

# AMERICAN HOME

75¢ MARCH 1977

**NEWEST,  
FRESHEST  
SHEETS  
AROUND**

**ENJOY  
TRADITION**

**AT HOME IN  
NATCHEZ**

**PRESERVE  
YOUR  
ANTIQUES**

**HARDY, QUICK  
BREADS**

**SUNDAY  
DINNERS  
TO CHEER  
ABOUT**

**SWIMMING  
POOLS  
FOR SMALL  
YARDS**

**HOW  
LIBERATED  
ARE YOU?  
A QUIZ**

**VOLUNTEERS:  
WHO NEEDS  
THEM?**



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COVER: What sheet type are you? Match your personality to your sheets and redo a bed or a whole room that says you. We've selected a batch of the newest for you to get ideas from. The choice of our upbeat cover couple is a fiesta-bright print by Fieldcrest that suits them perfectly. Hair by Gregory, make-up by Polly Yau, both of Cinandre. Make-up from Coty. Mug by Heller. For more sheet looks, see "Personality Sheets" on page 48. Photography by Steen Svensson.

March 1977 Volume 80, Number 3

# AMERICAN HOME

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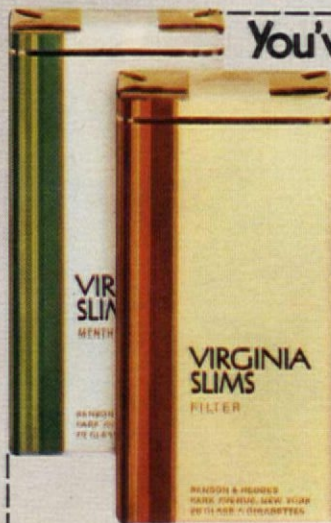


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**F.Y.I. FROM  
THE DESK  
OF LEDA  
SANFORD  
PUBLISHER**



"Women and children first," the captain shouts from the deck of a sinking ship.

That's tradition in our culture and an expression of the values that civilized people have developed in their quest for a higher meaning to human existence.

What all great traditions have in common is that they make us feel proud. Consequently, when we speak of a traditional way of life it is equated with the better way. TRADITION represents the tried and true . . . that which is enduring.

The dilemma today, though, is how to save the best of the past, all that we have grown to love and respect, without being lackluster conformists.

Today, we seem to be most acutely interested in people who live lives that diverge from the mainstream rather than those who live traditional lives. Why else would gossip, exposés, and inside stories on radical individuals who live on the fringes of society have become the primary focus of the press in America? Why all this concern with the maverick aspects of America today? Is there no middle ground between the passive traditionalist who cuddles his antiques and the unbridled hedonist who ponders his navel amidst a pile of pillows on the floor?

There is, fortunately—and luckily this middle ground represents the majority in America.

The majority is made up of people who, on the one hand, are learning to accept some "new" ideas—like people living together without the legal sanction of marriage—but who cannot accept that it's okay for a child to go through life labeled "illegitimate." They are people who appreciate the craftsmanship and skills of the past and strive to preserve them, in places like Natchez (in this issue), but who can also appreciate the new creativity that is the fruit of our generation.

Pride in the past, and awareness of why certain traditions are worth saving while others are irrelevant, can blend harmoniously with the emotional excitement of living in a very untraditional period.

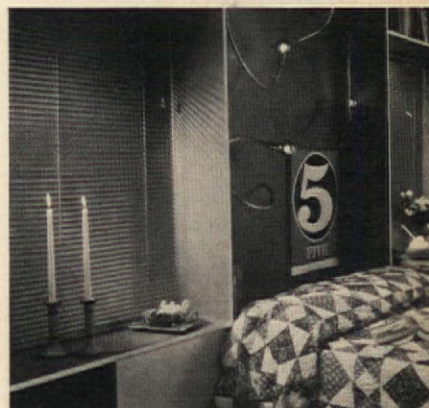
It is the best in human nature that strives to save or preserve society's treasures for future generations. Perhaps that's why the captain still shouts, "Women and children first." □

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# The Art Of Staying Old

If you think antique furniture must look new—that you should glue joints so that they will never come apart again and use oils and sprays to enhance the finish, stop! You may be killing the finest antiques you will ever own.

When surfaces split, crack, or curl; drawers stick; and joints come unglued, there's a reason. Find out what it is and then employ sound conservation techniques that can be as elementary as learning how to lift, polish, and clean furniture; how to recognize damage from sun, heat, humidity, and insects; or as simple as lowering the temperature and the blinds.

On the other hand, ignoring danger signals can run up expensive repair bills, destroy your initial investment, and prevent antiques from becoming the treasured heirlooms you intend them to be.

Although most people recognize conservation (preservation from loss, waste, or harm) as a necessity on a national scale, they all too often ignore the need for it in the personal environment. We have a tendency to take antiques for granted, thinking that if they have lasted this long, they will be around for generations to come.

**Learn from Mistakes.** A desire to do right by antiques is not enough. It is also necessary to keep up with the latest conservation techniques. Even the experts have had to admit they have been making mistakes. Conservationists at the Henry F. du Pont Winterthur Museum in Delaware, discovered that linseed oil used as a polish was darkening surfaces, even turning some black, resulting in a finish the consistency of linoleum. They are still having problems removing it. The top of a fine Connecticut sideboard inside a window at the Henry Ford Museum in Dearborn, Mich., has been drastically bleached by the sun, except for two dark square areas where a pair of knife cases have been standing for years. The Smithsonian Institution put a collection of lead medals in specially built drawers whose interior wood was not sealed; ten years later only piles of chalk-white powder remained. Colonial Williamsburg no longer allows furniture to be waxed more than once a year; brooms are not used on brick floors; and housekeepers follow the sun daily, adjusting blinds to keep ultraviolet rays from interiors.

Museum experts agree that their three greatest enemies are temperature, insects, and sun. The average collector must cope with three more that can require even more finesse:

Advice from the experts  
that will add another  
100 years to the life of your  
antique furniture.

by Constance Stapleton



the do-it-yourself husband, spray cans, and dip-strip tanks.

**Temperature Control Tips.** Starting with temperature, here are conservation techniques professionals recommend: The ideal temperature for antiques is 68° or under. Robert O. Downing, a professional restorer in Allentown, N.J., says that contemporary heating systems are injurious to antiques "because high interior temperature combined with low humidity causes wood to crack. Keep antiques away from heat sources as much as possible, and install a humidifier to maintain proper humidity balance."

Excess humidity encourages rot and mold, which in turn increase the danger of wood insects that thrive in dampness. Insects appear in spring and early summer and are usually noticed when small piles of sawdust

appear outside tiny holes or inside drawers; or when bits of upholstery fall on the floor. If you are the least suspicious, don't try home remedies. Call an exterminator who will usually not charge to check.

**Shunning the Sun.** Some signs that furniture is being exposed to excessive heat and sun include: inlay dropping off, veneer splitting, wood separating, joints coming unglued. But don't wait for the destruction to begin. By all means, avoid direct sunlight on furniture. It will fade the finish, dry out wood, and rot upholstery. Winterthur uses ultraviolet glass panels inside windows and draws blackout shades when rooms are not being used. Dearborn is reorganizing room displays. Williamsburg's blinds are never fully open except on dark days.

What can the homeowner do to avoid sun damage? Wallace Gusler, conservator of furniture at Colonial Williamsburg, says, "You can't be in all the rooms at the same time. Pulling blinds where the sun is strongest, or when you leave a room is no more difficult than locking the house when you leave to go to town."

Robert C. Whitley, conservator at Independence Hall in Philadelphia, says, "Thin draperies or sheer curtains will also allow filtering rays of the sun to brighten a room while diffusing and reducing the intensity of any damage."

**Refinishing and Repair Rules.** When you first acquire an antique and realize repairs or refinishing must be done, how do you decide how much is enough?

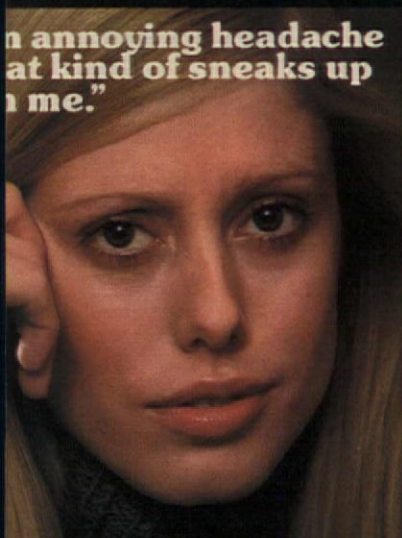
Williamsburg's Wallace Gusler is often called upon to decide which antiques will be accepted as acquisitions. He has found the worst damage occurs to an antique when individuals "over-refinish it, thinking they are doing a great service when they are actually destroying the integrity of the piece, skinning its surface, eliminating its patina and honest wear, and leaving only a skeleton of the original. What most novices don't realize is that fakers do exactly the same thing when they are trying to hide replacements. Besides, bright and shiny doesn't transmit the early feeling," he warns, "and the loss is irretrievable."

The best rule of thumb: Anything done to an antique should be reversible (i.e., once the original finish is gone, you can never replace it). When cleaning, take the dirt off, but leave the character on. If you employ a refinisher, make (continued on page 74)

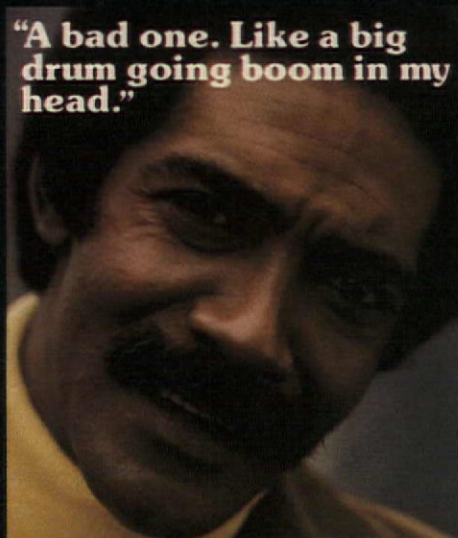


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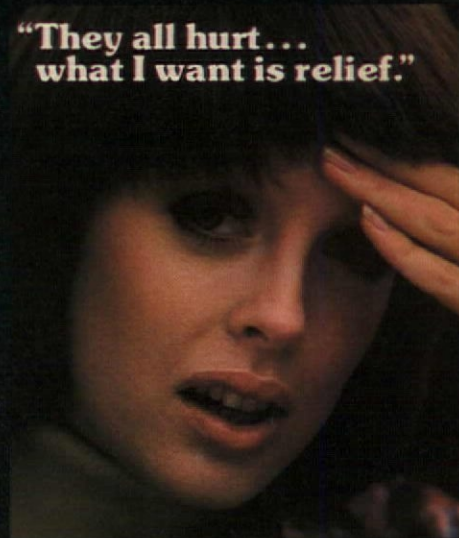
"An annoying headache  
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# Questions From Readers

by Marvin D. Schwartz



We have owned this solid walnut pump organ since the early 1960s. The only markings I can find, on each side of the pull stops, read "Hillstrom Organ Co., Chesterton, Ind." Any information you can give me about the organ would be appreciated.

—W.K., Yakima, Wash.

The Hillstrom Company is not listed in any standard survey of American musical instruments; you might consult early directories of Chesterton, Ind., for information. The organ's design resembles those produced by better known manufacturers in the 1870s to 1880s, such as Estey, Mason, and Hamlin. The style is Eastlake, which has been associated with efforts at improving design at that time. Some retailers put their own names on organs made by large manufactures, so you might own an Estey.



A rich green in color, this stained glass lamp is of very old rippled glass. Its center design is rich amber with red bull's-eyes. The wood base and frame for the shade are of solid oak. The fringe is very old and matches the amber glass. Can you tell me about its age and origin?

—P.S., Bartlesville, Okla.

Your lamp is one of the more interesting models designed in about 1900, when electric lamps were just becoming popular. Its stained and opaque glass was less expensive than the more elaborate lead-framed, floral-patterned stained glass used in the Tiffany-style lamps. The fringe is a typical feature of all kinds of lampshades of the turn of the century, but the basic design and the combination of the glass and oak frame identify this as a Mission Style lamp. These lamps are just being rediscovered and the demand for them should increase as a wider public admires them.



This cruet set was purchased in a Vienna antique shop in 1947. It is made of ebony wood and ivory pegs, and measures 9¼ inches tall. The bottles are cut glass and are of slightly different sizes. Can you tell me when it was made and used?

—L.R., Woodland, Calif.

Faceted glass can be confusing. After 1860 many glasshouses on both sides of the Atlantic produced an effect similar to cut glass by pressing glass in a mold. The proportions and pattern combination of your cruets, as well as the simplicity of the frame, indicate a late 19th-century origin, which suggests they may be pressed glass. Check to see if the surface is smooth to the touch and for seams of a mold.



This is one of a pair of candlestick holders, decorated with a cherub holding a lute. It has a blue mark stamped on its bottom, beside which appears the word "Germany" and off to the side a number. I would like to know more about their age and origin. What can you tell me?

—(Mrs.) K.S., Jenkintown, Pa.

The word "Germany" rather than Deutschland indicates that these candlesticks were intended for export. The simplicity of their form suggests they were probably made about 1900 in a rococo-style—18th-century rococo design, which dates from 1730-1750, is much more complex. The cherubs' arms are much straighter than they would be on an 18th-century example, and the figures were made in less complicated molds.



I bought this rocker, part of a set, at an auction in Newport, R.I. I think more than one kind of wood was used in its construction. The wood tones are medium and the rocker is quite light in weight. Can this be a Shaker rocker?

—(Mrs.) D.S., Apple Valley, Minn.

The frame of your chair is very much like models made by the Shakers. These chairs were being produced as late as the 1870s, and they were marked, but these marks disappeared through years of wear. Although the rocker is a trifle longer than most Shaker rockers, this detail can vary somewhat. Your chair is either an actual Shaker product, or an imitation made by one of their many competitors.



This Seth Thomas clock, which I picked up at a garage sale about 20 years ago has been running well for some time. Although there originally was a base, or skirt, at the case's bottom, it has since broken off and I hang the clock on the wall. Could you give me an idea of how old it is?

—C.B.A., Bakersfield, Calif.

The wall clock you own is a good representation of 19th century Connecticut ingenuity. It resembles some examples that have the word Regulator on the glass door enclosing the pendulum, and I wonder if the clock's original glass was replaced at some time. If the label's address—which is visible in the photograph—of Plymouth Hollow, Conn., is correct, the clock dates before 1866 after which the name was changed to Thomaston.

We can't appraise an object, but we can tell you about its style and origin. Send letters, and **clear black/white photos**. We can't return photos or give personal replies.



## WHY DO YOU WANT TO LOOK YOUNGER?

Probably every woman has a slightly different reason. Are you planning to go back to work? Did your husband get that promotion, so you'll be mingling more with other company wives? Or did you catch a glimpse of yourself in a store window and wonder, just for an instant, who that older-looking person was?



Whatever your special, very personal reason, it's undoubtedly time you discovered the secret of a mysterious beauty fluid that can help you look younger. Join the women from many parts of the world who have enjoyed the beautiful benefits of this remarkable skin-cherishing liquid, known in the United States as Oil of Olay beauty lotion.

**Oil of Olay goes to work instantly** to help you look younger. How? The beauty fluid penetrates your skin astonishingly quickly, letting pure moisture, tropical oil and precious emollients work hand-in-hand with nature to help ease away unwelcome dryness. When your skin is dry, you know, little wrinkle lines are far too noticeable, so you may easily look older than you should. Or could.

It isn't just extra birthdays that can make you look older, of course. Wind, harsh weather, even some cosmetics can dry your skin, so your look of youth can slip away unexpectedly soon.

**Gentle Oil of Olay onto your face and throat.** Watch your skin virtually drink in the precious liquid. Notice your skin grow softer and smoother within moments. See the renewed lustre and radiance of your complexion.

Working in its mysterious way, Oil of Olay helps maintain your skin's moisture balance. So it's not surprising that the beauty fluid can help you look younger. The very first day, you'll notice that little wrinkle lines (which are accented by dryness) show less. It's a difference apparent to other people too, though they may not say a word.

What's the best time for Oil of Olay? Most devoted users like to smooth it on both morning and night. Oil of Olay doesn't leave a greasy afterfeel or look, so it's marvelous under makeup. Or if you like to give your skin a vacation from cosmetics, Oil of Olay lets your skin live in its own moist climate. The beauty fluid gives your skin a dewy glow even without makeup. Applied at bedtime, Oil of Olay cherishes your skin into quiet hours of sleep. Any other time your skin feels dry and you'd like to raise its moisture level is a good time for Oil of Olay.

Why do you want to look younger? Whatever your reason, won't you let Oil of Olay help?

### Beauty Secrets

*If you're one of those people bothered by dry lips, be sure to use Oil of Olay before you slick on lipstick or lip gloss. Feel the difference?*

\* \* \*

*When you've discovered Oil of Olay®, chances are you won't ever want to be without it. Carry a bottle in your purse or tote bag and certainly in your cosmetic kit when you travel, to smooth and soften your skin wherever you are.*



## HEALTH & BEAUTY

# New Parts For Old

Now reconstructive surgeons can help correct "hopeless" conditions such as breast removal or chronic impotence.

by Camille Duhé



American medical researchers and pioneering practitioners have made amazing advances recently and can now hold out the promise of surgical solutions to previously irreparable situations. Breasts removed by surgery can be reconstructed. Spare parts are now available for a shattered hip. How about an artificial jaw or wrist? It may sound like *The Bionic Woman* but it's not TV fantasy—just a small sample of the extraordinary richness of options available now.

We were astonished, a few years back, to learn of the feasibility of human organ transplants. There were problems, both moral and technical, of availability of parts, rejection, and function. So future thinkers focused attention on body replacements made of artificial or synthetic materials.

Artificial implants can be stored indefinitely, selected and ordered to suit precise requirements without the ethical and legal problems involved in use of human or animal sources. Teflon, Dacron, Silastic, and Vitallium are easily available and less likely to be rejected by the body than alien human tissue. Of course, not every development is available to every patient—the general health of the patient is still, (continued on page 99)



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# Avocado lands a winner—savory canned salmon.

Enjoy the catch-of-all-seasons salad—delicious, tempting canned salmon in a succulent green California Avocado half shell! Top all this perfection with zippy onions, celery slices and a drizzle of Lemon Parsley Dressing. It's a lure hard to resist.

## **Salmon Salad on the Avocado Half Shell**

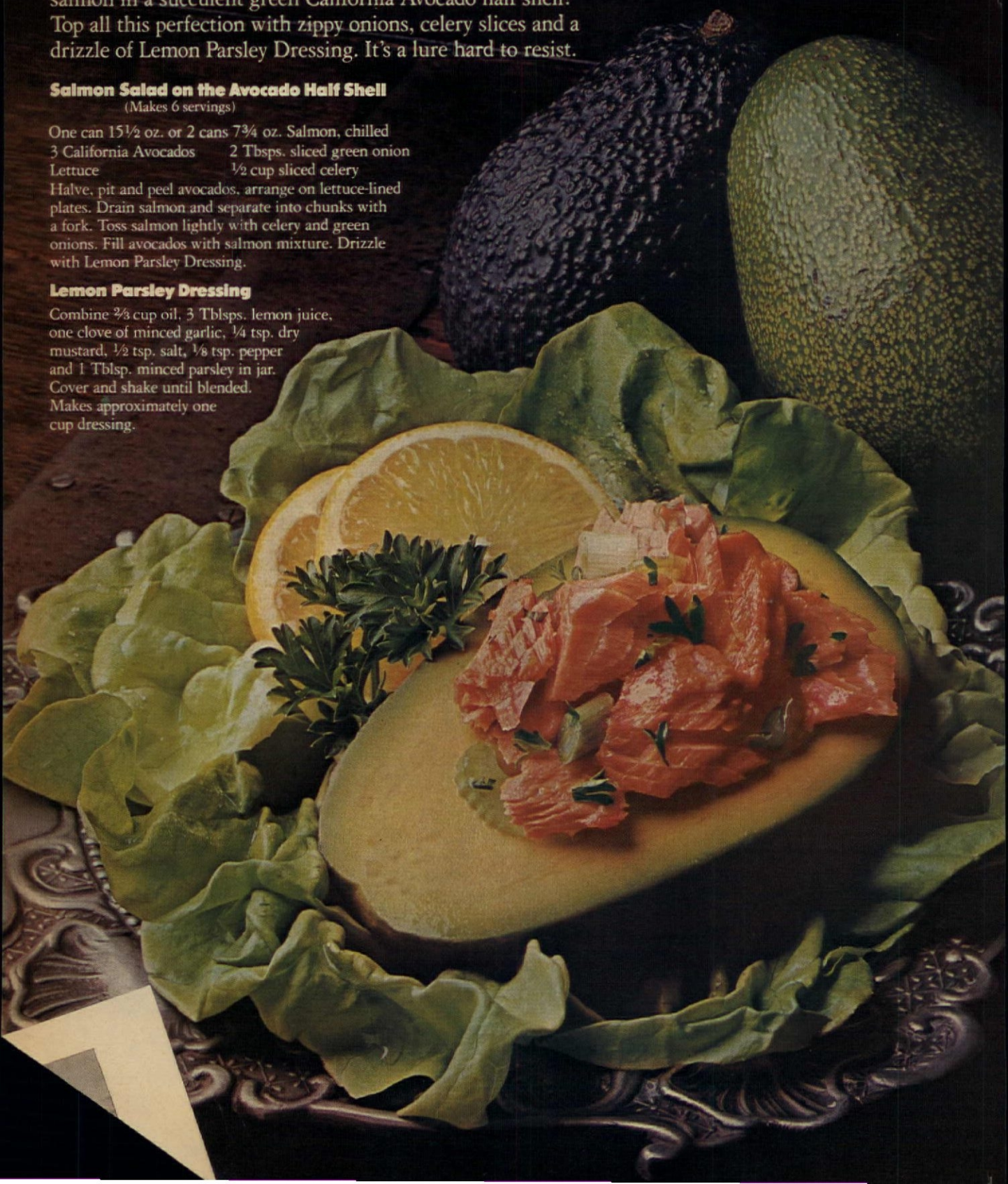
(Makes 6 servings)

One can 15½ oz. or 2 cans 7¾ oz. Salmon, chilled  
3 California Avocados      2 Tbsps. sliced green onion  
Lettuce                      ½ cup sliced celery

Halve, pit and peel avocados, arrange on lettuce-lined plates. Drain salmon and separate into chunks with a fork. Toss salmon lightly with celery and green onions. Fill avocados with salmon mixture. Drizzle with Lemon Parsley Dressing.

## **Lemon Parsley Dressing**

Combine ⅔ cup oil, 3 Tbsps. lemon juice, one clove of minced garlic, ¼ tsp. dry mustard, ½ tsp. salt, ⅛ tsp. pepper and 1 Tbsp. minced parsley in jar. Cover and shake until blended. Makes approximately one cup dressing.





Now here's something to cheer about—a way of cooking where the vitamins stay in and nothing boils out. It's no secret that fresh vegetables cook crisp and colorful and retain most of their nutrition and flavor when steamed, or that delicate fish such as trout or halibut are best when cooked "au vapeur." Since steam cooking is also low-calorie cooking, it is a wonder that more calorie counters and diet-conscious people haven't switched.

#### MASTERING THE VAPORS

Steaming is simply cooking by means of steam generated from boiling water or other liquids. The important thing is that the food must not touch the water. The water used for steaming may be plain, or seasoned with various spices, herbs, wine, or even beer.

If you are using a top-of-the-range variety of steamer, let water boil rapidly before placing food in steamer basket. Then cover pan tightly to prevent steam from escaping. Keep water boiling briskly over medium heat and check that the water does not boil away. Keep face away from direct steam and hands protected when checking because steam can burn. If liquid must be added, use boiling water and replace lid immediately. If you are using an electric steamer, follow the manufacturer's directions carefully. Use the liquid left to flavor a soup or sauce.

#### VEGGIES—FRESH OR FROZEN

Steaming is the best way to bring out the *fresh* flavor of both fresh and frozen vegetables. All vegetables should be cooked just to the crisp, tender stage. Steaming makes this easy because vegetables are never allowed to get soggy because they are never immersed in water.

If cooking frozen vegetables, rinse with hot tap water to separate and then place vegetables in steamer basket. Also note that the cooking time for frozen vegetables is usually about 1½ times as long as package directs for boiling. If vegetables are completely thawed, the time is about the same. (We think that the crisp, colorful results are worth the extra minutes!)

#### FISH FINESSE

Fish is another food that takes very well to steaming. The results look much like poached fish. Wrap fish fillets, fish steaks, or small whole fish such as trout in cheesecloth and tie it so fish can be removed in one piece. Fish less than 2 inches thick takes about 1 minute per ounce. To test doneness, place fork in thickest part of fish flesh and twist slightly. If the fish flakes easily, stop steaming. Clams or mussels are done when they are open.

# All Steamed Up About Steamers



Rediscover a more nutritious way to prepare foods with these updated versions of a tried-and-true technique.

#### BONUS STEAMING

And don't forget to try steaming dried fruits, whole fresh fruits, any kind of hot dogs or its cousins, sausages, and of course, chicken breasts and other boned chicken parts. As the Orientals know, steaming is the only way to cook rice.

Whatever you steam, you'll have better-tasting, healthier, and more eye-catching foods.

#### STEAMED VEGETABLES DE LUXE

*Working time: 2 to 3 minutes*

*Steaming time: 8 minutes*

- 1 package (10 ounces) frozen cauliflower clusters
- 1 package (10 ounces) frozen broccoli spears

#### Salt

- 1 can (10¼ ounces) condensed chicken broth

- 4 teaspoons cornstarch

- 1 tablespoon chopped pimiento

- 2 teaspoons chopped parsley

- 2 teaspoons lemon juice

- ½ teaspoon prepared mustard

Rinse cauliflower and broccoli in hot tap water to separate pieces, and thaw slightly. Place vegetables in steamer rack over boiling water. Sprinkle with salt as package directs. Cover and steam until tender, about 8 minutes. Meanwhile, combine broth and cornstarch in small saucepan, and heat to boiling, stirring constantly. Blend in all remaining ingredients. Remove vegetables to serving plate and pour sauce over.

*Makes 4 servings, sauce makes 1½ cups (52 calories per serving).*

#### SHOWCASE SHRIMP

*Working time: 5 minutes*

*Steaming time: 5 to 8 minutes*

- 1 can (12 ounces) beer
- ½ teaspoon chili powder
- ½ teaspoon mustard powder
- 2 bay leaves
- 2 cloves garlic, crushed
- 24 medium-size fresh shrimp or 1 package (1 pound) medium-size frozen shrimp

Combine first 5 ingredients in saucepan. Place steamer on top and add shrimp. Steam covered 5 to 8 minutes.

*Makes 4 appetizer servings or 2 entree servings (103 calories per appetizer serving).*

#### STUFFED CABBAGE ROLLS

*Working time: 15 minutes*

*Total steaming time: 40 minutes*

- 12 large cabbage leaves
- 1 pound lean ground beef
- 1 cup cooked rice (⅓ cup raw long-grain rice)
- 1 egg, slightly beaten
- 4 green onions, chopped, including tops
- 1 can (8 ounces) tomato sauce
- ½ teaspoon salt
- ½ teaspoon pepper
- ¼ teaspoon Italian seasoning or oregano
- 1 can (15 ounces) herb-flavored sauce, heated

*(continues)*



# THE TALL SHIPS®



## The Official Commemorative Print of the Historic 1976 Gathering of Tall Ships

Two years in the painting and meticulously accurate in nautical detail, this high fidelity lithograph will delight all those who admire fine art. Painted by the renowned marine artist, Kipp Soldwedel (Tall Ships Artist of Record), this official commemorative print is reproduced in magnificent color, 21 x 28 inches.

Depicted here in misty nautical splendor are the Blue Nose (Canada), Danmark (Denmark), Segres (Portugal), Christian Radich (Norway) and the Gorch Foch II (Germany), winner

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Good art that is bound to accrue in value, handsome decoration for office or home, nostalgic memorabilia for sea lovers and sailors alike.

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will enjoy these beautiful ships in their homes."

Mrs. M. B. Flournoy, New York, N.Y.

"Those who thrilled at the sight of the soaring masts and graceful hulls in July will recapture that thrill when they see the clean lines of Kipp Soldwedel's paintings. His works... carry the fresh, salty tang of ocean air wherever they go."

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13  
 on page 7 (6)  
 TOMATO  
 AMERICAN HOME



# HOME FRONT NEWS

## DEALING WITH DIVORCE

The National Association for Divorced Women is a new membership organization to help women deal with the problems—legal, financial, practical—of divorce and starting a new life. It acts as a referral service for local contacts and gives solid advice on employment, especially on reentering the job market. Membership is \$18 and includes a bimonthly newsletter. Information: National Association for Divorced Women, 200 Park Ave., Suite 303 East, New York, N.Y. 10017; (212) 844-8407.



## VIVE LA BAGUETTE!

Those long, crisp, skinny loaves of French bread are easy to make at home with the Baker's Secret French Bread Baker from Ekco. No-stick finish puts a golden crust on the loaves not on the pan. It's \$2.98 at housewares and department stores. For more on bread, see page 70.

## SOUTHERN REVIVAL

Everyone can't live in an antebellum mansion (see our special Natchez section, page 35), but you can have period furniture—on a contemporary budget. This mahogany secretary/bookcase is a reproduction of one designed by Thomas Elfe, Charleston, S.C.'s finest cabinet maker. It's new to Baker's Historic Charleston Collection of antique reproductions. Available in late summer, about \$3,775.



## SCARF WRAP-UP

A new look in spring fabrics is the scarf print. Bright florals, paisleys, and polka dots with solid and striped borders, these prints are a series of handkerchief squares lined up end to end, or one large scarf running the entire length of the fabric. Many fabrics come in coordinated collections of borders, stripes and center prints. Look for special patterns with all the how-to's you'll need to translate scarf prints into bright peasant skirts, tops, ponchos, and shawls for spring.



## KICKING THE RAISIN HABIT

Last September's raisin crop failure has resulted in substantial price increases, so now's the time to explore the tastes and uses of dried apples, apricots, peaches, and pears. And, for a laugh, there's always prunes. Use all of these in your favorite raisin recipes or for ideas, write to Focus on Dried Fruit, Del Monte Kitchens, P.O. Box 8111, Dept. 2041, Clinton, Iowa 52732.

## TAX DEDUCTIBLE SWIMMING

According to NAPO (National Association of Pool Owners), if you install a pool for medical purposes, you may be eligible for a tax deduction. Specifically, the amount the pool increases your property value can count as a tax-deductible home improvement expense. You need two things: A letter from your doctor to verify the pool as a medical necessity, and a written statement from a competent real estate appraiser. For details, call your local IRS office.





## PRIMA VERA

As pretty as bangles, Vera's new napkin rings are made from lacquered wood, solid or striped (\$1.25 each), and hand-painted in her spring prints (\$2.50). Napkin rings coordinate with printed serving trays, cocktail napkins, and practical canvas place mats with matching dinner napkins—all part of the Vera spring splash. "Linens by Vera" available at fine stores.

## DESSERT YOUR DIET

Frozen desserts like a citrusy Key Lime pie can go back on the menu thanks to the Dietmaster frozen dessert maker. Without electricity, ice, or rock salt, you can make low-calorie treats using skim milk and yogurt—50 recipes included. Calories-per-portion information, too! It's \$15 at major department stores.

Readers are invited to contribute the latest news from their neck of the woods to Home Front News—\$25 for each idea published. Address letters to Ann Scharffenberger, Editor, Home Front News, American Home, 641 Lexington Ave., New York, N.Y. 10022.

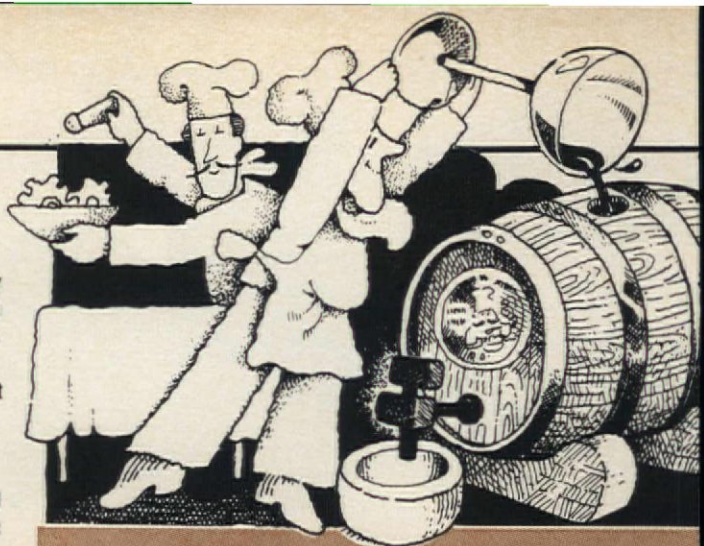
## PUSH-BUTTON LOCKS

The new key to home security is push-button locks. All you do to open your front door is press the right series of numbered buttons to spell out your combination. A mechanical lock by Unican Security Systems, Rocky Mount, N.C., costs \$150 and comes with a key in case you forget your digital sequence. An electronically activated model by Electronic Security Systems, Sunnyvale, Calif., costs \$225 and has three combinations to choose from, for extra protection.



Here are some toll-free hotline numbers for help from the federal government:

- Runaway kids, if you need advice or want to get a message to your parents without revealing your name: Call 800-621-4000. In Illinois, call 800-972-6004.
- Think you've been discriminated against in housing because of race, color, religion, sex, or national origin, or do you have a question about same? Call 800-424-8590; in Wash-



## DO-IT-YOURSELF VINEGAR

Don't pour your leftover wine down the drain. Turn it into vinegar in the Perpetual Vinegar Cask. Complete with "mother" (red wine vinegar containing bacteria) for fermentation and recipe

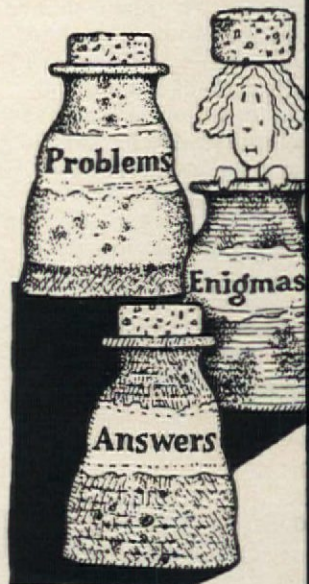
booklet, the cask has a cork at the top to let you add wine as vinegar is drawn off through the spigot at the bottom; Franjoh Cellars, P.O. Box 7462, Stockton, Calif. 95207. \$39.95 ppd.

## WHAT EVERY PATIENT SHOULD KNOW

Going into the hospital? Know your rights—medical, procedural, and financial—by reading *A Patient's Bill of Rights*. For a free copy send a self-addressed, stamped business envelope to The American Hospital Association, Order Processing Dept., 840 N. Lake Shore Drive, Chicago, Ill. 60611.

ington, D.C., call 755-5490.

- Want to complain about a moving company or buses and trains? The number is 800-424-9312. In Florida, it's 800-432-4537, and in Washington, D.C., 275-7301.
- With questions or complaints about unsafe toys or other products, the number is 800-638-2666. In Maryland, 800-492-2937.
- To find out about or report safety defects in cars, call 800-424-9393. In Washington, D.C., 426-0123.



## BOTTLED UP

Looking for the ultimate solution? Potter Jay Brophy has created these hand-thrown stoneware jars to help you sort out your life—problems, answers, enigmas. Jars are 5" high, \$10 each ppd. from The Exchange, 315 Cameron St. Alexandria, Va., 22314.

# HOTLINE





# BOOKLETS



## BOOKS

Spring is gardening time and books to grow with are sprouting like crabgrass in a suburban lawn. Here's a potpourri of some currently on bookstore shelves.

**The Good-Humored Gardener** by Treeske Blase and Anneke Hohmann is a Dutch import that is a perfect fit for the green-thumber. Amusing line drawings, arranged in cartoon strip form, carry the reader along from idea to idea. A clever translation makes the book easy to understand and fun to read. Learn how to transform your bathroom into a tropical paradise, how to store vegetables *au naturel* in your basement, how to keep houseplants alive while you're on vacation, how to make terrariums or repot houseplants. More than a hundred ideas to keep your indoor plants alive and growing. (Yeoman Group, New York), \$8.50 ppd. from The Chocolate Soup, 249 East 77 St., New York, N.Y. 0021.

From *The Good-Humored Gardener*.



Since politics seems to enter into every aspect of our life, it had to come. Although as yet no one has reproduced Mt. Rushmore in topiary, the Subsistence Press division of Random House has published **The First American Peanut Growing Book**. Written by Kathy Mandry, it tells all you will ever really want to know about peanuts: How to grow and harvest peanuts, dozens of savory peanut recipes, and enough peanut trivia for five or six cocktail parties. Available in paper, \$3.95 and hardcover. \$7.95.

Jack Kramer, one of the country's most prolific garden writers, has a new book, **A Seasonal Guide to Indoor Gardening**. It's a good-looking and professional houseplant primer with lots of useful information organized by time of the year.

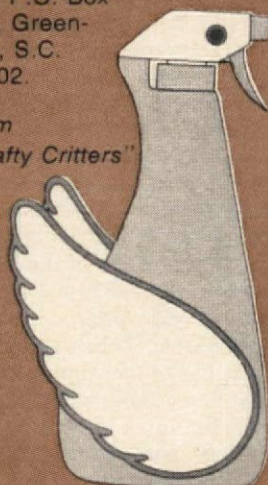
Unfortunately, the extensive line drawings by Robert Johnson, which have great style and charm, are mostly useless for plant identification. (Houghton Mifflin), \$5.95 paper; \$12.95 hardcover.

If you like full color illustrations of houseplants, you'll love **The Total Book of House Plants** by Russell C. Mott, illustrated by Alan Singer. The book contains more than 350 plants in full color. It's of course not at all "total," but a nice coffee table or light reference book to have around. (Delacorte Press), \$16.95.

Susanne Crayson has created the text and drawings for **Plants from Plants**. It's a clear and easy to follow description of what goes on under the cabbage leaves, with instructions for propagating most houseplants. A good how-to manual for achieving your very own private botanical garden at practically no cost to you at all. (J.P. Lippincott), \$5.95. —by Larry Power

"**Crafty Critters**" can help you recycle empty plastic bottles from household cleansers—Fantastik, Grease Relief, and Glass Plus—into delightful "animals" to keep or give as gifts. For a free copy write to "Crafty Critters," Consumer Relations Dept., Box AH, Texize Chemical Co., P.O. Box 368, Greenville, S.C. 29602.

From "Crafty Critters"



"**The Wonderful Art of Color Dyeing**" can brighten your life. Instructions, from the Rit Dye Company, tell you how to tie-dye, batik, washer dye, and drip-dye; plus 18 "color recipes" let you custom-create vivid colors such as amethyst or wild iris. Write to American Home/Rit, P.O. Box 307, Coventry, Conn. 06238 for a free copy.

### HOUSING HINTS

"**A Garage Full of Fun and Profit**," a guide to garage sales, gets you on the backyard buyers' bandwagon. One person's "clutter" can be someone else's dream purchase. The booklet takes you from the preliminary preparations right through the pricing and selling, including tips on how

to spruce up items. Send a postcard to Johnson Wax, P.O. Box 567, Consumer Education, Dept. AH, Racine Wisc. 53403.

"**Everything You Ever Wanted to Know About Roofing, Siding, and Residential Insulation**" is a 32-page illustrated booklet covering, in question and answer form, the basics on the subject. Available from CertainTeed Home Institute, P.O. Box 860, Dept. AH, Valley Forge, Pa. 19482. Enclose 25¢ per booklet.

### THE FUN OF FOOD

"**The Angostura Sampler**" is a free sample of Angostura Aromatic Bitters, the food flavorer and seasoning product, adequate enough to complete one of the recipes included with it. Send a stamped, self-addressed envelope to Angostura, Box 2186-AH, New York, N.Y. 11102.

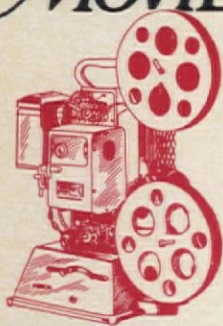
"**Creative Cook's Menu Planning Calendar**" offers, month by month, meal ideas (over 100 recipes), food coupons (totaling \$5.08), and space for jotting down shopping lists, all wrapped up in a handy calendar. Send \$1 (check or money order) to Creative Cook, P.O. Box 252, Dept. AH, Bellmore, N.Y. 11710. Offer good only in USA while supply lasts. Expires June 30, 1977. —by Phyllis Schiller



From "Creative Cook's Menu Planning Calendar."



# MOVIES



## COUPLES

Leave it to Barbra Streisand to make a T-shirt and jeans update of *A Star Is Born* using the Los Angeles rock music world as the backdrop. In a semi-realistic manner, the movie captures the decadence, drug taking, and corrupt on-the-road lifestyle of this milieu. More than that, it is a thinly disguised, expensive home movie substitute of Barbra Streisand's over-publicized relationship with her hairdresser-turned-movie-producer-boyfriend Jon Peters. In this respect, *A Star Is Born* will enthrall Ms. Streisand's fanatically loyal public.

Sexy singer-songwriter Kris Kristofferson is authentic as the wild, he-man rock idol on the way out. Combining the best and worst of Bette Midler and Carole King, Barbra Streisand puffs her way to the top in this vanity production belting out pop and disco tunes that would never attract the likes of hard rocker Kristofferson. Consequently, you don't know what he sees in her or why he is so impulsive and self-destructive. In their numerous "let's have a picnic in bed" love scenes, his body is in better condition than hers and he looks better in close-ups with her than Robert Redford did in *The Way We Were*.

Edited like a string of TV commercials, *A Star Is Born* is a lazy, unintelligent movie that never builds to a true

dramatic crux. When Kris Kristofferson kills himself by driving his car off a road, you don't care because you know Barbra Streisand's coming back to sing the finale. An unliberated romance of love and the battle of the sexes, *A Star Is Born* is day old chicken soup, reheated at soap opera temperature.

As usual, it's liberated child actress Tatum O'Neal who steals the thunder from dad Ryan and co-star Burt Reynolds in *Nickelodeon*, a sprightly, well-meaning tribute to the infancy of motion pictures. Peter Bogdanovich who directed and co-wrote the film, doesn't get as much out of the father-daughter team as he did in *Paper Moon*. Fortunately, Tatum gets the most out of him and absolutely beams, sparkles, and shines as an eccentric teenage screenwriter, a role based on the legendary Anita Loos, who sold her first story at 14 to D.W. Griffith, America's premiere movie director and king of the silents.

As for *Nickelodeon*, it's as stiff and arch as the name it was taken from. A

## PETER SELLERS STRIKES AGAIN

Chief Inspector Jacques Clouseau, incompetent oaf of French Scotland Yard, faces the challenge of his undistinguished career in *The Pink Panther Strikes Again*. This fourth spoof of French detective movies, starring Peter Sellers, is knee deep in delightfully silly misadventures and clever cartoon style sight gags that, for a change, are hilarious. Clouseau's motto, "I fail



where others succeed," is carried to the hilt with Seller's imaginative disguises, ridiculous French accent, and bungling imitation of 007 agent James Bond. Formidable!

*Nickelodeon* was a narrow room with a screen, projector, and benches patrolled by a bouncer and a lady spraying toilet water to hide the stench. What Bogdanovich does is to take us behind the cameras with an inexperienced movie crew barnstorming its way across the West to Hollywood while sending back one and two reels to the East. Ryan O'Neal is the young, feisty director, Burt Reynolds is the handsome matinee idol, and Jane Hitchcock is the vacuous leading lady they fight over.

Full of only moderately funny

pranks, high jinx, and mistaken identities, *Nickelodeon* is a flip-flop comedy uncomfortably misplaced on today's wide screen. A bigger problem is the fashionable and suicidal indulgence of New Hollywood writers and directors, like Bogdanovich, to make movies about the making of movies. The genre just isn't that thrilling or interesting to movie goers. It's like going to the dentist and having him show you a film of a tooth being extracted at the same time he's pulling out one of yours.

—by Daphne Dav



Barbra Streisand and Kris Kristofferson in *A Star Is Born*



# DANCE

## TWO ON THE ROAD

March is touring time for dancers. This month two of America's finest companies will be on the road: Paul Taylor and Merce Cunningham. Although both were raised by Martha Graham, the mother of modern dance, these two choreographers couldn't be more different. All they have in common is total rejection of her style, the size of their companies (about 12 dancers), and their individual excellence.

Taylor is satirical, irreverent, and witty, creating comic-strip dances that deal with the destruction of innocence, relationships between people, social

They are as motley a crew as the occupants of a city bus.

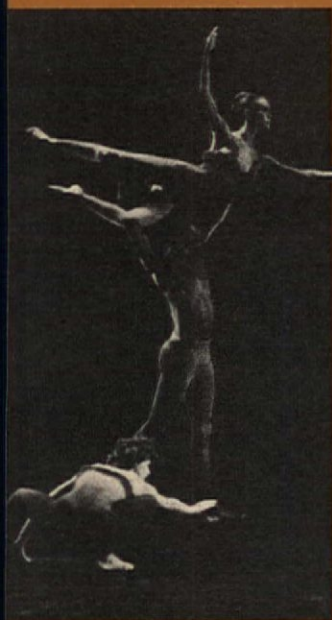
Cunningham's dancers, on the other hand, are remote and private onstage. The movement carries the dance. He does not choreograph to music. He believes that music and dance should only be brought together in performance where they complement rather than restrict each other.

"A work of art does not exist only within the context from which it is created," he says. "Each dance sequence can stand alone and be replaced by another without destroying the whole." His *Events* is especially adaptable for touring, as the requirements for props and stage effects are as flexible as the movements themselves.

—by Moira Hodgson

**The Paul Taylor Dance Company** will be performing in Washington, D.C., Iowa City, Iowa, Kansas City, Chicago, Lafayette, Ind., Charleston, Ill. this spring. Taylor's repertoire will include *Cloven Kingdom*, a devastatingly witty satire of human behavior at social functions that might have been commissioned by Monty Python; *Esplanade*, which builds to a climax of rolling falls and leaps; *Polaris*, *Runes*, and *Aureole*, an airy neoclassic work to Handel.

**Merce Cunningham and Dancers** will be performing in Grand Forks, N.D., Minneapolis, Ames, Iowa, and New York City. In addition to "Events," Cunningham is taking *Summerspace*, a lyrical work with a pointilliste set by Robert Rauschenberg; *Rebus*, *Torse*, *Sounddance*, *Square Dance*, and *Solo*, the latter a powerful and vivid piece for himself.



From Quintet by Moira Hodgson, with photographs by Thomas Victor (William Morrow & Company, \$15).

facades, and hypocrisy. He has also choreographed plotless works, neoclassic in style. He changes constantly and won't be pigeonholed. But all through his work is a focus on the individual. You quickly get to know his dancers as people—people who can jump and turn and astonish with their grace and musicality. He makes use of their quirks and personalities, and of their disparate bodies.

# TELEVISION



## JUNK FOOD SPECIALS

Most of what we are fed on television is the entertainment equivalent of junk food—filling, artificially tasty, but almost totally lacking in nutritional value.

Among the most popular items on TV's junk food menu are the annual award and contest shows—"The Entertainer of the Year Award," "The Emmy Awards," "The Miss Universe Pageant," "The Miss America Pageant," to name just a few. These specials are lavishly produced, widely publicized, and extremely popular. Every year, they blaze briefly on the screen, promising glamour, excitement, and relief from endless reruns for every member of the family.

The current season of junk food specials will be getting underway in a few weeks with the telecast of the Academy Awards on ABC, traditionally one of the highest-rated shows of the year. And usually one of the dullest. Each year we are promised that the format will be revised to keep things moving along at a sprightly clip, and each year we are quickly reduced to catatonic boredom by the endless and undecipherable categories, the insipid production numbers, the predictable thank-you speeches and the cloyingly arch "ad lib" patter of the stars.

It is perhaps significant that the symbol of the Academy Award show, the golden statuette called "Oscar" is in fact 92.5% tin. But addiction to junk food, the kind we eat or the kind we watch, defies rational explanation.

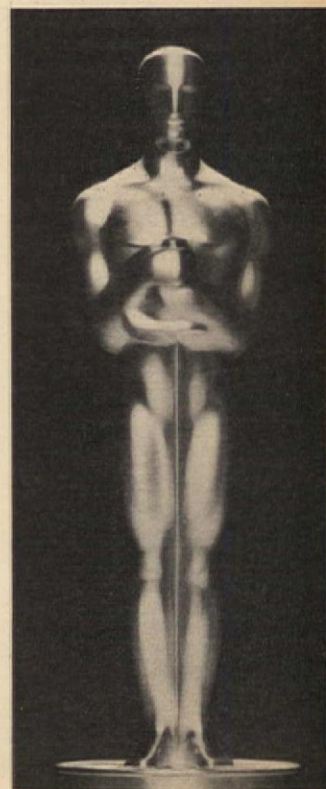
Herewith some highlights from past Academy Award telecasts:

In 1953, William Holden's acceptance speech as best actor in "Stalag 17" was interrupted by a commercial.

In 1958, after a rousing finale consisting of 90 stars singing "There's No Business Like Show Business" it was discovered by the host, Jerry Lewis, that the show still had 20 minutes to run.

In 1973, the highlight of the show came when Robert Opel, a 33-year-old Hollywood advertising man, tried to expose himself on stage.

In 1974, nominated as best actor for "Lenny," Dustin Hoffman announced in advance that the awards were "ugly" and "grotesque" and the presentation a "beauty pageant." He didn't win, but without realizing it, he had enumerated three of the absolutely essential ingredients for a junk food TV special. —by Craig Gilbert







## easy DOES IT

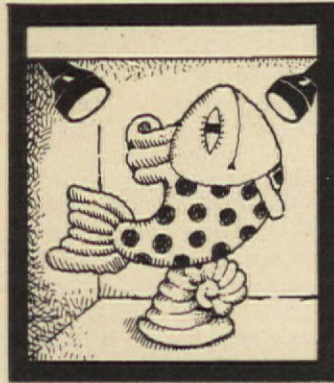
### A LIGHT TOUCH

Light shapes space. Different sources can radically alter the mood of a room. Many of these effects are created by architectural lighting fixtures that could only be installed by a pro. Now, there are new fixtures available that have been developed with the do-it-yourselfer in mind. They're lightweight and compact, and require only a screwdriver to secure. And they use less energy, too.

**Prefabricated valance with track** attached eliminates installation hassles. The all-in-one unit can be mounted in front of draperies, or along any wall—wherever you want a "wash" light effect. Valance can be padded and covered with fabric to match draperies or it can be painted. By Lightolier.

**One-piece fluorescent unit** incorporates bulb and fixture. Weighing in at nine ounces, it can be installed easily on any surface, and was designed to direct light back, down, or out. Its 33-watt lighting element (equal to 50-watt incandescent) will last up to five years. When it fizzles, throw the whole unit away. It's \$13.50 and is called "Bright Stik." By G.E.

**Miniature track lighting** system was engineered for use in cabinets, under shelves, over desks or counters. Basic bulbs (sewing machine size), tiny spots, or fluorescents snap in.



Track, in brushed aluminum or brushed brass, is 1 1/4" high, and comes in 15", 28" and 31" lengths. There are joiners to extend lengths, and switches can be moved along the track. By Lightolier.

—by Wanda Warner

As part of the project for International Women's Year, booklets outlining the legal status of homemakers—married, widowed, divorced—in all the 50 states will be available this year. Through these booklets the U.S. IWY Commission, which extends through '77, is seeking to increase public awareness of the homemaker's value,

## HOMEMAKERS' RIGHTS

and ultimately, to improve divorce and alimony laws. (Note: States that ratified the ERA have better divorce and alimony laws than those that didn't.) Cost of booklets ranges from 85¢ to \$1.25. From Superintendent of Documents, U.S. Gov't. Printing Office, Washington, D.C. 20402.

## consumer WATCH



### WHERE THERE'S SMOKE...

If there isn't a smoke detector in your present or future, there should be. The device sounds an alarm that gives you crucial minutes to escape a home fire. But recently, there's been a flap over how safe some of the detectors themselves are. There are two types: A photoelectric cell that senses smoke from smoldering fires more quickly, and an ionization detector that is generally more sensitive to flames. Experts are saying it's best to buy one of each for your home, which at an average cost of \$50 apiece is still cheap protection.

The photoelectric type arouses no controversy. The ionization detectors, though, contain small amounts of radioactive material and bear warnings telling you precisely how to dispose of the devices. Those warnings alarmed some consumers, who in turn alerted Ralph Nader's Health Research Group. The Nader group issued a statement expressing concern about a danger to users and further contamination of the environment with long-lived radioactivity. In response, many people refused to buy the ionization detectors and ripped out ones already installed, leaving themselves unprotected from fire.

The advantage of ionization detectors is that they run on batteries, which make them convenient to install and unobtrusive. Photoelectric ones must be plugged into an electrical outlet. Also, Consumers Union recently found that one ionization detector: Guardian FB1 from Pyr-A-Larm, Inc.,

Cedar Knolls, N.J., was vastly superior to others tested and could easily detect smoke and flames.

But what about the danger? It looks as if it was over-estimated. CU calculates that if a person stood 10 inches from an ionization detector for eight hours every day for a year, the exposure would be less than 0.5 millieme. And that is only 1/200 of the dose all of us get every year from background radiation—from cosmic rays, rocks, soil, and air and from radioactive substances in our own bodies.

The testing lab also says the detectors do not add pollution to the environment



because they are made with radioactive waste from Oak Ridge, Tenn.

Best place to position the detectors: in hallways outside bedroom doors. If you use two, the ionization type should go on the ceiling and the photoelectric cell type several feet away on a wall, and plugged into an outlet that's not turned off-and-on by a wall switch. Don't put one in the kitchen unless you like a lot of noise. And yes, even so, there may be false alarms if you burn the steak or get a roaring fire going in the fireplace.

—by Jean Carper



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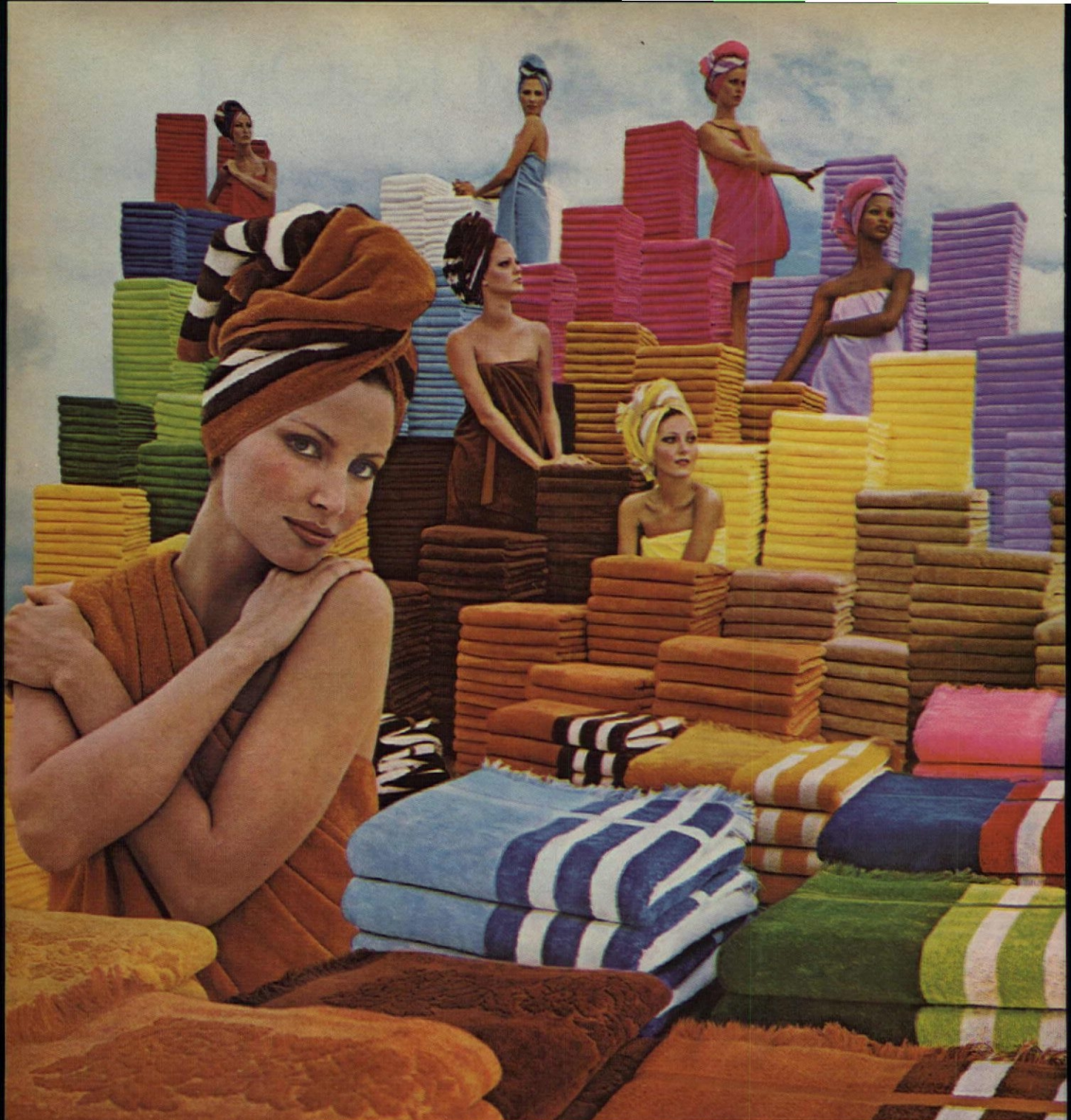
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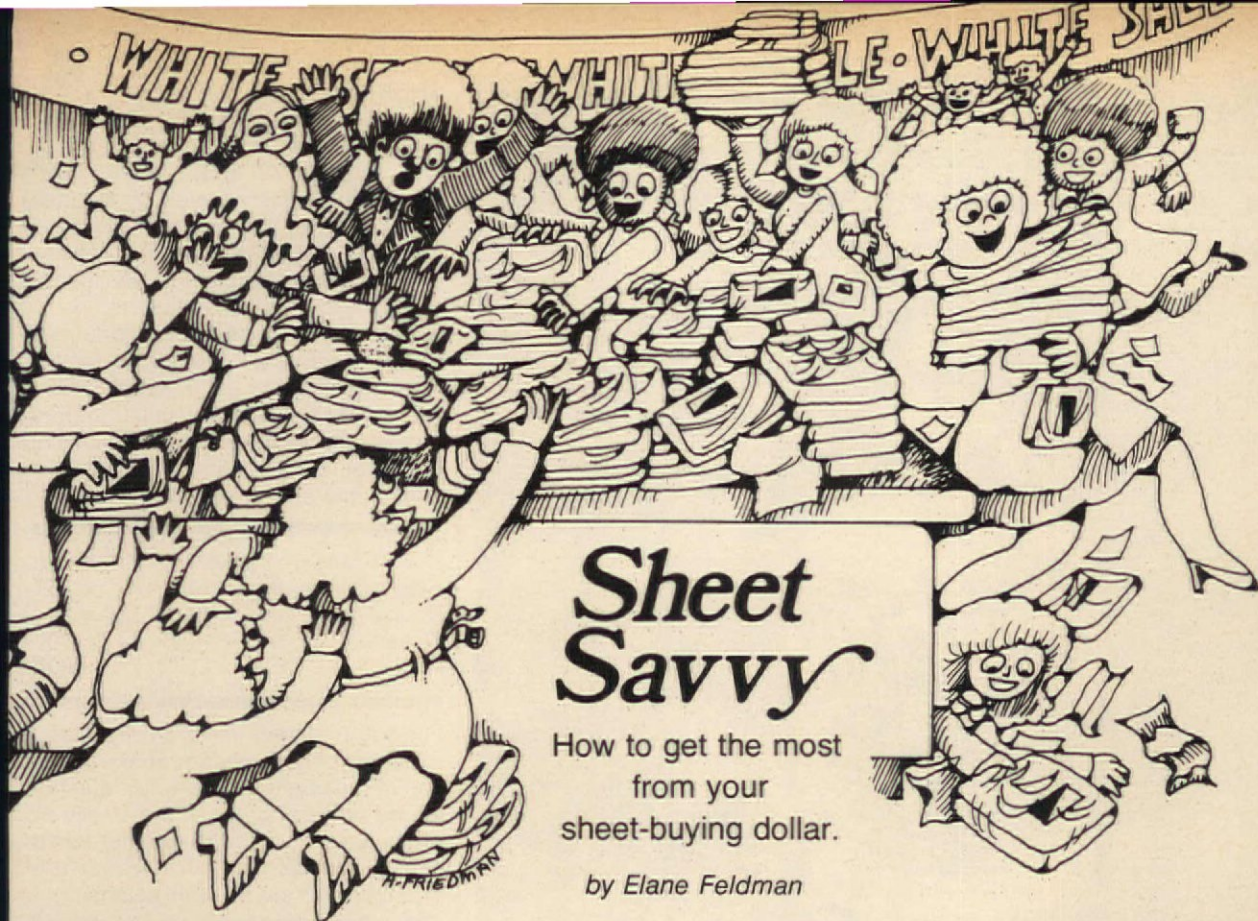
**All sizes** including supersize, bath, hand, guest, washcloth and bathmat in solid colors. Bath, hand and washcloth in patterns.

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## Sheet Savvy

How to get the most from your sheet-buying dollar.

by Elane Feldman

While we were all asleep there has been a revolution in the bedroom. Designers whose names were once associated only with fashion are now signing sheets and pillowcases; rainbows of pattern and color flood the linen departments of stores; and coordinated blankets, coverlets, comforters, or *duvettes* cover beds instead of spreads.

The "unmade" bed is in. It shows off the new sheet patterns and cuts down on bed-making hassles. Moreover, because of the sky-rocketing costs and length of time involved in "serious" decorating, sheets are being used for an inexpensive and rapid redo of an entire bedroom. To aid in such projects, several sheet companies sell yard goods of their popular sheet patterns. But lacking that, design-conscious home decorators are using the sheeting itself.

While the unmade bed is easier to neaten up in the morning, buying bed sheets has become more difficult. In the past, things were simpler—all sheets were flat, cotton, and white. Today, shoppers are confronted with a dizzying array of styles, patterns, and fabrics. Knowing some basics could make shopping for linens faster and easier for you.

**Permanent-press** sheets and pillowcases are now found in every linen and department store. They have gained wide acceptance because they are long-wearing and retain a crisp, wrinkle-free look. Most important, they require no ironing if washed according

to instructions that come with them.

Permanent press does not offer quite the same softness or smoothness of finish that all-cotton fabrics possess, but their carefree handling more than makes up for these slightly negative differences. Besides, permanent press does get softer with frequent laundering. While some people find them less moisture absorbent and

### Longer Life for Sheets

- Always follow package/label directions for washing and drying. Also check directions for washing on the detergent box.
- Make certain you don't overload your washer.
- Permanent press items should not be allowed to overbake in the dryer.
- To prevent setting of wrinkles, quickly remove no-iron sheets from the dryer.
- Never put damp sheets away; they will mildew.
- Stack sheets, folded flat, in the linen closet. Rotate clean sheets by putting last-washed at the bottom of the pile. When changing fitted sheets, remove gently; never tug at the corners.
- Fold soiled sheets before placing in the hamper. Never stuff a pile of soiled sheets into a pillowcase; cases aren't meant to be laundry bags.

slightly clammy than the all-cotton variety, many users seem satisfied.

**The fiber blend** that is the most popular permanent-press combination is 50 percent cotton and 50 percent polyester. Although it might seem as if there are a mind-boggling variety of polyesters, most differences exist only in the trade names applied by the fiber companies. Because of escalating cotton prices, at least one manufacturer has announced plans to introduce sheets composed of a 35 percent cotton/65 percent polyester blend.

Plain white 100 percent cotton sheets are still available at some stores—usually at higher prices than blends or patterned or colored sheets. While it's not easy to find low-priced high-style selections of all-cotton sheets, many luxury-loving shoppers are again asking for them.

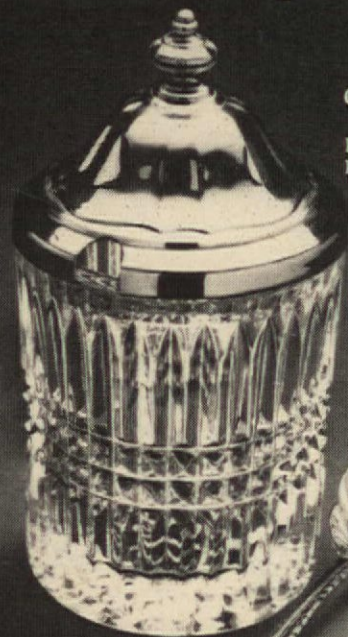
**Muslin or percale?** These two types of cotton are differentiated by the thread count—how many strands crosswise and lengthwise to the inch—and there is a difference. Generally, the percale-polyester combination has a 180-200 thread count and will wear better than muslin-polyester with a count of 128-140.

Percale is softer, silkier, lighter in weight, and higher priced. The 200 thread count percale is even softer and finer—and also more costly.

Luxury blends like woven satins, nylon tricot knits, stretch cotton knits, and rayon have a luxurious sensual appeal. They tend to be more expensive and (continued on page 24)



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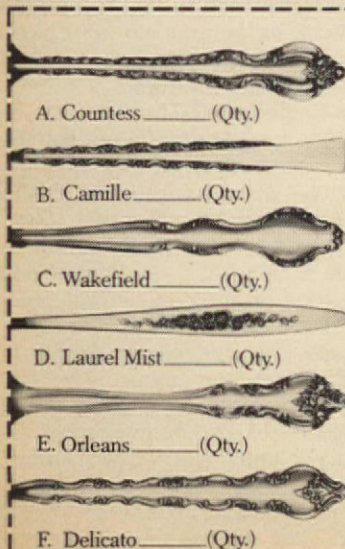
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### SHEET SAVVY

continued from page 23

less practical than other fabrics, and account for less than 10 percent of the industry sales. While they are washable, they are not very easy to handle and lack the no-iron features as well as the other durable qualities of polyester-cotton combinations.

**Sheet dimensions** are standardized today to fit regular mattress sizes. Some companies list mattress sizes; some list size of sheet (sizes before hemming). Here are the dimensions of flat sheets and the mattresses for which they are designed:

Bed Size	Sheet	Mattress
Single or twin	66" x 104"	39" x 76"
Double	81" x 104"	54" x 76"
Queen	90" x 110"	60" x 80"
King	108" x 110"	78" x 80"

For bottom-fitted, use mattress size.

Fitted bottom sheets make bed-making easier. Those with elastic-edged corners go on more easily to prolong the life of the sheet. Flat-felled seams (double row of stitches) are stronger than taped-over seams.

**The smart shopper** buys sheets—all linens in fact—in January and June or July. Most stores have excellent white sales during these months to make room for the new inventory that will be offered the following season.

"Irregulars and seconds" can be superior buys. The damage is often impossible to spot and the savings are tremendous, particularly when it comes to the high-fashion group.

When you go shopping, be prepared to purchase all the sheets and pillowcases you want of a particular style at one time. The sheet industry is becoming so trendy and fashion-conscious that the pattern you love this month may not be available in six months. Only the most popular patterns will remain in stock longer than a year, two at most.

**Colors and patterns**—especially medium to dark colors and all-over patterns—will show less soil and wear better than lighter-colored ones that need stronger soaps or bleaches and more frequent washings. Before you put dark-colored sheets on the bed, it might be a good idea to run them through a wash cycle, separately, to prevent color rub-off.

The pictures on the label should be studied carefully if the sheets are not on display in the store. Make sure you understand what the full effect is going to be before you buy; especially with bold, large patterns, the overall impact can be hard to visualize. □

*Elane Feldman is a New York-based writer, editor, and publicist.*





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*Cheryl Tomlen*

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## WINES

# Beyond Liebfraumilch

An introduction to modestly priced white wines from the bountiful vineyards of Germany.

by Creighton Churchill



If your fancy today runs to medium-dry white wines, I suggest it's time to try the fragrant light wines of Germany. Germany has just experienced two bountiful vintage years in a row, 1975 and 1976, which means the wines should be plentiful and not too expensive here. All but the sweetest dessert wines run a modest \$2.50 to \$4.50.

German wines are relatively low in alcohol—between eight and 10 percent—and one can be informal about serving them. They are light, easy-to-take wines that can be gulped rather than sipped with a hearty meal. Unlike many French wines, which are so expensive you feel you must appreciate every drop to get your money's worth, they don't have to be taken too seriously.

Germany makes almost no red wine, and in that country white wines are drunk with nearly every food, even red meats. The Germans, who are great meat eaters, dine most often on pork and beef. In the winter, game such as venison and wild boar also appears on the table. Except in the beer-drinking parts of Germany, white wine is the preferred drink to wash food down. (continued on page 92)

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MAJOR



Valmai Elkins believes that sharing childbirth gets a family off to a good start.

by Keitha McLean



# GREAT BEGINNINGS

From the outside, the sprawling yellow frame farmhouse is not unlike its neighbors in this neck of the northwest woods of Vermont. Built 130 years ago during a bygone era when prosperous farmers could afford mansions the size of train stations, today it cries out for the endless repairs of an aging country house.

Inside, however, one finds more than just the average American household busy with their lives. The house glows with a special warmth and joy. There are children and dogs everywhere, and men and women laughing and lounging in front of a roaring fireplace. Water steams in a kettle for tea and a communal meal is being prepared. The conversation centers on childbirth; young parents share their recent experiences with parents-to-be, who are anticipating theirs.

A tall, rangy blonde sporting a rugby sweater, skirt, and knee socks presides. She is Valmai How Elkins, age 28, and she is the heart and soul of this

inviting Vermont farmhouse that she shares with her publisher husband David, their four-year-old daughter Tilke, and other women and their partners in parenthood.

Valmai Elkins encourages women and their men to emerge as liberated people, to grow and mature through the experience of prepared and shared childbirth. "Sharing life equally," she says, "that's what today's successful man-woman relations are all about. And the most significant and uniting sense of sharing comes with two-parent participation at the birth of a child."

To this end, she runs classes based on the Lamaze method, a system of instruction on prepared childbirth in which the father participates from the moment the mother realizes she's pregnant. The classes, which continue for the duration of the pregnancy, include lectures on delivery room procedures and exercises — all of which are designed to eliminate the fear that usually accompanies childbirth.

The lion's share of Elkins' work is voluntary. While clients who can afford to pay for her services do so, others make use of the free clinics, including one for single mothers. Since she believes single women giving birth need love and sharing even more than anybody else, they are paired with volunteer partners who help and guide them through the birth. Elkins views the out-of-pocket expenses with the same equanimity as she does the heavy demands of her work-a-day activities.

She explains this unusual, sacrificing commitment to her career (although "crusade" seems a more accurate label) by saying, "I'm an over-achiever. As a child, I was interested in people, medicine, travel, and writing. I studied physiotherapy because it combined many of my interests, and it was something I could write about."

Valmai Elkins summarizes her life's goal with the unquestioning, implacable confidence of a woman raised in a household that assumes achievement in women. "I'm from an entire family of





PHOTOGRAPHED BY DANIEL DUFFIN

*Taking advantage of a sunny afternoon (far left), Valmai Elkins conducts a seminar outside. As her daughter Tilke, 4, and husband David confer at right, expectant parents learn about hospital patients' rights.*

*In a rambling Vermont house (center) Valmai's "dream is coming true." About to be parents, a serene Barbara and Roy Folland are joined (above) by Valmai, David, and a neighbor after exercise class.*

over-achievers. I have a brother in London who's doing research on moon rocks. We grew up with the motto, "No aim is a crime'."

In the prescribed Australian manner, Sydney-born Valmai embarked on a globe-trot in 1967 after her school years, stopping over in Canada where she acquired her feminist orientation, and took up her career.

During the next three years, she met her future husband David, and buried herself in the work she'd chosen.

"There were never a lot of funds available, but it was important to me that I do the work. It did get out of hand, however, and I found myself spending up to 40 hours a week on volunteer work alone. I don't think I'm particularly money-oriented, but I had to cut it back to about 25 hours a week and make the rest paid work so I could afford to live."

Then in 1970, Valmai and David eloped from their premarital living arrangement. They were married in Peacham, Vermont, a small village

founded by one of David's ancestors, Jonathan Elkins.

After a year-long visit to Greece, the Elkins traveled and worked in Europe. Settling down in Canada, Valmai took on a job as a physiotherapist in a local hospital. Then, with David's help, she started a nonprofit childbirth education association. She took on an exhaustive university lecturing schedule, continued to give her courses "with increasing emphasis on the man's role," and generally worked herself to a frazzle.

Then in 1973, Valmai discovered a classified advertisement for the Vermont farm the couple now calls home. Standing on a corner of a country road near Alburg Springs, not too far down the road from Peacham, was the awesome, rambling, multiwinged creature that dates from the 1840s.

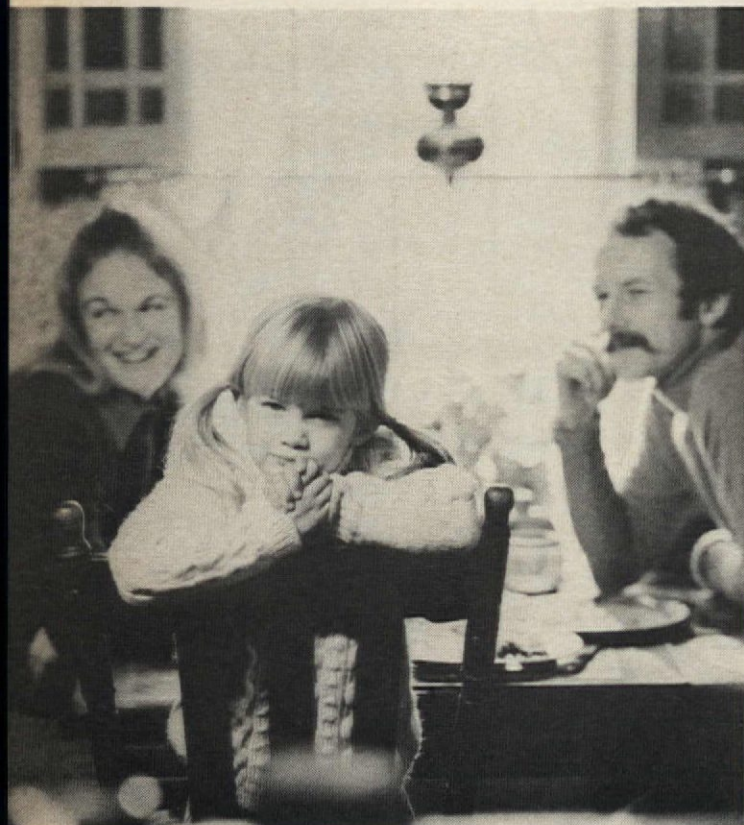
To the Elkins, the house symbolizes a lot. "It has 17 rooms, stands on four acres, we got it for \$12,000, we're restoring it ourselves, and aiming it to be a place where men and women can

learn about parenting together," is her breathless, childlike explanation.

Since they took over the old farmhouse on an "as is, where is" basis, every second of their spare time has been a sort of *Secret Garden* adventure. The house is a virgin paradise for inveterate junk hunters — and both Valmai and David qualify. So far they've unearthed everything from antique spool beds to wearable Victorian lace nightgowns. There was even apothecary stock from the previous owner's turn-of-the-century store. To Valmai, living in the house has been a dream come true.

On the weekends, the activity in the Elkins household intensifies. It's impossible to identify who wanders across the fields for a friendly "cuppa," who are Valmai's clients, who are friends — and which child belongs to whom. As David explains, "We get to know everybody so well during the childbirth courses, professional acquaintances often overlap into friendships." (continued on page 32)





*Before David dons work clothes to repaint a room in the unfinished wing of the house, and before Valmai retires to her study to work on her book, the family savors a quiet moment at the breakfast table.*

Lunch finished, friends and guests disperse to stretch in front of roaring fires or curl up in cozy reading nooks. Daughter Tilke is out of earshot in the kids' room with a variety of playmates. David, purposefully clad in omnipresent, spattered work clothes, marches off to tackle today's order of home repairs. Tucking her feet under her and getting comfortable, Valmai talks about herself and the satisfaction she derives from the intense way she works and lives.

"When I trained as a physiotherapist, I had no idea I'd ever get involved in obstetrics," she begins. "However, I became fascinated with women in afterbirth — how confident they were in themselves and their relationships with their men *if* they'd had a good birth. I decided that working with women in birth was what I wanted to do, and that's when I started my program."

As with any choice made in life, Valmai has had to compromise to clear the path for the pursuit of a single

goal. "I still want to travel, I still want to write," she admits. "But I have a feminist view of life and am committed to the work I do here at the farm with the course, the lectures, and of course the volunteer things."

With the compromises come unexpected gains. "I find myself doing more phone-in radio and television shows to publicize prepared childbirth. The response gets better and better, especially from men."

And with success, come the problems of increased demands. "But that means we must increase services, and that costs money. . . ."

Money, if the couple's lifestyle is any indication, is considered just "to get by." There's Valmai's income from the paid courses, and David's income from the medical journals he publishes. The house-as-hotel will bring in increasing sums as it is completed. But what doesn't go back into the volunteer effort is quickly sunk back into the farm. "Over \$10,000 already!" Valmai moans.



*Valmai believes the bonds between women and men are solidified by sharing childbirth, and that fathers should become more active in parenting. Here, three-year-old Ginny Folland reads a book to her Dad.*

She hopes for revenue from her book, *The Rights of the Pregnant Parent*, which will be published in the United States by Two Continents this spring. It is a bedside manual for a woman preparing to give birth that describes exactly what happens in the hospital — which procedures are necessary, and which she has the right to refuse. Expected to strike fear in the hearts of obstetricians everywhere, the book is eagerly awaited by many experts and couples planning to have children.

Whatever the future holds, Valmai exudes that curious sense of stability and purpose that comes with devoting time, joyfully, to work — financially rewarding or not — that has meaning. As she puts it, "I like the quality of the life we have. We are in charge of our lives. David's career is part of it, so is mine. So is our family life. So is this house. I expect I will be involved in this sort of life and work for a very long time, and I'm not counting on anything more." □



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# Benson & Hedges 100's

she says  
she'll always  
remember me  
this way...

*that's the breaks.*



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

17 mg. "tar," 1.1 mg. nicotine, av. per cigarette—hard pack, by FTC Method; 18 mg. "tar," 1.1 mg. nicotine, av. per cigarette—soft pack, FTC Report Apr. '76.





Each year during Natchez Pilgrimage, this old Mississippi River town invites visitors from around the world to share the traditions and treasures of her antebellum past.

# Welcome Home

Spring is a special season in Natchez. As the first azaleas and crepe myrtles herald the arrival of spring, the people of Natchez prepare to open their proud old antebellum mansions to celebrate Natchez Pilgrimage. Hoop-skirted hostesses in authentic costumes take visitors on a tour of Natchez' legendary houses, conjuring up the old ghosts, the glitter of an era when "cotton was king" and Natchez was a city of wealthy planters each vying with the next to build a grander, statelier, more elegant mansion. Cotton was shipped to Europe and the same ships brought back treasures to grace the halls of Natchez homes. It was an era of parties and picnics, grand balls, and other festivities.







# A Tour of Antebellum Natchez

The fine old Natchez mansions with their beautiful furnishings reflect the citizens' feelings for their roots and concern with preservation.

**NATCHEZ HAS A LONG HISTORY** that predates her era of great antebellum houses. Originally the home of the Natchez Indians, a tribe of sun-worshippers who built the high mounds that can be visited outside the city today, Natchez later was passed back and forth among France, Britain, and Spain, finally joining the Union as part of the State of Mississippi in 1817.

## ALONG THE NATCHEZ TRACE.

During the early days, before the age of the steamboat, Natchez was the highest navigable point on the Mississippi and an important trading outpost as the destination of the legendary Natchez Trace. Originally a series of game trails from the Mississippi to the foothills of the Appalachians, the trace became a route followed by such early American folk heroes as Jim Bowie, Davy Crockett, Sam Houston, and Andrew Jackson. Today there is a scenic road, the Natchez Trace Parkway, that follows the old route between Nashville and Natchez through some of the lushest forests America has to offer a visitor today.

**THE GREAT HOUSES.** During those early days, Natchez was an isolated part of the United States, but the increasing importance of cotton as a crop soon transformed the city into the home of planter-millionaires. As great fortunes were amassed by the planters, they began to buy plantations across the river in Louisiana; some owned a dozen plantations with over 1000 slaves. While the great houses were growing up on the bluffs, Natchez Under the Hill, an area near the docks of bordellos and gambling dens achieved a kind of notoriety of its own. Today part of



*Punkahs, like this one in the dining room at Longwood, were common in Natchez houses.*

PHOTOGRAPHED BY ROBERT PAUL MONKTON

Natchez Under the Hill has been restored and a visit is part of any Pilgrimage tour.

Though each of the great mansions of Natchez is unique, there are several features that unite them all. The design was dictated partly by the climate and partly by the luxurious lifestyle of the times. The houses were built with a wide central hallway running the entire length of the house and porches or large windows on the sides to provide cross ventilation. Usually the kitchen was in a separate building to minimize the risks of fire.

**TALES AND LORE.** Each house has its own history and legends, stories about the original occupants much embroidered by time and the telling. There is Frederick Stanton who built Stanton Hall as a monument to his great fortune. He sent his architect to Europe to buy Sheffield hardware in England, Carrara marble in Italy, and gold-leaf mirrors in

France. So many treasures were collected on this European shopping expedition that Stanton was forced to charter a ship to bring his new furnishings back to Natchez.

Longwood, an unusual octagonal house, was the fantasy of Dr. Haller Nutt. It was meant to be a wonder of modern convenience inside a pillared Oriental shell. The house, which was to include thick walls with a heating and air-conditioning system, was never finished. The Civil War intervened and today visitors can see the abandoned buckets and brushes of the workmen just as they left them.

**VISITING NATCHEZ.** Natchez Pilgrimage is from March 5 to April 3, 1977. There are five morning and five afternoon tours of the houses, and a special evening tour of houses by candlelight. Each tour is \$10 per person. The house tours are planned so visitors can see everything in three days. There is also a Confederate Pageant on Friday, Saturday, Monday, and Wednesday nights, \$4 per person. For information write the Pilgrimage Garden Club, P.O. Box 347, Natchez, Miss. 39120; or phone (601) 446-6631.

—Ann Scharffenberger and Bo Niles

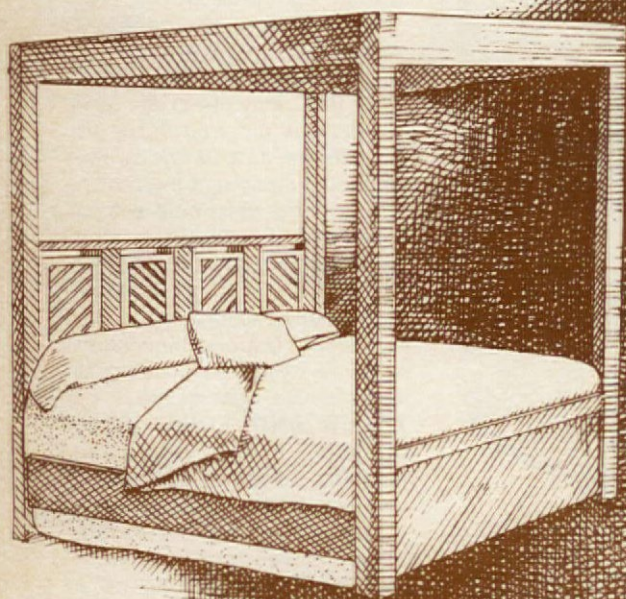
*Top: Edgewood in the midst of beautiful gardens. Inset: The main hallway at Edgewood. Center: Linden, the country estate of an early horticulturist. Inset: The front porch at Linden. Bottom left: Longwood, the unfinished octagonal house. Bottom right: Stanton Hall, Pilgrimage headquarters.*



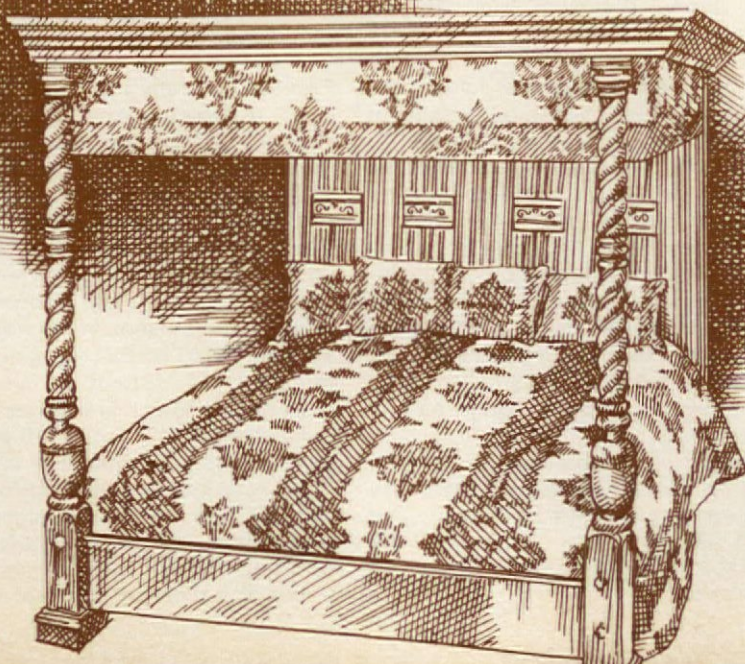
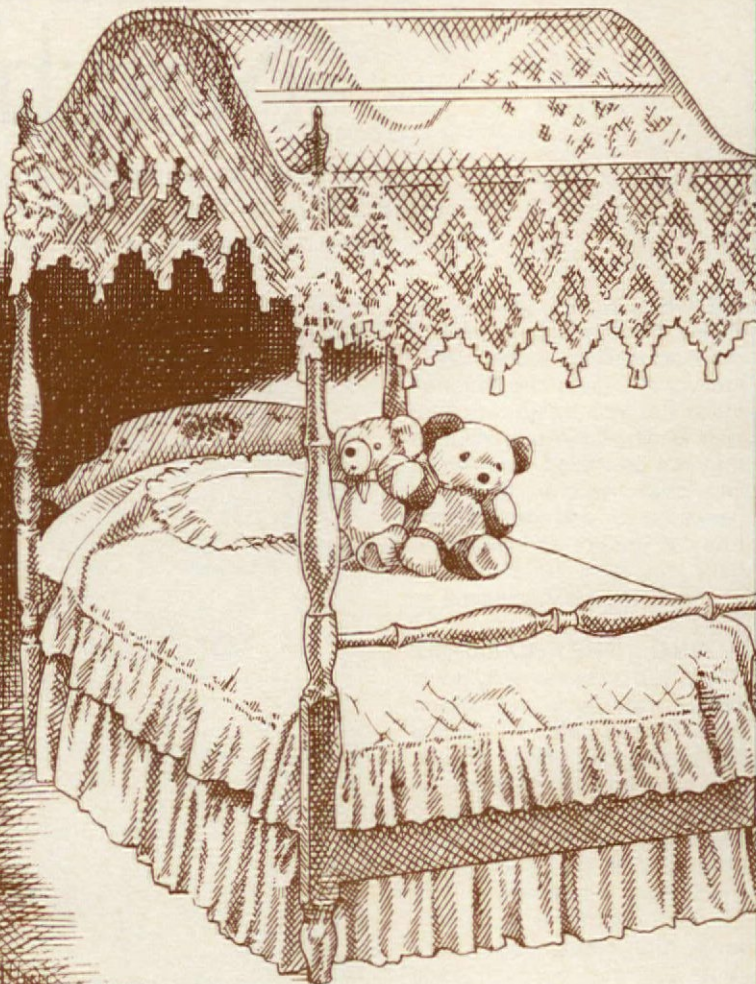
## WHAT'S NEW?

# CANOPY BE

The canopy bed is back, and it's gone contemporary, oriental, and country. It can be dressed up or down depending on your particular bedroom message. Styles are available in chrome, rattan, or wood, in sizes from king to single. We have illustrated six designs here that will give you an idea of what is available. All prices are approximate.



**Above:** Clean contemporary design from Drexel with touches of rattan for softness, \$670.



**LEFT:** From Ethan Allen, this oak tester bed reminiscent of William and Mary designs, \$900.



# S ARE BACK

**LEFT:** Handcrafted early American, this bed from Hitchcock Chair Co. (canopy not included), \$365.

**BELOW:** "Tokaido" from Thomasville, artfully detailed in the oriental manner, \$540.

**LEFT:** From the Expressions collection of Burlington House, this cleaned-up country look, \$800.

**For the do-it-yourselfer:** Interested in making your own canopy bed? For instructions, send 50¢ for postage and handling to: Serta, 666 Lake Shore Drive, Chicago, Ill. 60611. Ask for "The Bedroom Book." Instructions for crocheting a canopy are in the Fall/Winter American Home Crafts magazine. Send \$1 to American Home Crafts, 641 Lexington Ave., NYC, NY 10022.

**RIGHT:** As contemporary as tomorrow, this starkly modern chrome frame from Design Institute America, \$875.

ILLUSTRATED BY ALLEN DAVIS



# Natchez Tradition at Home

The up-to-date Barnes family spans the generation gap in an antebellum townhouse

**FOR NATCHEZ FAMILIES,** Pilgrimage is a time for parties and family reunions. The Barnes family, Bob and Bettina and their five daughters, who come and go so quickly that it's difficult to find one moment when everyone is together, are caught up in the festive mood of the season, too. Lee, 24, on leave from her cooking school in New Orleans, is cooking up a storm (turn to page 42 for details). Julie, 19, is frantically searching for the right ribbon for her Pilgrimage costume. Martha Sue, 12, the only Barnes daughter in permanent residence, concentrates on completing the spring cleaning of her tree house in the garden in time for Pilgrimage. Bob and Bettina Barnes have always encouraged their daughters—including Alice, 15, and Beth, 21—to be independent and self-sufficient. The Barnes home is a place for every member of the family to express him or herself with a lively, open kind of personal hospitality that puts people immediately at ease.

"**THE ONLY LIMITATION** we believe in is 24 hours in the day," says Bettina Barnes, who has a triple identity around Natchez. She is Bettina to her husband and friends, Mom to her daughters, and Dr. Barnes to the patients, mostly children, she treats as a doctor of psychology. After Martha Sue, the youngest Barnes daughter, started school, Bettina decided to go back to Louisiana State University to get her doctorate in psychology. It was very much a family decision with Bob, who is a surgeon in Natchez, giving her the greatest encouragement. "I even learned to make breakfast," he claims. "Crepes were my specialty." While the Barnes children were brought up on crepes, Bettina drove two hours each way to LSU every day. "The biggest change," says Bettina, "is that for the first time I became dependent on my family, or rather, we became interdependent."

**THROUGH THE YEARS,** as one daughter after another left home, started a career, or in the case of Beth, got married,



Bob and Bettina Barnes with three of their daughters: Lee, 24, Martha Sue, 12, Julie, 19 (left to right).

PHOTOGRAPHED BY ROBERT PAUL MONKTON

the Barnes family has managed to retain a very special kind of connectedness. The whole feeling of the house seems to reflect it. Originally the property was part of a Spanish land grant and the house itself was one of four houses prefabricated in Ohio and floated down the Mississippi River by barge around 1830. There were two later additions, the present dining room and kitchen, that give the house its eccentric angular roof line. The inconsistencies are part of the charm. In the dining room, for instance, all the windows were brought from other places, and no two are the same size.

**THE RAMBLING HOUSE** is a combination of careful restoration and contributions from members of the Barnes family. The paneling is the original cypress and some of the hardware was forged in Natchez by L. Fitzpatrick, who made the

first Bowie knife. Quite at home with the antique furniture in the living room is a carpet made by Bob's Aunt Alice and paintings done by various members of the family.

**THE GARDENS** around the house are Bob's territory, which he cares for with the assistance of Robert, the family handyman. The garden on the side of the house was planted according to an old plan that Bob discovered. The main plantings and hedges are enlivened by seasonal flowers, always in yellow and white. But Bob's prize possession is a stone unicorn in the garden corner.

"Exclusive territory" doesn't exist in the Barnes family, however. Bettina has also made her mark as a horticulturist, with a vegetable garden behind the house, and Martha Sue helps out by watering. Lee is a professional cook but Bob is still the family crepe maker and the whole family likes to experiment in the kitchen. Bettina is a practicing psychologist, but Julie is majoring in psychology at Newcomb College in New Orleans. "Learning is a continuing experience," says Bettina. "We all continue to explore new possibilities." —Ann Scharffenberger





Top left: The Doctors Barnes: Bob and Bettina meet after a busy day's work. Near left: Bettina and daughter Martha Sue arrange flowers from their garden. Second row left: daughter Julie, Natchez Garden Club Queen of Pilgrimage this year. Center: Barnes' master bedroom with the original cypress paneling. Right: Living room. Bottom left: A view of the garden, a restoration of the original design. Right: Exterior of the Barnes' house, one of the first "pre-fab" houses in America. The bay windows and side wing were late additions to the original house.





# Natchez Entertains

During Pilgrimage season, friends gather at the Barnes' for lunch. Regional favorites and family specialties are on the menu.



PHOTOGRAPHED BY ROBERT PAUL MONKTON





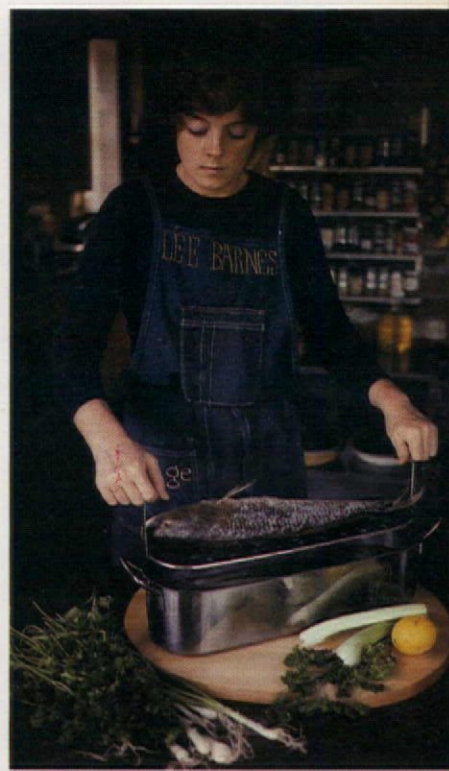
Lee Barnes is on duty for lunch. She has taken a short vacation from her duties at New Orleans' Lee Barnes Cooking School to return home to Natchez for Pilgrimage. Most of the Barnes family is involved in the festivities: giving house tours, doing errands, or working behind the scenes, so Pilgrimage lunch has to be a flexible affair. One of the things that all the members of the multi-talented Barnes family have in common is a love of food. They have always planned family trips, often to Europe, around "food tastes" in the countries they visit. In Natchez Dr. Barnes is famous for his Bloody Mary. The secret, he claims, is to make the mix the night before, adding a crushed clove of garlic (or two) to give it a little kick. But Lee is the acknowledged chef-in-residence when she's home. For her college graduation, her family sent her to Paris to study at the legendary Cordon Bleu, which launched her present career. Lee started her cooking school in a small way, with just a few students. The school was such a success that she

has recently expanded to a new location where she gives classes and sells gourmet cooking items—a real one woman show! Though her specialty is French cuisine, Pilgrimage is time for down-home cooking, including family-inspired dishes like Bettina's Garden, named for her mother's vegetable garden in the backyard. Redfish, the center of the meal, is a Gulf Coast specialty. The pecan pie is made from locally grown pecans.

### ❖ Pilgrimage Luncheon Menu ❖

Cold Poached Redfish with Mayonnaise Sauce	
Parsleyed New Potatoes	Buttermilk Biscuits
Bettina's Garden	Pecan Pie

For complete recipes of dishes featured in the Pilgrimage Luncheon Menu, see page 68

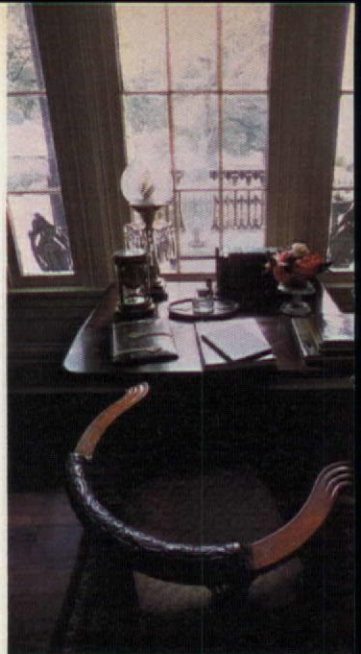


*The Barnes' elegant dining room (opposite top) is set for Pilgrimage lunch (left). Lee removes redfish from poacher (top). Even raw ingredients look good (above).*





Wigwam, left, one of the houses on the Natchez Pilgrimage tour extends a special welcome; four rooms are open to guests who may wish to stay overnight and enjoy the hospitality of Wigwam's owners, Buzz and Bobbie Harper. Best downstairs rooms, such as the big dining room, second row, and music room, bottom row, are usually reserved for viewing—but the Harpers occasionally entertain for dinner and musical evenings there. Blue bedroom, second row, boasts a massive Victorian mahogany "suite"; Buzz Harper's study, right, contains mementoes from his days as a judge in Arkansas.





# Sharing the Good Life in Natchez

Bobbie and Buzz Harper invite guests to come into their house, Wigwam, and enjoy the treasures they have revived, preserved, or made themselves.

Buzz Harper made his first Pilgrimage to Natchez when he was only seven. When he retired from his job as a juvenile court judge in Arkansas, he and his wife, Bobbie, came to Natchez to stay. "We didn't want to stagnate now that our children are grown," he says, so they translated their love of Natchez' history and their particular interest in antiques into a meticulous and elegant restoration of their antebellum home. Their house, Wigwam, was built in 1790 on the site of an old Indian mound; in 1837, it was acquired by millionaire Peter Little, and remodeled as a wedding present for his adopted daughter, Eliza. Peter Little rearranged the spaces in the house and added two front wings, one of which contains a grand music room. He also added the wrought-iron accents reminiscent of New Orleans-style architecture. The Harpers wanted to restore the house to the grandeur of the 1840s—and at the same time make it comfortable for visitors. "We wanted the house to be a living experience, not just a museum," says Bobbie. The magnificent detailing and woodwork were spruced up—huge arched doorways of Honduras mahogany, elaborate plasterwork, and gas lamps that were reinstalled in the hallways and in the formal dining room. Bobbie Harper took time out from her choreography (she used to be a professional dancer) to set up two sewing machines; she re-created all the window hangings, bed canopies, and dust ruffles from authentic patterns. Ornate mahogany furniture crafted in the 1830s by New Orleans cabinetmaker, François Sienoret, lends majesty to the rooms. The Harpers' antiques are at home in this lovely setting.—Bo Niles

PHOTOGRAPHED BY ROBERT PAUL MONKTON



Welcome to Wigwam. If you'd like to stay at the Harpers', write Wigwam, Natchez, Miss. 39120.

## Inside Wigwam

**Added wings**, opposite, top row, accommodate a music room and family dining room. Blue bedroom, second row, is dominated by a huge half-tester (half-canopy) bed that was an invention of cabinetmaker Prudent Mallard from New Orleans. Made in 1849, the bed is part of a "suite" that sold for \$800 at that time. The bed has pulls for mosquito netting; the Harpers keep the netting on a small chair near the bed. An Empire day bed and collection of Sèvres porcelain complete setting. **Dining room**, second row, has an enormous plantation table from Louisiana. In the center of the table is a rare silver American parlor fountain; the fountain works by hydraulic power to recirculate the water. **French enamel** cut-back crystal was originally made to serve 100 people. The Harpers have 68 settings; at each place stand seven wine goblets! **Music room**,

bottom row, has remained intact since Peter Little's day, and is still used for musical evenings by the Harpers. Buzz Harper plays the piano, and Bobbie, the organ. The furniture—originally in the Tuileries in Paris—is covered in petit point, and was made, as a "suite," in 1836. All lighting is by candles, and by firelight, too, when it is cold. **The ceiling** in the music room was frescoed by Dominique Canova; he had contracted yellow fever while working in New Orleans and came to Natchez to recuperate. As a memento of his recovery, he painted the ceiling for his host. The Aubusson rug corresponds, in pattern, to the design on the ceiling. Favorite accents in the room include a bust of Marie Antoinette, with a scarf around her neck to hide a scar, and a big porcelain egg made in Russia that is wreathed in blossoms and leaves.



Where is that strong and selfless middle-class lady  
who fed the poor, cared for the sick — the perfect volunteer?

# WHATEVER HAPPENED

She has been attacked by feminists for perpetuating the inferior position of women, accused by the unions of taking away paid jobs, derided by her own daughters for working for nothing.

Yet more men and women than ever before are volunteering their time to help other people. According to a 1974 survey by ACTION, the federal volunteer agency, 35 million Americans volunteer at least once a year, an increase of ten to 12 percent since 1965, and it is estimated that the trend is accelerating. Today though, the new volunteer is a different person with attitudes, goals, and a lifestyle that Lady Bountiful wouldn't recognize.

"All across America the women who used to be the typical volunteers are going back to work," says Winifred Brown, Administrative Director of the Mayor's Voluntary Action Center in New York, a central clearing house for volunteer activities throughout the city and the first office of its kind in America. "Of the last 718 people we interviewed in this office, only 17 were homemakers. The profile of today's volunteer is someone between 18 and 35 years of age; 40 percent are men, 70 percent are working people."

Not only has the profile of the volunteer changed, but the motivations for volunteer work reflect the concerns of this new group of volunteers. Some are activists who are tired of waiting for government help and are working to change their communities themselves. Others are trying to improve their own lives even more directly. According to Brown, "What people are looking for is no longer altruism. They are interested far more realistically in what they can do for themselves, especially in terms of career exploration. They see it as a way to build a résumé, get out of a dead end job, take up a new interest. A growing number of students and senior citizens are volunteering. People in ghetto and poor neighborhoods are quite frankly using volunteer work as a stepping stone into paid jobs."

Ivan Scheier, director of the National Information Center on Volunteerism, agrees that altruism has been eclipsed by other concerns: "Now volunteers are looking for other yields. Many young people or older women returning to work try an unpaid volunteer position before entering the job



market to gain the skills they need. Volunteering becomes an apprenticeship for paid work."

*Recruits learn specific skills through the training sessions that increasingly form an important part of the volunteer programs around the country.*

Some of the traditional women's organizations like the Junior League and the National Council of Jewish Women — who now also report high percentages of working women in their ranks (60 percent for New York's Junior League) — have been among the first to shed the Lady Bountiful image through a well-organized, goal-oriented approach to community service work.

The principal change Caroline Foxworth, president of the Dallas Junior League, has noticed in her group is that volunteers don't just give time from week to week for general service, but are interested in leadership and training in specific programs. One way women's groups have enhanced their effectiveness — and their image — is to seek out carefully defined roles in piloting new programs to meet a par-

ticular community need. They ask the questions: Are we needed? Is someone else already doing it? Will volunteers make a difference?

"Our volunteers are disciplined workers who are constantly being trained and evaluated," says Blanche Leventhal of New York's National Council of Jewish Women. "A volunteer enhances the work of a paid worker. A volunteer never replaces a professional," she hastens to add.

The feminist position on volunteer work, as stated in a booklet, "Volunteerism: What It's All About," published by the National Organization for Women, has been one major influence in causing volunteers, especially women, to reexamine their goals. The crux of the NOW position is that service-oriented volunteer work "is an extension of unpaid housework and of women's traditional roles within the home." Traditionally, it was always the man who was chairman of the local United Way drive, while women sealed envelopes. But according to many people in the volunteer movement today, there is a trend for men to be increasingly involved in the service side of volunteering while women are taking on leadership responsibilities. In fact, a recent study shows that there is less sex discrimination in volunteer jobs than in paid work.

As part of the movement to more clearly define the role and to enhance the status of the volunteer, many women's groups have established guidelines for volunteers. Philadelphia Women's Council, for example has published a manifesto based on the concepts in Ellen Sulzberger Straus' booklet, "The Volunteer Professional," written for New York's Call for Action organization. The booklet stresses the need to approach unpaid work like any other job and includes a "model agreement" of mutual responsibilities for both the volunteer and the agency.

*In general, volunteers are becoming increasingly aware of their rights as well as their responsibilities.*

In many cases, agencies provide volunteers with reimbursement for child care, transportation, even insur-



# TO LADY BOUNTIFUL?

by Ann Scharffenberger

ance. There have been proposals for income tax deductions for contributions of time similar to deductions for contributions of money. Recently the state of Washington became the first to provide insurance coverage for volunteers working in nonprofit organizations. Volunteer experience is also gaining wide acceptance among many employers. The Federal Civil Service now gives credit for volunteer experience in the same field and there is a move for state and city government to do the same.

Another by-product of the volunteer consciousness-raising movement has been that as volunteer workers gain more recognition as an integral part of government and social service agencies, new professional career oppor-

## WOMEN VOLUNTEER

Katherine O'Neil is typical of the new style volunteer who approaches her present efforts professionally. A wife and mother of three school-age children, she is a former opera singer who now is a volunteer advisory director of New York City's Metropolitan Opera Company where her experience as a performer has given her an added perspective in carrying out her duties as head of the Met's education program. O'Neil is also the head of the alumnae association of Sarah Lawrence College. She has integrated her talents into a credible and challenging volunteer professional life. But not without a few twinges of guilt. "The only problem," she says half jokingly, "is that my daughter treats me with complete disdain because I'm not paid." But volunteer work has given her the flexible hours she needs for her family while allowing her to develop the skills that will give her excellent credentials for a paying job.

tunities in volunteer administration have opened up. Most agencies and institutions now have a paid staff member who is the director of volunteers, responsible for making sure that all volunteers are efficiently trained and channeled.

The University of Colorado at Boulder offers a full certification program in Volunteer Management through its department of continuing education. The program is the most extensive of the volunteer administration courses offered at 80 colleges and universities around the country. Marlene Wilson,

one of its directors, considers that the most important part of the program is the development of management skills: "Most directors of volunteers come from social work, teaching, counseling, fields where administration is not part of their training. What they need is the same kind of management skills as those needed in business."

*The paid staff of the average hospital or city agency is still often unprepared to deal with the unpaid worker.*

According to Ivan Scheier of the National Information Center on Volunteerism, "Very few professional schools prepare the social worker, the nurse, the psychologist of the future to deal with volunteers, who are more and more a fact of existence. Only three of the 70 schools of social work in the U.S. have courses on working with volunteers."

In those cases where both volunteers and staff are trained to cope with each other as well as with their jobs, volunteer programs have been the most effective. Chicago's Northwestern Memorial Hospital is one example. Volunteers man a special Mothering of Infants Program, initiated by the nursing staff to provide essential human contact and affection for babies hospitalized over long periods of time.

In spite of friction that occurs in some cases between volunteers and paid workers, most hospitals, as well as other public institutions around the country, are faced with so much financial belt-tightening that volunteers are more than welcome. Barbara Oken, Director of Volunteers for Goldwater Memorial Hospital in New York, claims that the issue of volunteers vs paid workers just doesn't come up: "Because we are a municipal hospital faced with budget cutbacks, it takes a long time to replace paid workers, like clerical people, who leave. Volunteers fill the gap."

Understandably some of the strongest objections to volunteer workers have been expressed by the unions. During the New York financial crisis, an army of volunteers rushed in to save the Big Apple — only to be met by disgruntled union leaders whose

own members were being laid off right and left. Now all requests by New York city agencies for volunteers are

## FAMILIES VOLUNTEER

When the residents of Redwood Falls, a small rural community in southwestern Minnesota, heard that a state home for mentally retarded men was going to be located in their town, many people were concerned. But Addie Moonier, wife of the local school principal got together with the director of the home and helped begin Guide Family program to integrate the men into the community.

From an original 15 families who each adopted one man and invited him to share what the family felt they had to offer, the experiment in family volunteering has grown to include 40 families. The patients have become so interested in what is going on outside the home that one man went out and found his own family to adopt. "The program is very simple," says Mrs. Moonier. "Because those first families were willing to try, the program has worked beautifully. It's very direct. There is no funding involved. It's just people helping people, the most basic kind of volunteering."

cleared by the office of labor relations and then processed. So far, no problems.

*More than at any time in our history, it seems, volunteer labor is needed to keep educational, health, cultural, and social services moving.*

According to a U.S. News and World Report survey last June, New York's crisis is simply the most serious in a pattern of city cutbacks around the country. In Seattle, over 2,000 adults are working as volunteers in the city school system because of budget cutbacks. In Detroit, when lack of funding threatened to shut the city library, Friends of the Detroit Library doubled in size overnight. In many smaller municipalities, city council jobs have "gone volunteer" because the money for salaries just wasn't there.

In the face of government funding cutbacks affecting community services, a new volunteer activism referred to as the (continued on page 65)



What sheet type are you? Pick a sheet for your bedroom suite that suits your personality. Be a self-expressionist and select one that says "me" . . . or experiment with sheets that reflect a whole new view of you. Sheets are also easy to decorate with; you can expand and surround yourself with a total matching environment. —Pat Sadowsky

**Ms. Super-Sophisticate** . . . will paint the town red and come home to relax and dream on the palest of pale silver-gray sheets and pillowcases printed with a bow tie in lipstick red. Designed by Geoffrey Beene for Fieldcrest with his usual touch of sleek simplicity, the ribbon and bow design ties up a fresh, pure, elegant look. Coordinating top sheet has a sliver of red ribbon printed across top. Color-splashed all-over printed sheets are not for this woman. She has her own standards of taste. For lounging she selects a long red cling of Qiana by Geoffrey Beene for Swirl. Make-up by Estée Lauder. Red Son of a Gun lightweight 11.3-ounce hair dryer by Clairol, brush by Wings Over The World. All hair by Gregory, make-up by Polly Yau, both of Cinandre.

# PERSONALITY SHEETS

PHOTOGRAPHED BY STEEN SVENSSON





**Kid Stuff . . .** For a slam-bang look in the kids' room (or any young-thinking area of the house). The biggest poppies ever in sun-bright colors add color snap wherever they bloom. Don't stop with the beds; take a design cue from the motif and paint a series of the bursting blooms as giant wall graphics, or cut out the poppies for ever-blooming pillows. Then complement the scene with natural wood furniture. The whole look can flower in the bathroom, too, with coordinated towels. Mix up the red and yellow poppies for a forever fresh springtime look all year 'round. All by Burlington.



**The Upbeat Family . . .** For those who like to get together for a Sunday breakfast-in-bed session, a fiesta-bright, alive print (also on the cover). Its vibrancy matches this family's sunny, spirited approach to life. Here is a garden that grows in a variety of big-as-springtime blooms of daisies, roses, pansies, and poppies—a flower show of a print that's perfect for all-over-the-room decorating. Whip up curtains or slipcover chairs or cut out flower pillows (shown behind Dad's head) from towels for a soft sculpture look. It's a bedroom that stays forever fresh . . . all by Fieldcrest. Mug by Heller; Mom's make-up by Coty. (For more sheets with personality turn the page; for more on the sheets and accessories shown here, see Shopping Guide, page 100. To learn how to shop for sheets wisely, turn to page 23.)





**The Young at Heart** . . . Teen-agers dig sports, plants, nature, and the whole outdoors. Bring the outdoors in with Grass Green sheets for a very personal greening of a teen's bedroom—where she sleeps, dreams, gossips on the phone, does homework, giggles to a favorite bear or doll, practices ballet, and sneaks a thick shake or two. Kids love soft, squashy pillows to lay on, sit on, and throw! The coordinating Green Grass print of the sheets also comes in a pretty ruffled pillow sham that's a cinch to wash. Shiny chintz quilted pillows are by Bloomcraft. Carry the fresh green theme through by making window shades and a headboard out of a matching sheet. Her friends will feel so much at home in this room, they'll want to make it slumber-party headquarters. No-iron Dacron/cotton sheets by Martex.

**Man-About-the-World** . . . wants and has only the best of everything. He goes for a sheet that's quietly masculine, that's subtly distinctive. He goes for the good things in life—gourmet foods, first-class hotels, his own jet, custom-tailored clothes, and a house in the country. His sheet choice is Great Squares by Burlington in an easy-care blend of Avril rayon and polyester with a square design ombred in soothing shades of blue. It's also a perfect design to cut up to make tablecloths, large picnic napkins, and pillows of all sizes. Very debonair and divine to touch are his silk pajamas and robe from A. Sulka. Pipe and tobacco pouch from Dunhill, crystal ice bucket from Block China, and the Chablis wine by Christian Brothers from his private wine cellar.





**The Fashion Adventuress** . . . takes chances; she's a free-wheeling spirit who isn't afraid to experiment. Because she has a bit of gypsy in her soul, she loves a fantasy splash of colors and prints called "Natasha" in a collection by Yves Saint Laurent for Utica Fine Arts by J.P. Stevens. The gypsy influence dances through the scarf-printed pillow slips; on the sheets the combination of a sizzling diagonal stripe, bursting bright-scattered florals, and a vibrant confetti print all explode in a profusion of color and design. The adventuress will find it perfect for letting her decorative imagination soar. . . . She can shirr it on walls, create a flamboyant ruffled-edged shawl with it; use two prints for a layered look for tablecoths; patchwork, quilt, and stretch a striking wall hanging.

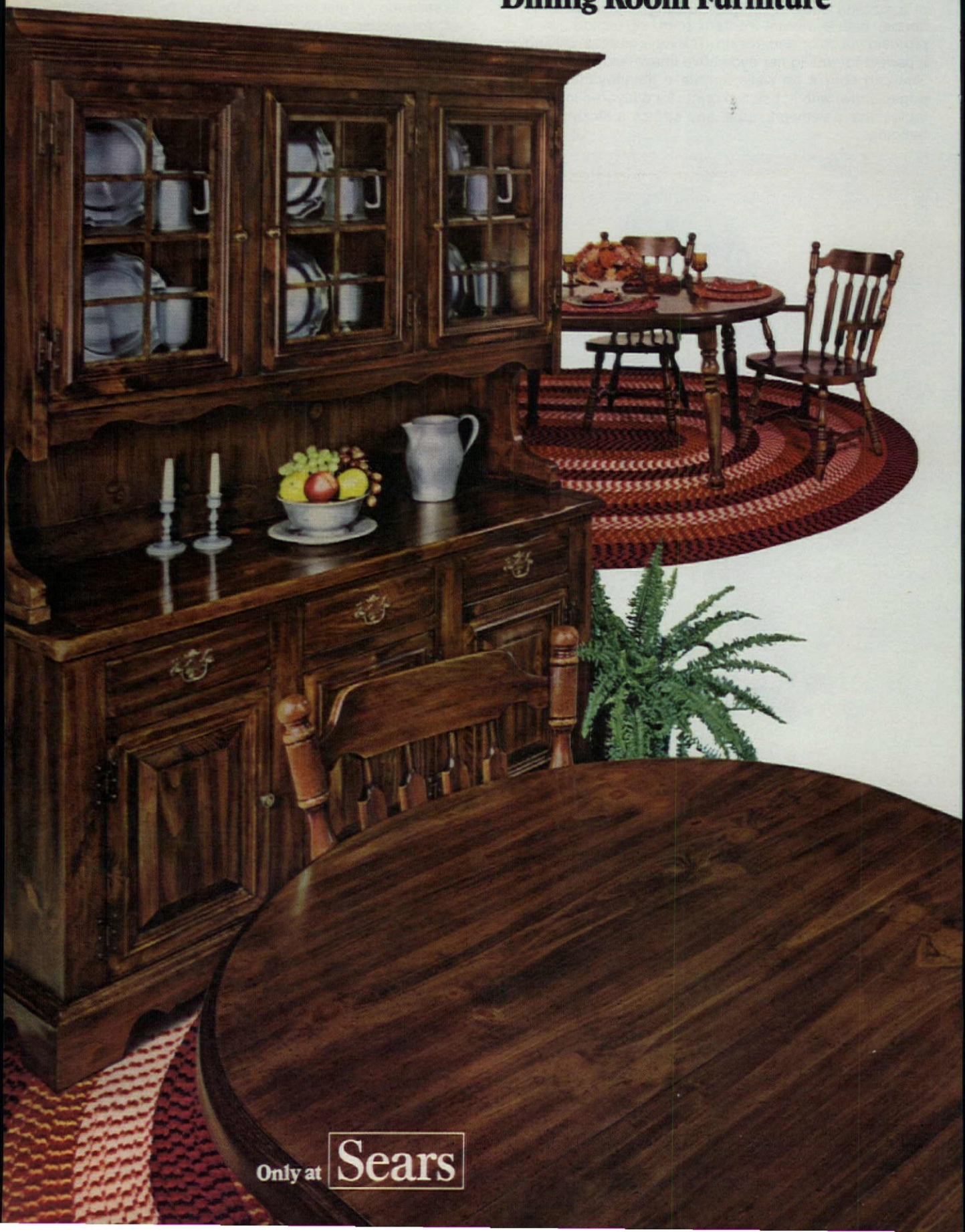
**Super Sport** . . . an avid all-year-round sports nut. He is just now coming out of the basketball season and is getting primed for exhibition baseball. Sheetwise, he likes it clean, with no frills. That's why he goes for the simple stripe on bright colors Marimekko is famous for. And lots of pillows to lean on, and a fat, plump, cozy puff (no topsheet needed). It's the easiest way to make a bed in seconds . . . just shake out the puff. Its cover buttons off for washing. The pillowcases tuck closed to hold pillows in place (in case they get punched or thrown when there's a tied score at the top of the ninth). All from Marimekko by Dan River, Inc. TV tune-in from Sony. Beds from Platform Beds, Inc.; all pillows by Purofied. For more information on sheets and accessories see Shopping Guide page 100.





# It's Sears Open Hearth

Dining Room Furniture



Only at **Sears**



# Superb construction, 26-step finishing, and an outstanding price make it a great value.

## We urge you to compare:

You are about to make a major investment in a set of dining room furniture. Of course you want it to look beautiful. You want it to last. And you want it to cost no more than it has to.

We think Sears Open Hearth offers you the best combination of all three. Here is what you should look for when you shop and compare:

### **Examine the Drawers**

Look for beautifully made drawers when you want to determine the overall quality of furniture construction. It takes time, care and true craftsmanship to make drawers that will *continue* to work beautifully. Chances are, if corners are cut in drawer construction, they will be cut everywhere else.

When you shop and compare, look for all these drawer construction features. You'll find them all in Sears Open Hearth.

**Ball-Bearing Slides** made from strong steel to make the drawer slide smoothly.

**Positive Drawer Stops** to prevent the drawer from accidentally being pulled out too far.

**Dovetail Joints** on all sides for extra strength.

**Tongue-in-Groove Bottoms** to hold more weight and make the drawer sturdy.

**No-Snag Insides** with rounded edges, triple sanding and smooth sealing lacquer.

**Anti-Wobble Discs** made from self-lubricating nylon. For a smooth pull without "seesaw" wobbling.

**Reproduction "Flying Eagle" Hardware** cast from heavy solid metal. Brass-plated and antique-burnished.

### **Scrutinize the Construction Methods**

Look inside. Look underneath. Look behind. Don't ignore the construction details of the furniture frame. If it doesn't stand up to close examination, it won't last as long. Look for:

**Tongue-in-Groove and Mortise-and-Tenon Piece Construction.**

Ordinary butt-edge construction is nowhere near as long lasting.

**Corner Cleats and Glue Blocks.** Glued *and* screwed into the frame for extra strength.

**Glued and Pinned Chair Legs and Posts** with tightly fitted wedges for added stability.

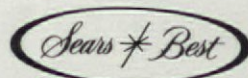
**All-Wood Veneer Tabletops.** For the mellow richness of grain and color you want in your dining room.

**Two 10"-wide Leaves.** Many dining room tables come with only one.

### **Meticulous 26-Step Finishing Makes All the Difference**

Only firm, evenly textured, kiln-dried northern white pine and fine grade white pine veneers are chosen for Sears Open Hearth. It is a mellow wood and it responds to finishing beautifully. But *only* if it is finished with time and care.

The satin glow and warm highlighting you see in Sears Open Hearth take 26 painstaking finishing steps to achieve. From sanding, to staining, to antiquing, to highlighting, to hand-rubbing. There is no shorter method to bring out the beauty of northern white pine and make it last. You'll really see the difference when you shop and compare.



### **It's a Sears Best**

Sears Open Hearth Furniture has to continually meet strict quality requirements to be a "Sears Best." These tests, in addition to the hundreds of construction checking operations, are why we invite you to shop and compare.

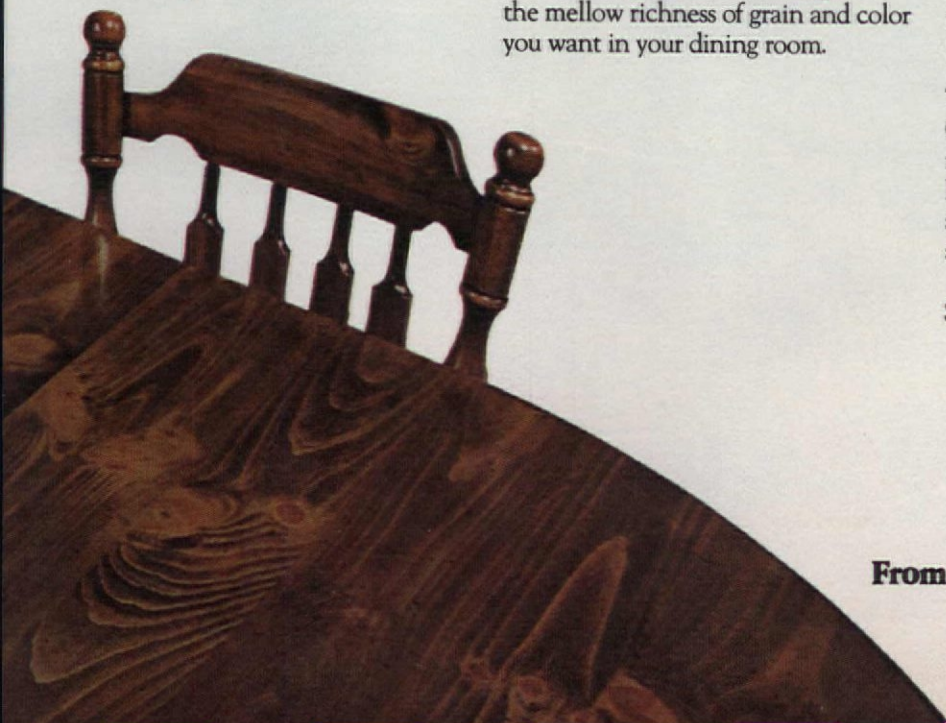
### **Choice of Pieces**

There are 9 different pieces in the Open Hearth Dining Room and 45 more in Sears Open Hearth Bedroom, Family Room and Living Room. Plus a host of Open Hearth coordinated accessories.

Come see them now at most larger Sears, Roebuck and Co. stores.



**From Sears Open Hearth Collection**







Something  
Old...

Something  
New...

It all works  
in this personal mix  
of traditions



## APARTMENT LIVING

PHOTOGRAPHED BY JON NAAR



Romantics, take heart. If the calm cool of a minimalist interior sends chills up your spine, look at what you can do with eclectic furnishings. More and more people are hunting through antique shops, haunting tag sales, or looting Grandmother's attic for collectables, pieces too young to be considered antique but well on the road to future value. They are affordable, and range in style from Early American to contemporary. With a careful eye, you can mix and match for results as charming as those found here.

Unmatched window treatments—louvered shutters on the left, an antique stained-glass window on the right—set the eclectic tone of the living room (above) of this comfortable apartment. The only matched pair is the Queen Anne armchairs. These two chairs, the rattan chair, the chrome pedestal tables, and the suede sofa were the core pieces purchased from a department store. The chest backing the sofa was converted to sofa height from an old sideboard, by cutting down the legs. The marble top was purchased separately. (Cutting something ruins its potential antique worth, so if you think you have something valuable, don't do it.) Contemporary foil wallpaper, rattan chair, a poster from a German museum's exhibit of Oriental art, and an antique wood vase (below right) mix compatibly.

In the dining area, contemporary sketches contrast with an oak dining table and unmatched chairs (left). The 30's style breakfront has been modernized with custom stained-glass panels. —C.J.



Overall view of living room (top). Corner (above) combines French and English pieces with American clock.



An Oriental point of view unifies this area of the living room.

The dining area (left) artfully mixes stained glass, oak, and rattan.



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

LIGHTS: 11 mg. "tar", 0.8 mg. nicotine av. per cigarette,  
FTC Report DEC. '76. LONG LIGHTS: 12 mg. "tar", 0.9 mg.  
nicotine av. per cigarette, by FTC method.

# New Salem Salem Long Lights

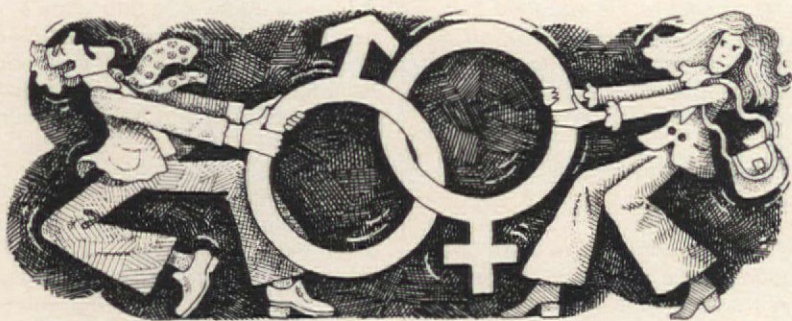


**Salem Lights now come in a new longer length.**

**Longs smokers.  
Now you can enjoy a  
low tar cigarette with  
Salem taste, too.**



# how liberated are you?



Test where you fit into  
today's changing pattern of sex roles.

by Janet Muchovej

**IF YOU ARE A WOMAN**, do you desire protection and guidance from men? Do you consider yourself independent and feel comfortable making your own decisions? Do you deal with people as human beings, or do you expect men to behave one way, women another?

**IF YOU ARE A MAN**, do you like a woman to take care of you and agree with you most of the time? Do you expect a woman to take responsibility for her own life and not look to you for answers? Do you respond to people in the context of their sex—or simply as other people with needs and feelings similar to yours?

Take our quiz and see where you stand. Circle the choice that comes closest to what you *would* do—not *should* do—in the following situations. Turn to page 60 for your score.

**1** Sally and Howard, both divorced within the last year, have been dating for three weeks. Howard, 50, was married for 26 years and has never been sexually intimate with any woman other than his ex-wife. Sally, 42, has enjoyed sexual relationships with men other than her ex-husband and finds Howard very desirable. For the tenth time, they have been sitting on her couch, kissing and touching, and he has just jumped up to go home. She should:

- (a) Let him go home.
- (b) Take his hand and lead him into the bedroom.
- (c) Ask him to have another drink in hopes of further developments.
- (d) Talk with him about her interest in having a sexual relationship.

**2** Bob, glad to be a bachelor since his divorce three years ago, is deeply concerned about his two daughters, ages 5 and 9. They are living with his ex-wife Ann, whom he has always suspected of being mentally ill. The last two times he came to visit, Ann refused to allow the girls out of the house and kept him locked out. He initiated a court action to protect his visitation rights. This morning the school called him at his office, informing him that the younger child arrived with a black eye that both girls say the mother inflicted. He should:

- (a) Think seriously of remarrying in order to provide a better home for the children.
- (b) Confront Ann and continue to visit and call frequently to check on the children.
- (c) Seek custody now.
- (d) Suggest that his ex-wife and children enroll in a family therapy program with him.

**3** Al earns a comfortable income, but Joan consistently spends more than he makes. Right now he's \$10,000 in debt and she's talking about remodeling the basement. He's approaching 50 and wants to start saving for his retirement. They've had some friction about money over the years; she secretly wishes she had married a wealthier man. He should:

- (a) Cancel all her charge accounts and dole out a weekly household allowance in cash.
- (b) Suggest she get a job to handle the extra household expenses.
- (c) Get a second or better job to earn more money.

(continued on page 58)



(d) Suggest that they go to a marriage counsellor.

**4** Fresh out of college, Marc has landed his first job as a secretary for a fortyish woman lawyer. She is constantly reaching over and squeezing his cheek or giving him a hug. Last week, as he was leaning over the filing cabinet, she patted his bottom as she passed. This is a very important stepping stone in his career, and the last thing he can do now is quit this job. He should:

- (a) Sit down and tell her how he feels.
- (b) Make some remarks about her being "middle-aged" and hope she gets the message.
- (c) Push her hand away next time and tell her he doesn't like that.
- (d) Grit his teeth and keep quiet.

**5** Lucy and Frank are the parents of five-year-old twins who just started school. Lucy's ecstatic about her new full-time job selling cosmetics for a department store. The family's short on money, and she loves the contact with other people. Frank's pretty uptight about coming home to a sitter and two hungry kids three nights a week while his wife works until nine. He should:

- (a) Cook the family meal and eat with the kids.
- (b) Cook the family meal, eat with the kids, and keep her plate warm.
- (c) Feed the kids sandwiches but wait for his dinner until Lucy gets home.
- (d) Insist that she refuse the after-six shift, even though it will probably mean losing her job.

**6** Alice is very upset. Late this afternoon she saw her husband enter a motel with another woman. She realized that she and Mel weren't as close as they used to be, but he insisted that his big promotion was the reason for his constant unavailability. Tonight, when she confronted him, she was stunned by his reply. He said that he was no longer in love with her, that he planned to continue with his outside relationship, and that he didn't want a divorce for the sake of the kids. She should:

- (a) Get a divorce.
- (b) Suggest they see a marriage counselor.
- (c) Accept the situation and hope it eventually blows over.

# How liberated are you?

(d) Get involved with activities outside the home, which might include having an affair.

**7** Bill, Jr. has invited his parents to spend their two-week vacation at his apartment in sunny Florida. It's been two years since he finished his internship as a surgeon and accepted a position at a hospital 2,000 miles from home. Marge and William, who have been looking forward to the reunion for months, are shocked when they arrive. Their son is living openly with another man who is clearly his lover. Marge and William should:

- (a) Express their fears and anger, then try to accept the situation.
- (b) Leave at once and break off all contact with him if he doesn't renounce his lover.
- (c) Accept the situation without comment.
- (d) Strongly suggest that he see a psychiatrist.

**8** Jane and Bernice have been good friends since they met on the job five years ago. Jane was already engaged at the time, and is now happily married to Ed. Ed has tried to get along with Bernice, but finds her absolutely intolerable. He thinks she's pretentious, pushy, and a female chauvinist who's always putting men down. He should:

- (a) Tell Jane how he feels, and ask that she try to see Bernice when he's not around.
- (b) Put his foot down and tell Jane to get rid of Bernice.
- (c) Tell Bernice how he feels about her attitudes and his difficulty in dealing with them.
- (d) Keep his feelings to himself.

**9** Vivacious Marilyn enjoyed the attentions of many men before she married quiet, lovable Stan. She's happy in every way except one: He's a slam-bam, thank-you-ma'am lover. She wants sensuous foreplay and tender care during love-making. She should:

- (a) Tell him what she wants him to do

when they're in bed.

- (b) Accept him the way he is.
- (c) Guide him non-verbally by showing him what she wants in bed.
- (d) Start a discussion about both their needs and how they can best satisfy each other.

**10** Roger and Emily, both past 65, have been keeping company for several months. They have been formal and courteous, although their passions run deeper. At last he's proposed marriage and she's thrilled. However, the reduction in their social security checks caused by their new status would impose a grave financial hardship. They should:

- (a) Live together.
- (b) Get married anyway.
- (c) Forget about marrying, but enjoy the physical intimacy they desire.
- (d) Continue as they have been.

**11** Jean is an advertising exec earning a hefty \$30,000. She's just begun to date a commercial artist whose income is half that amount. He's forced to budget carefully while she's able to spend freely. As far as the costs of their evenings out are concerned, she should:

- (a) Let him figure it out.
- (b) Take care of her share of the tab when the bill arrives.
- (c) Help to reach a joint decision about where they are going, and how the expenses are to be divided.
- (d) Get used to going out less since he can't afford it.

**12** Barb and Hal, both in their 30s, have settled in their hometown of Detroit since they married seven years ago. Barbara, a fireball of a salesperson, has just been offered the position of sales manager of the Chicago office. Hal's the assistant manager of a bank, earning about 60 percent of her prospective income. He should:

- (a) Agree to her commuting—her company will send her home on the weekends.
- (b) Go with his wife to Chicago and find a new job.
- (c) Tell her that he doesn't want to move at this time.
- (d) Let her go and try out the job, then move if she's satisfied.

This quiz was prepared with the guidance of psychologist Gary Spencer, Ph.D., of Jersey City State College.



# One Man's Muffins

They laughed when he walked into the kitchen, but he had the last laugh when he emerged with his miraculous muffins.

by Louis Radwell



It all started when my new son-in-law, who comes from generations of bread-bakers and has the forearms of a wrestler, learned that I was into health foods. When he noticed such items in the kitchen as alfalfa sprouts, biblical honey, blackstrap molasses, debittered brewer's yeast, low-fat yogurt, and granular lecithin, a gleam came to his eyes. "Dad, it's time for you to learn to make whole-wheat bread," he said. "Watch me."

I did. He went through a series of intricate steps involving the kneading, rising, punching, and stretching of the dough, steps which took the greater part of a day. Of course, when it was baked, the warm, fresh bread was delectable. As I munched on a thick slice, I thought that for me to bake bread at this point would be like tackling post-graduate work with only a high school diploma.

"Son, isn't there anything easier?" I asked. "Can't I start at the bottom and bake my way up?"

"Well, there are always bran muffins," he replied, tactfully hiding his disdain.

My wife offered to make a batch to show me how easy baking really was.

The next night, with the radio tuned in to the ballgame and the telephone cradled in the nook of her neck, she casually mixed ingredients with her left hand while emptying the dishwasher with her right. I stood by, awed by her expertise, until the muffins came out of the oven. She had been so engrossed in her telephone conversation that the anticipated morsels of delight looked like dirty golf balls and felt just as hard!

That did it. Reasonably sure of my ability to boil water, and drawing confidence from the excellent grades I once earned in college chemistry, I bravely ventured into the kitchen. I announced that I was temporarily unavailable for telephone calls and turned off the radio. To avoid ending up with golf balls myself, I added more butter and milk, reduced the oven temperature by 25 degrees, and shortened the baking time by five minutes.

As I took the muffins out of the oven, I held my breath. They looked soft and moist, a healthful honey-brown. I snatched one and took a bite. "Bravissimo!" I declared, an opinion seconded by all those who sampled them.

Since that day my own special brand of muffins has been devoured by family, friends, co-workers; even my son-in-law was impressed.

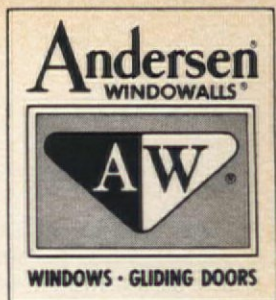
All you men who wish to explore a new world of creative satisfaction, wait no longer! You can not only smell sweet success, you can enjoy tasting it, too.

The formula—I mean recipe—follows:

**HONEY BRAN MUFFINS**  
Working time: 15 minutes  
Baking time: 25 minutes

- 2 cups whole-wheat flour, stone ground
  - ½ cup unprocessed miller's bran
  - 4½ teaspoons baking powder
  - ¾ teaspoon sea salt
  - ½ cup walnuts, finely chopped
  - ½ cup dark seedless raisins
  - 1½ cups milk
  - ¾ cup pure organic uncooked honey
  - 2 eggs, well beaten
  - ⅓ cup butter or margarine, melted
- Send wife to movies! In a large bowl, mix together flour, bran, baking powder, and salt. Stir in walnuts and raisins until well coated. Add remaining ingredients, stirring until mixed. *Do not beat.* Line cups of muffin tins (2½" diameter) with fluted paper holders; fill each two-thirds full. Pre-heat oven 375°. Bake for 20 to 25 minutes. Makes 32 muffins (102 calories per muffin) . . . Good Luck! ☐

*Louis Radwell is a retired businessman who has recently developed an interest in natural foods.*



# Why you want this name on your window.

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# How liberated are you?

**IF YOUR SCORE WAS 12-37**, you are a conservative person who sees clearly defined roles for each of the sexes. Women are the weaker, less capable sex. Men are the natural decision-makers, the ones who carry burdens and assume responsibility. To you, the man is the head of the household, the bread-winner, the competitor. A woman is meant to be a wife and mother, to care for the home and the kids, and to defer to her husband's authority.

Your attitude is probably based on your early upbringing, and reinforced by an environment in which most of your friends, family members, and neighbors share this point of view. You do not stray far from the fold, and generally find it easier to go along with the group than take independent action that might arouse criticism. You will often resist doing what you secretly want to do because "the hassle just isn't worth it."

Your dealings with the opposite sex are characterized by conflicts that are rarely verbalized. You have resentments that you feel unable to express because "that's the way men/women are." You might find it very helpful to talk openly about your real feelings, and to listen to what the opposite sex has to say. You may discover there's more common ground than you think.

**IF YOUR SCORE WAS 38-62**, you tend to make decisions based on traditional role concepts, but you also take situations into account. You feel that women need to be taken care of and that men should shoulder that responsibility, but you recognize that individuals have needs that do not always fall within their role definitions. You would feel understanding towards a woman who wanted a career as long as she didn't neglect her family. You would be able to accept a divorce if it was in the best interests of most family members.

You have strong opinions and heavily rely on your own judgment. However, you modify your traditional attitude with pragmatic flexibility. When there is a problem to solve, you tend to take action and to speak up for yourself when necessary. In the end, you usually come up with solutions that are fair compromises between your principles and the needed result.

Because you see clear role definitions between men and women, you

Circle the answers that you gave, then add to find your total score in the columns below.

Questions	a.	b.	c.	d.
1.	1	4	2	8
2.	1	2	8	4
3.	1	2	0	4
4.	16	4	8	2
5.	4	8	2	1
6.	4	16	2	8
7.	4	0	2	1
8.	2	0	4	1
9.	8	2	4	16
10.	4	1	2	0
11.	2	8	16	4
12.	2	8	1	4



tend to judge people and form expectations of them based on their sex. You are basically an understanding person, but such a demand for adherence to roles sometimes makes you insensitive to the feelings of others, as well as your own real needs. Rather than simply doing what you "should" do in a given situation, you might find it more rewarding to ask yourself what your real feelings are.

**IF YOUR SCORE WAS 63-87**, you reject the role definitions of the past and applaud men and women who are brave enough to try something new. You regard women as people with the same need for achievement and a sense of personal identity that men possess; you don't see marriage and motherhood as their only appropriate destinies. As far as you're concerned, men are people with the same right as

women to be human and unsure, and to have their feelings taken into consideration. You don't think the financial support of the family has to be the responsibility of the male. You view a relationship between a man and a woman as a partnership between two adults, each of whom is responsible for making it work through communication and compromise.

As a free-thinker you tend to observe a situation and form an opinion based on people's feelings, rather than assumptions about the feelings they ought to have as "male" or "female." You are impatient with others who aren't as open as you are, and resent attitudes you consider to be unjust. It takes the ability to stand alone to be a liberated man or woman, and you are probably a fighter in other ways as well. In fact, you may actually enjoy a good fight—your liberationist attitude may have elements of rebelliousness against a restraining parent. In any event, you take command of your own life, and don't go along with the crowd.

**IF YOUR SCORE WAS 88-112**, yours is a very humanistic view of life. You are not influenced by society's traditional role models, and treat everyone as a unique individual. You assess a person according to his or her sensitivity to others, and feel concern for those who seem unable to respond openly. In any given situation, how people feel is always the key issue to you. You are a great believer in sitting down and talking things over. You try to deal with your own feelings immediately by expressing them directly. If you are upset with your husband, you will tell your husband, not your neighbor. Conversely, you are almost always available to hear someone else's view.

You get along with the opposite sex because you get along with just about everybody. You recognize that most people are comfortable in the sexual roles society has designated for them and respect their needs. Nevertheless, you personally do not have a desire to be part of the norm. You probably lead a very unconventional life, but most people simply accept it as "your way." They tend to view you as a relaxed and loving person, sense your tolerance, and are tolerant of you. You extend kindness and understanding, and usually you are treated in the same way. □



# How to Decorate with Light



A Houseful of Bright Ideas From  
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## DON'T LIGHT YOUR HOME IN THE DARK.

There are lots of ways to brighten up your home with light. You can virtually change the design of a room by changing the lighting. Or you can create moods and highlight areas for dramatic lighting effects.

This 24-page booklet will show you the tricks. It's free from Sylvania, makers of Blue Dot™ Lightbulbs. Just send 25¢ for postage and handling and we'll send you lots of bright ideas about decorating with light.



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State \_\_\_\_\_ Zip \_\_\_\_\_

**GTE SYLVANIA**



# The Many Faces of Eve

How to look the part

PHOTOGRAPHED BY NEAL BARR



## Mother

Most women can't get away with a completely naked face. . . . Even at home they need minimal makeup for maximum effect. The essential key is a touch of color for cheeks, eyes, and lips. Over your favorite moisturizer highlight and color cheekbones with Mary Quant's Toffee Blush Baby. Accent eyelids with Revlon's Soft Beige Natural Wonder Crease Proof Cream Shadow, and shade outer edge of brow bone with Lancôme's Country Fawn Le Crayon. Darken lashes with Fabergé's Brown Patina Frost Flatterlash Mascara, and color lips with Fabergé's Russet Lipslick, a sheer, rich lip gloss in a stick.



## Working woman

To be at your best in office or daylight, use a clearer, brighter palette and achieve a more finished look with foundation and powder that keep makeup fresher longer. Apply Yardley's Soft Beige Portrait Pressed Powder over a light film of Soft Beige Portrait Liquid Makeup. Color and contour cheekbones with Almay's Cinnamon Sugar Double Blush Dewy Blushing Powder. Use Frostiest Mocha Maybelline Pearly Ultra Frost Powder Eye Shadow, and shade brow bone with Biba's Fawn Powder Tint; define eyes with Maybelline's Velvet Black Eyebrow Pencil and Lancôme's Black Maquicils Automatic Mascara. Outline lips with Revlon's Mocha Brown Color-Up, finish with Avon's Rustic Red Candid Lip Color.



## Lover

Whether it's a night out on the town or at home, it's time to have fun. Dress your face as you would your body: soft, sensual, feminine. Use a light film of 020 Lancôme's Maquimat Ultra-Fine Liquid Color Foundation Mat Finish on face and neck. Camouflage any darkness under the eyes with Cover Girl's Light Moisturewear Under-Eye Cover Stick. Color cheeks with Coty's Frosted Plumwine Glowing Finish Bare Blusher. Highlight eyelids with Maybelline's Frosties Ginger Pearly Ultra Frost Powder Eye Shadow. Shade brow bone with Helena Rubinstein's Glazed Plum Skin Life Deep Moisture Eyeshadow Powder. Darken and lengthen lashes with Maybelline's Velvet Black Ultra-Big Ultra-Last Mascara. Give lips added depth and richness with Biba's Russet Lipstick over Avon's Hearty Burgundy Candid Lip Color.

HAIR, JOSEPHINE, LA COUPE, NEW YORK  
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# All the knives you're ever going to need

can't name a food-cutting job that we haven't provided this all-purpose 13-piece knife set. With our fine stainless-steel cutlery, you can core a grapefruit, peel an apple, vegetables wafer-thin, trim meat raw or cooked . . . in accomplish any imaginable cutting, carving or trim-task in your kitchen with ease. There are 11 knives, averaging out to less than a dollar each for hollow-d stainless steel knives with dishwasher-safe solid

rosewood handles and brass rivets. For good measure we've even added a Butcher's Steel for sharpening, and an attractive stainless steel rack for hanging everything conveniently within arm's reach. This set, designed by the famous House of Argy in London, has been a fantastic hit in British kitchens. Now America, it's waiting for you! Just mail your order—we do the rest. And your money is fully refunded if you're not delighted within 14 days.

## Here's what you get:

- 12½" Bread Knife
- 12½" Carving Knife
- 11½" Carving Fork
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- 11¾" Sharpener (magnetic)
- 12¾" Cook's Knife



- 10¾" Cook's Knife
- 8¾" Utility Knife
- 7" Paring Knife
- 7¼" Grapefruit Knife
- 6½" Paring Knife
- 9¾" Meat Cleaver
- Stainless Steel Hanging Rack

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## Swedish Rosettes



Beat 2 eggs slightly; add 2 teaspoons sugar; then add 1 cup milk. Sift 1 cup all-purpose flour and ½ teaspoon salt; stir into the egg mixture and beat until smooth (should be about the consistency of heavy cream). Add 1 tablespoon lemon extract. Put enough salad oil (about 2½ quarts) in a 5-quart deep fryer to fill it about 2/3 full and heat to 400F. Dip rosette forms into the hot oil to heat them; drain excess oil on paper towels. Dip heated forms into the batter to not more than 3/4 their depth. If only a thin layer of batter adheres to the forms, dip them again until a smooth layer adheres. Plunge batter-coated forms into hot oil and cook until active bubbling ceases. With fork, ease rosettes off forms and onto paper towels to drain. While still warm, dip in confectioners' sugar or sift sugar over them. Makes 6 dozen.

# As seen in McCall's INSTANT COOKIES only \$3<sup>95</sup>

Recently featured in the McCall's article "Flourishes with Food", this mouthwatering confection is so much fun to make, even more fun to serve to delighted family, surprised friends. And you can get in on the fun for a mere \$3.95 — the incredibly low cost of this complete Rosette Set.

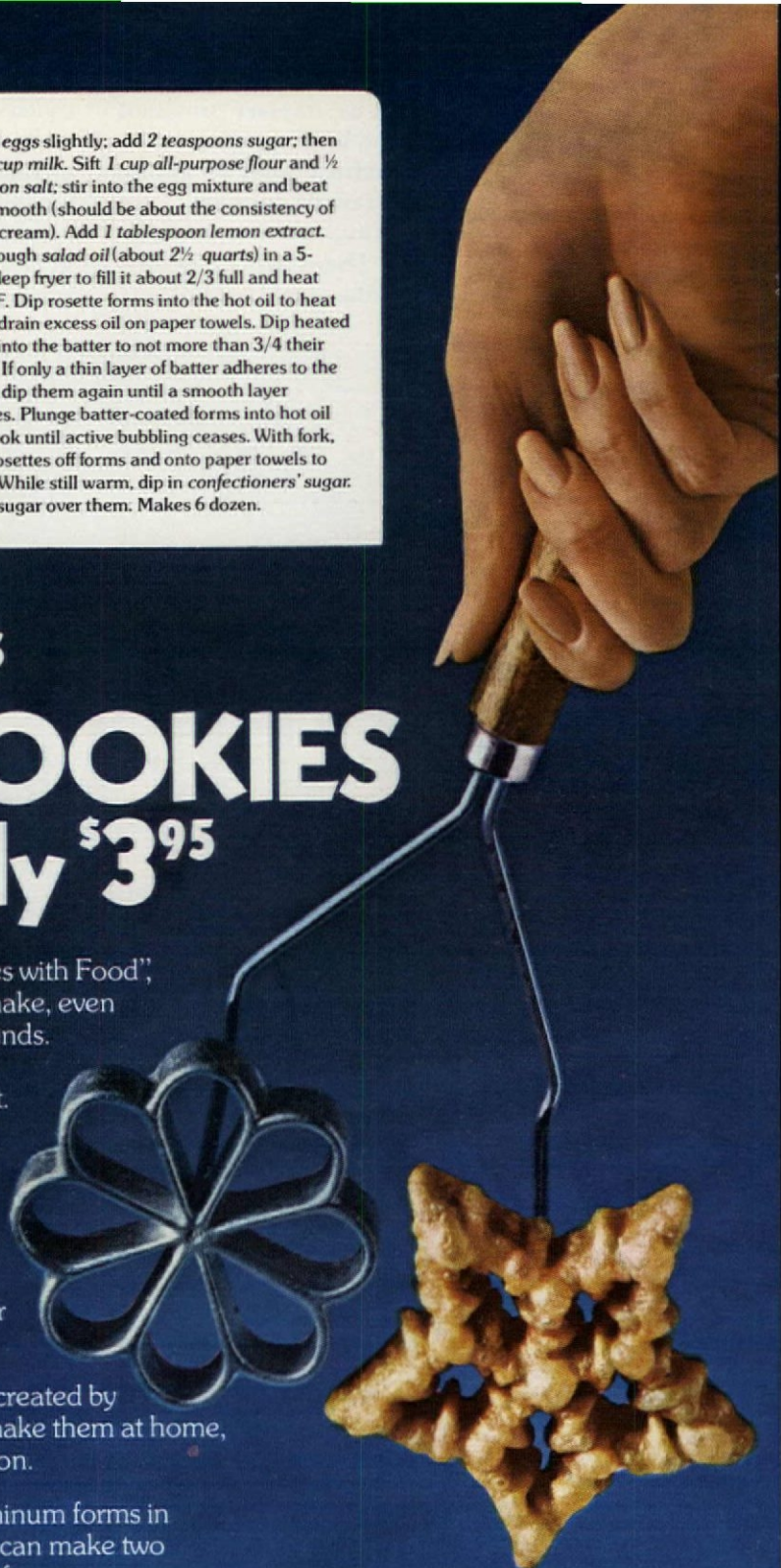
Swedish Rosettes are light, crisp, delectably melt-in-the-mouth puffs of deep-fried pastry, lightly coated with confectioners' sugar. A truly exquisite taste experience for everything from morning coffee to midnight snacks, the kind of sweet you associate with quaint European cafes, or the shelves of elaborate patisseries.

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The Rosette Iron, complete with three cast-aluminum forms in different designs, features a double handle so you can make two cookies at once. Simply heat your oil in a deep-fat fryer, or any deep pot on top of your range. Dip the forms in the hot oil, then in thin batter (recipe above) and fry them until puffed, flakey, golden brown. Each cookie will be perfect, and perfectly beautiful every time.

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## LADY BOUNTIFUL

continued from page 47  
self-help movement has arisen.

Many volunteer groups are talking about the need for community participation at the decision-making level as an alternative to leaving everything to "bureaucracy." According to Sue Davis, Director of the National Self Help Resource Center in Washington, "Traditional roles are changing. More people want to get involved instead of depending on government. People are giving their time in their communities exploring what they can do for themselves on the local level. The dissatisfaction some people are feeling with the inefficiency of big government has inspired a series of unique new community-created programs."

As part of a Bicentennial project supported by 31 women's groups around the country, over 100 Community Resource Centers have sprung up nationwide — many through existing programs. The centers, staffed principally by volunteers, provide a clearing house for information on community services and a way of building support for local issues, with a special emphasis on leadership roles for women. These groups have been using media tools like the public-access channels of cable TV to inform the citizens of new issues and services — even to broadcast city council meetings.

One such citizen participation group, the Action Council in Anchorage, Alaska, uses video tape to record citizen opinions on various issues and bring them to the attention of city officials. The same process brings new government laws and policies to the attention of the people. Another group, a neighborhood coalition in San Francisco, has developed a public hearing system that has proved so effective, the mayor has called on the group to help replan a controversial urban renewal site.

One of the most successful of the newly designated Community Resource Centers is Action House, a 10-year-old community center started during the 1967 Detroit riots "to provide a neutral meeting place for black and white members of our community," in the words of director Lizz Haskell. Through the years Action House has continued to be a center of life in this working-class community hard-hit by unemployment. It has fought to block cheap pre-fab housing, started programs to improve the community by cleaning up vacant lots, and battled for a voice in decisions affecting the community. Like many organizations around the country, Action House has received only sporadic funding. According to Haskell: "We've been on the front page of the newspaper in

Amsterdam, but here we can't even get the operating money we need. But I'm a cockeyed optimist and I think we can't be ignored because we've made our mark. In this square mile there is only Action House. How can they ignore us?"

### *Volunteer activists are also directing their energies towards advocacy work, seeking changes in the system itself.*

According to Winnifred Brown, one of the most important results of volunteer efforts is making low-visibility programs into high-visibility programs — and getting those programs funded. "The current issues of rape prevention and battered women, which many volunteer organizations have taken up, are a perfect example of bringing issues into the limelight. The only way government is going to decide when and where to allocate funding is if people make noise about a problem."

Many volunteer organizations now have legislative committees working for passage of specific laws in their areas of work, like the Junior League's national Child Advocacy Program, which has become an umbrella of sorts for individuals and groups working for revisions in the tangle of state and federal laws affecting children. Recent passage of the Conable Bill, which greatly broadens nonprofit organizations' rights to lobby without jeopardizing their tax-free status, opens the way for more volunteer advocacy in the future.

Another of the big shifts in the volunteer work picture is the increasing interaction between the volunteer and person he is serving, who is often referred to as a client. Second-grade students at the Reede Gray School in Redwood Falls, Minn., volunteer every Friday afternoon through an adopted grandparents program at the Sunwood Nursing Home. Though ostensibly the children are there to help out, the elderly residents, the "grandparents," teach them new games, tell stories, and in the end, it's hard to tell who is getting more out of the shared time.

Miami's Advocate Program for misdemeanor offenders is one of the most innovative interactive volunteer programs in the country. Staffed by a combination of paid staff and volunteers, the Advocate Program serves clients over 18 who have been arrested for misdemeanor offenses. On the recommendation of the judge, offenders can choose to enter an Alternative Services Program as an alternative to jail. They pay a small fee and receive a combination of straight

counseling and group interaction sessions. They have the opportunity to repay society directly through voluntary work in the community, between 20 and 200 hours at the discretion of the judge. Offenders are channeled through the local United Way office to other agencies, so no one knows that they are in the Advocate Program.

Initially started under a grant from the Miami Junior League, the project is now completely client-supported. According to Ruth Wedden, director of the program, who reports a spectacular success rate, "We've never had a mishap. This is an honest approach to an offender program. We confront people as people. Some of our clients have become so involved here that they come back as 'real' volunteers!"

Another sector where the volunteer work force is growing in numbers is among older and retired people. According to Marlene Wilson who works with many of these new volunteers, "Senior citizens are beginning to see themselves as part of the solution, not part of the problem. ACTION, the federal volunteer agency that includes VISTA and the Peace Corps, has several programs for retired people.

Through R.S.V.P., a special program for retired Americans over 60, Action gives grants and support to community agencies for senior citizens who work in daycare centers, libraries, hospitals, nursing homes, or with the courts. In Chicago at the Du Sable Museum of African American History, a retired black cowboy gives roping demonstrations and tells stories to children as an R.S.V.P. volunteer.

Action also has a Foster Grandparents Program that pays older people a small stipend to work 20 hours a week with two assigned "grandchildren" with physical, mental, or emotional health problems. In a new Senior Companion Program, senior citizens volunteer as helpers for other older people, especially the homebound.

One unresolved problem in the volunteer movement is the need for a new definition of a volunteer, one that will encompass a multi-faceted movement with many different goals. Another related question being asked not only by critics such as NOW but also by insiders is what kinds of answers volunteer work is going to provide for our social and cultural institutions. Ivan Scheier, whose organization has done so much volunteer watching in recent years, puts it this way: "Historically, volunteer work has been a way of starting new services and programs. The first social workers, policemen, and firemen were volunteers. Many of today's efforts are pilot programs that will later be funded. Across the country, volunteers are breaking new ground." □



# LONG LIVE SUNDAY DINNER



Whatever happened to Sunday dinner? You do remember Sunday dinner when the kitchen was filled with the mouth-watering smells of slow-simmering meats. Today is a far cry from those days when families worked and ate together at regular hours. Now, everyone's on the go, including Mother. We are all for reviving the tradition of Sunday dinner but without all the fuss and bother. You can recreate those memorable meals by letting the oven or microwave do the work for you. Try oven-roasted corned beef and vegetables (below), or old-fashioned chicken and dumplings (menu and recipes on page 83); each are hearty meals in themselves.

—Gale Steves

## Menu

### CORNED BEEF DINNER

- \*Oven-Roasted Corned Beef and Vegetable Dinner (carrots, potatoes, turnips, and cabbage)
- \*Horseradish-Sour Cream Sauce
- Tossed Green Salad with
- \*Emerald Isle Green Salad Dressing
- \*Irish Soda Bread
- \*Irish Whiskey Pie
- Beverage of choice
- \*Recipe given





### OVEN-ROASTED CORNED BEEF AND VEGETABLE DINNER

Working time: 15 minutes (off and on)  
Cooking time: 2¼ to 2¾ hours

- 3 pounds (approximately) lean corned beef for oven roasting
- 2 cups boiling water
- 1 pound carrots, peeled and cut into 3-inch pieces
- 1 large turnip, peeled and cut into ½-inch-thick wedges
- 12 new potatoes, peeled
- 1 head green cabbage (2 pounds), cut into sixths, with core removed from each wedge

Remove wrapper from corned beef. Place meat, fat side up on rack in a shallow open pan. Preheat oven 325°. Roast for 2¼ to 2¾ hours, or until tender. After 1 hour of roasting, pour 2 cups of boiling water into the bottom of the roasting pan. Let the water loosen the drippings of the corned beef for about 20 minutes. Remove the pan from the oven and pour off all the drippings but ½ cup into a large saucepan. Return the corned beef and ½ cup drippings to the oven and finish the cooking time. Bring the drippings to a boil and add the carrots, adding boiling water to cover. Cook covered for five minutes. Add the turnips, and more boiling water (if necessary) to cover. Cook, covered, for 15 to 20 minutes more or till tender. Meanwhile place the new potatoes in boiling salted water and cook, covered, for 20 minutes or till tender. Also, place the cabbage in a large shallow skillet. Pour in ½-inch boiling salted water. Cook, covered, for 10 minutes or till tender. Drain all vegetables thoroughly and arrange on platter with the corned beef. Serve with Horseradish-Sour Cream Sauce. Makes 6 servings (857 calories per serving).

### HORSERADISH-SOUR CREAM SAUCE

Working time: 10 minutes

- 1 cup dairy sour cream
- 3 tablespoons white prepared horseradish
- 2 teaspoons sugar
- 1 tablespoon chives, chopped or freeze-dried

Combine all ingredients thoroughly. Chill until serving time. Serve with corned beef. Makes 1 cup (64 calories per 2-tablespoon serving).

### EMERALD ISLE GREEN SALAD DRESSING

This recipe is served as the "house" dressing at the Irish Pavilion Restaurant in New York. We enjoyed it and thought you would, too.

Working time: 10 minutes

- 1 cup mayonnaise
- ¼ cup dairy sour cream
- 1 hard-cooked egg, peeled and cut in chunks
- 1 to 2 drops liquid hot pepper sauce
- 2 teaspoons water

Combine all ingredients in blender. Stir till

Used by permission of Massachusetts Mutual Life Insurance Co. and the Norman Rockwell Museum in Philadelphia.

thoroughly combined.  
Makes 1½ cups (150 calories per 2-tablespoon serving).

### IRISH SODA BREAD

Working time: 20 minutes  
Baking time: 1 hour

- 4 cups all-purpose flour
- 1 tablespoon sugar
- 1½ teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ cup butter or margarine
- 1½ cups buttermilk

Into a large bowl sift together the first five ingredients. Cut in the butter or margarine until crumbly. Add the buttermilk and stir to make a soft dough. Turn onto a lightly floured board and knead to form a smooth ball, about 10 minutes. Place on a greased baking sheet and pat by hand to 1¼-inch thickness. With sharp knife score into 4 sections. Preheat oven to 350°. Bake 1 hour.

Makes 1 loaf (2,426 calories per loaf).

### IRISH WHISKEY PIE

This recipe is adapted from Charley O's Restaurant, an Irish pub in New York City.

Working time: 30 minutes  
Cooling time: 1 hour

- 3 egg yolks
- 5 tablespoons superfine sugar
- 1 package unflavored gelatin
- 1 tablespoon instant powdered or freeze-dried coffee
- 1 tablespoon boiling water
- 1 cup light cream
- 3 egg whites
- 1 cup heavy cream, whipped
- 3 tablespoons Irish whiskey
- 1 teaspoon vanilla extract
- 8-inch chocolate cookie crumb crust pie shell (recipe follows)

In a mixing bowl beat the egg yolks and sugar together till light and fluffy. In a saucepan dissolve the gelatin and coffee in the one tablespoon of boiling water. Stir in the light cream. Bring to a boil over low heat. Lower temperature and pour in the egg yolk and sugar mixture, stirring constantly till thick. Remove from heat and let cool. In a large bowl beat the egg whites to soft peaks. Fold in ½ cup whipped heavy cream (save rest for garnish), Irish whiskey, and vanilla extract. Fold in the cooled egg yolk mixture and pour into a baked 8-inch pie shell.

Makes 8 servings (261 calories per serving).

### CHOCOLATE COOKIE CRUMB CRUST

Working time: 10 minutes  
Baking time: 8 minutes  
Cooling time: 45 minutes

- 20 chocolate wafers, crushed (about 1¼ cups)

- ¼ cup granulated sugar
- ¼ cup butter or margarine, melted

Combine all ingredients. Mold into an 8-inch pie shell. Bake in a preheated 375° oven for 8 minutes. Cool.

Makes 1 8-inch pie shell (1,154 calories).

(continued on page 83)

Norman  
Rockwell



### COLD POACHED REDFISH

Working time: 15 minutes  
Cooking time: 35 minutes  
Chilling time: 2 hours

- 3 cups water
- 1 cup dry white wine
- 2 stalks celery, cut into pieces
- 3 parsley stalks
- 2 bay leaves
- 2 or 3 shallots, peeled and sliced in half lengthwise
- 1 tablespoon salt
- 4 to 6 whole black peppercorns
- 1 whole red drum fish, 3 to 4 pounds, cleaned but with head and tail left on\*
- 3 tomatoes, cut into wedges
- Lettuce cups
- 1 large cucumber, peeled, thinly sliced, and drained of excess liquid
- Paprika

In a fish poacher or outsized skillet, bring liquids to a boil. Add remaining ingredients except fish. Reduce heat; simmer 10 minutes. Place fish in poacher or skillet to fit. Add additional water if necessary to cover. Simmer covered, for 20 minutes or until fish flakes easily when tested with a fork in the thickest part. Carefully remove fish using two large slotted pancake turners. Place on wire rack to drain and cool. Gently remove skin from top side of fish. Roll fish over and remove rest of skin. Bone fish according to directions given in box. Then transfer fish to serving platter. Cover with plastic wrap and chill completely. Just before serving time, garnish platter with tomato wedges and lettuce cups. Decorate fish with sliced cucumber and paprika.

Makes 6 servings (130 calories per serving).

\* Editor's note: Red drum fish (also known as redfish) are available only in the western part of the Gulf states. Gray sea trout, Pacific rockfish, black sea bass, and fresh-water whitefish can be used as substitutes.

### MAYONNAISE SAUCE FOR FISH

Working time: 5 minutes

- 1 cup mayonnaise
  - Juice of ½ lemon or 1 tablespoon lemon juice
  - 2 teaspoons capers, drained, and chopped
  - 1 egg yolk
  - ½ teaspoon cider vinegar
  - ¼ teaspoon dry mustard
  - 2 or 3 drops hot pepper sauce
- Put mayonnaise in a small mixing bowl. Stir in lemon juice, capers, egg yolk, and vinegar, mixing until smooth. Add mustard and hot pepper sauce, mixing well again. Cover and refrigerate until serving time. Makes 1 cup (206 calories per 2-tablespoon serving).

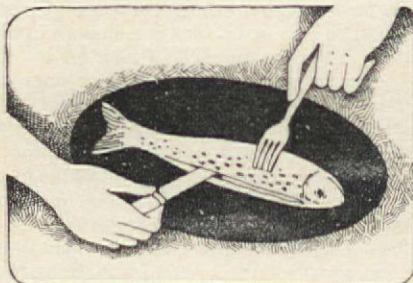
### PARSLEYED NEW POTATOES

Working time: 5 minutes  
Cooking time: 20 minutes

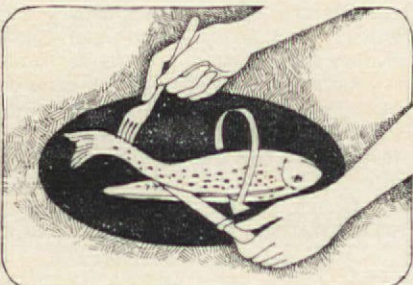
- 2 pounds new potatoes (about 20)
- Boiling water
- ½ teaspoon salt
- ¼ cup butter or margarine, melted
- ¼ cup finely chopped parsley
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper

# How to bone a Fish

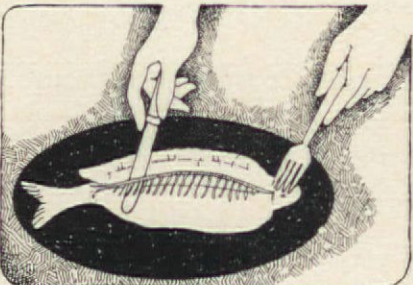
Boning a whole cooked fish looks like it requires a special training course. The truth is that boning most fish is as simple as A-B-C. Start practicing with a smaller whole fish like a trout and work your way up to large fish such as red snapper or salmon. Just follow our simple step-by-step directions, and we think that you'll agree.



A. Place a fork in the gill section of the fish to steady the fish. Then holding the fork with one hand, slip a butter knife or other short rounded knife along the entire length of the backbone.



B. Gently lift the top fillet, including bones and tail away from bottom fillet. A very large pancake turner will be a big help if you are boning a large fish. Lay top fillet, skin side down, on the plate.



C. Lift away the tail, bone structure, and head. Sprinkle fillets with freshly squeezed lemon juice or cover with sauce. To re-form the fish shape, simply lift top fillet back onto bottom fillet. Remove skin, if desired.

Wash and peel potatoes. Drop them in large saucepan with salted boiling water to cover. Cook potatoes, covered, over medium heat until they are tender, about 15 minutes. Drain thoroughly. Combine butter and parsley in skillet. Add potatoes and shake them gently over low heat until they are well coated. Season with salt and pepper. Serve at once.

Makes 8 servings (123 calories per serving).

### BETTINA'S GARDEN

Working time: 10 minutes  
Cooking time: 40 minutes

- 24 small white pearl onions, peeled
- 1 cup chicken broth, heated to boiling
- ½ cup boiling water
- 1 pound hot sausage meat, bulk or links, cut into chunks
- 2 tablespoons bacon fat or corn oil
- 2 cups chopped onions
- 1 can (1 pound) tomatoes, undrained
- 2 cups fresh corn, scraped or cut from ear or 1 package (10 ounces) frozen corn
- 2 pounds okra, sliced or 2 packages (10 ounces each) frozen okra, sliced
- ½ pound medium zucchini, sliced
- 1 teaspoon dried basil
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper

With a small knife, cut an "x" into top of each pearl onion to keep them from falling apart while cooking. Place onions in skillet. Pour boiling chicken broth over onions; simmer covered about 30 minutes or until tender. Drain onions and set aside. Meanwhile place boiling water and sausage pieces into large skillet or heavy-bottomed saucepan. Simmer until sausage is no longer pink. Pour off any remaining liquid. Add bacon fat or oil and chopped onions to pan. Cook over medium heat until onions are tender but not browned. Add tomatoes and corn (if using fresh; add frozen later). Reduce heat to simmer. Cook slowly about 15 minutes. Add drained onions, sliced okra, zucchini, and frozen corn (if using frozen) as well as seasonings. Simmer, uncovered for 11 to 12 minutes or until okra and zucchini are tender. Serve at once.

Makes 8 servings (387 calories per serving).

Microwave version: (Cooking time: 15 minutes)

Place small pearl onions and hot broth in shallow microwave ware or glass baking dish. Also place sausage and water in similar dish. Cook both at highest heat for 5 minutes. Remove onions. Stir in chopped onions, tomatoes, and corn (if using fresh). Cook at high heat for 4 minutes. Add onions and remaining ingredients, mixing well. Cook at high heat for 6 minutes. Open and stir at half time.

### BUTTERMILK BISCUITS

Working time: 15 minutes  
Baking time: 15 minutes

- 2 cups sifted all-purpose flour
  - 2 teaspoons baking powder
  - 1 teaspoon baking soda
  - ½ teaspoon salt
  - ¼ cup shortening, or butter or margarine
  - ¾ cup buttermilk
- Sift together flour, baking powder, baking
- (continued on page 96)





# EXECUTIVE SWEET.



When it's time to take a break, take a banana. Just make sure it says Dole. A Dole banana's the natural snack because it's packed with energy... and because you don't have to worry about what's in it. A medium-size Dole banana contains only about 101 calories and

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**As a snack, it's a natural.**





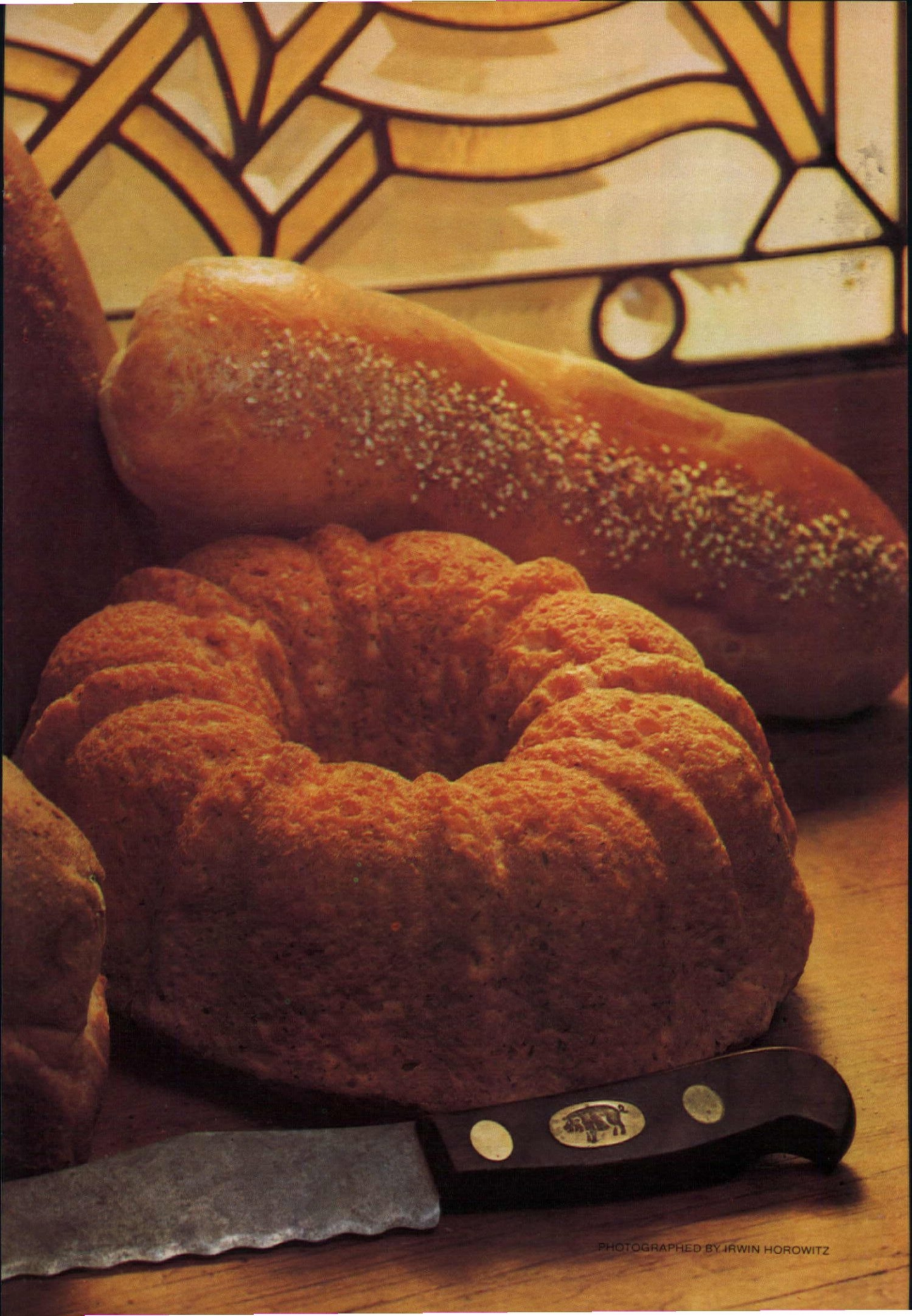


let  
them  
eat  
bread

Hearty, healthy loaves you can  
make in two hours or less.

Plump, squat, or skinny—a crusty loaf of homemade bread brings good smells and nostalgia back into your kitchen. You'd love to make bread, you say, but you don't have the time or skill. Making bread is neither difficult nor time-consuming. The measuring, mixing, kneading, and testing usually take less than 30 minutes. While the dough is rising and baking, you can be busy at other things. We promise the whole process will not take much more than two hours! If you've never made bread before, start with refrigerated or bread dough recipes. A lot of the steps such as mixing and kneading have been eliminated. Set up a new-fashioned tradition in your family by serving breads warm and fragrant from the oven. Turn the page for ideas. — **Gale Steves**

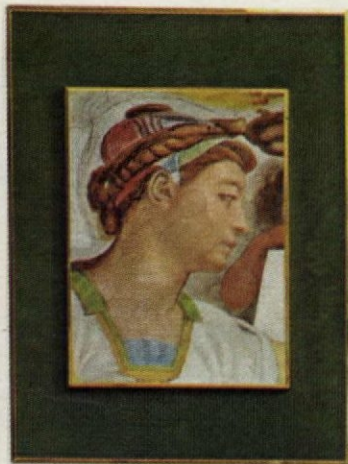




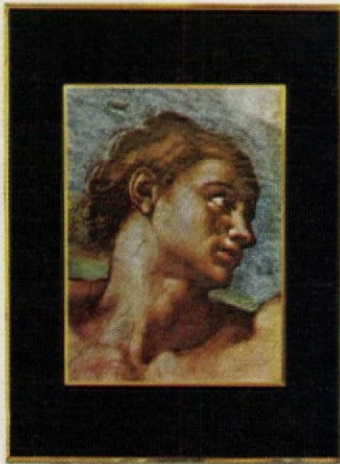
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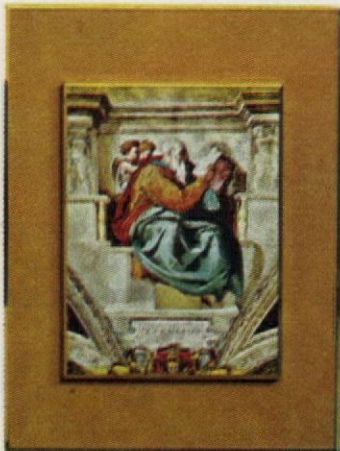
A. DETAIL OF ADAM—Bark



E. THE ERITHEAN SIBYL—Olive



B. CREATION OF MAN (Detail)—Burgundy



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# let them eat bread

continued from page 71



Fresh from the oven, the Tomato-Cheese Batter Bread slips easily out of its Bundt pan to cool before sampling.

Here are the tempting bread recipes that you saw pictured on pages 70-71. Be sure to turn to page 96 for tips on how to make a better loaf of bread.

## TOMATO-CHEESE BATTER BREAD

Working time: 20 minutes

Total rising time: 1 hour

Baking time: 20-30 minutes

- 1 can (11 ounces) condensed tomato soup
- ½ cup processed cheese spread or cheese food
- 2 tablespoons butter or margarine
- ¼ cup water
- ¼ teaspoon baking soda
- 3 to 3½ cups all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 tablespoon dill weed
- 2 packages active dry yeast
- 1 egg

In medium saucepan, heat first 5 ingredients until very warm (120° to 130° F). Lightly spoon flour into measuring cup; level off. In large bowl, combine 2 cups flour, sugar, salt, dill weed, and yeast. Add warm liquid and egg to flour mixture. Blend with electric mixer at low speed until moistened; beat 2 minutes at medium speed. By hand, stir in remaining 1 to 1¼ cups flour to form a stiff batter. Cover; let rise in warm place or oven until light and doubled in size, about 30 minutes. Using solid shortening or margarine (not oil), grease 12-cup fluted tube (or Bundt) pan. You can also grease and use a nonstick-finish pan. Stir down batter; spoon evenly into greased pan. Cover; let rise again in warm place or oven until light and doubled in

size, about 30 minutes. Preheat oven 350°F (325°F for colored or decorated pan). Bake 20 to 30 minutes or until loaf is deep golden brown and sounds hollow when lightly tapped. Immediately remove from pan. Cool on wire rack.

Makes 1 loaf (1,670 calories per loaf).

## SESAME AND WHEAT GERM FRENCH BREAD

Working time: 15 minutes

Total rising time: 45 minutes

Baking time: 30 minutes

2 packages (8 ounces each) refrigerated bread dough

1 egg, beaten

1 tablespoon wheat germ

1 tablespoon sesame seeds, toasted

On a floured surface, roll dough pieces in a 8 x 12-inch rectangle. Starting with the 12" side, roll in a jelly-roll fashion. Pinch ends and seam together. Place on a greased 9 x 13-inch baking sheet. Set in a warm place or oven. Cover and let rise until doubled, about 45 minutes. Brush with beaten egg and sprinkle with wheat germ and sesame seeds. Preheat oven 350°F. Bake for 30 minutes. Let cool on a wire rack.

Makes 1 loaf (1,464 calories per loaf).

## MARBLED BREAD

Working time: 15 minutes

Total rising time: 45 minutes

Baking time: 25-30 minutes

1 loaf (1 pound) frozen honey wheat bread dough

1 loaf (1 pound) frozen white bread dough

Thaw and soften dough in package wrapper. Divide each loaf in half lengthwise. Roll one-half honey wheat dough into a 9 x 10-inch rectangle. Repeat with one-half white dough. Place the white dough on top of wheat dough. Roll in a jelly-roll fashion, starting with 9" side, pinching to seal edges. Place in an 8½ x 4½ x 2½-inch greased loaf pan. Repeat procedure with remaining dough. Cover and let rise in a warm place or oven until top is one-half inch over the pan. Preheat oven 375°F. Bake for 25 to 30 minutes. Cool on wire racks.

Makes 2 loaves (960 calories per loaf).

## DARK PUMPERNICKEL

Working time: 20 minutes

Total rising time: 1 hour 15 minutes

Baking time: 30-35 minutes

4 packages active dry yeast

1½ cups warm water

½ cup dark molasses

2½ cups rye flour

¼ cup cocoa

2 tablespoons caraway seeds

2 tablespoons shortening

1 tablespoon plus 1 teaspoon salt

2½ to 3 cups all-purpose flour

2 or 3 tablespoons yellow cornmeal

Dissolve yeast in warm water in a large bowl. Stir in molasses and let set until foamy (about 10 minutes). Add the next five ingredients. Beat with a wooden spoon until smooth. Stir in enough all-purpose flour to make dough easy to handle. Turn dough out on a lightly floured surface. Knead until smooth and elastic, 5 to 10 minutes. Place in a greased bowl, turning once to grease top. Cover with a clean cloth and place in a warm place or oven until doubled in bulk, about ½ hour. Punch

down and let dough rise again until doubled, about 20 minutes.

Grease a 13 x 9-inch baking sheet; sprinkle with cornmeal. Punch down dough, divide in half. Shape each half into an oval loaf. Place loaves in opposite corners of baking sheet. Let rise again in a warm place or oven for 20 minutes. Preheat oven 375°F. Bake for 30-35 minutes. Remove from baking sheet and cool on wire racks.

Makes 2 loaves (2,890 calories per loaf).

Note: If shiny crust is desired, brush loaves with egg white before baking.

## CHALLAH

Working time: 20 minutes

Total rising time: 1 hour

Baking time: 20-25 minutes

4½ - 5½ cups all-purpose flour

2 tablespoons sugar

1½ teaspoons salt

2 packages active dry yeast

⅓ cup butter or margarine, softened

Pinch of powdered saffron (optional)

1 cup very warm tap water

4 eggs

1 teaspoon cold water

¼ teaspoon poppy seeds

In a large mixing bowl thoroughly mix 1¼ cups of flour, sugar, salt, and undissolved yeast. Add the butter or margarine. Dissolve the saffron in the 1 cup of very warm water. Gradually add to the dry ingredients and beat 2 minutes at medium speed with an electric mixer, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto a lightly floured board. Knead until smooth and elastic, about 8 to 10 minutes. Place in a greased bowl, turning to grease top. Set in a warm place or oven until doubled in bulk, about ½ hour. Punch dough down; turn out onto a lightly floured board. Divide in half. Divide one-half of the dough into 2 pieces - one piece ⅓ of the dough and the other ⅔ of the dough. Divide the larger piece into three equal pieces. Roll each piece into a 12-inch rope. Braid the ropes together; pinch ends to seal. Place on a greased baking sheet. Divide the smaller piece into 3 equal pieces. Roll each piece into a 10-inch rope. Braid the ropes together; place on top of large braid. Seal braids together at ends. Repeat procedure with remaining dough to form a second loaf. Cover, place in a warm area or oven, and let rise till doubled, about 20-30 minutes. Beat together remaining egg yolk and 1 teaspoon cold water; brush loaves with egg mixture. Sprinkle with poppy seeds. Preheat oven 400°F. Bake 20 to 25 minutes. Remove from baking sheets and cool on wire racks.

Makes 2 loaves (3,475 calories per loaf).

## CASSEROLE HEALTH BREAD

Working time: 20 minutes

Total rising time: 1 hour 15 minutes

Baking time: 30 minutes

3 packages active dry yeast

½ cup warm water

1½ cups lukewarm milk (scalded, then cooled)

¼ cup honey

¼ plus 1 tablespoon vegetable shortening, butter, or margarine

(continued on page 96)



## THE ART OF STAYING OLD

continued from page 6

sure he does not use power sanders. See examples of his work. Discuss in advance how he will proceed, and once you agree, put it in writing to make sure he follows your instructions.

John Melody, conservator of furniture at Winterthur, advises against "setting deadlines in refinishing because very often it results in insufficient drying time between layers." Novices also have a tendency to use too many nails and screws to make a leg or arm stay in place, with the result that as they work back and forth in old, dry wood, the section deteriorates and eventually must be replaced. When irreversible glue is used and repairs have to be made at a later date, the joint must be broken to mend it.

What about repairs? John Kirk, author of *The Impecunious Collector's Guide to Antiques*, advises, "If repairs are necessary to save the original parts and there is sufficient artistry remaining, then repairs can be justified." And never add parts that were not there originally, or cut down, or convert an antique to another use.

A common problem encountered in repairing old furniture is wood that has been upholstered too often and is full of holes. John Melody recommends

using "sawdust combined with epoxy to fill tack holes, or gluing burlap over the wood to enable the surface to hold new tacks."

**The Finishing Touch.** Which finish you use depends on what kind of wear the piece will be subjected to. Shellac (used half and half with alcohol) is good because it is reversible and can be removed at any time, but when a piece is exposed to regular use, varnish is more durable. Melody recommends a minimum of four coats of varnish applied thinly, sanded between layers, and protected with a paste wax containing a percentage of carnauba.

Robert O. Downing also recommends hard paste wax and advises against "aerosol sprays containing silicones. While they do not harm the finish, they have become a nightmare to the restoration and finishing trades because of the difficulty in removing them." Nothing will stick to a surface treated with silicone.

**Cleaning Catechism.** "Clean only as much as necessary," advises Edward R. Gilbert, chief conservator at the Henry Ford Museum. "Protect what patina is there. Beware of quick-and-easy preparations. Exercise common sense. When in doubt, remember too little is better than too much. And remember, you can never go wrong if

you err on the side of caution."

When dusting, use only clean cloths (Williamsburg buys used diapers) and if you use spray products to attract dust, such as Endust, spray the solution into the cloth, *not* onto the furniture, allowing it to soak in overnight before using. Use clean mops instead of brooms, which raise dust, which in turn settles on furniture causing scratches. Feather dusters also scratch finishes.

**Moving Techniques.** How you move and where you place furniture also affects it. No one should tilt chairs back while sitting in them because that increases tension on joints and may break the feet. Don't carry chairs by their backs and arms; instead, hold on either side of the seat. Don't scrape furniture across the floor; lift it. If something is too heavy to lift yourself, wait until someone comes along to help. When moving a piece, make sure the path is clear, and don't walk backwards, if you can avoid it.

If drawers don't pull easily, it may be caused by excess humidity, old age, or overburdening them. If drawers are too full, lighten the load or you may damage runners, even causing the feet to spread from the increased weight. Rub soap, wax, or a candle on runners to make them pull easily. When opening a drawer, grasp both sides simultaneously and never with one hand on one side only. When closing, push easily or the lap molding and beads may splinter off. When cleaning hardware, slip an index card behind the metal to protect wood from polish.

**Position is Everything.** When placing furniture, put it where it will not receive unnecessary abuse. Keep it away from busy traffic patterns, where it may be kicked, swinging doors, positions where it will rub against a wall or another piece of furniture, heat sources, and direct sunlight.

Place cork mats or rings under flower containers to avoid scratching wood and marble surfaces. Water will penetrate finish and leave a stain difficult to remove without damaging the surface. With veneer, the damage is even more serious.

Once you realize how simple it is to preserve furniture, it becomes almost automatic. More often than not, the only thing standing between a fine antique and posterity is the ignorance of its owner. The best intentions are not enough. Knowledge is power. In conservation, the most important ingredient is . . . you. □

*Constance Stapleton is the author of Antiques Don't Lie (Doubleday, 1975) and wrote "Barter is Better" which appeared in the November, 1976 American Home.*

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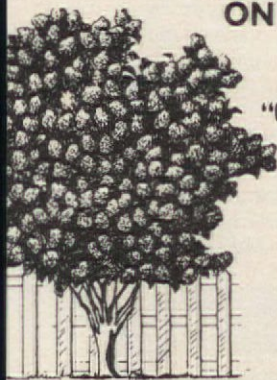
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## STEAMERS

continued from page 13

Place cabbage leaves in steamer over 1 cup of water. Cover and cook for 15 minutes, or till tender. Remove cabbage leaves and cool. Combine ground beef, rice, egg, onions, tomato sauce, salt, pepper, and Italian seasoning; mix well. Place approximately  $\frac{1}{4}$  cup mixture onto each cabbage leaf. Fold in 2 parallel edges of each leaf and roll up to form an envelope. Place rolled cabbage leaves on rack or bottom of container. Pour 1 cup of water into pan and cook, covered, for 25 minutes. Serve with herb-flavored tomato sauce.

Makes 4 to 5 servings (374 calories per serving).

### PEARS IN WINE SAUCE

Working time: 10 minutes  
Steaming time: 25 minutes

1 cup sugar  
1 cup red wine  
 $\frac{3}{4}$  cup water  
1 teaspoon ground ginger  
4 ripe Bartlett pears, peeled, leaving stem intact

Combine sugar, wine, water, and ginger in saucepan. Place pears in steamer. Cover and steam for 25 minutes.

Makes 4 servings (101 calories per serving).

### BALL GAME HOT DOGS

Working time: 1 to 2 minutes  
Steaming time: 15 minutes

12 hot dogs

12 hot dog rolls

Place hot dogs on trivet or bottom of container. Add liquid to bottom of pan, cover and steam for 15 minutes. Wrap rolls in aluminum foil and place on top of hot dogs until warmed through.

Makes 12 servings (213 calories per serving).

# Pick Of the Steamers

1. Hamilton Beach's electric Pressureless Steamer/Cooker includes a large 12-cup steaming basket and automatic cook/keep warm control that holds food at serving temperature after it is cooked. The easy-to-clean inside of steamer lifts out for serving or cleaning. Suggested retail price, \$39.95.



2. Ironstone Pottery's The Steamer has a pottery lid and 4-quart pot with funnel-like device built inside that allows only steam to reach food. The



unit fits on top of your own similar-size saucepan. The attractive steamer can also be a serving piece, since it can go directly from saucepan to table. Suggested retail price, \$25.00.

3. Ekco Flint's Souper-Steamer is a non-electric three-piece stainless steamer. Footed steamer basket (10

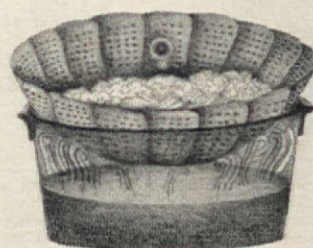


cups) resembles the top of a double boiler with holes and can double as a colander for washing vegetables. The 4-quart bottom pot plus lid also makes a great soup kettle. Suggested retail price, \$24.95.

4. Hitachi's Automatic Gourmet Steamer/Cooker features 10-cup capacity stainless steel insert pan, steam trivet, and clear glass viewing lid plus a thermostatically controlled timer that cuts off electricity and rings bell to alert cook. Suggested retail price, \$49.95.

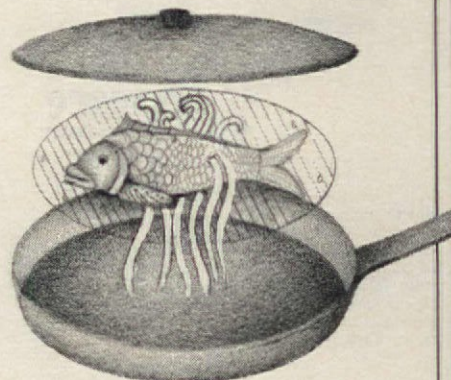


5. Vita-Saver's steam tray is a series of connected stainless-steel plates that collapse for easy storage and can



fold open to fit up to a 9-inch covered skillet or saucepan of your own. The capacity of the metal tray is 6-8 cups. Suggested retail price, \$3.99.

6. If you don't own a steamer, make one! Place wire cake rack in large skillet or electric skillet. Cover rack with a perforated sheet of foil (use a



fork to make holes) to keep vegetables or other food from falling through. Rack may be raised from bottom of pan by placing legs of rack on jar lids.

### MORE IDEAS ABOUT STEAMING

For a 48-page "Creative Steam Cooking" cookbook by Mike Roy, send \$2 in check or money order to Hitachi Sales Corporation of America, Appliance Division, Dept. A-H, 401 West Artesia Blvd., Compton, Calif. 90220.



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# MAKE A BIG SPLASH IN A SMALL BACKYARD

Don't let lack of  
space come between you  
and your dream pool.

You don't have to live on an estate in the Hollywood Hills to have a swimming pool. A good pool designer can squeeze a place for swimming into the smallest backyard.

"Think of a swimming pool as an outdoor room," says Armand Benedek, a landscape architect who specializes in pool design. It has to work together with the style and shape of your house, the terrace or decking that forms the frame for the pool, and the landscaping around it.

In designing a pool, there are practical considerations like fencing (required in most areas), traffic patterns around the pool, and access to the house. Most important are your personal needs. Young children require a larger shallow end, Olympic divers need a deeper than usual diving area. Sun worshippers will want a well-planned place to take in rays. A short list of all these requirements makes it obvious that building even a small pool is more than digging a hole in the backyard. One way that you can begin is to make your own sketch of your pool on graph paper, including all of the features you want.

Here are a few illustrations of the many ways to take advantage of the pool possibilities for limited spaces:

**1. Finding a flat place** is one of the most common problems for pool builders. Don't let a little slope come between you and your dream swimming pool, but choose your pool builder with care since grading and reinforcing will have to be done. Builders who are members of the National Swimming Pool Institute are the safest bet as they must conform to standards higher than most local building codes. For a list of NSPI pool builders in your area, write to the National Swimming Pool Institute, 2000 K Street N.W., Washington, D.C. 20006. Guidelines for pool planning are also available.

Slopes do have their advantages, too. Since a hillside usually comes with a view, these pools are among the most spectacular. Patio Pools of Tucson, Ariz., built this pool on a rein-

forced hillside to take advantage of the surrounding desert and mountain landscape.

**2. This key-shaped pool**, designed by Los Angeles architect Paul Sterling Hoag, A.I.A., was built below his home in a rocky Southern California canyon. The shape of the pool grew out of two needs: A lane for swimming laps and an area for diving. Little landscaping is needed around the pool—the canyon view does it all.

**3. This rectangular pool** has been placed at one end of a long, narrow backyard, and a brick patio with carefully placed flowers and shrubs adds warmth and texture without closing up an already tight space. Harry Fate of Classic Pools chose the shape of this pool to reflect the clean lines of a contemporary house in Kalamazoo, Mich. In many areas of the country, there are building restrictions on the distance between the pool and the property line, in this case, five feet. The pool fits exactly within those limitations.

**4. This mountain area pool** in Northern California was inspired by a huge boulder. Designed by Gene Wells and Bob Nelson of Sacramento's Aquarius Pools, the small pool was squeezed between large rock formations. Natural rock was used around the pool's edge, and the pool itself was painted tan. Naturalized plantings were added to create a backyard grotto.

**5. Appropriate landscaping** can

create a sense of privacy and intimacy without overwhelming a small yard. This Palm Beach area pool, designed by Norman Pool of Custom Pools, illustrates the point. Palms and other tropical plants are used to accent the shape of the pool, while the light-colored concrete around the edge increases the sense of scale. Light, rough surfaces are also kinder to your feet, a good point to remember if your pool is situated in direct sunlight.

**6. Coordinating a pool** with a 19th-century townhouse in New Orleans' French Quarter was the problem a local family faced when they decided to add one during restoration work on their house. Architect Mark Lowery designed this pool to look like an old fountain. Tiles along the edge, use of the original flagstone for the patio, and plantings indigenous to the area clearly integrate the pool area and the house.

**7. On a rocky backyard** hillside outside New York, Armand Benedek designed this pool using natural-cleft granite from the area for the patio and steps. Carefully calculated touches of landscaping create a wild woodland feeling.

**8. Updating an older pool** can give your whole yard a face-lift. Palm Beach area designer Lilly Pulitzer Rousseau commissioned a local artist, Barbara Lawrence, to paint a mermaid at the bottom of her pool. The new pool is not only great for swimming, but serves as a piece of backyard artwork.

**9. To create an illusion** of extra space, Globe Pools of Atlanta built a beautiful pinwheel deck of natural cedar around this curved pool. Cedar and redwood are good choices for decking because they are self-sealing and need little maintenance, and in this case because they blend with the surroundings.

In some communities around the country, terraces or decks are considered to be auxiliary structures and must be set back from property lines. Be sure to check your local building code before you go ahead with your plans. Any mistakes you make can be expensive.—Ann Scharffenberger



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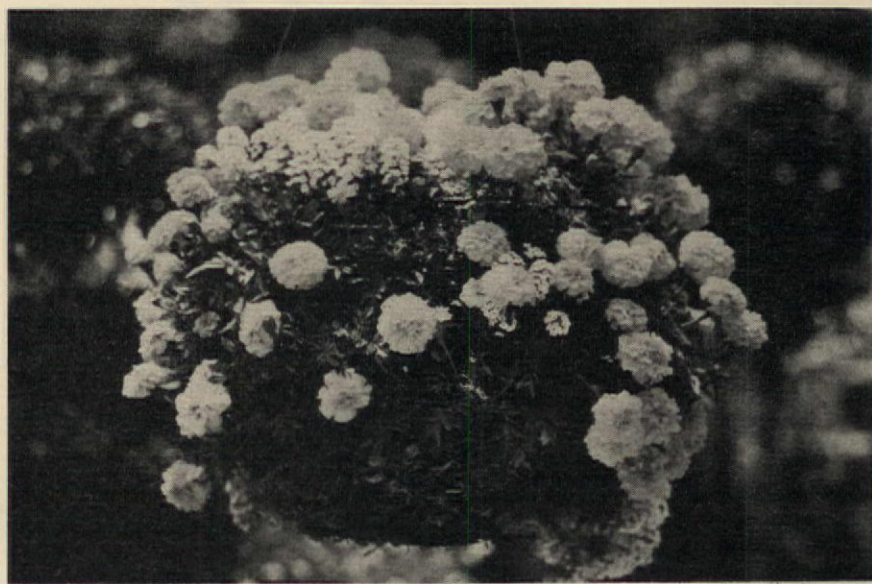
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by Betty Gardner

Roger's Gardens, in Newport Beach, Calif., is the most unique nursery in America—quite possibly the world.

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Home gardeners can carry away not only planting materials but a lifetime of ideas from the displays of more than 1,200 varieties of flowers and plants for indoors and out, shown in the form of breathtaking rooftop plantings, rock gardens, topiaries, and above all, arranged as extraordinary hanging flower baskets.

This horticultural bonanza is under the direction of Gavin Herbert, whose career has taken him from nose-drops to nosegays. He grew up gardening for pleasure in the San Fernando Valley and later developed a multi-million dollar corporation, Allergen, from the nose-drops his father used to make up for customers at the back of the family's drugstore. In 1960, he became a partner in Roger's Gardens and later, its sole owner. In addition to the Roger's in Newport Beach, there is a second nursery in Mission Viejo.

The type of basket treatment that originated here is truly a magical masterpiece. More than 10,000 of these baskets are usually on hand at any

given time. Custom-made by Roger's own staff, they are lined with moss and packed with brilliantly colored flowers such as marigolds, pansies, tuberous or fibrous begonias, petunias, lobelia, unusual ground covers, impatiens, ivy geraniums, mixed or matched, and designed for either sun or shade.

There are half-baskets to hang on walls or fences (two half-baskets hung back-to-back on an open fence pro-

### TIPS FOR ON-GOING CARE

- Water baskets regularly and thoroughly.
- Feed them every two weeks.
- Remove dead flowers and leaves.
- Trim flowers so that basket keeps its shape.
- Turn basket weekly so that growth is even all around.
- Check for insects and use appropriate insecticides if needed.

duce a unique effect), and the full round baskets range from 12 inches in diameter to super-size cascaders that could hang beneath an oak tree.

If you would like to make your own hanging flower baskets, choose planting material appropriate to the location you have selected and follow the instructions shown on page 85.



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## SUNDAY DINNER

*continued from page 67*

This homespun dinner is delicious and easy to make. All the work is done in your microwave or on top of the stove. Relax and enjoy your Sunday paper until it is done!

### Menu

#### CHICKEN AND DUMPLING DINNER

- \*Chicken and Dumplings  
(with stewed carrots and celery)
- Sliced Cucumbers and Tomatoes
- \*Apple Crisp
- Beverage of choice
- \*Recipe given

#### CHICKEN AND DUMPLINGS

*Preparation time: 20 minutes  
Cooking time: 1½ to 2 hours*

- 1 broiler-fryer chicken (2½ to 3 pounds)  
cut-up into 8 pieces
- 3 cups water
- 4 medium carrots, cut in ¼-inch rounds
- 1 medium yellow onion, sliced
- 1 bay leaf
- 4 peppercorns
- 1 tablespoon salt
- 3 cubes chicken bouillon or 3 packages  
dehydrated chicken broth
- 2 stalks celery cut into 1-inch diagonal  
pieces (about 1½ cups)
- ¼ cup all-purpose flour

In a large, deep frypan arrange the chicken pieces flat, covering the bottom. Add the next seven ingredients evenly over the chicken. Bring to a boil. Skim the top, reduce heat to simmer and cook, covered, for 1 hour. Toss celery with flour until well coated. Stir in the flour mixture. Add the celery and cook, covered for 30 minutes. Prepare dumplings. Remove bay leaf and peppercorns; raise heat temperature to boiling point. Spoon dumplings by rounded tablespoons on top of the chicken mixture. Cover tightly. Reduce heat; simmer 12 to 15 minutes or till done.

*Makes 4 servings (656 calories per serving).*

**Microwave version:** (*Preparation time: 20 minutes; Cooking time: 38 minutes*)

In a large, shallow glass baking dish, arrange chicken pieces on bottom. Add the next seven ingredients. Cook covered (with glass cover or wax paper) 24 minutes, stirring once. Add the flour mixture and celery. Cook at highest temperature, covered, for 8 minutes. Prepare dumplings. Remove bay leaf and peppercorns, if desired, and remove meat from bone at this point. Spoon dumplings by rounded tablespoons onto chicken mixture. Cook, covered, 6 minutes or until dumplings are no longer doughy on underside.

#### DUMPLINGS

*Working time: 5 minutes  
Cooking time (stove): 12 to 15 minutes  
(microwave): 6 minutes*

- 1½ cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon parsley flakes
- ½ teaspoon salt
- ¾ cup milk
- 1 egg, beaten
- 2 tablespoons salad oil

In mixing bowl, combine the flour, baking powder, salt, and parsley flakes. Combine the milk, egg, and oil; add to the dry ingredients. Mix till just moistened. See chicken recipe for cooking.

#### APPLE CRISP

*Working time: 10 minutes  
Cooking time: 20 to 30 minutes*

- 5 to 6 cooking apples, peeled and sliced
- ½ cup all-purpose flour
- ½ cup rolled oats
- ¾ cup light brown sugar, firmly packed
- 1¼ teaspoons cinnamon or apple pie  
spice
- ¼ teaspoon nutmeg
- ½ cup butter or margarine, melted

In an 8x8-inch-square baking dish, arrange apples on bottom. Combine the flour, rolled oats, brown sugar, cinnamon, and nutmeg. Sprinkle evenly over the apples. Preheat oven at 350°. Pour the melted butter or margarine over the top and cook, uncovered, for 20 to 30 minutes or until apples are done to desired tenderness.

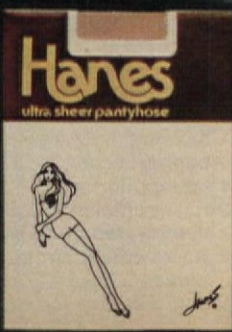
*Makes 5 to 6, ½-cup servings (278 calories per serving).*

**Microwave version:** Cook at highest temperature for 10 to 12 minutes. □





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*Sensuously smooth. Luxuriously sheer. Unmistakably Hanes.*



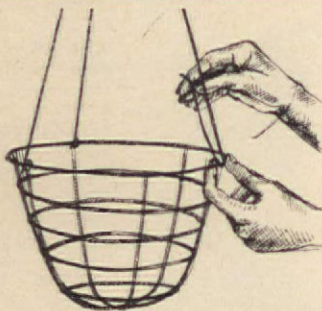


# Instructions for Hanging Flower Basket

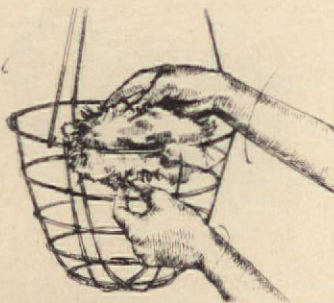
Continued from page 82

## MATERIALS

- A 12" (diameter) hanging wire basket
- Sphagnum moss (enough to line basket)
- Potting soil (enough to fill moss-lined basket)
- About 2 dozen plants



1. Hang wire basket at a comfortable working level. Arrange hanger hooks evenly around basket so that it is balanced and hanging straight.



2. Soak moss in water until saturated. Working with one small piece at a time (5" or 6" square), squeeze out water, fold each piece in half, and make a "collar" around top rim of basket. Overlap each section of moss.



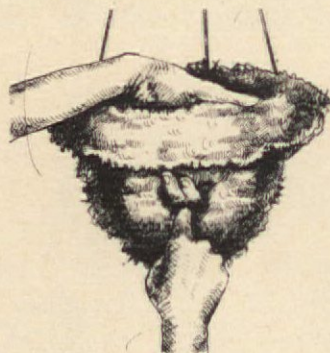
3. When you've completed the "collar," it will look like this. Be sure moss is securely packed all the way around.



4. Using small pieces of moss from which you have squeezed the water, line the inside of the basket, again overlapping moss so that the soil will not leak out.



5. Now put about 2" of soil in bottom of lined basket. Decide how you want to arrange and combine plants (bottom will be planted first).



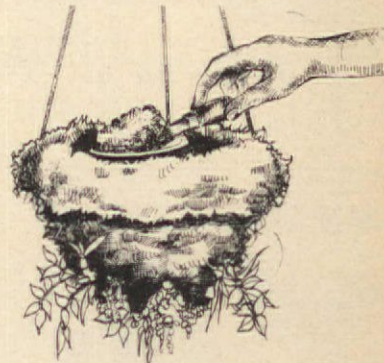
6. Using your fingers, gently poke holes from the inside bottom of basket, through the soil and, very carefully, through the moss lining.



7. Shake excess soil from root ball of plant and insert it into a hole in the moss. Gently pull it into place from inside the basket.



8. Cushion the plant by tucking a small piece of moss between it and the wire basket.



9. Continue planting bottom and sides of basket, following steps 6, 7, and 8. Add soil as needed to cover roots of plants.



10. Plant the top of the basket just as you would an ordinary pot. Add soil as needed.



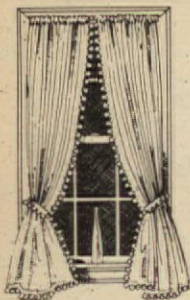
11. Pinch and trim flowers to get desired round, compact shape.

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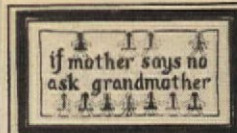
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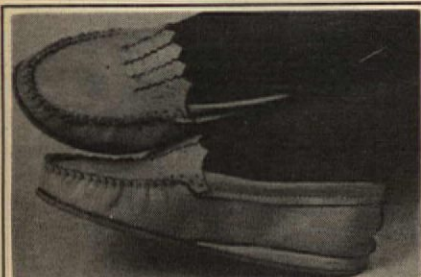


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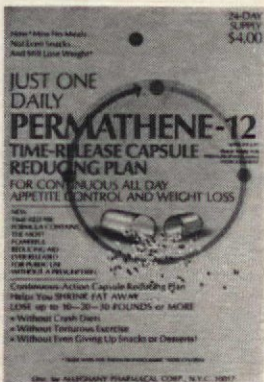
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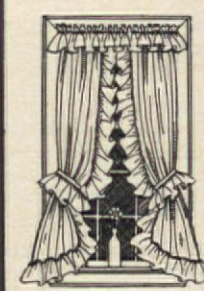


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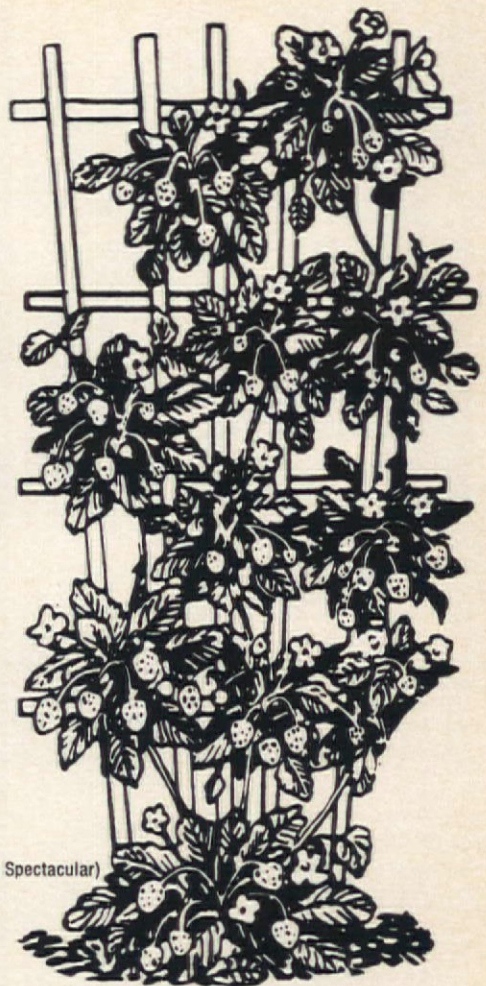
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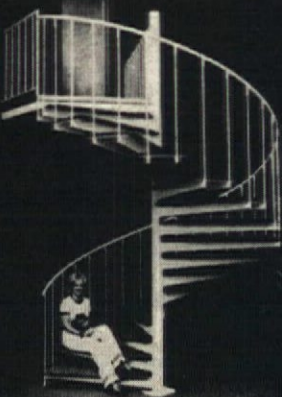
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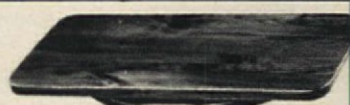
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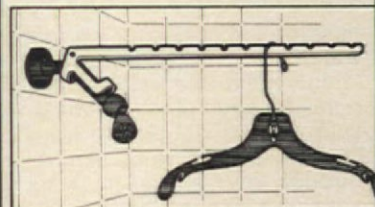
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Now is the time to start saving money and the nutrition in your food  
Use patented "impact" method—not old separation "throw-away" method.  
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Only VITA-MIX<sup>®</sup> can grind grain, mix and knead the bread all in one easy 3-minute operation.\*

No need for old fashioned, oversized bowls, kettles, dough hooks or stone grinders that clutter your kitchen and take so much time.

\* 3 minutes for us  
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# Plan Ahead to Save in 1977

Here's how to keep more of your income-tax dollar.

by Sylvia Auerbach



So you've dug out all the records you need to complete your income tax form and you've decided to itemize. But you not only have records for Uncle Sam, you also have at least a partial picture of where your money went last year. You can add some cheer to a dismal task by getting extra mileage from those records. Use them to analyze your expenses and discover how you can effect savings in 1977. For instance:

**Most interest charges on debts** exclusive of your mortgage—such as revolving credit accounts and installment payments—are tax deductible. As you enter the total on your return, you can see what it's been costing to buy on credit. You don't have to give up credit entirely, but plan to pay within the time allowed, before you incur the finance charges. The money you save could certainly be put to better use.

**Expenses for dependents** outside your immediate family can be deducted if you meet the support conditions set by the Internal Revenue Service. Let's say you've been contributing to the support of an elderly aunt in a nursing home by giving occasional checks to the cousin who paid the nursing home's bill. Result: you

couldn't prove your legitimate claim that you contributed to Aunt Emily's support. Resolve this year to meet with your cousin, establish the share you'll contribute, and pay by check to the home, laying the basis for your 1977 deduction.

**Medical expenses** can be "bunched" into one calendar year in order to make the most of your potential deduction. As you total last year's medical bills, you suddenly realize that if you had paid the orthodontist at the end of 1976 instead of last January, you would have been entitled to a more-than-standard medical deduction. Resolve to plan ahead so you don't lose similar opportunities in 1977.

**Expenses for business entertaining** can add up fast. If many business associates and their spouses were guests in your home during 1976, let's hope you kept track of names, dates, and company affiliations as the IRS requires. Did you pay your liquor store bills by check, neglecting to note the portion that could be charged to business entertaining? If you were afraid to take these deductions in 1976 because of faulty record-keeping, set up a better system this year.

All of which brings up one of the most useful aspects of your return: When you see the opportunities you've lost, you'll get the push you need to set up a good record-keeping system for 1977. The way to start is to use your checkbook as the basic tool. As you pay for something that could be tax deductible, mark it with an asterisk (\*) and note the category on the check stub: medical, business entertainment, child care, or the interest portion of a loan. Deposits should be handled the same way by noting the source of income such as salaries, dividends, or interest on savings accounts. Since you don't pay for everything by check, keep a large envelope handy for filing notes about day-to-day tax-deductible expenses. These might include gas for the car on the way to do volunteer work and the cost of a sandwich after attending a job-related night course.

Doing this serves several purposes. For one thing, your 1977 taxes will be easier to compute. For another, you'll have a record of expenses that might have been lost or overlooked, a record that will save tax dollars. (The Internal Revenue Service estimates an overlooked item of \$25 could cost \$3.50 in taxes.) And one final benefit: This continuous record-keeping helps keep tabs on all your expenses, an aid to budgeting that's worth more than just the savings on this year's return! □

## WINES

continued from page 26

**German vineyard regions** are isolated areas that enjoy perfect soils and weather conditions for growing wine grapes, conditions so variable that not every year produces successful wine. If the vines don't get at least 120 days of summer sun, the vintage will be inferior. Sunlight produces the sugar in the fruit; without enough sugar the wine is too acid and lacks sufficient alcohol. In poor years, cane sugar is usually added prior to the fermentation, but the result doesn't spell quality.

Although Germany has seven principal vineyard regions, called Gebiets, only three export wines to the United States in any quantity. In the Rheingau, the vines growing along a short, protected stretch of the Rhine receive a bit more sun, so the wines they produce tend to be virile and high in alcohol. Delicately perfumed wines come from vineyards along the Moselle River, vineyards perched so precipitously high on steep, slate-covered hills that they must be worked by hand at great expense. The traditional home of Liebfraumilch, the most exported German blend, is the Rheinhessen, which lies to the south and produces softer wines of less character and elegance than the regions of the Rheingau and the Moselle.

**Reading the label** on a German wine bottle seems confusing beyond belief until one remembers that the Germans are a notoriously methodical race and concludes there must be some method to their madness. The truth is, no other country in the world gives the wine buyer so much information.

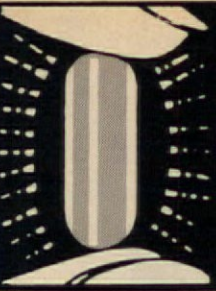
Nevertheless, it takes a little know-how once you're in the liquor store to figure out what those foreign details mean, so here are some clues. The following information usually appears on the label in descending order.

The region is specified first. Most often you will see Rheingau, Rheinhessen, or Mosel-Saar-Ruwer (for Moselle). The year comes next and is always written with a couple of extra German letters after the numbers.

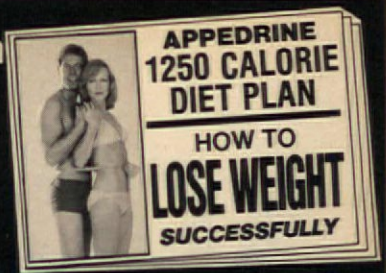
Then you are likely to see the word Bereich, which means sub-region, coupled with another German word that will be the name of that region. A Mosel-Saar-Ruwer label, for instance, reads Bereich Bernkastel.

Sometimes the name of an individual vineyard follows, such as Bernkasteler Doktor, meaning Bernkastel's vineyard called Doktor. Wines bearing the names of individual vineyards are considered the finest, and Bernkasteler (continued on page 99)






Clinically-tested weight loss plan  
contains one of the  
strongest diet-aids  
available without prescription  
...helps stop overeating



# LOSE WEIGHT THIS WEEK

TAKE OFF POUNDS & INCHES...  
REDUCE TO YOUR MOST  
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Now take off pounds and inches without strenuous exercises and without ever missing a meal. The exciting calorie-controlled APPEDRINE Diet Plan works to help your body get rid of superfluous fat. This highly successful plan combines latest scientific and nutritional concepts for effective weight reduction. You enjoy eating 3 good meals plus 3 delightful snacks every day, but you eat less as your body burns off pounds and inches of excess weight.

The APPEDRINE concept is so effective you can start losing weight the very first week, keep losing weight until you get down to your most attractive size and figure as you follow this fabulous diet plan. No fads, no special foods, no expensive treatments.

Read and follow all label information.

## CLINICALLY TESTED PLAN TO HELP YOUR BODY GET RID OF EXCESS WEIGHT

1. Pre-meal tablet helps control appetite, counteract hunger with one of the strongest diet-aids available without prescription.
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**Red Cross. The Good Neighbor.**

## IN MY OPINION

### *Love Isn't Measured on the Bathroom Scale*

I am a healthy, vital, contented lady in her 40s who considers herself one of the few truly liberated women around. After years of self-imposed starvation and blind adherence to a false standard of beauty, I've allowed my 5'5" frame to fill out to its natural 155 pounds.

The media and fashion industries stubbornly refuse to acknowledge the fact that the female body comes in an infinite assortment of shapes and sizes. As a result, we subject ourselves to devastating regimens of resolution, failure, and guilt, bouncing up and down the scales. The whole thing is ludicrous at the very least, possibly dangerous, and often ends with the discovery that happiness isn't a size six.

My husband adores me exactly as I am. He firmly maintains that most men consider a well-rounded figure like mine to be enormously attractive—and I believe him! Our relationship

is solidly based on mutual affection and strong physical attraction.

No, I don't want to be thin. In my opinion the full measure of a woman can't be calculated in inches and pounds. And in my home, love isn't weighed on a scale.

Jewel Aston  
Pittsburgh, Pa.

### *In Search of the Real Woman*

I find the controversy in the letters column between Mrs. Allspaw, who claims that a man wants to come home to a homebody (Aug. 76), and Ms. Ramoska, who defends the sleek working woman (Nov. 76), very amusing. I don't think either of the extremes necessarily constitutes a real woman. A real woman does what she wants, rather than what is expected of her.

Ten years ago, everything you read about keeping husbands from roaming consisted of Wife dropping everything at a precise hour every

day, rushing to her boudoir, and emerging as a siren to greet Husband at the door. Everything was geared to making him happy.

No one ever mentioned how false she felt. She had no time to pursue her own hobbies and ideas because she was so busy thinking up ways to make him happy. If she failed it was supposed to be her fault.

I think today's real woman still tries to make her husband happy, but doesn't feel obligated to turn into Cinderella because he is arriving any minute. I don't believe this makes her less desirable. After all, he's a big boy now and should not believe in fairy tales.

The average woman today is neither Suzy Homemaker nor Sophia Sophistication. She has too many activities to accept an artificial role. Mrs. Judy Hollandsworth  
Fayetteville, N.C.

*Do you have something to say about the lives of women in America today? American Home will pay \$50 for manuscripts we publish. Please limit comments to 600 words and send to: In My Opinion Dept., American Home, 641 Lexington Ave., New York, N.Y. 10022.*



# Grass Seed Is For The Birds!

## Zoysia Saves Time, Work And Money

### SPECIAL "EARLY BIRD" BONUS PLUGS OFFER!

#### ORDER NOW AND GET UP TO 200 PLUGS FREE!



By Mike Sandin  
Agronomist

Every year I see people pour more and more money into their lawns. They dig, fertilize and lime. They rake it all in. They scatter their seed and roll and water it.

Amazoy is the Trade Mark Registered U.S. Patent Office for our Meyer Z-52 Zoysia Grass.

Birds love it! Seeds which aren't washed away by rain give them a feast. But some seed grows, and soon it's time to weed, water and mow, mow . . . until summer comes to burn the lawn into hay, or crabgrass and diseases infest it.

That's what happens to ordinary grass, but not to Amazoy Zoysia.

#### "MOWED IT 2 TIMES," WRITES WOMAN

For example, Mrs. M. R. Mitter writes me how her lawn ". . . is the envy of all who see it. When everybody's lawns around here are brown from drought ours just stays as green as ever. I've never watered it, only when I put the plugs in. . . Last summer we had it mowed (2) times. Another thing, we never have to pull any weeds—it's just wonderful!"

Wonderful? Yes, Amazoy Zoysia Grass IS wonderful! Plant it now and like Mrs. Mitter you'll cut mowing by 2/3 . . . never have another weed problem all summer long the rest of your life!

And from Iowa came word that the state's largest Men's Garden Club picked a Zoysia lawn as the "top lawn—nearly perfect" in its area. Yet this lawn had been watered only once all summer up to August!

These represent but 2 of thousands of happy Zoysia owners. Their experiences show that you, too, can grow a lawn from part shade to full sun, and it will stay green and beautiful thru blistering heat, water bans—even drought!

#### Work Less • Worry Less • Spend Less

- Easy To Plant, Easy To Care For
- Reduces Mowing  $\frac{2}{3}$
- Resists Blight, Diseases, And Most Insects
- Perfect For Problem Areas
- Chokes Out Crabgrass
- And Your Established Amazoy Lawn
- Stays Green Through Droughts
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- Laughs At Water Bans

#### No Need To Rip Out Your Present Grass Plug In Amazoy

**FREE** PATENTED STEP-ON PLUGGER, AVAILABLE EXCLUSIVELY FROM AMAZOY. FREE WITH ORDERS OF 600 PLUGS OR MORE.

A growth-producing 2-way plugger that saves bending, time, work. Cuts away competing growth at same time it digs holes for plugs. Invaluable for transplanting. Rugged yet so light a woman can use it.

Just set Amazoy plugs into holes in ground like a cork in a bottle. (Plant 1 foot apart, checkerboard style.) Easy planting instructions with each order.

Order now for your Bonus Plugs Free, and earliest delivery at correct planting time in your area.

All orders sent shipping charge collect, via most economical means.

#### CUTS YOUR WORK, SAVES YOU MONEY

Your deep-rooted, established Amazoy lawn saves you time and money in many ways. It never needs replacement . . . ends re-seeding forever. Fertilizing and watering (water costs money, too) are rarely if ever needed. It ends the need for crabgrass killers permanently. It cuts pushing a noisy mower in the blistering sun by  $\frac{3}{4}$ .

#### WEAR RESISTANT

When America's largest University tested 13 leading grasses for wear resistance, such as foot scuffing, the Zoysia (matrella and japonica Meyer Z-52) led all others.

Your Amazoy lawn takes such wear as cookouts, lawn parties, lawn furniture, etc. Grows so thick you could play football on it and not get your feet muddy. Even if children play on it, they won't hurt it—or themselves.

#### CHOKES OUT CRABGRASS

Thick, rich, luxurious Amazoy grows into a carpet of grass that chokes out crabgrass and weeds all summer long! It will NOT winter kill. Goes off its green color after killing frost, regains fresh new beauty every Spring—a true perennial!

#### NO NEED TO RIP OUT PRESENT GRASS

Now's the time to order your Amazoy Zoysia plugs—to get started on a lawn that will choke out crabgrass and weeds all summer long and year after year.

Plug it into an entire lawn or limited "problem areas". Plug it into poor soil, "builder's soil", clay or sandy soils—even salty, beach areas, and I guarantee it to grow!

#### PERFECT FOR SLOPES

If slopes are a problem, plug in Amazoy and let it stop erosion. Or plug it into hard-to-cover spots, play-worn areas, etc.

#### PLUG AMAZOY INTO OLD LAWN, NEW GROUND OR NURSERY AREA

Just set Amazoy plugs into holes in ground like a cork in a bottle. Plant 1 foot apart, checkerboard style. Every plug 3 sq. inches.

When planted in existing lawn areas plugs will spread to drive out old, unwanted growth, including weeds. Easy planting instructions with order.

#### Your Own Supply of Plug Transplants

Your established Amazoy lawn provides you with Amazoy Zoysia plugs for other areas as you may desire.

#### NO SOD, NO SEED

There's no seed that produces winter-hardy Meyer Z-52 Zoysia. Grass and sod or ordinary grass carries with it the same problems as seed—like weeds, diseases, frequent mowing, burning out, etc. That's why Amazoy comes in pre-cut plugs . . . your assurance of lawn success.

**Every Plug**  
Guaranteed to Grow  
In Your Area • In Your Soil

- AMAZOY WON'T WINTER KILL—has survived temperatures 30° below zero!
- AMAZOY WON'T HEAT KILL—when other grasses burn out, Amazoy remains green and lovely!

Every plug must grow within 45 days or we replace it free. Since we're hardly in business for the fun of it, you know we have to be sure of our product.

**FREE UP TO 200 PLUGS**

JUST FOR ORDERING NOW!  
MORE THAN A HALF BILLION PLUGS SOLD!  
Compare Bonus Plug offers with our nationally advertised prices and see how you save!

Consider the time and money you invest in your lawn and it doesn't pay to struggle with grass that burns out just when you want it most. Order Amazoy now and let it spread into thrilling beautiful turf!  
And remember: If it isn't Amazoy, you're not getting the plugs that made Zoysia famous.

To: Mr. Mike Sandin, Zoysia Farm Nurseries, Dept. 498  
(Our 22nd year) General Offices and Store  
6414 Reisterstown Rd., Baltimore, Maryland 21215  
Dear Mr. Sandin: Please send me the quantity of guaranteed Amazoy as checked below:

<input type="checkbox"/> FULL SIZE PLUGGER \$4 <sup>95</sup>	<input type="checkbox"/> 100 PLUGS Plus Bonus of 10 FREE TOTAL 110 PLUGS \$6 <sup>95</sup>	<input type="checkbox"/> 100 PLUGS & PLUGGER Plus Bonus of 20 FREE TOTAL 120 PLUGS \$9 <sup>95</sup>	<input type="checkbox"/> 200 PLUGS Plus Bonus of 20 FREE TOTAL 220 PLUGS \$11 <sup>20</sup>
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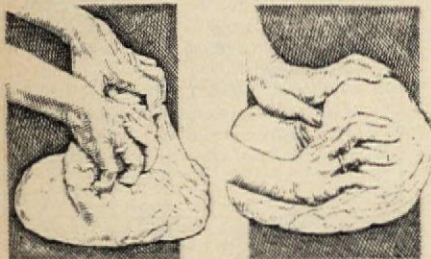
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# for a better loaf of bread

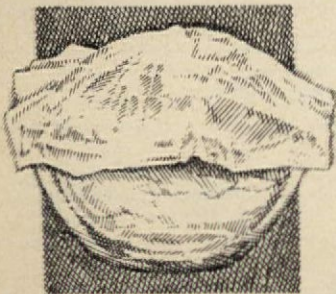
Whether this is the first time you have made bread or the umpteenth, these hints should help you produce a better loaf.

1. All ingredients and equipment should be at room temperature. Get everything out at once; it will save steps, especially when your hands are doughy!
2. With hot water, rinse the bowl that you'll be using to dissolve yeast. To check for freshness of yeast, sprinkle 1 teaspoon of sugar on top of yeast. If it is fresh, it will produce a foam.
3. Add enough flour in the bowl to create a stiff dough before turning out on a lightly floured surface. On days of high humidity, the dough may need more flour than the recipe indicates.
4. To successfully knead dough, you must have a large clean surface. Dust the surface lightly with flour. Turn the dough out, scraping the sides of the bowl. Flour hands and flatten dough slightly by pressing it firmly. Shape dough into a round, flat ball. Pick up edge of dough at point farthest from you; fold over on top of edge nearest you. With heels of hands, press



down gently but firmly, pushing dough away from you three or four times. Turn dough one-quarter of the way around. Repeat the folding, pushing, and turning until dough looks smooth and satiny. The dough should no longer be sticky. This usually takes 8 to 12 minutes.

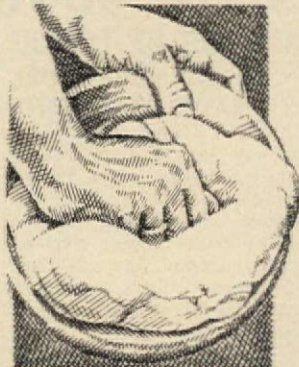
5. Place dough in large bowl that has been buttered or greased. Turn the dough once so that both top and bottom are greased; this keeps top from drying out.



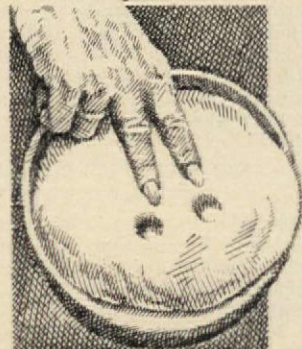
Cover bowl with clean cloth towel and let stand in warm place (about 80 to 85°F) without drafts. If kitchen is cold or air-conditioned, you can create a warm place by setting a covered bowl in an unheated oven. On shelf underneath, place a large pan filled with hot water. Replenish hot water as it cools. Or just set a covered

bowl in deep pan of warm—not hot—water. Let dough rise until doubled in bulk.

6. Punch down with fist, folding edges toward the center. Turn dough upside down for second rising, unless otherwise directed in recipe. In high altitudes, punch down and let dough rise one more time than recipe calls for.



7. Rising times are approximate since temperature and humidity of kitchens vary. Dough may take more or less time to double. If you live in a high-altitude area, note that yeast dough rises more rapidly, so watch carefully. When "doubled in bulk," batter bread looks bubbly and moist, with an uneven rounded top. To test both batter and kneaded breads, press two fingertips lightly into dough about ½ inch into top. If dent remains, the bread has risen enough. If dent fills in, let dough rise for another 15 minutes and test again.



ILLUSTRATED BY ALLEN DAVIS

8. You have a choice of crusts that you can give your bread:

**Golden**—Brush with beaten egg before baking.  
**Shiny**—Brush with beaten egg white before baking.  
**Hard**—Brush with water halfway through baking.  
**Crisp**—Do not brush at all.  
**Soft**—Brush with butter after the loaves have been removed from the oven.  
**Overall brown color**—Brush loaves with milk before baking.

9. Always bake breads in a preheated oven. If two loaves are to be baked at the same time, place on center shelf with two inches between pans so heat can circulate. Glass and enamel pans require a lower temperature than dull aluminum and darkened tin ones. Reduce oven temperature 25° if using glass or enamel, unless otherwise specified.

10. To test doneness of baked bread, tap loaf. If it sounds hollow, looks well-browned, and shrinks slightly from sides of pan, it is done. Remove immediately from pan and let cool.

## LET THEM EAT BREAD

continued from page 73

- 3 teaspoons salt
- 4 cups stone-ground whole-wheat flour
- 1¼ cups finely shredded carrots (about 3 medium)
- 1 cup dark seedless raisins
- 1½ to 2 cups all-purpose flour

Dissolve yeast in warm water in a large mixing bowl. Stir in milk, honey, shortening, butter, or margarine, and salt. Mix well, then let set for 10 minutes. Stir in the next 3 ingredients. Beat with a wooden spoon until thoroughly mixed. Turn dough onto a lightly floured board, and add enough all-purpose flour to make dough easy to handle. Knead dough until smooth and elastic, about 10 minutes. Place in a greased 1-quart casserole or glass bowl, turning once to grease top. Cover with a clean cloth and let rise in a warm area or oven until doubled in bulk, about 45 minutes. Punch dough down and turn out onto a clean surface. Reshape into a smooth ball and place again in the 1-quart casserole or glass bowl. Cover and let rise again in a warm place or oven until doubled in bulk, about 30 minutes. Preheat oven 325°F. Bake for 30 minutes. Let cool 10 minutes. Remove from pan and finish cooling on a wire rack.

Makes 1 loaf (4,158 calories per loaf).

Note: If using a non-glass casserole or bowl the preheated oven should be 350°F.

## NATCHEZ ENTERTAINS

continued from page 68

soda, and salt in large mixing bowl. Cut in shortening until particles are fine. Add buttermilk all at once. Stir until dough forms a ball. Knead gently on lightly floured surface 12 times. Roll out ½ inch for high, fluffy biscuits; ¼ inch for small crusty biscuits. Cut into rounds with floured 2-inch biscuit cutter. Place close together on ungreased cookie sheet for soft biscuits; separate for crisper biscuits. Bake at 450° for 15 minutes or until golden brown.

Makes 12 high or 24 small biscuits (120 calories for high biscuits; 60 calories for small biscuits).

## PECAN PIE

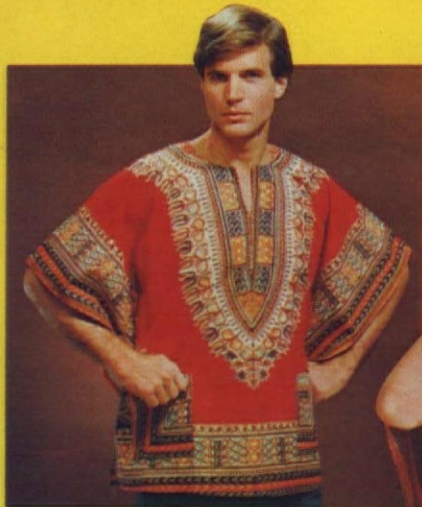
Working time: 10 minutes  
 Cooking time: 45-50 minutes

- 1 unbaked 9-inch pastry shell
- 3 eggs
- 1 cup dark corn syrup
- 1 cup sugar
- 2 tablespoons butter or margarine, melted
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 ½ cups chopped pecans
- Pecan halves for top

Beat eggs slightly in large mixing bowl. Mix in corn syrup, sugar, butter or margarine, vanilla, salt, and then chopped nuts. Pour into unbaked pastry shell. Garnish top with pecan halves. Bake in 400°F oven 15 minutes. Reduce heat to 350°F, and continue baking 30 to 35 minutes. Filling should be slightly less set in center than around edge. Cool thoroughly before serving.  
 Makes 8 servings (514 calories per serving).



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Bloodroot



Jack-in-the-pulpit



Pink Lady's-slipper



Virginia bluebells



Cardinal flower



Dutchman's-breeches

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Pictured, top row, left to right: Bloodroot blossoms from March to May. The large, white flower grows on a 4-to-6-inch stalk. Jack-in-the-pulpit generally grows in two stalks, each 1 to 2 feet tall, blossoming in April, May, and June. Pink Lady's-slippers flower into delicate flowers from April through June, reaching 18 inches in height.

Pictured, bottom row, left to right: Virginia bluebells' pretty pink buds become blue flowers, a perfect natural foil for daffodils. Cardinal flowers grow 2 to 3 feet tall, with brilliant red flowers. Dutchman's-breeches bloom during May and June. Offer expires May 1st.

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## WINES

continued from page 92

Doktor is one of Germany's most celebrated.

The quality of a German wine is determined by the terms Qualitätswein, or Qualitätswein mit Prädikat. A Qualitätswein may have had sugar added before the fermentation, is generally quite dry, and should not be labeled as coming from a single vineyard. Though its making is regulated by strict governmental controls, it is usually a blend of grapes from a far-flung area.

Qualitätswein mit Prädikat, roughly translated as "quality with further definition," represents the finest in German white wines. From the five so-called "Prädikats" one learns the wine's comparative degree of sweetness, the mark of excellence by German standards. Kabinett is the driest and least expensive. Spätlese, made from late picked grapes, is sweeter; and Auslese, produced from very ripe grapes indeed, is sweeter still.

Beerenauslese and Trockenbeerenauslese are produced from distinctly over-ripe, or even raisined grapes. Unlike most other German white wines, which fall into a modest price category of less than \$5, these two are likely to be \$15 to \$35. Luscious, aromatic, and almost syrupy in consistency, these dessert wines taste best with sweets and fruit. The Germans drink them after or between meals the way Americans relax with coffee.

**Other specifics** on the label include the producer's name and address. If the wine should come entirely from his own vineyards, this fact will be proudly indicated with the terms Aus einem Lesegut or Erzeuger-Abfüllung. The serial number on each label guarantees that the wine has passed official inspection.

Often you will see the name of the predominant grape on the label, usually the Riesling. One of three principal German grapes used in the production of white wines, the Riesling is the most aromatic and refined in taste. The other two, Sylvaner and Müller-Thurgau, produce somewhat coarser wines.

Are you still with us? Then it's time for a break! So raise your glass of Beerenauslese and—Prosit! □

## Next Month

The American Home  
Spring Guide to  
Home Improvement  
and Decorating

## HEALTH & BEAUTY

continued from page 10

as always, a crucial consideration.

The cardiac pacemaker has become one of the most familiar of the artificial body replacements parts. But there are also pacemakers that regulate the bladder, the stomach, and blood pressure. Seemingly more sci-fi are the available replacements for the kidney and arteries, or the flexible, one-piece hinged internal affair that can restore up to 75 percent movement in the shattered finger joint it replaces. Other replacements are now also available for ankles, elbows, and hips.

These prosthetic devices are made from various materials including stainless steel and a form of polyurethane and can be implanted for as little as \$500, including surgery. A more common figure would probably be \$2,500 to \$3,000, for repair of an internal joint.

Reconstructive surgery can now provide solutions for two major traumas that impair our conception of ourselves and our self-esteem—the removal of a breast for a woman and, for a man, chronic erectile impotence.

Now, for many cancer patients, the possibility of breast reconstruction exists. It is possible, however, only after a *modified* radical mastectomy in which muscles of the chest cavity are left intact. The classic radical mastectomy does not leave enough body tissue for the reconstructive plastic surgeon to work with. Some surgeons believe, though, that a modified operation is as efficacious as a radical mastectomy.

Often, the mastectomy and augmentation implant mammoplasty can be performed together. The surgeon removes the affected breast. He may or may not remove the nipple and the dark area, or areola, around the nipple as well. The underlying chest muscles, as well as sufficient skin to cover the implant, are left in place. Now the plastic surgeon places a round, gel-filled sac against the wall of the chest. He pulls the skin over this implant and closes the incision with sutures.

Because of the loss of skin in removal of the breast, the affected breast will be smaller than the unaffected one. The skin does relax and distend in time, however. Later, there is often the possibility of further augmenting the initial implant. If the nipple has been removed, later surgery can often create a new one. Skin tissue from the other breast or the genital area may be grafted onto the reconstructed breast.

The gel in the implant is a form of viscous silicone. It is not to be confused with the injections of liquid silicone that were dangerous (because the silicone could move in the

body to affect other tissue) and are now illegal. Silicone today is used within a bag. It is polymerized to keep the molecules together, and of a viscous consistency. Steven Zax, M.D., a plastic and reconstructive surgeon in Beverly Hills, Calif., says it is "like Jello. If cut or punctured, it does not flow or leak. The soft-gel implant approaches normal breast tissue as far as feel and density (or specific gravity) are concerned. It looks and 'acts' naturally. It has a certain bounciness when a woman runs, and a natural 'flow' when she reclines."

Apart from the mastectomy itself, the breast restoration surgery can be expensive: from \$2,000 to \$4,000, depending upon the individual case. Depending on the company, health insurance may cover the operation. Some see breast restoration as mere "cosmetic surgery," but more forward companies define it as "surgical repair" for which benefits are allowed.

For a man, chronic erectile impotence is a debilitating and totally humiliating problem which can be corrected, in many cases, by a relatively uncomplicated surgical implant.

A pioneer in this field is James O. Stallings, M.D., of Des Moines, Iowa, who says that erectile impotence, though rarely discussed, is extremely common. He estimates that diabetes mellitus alone is responsible for impotence in more than a million men in the United States. Where the operation seems justified, Dr. Stallings corrects impotence by inserting two silicone rubber rods into the penis. These in no way interfere with normal ejaculation, urination, or even sensation in the penis. They cause no unsightly scarring nor abnormal feeling for the partner. After the operation the prostheses are unnoticeable, and the patient is ready to perform intercourse within six weeks.

The implant, Dr. Stallings says, "does not treat the cause of impotence, it treats and overcomes the result. It provides a simple, workable, 'mechanical' solution to a man's inability to perform sexually."

One of Dr. Stallings' patients, a 51-year-old man whom diabetes had caused to become and remain impotent for several years, is very willing to talk about his penile implant.

"I'm a whole man again," he says, "a complete husband, living a full and satisfactory life, happy and content in my marriage, capable and confident within myself. Am I embarrassed, ashamed, self-conscious about having the penile implant? Is there any reason why I should be? I wear a hearing aid, the better to hear with, and eyeglasses, the better to see with. Self-conscious? Never! I'm much too grateful for this 'miracle'." □



# 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.

All prices quoted are approximate at time of publication and are slightly higher west of the Rockies and in Canada. To obtain purchasing information on merchandise listed, write to manufacturer or store (complete address is provided in Shopping Guide Address Directory below). When writing, 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. All manufacturers or shops listed will refund the cost of an item (unless monogrammed) only if it is returned within two weeks of receipt and in good condition.

## SHOPPING GUIDE ADDRESS DIRECTORY

- Block China, Dept. AH-3, 11 East 26 St., New York, N.Y. 10010  
 Bloomcraft, Dept. AH-3, 295 Fifth Ave., New York, N.Y. 10016  
 Bloomingdale's, Dept. 70/AH-3, 10003 3rd Ave., New York, N.Y. 10022  
 Burlington, Dept. AH-3, 1345 Ave. of the Americas, New York, N.Y. 10019  
 Copco, Dept. AH-3, 11 East 26 St., New York, N.Y. 10010  
 Alfred Dunhill of London, Dept. AH-3, 620 Fifth Ave., New York, N.Y. 10020  
 Eclat, Dept. AH-3, 6 Spencer Place, Scarsdale, New York 10583  
 Famous Barr, Dept. 492/AH-3, 601 Olive St., St. Louis, Missouri 63101  
 Fieldcrest, Dept. AH-3, 58 West 40 St., New York, N.Y. 10018  
 Heller Designs, Inc., Dept. AH-3, 460 Ogden Ave., Mamaroneck, N.Y. 10543  
 Joske's of Houston, Dept. 560/AH-3, P.O. Box 26735, Houston, Tex. 77207  
 Macy's, Dept. 92/AH-3, Herald Square, New York, N.Y. 10001  
 Macy's Calif., Dept. 92/AH-3, 170 O'Farrell St., San Francisco, Calif. 94102  
 Martex, West Point Pepperell, Dept. AH-3, 1221 Ave. of the Americas, New York, N.Y. 10020  
 Metropolitan Museum of Art, Dept. AH-3, Fifth Avenue and 82nd Street, New York, N.Y. 10028  
 Neiman-Marcus, Dept. 140/AH-3, Main & Ervay Sts., Dallas, Tex. 75201  
 Northland Aluminum Products, Dept. AH-3, Hwy 7 and Belt Line, Minneapolis, Minn. 55416  
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 Sony Corp. of America, Dept. AH-3, 9 West 57 St., New York, N.Y. 10019  
 J.P. Stevens & Co., Dept. AH-3, 1185 Ave. of the Americas, New York, N.Y. 10036  
 A. Sulka & Co., Dept. AH-3, 405 Fifth Ave., New York, N.Y. 10022  
 Swirl, Inc., Dept. AH-3, 1411 Broadway, New York, N.Y. 10018

## PERSONALITY SHEETS

**Cover:** See listing for page 49.  
 The following sheets, pillowslips and comforters are available at many national department stores. All the sheets and pillowslips are available in twin, full, queen and king sizes. All prices are approximate.



**Page 48:** "Bow Tie" by Geoffrey Beene for Fieldcrest: Top sheet and matching pillowslip, 50% cotton/50% polyester, color: silver with printed red bow tie. Full size (81" X 104") top sheet, \$11.00, standard (42" X 36") pillowslip, \$8/pkg. of 2; king (42" X 46") pillowslip, \$9.00/pkg. of 2. Coordinating "Perfection" fitted full size sheet, 50% cotton—50% polyester, color: silver, \$9.50, by Fieldcrest. Available at Neiman-Marcus. For more ideas for decorating with sheets, send for a copy of "The Fieldcrest Decorating Digest," a 58-page illustrated how-to booklet. Send \$1 (Please print name and address) to: "Decorating Digest," Fieldcrest, Publicity Dept./AH-3, 60 West 40th St., New York, N.Y. 10018. Red lounging caftan, #5100, 100% Qiana jersey, sizes 6-18, \$60, by Geoffrey Beene for Swirl. Red Son of a Gun lightweight hair dryer, #TD-1, 11.3 oz, 1200 watts, \$28.99, by Clairol. Plastic hair brush, #410, \$2, by Wings Over The World, available at Eclat.

**Page 49, left:** "Giant Poppies" sheets, 50% combed cotton/50% Kodol Polyester, colors shown: Yellow and Red. Full size sheet, \$8.50; standard pillowslip, \$7/pkg. of 2; king-size pillowslip, \$8/pkg. of 2. Full size (94" X 110") bed spread, \$45. Matching 24" X 44" bath towel, 88% cotton/12% polyester, \$6; part of Great Impressions collection by Burlington. Available at (red only) Famous Barr and Macy's California.  
**Cover and Page 49, right:** "Saturday's Flower" by Fieldcrest: multicolor flower print sheets, 50% cotton/50% polyester, full size sheet, \$9.50, standard pillowslip, \$3.75/pkg. of 2; king-size pillowslip, \$4.25/pkg. of 2. Matching washable comforter, filled with 100% cloudloft polyester fiberfill, reverses to green/white polka dot design, \$70. 25" X 50" bath towels, 90% cotton/10% polyester, \$7.50 each, shown cutup as a pansy flower pillow. Available at Bloomingdale's and Joske's. Heller Designs, Inc. plastic mug, #302, \$1.70 each. Mom's make-up by Coty.

**Page 50, left:** "Green Grass" sheets designed by Cindy Mufson for Martex, West Point Pepperell: green/white combination, 50% cotton/50% Dacron polyester, full size sheet, \$11; standard pillowslip, \$8/pkg. of 2; standard size pillowslip, \$8 each; king-size pillowslips, \$2 each; matching full size comforter, \$60. Available at Neiman-Marcus. White plastic stacking tray, #620, also available in blue, red, yellow or brown, \$12, by Copco. "Super Sheen" pillows, 50% cotton chintz/50% Dacron polyester, 15 square, chevron design in trapunto stitching shown in parrot green and white, \$8 each, by Bloomcraft.

**Page 50, right:** "Great Squares" sheets, 50% Avril rayon/50% polyester, full size sheet, \$8.50; standard pillowslip, \$7/pkg. of 2; king-size pillowslip, \$4 each; part of Great Impressions collection by Burlington. Men's 100% silk patchwork print wrap robe with light blue piping, sizes S, M, L or X-L, \$200. 100% silk light blue pajamas button-front with notched collar, sizes A, B, C or D, \$75. Robe and pajamas by A. Sulka & Co. Black lambskin roll-up tobacco pouch, made in France, \$30, and Bruyere pipe, \$135, both by Alfred Dunhill of London. Full lead crystal "Atlantis" 2-qt. ice bucket, \$70, by Block China. Chablis white wine by Christian Brothers.

**Page 51, left:** "Natasha" top sheet, 50% cotton/50% polyester, full size top sheet, \$5.35; standard pillowslip, \$7.50/pkg. of 2; king-size pillowslip, \$8.50/pkg. of 2; standard size pillowslips, \$20 each. Coordinating "Confetti" fitted sheet, 50% cotton/50% polyester, full size fitted sheet, \$5, all designed by Yves Saint Laurent for Utica Fine Arts by J. P. Stevens & Co., Inc.

**Page 51, right:** "Lato" striped sheets, 50% cotton/50% Fortrel polyester, colors shown: Poppy and Sky. Full size sheet, \$14; standard pillowslip, \$5/pkg. of 2; king size pillowslip, \$6/pkg. of 2. Matching full size puff cover, \$44. 100% Fortrel polyester puff, \$75, all at Marimekko by Dan River, Inc. Available at Macy's New York. Trinitron 5" portable color t.v. #KV-5100, \$460, by Sony Corp. of America. Double size platform bed with headboard and mattress, made of particle board base with white lacquer oak, #336, by Platform Beds, Inc. Molded polyurethane foam pillows, 21" X 27", \$7.98 each, by Purofied Down Products Corp. For a copy of "The Well Dressed Bed", send \$5 (Please print name and address) to: "The Well Dressed Bed", Wamsutta Mills, Dept. AH-3, P.O. Box 935, Madison Square Station, New York, N.Y. 10010

## LET THEM EAT BREAD

**Page 70-71:** Tin accessories designed by Rube (salt box, \$15.00; scoop, \$6.00) available at Hess Brothers (Allentown and all stores) and Jordan Marsh, Boston. White Victorian cotton blend hostess apron trimmed with lace (18.75 plus \$1.25 for shipping) from Metropolitan Museum of Art, New York. Natural cast aluminum 12-cup Bundt pan by Nordicware (\$9.50).

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Light Blue, Black

Red

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Brown



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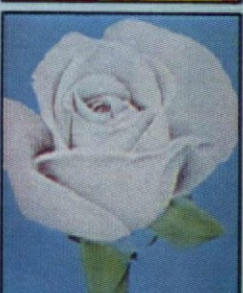
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## A DEATH IN THE FAMILY

I, a widow, know well the feelings of Steve Karmen (November, 1976) who lost his wife and is now raising his family alone.

I lost my husband three years ago. The pain will go, but the scars will remain. Is Mr. Karmen a stronger person deep down because his wife still lives within him? I know I am because my husband still lives in me. When it came time for me to go on alone, I thought of my husband and knew his choice for me would be for life. I am now beginning to shed my guilt for still being alive and am carrying on.

Rosa Diorio  
Milwaukee, Wisc.

After reading about Steve Karmen, I felt inspired to write to you and praise you for printing such a fine story about such an inspirational and devoted man. After having a tragedy strike and then to pick up and carry on with the children as he has, he deserves to be commended.

Being the sole support of two young daughters of my own, I understand and sympathize with the role one must play as both father and mother. It's an education in itself.

Mr. Karmen seems to have it all together; not only for himself, but for those lovely daughters, for whom he has every right to carry on. That's what it's all about, you know.

Ms. Karen Carter  
Fort Smith, Ark.

I also lost my friend and partner through death and am raising my teenagers alone. All of the questions raised in the article I have asked myself over and over. Maybe there is some comfort just knowing someone else is experiencing the same thing. I smiled while reading the article, because it made me realize that men as well as women can suddenly be faced with this type of situation.

Sue Jones  
Milwaukee, Wisc.

## NESTING NICELY

I enjoyed immensely Sandra Garson's article, "The Nesting Instinct," in the December issue. I too prefer the joys of homemaking to the hustle-bustle of the city.

I am a housewife, presently unemployed, and during the past few months that I've been at home I've learned there's a real art to homemaking.

(Mrs.) Pamela Marsh  
Lawndale, Calif.

## CHRISTMAS OR PAGAN HOLIDAY

I read in your December issue "The 'Other' Christmas" by Julius Fast, and am somewhat perturbed by it.

Apparently he was so angry over the commercialization of Christmas that he involved his family in a pagan holiday rather than turn to the true meaning of Christmas, the birth of Christ. I can't feel his was the right answer.

Mrs. Norris Wanaka  
Huron, S.D.

## THE ALL-AMERICAN BIRD

I was surprised to see your article "A New Fashioned Thanksgiving" (November, 1976). Turkey is the all-American bird and in this bicentennial year should be more than ever. Turkey can be had in so many different ways as I'm sure your editors are aware. There should have been no question in your mind as to what to serve for Thanksgiving. Is there so much wrong with tradition?

Mrs. P. Meier  
Chilton, Wisc.

## WOMEN IN THE PULPIT

In regard to your feature "Double Blessings" (December, 1976), Joan and Bob Hoover are wrong in sharing a pulpit.

Women are quite equal with men, but we have been given different roles to fulfill, and one is "keepers at home." I sincerely pray that if ever I'm in a church and a woman gets in the pulpit to deliver a message, that I will have enough sense to get up and walk out.

Mrs. Carol S. Crites  
Imperial, Mo.

I wonder how a woman like Joan Hoover who supposedly teaches God's word can ignore 1 Timothy 2:11-12: "Let the woman learn in silence with all subjection, but suffer not a woman to teach, nor to usurp authority over the man, but to be in silence." I think that the Hoover's present arrangement is completely against this.

M. Wright  
Cope, Colo.

## TAKE THE KIDS ALONG

I can't believe you printed that ridiculous story about not taking your children anywhere until they are six years old ("Travels with Amy," October, 1976). Why not wait until they are 21 and they are adults? It's parents like Amy's who turn around when their kids are 18 or 20 and can't figure where

they have gone wrong and why are their kids so rebellious.

I was one of the lucky ones. By the time I was 12, I had been to Disneyland, seen the Grand Canyon, walked the old Freedom Trail in Boston, and visited the White House while touring Washington, D.C.

Everyone should enjoy their children and have their children enjoy them, too, because they always seem to grow up so fast and by tomorrow they will be gone.

Mrs. Susan E. Godfrey  
Cleveland, Ohio

## BOO TO BUGSY

Thank you for reaffirming my sanity. I had read all the reviews raving about Bugsy Malone and began to wonder if I was the only one who saw it as perverse.

For speaking out (December, 1976) and going against the tide, you have my appreciation.

Gloria French  
Santa Barbara, Calif.

## HOUSEWIVES GO UNREWARDED

I am very concerned about how some people are being so misled by opponents of the Equal Rights Amendment.

I am a housewife and have been most of the time. I always loved being with my children. When my husband became disabled and our income dropped to a small disability check from Social Security, I decided I should work. I found a job that I really enjoyed but then I myself became disabled.

I soon found I had no rights. I had not been employed long enough to apply for disability benefits. I had to apply for S.S.I., but I was told it would be based upon my husband's earnings. I was totally without identity on my own. A housewife is just a wife. With no dollar value.

Women better start thinking of themselves and their families before they find themselves in a bad situation.

Name withheld by request  
Savannah, Tenn.

Who does the housework in your home? American Home would like to hear about your personal experience. Send to Readers Write, American Home, 641 Lexington Ave., New York, N.Y. 10022. Be sure to include your signature and address with your correspondence.



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