhaps prodded by Betty Ford, he extends this belief to women as well as men.) He opposes the use of government power to solve the problems of those excluded or damaged by

Continued on page C-8



"...Rosalynn has been and no doubt will remain Jimmy's best friend and closest adviser..."

in the Presidential office. His internal and spiritual source of confidence may give him a reservoir of independent strength when the demands on the President multiply beyond the resources he controls and when the American public begins, as it invariably does, to blame its problems on "that man in the White House." Both risks and censure from others are easier to take for a man strengthened by the belief that he must answer only to himself and to his God.

On the other hand Carter's strength is also a weakness. When he believes he is right, he refuses to bend. Carter admits that one of the major, legitimate criticisms of him is that he cannot compromise away the things he believes in. Even as he speaks these words, he conveys a secret pride in not having to take the back-door approach to bargaining, a pride that, depending on the occasion, may be either justified or a source of disaster. For some of the worst mistakes can be made in the noblest of causes, when righteous leaders unconsciously equate obedience to their will with adherence to moral principles. In just this way an uncompromising, highly moral Woodrow Wilson made inevitable the defeat of his beloved League of Nations. And what happens to Carter's carefully programmed discipline and sense of control when a crisis occurs, disrupting the elaborately contrived plans of even the most intelligent and subtle of men?

There is a verity here that our Founding Fathers understood when they created a system of checks and balances, with power checking power at every point along the way. Never depend on one man, no matter how good or how smart, for even the best of men, in a position of unrestrained authority, can be corrupted. To what extent does Carter understand this need to protect himself against himself?

On the one hand Carter does seem to realize the importance of making strong appointments to his staff and to the Cabinet so that he is not surrounded by a cadre of courtiers who simply tell him what they think he wants to hear. Friends and supporters who expect favors and jobs if Carter becomes President are likely to be disappointed. A long-time aide says that Carter's best friend wouldn't get a favor from him. When I asked Carter whether those who first had supported him would receive special consideration in his appointments, he took his answer from St. Matthew.

"My feelings," he said, "are like those of the man who went out early in the morning to hire workers to harvest wheat and told them he would pay them five dollars to work in his field that day. Then he went out at nine and at twelve and again at five and hired three more groups, each with the same promise. And at the end of the day he called them all in and he paid the last first and he paid them all the same. Those who'd come first said it wasn't fair, since they'd worked longer, but the man said he had done no wrong so long as he had kept the promise he made to each of them, which he had. And the point Christ was making was that latecomers would be acceptable to God on an equal basis with those who early in life worked in His Kingdom.

"I appreciate the people who've been with me from the start, before it was fashionable, but I hope their sense of contribution is reward enough. And those who've come late ought not be

discriminated against. What matters is each person, and each covenant on its own merits."

All indications suggest that Carter is likely to set a high standard in his appointments to office, that he will feel bound by neither patronage, party nor personal relationship. But this born-again Baptist, who takes the stern perfectionist Admiral Hyman Rickover as his guide, is a tough taskmaster, an essential loner, whose aides—with one or two exceptions—are afraid to criticize him. So we must look beyond his staff and even his Cabinet for sources of institutional protection.

Does Carter understand and respect the role that Congress can and must play in safeguarding the President from his own tendencies toward imperial power? Yes. Carter has said that he wants to make sure that his relationship with the Congress is better than the one he had with the state legislature in Georgia, where "I relished open conflict a little too much. I don't know why I like it so much, but I do. But I shall try instead a strategy of involving the legislators in the initial stages of the legislation so as not to confront them with a decision they'd have to accept, reject or be bargained into. And Congress shall also be a partner in the making of foreign policy. And I shall propose that all my Cabinet members present themselves to the Congress in a joint session to answer questions, the way they do in the British system. And if they withhold information not relating to national security, I will get rid of them."

Yet whatever Carter's intentions with respect to the Congress, it is hard to imagine a full and flowering partnership with a man who basically scorns the system of bargaining and compromise that serves as the lifeblood of Capitol Hill. "I will never," Carter claims, "make a private commitment to any legislator that cannot be made public."

Beyond the Congress, Carter sees the access of "the people" to the Government at all levels as the greatest safeguard against too much power in the center, and to this effect has proposed a basic reorganization of the Federal bureaucracy, regulation of lobbyists and holding press conferences every two weeks.

In a fundamental sense he is right, but the impulse toward good government and popular rule is without meaning when it is divorced from specific social goals. It is naïve to assume that all will be well when "the people" are restored to an active role in government. For though Carter says he will represent the people as a whole, appealing to their generous as opposed to their selfish side, persuading them to act in the interests of others as well as themselves, the exercise of power inevitably involves choosing some interests over others, placing some values first. Ordinarily a candidate's constituency provides some clue

"...I will never,' Carter claims, 'make a private commitment to any legislator that cannot be made public.'..."

as to the nature of the choices he is likely to make. But in 1976 there is no clear-cut constituency behind the Democratic nominee. Nor is there an identifiable movement for reform, a depression to cure or a war to be won. Nor do the labels of conservative or liberal provide much guidance, for Carter is neither a liberal nor a conservative.

At the center of Carter's attraction is an enormously appealing conservative ideal—the ideal of re-creating a life based on the primary human contacts of family, neighborhood, community and nation—but the realization of that ideal in our

Continued on page C-8



"...I kind of resent the word "plodder," Ford says, 'but I'd rather be a plodder and get some place than have charisma and not make it.'..."

the private economic system or to enforce a public resolution of those issues that fall outside the normal operation of that system—such as protection of the environment or the restoration of community life.

It is this innate conservatism that helps to explain why the President, who hoped for a friendly accommodation with Congress—of which he long had been a popular and respected member—has found himself embroiled in repeated tests of will with the legislative branch. Making the best of this conflict, Ford has likened himself to Harry Truman and invoked Congressional "irresponsibility" as a major theme of his campaign. Unlike Truman, Ford assaults Congress not because it wants to "do nothing" but because it wants to "do something" that he regards as unwise. Unlike Truman, Ford has won most of his battles with Congress. The majority of his vetoes have been sustained, and his economic policies—not those of the Democrats—have prevailed. (It is always easier to obstruct that essentially inert body than to make it act.) And unlike Truman, whose Fair Deal was an effort to adapt New Deal-style reforms to a changing postwar America, Ford's motto seems to be "This is not an era for change." He is banking on the possibility that the public will agree.

Ford's political philosophy helps to explain—although it does not completely resolve—the baffling contradiction between his personal qualities and his public record. The President's unmistakable generosity and compassion, the eagerness to sympathize with the difficulties of others, does not seem to extend much beyond his personal contacts. If Ford saw a hungry child, he would feed him, and he would treat any Black man he met with dignity, but throughout his entire career Ford has taken a consistent stand against government measures to help the disadvantaged and oppressed. As a congressman he voted against Federal aid to education, the poverty program and mass transit. He voted for the Civil Rights Act only after the failure of the far weaker substitute legislation that he had supported. As President he has vetoed more than two dozen bills designed to enhance the health, safety or economic welfare of millions of Americans. And neither as congressman nor President has he initiated one significant new legislative program.

Finally, therefore, the most reliable basis for a judgment about Ford is not his personal qualities—both candidates are honorable and trustworthy men—but his approach to public issues. For we are choosing a President, not a friend, and that choice should be made on the basis of one's own feeling about the future of government and the nation. Some Americans yearn for new directions and the emergence of a renewed sense of national purpose, believing that the established order amounts to the perpetuation of privilege or the decline of individual opportunity. Others have more faith in things as they are and believe that government action will not alleviate the afflictions and injustices of society—that indeed, Presidential intervention will only make things worse.

On this rather vague but most fundamental issue, it is difficult to be clear about the precise content of Carter's intentions. But with Ford we can be reasonably certain of what we are getting. The issue is whether that is what we want. And in this November's great exercise of freedom, the choice will be up to us.

THE END



"...Friends and supporters who expect favors and jobs if he becomes President are likely to be disappointed...."

modern, impersonal, technological society will require the most radical of methods, which perhaps only a Southerner who believes in the Bible and was born and raised in a small town can sell to the American people.

"My relationship with Plains has never changed," Carter told me. "I broke my arm in the center field of the same baseball field where we now play our softball games with the press. When I went too fast on my bike one day and fell into a ditch, I walked to where the filling station was, and is, and waited till my daddy took me to the hospital. And that's three feet from where I asked Rosalynn for our first date.

"When I grew up on the farm and when I got hurt, my mama and daddy were always there—on the edge of the field or not too far from the creek. If I got thrown off a mule, my daddy was close by to pick me up. But my children and I aren't always in the same place. In this modern world, with all the automobiles and everybody in the family spread all around, you don't have that stability or assurance and that constant pressure to help you when you need guidance or get hurt."

Carter has said that he wants to be a great President, that his will be an activist administration and that he will never go slow. All indications suggest that he has a deep and genuine sympathy for the poor, the Blacks and the disadvantaged. But his central message is an exhortation to Middle America to bring more love and greater justice to their families, their neighborhoods and their government. Carter preaches the disillusionment, selfishness and shame of the past decade not as a token of the fact that America is damned but because he hopes and expects that all can be saved.

"I see a community out there of groups, of Blacks and Latin Americans and doctors and teachers and businessmen, traditionally grasping for self-interest but now willing and eager to accommodate personal needs to self-sacrifice. When you put doctors in the AMA and teachers in the NEA and farmers in the farm federation, they all come out with selfish concerns. But I believe I can represent teachers wanting to teach well and doctors wanting to heal. I believe I can make our government as good as the best instincts of our people."

Is Carter aware that his message implies shattering changes in our economic and social structure? Is his vision more penetrating than the remedies he is willing to propose? Will his sense of mission and morality lead to confrontation or to reconciliation? There is no way to be certain of the answers.

For Carter is a highly intelligent and complex man, an uncommon politician. He is running without ties to any definable groups or to any clear-cut ideological constituency. The outlines of a Carter Presidency are necessarily vague. We know the limits and the strengths of a President Ford. We know to a high degree of probability what we can expect from a second Ford administration. But whether the choice of Carter represents a spirit of adventure or of recklessness, an effort at restoration or toward radical advance, conservative tranquillity or willed turbulence—this we cannot know for sure.

The choice on our 200th anniversary is whether we are comfortable with what we already have or whether we are willing to exercise a leap of faith into the unknown, with all the hazards and all the great possibilities such a leap implies.

THE END

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LIFE'S WORTH MORE THAN A SONG

Death introduced one father and his family to a new way of living.

The Man Who's Got It Made—that was Steve Karmen a few years ago. The musical whiz who regularly set the American advertising industry on its jingle ("When you've said Budweiser you've said it all," etc.), Karmen had it all: fame, money, beautiful wife and family, house in the country, everything the advertisements say we need to be happy.

Or so it seemed.

Today, Karmen still has all the trappings. Except that while it often doesn't show, there's a lot less . . . and a lot more . . . to his slick, high-powered lifestyle.

It took the 39-year-old writer/composer 10 fierce years to struggle to the top of one of the toughest business hills in the world.

And it took the single tragic blow of his wife's death almost three

years ago to bring him tumbling down.

Success and the Good Life, he discovered, didn't really count for a row of beer commercials when he was faced with the life-changing prospect of full-time, single parenthood. And, characteristically, Karmen turned his full attention to his new role.

"I was happily married for 12 years and proud of it," he states. "Now I am single, I still have my career, but I organize everything around the family." He had a lifestyle problem, he seems to be saying, and he solved it in a calm, pragmatic manner. If his family needed guidance, help and a strong mother-father figure rolled into one, he would give it to them. Intellectually, at any rate, Karmen's got his image down pat.

Today, the seat of family life is a large, rambling house in rural New

York, and the hub of the house, it's apparent, is the enormous den-cum-recording studio-cum family room.

It is here that Karmen conducts his work, greets his visitors, runs his home and—most important—daily awaits his three daughters' return home from school.

"The girls' mother prepared them for her death before she died of cancer, so it wasn't a complete shock. Nevertheless, I don't like being away from them, so I've moved my work home. I spend only two days a week in New York City, and I'm able to arrange my schedule to coincide with their vacations."

The lifestyle Karmen has worked out for his girls seems like a cross between transactional psychology and army boot-camp training. There's travel with (continued on page 28)



Left to right: Abbe, Carrie, Steve and Lisa Karmen romp in the branches of the beloved pet beech tree they have named "Emily."

"My town voted 4 to 1 in favor of building a second nuclear power plant because they liked the way the first one saved money and didn't pollute."

Kristy Vantrease

"When we moved to Plymouth last November, we tried to buy a house right across from the nuclear plant where my husband works, but nobody wanted to sell.

"It helps that the air is very clean around the plant. You just don't get air pollution with nuclear plants and that's important to me.

"I guess the most appealing thing about nuclear power to the people of Plymouth is the money-saving aspect. The plant is one reason the taxes are low here and I understand the average family in the Boston area saves \$2 a month on their electric bill compared to what it would be if the plant used oil instead of nuclear fuel.

"So when it came to a vote on whether to build a second nuclear plant or not, the town voted 4 to 1 in favor of building it, which seems to speak pretty well for the first one.

"I believe the more people learn about nuclear power, the more they appreciate the money it can save and the way it doesn't pollute the air."

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Kristy Vantrease, Plymouth, Massachusetts, with daughters Holley and Kimberly.



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MEN AT HOME

continued from page 26

their father and a house in Florida for vacations. There's a dog named Cinco and an irresistible pony named Lou-Go. There's a pool to swim in, fields to romp in and trees to climb. There are riding and ballet and music lessons.

"I don't encourage them toward music, but I don't actually discourage them, either" is his sensible musician-as-parent attitude.

In addition—an exercise in order and discipline, one suspects—there are "the rules."

"We have a housekeeper," Karmen explains, "but everybody still has special jobs. We sit down to dinner in the dining room every night. One makes the salad, one sets the table, one clears up. On weekends, I cook."

It's all very slick . . . nice slick, like Karmen . . . but slick. Yet somehow under that slick surface, something else is happening. It's like his new album of songs, with the telling title, *I Never Had the Time*—a glossy effort full of professional gimmickery and recording-studio commerciality that still, now and then, rings unnerveingly true.

Here he stands. The presentation is polished—from perfectly cut jeans and shiny leather boots and vest to earnest ingenuousness and enthusiasm. But it is belied by his intense enthusiasm and by searching questions he finds himself asking.

Are such life-upsetting situations common? What about children and their needs? How important is a strong home base? How important is togetherness? What about remarriage following a spouse's death or divorce?

He grills his visitors. Are they married? If not, why not? What about children? If not, why not? Would they marry again? He seems fascinated with the romantic/marital success or failure of others.

His are the queries of a man faced with situations he's never wanted—or had—to consider before, and who wants honest answers . . . his cool personal packaging notwithstanding.

Moreover, there's a sly self-deprecating humor creeping into his new album, *Reconnecting* (which will be released in January). This new mood is especially apparent in the song "Gwendolyn, Penelope, and Marie" where Karmen says, ". . . she calls in sick . . . and comes and spends the time with me." His authoritative glibness is sporadically overshadowed by a genuine paternal am-I-doing-okay angst. And the actual objects of his love and concern—Lisa, 13; Abbe, 12; and Carrie, 10 (a trio of . . . now Furies . . . now Muses . . . now Graces)—are most competent at deflating complacent parental sails.

Music, Karmen muses, is meant to be played together, and he cites elegant parties with woodwind quartets around the swimming pool. The kids prefer "Chopsticks." So much for cultural evenings together.

After endless discussions on *The Wizard of Oz*, Karmen sighs, "What do you say to an 11-year-old who thinks Dorothy looked retarded skipping down the Yellow Brick Road?" Or, in exasperation to ever-questioning, ever-in-motion Carrie: "Just sit there and when you get to the bottom of the page, then ask me!" Of blonde, winsome Lisa, suddenly tall and coltish: "A phase," he says hopefully, watching her as she tumbles headlong into the garden.

"Daddy, the whole school knows you took out a teacher and that she's 14 years younger than you!" So much for image.

The women their father sees and his feelings about marriage are a source of continuing conversation and speculation among the girls, and under their teasing, Karmen opens up: "You guys know I started writing songs just to develop a line. But once a girl gets a song out of you, you're used up," he jokes.

(continued on page 30)



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MEN AT HOME

continued from page 28

But the prodding goes deeper than jokes, and Karmen knows it. He turns his rhetorical questioning about marriage on himself, and words such as "adjusted" and "dating" and "up-front" sprinkle his conversation.

"I'm really not sure I could be married anymore," he says, yet adds paradoxically, "but I certainly don't think I would like to live the rest of my life like this."

Karmen says he's looking for someone he can give his energy to. Or, more to the point, "I would love to go out for dinner and not have to worry who I am going with."

On the part of his daughters, how-

ever normally curious—and appraising—they are about the women he meets, they keep their ideas for their father to themselves. And if Karmen looks upon a marriage by him as of potential benefit to his daughters, he doesn't talk about it.

Instead, he emphasizes the strength of their life together as they all enjoy it now.

He stresses the fun, the adventures, the respect, the security and the special togetherness born of sorrow and now based on love. The future, he implies, can wait.

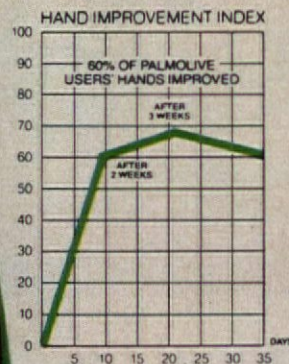
The Karmens are a lucky family and, in many ways, Steve Karmen, today much more than a splashy showbiz lifetime ago, really is a Man Who's Got It Made. —Keitha McLean



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Top: Steve records a jingle with studio musician. Center: The whole family (left to right: Steve, Abbe, Carrie, Lisa) watches while Lou-Go, their pet pony, munches his evening meal behind the Karmens' rural home in upstate New York. Bottom: Carrie listens while her dad answers a question.

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Amaretto di Saronno. 
Originale. From the Village of Love.

THE GOOD LIFE UNDERGROUND



PHOTOGRAPHY BY DAN WYNN

Wine cellar, spa, media room—all are ways to transform a basement into a home entertainment center. For Peter Morrell, wine dealer and connoisseur, wine tasting in his cellar is an autumn tradition. As soon as the Beaujolais comes in from France to his New York shop, Morrell & Co., tastings begin and continue through the winter at regular intervals. When he invites Michael Aaron, another wine expert, over from his shop, Sherry-Lehmann, Morrell brings

out some of his finest bottles. The cellar itself is organized in stalls, each of which contains wines of different vintages from different countries and regions. Labels indicate at a glance what is stored where. Some of the storage cells are simply wine cases stacked on each other and nailed together for support; others were built from scratch. To find out how to build a wine storage wall like Peter Morrell's, please turn to page 78. Other ideas for entertaining in remodeled basements follow. —Bo Niles

THE GOOD LIFE

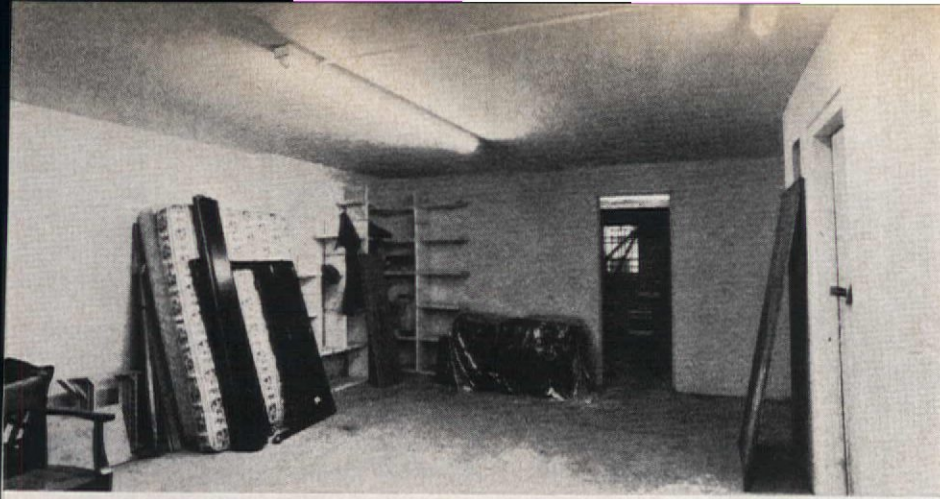
BASEMENT SPA



Space is at a premium in the city—especially space for exercise, whether indoors or out. The tenants of a townhouse in Manhattan decided, cooperatively, to bring their health club home, so to speak, by changing the storage space they all shared on the bottom floor into a basement spa. Designed by Marilyn Glass with *American Home*, the space (photos opposite) is divided into two rooms; one is a gym and the other, a sauna

and bath. The gym has specifically defined areas for working on specific pieces of exercise equipment. Mirrored walls (above and right) not only visually enlarge space—a boon in a room with few or no windows—but also keep everyone alert to their workout. The color palette in the room is subdued and restful, accented by art deco stripes surrounding the vinyl-suede covered platform bed. Gym equipment how-tos are on page 78. *(continued)*



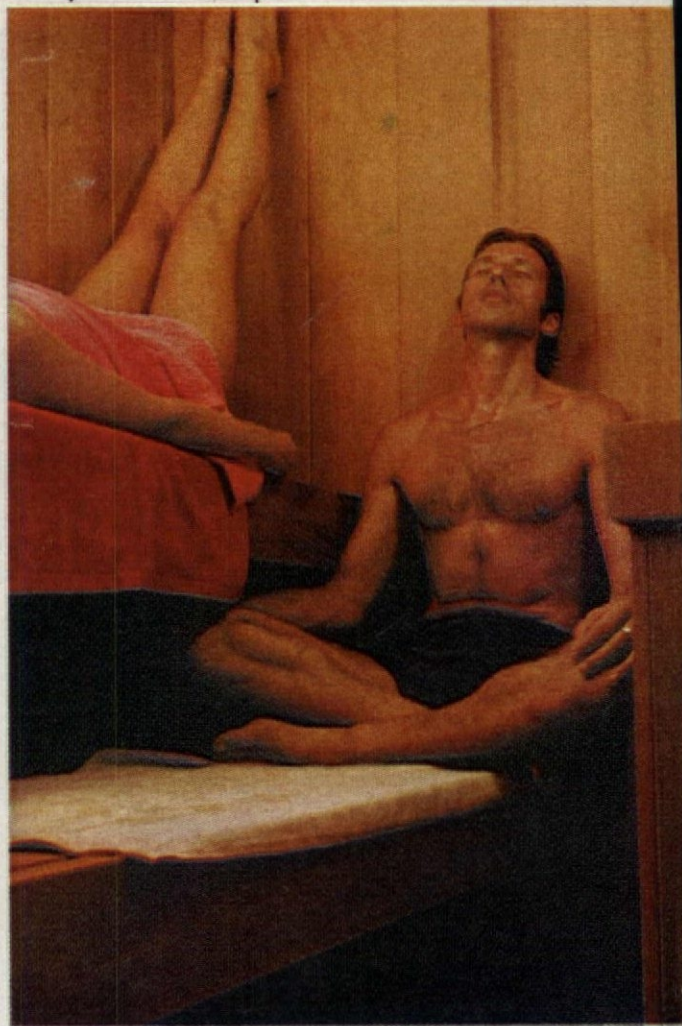


The following manufacturers participated in this design project in the gym room: carpeting, Collins & Aikman; wallcovering, Winfield Designs; mirrored panels, Mirrex; lighting fixtures, Lightolier; "grow-light" bulbs, Duro-Lite; bedcovering, Decorators Walk; pillows, Bloomcraft; window blinds, Levolor Lorentzen; Plexite flowerpots and caddies, Plexite; plants, Mobile Gardens; towels, Martex; gym equipment, Mac Levy; art deco clock and rug, Joia.

PHOTOGRAPHY BY GOSTA PETERSON; BEFORES BY ERIC GLENN JOHNSON

THE GOOD LIFE

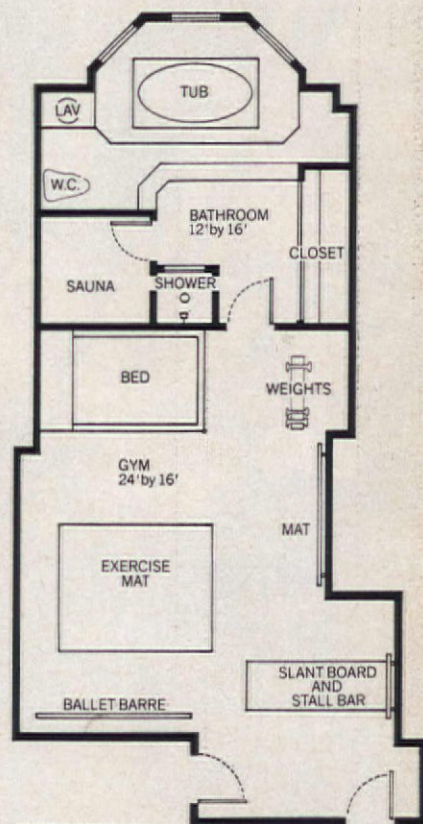
BASEMENT SPA



Soaking in a hot bath or relaxing in a sauna perfectly complements an invigorating exercise regime, and the "wet room" in this townhouse basement spa was designed with this in mind. As the floor plan (opposite right) shows, the sauna is neatly tucked in a corner of the room with the shower right alongside for easy access to a skin-tingling deluge after a sweat. The redwood sauna (above right) measures six feet

square so that two people can comfortably stretch out on tiered benches. The heating element, housed in a redwood box, is easily reached for regulating heat. Up a couple of steps in the window bay is a seven-foot-long tub (opposite left); cushions upholstered in terry invite lounging, either on the steps or by the windows. Plants thrive in the humid environment, their growth enhanced by warm grow-lights in the overhead recessed fixtures.

Mosaic tile cloaks all surfaces for wipe-up ease. The glow reflected from brushed metal blinds and ceiling lends a feeling of greater height and brightness to the room. A double-width closet (above left) was planned with a clothes bar on one side for robes, and shelving on the other to hold plenty of towels for tenants and friends, sheets for the guest bed in the gym room, plus bathing and sauna gear. For more about saunas, see page 10.—Bo Niles



FLOOR PLAN BY ADOLPH BROTMAN



The following manufacturers participated in this design project in the sauna and bathroom: Custom-designed sauna, Viking Sauna; fixtures, American Standard; tile, American Olean; ceiling covering, Louis Bowen; lighting fixtures, Light-olier; "grow-light" bulbs, Duro-Lite; blinds, Levolor Lorentzen; towels and sheets, Martex; Plexite flowerpots and caddies, Plexite; plants, Mobile Gardens, bubble bath, Clair-ol. Complete product information, page 66.

THE GOOD LIFE

MEDIA ROOM



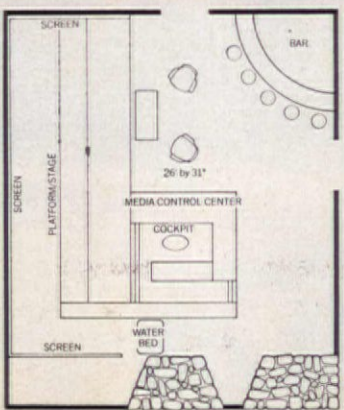
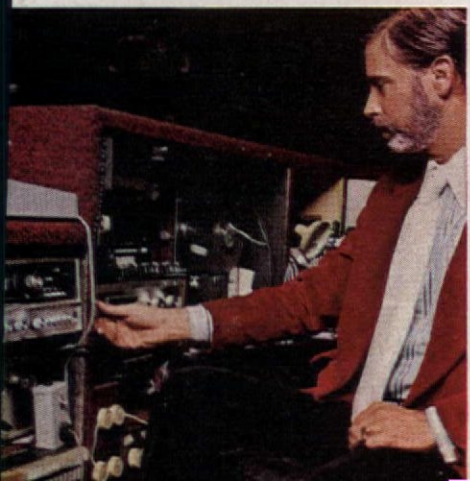
Once upon a time, David Nicholson had a basement like everybody else—with a furnace, storage space and a family room where he could use his carousel projector to show slides of his wife, Deanna, and their children, Fiona and Marc.

Today, the banker (shown above with daughter, Fiona, on the swing and her friends; opposite page top, with friends—wife Deanna is pictured on rear right screen; opposite,

bottom, in his "cockpit") has modified his basement. At last count, there were two four-channel quadraphonic sound systems, six channels of which are for direct sound; two rear channels that trigger a home computer programmed to control music, sound effects and still or movie images; a third tape system for live recording; three cassette and two quadraphonic cartridge recorder/players; seven Super 8 projectors; nearly 180° of wrap-around

screens; four banks of sound-frequency-controlled lights; and a video system hooked up to the rest of the house.

Nicholson got started about five years ago when the family room couldn't hold his new 16mm cinema-scope projector. Unable to raise the basement ceiling, he and architect friend, John Schreiber, decided to dig. Two months later and five feet deeper, his horrified wife Deanna returned from Europe to find 120



tons of soil and rubble on their front lawn and a small lake in the basement. They had struck water.

But all's well that ends well, and today the six-platform media center is worth more than \$200,000. When it's not being used for disco parties or to raise money for charity, it's a "magic room" for Fiona and Marc. "They love John Philip Sousa best, because all the sounds activate the rain, thunder, strobe lightning, the lights—the works."—Keitha McLean



ARE YOU A FROZEN-DINNER

SNOB?

*Today's woman has
more to do than defeather
fowl and churn butter.
Before you turn
up your nose, read this
candid report.*

By PHYLLIS RICHMAN

Visions of savory meat entrees surrounded by steaming mashed potatoes and succulent mixed vegetables beckon from the frozen-food case. So far today you've made beds, cleaned house, prepared at least one meal, washed dishes, maybe put in a full or half day at work, run errands, and now you're knee-deep in groceries. Serving frozen dinners tonight would free the hour you need to (a) help the kids with their homework, (b) soak in the tub, (c) tackle the laundry or (d) all of the above.

The price seems right: 55¢ to \$1.37 for a three-course meal. With a flick of the oven switch, you could eliminate the pre-dinner crunch.

The food would be on the table in half an hour—or a mere five minutes if you're equipped with a microwave oven. What an economy of energy, money and time! But, you wonder doubtfully, what price convenience? Can that processed and packaged food, a far cry from the fresh fowl and fruit of the land upon which the Pilgrims feasted, possibly be a well-balanced meal?

If you have yet to discover frozen dinners, or if you've always been curious about their contents and production, here are the facts.

The basic function of the frozen-dinner plant is to assemble. Frozen vegetables, reconstituted dehydrated potatoes and frozen precooked meats are processed, then portioned onto aluminum trays. Dashes of textured vegetable protein, modified food starch, coloring, flavoring, seasoning and preservative have probably been added; the label, which lists the ingredients in order of predominance, will tell you for sure.

After the dinner is constructed, it is quickly refrozen and packed in a glossy cardboard box. It awaits shipment in a company warehouse, oldest product out first. By the time the average frozen dinner is loaded into a consumer's shopping bag, it is probably three months old.

Because of the excellent preservative qualities of quick freezing, in theory the age of the package is not of concern. Under ideal conditions, frozen foods can last up to a year with their vitamins, color, taste and texture intact. There's only one catch: the package must be maintained at a consistent temperature below 0° F.

When frozen food is kept at higher temperatures because of improper storage, chemical changes cause a gradual deterioration of quality. Off-flavors begin to develop. Once the temperature rises above 15° F., certain vitamins are quickly lost.

When you consider the journey that every frozen dinner takes—from warehouse to truck to train to truck to warehouse to supermarket to freezer—the likelihood that proper temperature control has been maintained is zero. Cartons of frozen dinners may be stacked on loading platforms anticipating pickup by the next carrier, thawing in the meantime. Workers

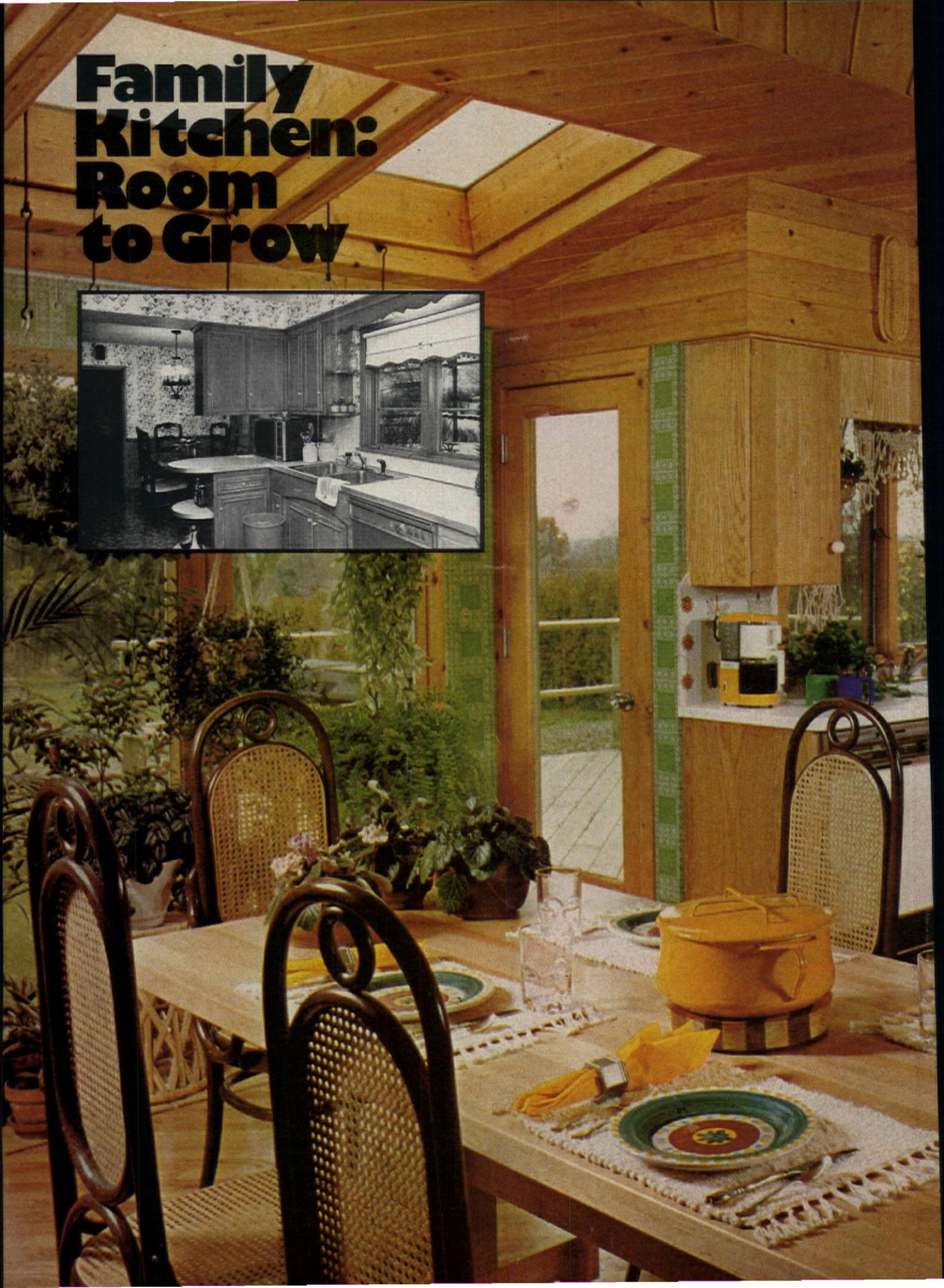
may break for lunch, abandoning the shipment in noonday sun. Supermarkets may offer selections to customers in open freezer units. Shoppers may leave groceries in the car while running other errands.

Executives of major frozen-dinner companies admit that once the product is out of their hands, it is likely to go through three to five freeze-thaw cycles. The industry is in the process of developing a temperature sensitive color strip that will warn consumers when a frozen-food package has attained too high a temperature to be at its best. Producers find it necessary to build a lot of temperature tolerance into their wares to prevent spoilage during routine mishandling. The three industry giants, Swanson, Banquet and Morton, supplied nutritional breakdowns for the frozen dinners Americans eat most (see chart page 64). When *American Home* analyzed the caloric, protein, carbohydrate and fat contents, these meals were discovered to be wholesome and healthy, with certain qualifications.

For purposes of comparison, the Suggested Daily Dietary Allowances (recommended by the National Research Council and the Food and Nutrition Board) were divided by three, based on the assumption that Americans eat three equal meals a day. Each frozen dinner was considered to be one meal. The guidelines for adult females, adult males and children ages seven to ten appear at the bottom of the chart so you can make your own evaluations for your family.

In order to maintain health and the proper weight, women need approximately 600 (continued on page 60)

Family Kitchen: Room to Grow





Effective use of wood to sheathe cabinets and set off work surfaces dramatizes an expanded kitchen for a big family.

A family with four children needed more work space in their kitchen, specialized storage and counters, a roomier place to eat and much more light. The tired jumble of ill-equipped rooms in their 20-year-old house near Cleveland was the winning candidate for a kitchen remodeling project coordinated by the National Home Improvement Council (NHIC) Women's Auxiliary, its Cleveland chapter and the General Electric Co. Designer C. Jean Mattingly, with Tony Gerome's Inc., expanded the kitchen and rearranged work areas for greater flexibility.

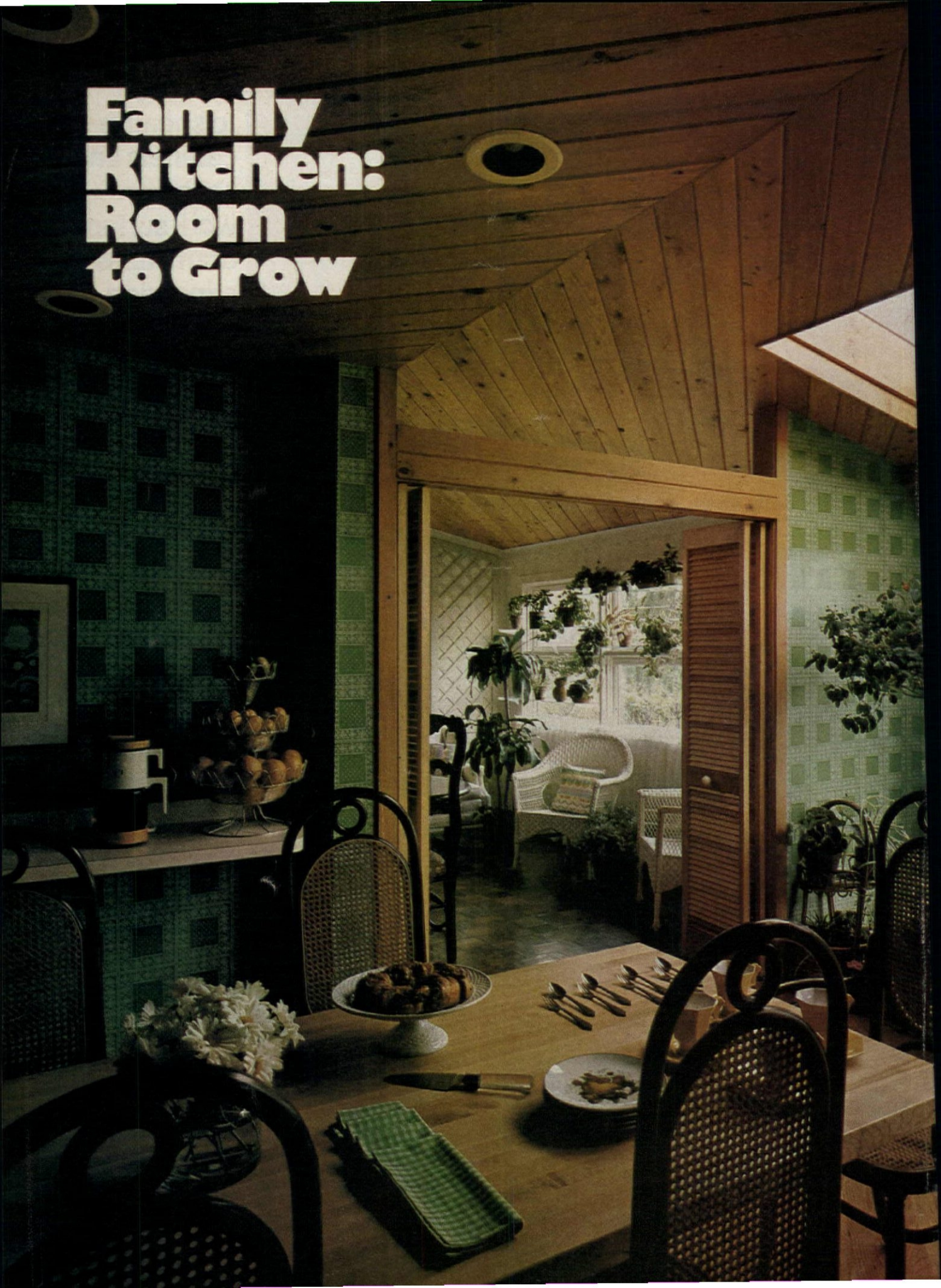
They pushed the outer wall out 6 feet and the appliance wall back 4 feet to square off the space and match the exterior line of the house, and then grafted a new greenhouse onto the extended eating area. A structural beam that could not be removed stands at the corner of the new cooktop island and accentuates the passage between the two areas.

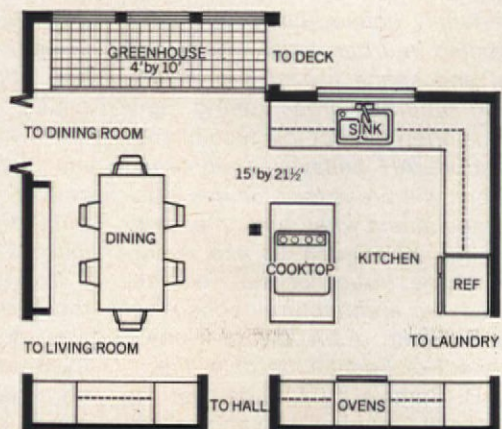
Jane Lawrence/Bo Niles

Space in old kitchen (inset) was poorly used. Remodeled kitchen has easy transitions from area to area. Wood sheathing on walls, cabinets and floor is treated red oak; ceiling is white fir. Vegetable-accented tiles make a pretty backsplash. Door adjacent to greenhouse leads to deck that is used for entertaining.

continued

Family Kitchen: Room to Grow





Dining room furniture (see inset photo, page 44) has been moved into the new formal dining area contiguous to living room. Shelf beside shutter doors (left) can serve as buffet. In the kitchen, updated work triangle (top, left) allows everyone in the family maximum elbowroom for cooking and easy circulation from place to place. Ovens removed from traffic pattern (top, right) are convenient to island cooktop, and to desk with handy cookbook reference alcove. Practically all storage is contained in narrow roll-out drawers (above, left) that make it easy to find normally hard-to-reach items. Even shelves under sink (above, right) pull out. Recessed lighting targets every area and is supplemented by tube lighting under cabinets to highlight counter tops. Floor plan (left) shows arrangement of various work zones and appliances, and access to the room.



HOUSE OF THE YEAR

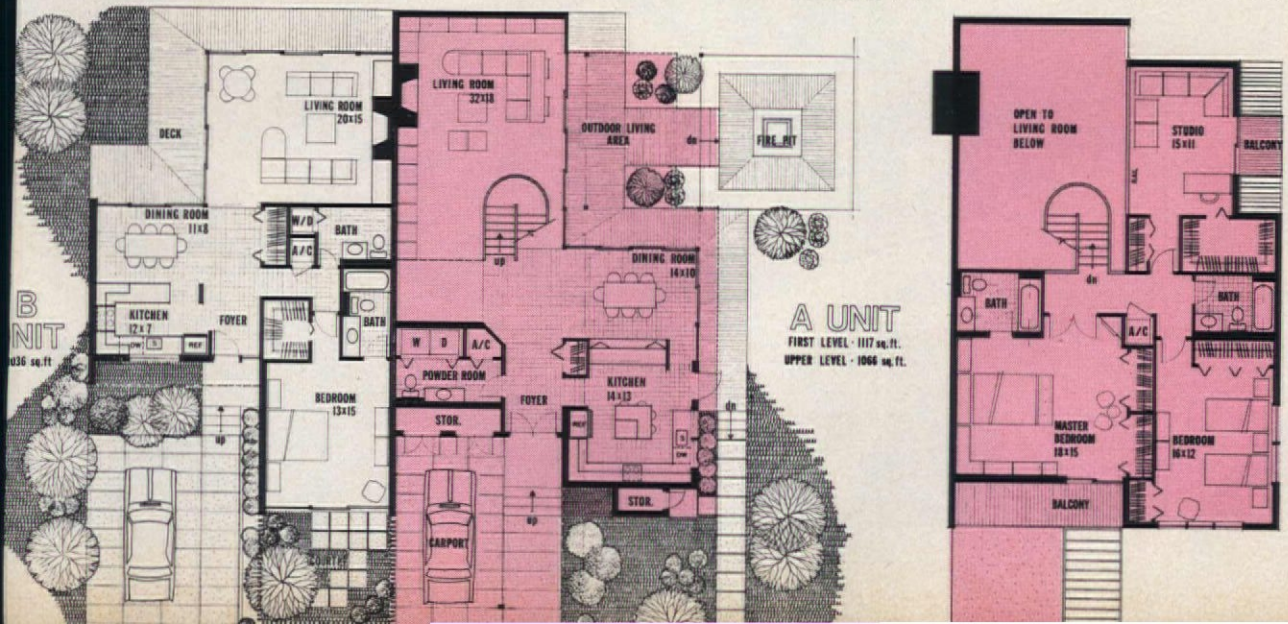
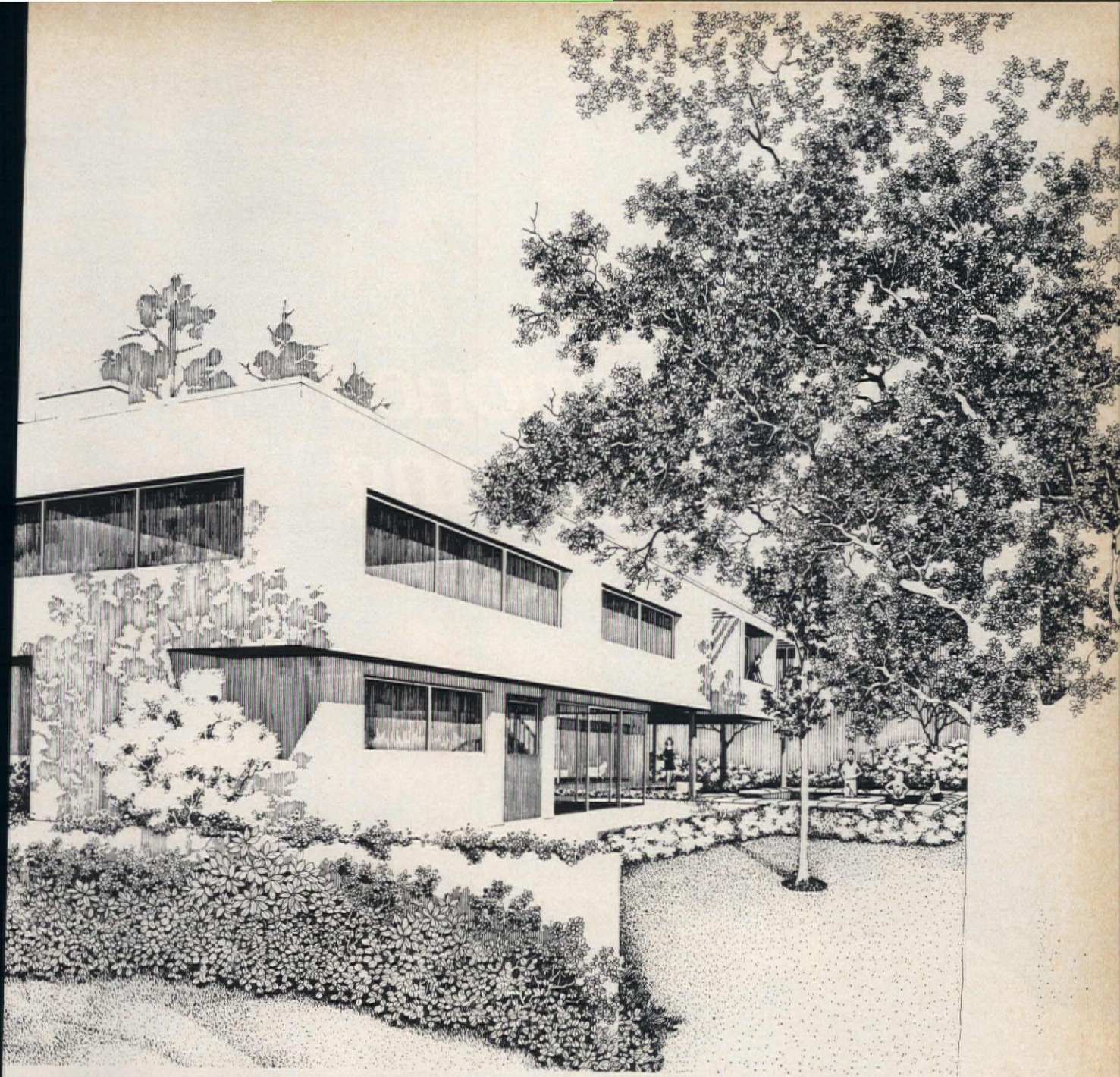
duplex 76

**A HOUSE
YOU CAN
AFFORD**

American Home recently advocated stepping up construction of two-family dwellings to help solve America's need for affordable housing. Two-family houses have long been accepted in urban areas where land cost and space are at a premium, but in suburban areas zoning regulations often restrict this type of construction. AH believes enlightened citizens will press for changes in local regulations when presented with an alternative such as the American Home House of the Year designed by architectural consultant Roy D. Smith, A.I.A. award-winning architect of Fort Lauderdale, Fla. Roy D. Smith's 1976 update of the traditional "duplex" combines the advantages of single-family appearance and privacy with the econo-

mies of two-family living. Most important for fire protection as well as privacy is that in this design the two units are totally separated. A clearly defined party wall creates the separation and also allows for individual address and utility arrangements. This also facilitates individual ownership of each unit in communities that permit "zero lot line" zoning (which allows houses to be built directly on the property line without side-yard setbacks).

To keep costs down, the House of the Year was based on minimal lot size—80 by 100 feet in the example illustrated—and on price-conscious construction considerations. Estimated cost of the house is \$66,000, but this will vary depending on its location. (continued on page 74)



The New-fashioned Thanksgiving

*This year keep the old traditions but
try something different.*





Thanksgiving

Text and visual production

By Marilyn Kaytor

PHOTOGRAPHY BY BEN SOMOROFF

Come November 25th two hundred and some twenty million American folks will be gnawing in rhythmic unison on a turkey leg or wing or breast. It's the day for jam-packed-with-stuffing ole Tom. We all do it. We *should* do it. Ask anyone, and an avalanche of answers will come back all shrilling, "Yes, yes the turkey and all the trimmings, but. . . ." There's a growing strength in that qualifying "but. . . ."

Then why don't we plan the dinner another way? You want to be a poor sport, the only one in America that's out of step? You do? Great, because Thanksgiving does not have to mean the traditional turkey. Sure, we'll all observe a date that stirs deep feelings about our heritage. We'll all set the table with plenty and tradition: Grandma's Wedgwood and silver, the two-tined English forks, mellow pewter beakers and chargers. We'll all be in an over-the-river-and-through-the-woods-to-one-or-another's-home mood, keyed for drinks, conversation, gossip about friends and family and general fun of a holiday. But today the harvest meal can, and should, spell anything you want, from artichokes and quail and figs and cream, to perhaps the likes of a country ham or, the brevity of work involved in a roast leg of lamb.

We *can* keep the tradition but try something new. The three dinner menus that follow (with recipes for the key dishes) are concepts that can help you explore, and enjoy, a new-fashioned Thanksgiving.

HAM DINNER FOR EIGHT: For a menu that keeps a lot of American tradition, but casts off ole Tom, concentrate on a country-cured ham (from Kentucky, Tennessee, Virginia, Georgia

or North Carolina), as seen in the photograph on the preceding page; if you're a mile-a-minute busy cook, buy one already fully cooked (or ask your purveyor, if he has a food-service store, to cook the ham

New-fashioned Menus

HAM DINNER

Oysters on the Halfshell with Grated Fresh Horseradish

**Cream of Leek and Potato Soup*

**Baked Country-Cured Ham with Madeira Sauce*

Vegetable Platter (dilled carrots, minted peas, nutmeged spinach)

**Sweet-Sour Relish*

Romaine and Celery Salad

**Mincés (Mincemeat Tarts)*

Cheddar Cheese

LAMB DINNER

**Sturgeon and Caviar Canapes*

Consomme Double

**Roast Leg of Lamb with Oven-Roasted Potatoes and Onions*

**Green Beans au Gruyère*

Watercress Salad

**Fruit Palette*

GAME DINNER

Mushrooms Stuffed with Crabmeat

Steamed Artichokes with Lemon Butter

**Quail From the Pot with Liver Croutons*

**Pears with Currant Sauce*

Wild Rice

Bibb Lettuce Salad with Brie Cheese

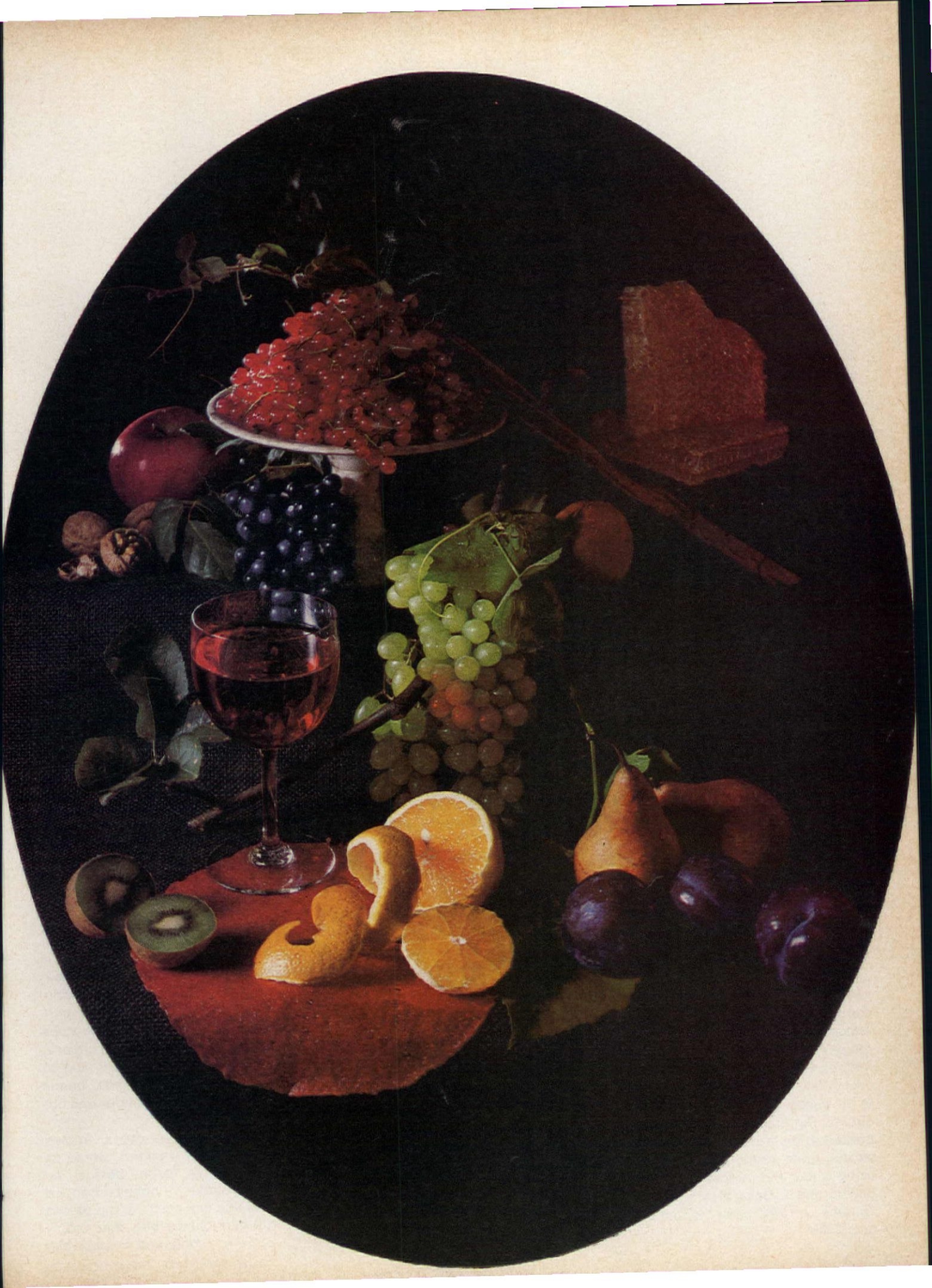
**Figs in Malaga Wine with Cream*

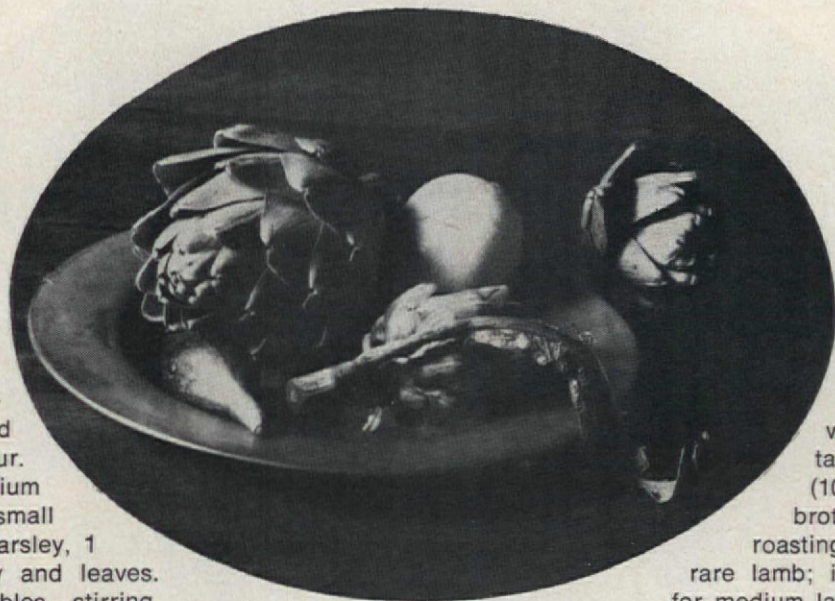
**Recipes given for starred dishes.*

but leave the last hour of baking to you). Use traditionals, such as cranberries and squash, as table decorations. This is a feast that can continue on to the next day: Have leftover ham thinly sliced with

French or English mustard, crusty bread with butter and cress, leftover minces or store-bought applesauce cake, or cool fresh fruit (maybe kiwis, as seen in the photograph, at right, left of the wineglass, with whipped cream), Cheddar cheese. *Cream of Leek and Potato Soup:* Melt 3 tbsps. butter in soup pot. Add the white parts of 5 well-washed large leeks, cut into 1-inch slices, 1 sliced large yellow onion. Sauté vegetables. Add 5 peeled and thinly sliced medium-small potatoes, ¼ cup cut parsley, 1 qt. chicken broth, 1½ tps. salt, ⅛ tsp. white pepper. Cover; cook about 30 mins., or until vegetables are very tender. Puree vegetables and liquid. Return to soup pot. Add 1 cup each milk and half-and-half. Bring to just below boil. Cool. Add a little at a time to a blender; blend until smooth. Return to pot. Correct seasoning. To serve, add 1 cup heavy cream; gently heat. Serve in warmed soup cups; top with cut chives.

Baked Country Ham: Using a vegetable brush, lightly scrape pepper and mold from surface of a 13-15 lb. country-cured ham. Wash in warm water. Rinse well. Cover ham with water. Soak about 18 hrs. Rinse, scrub ham well. Put ham, fat side up, on rack in roasting pan or roaster. Add to pan 2½ fingers Madeira. Cover with lid or foil. Roast at 325°F. for 30 mins. per lb. Baste occasionally with pan liquid. About ½ hr. before ham is cooked, remove from oven. Let sit to cool enough so skin top can be handled. Remove rind-skin. Trim off excess fat. Spread with mixture brown sugar and ham fat liquid from the pan. Put ham back on rack. Roast 30 mins. more to finish cooking and glazing top. Serve with Madeira Sauce (or add a side of English mustard). (continued)





Madeira Sauce: Make brown sauce by melting 1 tbsp. butter and blending in 1 tbsp. flour. Add 1 chopped medium carrot, 1 chopped small onion, 2 tbsps. cut parsley, 1 chopped stalk celery and leaves. Lightly sauté vegetables, stirring. Add ½ cup chicken broth, 2 cans (10½ ozs. each) beef broth, pinch thyme, 6 peppercorns, small bay leaf. Bring to boil; simmer, covered, 30 mins. Strain; discard vegetables; reserve sauce. Add to a saucepan 3 tbsps. butter; melt. Add 3½ tbsps. minced shallots; sauté. Add and blend in 3½ tbsps. flour. Cook, stirring, making a roux. Add reserved brown sauce. Cook, uncovered, about 30 mins., to reduce and thicken sauce. Add 1 tbsp. lemon juice, ¼ cup Madeira wine. Reduce a couple minutes to again thicken. (This is a thin sauce.)

Sweet-Sour Relish: Add to a pan 4½ cups grated white cabbage (use white interior only, no green outer leaves), 2 cups water, ½ cup sugar, ¾ cup plus 1 tbsp. white vinegar, 2½ tbsps. butter, ¼ tsp. salt. Bring to boil. Simmer, with a lid just ajar, about 1½ hrs. Add 1 tbsp. lemon juice. Simmer, uncovered, until sugar-water liquid has reduced, turned darker in color, and coats cabbage.

Mincies (mincemeat tarts): Make 2 recipes short pastry (use favorite recipe). Roll ¼-inch thick; cut ½ of pastry into 3-inch diameter circles, ½ of pastry into 2½-inch diameter circles. Put 1 tbsp. mincemeat (use prepared) on larger circles; top with smaller ones; crimp and seal edges, using water. Put minces on greased baking sheet. Bake at 375°F. about 15 mins., or until pastry is just crisp and done.

Thanksgiving

LAMB DINNER FOR SIX: For a menu that's easy on the cook, but comprises many palate delights, try a dinner centered around lamb. The contemporary end to this repast is a Fruit Palette, which follows the spirit of plenty seen in the photograph on the preceding page. **Sturgeon and Caviar Canapes:** Place thin slices smoked sturgeon on small pieces buttered, thinly sliced pumpernickel bread. Top each with a little caviar, another slice sturgeon and paper-thin slices peeled cucumber. Sprinkle with chopped hard-cooked eggs and chives.

Roast Leg of Lamb: Cut small slits in meaty sections of a 6-lb. leg of lamb, ready for the oven. Insert garlic slivers in slits. With lamb resting on foil, rub all over with mixture ½ tsp. powdered rosemary, ¼ scant tsp. marjoram, ¾ tsp. salt, ¼ tsp. freshly ground black pepper, 3 tbsps. lemon juice. Let stand 1 hr. Place meat on rack, skin side up, in large, shallow roasting pan (rack smaller than pan so there's room for vegetables to be later put in pan). Add 1 bay leaf to pan. Put in preheated 450°F. oven for 15 minutes. Reduce oven temperature to 300°F. Add to pan 12 small to small-medium peeled potatoes; sprinkle lightly with oregano, salt and pepper.

Roast 30 mins. Add to pan 12 peeled, white onions. Turn potatoes. Add ½ can (10½ ozs.) diluted beef broth to pan. Continue roasting 36 mins. more (for rare lamb; increase to 42 mins. for medium lamb). Take lamb from pan; put on serving platter; cover loosely with foil. Turn oven to 475°F. Finish off potatoes and onions, turning once, for about 15 mins. Put potatoes and onions around lamb on platter. Garnish all. For pan sauce: after removing lamb, quickly add rest of beef broth to pan; heat, stirring and scraping pan drippings into sauce, adding a little water.

Green Beans au Gruyère: Wash and cut tips from 2 lbs. young (thin) green beans (you might have to visit several green grocers to find really young, thin beans—it's worth it). Cook ¾ done in salted water. Drain; put in shallow ovenproof serving dish. Lightly salt and pepper beans. Cover with 2 cups heavy cream. Set aside, covered, until lamb is in process of cooking (see preceding recipe). When onions are added to the lamb pan, put beans on another shelf. Let beans bake until lamb is taken from oven (or, about 36 mins.). When lamb is taken out for serving, leaving potatoes and onions in pan, sprinkle top of beans with 1¼ cups (loose pack) grated Gruyère cheese, working it down into beans and to cover top. Let cheese melt, beans brown on top, while potatoes and onions finish cooking.

Fruit Palette: Serve pears, apples and oranges on a platter, whole or cut up. Serve each person an "artist's palette" of honey, chopped walnuts and cinnamon, to dip pieces of fruit into, one by one, then eat.

(continued on page 66)

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Tuna Helper with chicken

Tuna Helper with tuna



Tuna Helper with ham

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11X

THE EMERGING WOMAN

continued from page 6

A human potential encounter group of several Ohio housewives found that in numbers there was friendship as well as strength.

Soon the surrogate Ruth was being exhorted to "get out more, join more clubs." This statement hit a nerve, and Ruth broke in.

"But I don't want to lose myself, I want to find myself. I don't want to run." She raised her hands in disgust. "I want to be satisfied to sit quietly and read if I want."

Ruth had joined the group mainly for companionship. Unlike the others, she had been in private sessions with a therapist before, but found a group offered more reinforcement. Friends noticed an immediate change: Ruth became more friendly.

One of the first problems Ruth discussed with the group was her son's divorce. She was miserable over the break-up until the group convinced her that it was his life, not hers.

Since her husband's death, Ruth had experienced a conflict common among widows. She wanted to socialize, but suffered guilt feelings when she did. Tonight with the group, she explained this dilemma, adding that she turned down the chairmanship of a temple group. "What can I offer them? Others are more qualified."

"Knowledge is not wisdom," Dr. Miller replied. "I'm wondering if you've lost touch with some of your strengths. Maybe we could help you get in touch with them again. I know one strength." With that, Dr. Miller got up, went over to Ruth and hugged her. "Compassion." The other women made the same supportive gesture.

"But I don't know what I want to do," Ruth said.

"There's no rush. But if you wanted to lead the group, you could."

Ruth nodded and agreed that today she was better prepared to assume responsibility than she had been four years before. Perhaps later she would feel comfortable taking on a leadership role. Right now, she needed time to cope with her husband's death.

* * *

Wearing a bright orange pants outfit, May Lefkof, 57, looked years younger. "I am a box decorated with ferns." She boasted that she had cut class that day.

"Could this be the same lady who was afraid of failing her first college

With the support of the group, May Lefkof (right, top) gained the assurance to complete a college education, and Evelyn Barcus (right, bottom) found the confidence she lacked.



exam?" Dr. Miller asked. "How secure you must be now to skip school!"

May agreed.

"It was a major crisis at the time. I took my first college test, thought I had failed it and told the group I was never going back," she continued. "But more was involved than just passing the test. I never knew I had a mind."

May joined the group at a low point in her life. With the children grown, she found herself alone with her husband for the first time in 30 years and desperately sought a creative outlet. Suddenly her life seemed empty.

According to May, "It was a matter of deciding which way to go. I would either turn into a dingy old lady or take a step forward. The group helped me to take that step."

May took up painting. As her interest widened her marriage improved. "Now my husband can play golf and not worry about me. I'm so busy that when we're together we enjoy the time more. My husband tells me I'm my own person now." May developed close friends in the group. "Years ago I felt that other women were rivals. Today I feel a kinship with them."

Tonight May could joke about her major crisis. She passed that momentous test four years ago and is now working toward a college degree.

* * *

The women now turned to Ruth Miller, a dynamic woman in her late forties. The doctor had disbanded the group because she didn't want the women to become dependent on her or each other. Later she gave up psychology to take a municipal appointment. One year ago she became Director of Community Development for the City of Cleveland, the first woman in the country to hold such a position. Although she misses the interaction with other women, her energies are consumed with this grueling job.

"Some therapists have said it's harder for women over forty to change," Dr. Miller observed. "I had felt this was not so from my limited experience, but this group made me positive it wasn't true. Human beings have the potential for change as long as they live." Evelyn Barcus, Ruth Tannenbaum and May Lefkof smiled in agreement.

Nancy K. Gray is a writer based in New York City who is a frequent contributor to national magazines.

AMERICAN HOME, NOVEMBER 1976

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GUIDE TO GRASSES

How to buy wicker, rattan and bamboo.

A recent surge in the popularity of wicker, rattan, bamboo and cane has brought them from the limbo of yesterday's porches and the exotic sets of early movies into the everyday living areas of today's home.

Now that furniture made of these materials is available in a mind-boggling profusion of styles and finishes, the consumer must choose from among the confusing variety of reeds, vines and stems used to produce them.

Here's a glossary of materials to help those who want to know what to look for when they shop.

Bamboo: This is a tropical species of hollow reed or grass of Far Eastern origin that can grow more than 100 feet tall and up to six inches in diameter. It is much less flexible than rattan (see below), because of the natural joints that occur at regular intervals along the length of each tubular section. Thus bamboo is most often used to construct the straight lines of furniture pieces, in combination with other, more bendable materials.

Bentwood: Often confused with rattan, it is created entirely from wood that is steam-bent into curvilinear shapes.

Rattan bends with less heat and retains its shape better than wood. Rattan has become a substitute material for the manufacture of bentwood-style rocking chairs.

Buri: The spine or center stem of the palm leaf, buri is woven by furniture manufacturers in the Philippines for use in peacock or fan-backed chairs, sometimes in combination with rattan. Its special quality is that, while it gives the appearance of delicacy when woven in an open, airy pattern, it can be used to build furniture which is much stronger and less expensive than pieces composed entirely of rattan. It is also non-absorbent, an improvement upon the porous-core rattan used in most unfinished wicker furniture.

Cane: A woven material, it comprises thinly split strips taken from the outer covering of the rattan vine or from various reedlike plants. While in the past it has been most commonly recognized as a covering for chair seats, backs and side panels, it is also used to wrap the joints of rattan pole furniture and has made a more recent appearance in decorative accessories for bathroom, kitchens and desks.

Rattan: A solidly fibrous, tree-climbing vine found primarily in the jungles of the Philippines and Indonesia, it can attain a length of up to 600 feet. Rattan is highly flexible, with the application of steam or a less expensive blowtorch method, and can be bent into an interesting array of curvilinear shapes. John Mascheroni, a designer of rattan furniture for Raymor, Inc., of New York, suggests that "for the highest quality, look for rattan furniture crafted of poles that are smooth, consistent in dimension and free of dark blemishes or markings that would indicate rotting. Be sure to check the wrapping around each joint, which should be even, neat and tight enough to resist slipping or moving when pulled with your fingers." He cautions anyone in the market for rattan furniture to "beware of bargains, which usually are a mask for inferior quality." The best rattan is imported from the Philippines and is usually more expensive than the Indonesian variety. While Indonesian rattan does not take to stain or lacquer as well, it can be treated with a clear urethane finish that allows the true character of the natural vine to become a decorative accent.

Wicker: A strong woven matting, it is created from either the core section of the rattan vine (with outer layers removed) or the unstripped lengths of dwarf rattan, a thinner species imported from Hong Kong. Designer Mascheroni advises that "wicker furniture created from core rattan is stronger, less brittle and of a better overall quality than pieces composed of dwarf rattan. But, unlike the furniture made from the unstripped rattan poles, core wicker needs a varnish or lacquer finish to replenish some of the protection lost when the naturally tough outer skin is removed."

The beauty of furniture made from one or a combination of the natural vines, reeds and stems described above lies not only in the extensive range of colors, woven patterns and styles from which to choose but also in the ease of caring for it. Raymond Stefani, manager of the New York showroom of Ficks Reed Co., a manufacturer of rattan, wicker and bamboo furniture, calls these materials "virtually maintenance free. All they need, in addition to the regular dusting required for proper care of all furniture, is an occasional wipe-down with a damp cloth wrung out in plain water or, if unusually soiled, a water and very mild soap solution."

Stefani suggests that any accidental chipping can be repaired by the non-professional with light sanding, where necessary, and a reapplication of the original finishing material, which is usually obtainable from the manufacturer.

—Arlene Pinzler

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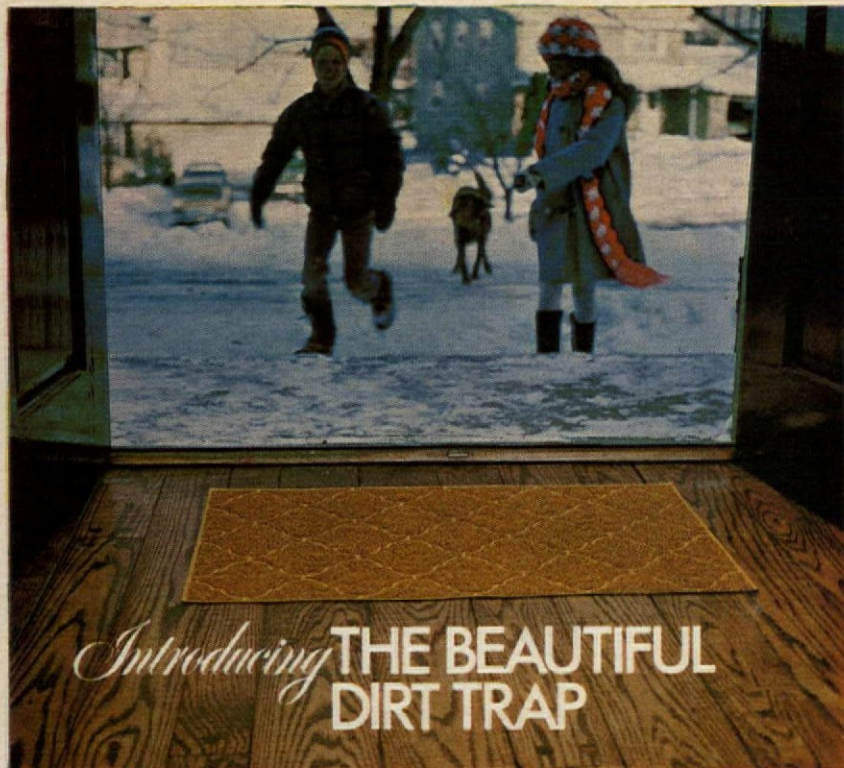
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FROZEN DINNERS

continued from page 43

calories per meal, men and children, 800. Some of the dinners on the list are actually appropriate for those on weight-reducing diets since they contain as few as 300 or 400 calories while supplying more than adequate protein. This is especially true of the turkey platters. Even the regular-size fried-chicken dinners, which tend to be the most caloric (as well as the most popular), were acceptable for women.

However, most of the regular frozen dinners contain too few calories to provide complete meals for men and children. No doubt this accounts for the extra-portion lines featured by each company. As far as growing children are concerned, it's recommended that additional food like

milk, cheese and fruit be added to the meal.

All the dinners supply more protein than nutritionists consider necessary to promote health. In fact, the extra-portion dinners often contain enough protein to fulfill more than half of everyone's daily needs.

No more than 55 to 60 percent of a person's caloric intake should come from carbohydrates. Translating this percentage into grams for one meal and comparing it with the contents, we discovered that all the dinners in the survey contain ratios of carbohydrates well within the healthy range. Not one was composed of more than 51 percent.

Now for the bad news. The American Heart Association cautions that no more than 30 percent to 35 percent of your daily calories should come from fat, but most Americans

TENDER LOVING CARE FOR FROZEN FOODS

Here are some guidelines that you can follow to maximize the quality of the frozen dinners you and your family consume. They apply to other frozen foods as well.

- Buy from reputable supermarkets that do a large volume of business. Avoid markets with open freezer cases.

- Only purchase packages that are in good condition. Don't buy frozen in discolored packages or those with large amounts of frost. These are signs of improper storage.

- Ask the checker to use insulated bags if the store has them or to pack frozen foods together.

- Make grocery shopping the last stop before you head for home. Make your selection from the freezer case last; don't leave frozen in your cart to thaw while you finish your rounds.

- Once home, always mark the date of purchase on the package with grease pencil so you can be sure to use the oldest package first. After they're stowed in the freezer, they all look alike.

- The temperature in the ice-cube section of a conventional one-door refrigerator is probably +15° to +20° F. Use foods stored here within a couple of days. Frozen foods begin to thaw in this temperature range, even though the package feels hard.

- If you use the frozen-food compartment of a conventional one-door refrigerator, the temperature is likely to be +10° to +15° F. It's best to use foods within a couple of weeks.

- If you put frozen foods in the freezer compartment of a two-door combination refrigerator-freezer, the temperature should be 0° to +8° F., and you can rely on quality for several months.

- If you store frozen food in a separate household freezer, the temperature should read 0° or lower, and food should retain its quality up to one year. Use commercially prepared frozen dinners within nine months.

- If your equipment does not have a refrigerator-freezer thermometer, they are available at supermarkets and kitchenware sections of department stores. Place the thermometer in front of the storage area, and wait overnight before you take your first reading. If the reading is above 0°, adjust the control to bring it as close to zero as possible.

(continued on page 65)

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MOST POPULAR FROZEN DINNERS

Banquet, Morton and Swanson produced 87.5% of the frozen dinners purchased by American consumers last year. Here's a list of their best-sellers.

FROZEN DINNER		Weight oz.	Retail Price	Calories	Protein g. % of cal.	Carbo- hydrates % of cal.	Fat % of cal.	
BANQUET	REGULAR	FRIED CHICKEN with mashed potatoes, carrots & peas	11	\$.58	530	28 21%	36%	42%
		TURKEY with gravy, dressing, mashed potatoes, carrots & peas	11	.58	293	24 32%	38%	29%
		SALISBURY STEAK with gravy, mashed potatoes, carrots & peas	11	.56	390	18 18%	25%	58%
		BEEF with gravy, mashed potatoes, corn	11	.64	312	30 38%	27%	35%
		MEAT LOAF with tomato sauce, mashed potatoes, carrots & peas	11	.56	412	21 20%	28%	52%
	"MAN-PLEASER" EXTRA-PORTION	FRIED CHICKEN with mashed potatoes, carrots & peas, apple cobbler	17	\$1.08	1025	51 20%	35%	45%
		TURKEY with gravy, dressing, mashed potatoes, carrots, cherry cobbler	19	1.08	620	39 25%	48%	28%
		SALISBURY STEAK with gravy, mashed potatoes, carrots & peas, apple cobbler	19	1.08	873	38 17%	33%	49%
MORTON	REGULAR	FRIED CHICKEN with mashed potatoes, mixed vegetables	11	.65	500	38 30%	37%	31%
		TURKEY with dressing, gravy, mashed potatoes, carrots & peas	11	.65	370	23 25%	36%	39%
		BEEF with gravy, mashed potatoes, carrots & peas	10	.59	290	21 29%	28%	40%
		SALISBURY STEAK with gravy, mashed potatoes, carrots & peas	11	.59	320	19 24%	31%	42%
		FISH FILLETS with mashed potatoes, carrots & peas	9	.65	450	26 23%	30%	46%
	"COUNTRY TABLE" EXTRA-PORTION	FRIED CHICKEN with mashed potatoes, carrots & peas, apples & cranberries, cornbread	15	.90	740	51 28%	38%	34%
		TURKEY with crouton dressing, gravy, mashed potatoes, carrots & peas, apples & cranberries, brownie	15	.90	640	26 16%	51%	34%
		BEEF with gravy, mashed potatoes, carrots & peas, macaroni & cheese, brownie	14	.90	560	27 19%	41%	40%
SWANSON	REGULAR	FRIED CHICKEN with whipped potatoes, mixed vegetables, apple cobbler	11	.81	570	28 20%	34%	46%
		TURKEY with dressing, gravy, whipped potatoes, peas & carrots, apple-cranberry cobbler	11	.78	360	21 23%	50%	27%
		SALISBURY STEAK with gravy, whipped potatoes, corn, chocolate cake	11	.68	500	20 16%	32%	52%
		CHOPPED SIRLOIN BEEF with gravy, peas & carrots, French fries, blueberry muffin	10	.74	460	23 20%	32%	49%
		MEAT LOAF with tomato sauce, green beans, potato nuggets, brownie	11	.73	530	19 14%	36%	49%
	"HUNGRY-MAN" EXTRA-PORTION	FRIED CHICKEN with crinkle-cut potatoes, corn, apple-raisin cobbler	16	1.36	910	45 20%	34%	45%
		TURKEY with dressing, gravy, whipped potatoes, peas, apple-cranberry cobbler	19	1.37	740	51 28%	43%	30%
		SALISBURY STEAK with gravy, potato nuggets, peas & carrots, apple cobbler	17	1.37	870	34 16%	30%	54%

SUGGESTED DIETARY ALLOWANCES FOR A WELL-BALANCED MEAL				
	Calories	Protein g. % of cal.	Carbo- hydrates % of cal.	Fat % of cal.
ADULT FEMALE	600	AT LEAST: 15 15%	NO MORE THAN: 55-	NO MORE THAN: 30-
ADULT MALE	800	18	60%	35%
CHILD 7-10	800	12		

Based on one-third of the Suggested Daily Dietary Allowances recommended by the National Research Council and the Food and Nutrition Board.

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If you're frustrated with water spotting, try adding 1 tablespoon 20 MULE TEAM BORAX® to your automatic dishwasher during the wash cycle. If you don't have a dishwasher, add the borax to your dishpan.

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FROZEN DINNERS

continued from page 60

consume a much higher proportion. Those with a history of heart disease, be warned: Any meal that contains more than 40 percent fat increases the potential for dietary-related illness. Nutritionist for Montgomery County, Maryland, Mary Goodwin warns, "Cancer of the colon and breast may be related to high amounts of fat in the diet. In Senate hearings this year, it was established that six of the ten leading causes of death in this country are dietary-related illnesses."

Two-thirds of the frozen dinners on the list contain levels of fat regarded as dangerously high. The Salisbury steak and fried-chicken dinners tend to be the worst offenders. The turkey dinners, on the other hand, contain low proportions of fat.

Because of the freeze-thaw cycles to which frozen dinners are subjected, the original vitamin content cited by processors has probably diminished significantly by the time the product reaches the consumer. *American Home* suggests that you and your family take vitamin supplements to compensate.

The three multimillion-dollar corporations that cornered 87.5 percent of last year's frozen-dinner sales grew from the inspirations of enterprising small-town businessmen. About 80 years ago, a pair of Omaha, Neb., merchants named W. Clarke and Gilbert C. Swanson started the food company that in 1952 pioneered the "T.V. Dinner." Still a Swanson trademark, that inspired phrase was first used to entice the public to sample sliced turkey with gravy on corn-

bread, buttered peas and sweet potatoes on a pressed aluminum plate.

Now headquartered in Camden, N.J., and a division of the huge Campbell Soup food conglomerate, Swanson is the leader by a nose, selling a little more than one-third of all frozen dinners.

St. Louis based Banquet Foods has a similar story. Back around the turn of the century in the rural town of Clifton Hill, Mo., a local food dealer named F.M. Stamper was busy supporting his family with a competitive poultry and egg business. The Stamper family maintained the business through the years and entered the frozen-dinner field in 1956 with a fried chicken platter.

Banquet accounted for just under one-third of frozen-dinner sales last year. In spite of its recent acquisition

by RCA, the company retains its family atmosphere. "Once a person gets a job here, his sisters, brothers and cousins follow," one employee joked.

Thirty-six years ago, about the time the current generation of mothers were toddlers themselves, Harold Morton and two partners formed the Morton Packing Company of Louisville, Ky. They set up shop in the basement of an abandoned church to produce a chicken and noodle dinner sold in glass jars. After Continental Baking acquired the company in 1955, additional dollars were provided for a frozen-food division and frozen dinners were therefore added to the line.

Now headquartered in Charlottesville, Va., last year Morton ranked third in an industry that annually generates more than \$558 million in sales.

Who buys frozen dinners? According to a recent survey of homemakers conducted by *Progressive Grocer* magazine, almost half (47 percent) of all homemakers purchase these products.

Frozen dinners are especially popular with working women and those ages 18 to 24 and over 65. While almost half the women in every income bracket use frozen dinners from time to time, those with household incomes of less than \$10,000 a year are most likely to serve them to their families once a week or more.

It's the woman interested in conserving energy, dollars and time who is the frozen-dinner fan.

Phyllis Richman writes regularly for the Washington Post and The Washingtonian and her articles appear in national magazines.

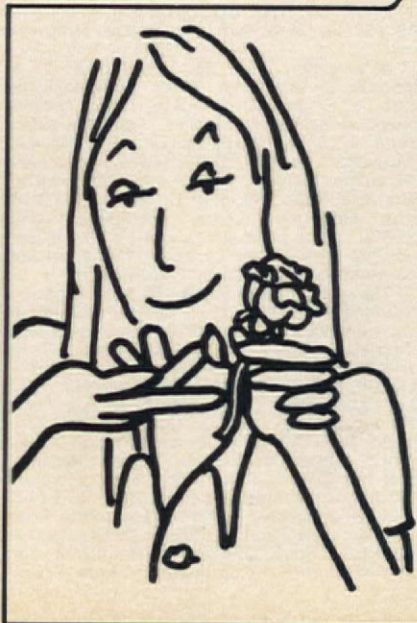
Preserve an American Beauty.

Or any other flower by mixing 2 parts of 20 MULE TEAM BORAX® to 1 part dry, white sand. Then add your favorite flowers. (Make sure they're dry and untreated by preservatives.) Sprinkle ½ borax mixture in shoe box. Put in flowers. Cover with rest of mixture. Seal box and store at room temperature for 10 days.

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Vagisil

THANKSGIVING

continued from page 54

QUAIL DINNER FOR FOUR: Nothing could be more autumnal, while being all-American, than a game dinner.

Quail From The Pot: Lightly rub cavities and outsides of 8 quail (each about 8 ozs.) with mixture of $\frac{3}{4}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper, $\frac{1}{2}$ tsp. each marjoram, thyme and powdered rosemary. Attach legs under tail flaps. With wooden picks, attach strips of salt pork over the breasts. Heat 8 tbsps. butter in large, heavy casserole or pot. Add quail, about 2 at a time, and quickly sauté golden, turning. (Take out to another dish until finished.) Put in pan 2 sliced, small white onions, 1 each sliced carrot, stalk celery, bay leaf, clove. Sauté vegetables, stirring. Put quail back in pan. Add $\frac{1}{2}$ cup dry white wine. Place pot, uncovered, in 425°F. oven for 15 mins. Remove salt pork from breasts of quail. Set oven to 200°F. Put quail on a serving platter; cover loosely with foil while making sauce. For sauce: Add $1\frac{1}{2}$ tbsps. lemon juice to vegetables in pan. Cook, stirring, to reduce pan juices. Add and blend in $1\frac{1}{2}$ tbsps. flour. Add $\frac{1}{2}$ cup dry white wine, $1\frac{1}{2}$ cups chicken stock. Reduce sauce until medium thick. Add $\frac{3}{4}$ cup heavy cream. Heat and strain sauce. Serve with quail.

Liver Croutons: Using a large crescent-shaped crouton cutter (or glass top

or other cutting object), cut a crouton from each of 8 thin slices white bread. Put croutons on cookie sheet; dry out to golden in 450°F. oven (about 5 mins., turning once). Set aside. Melt 3 tbsps. butter; add and sauté 3 chicken livers that have been cut in little pieces, $\frac{3}{4}$ tsp. minced shallots, 2 good pinches thyme, 1 crumbled very small bay leaf. Add $1\frac{1}{2}$ tbsps. brandy, $\frac{1}{8}$ tsp. salt, pinch white pepper. Stir, sauté 1 min. more. Set aside to cool. Blend all contents of pan in blender to just smooth. Remove. Set aside (or chill) until ready to use. To serve, spread croutons with liver puree. Serve with quail.

Pears With Currant Sauce: Peel 2 firm pears. Cut each in half lengthwise. Scoop out centers so there is at least a 1 tbsp.-size cavity. Cut slice from rounded bottoms so pears stand. Put in shallow baking pan. Sprinkle with mixture of $1\frac{1}{2}$ tbsps. lime juice, 1 tbsp. melted butter, $1\frac{1}{2}$ tbsps. dry white wine. Bake at 375°F. for about 17 mins., or until pears are just tender but still firm. Cool. To serve, fill each center with currant jelly. Serve with quail.

Figs In Malaga Wine: Put 8 ripe figs in a bowl. Pour Malaga sweet wine over figs to cover them about $\frac{3}{4}$. Sprinkle figs well with brandy, adding about $\frac{1}{2}$ as much as the Malaga wine. Sprinkle figs well with cinnamon. Refrigerate 3-5 hrs., turning a few times. Serve figs on serving plates with wine marinade spooned over and a side of Chantilly cream. Top figs and cream with a light sprinkling of cinnamon. □

SHOPPING GUIDE

Merchandise listed is available in leading department and specialty stores. Items not included may be privately owned, custom-made, or one-of-a-kind.

To obtain purchasing information on merchandise, write to manufacturer or store; include date of magazine, page number and description of item to insure prompt reply. Items followed by † are available through architects and decorators only. Items available by mail are preceded by *; additional postage, if any, is indicated within (). Add city and state sales tax where applicable. Check or money order and zip code must be included.

THE GOOD LIFE

All sources New York City unless otherwise noted.

Wine cellar, Page 33: Wines courtesy of Morrell & Company. Alvar Aalto-designed cart, I.C.F., 36-inch diameter round butcher block, small butcher blocks, Japanese sword knife, all Great North Woods; wine glasses, "Auberge" goblets, Schott-Zweisel; napkins, "Triangle Stripe" 41330 and "Terracotta" 40, Vera; Roan Mountain 14-inch platter 114, Iron Mountain, Laurel Blooming, Tenn. 37680. Three-piece green suit by Sir for Her; antique pink blouse by Lady Manhattan and burgundy skirt by Cathy Hardwick.

The gym room, Pages 34-35: Carpeting, Lowland Fog BDG 797, Collins & Aikman; vinyl art deco wall covering in two-panel sets, "Variations" 4752-V, Winfield Designs; lightweight mirror panels, 4 feet by 8 feet, Mirrex, Linden, N.J. 07036; gym mats, barbells, stall-bar, abdominal board, scale, all Mac Levy Products Corp., 92-21 Corona Ave., Elmhurst, N.Y. 11373; vinyl suede, cotton-backed fabric taupe T36428 for contour bedcover and box pilloves, Decorator's Walk; velveteen pillows, Bloomcraft; recessed lighting, 81128 and 7860 for over bed only, Lightolier; Duro-Lite Grow-Lite bulbs, R30, Duro-Lite Lamps, Fair Lawn, N.J. 07410; Plexite flower pots and trays, Plexite, Houston, Texas 77058;

plants, Mobile Gardens; antique clock and rug, Joia.

The sauna/tub room, Pages 36-37: Tub, 7-ft. oval pool 2701.225 in fawn beige; lavatory Aqualyn 476.028; integral shower/wall surround 2152.017 model 136; toilet Concord 2004.018; all American Standard, New Brunswick, N.J. 08903; tile, 2-inch mosaic squares, bone, American Olean, Lansdale, Pa. 19446; ceiling covering, brushed aluminum paper, Louis Bowen; sauna, custom design, Viking Sauna, San Jose, Calif. 95150; recessed lighting 1010, Lightolier; Duro-Lite bulbs, Duro-Lite, Fair Lawn, N.J. 07410; brushed aluminum Riviera blinds, Levolor Lorentzen, Hoboken, N.J. 07030; orange, pink and beige "House Lights" sheets; "Streamers" sheets, pillow cases, shower curtain; "Answer" blanket in white; brown, beige, pink and coral "Luxor" terry towels; cognac "Luxor" bath mat; brown, beige, cognac, coral and pink "Invitation" velvet-texture towels; beige, cognac "Wavelength" chevron striped towels; all Martex, div. West Point Pepperell; Plexite flower pots and trays, Plexite, Houston, Texas 77058; plants, Mobile Gardens; crabtree silk sponges and tooth-brushes, aloe glove and strap, men's club brush, Finnish sauna soaps, Truc Savons aux Alques, oatmeal soaps, sandalwood rope soap, Finnish Birch Giftorum Drum and Sauna Gift Box, Marilyn Barnett. Cinnamon hangers, Designworks; bathrobe, Bloomingdale; all clogs and slippers, Azuma; baskets and lacquered wicker canisters, Boxer & Ashfield; oxblood vases, fan-shaped basket and lacquered wicker compote, all Rees & Orr; tomato soaps, Savon Surgras soap, Doney soap, Meralg Seaweed soap, Moloy Sandalwood soaps, bath brushes, mud brush, sponges and loofah, all Caswell-Massey. Herbal Essence bubble bath, Clairol.

FAMILY KITCHEN

Pages 44-47: Contractor: Tony Gerome, Gerome's, Inc., 5230 Warrenville Center Rd., Maple Heights, Ohio 44137.

All appliances and lighting, General Electric Co., Louisville, Ky 40225. Dishwasher SD 1050 with power scrub and energy-saver switch; garbage disposal FC 852; trash compactor CG 450; refrigerator TBF 21 R with ice dispenser; double wall ovens JK 29, both self-cleaning; glass cooktop JP 90; washer WWA 8508 and dryer DDE 9208, not shown. Toast-R-Oven T 95; automatic drip coffee-maker 3383-004; stand mixer M 45 WH; can opener EC 41 WH; digital clock radio 7-4321. Kitchen sink, Kohler, Kohler, Wisc. 53044; floor tile in greenhouse area, American Olean, Lansdale, Pa. 19446; countertops, Formica, Cincinnati, Ohio 45202, ice-white 953-64; ceramic tile for backsplash, from Thomas Brick Co., Cleveland, Ohio 44122; wallcovering, Sanitas & Wallclad, Standard Coated Products, Buchanan, N.Y. 10511; macramé by Rita Montlack, Cleveland Heights, Ohio 44118.

Next Month

Holiday First-Aid: Tips for the busy woman on how to look good and feel good.

Edible Decorations: Trim your tree with goodies to bake and share.

Double Blessings: How a clergy couple meets the challenge of sharing a pulpit and a home.

Instant Feast: Bert Greene stretches a little dinner for four into a gala bash for 24.

Living Places: Looking at the ways Americans preserve their precious heritage of older dwellings.

BARTER IS BETTER

You can afford the things you want even if your credit is up and your wallet is empty. Everything from clothes to housing can be obtained through exchange.

CONSTANCE STAPLETON

The next time you think you can't afford something, stop counting your money and ask yourself, "What do I have to barter?"

Barter has been around for as long as man, but we have grown so accustomed to reaching for our wallets and checkbooks that we forget we can easily trade off what we have in excess of to get anything we want. Barter is the least expensive way to get from where you are to where you want to be. True, it takes a certain amount of time, imagination and talent, but where else can you get a free education in values, human nature, salesmanship, reduce your deficits and clean out your closets at the same time?

If you have ever carpooled, swapped baseball cards or traded babysitting time, you already know how to barter. Everyone has something that someone else wants. The secret lies in matching needs. What do you have that's surplus or used only part-time? Garage? Let the local drama group use it for rehearsals in return for babysitting. A room? Trade it to a student in return for maintenance or housekeeping. Time? House sit while owners are away on vacation in return for professional services.

And if you're convinced you have no talents, consider your faults for a moment; they may be virtues in disguise. Are you a book addict? Try tutoring, reading to shut-ins. Do your friends kid you about being married to the phone? Take telephone calls for professionals during off-hours in exchange for their services, make telephone calls for an organization or club in return for a free membership, try telephone sales.

Three years ago, when faced with the necessity of supporting five teenagers, we started raising our own food. Overnight, we were hit with surpluses. When they didn't sell, we traded them for weeding, jelly, homemade sausage, freezer space, wine. We traded the wine for handmade pottery. The exchanges brought such lovely people into our lives that we branched out. Before the summer was over, I was doing advertising for an automotive firm in return for car repairs; designing stationery for house shutters, writing collection letters in return for legal advice; and that year I set up a promotional

campaign for a free vacation at a lake resort. Within three months, I had backed into the presidency of my own public relations firm.

One of the first clients was my 16-year-old son. After organizing his own theatrical company, he traded a performance to the county for free office space; taking inventory at a local company in return for hangers; a performance at a craft mill for theatre space, costume loans for transportation, a birthday party performance for a trailer; and then he offered to paint my studio if I would promote their latest production.

Many times, people don't know they have something to trade. You may have to create a need for what you're trying to unload. This sometimes requires a middle man or a parley. A safecracker friend of mine wanted to give his 16-year-old son a car. He opened a new safe in return for an old safe (which the client didn't want), swapped that for an antique car that he traded to a car dealer for a late

model, essentially getting an almost new car for a few minutes of his time.

If you are new to the field of barter, take your time. Analyze your assets. Don't be timid in approaching the other party. Lay your offer on the line and state the terms. If you don't know what your time and/or goods are worth, check want ads, make a few phone calls. Start low and work up to determine what you're worth. Talent is worth twice as much as time, but you sometimes have to cut-rate your value to get started. One of the top regional magazines in the U.S. wasn't hiring, but a young journalist said he'd work for nothing if they would let him. He ran errands, did research, edited and in the first week answered a phone tip that grew into a front-page story. Now, he's a regular.

Farmers, longtime practitioners of barter, get animals slaughtered in return for a percentage of the products; firewood cut for logs; ponds cleared of muskrats by hunters and trappers who want the skins, and land sharecropped for one third of the crop.

Many country estates have tenant houses that are traded for farming or maintenance on a regular basis. Some realtors prefer taking back part
(continued on page 70)

Perk up your percolator.



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TAKE A BREATH WITH THE NEW HUMIDIFIERS

No longer clumsy eyesores, today's portable humidifiers come in a whole range of shapes and colors—and in compact sizes so you can tuck them away out of sight.

This winter, even with the heat on full blast, you can make the air in your home sea-breeze fresh—and moist as a tropical forest—just by turning a dial. You can create this breathe-easy winter oasis with a portable humidifier (or combination humidifier and air cleaner) tucked in a corner or nestled at the bottom of a stairwell. New compact sizes give you greater-than-ever flexibility in placement—a 2-foot-by-2-foot-by-1-foot model has the capacity to humidify a four-bedroom house. New cabinet styling puts this appliance at home in any decor, and easy-care features make maintenance and cleaning a snap.

Humidifiers once required a night watchman and bucket brigade because the tank had to be checked and filled frequently. Now, many models have larger tanks to put out more gallons per day, indicator lights to signal a near-empty tank and automatic shut-off when tanks are empty.

Variable fan speeds on newer models enable you to humidify quickly and efficiently with the high speed, maintain the level of humidity with the intermediate speed and get a good night's sleep with the slow speed.

If winter's dust tickles your nose, a double-duty humidifier/electronic air cleaner removes up to 99 percent pollen and 90 percent of other airborne particles.

More good news is that the humidifier has been liberated from the box syndrome, and a wide variety of wood tones is now available. Walnut remains the favorite choice, but new lighter tones—pecan, fruitwood and one called "golden oak"—have emerged to perk up dark corners and dull walls.

The best of the new features are those that keep upkeep down. New throw-away plastic liners eliminate reservoir cleaning, and a water solution keeps mineral deposits at a minimum. Hidden casters make portability an unseen convenience, and if you opt for a summer top, you can display bric-a-brac, plants or books in the off-season.

When in use, a humidifier should be placed 4 to 6 inches away from an inside wall. If your living area encompasses more than one level, moist air will be distributed best if the humidi-

fier is placed facing a stairwell.

Be careful not to overhumidify. Cold air cannot hold as much moisture as warm air. (That's why humidity is always referred to as *relative*.) When outside temperatures drop sharply, a high moisture concentration inside will cause a migration of droplets through the walls to the outdoors. If trapped between the walls of your home, this moisture can cause structural damage. From time to time, check windows for condensation—a warning sign of overhumidification. With storm windows, open the inner one and watch for moisture to collect on the outer pane. If condensation occurs, turn off the humidifier until the moisture disappears. The maximum indoor relative humidity should not exceed 25 percent at 0°, 30 percent at 10° and 35 percent at 20° to 30°.

Determine your humidity needs with a quick glance at the chart below. First determine the number of square feet in your home and check the insulation, windows and doors to see if construction is tight, normal or loose. Read across to find the number of gallons needed to humidify your home in a 24-hour day.

Important steps for a clean, fresh humidifier all year-round:

SPRING

1. Unplug unit, remove filter and water tank if possible. Add ½ cup white

distilled vinegar to a bucket of warm water. Wipe all surfaces with a dampened sponge, including pump and inside of cabinet.

2. Clean blades with solution.
3. Use the vinegar solution on exterior, too, and dry with a clean cloth.

FALL

1. Dust tank and top of humidifier.
2. Check to see that filter is clean and in good condition. Additional filters and pads can be purchased from the manufacturer or dealer.
3. Fill the water tank, insert the plug and you're ready to go.

WINTER

1. Clean thoroughly each month to keep humidifier running efficiently.
2. Keep vents dust-free for fresh-smelling air.
3. If the humidifier is not used for long periods of time during the winter (or if you go on vacation) remove the water to prevent growth of fungus or bacteria and to stop odors from developing.
4. If the water in your area is high in minerals, keep checking the reservoir for deposits.

SUMMER

1. Make sure water tank is empty and dry.
2. Place plants on a tray before placing on a humidifier without a summer top. Dirt and water spills can clog humidifier parts. —Joanne Johnston

GUIDE TO HUMIDIFICATION NEEDS

Find your humidification requirements by first determining the size of your home and its type of construction. Then read across to the necessary humidification requirements. For example, if you have a 1500-square-foot home with average construction, you should have at least 7.7 gallons of water/24 hours.

CONSTRUCTION OF RESIDENCE	GALLONS/24 hours for SIZE OF RESIDENCE IN SQ. FT.					
	500	1000	1500	2000	2500	3000
Tight (Well insulated, vapor barrier, tight storm doors and windows with weather stripping, dampered fireplace)	0.1	2.1	4.2	6.3	8.4	10.4
Average (Insulated, vapor barrier, loose storm doors and windows, dampered fireplace)	1.2	4.4	7.7	10.9	14.1	17.4
Loose (Little insulation, no storm doors or windows, no vapor barrier, undampere fireplace)	2.5	6.9	11.4	15.9	20.4	24.8

Note: If there is uncertainty as to the type of home construction, the values shown in the average category may be used.

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Meditation is not a new concept. Thousands of years ago the ancient Seers of Tibet were capable of walking on hot coals without pain, by utilizing mental concentration. Christ taught us that the Kingdom of God is within. Freud showed us the amazing powers of our subconscious mind. Now you can get the tremendous psychological and physiological benefits of meditation in 30 minutes in the privacy of your own home and shape up your mind and your body!

GET THE BENEFITS OF MEDITATION QUICKLY

Many of us don't relate to the concept of a guru or master, or the requirements to leave our homes for lengthy courses, while spending hundreds of dollars. But all of us—men and women are seeking the ability to achieve deep relaxation, peace of mind, a complete release from hypertension, and to get our bodies in shape.

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Simply stated, what Steven West has done is to give you the shortest and most effective route to tap the benefits of meditation in his book called *Mental-Calisthenics*.

THIS IS A PRACTICAL BOOK

As you begin to practice meditation, there will be fewer times when you find yourself scratching your head and trying to figure out why a situation you thought you had under control, or a person you thought you understood, disappointed you. If you are expecting an intellectual dissertation, forget it! Meditation has been endorsed by the leaders of all religions but it is not a substitute for religion.

AFTER THE FIRST EVENING YOU CAN EXPERIENCE THESE HEALTH BENEFITS

1. If you are now overweight, Meditation may help you lose weight, not only by controlling your appetite, but by removing the stress and tension that cause you to overeat in the first place.
2. Cigarette smoking and other bad habits such as excessive drinking have even been cured within one month with the use of *MENTAL-CALISTHENICS* Meditation.
3. If you presently suffer from constant fatigue and exhaustion and run out of gas every afternoon, you may acquire heightened energy levels, endurance, vim and vigor.
4. Men and women who suffer from depression and deep melancholia will find they can overcome these moods, find peace and happiness.
5. Sufferers of migraine headaches and high blood pressure caused by stress conditions have often been helped by regular Meditation.

AND EXPERIENCE THESE ADDITIONAL BENEFITS

- You will reduce those sleepless nights and unnecessary arguments that sometimes make you feel like you are losing control.
- You can clear away the years' accumulations of tension and confusion.
- Often a sense of greater relaxation and confidence will assist you in improving your romantic and sexual life.
- You will learn how to achieve peace of mind permanently and acquire invulnerability to outside stress and strains.
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BARTER

continued from page 67

ownership of a property rather than accepting commission in order to keep control of a piece of land.

How do you make barter work? Bring up the subject in a casual way. Instant deals don't work as smoothly. Get to know the other person. Have several conversations with a prospect before you let him talk you into it. The ideal agreement is one in which each party thinks he has the better deal. Decide what you need as well as what you are willing to trade for it. Set a deadline for delivery. State where the work will take place. If the other party expects you to do the job at his place and you were planning on doing it at yours, you will have a problem.

If you don't jump too quickly at the first deal offered, the other person will usually raise the ante. If they don't and you truly want the deal, you can always come back. If it doesn't work the first time, try again.

Strike when the need is greatest to make the best deal. Always follow through and instead of turning down what you don't want, find someone else who needs it. I was once offered a Victorian railing for \$10, which I turned down because I had a Georgian house. Now I know it was worth at least \$200 of barter to someone else, and that party may have had the pieces I needed for my own restoration.

Don't be above accepting money. A teenager I know sold 13 unwanted puppies for \$10 apiece, bought a horse and saddle for the \$130, traded that for a go-cart and \$200, swapped that for a motorbike which he traded for a car.

As word spreads and your expertise improves, kindred spirits will start knocking on your door, trying to make deals. Your children will be bartering their way through college. Your daughters will be earning clothes modeling for the local department store, and you'll be discovering talents you didn't know you had. You'll be getting services without bills, assets without money.

Try it. The next time you want or need anything, instead of reaching for your checkbook or wallet, stop. Put on your biggest grin. Look the other person dead in the eye and say, "I love it. Now, what would you take in barter?"

Believe me it's better.

Constance Stapleton is the author of Antiques Don't Lie (Doubleday, 1975) and is the co-author of a book on barter soon to be released by Scribner's.

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641 Lexington, Ave., New York, N.Y. 10022

Ebleskiver(s) @ \$10.95 plus

\$1 post. & hdg.

N.Y. residents add sales tax

Total enclosed

print name

street address

city

state

zip



FROM DENMARK, WITH LOVE

Tasty pancakes, Danish style, cook up light and fluffy on top of the range with this deluxe version of the Ebleskiver pan. Its unique shape, hardwood handle and coated nonstick surface make seven round muffin-like pancakes easier than you can spell Ebleskiver (\$10.95 plus postage and handling). For a special breakfast or snack treat, try the following recipe.

Basic Ebleskiver

Beat 2 eggs until thick and lemon colored. Stir in 1 cup milk, $2\frac{1}{3}$ cups biscuit mix, 2 tablespoons granulated sugar and $\frac{1}{4}$ cup salad oil.
 Bake as directed in enclosed recipe booklet.

PLANTS

continued from page 14

inch pale pink double flowers with up to 60 petals per flower.

Tea Party—apricot buds open to coral and pink double blooms.

Gold Coin—a round, compact plant with $1\frac{1}{4}$ -inch yellow double blooms.

Popcorn—dainty little white sprays with honey scent and fern-like foliage.

Magic Carrousel—a red and white bi-color with lacy patterned petals.

Sassy Lassy—red and yellow bi-color, dark leathery foliage, exceptionally easy to grow.

Starina—luminous orange red with yellow base; U.S. and international award winner.

Wee Lass—a bright red micro-mini; profuse bloomer, 6-10 inches.

Young Magic—semidouble yellow blooms, have the elegant form of wild rose; glossy foliage resembles holly.

Pearl Dawn—Pink blooms edged with pearl and deep rose; compact bushy plant; excellent under lights, in pots and in the garden.

Green Diamond—pinkish bud quickly turns really green; long lasting flowers.

Trailing or hanging basket mini roses:

Red Cascade—crimson red buds bloom all along gently arching canes. Beautiful in baskets, or outdoors as ground cover or over a wall.

Happy Time—beautiful blooms of yellow and red; flowers prolifically in spring and summer.

Climbing mini roses:

Baby Darling—delicate apricot flowers; climbs to 2 or $2\frac{1}{2}$ feet.

Pink Cameo—perfectly formed 2-inch pink blooms that are lightly fragrant.

Miniature Rose Trees—grow to a height of 20 inches when mature. Not all growers have these, but they are unique, easy to grow, and come in many different colors.

The following suppliers specialize in miniature roses. All have catalogs, free for the asking.

Miniature Plant Kingdom, 4125 Harrison Grade Rd., Sebastopol, Calif. 95472. Catalog lists and describes more than 225 varieties.

Nor'east Miniature Roses, 58 Hammond St., Rowley, Mass. 01969. Catalog includes several rare and unusual varieties. This company offers its own special mini-rose potting mix.

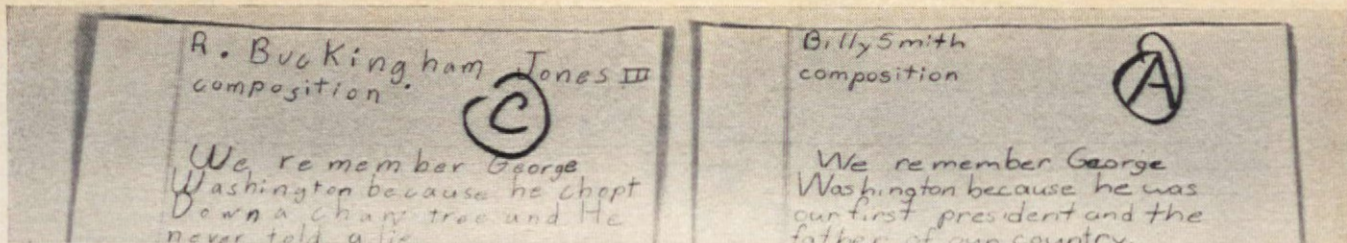
Pixie Treasures, 4121 Prospect Ave., Yorba Linda, Calif. 92686. Catalog includes several photographs—in black and white.

Mini-Roses, P.O. Box 4255, Station A, Dallas, Tex. 75208.

If you'd like to read more about miniature roses, check your local library for *The Miniature Rose Book* by Margaret E. Pinney (Van Nostrand Co.).

Betty Gardner was the author of "How to Get More Greenery for Your Green" in the October AH.

AMERICAN HOME, NOVEMBER 1976



Keep your kid ahead of the Jones kid. Get him the advantages of Montessori learning.

Turn average kids into gifted ones.

Your kid needs every advantage he can get to make it in this world.

And the difference between winning and losing is education.

Maria Montessori was one of the leading educators of our century. She believed that 85% of a child's intelligence and personality is established before his 9th birthday.

She knew that children learn through play. And that proper play and work attitudes lead to healthy study and work habits.

The impact of her work led to the establishment of the first Montessori school in 1958. Today there are more than a 1000 Montessori schools throughout the country.

Some schools have waiting lists of 3 years or more. In fact, many children must register at birth to be accepted at a Montessori school.

How your child will benefit.

Now you can give your child the benefits of Montessori at home without the high cost or geographic limitations of these schools.

Montessori materials develop your child's skills and abilities in your own home, just as they are developed in Montessori schools.

Children learn to speak expressively and listen effectively. They gain confidence and poise. They tend to do better both in college and careers.

This success is because Montessori materials are capable of changing average kids into gifted ones.

The Montessori materials have been called brilliant. Genius. Life changing. Possibly the most important educational development of the 20th century.

Skills are developed through your child's visual, auditory and tactile involvement with his play materials.

As he or she plays, he learns reading, writing and number skills. And he learns at his own pace, too.

He'll enjoy learning because Montessori educational materials fascinate and entertain children.

Montessori learning materials won't conflict

with public education. Actually, Montessori amplifies the school experience.

Successful kids become successful adults.

As your child learns and develops abilities, he gains a feeling of accomplishment.

Montessori treats your child as a little adult. He learns to complete projects, and develops into a happier, more aware child.

The Montessori child who achieves more, gets along better with his playmates, and is generally more popular with a healthy attitude towards school.

They feel proud. And you feel proud. Montessori materials make excellent everyday, holiday, grandmother, grandfather or birthday gifts. Give your child the advantages of a superior education, that you may not have had.

Make sure he doesn't bring home a discouraging report card and announce that "school is a drag."

Don't wait another day. Time goes so fast in a child's life.

Montessori Learning Materials

Montessori educational materials are endorsed by the Montessori Research Foundation of America—a non profit organization.
Montessori educational materials are recommended by Steven West, President of the American Association of Applied Psychology.



- EARLY READING, SPELLING AND MATH: Matching Pairs Kit.** Your child learns basic reading, spelling and math by matching 120 objects. Also develops manual dexterity and the ability to learn by association. Ages 2-6 \$6.95

ALSO AVAILABLE:

- EARLY READING, WRITING AND NUMBER SKILLS:** Sandpaper letters and numbers teach your child word formation—the key to reading, writing and math, by combining visual and tactile sensation. Ages 2-5 \$6.95
- VOCABULARY: Wonder Words Game.** Teaches verbal and written skills. Communicates use of words and sentences. Ages 4-8 \$6.95
- MANUAL DEXTERITY AND COORDINATION:** Unique nesting toys teach your child eye/hand coordination, size discrimination, manual dexterity. Two sets of 4 nesting objects. Ages 2-5 \$6.95
- COLORS AND SHAPES: Shape-Up.** Teachers color discrimination and size relationships, shapes and concentration. Ages 3-9 \$6.95



- INTERMEDIATE READING: The Ends N Blends Game.** Improves reading, builds vocabulary, teaches word structure and spelling. Ages 5-10 \$6.95

SPECIAL "MONTESSORI SCHOOL AT HOME"™ PROGRAM

For those parents who seek a continuing Montessori program at home, tailored to the individual age and developmental requirements of their child, you may register your child or children in the Montessori School at Home Program.

After enrollment you will receive a skills evaluation form. We then will prepare a monthly program for your child to develop his or her maximum potential. Included in this program are all the learning tools, reading, writing, math and tactile materials required. There are no additional materials to purchase. Enrollment in this program is limited. We suggest prompt application.

If at any time your child is not realizing his full potential in this program, you may apply for a complete refund of your tuition. Check the appropriate box. (You may use your credit cards.)

- I wish the quarterly enrollment (3 mos.). My enrollment fee of \$28.50 per quarter is enclosed.
- I wish the semi-annual enrollment (6 mos.). Enclosed is my fee of \$50.00.



- SCIENCE APPRECIATION:** Includes an easy to assemble working Walkie-Talkie which both receives and sends sound, and a fully assembled microscope with specimens for easy viewing. Ages 7-12 \$6.95



- CREATIVE ABILITIES SET:** Teach self-expression, enhance creative talents, motor coordination and art appreciation with these three unique modular 3 dimensional portraits your child will create. Ages 4-7 \$6.95

**24 hours a day—7 days a week. Any time, day or night.
CALL TOLL FREE. (800) 645-5206
IN NEW YORK STATE ONLY CALL COLLECT (516) 643-3500**

BONUS: Receive 3 free Montessori books worth \$5.00 or more with the purchase of 2 or more Montessori kits, or enrollment in the Montessori School at Home Program.

OR MAIL TO:

Montessori
39 East 67th St. Suite 2G
New York, N.Y. 10021

Please check the appropriate boxes for the Montessori program you desire. Clip and mail the entire coupon. If for any reason you are not satisfied, your money will be refunded without question or quibble.

- Check or Money Order Enclosed Or you may charge my credit card:

Master Charge _____ Card # _____ Exp Date _____

BankAmericard _____ Card # _____ Exp Date _____

Add \$145 for postage and handling on all orders
All orders are shipped within 48 hours. N.Y. residents add sales tax.

Name _____

Address _____

City _____ State _____ Zip _____

GIANT MEMO CALENDAR

YOUR SPECIAL PHOTO ENLARGED
400% IN FULL COLOR



TO THIS

FROM THIS

Now your favorite photo can become a superb, lasting and beautiful wall calendar—to hang all the year long where it will bring you pleasure every day. Or, as a gift to remind a special person of your thoughtfulness and love.

A new scientific breakthrough makes it possible to **enlarge**, with absolute fidelity and clarity, any color photo and reproduce it in GIANT size. You get all the tones, all the beauty, all the vibrant live colors, so exactly that the giant photo seems actually **better than the original!**

Any photo—color or black and white—can be used, and will be returned to you in perfect condition. Even a tiny 3" x 4" snapshot becomes a giant 8" x 10" printed on a fine quality linen-look calendar that is 14" x 22" overall. And the calendar is a year-round aide, with plenty of room for notes, reminders, appointments, red-letter days, etc.

The price is super, too. Only \$2.99! An incomparable value these days. Just send photo or slide (no negatives please). We'll even mail calendars for you to any list of people you want to send us. Use handy order coupon. Prompt service and satisfaction guaranteed.

MAIL THIS HANDY COUPON TODAY

Bennett-Graf, Inc., Dept. RS2463
27 Milburn St., Bronxville, N.Y. 10708

Please rush _____ Giant Photo Calendar(s) enlarged from the photo(s) enclosed. (When ordering calendars to be sent to more than one person, enclose list of names and addresses on separate sheet).

For each calendar I enclose payment of \$2.99 plus 50¢ to help defray postage and handling charges.

Total Payment enclosed \$ _____ (N.Y. residents, add sales tax)

SEND TO (NAME) _____
 STREET _____
 CITY _____
 STATE _____ ZIP _____

NEW FOR 1977 only **\$2.99**

HOUSE OF THE YEAR

continued from page 48

The house is designed with the "A" section as a three-bedroom, two-and-a-half-bath unit; the "B" section as a smaller one-bedroom unit. In "A" a tiled entrance foyer opens up to allow easy kitchen access and flows toward the 18-by-32-foot two-story living room. The large family-sized kitchen includes an eating and food preparation island for all members of the family. The large buffet designed as a pass-through from the kitchen facilitates serving in the dining area. The openness of the kitchen-dining room makes it possible to observe small children at play in the covered deck area off the living room. This deck, incidentally, is covered by the studio above and helps to extend the interior living room with a generous expanse of exterior space. The living room itself offers comfortable seating around a fireplace plus built-in storage units for stereo and books.

The rounded sculptural form of the stairs leads to the second level. A studio, which has its own balcony, is open to the two-story living room and can be converted to a third bed-

room or used as a study. The master bedroom becomes a suite with its own bath, built-ins and private balcony. An angled beamed ceiling with clerestory windows adds even more spaciousness to the ample 15-by-18-foot suite. Note the abundant closet and storage areas here as throughout the house.

Unit "B" is suited to the lifestyle of young marrieds or singles. Kitchen, dining and living rooms are well-proportioned and oriented toward the rear yard. Here, too, the deck extends the living room. The bedroom is more enclosed but opens to its own fenced-in court.

To order building plans for the House of the Year, use coupon below.

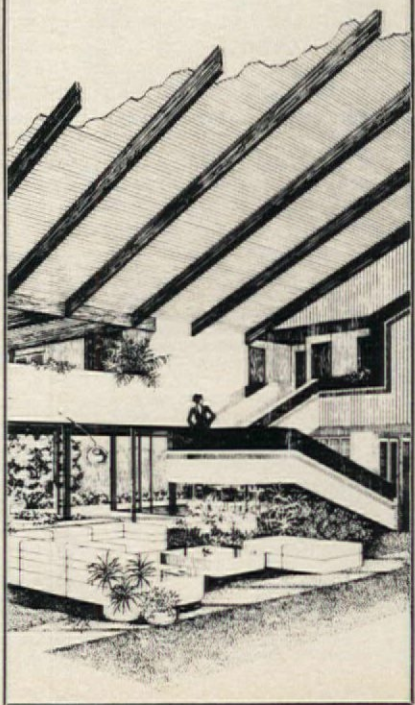
Enclose check or money order. No C.O.D. or foreign orders.

A.H. General Store, Dept. H.P.
641 Lexington Ave.
New York, N.Y. 10022

Single set(s) of house plans @ \$49 ea. postpaid. \$ _____
 Quadruple set(s) of house plans @ \$79 ea. postpaid. \$ _____

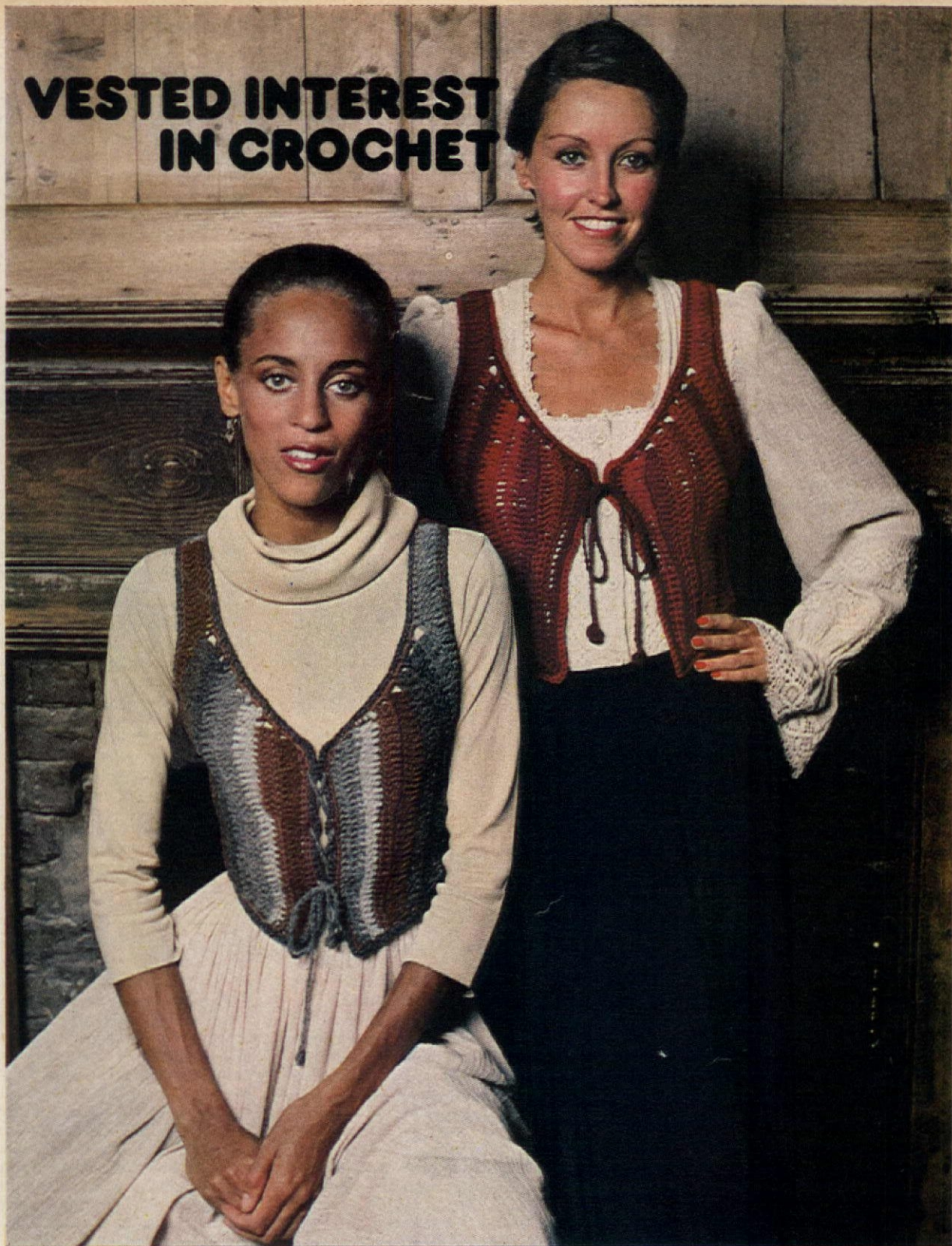
print name _____
 street address _____
 city _____ state _____ zip code _____

AMERICAN HOME HOUSE OF THE YEAR



AMERICAN HOME, NOVEMBER 1976

VESTED INTEREST IN CROCHET



PHOTOGRAPHY BY SUSAN WOOD
LEOTARDS BY DANSKIN

This season, crochet a wear-with-everything vest that will stretch a small wardrobe a long way. Layered over a sweater and skirt, it adds handcrafted cheer that's just right for seasonal dinners and casual get-togethers. Or dress it up for festive parties! Fantasy's the key word here and teamed with the holiday fantastics—taffeta, lace or velvet—the open-work vest conjures up the romance and exotic imagery of an ethnic princess. Wear it either way: laced down the front or just at the top. It's easy enough for a beginner to crochet. The vest kit comes in a choice of two attractive colors: brown/natural or red/rust in 100 percent wool yarn. Instructions included, \$10.

Enclose check or money order. Allow 4 weeks for delivery. No C.O.D. or foreign orders

A.H. General Store, Dept. Vest
641 Lexington Ave.
New York, N.Y. 10022

—vest(s) @ \$10 plus \$1.25 _____
 post. & hdlg. \$ _____
 N.Y. residents add sales tax.... _____
 Total enclosed.....\$ _____

brown/beige _____ red/rust _____
 S _____ M _____ L _____

print name _____
 street address _____
 city _____ state _____ zip _____

To change or correct
your address

Attach label from your latest copy
here and show new address below—
include zip code. When changing
address, please give 8 weeks' notice.

All correspondence relating to your
subscription should be accompanied
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Send address changes to:
American Home, P.O. Box 4568
Des Moines, Iowa 50306.

Subscription prices:
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Name _____

Address _____

City _____ State _____ Zip _____

Postmaster: Send form 3579 to American
Home, P.O. Box 4568, Des Moines, Iowa 50306

"I HAD TO WEAR WHITE ALMOST EVERYDAY

... I was so ashamed of my
embarrassing dandruff."

Those white, scaly flakes on my shoulders had me
wearing white more and more often. Regular
shampoos cleaned my hair, but the dandruff—and
the itching—remained. Then I learned that per-
sistent dandruff scales may be a symptom of mild
seborrhea. That's when I turned to Psorex Shampoo.

Psorex is therapeutical. It's a dandruff medicine in
shampoo form which contains a specific dandruff-
fighting medication. Regular shampooing with
Psorex helps control those ugly dandruff scales and
helps stop itching fast. And I like the way Psorex
makes my hair look. Try Psorex Shampoo—a dan-
druff medicine in therapeutic shampoo form.

For a generous sample, send 50¢ which includes
cost of postage and handling to Department AHY3,
Box 553, Union, New Jersey 07083.

PSOREX[®]
MEDICATED SHAMPOO

STOP DRAFTS IN MINUTES



WITH **MORTEX**[®]
DOOR WEATHERSTRIP

Simply and economically. The clear wood
molding with closed-cell vinyl foam edg-
ing gives positive seal against cold and
dirt. Everything you need for average size
door for only \$2.50. From the makers of
famous MORTITE[®] caulking cord for
windows. At hardware and building
supply outlets.

MORTELL COMPANY
Kankakee, Illinois 60901



Constipation: relief without fear

Do you doubt your laxative? Your doctor might.
Recently a national review panel of doctors discovered
some brand-name laxatives were ineffective... unreliable!

Those same doctors found the single medicine in
today's Ex-Lax was effective *and safe*. Just follow
directions.

Overnight, Ex-Lax gently stimulates your system's
own natural rhythm—for relief in the morning. Next
time, try safe, sure, effective Ex-Lax. Chocolated tablets
or unflavored pills.

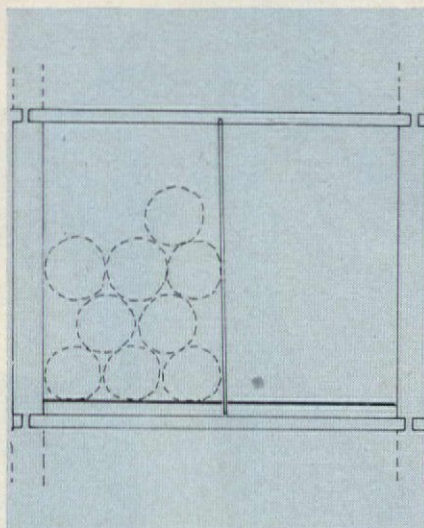
WINE CELLAR

continued from page 33

BUILD A WINE STORAGE SYSTEM

Side walls in Peter Morrell's wine stall
are based on a 14" by 18" module,
each module divided into halves; each
half holds up to five rows of wine bot-
tles stacked three on three. His system
has 24 modules per unit, but you can
construct as many as you need.

Materials: Sides are 1 1/4" plywood,
as tall as you need, by 9" which is
equivalent to depth of system and
length of a wine bottle from neck to
base.



Top and base are also 1 1/4" plywood,
the width you desire for your system,
by 9" for depth of frame.

Shelves are 3/4" plywood, 12" by 9".

Center dividers are 1/8" fiberboard,
13 1/2" by 9".

Strips of 3/4" plywood, each 8 1/2" long.
To assemble: Measure off sides every
14" and notch in 1/4"-deep dado joint
grooves 3/4" wide each. Nail base and
top to sides at 18" intervals to create
frame for system. Notch 1/4"-deep dado
joint grooves into each shelf, both top
and bottom, at halfway point; notches
should be 1/8" wide each.

Nail two 8 1/2" strips of 3/4" plywood
close to front of each shelf, on either
side of notch. The strips allow wine bot-
tles to lie slightly tipped so that sedi-
ment will settle at bottom of bottle.

Slide shelves into frame. Slide divid-
ers into shelves. Stack bottles. □

BASEMENT SPA

continued from page 34

STALL BAR

A stall bar is a floor-to-ceiling ladder
which you can use alone, or in combi-
nation with a slant board. To make a
stall bar, you will need two lengths of
2 by 4s, the height of your ceiling,
minus 2 inches for affixing bases to
both. Bases are blocks: 2 by 4 by 4
inches. For ladder rungs, you need 30-
inch lengths of closet poling of a diam-
eter of 1 3/8 inches. Rungs will be po-
sitioned at 6-inch intervals, up to 6 feet,
so you will need 12 all together, plus
one at the very top. Make 1 3/8-inch-
diameter holes at these 6-inch intervals
in your 2 by 4s with a circular saw. In-
sert poles, and glue around edges to
assure rigidity. Nail bases to 2 by 4s.
Nail braces—same blocks as bases—to
backs of 2 by 4s at top. Drill holes into
wall at point where braces will be se-
cured. Insert toggle bolts. Drill holes
through blocks to insert screws into
toggle bolts. Slide stall bar into place
and secure to wall.

SLANT BOARD

A slant board can be constructed
from a piece of 3/4-inch plywood, 7 feet
long and 2 feet wide. Nail a 2-foot-long
strip of 2-inch-square plywood under
one end; this will fit over rung of stall
bar for slant board exercises. Upholster
slant board with 3/4-inch-thick foam
wrapped in vinyl or terry, nailing or sta-
pling this cover all around. Nail or sta-
ple a 3-foot-long piece of 1 1/2-inch-wide
canvas tape around edges of board
about 6 inches from foot end; this strap
is used to hold your feet as you do sit-
ups on the board.

BALLET BARRE

All you need to make your own ballet
barre is a closet pole the length you
prefer, plus supports. Choose your
length depending upon how many peo-
ple will use the barre simultaneously;
ours was 8 feet long with a 2-inch diam-
eter, comfortable for two people. The
barre must be positioned 40 inches off
the floor. It can be nailed at either end
to 2-inch-square posts that are bolted
to the wall or to the floor. Posts will be
38 inches long if you nail them to 2 by
4 by 4 bases and bolt them to the floor,
and 4 inches if you nail them to identi-
cal blocks and then bolt to the wall.

EXERCISE MAT

The exercise mats in our gym mea-
sure 5 by 7 feet, but you can pick a
width you find comfortable. Cut 3/4-inch-
thick foam padding to measure, and
simply sew a slipcover, or pillowcase,
to its exact measurements. If you want
to remove the cover for washing—try a
washable vinyl or terry—sew a zipper
at one end.

USE ZIP CODE

78 AMERICAN HOME, NOVEMBER 1976

MARVELOUS GIFT IDEA from Plantron, Inc.

House-Plant-a-Month Plan

**SATISFACTION
GUARANTEED***

<p>January</p> <p>Trailing GARDENIA</p> <p>Graceful glossy vines and fragrant pearl-like blooms. Cannot be shipped to Calif. or Ariz.*</p> 	<p>February</p> <p>Dwarf ORANGE</p> <p>Lovely dwarf tree that bears juicy FULL-SIZED fruit. A touch of southern sunshine. Cannot be shipped to Calif. or Ariz.*</p> 	<p>March</p> <p>PASSION FLOWER</p> <p>Unusual legend surrounds this lovely plant with its purple and pink blossoms.</p> 
<p>April</p> <p>PRAYER PLANT</p> <p>Opens in Morning Closes in Evening</p> <p>Each evening this remarkable plant folds its lovely variegated leaves like hands in prayer.</p> 	<p>May</p> <p>Ivy GERANIUM</p> <p>Colorful flowers cascading gracefully on a trailing vine. Everyone will love this charming old-fashioned beauty!</p> 	<p>June</p> <p>QUEEN'S TEARS</p> <p>Blue and white flowers with "tear drops" of nectar atop silvery-white leaves.</p> 
<p>July</p> <p>Lipstick VINE</p> <p>Brilliant scarlet flowers and shiny green leaves for year-round beauty.</p> 	<p>August</p> <p>Venus' FLY TRAP</p> <p>Famous and beautiful, fascinating for children and adults.</p> 	<p>September</p> <p>ROYAL PLUSH</p> <p>Shimmering, luxuriant purple and green velvet. A show-stopper.</p> 
<p>October</p> <p>COFFEE PLANT</p> <p>Shade-loving beauty with fragrant white flowers and shiny red coffee beans.</p> 	<p>November</p> <p>MING TREE</p> <p>Table-top showpiece of amazing Bonsai culture. Fascinating and rewarding.</p> 	<p>Christmas</p> <p>GLASS GARDEN Plants</p> <p>A care-free miniature landscape of SIX woodland plants to delight everyone.</p> 

Now with the help of Plantron, Inc. you can provide the perfect gift for relatives, friends, business associates, shut-ins, even yourself! Every month an unusual interesting plant, already growing and healthy, will be sent as a reminder of your friendship. Each plant is a proven success in homes—as easy to care for as it is beautiful. Beginning and veteran plant lovers alike will be intrigued with these distinctive carefully-chosen plants. Complete instructions and fascinating history are included with each plant. Order your gifts for Christmas and all the year—birthdays, anniversaries, all special days—now. Simply specify the month each plan should begin. A handsome gift card inscribed as you direct will announce the membership at the proper time. Shortly thereafter your gifts will begin arriving. All except the glass garden plants will already be growing in their own plastic pots. The glass garden packet (glass container not included) will be ready to plant and enjoy. Choose from the three plans described below.

3 MONTH PLAN

Long-lasting thoughtfulness with gift plants sent the three consecutive months of your choice.

\$4⁹⁸

6 MONTH PLAN

Six gifts in one—lovely hardy plants in each month of the six consecutive month period you indicate.

\$8⁹⁸

12 MONTH PLAN

A delightful plant every month of the year. A connoisseur's collection. Please tell us when to begin.

\$15⁹⁸

*** SATISFACTION AND
PLEASURE GUARANTEED**

Each healthy, carefully chosen plant is covered by Plantron's full guarantee. Plan members not completely satisfied with a plant need only to return the shipping label and we will replace the plant. *Where state laws prohibit import of selected items we will substitute a plant of comparable beauty and value.

SEND NO MONEY

Just use the coupon to order exciting House Plant plans for those on your gift list and for yourself—we'll take care of the rest. You pay our invoice next month. Or—include your payment with order (thus saving us bookkeeping expenses) and we'll send you 2 easy-to-grow Miniature Orchid bulbs (a reg. \$1.50 value) absolutely free! Note: We must receive orders by the 20th of the month for which shipment is requested.

PLEASE PRINT PLAINLY

PLANTRON, INC. House-Plant-A-Month Plan, Dept. 602-5

2207 East Oakland Ave., Bloomington, Illinois 61701

Additional list attached

Here is my gift list. Please send the plans indicated.

Send a _____ Month Plan beginning in _____ to _____

Send a _____ Month Plan beginning in _____ to _____

Name _____

Name _____

Address _____

Address _____

City _____ State _____ Zip _____

City _____ State _____ Zip _____

Please send me a _____ Month plan beginning in _____

Send a _____ Month Plan beginning in _____ to _____

I enclose \$ _____ payment for my plans. Please send me 2 Miniature Orchid bulbs.

Name _____

Please bill me for the indicated plans.

Address _____

Name _____

City _____ State _____ Zip _____

Address _____

Sign gift cards _____

City _____ State _____ Zip _____

DID YOU INCLUDE EVERYONE'S ZIP CODE?

A.H. Specialties-American Home Kits
Dept. 11-876
P.O. Box 1400
West Englewood, N.J. 07666

Please send me _____ Heirloom
Sampler Clock kit(s) at \$21.95 each
plus \$1.25 postage and handling
for each kit.
(Canada: Add \$1 per kit.)

I enclose total amount...\$ _____

Or please charge my

Master Charge

BankAmericard

Chargex

Acct. No. _____

Good thru _____

Signature _____

Make check or money order payable to:
A.H. Specialties-American Home Kits.
(Items shipped to Canada are subject to
Canadian tariff.) Allow 4 weeks' delivery.

print name _____

address _____

city _____ state _____ zip _____

Dept. 11-876, Vendor: A.H. Specialties, 689 Front St., Teaneck, N.J. 07666

Heirloom Sampler Clock for you to make and treasure

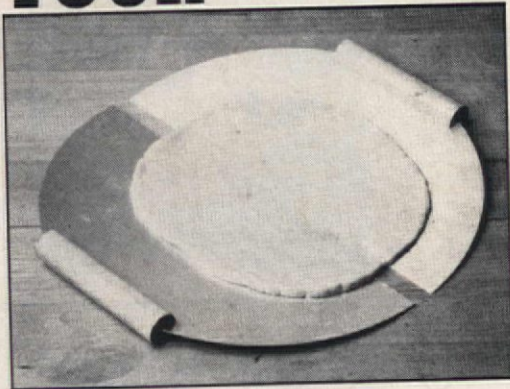


*First shown in American Home
14 years ago, this sampler clock, first of its kind,
proved so popular with our readers that
we feel it merits repeating.*

Our charming sampler clock, its face of cross-stitch embroidery and appliqué on fine linen, is an heirloom in the making that you'll cherish always. And it's an excellent timepiece—whether you stand it on the mantel or hang it on the wall. Kit includes design stamped on 100 percent linen, embroidery floss plus appliques for dark-blue background panel and fruit bowl, Westclox battery

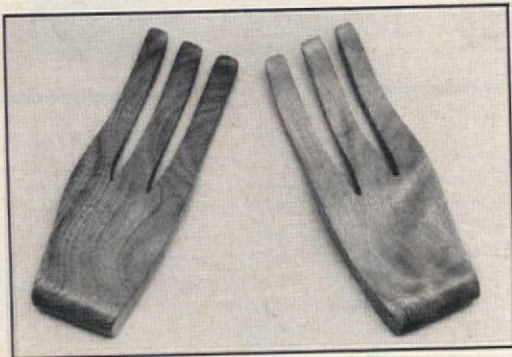
movement, old-fashioned clock hands, mounting board, glue, hardware as well as diagrams and easy-to-follow instructions—everything you need to put this beautiful clock together in working order except glass cover and battery. Wood parts come pre-cut, pre-drilled, sanded, ready for you to paint or stain (front door frame is pre-assembled). The finished size is 17 by 13 by 3 inches.

A COOK'S TOUR



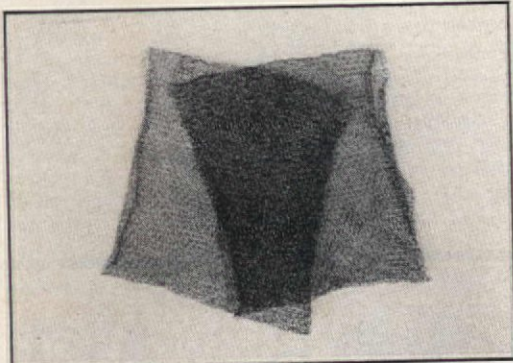
DOUGH AND PASTRY HANDLERS

Handling sensitive and delicate pastry dough during and after kneading and rolling out is no longer a problem with this ingenious tool. Sticky and difficult-to-grasp crusts can be picked up with amazing ease. Simply hold one handle under the edge of your counter, and use the other handle to scrape the dough onto it. Made of aluminum with wood handles. \$10, gift boxed.



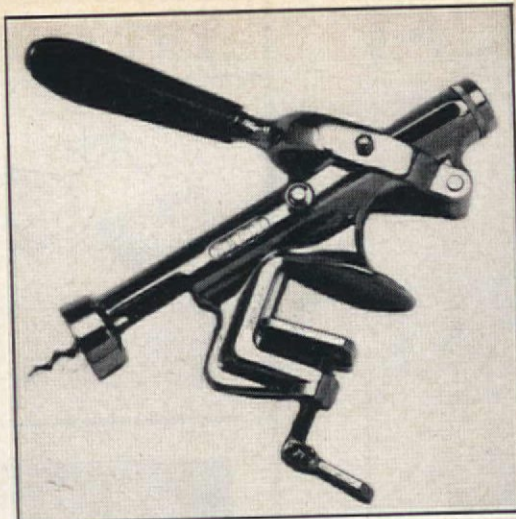
JAMES BEARD'S FAMOUS SALAD HANDS

Unique wooden salad hands are an inspiration of gourmet cook James Beard who prefers to mix a salad with his hands, but has a slight compunction about doing so in front of guests. These salad hands provide the perfect substitute. They can fold a salad over and blend it better than conventional means and make a perfect gift for a hostess to use right at the table. \$10, gift boxed.



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THE MECHANICAL CORKSCREW

For the person who has everything, here's the ultimate kitchen gift—a mechanical corkscrew that can uncork a bottle of wine and eject the cork every ten seconds. It clamps to the edge of the table or bar and with the flick of the lever, the cork is removed and ejected. Made of nickel-plated cast iron, with wood handle, it stands 5 inches above the counter. \$125.



ZABAGLIONE POT

Make zabaglione at home the traditional way with this beautiful brass-handled copper pot with rounded bottom. Hold the pot in the air over a low flame and the zabaglione, a delicious classic Italian dessert custard made of egg yolks beaten with sugar and Marsala wine, will cook up warm and frothy. The pot has a 7-inch diameter. \$20.

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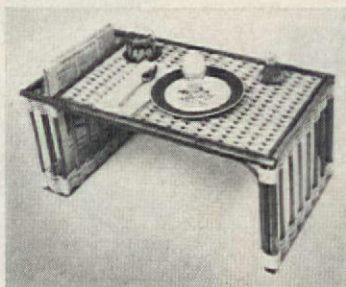
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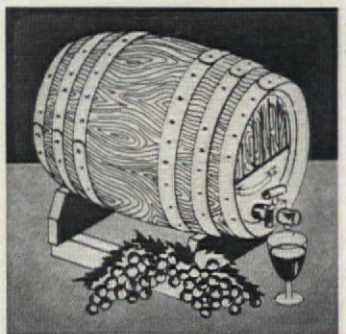
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1



2



3



4

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6



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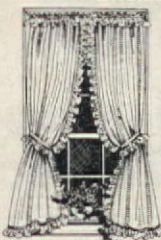
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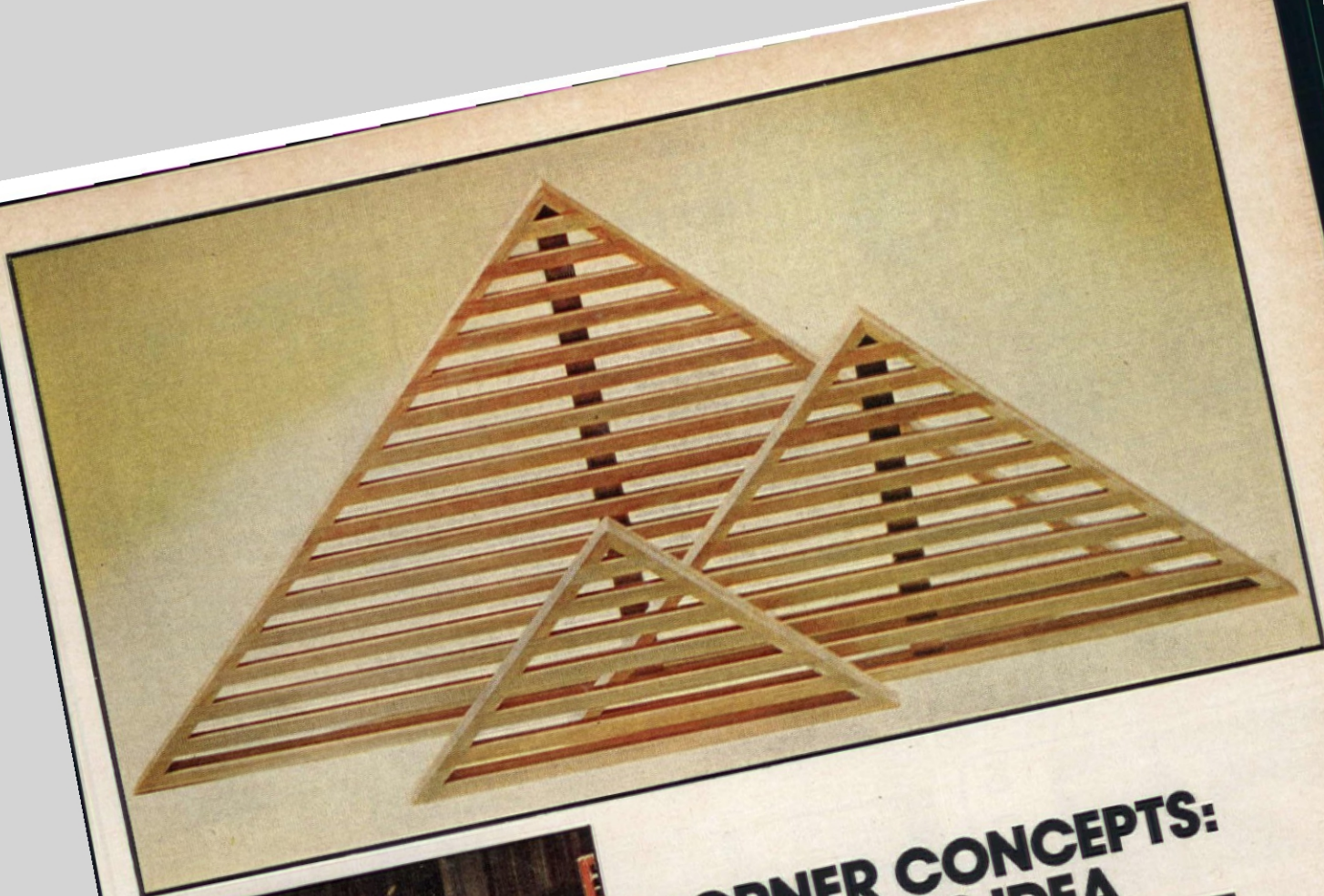


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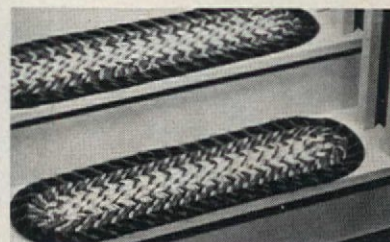
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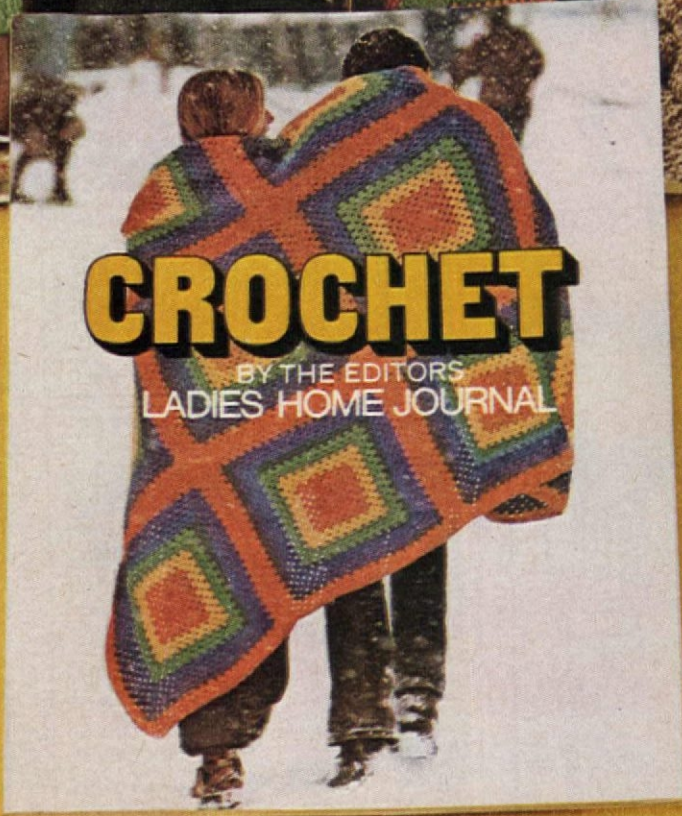
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CROCHET

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LADIES HOME JOURNAL



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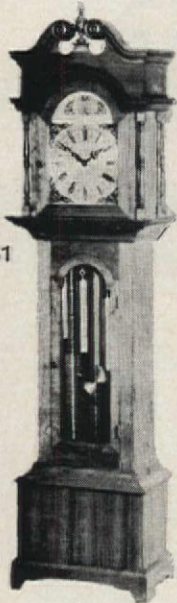
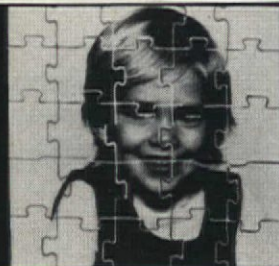


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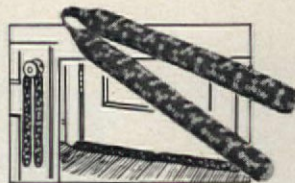
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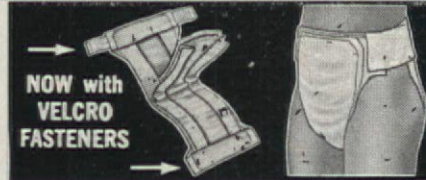
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Kindlin' keg

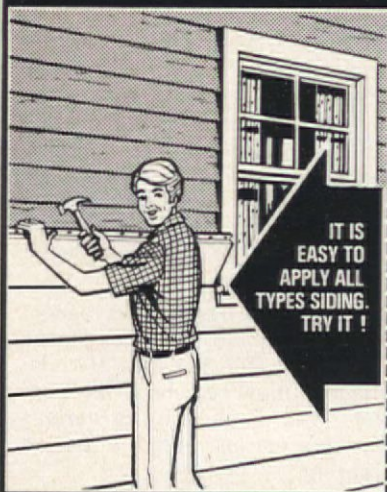
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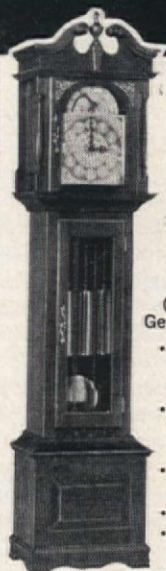
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OUR READERS WRITE

THE PARENTHOOD PREROGATIVE

In July, *American Home* published "Revolution in the American Family," a series of interviews with four leading authorities on the future of the American family. Judging by the amount of mail received, it's a subject many people are thinking about. And most of our readers seem to agree with the experts. The following are some excerpts from the numerous letters we received.

Such changes I've seen, just in the last several years.

Time was, people would get their ears chopped off in public for spouting ideas such as those proclaimed by your four experts in your piece, "Revolution in the American Family."

Yet today, much of what they say is accepted and is coming to be regarded as the way it should be and almost the way it is. Maybe there is still hope that young people will someday realize having babies is more a responsibility to be taken seriously than it is something that "naturally happens."

(Mrs.) Gail Havach
APO, N.Y.

I was very pleased to read "Revolution in the American Family." It helped to bring into focus some of the changes which are now taking place and the positive impact which these changes are bringing. Many people have realized that while they might like kids, they were not suited or able to raise a child. In the past, most people like these had kids because they assumed that it was expected or because "everyone else was having them." Hopefully in the future people will really plan carefully, so that those children who are born will indeed be wanted.

David Feingold
Brooklyn, N.Y.

You performed a great service printing the July article "Revolution in the American Family." I was especially impressed by the fact that the four authorities interviewed were unanimous in affirming that parenthood was an option rather than an inevitability and that it was a grave responsibility rather than a "blessed event." Only a few years back, such a frank discussion would never have appeared in print.

Timothy J. Carr
Columbus, Ohio

It is encouraging to learn (in your July issue) that American couples will be less likely to become parents on the grounds of self-fulfillment or other supposedly adult needs and will

choose to have fewer children, with a significant number opting to produce no offspring. In our crowded world, rapidly approaching a demoralization that is spawning subhuman conduct, the greater number who choose to remain childfree, the better for us all.

Mrs. Muriel Mayo
Bay Shore, N.Y.

Parenthood is a tremendous responsibility, and should only be chosen after much thought. The idea of "non-parenthood" must become a viable option for those of us who, for various reasons, are not interested in the job of parenting.

Elaine Gutowski
Detroit, Mich.

IT'S THE PITS

My only objection to your "pit" living room is that it is a passive place. How can I do the things I do when I live in my "living" room? How can I sit with my feet up and left elbow supported and do needlepoint? How can two of us read by one rather puny lamp?

Where does one put a handful of colored pencils without losing them down between the cushions? Where can I put a glass of anything if I don't want to hold it all the time?

I agree that it's a grand place to cuddle (bed is better, though) but a hard place to converse with any but the most intimate friends, and it is probably a good place to lie on the spine and watch TV or listen to music. But it looks like a terrible place to be active but companionable in the typically small modern house. Give me your "people's nest" any time!

Lynn Mortimer
Welaka, Fla.

WON'T YOU COME HOME BETTY CROCKER?

Why shatter all of our illusions of knowing that Betty Crocker and Ann Pillsbury were ready to help us with our baking and cooking problems? Somehow my life as a cook will never be the same knowing about Betty! What about all those poor high school girls who work so hard for the Betty Crocker Award? Of course, we knew, deep down, there wasn't really a Jolly Green Giant. Why don't you people just leave things as they were, so we can go on feeling someone is looking after our good products? You made me feel like a child who just found out there wasn't a Santa Claus!

(Mrs.) Julian Probus
Clarkson, Ky.

ON THE HOME FRONT

I enjoy your *Grass Roots* column very much and look forward each month to reading it. I think it is the best feature in the "Home Front News." The August column particularly interested me. I thoroughly enjoyed the feature by Isabel Eyster of Ohio. Since I make various trips to Ohio to visit relatives, I would like to visit her shop, "The Shoe String."

(Mrs.) Mary Grieser
Succasunna, N.J.

On page 18 of the September issue we have: Sex Books—How Tos & Why Nots, followed by Information Please . . . about lawn seed and lawn care products, etc. What a range! If you get tired of one, try the other!

(Mrs.) A. Marshall
Portland, Ore.

WHAT IS A "REAL" WOMAN?

In reply to Mrs. Allspaw's assertion in the August "Letters" Column, that a man wants a "real woman not a cold, sleek female waiting to be taken out." I resent her implication that to be a real woman one must be a homemaker and mother surrounded by children, overstuffed Victorian furniture (and probably, ideals), china and porcelain figurines strewn about and a pie in the oven. Some husbands would be absolutely disgusted to come home to this kind of woman. My Ph.D. husband comes home (from a laboratory where he is a research scientist, by the way) to chrome and glass furniture and mirrored walls—all of which he helped choose and arrange. I arrive from my job shortly thereafter, and we go out for dinner about 50% of the time.

After five years of marriage we have no children, nor are we planning to have any, and my husband has never expressed any dislike for our home or his warm, sleek wife.

Mrs. Allspaw must realize that these are the late 70's, that varied lifestyles are available for those who choose them, and that no one has to live the way the generations before us have lived to be happy. We should accept the way our friends and neighbors choose to live without criticism and rejoice that different lifestyles are available so people no longer need feel stifled by playing prescribed roles.

Audrey Dawson Ramoska
Fort Meyers, Fla.

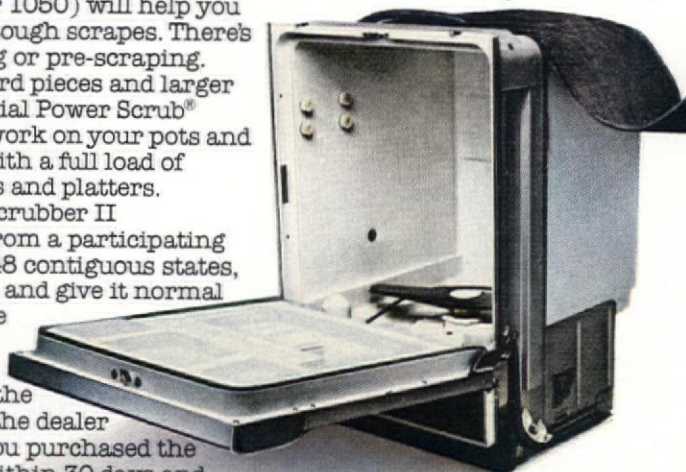
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It's by far the quietest dishwasher we've ever made.

Compare our service.

When you buy GE, you get Customer Care[®] Service. It's our pledge that wherever you go in the 48 contiguous states, Hawaii or D.C., you'll find either a trained GE technician or a GE selected servicer nearby.

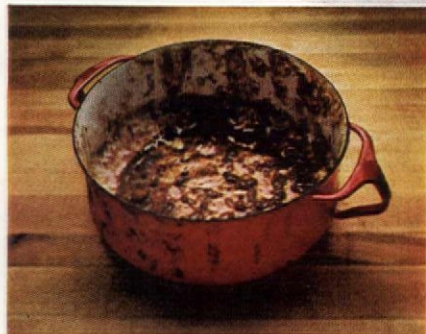


Hawaii or the District of Columbia. Service provided by our Customer Care[®] Factory Service Organization...or by one of our franchised Customer Care Servicers.

Compare our spacious interior.

It's got a tub opening that's larger than most competitive models and none is larger. Even with all its roominess, it fits right into the space of your old one. And because you sometimes have very tall glasses to wash in the top rack or very large platters to wash in the bottom one,

* LIMITED WARRANTY TO CONSUMER
★ Good Housekeeping
PROMISES
REPLACEMENT OR REFUND IF DEFECTIVE



Compare our incredibly durable interior with its ten-year tub plan.

In addition to the warranty you'll receive a service contract that says, "If the PermaTuf[™] tub or door liner should fail to contain water due to manufacturing defects such as chipping, peeling or rusting within the nine (9)-year contract period (ending ten years from purchase date), General Electric will repair or replace the tub or door WITHOUT CHARGE for either PARTS or LABOR unless failure is due to misuse or abuse. This Service



Compare our offer.

Buy a POTSCRUBBER II Dishwasher from Sept. 27 thru Nov. 27, 1976. Mail the owner's registration and bonus certificates to GE by Dec. 4, 1976, and get a \$35 installation allowance check direct from GE.

GENERAL  ELECTRIC

Congoleum®

The most
no-wax cushioned
floors in your color.

Like 22 in Blue.

And this blue is all new. It's just one of the Prestige collection, based on authenticated designs from the many lands that have made up the heritage of America.

These inspired designs feature the convenience of all our no-wax, Shiny Vinyl® floors, and the comfort of cushioning. A no-wax, Shiny Vinyl floor stays fresher looking longer, usually with just sponge mopping. In time, a reduction in gloss will occur in areas of heavier use. We recommend Congoleum Vinyl Dressing to provide a higher shine, if preferred.

See this great new collection and choose your floor in your color. Find us in the Yellow Pages under "Flooring". Pattern #45001 shown.

