

OCTOBER 1962 • 50¢

# Good Housekeeping

**THE TROUBLED HEART OF GRACE KELLY**  
WHEN HOPE IS GONE, SHOULD DOCTORS TELL?  
**EXCLUSIVE: "YOU AND YOUR DIET"**



**A GREAT NEW NOVEL: "THE [REDACTED] TE"**  
**BY JOHN D. MACDONALD • 18- [REDACTED] BOOK**

# Air Step®

Quality at your feet®



Discover that wonderful walking-on-Air Step feeling



Bouncy Pogosoles give lightweight flexibility to a stacked-heel pump fashioned for walking.



Bouncy ribbed sole that's wonderfully walkable.



Shoe illustrated, 14<sup>99</sup>

Other styles, 9.99 to 15.99. Higher Denver West and Canada.



Michel Kazan, of New York and Paris, shows the new Contour Coiffure he created for the Paris fashion openings

## This world-famous hairdresser tells why you should use a special colorfast shampoo if you color or lighten your hair

"Color is what really brings a woman's true beauty to life," says Michel Kazan, "particularly her haircoloring. That's why it's so important to *keep it right!*" Noted for his excitingly creative approach, Mr. Michel has originated many of the world's great, trend-setting hair fashions.

"Naturally, my patrons expect me to achieve the loveliest, most becoming hair-coloring for them. Imagine their disappointment—and mine—if a delicate tone or flattering new color were changed by a shampoo!

"I use new special Clairol Shampoo for this very reason... it will not change hair color," Mr. Michel said when asked how he

handles this important shampoo problem.

Very different from other leading shampoos, the new colorfast shampoo by Clairol was specifically created for women who color or lighten their hair. Two unique formulas: Clairol Blue, for all light delicate blonde shades of lightened and toned hair. Clairol Green, for all red, brown and black shades of tints and lasting rinses.

Used by leading beauty salons everywhere. Now at fine cosmetic counters.



BLUE—for blondes and lightest tones

GREEN—for tint and lasting-rinse users

**CLAIROL® SHAMPOO**  
the colorfast shampoo

©Clairol Inc. 1962

# ARTHRITIS, your DOCTOR, and ASPIRIN

By far the most widely recommended, the most widely used, and the most widely useful drug for the temporary relief of minor arthritic pains is aspirin.

Yet, despite a continuing effort to expose arthritic quackery (*Good Housekeeping*, June, 1960), millions of arthritics still resort to phony treatments and "cures" in an effort to relieve these pains.

For this reason, the makers of Bayer Aspirin urge everyone who has experienced the pain, swelling, stiffness and inflammation of arthritis to see a doctor at once. Only a doctor can prescribe the most effective treatment program for the relief of arthritic suffering.

A doctor will also reassure you that aspirin is truly a most effective drug.



october 1962

# Good Housekeeping®

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*Photograph by Ashley Associates*

# 2 Amazing "Fabric Beauty Treatments" Confirmed by Good Housekeeping Institute



## 1. Niagara® Washer-Starching



Niagara is the only dry starch you can pour right from the package into your washer— for automatic starching!

Now give a Niagara "beauty treatment" to a washer-load of fabrics at one time! Sheets, curtains . . . even slip covers come out fresh, clean, cool-feeling . . . lightly crisp and smooth. And easy? Couldn't be easier, because all you do is pour in the Niagara. Your washer does the work! Try exclusive Niagara Washer-Starching today!

## 2. Niagara® Spray-Starching



Only New Niagara Spray Starch has SL-32\* —the magic ironing aid that puts wings on your iron!



Now—starch smaller items quickly and easily. New Niagara Spray Starch with SL-32—the Magic Ironing Aid—puts wings on your iron. After testing new Niagara Spray Starch, hundreds of housewives reported they preferred it over two other leading brands.

\*SL-32 is the trademark for a special silicone emulsion



Niagara® Instant, with the exclusive Washer-Starching Method, and Niagara® Spray Starch—both products of Corn Products Co.—are so effective they have earned the Good Housekeeping Seal.



Try this much  
and you'll like it



Use this  
much  
and  
you'll  
never be  
without it

## Your complexion will be clean, clearer and protected

TEN•O•SIX LOTION cleanses immaculately, deeply . . . helps clear your skin with healing medication, soothes with emollients. The TEN•O•SIX formula duplicates nature's normal skin balance—to reduce oiliness or relieve dryness. Protects for hours against blemish-causing bacteria. \$1.75, \$3 and \$5 plus tax at better cosmetic counters.

*Bonne Bell*  
CLEVELAND 7, OHIO

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DEEP

DARK

DOUBLE FUDGEY

## FUDGIEST BROWNIES YOU EVER TASTED!

From the new mix with the *double* blend of imported\* cocoas.

What's better than a fudgey brownie?—one that's *twice* as fudgey tasting—the rich, moist kind you get from new Duncan Hines Double Fudge Brownie Mix. A double blend of imported cocoas makes these brownies fudgier—deep, dark, double fudgey!

\*Specially selected from cocoas of Brazil, Venezuela, Nigeria, Samoa, British West Indies.



**DUNCAN HINES DOUBLE FUDGE BROWNIE MIX**



**TOAST TO YOUR TASTE** *First we take an automatic toaster. Then we toast for days—every kind of bread, using every setting on its dial. This simple aspect of GOOD HOUSEKEEPING Institute's product investigation invariably stops traffic (and we do see how visitors might view our skyscraper stacks of toast with some alarm). Second, our engineers scrupulously double-check the toaster for safety. We do these things in the line of duty and because we're increasingly concerned about quality, even in such an everyday-ordinary small appliance. It's become far too easy in the last few years to buy unreliable toasters, some not even certified for safety. Yet who has houseroom for any appliance that won't do, consistently, the one simple job it's designed to do? Not you? Then read the words of our Consumers' Guaranty Seal, printed below. When we've satisfied ourselves that a toaster will toast to your taste—reliably and graciously—then and only then do we grant it the Seal! ♦*

## THIS IS GOOD HOUSEKEEPING'S CONSUMERS' GUARANTY



We satisfy ourselves that products and services advertised in GOOD HOUSEKEEPING are good ones and that the advertising claims made for them in our magazine are truthful.

If any product or service advertised in GOOD HOUSEKEEPING proves to be defective,\* it will upon request and verification, be replaced, or the money the consumer paid for it will be refunded.

The following points should be noted, not as exceptions, but as explanations of certain unavoidable situations:  
 • Advertising claims of taste, odor, beauty, etc. are subjective, and accurate measurements are often impractical. Unless such claims are patently in error, we permit them to be made in our pages, even though we may not share the advertiser's opinion.  
 • Some products must be installed, used and serviced as the manufacturer directs to give satisfactory performance. We cannot be responsible for faulty installation or service by dealers or independent contractors.  
 • \*Insurance, real estate and institutional advertisements (those which describe a company, association or class of products without advertising a specific product or service) cannot be guaranteed.  
 • If an enterprise or a title, brand name or trademark uses the words GOOD HOUSEKEEPING, be assured that this is being done without our authority or permission.



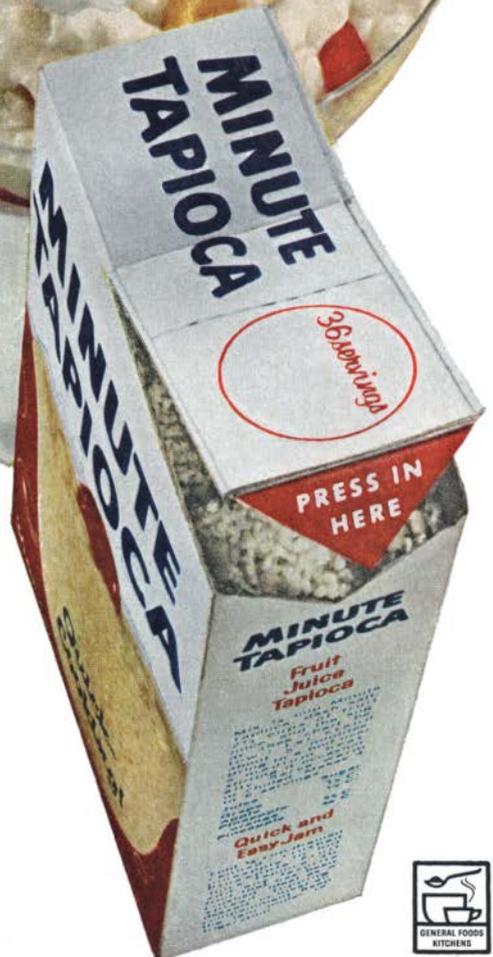
# Duchess Cream...

one of the 56 easy,  
party-going desserts you  
can make only with this box...

**Ingredients:** 1 egg •  $\frac{1}{3}$  cup sugar •  $2\frac{1}{3}$  cups milk •  $\frac{1}{4}$  teaspoon salt • 3 tablespoons Minute Tapioca • 8 chopped marshmallows •  $\frac{1}{2}$  cup drained, canned crushed pineapple • 1 cup prepared Dream Whip or whipped cream • 2 tablespoons chopped maraschino cherries.

Beat egg until foamy. Add sugar gradually and beat until thick and lemon-colored. Stir in milk, salt and Minute Tapioca. Cook and stir over medium heat until mixture comes to full boil—about 6 to 8 minutes. Remove from heat and let stand 20 minutes. Fold in marshmallows and pineapple. Chill. Fold in Dream Whip or whipped cream and maraschino cherries. Makes 6 servings.

For 56 new Minute Tapioca dessert recipes—plus main-dish ideas—send for booklet, "Minute Tapioca Favorites." Mail 15¢ in coin (no stamps, please) with your name and address to: MINUTE TAPIOCA, Box 1390-A, Kankakee, Ill.



MINUTE and DREAM WHIP are trade-marks of General Foods Corp.

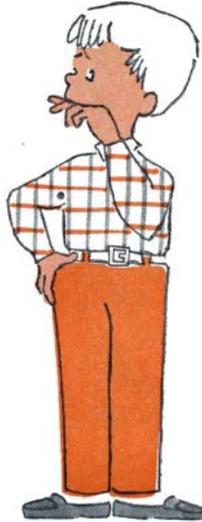
Small Wonders

# HOMEWORK

by Ruth Marcus



Gosh, Mom, it says there was no TV in the olden days when you were a girl.



America—capital A-m-e-r-i-k-e-r?



That's not the way my teacher does "take-aways."



I guess she was so busy yelling, she forgot to give us homework.



Guess what, Mommy! This year we're allowed to do our homework with a PEN!



Sally says, "Oh, oh. Look, look."



The cook's  
best friend  
is her kitchen phone!

Basic as salt and pepper, a kitchen extension phone brings calls where you're cooking, saves you time and steps. Take your choice of colors and styles: the handy, space-saving Wall Phone; the familiar table model; or the lovely Princess phone. To order, just call the Business Office or ask your telephone man.



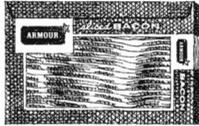
BELL TELEPHONE SYSTEM



NO. 12 OF A SERIES

**ARMOUR  
REPORTS  
TO THE  
CONSUMER**

READING TIME 2:10 MINUTES



# How you can recognize bacon that will fry crisp

Look carefully at the uncooked slice of Armour Star bacon on the adjoining page. It is a fine example of the crisp frying kind.

You will notice it is not an excessively lean bacon, and therein lies the secret of crispness. Too much lean is what makes a bacon tough and stringy.

The amount of lean that a bacon has is determined by the age of the pig and what it has been fed. Armour selects from hard-grain fed pigs that are brought to market at their tendermost age—6 to 8 months. They produce the kind of bacon that you see illustrated. That cooked slice is every bit as crisp and tender as it looks.

If you and your family would like to know *where* to find this kind of bacon—look for the bright red package with the Armour Star.

## **Armour Star Franks don't really need any more cooking**

Everyone grills or broils or simmers Armour Star Franks. The heat makes them a little more juicy, it's true.

Actually, these Armour Star Franks have been cooked and smoked as long as 2½ hours, at temperatures up to 160 degrees. They are fully-cooked before you see them at the store.

For a change someday, make a cold-dog. Some people think they taste every bit as good as when they're hot. They're every bit as good for you. Armour Star Franks have a balance of nourishment value that equals sirloin steak pound for pound.



## **The reason the "Ham-What-Am" costs so little to serve**

It has been said many times in these advertisements that the "Ham-What-Am" is one of the most economical hams to serve. This is true because it is all meat. What you cannot eat has been trimmed away.

Were you to prepare a ham as the "Ham-What-Am" is prepared, you would throw away the bone, gristle and fat that you trim off. Armour is able to make good use of them. This is what keeps the cost of the "Ham-What-Am" to about 29c a serving.

You can hardly afford not to serve it often.



## **Have you heard about the new "meat" breed of pigs?**

The old breed of pigs was raised and fed to produce a large amount of fat, principally for lard. They were brought to market only after they had reached full maturity and weight.

Today, farmers are raising a lean variety of pig, fed on hard grains and marketed at an early age. Pork from them is one of the leanest meats you can buy. It's abundant in thiamin, food iron and complete protein. (An average serving of "Ham-What-Am" provides almost half of your daily protein requirements.)

Armour buys these new meat type pigs, and Armour Star products are made from them.

*The meats that wear the  
Armour Star are the meats  
the butcher brings home*



# OUR "FLABBY YOUNGSTERS"

## MYTH OR REALITY?

How fit are our children?

We have spent billions of dollars in the past twenty-five years for programs in health, physical education and recreation.

Yet we are being told over and over again that we are breeding a nation of short-winded, sunken-chested physical wrecks.

Have we really wasted our money?

Far from it. President Kennedy, in a statement encouraging his physical fitness program, says: "There are undoubtedly many American youths and adults whose physical fitness matches and exceeds the best of other lands."

Since October 1948, close to five million of some six million men examined for military duty were found fit for service. The fact that slightly more than a million were found *unfit* is properly a cause for concern. But the fitness of the overwhelming majority is a cause for genuine satisfaction.

In our zeal to arouse support for physical fitness programs, we have formed the habit of accentuating the negative in considering the fitness of our youth. We have been reveling in self-castigation. By so doing we have downgraded in the public mind the constructive results that have been achieved in the physical fitness area.

One of our nation's greatest leaders in the field of sport, Branch Rickey—the man who broke the color line in organized baseball by making it possible for Jackie Robinson to play with the Brooklyn Dodgers—in an address to a group of young people once said, "Never accept the negative until you have thoroughly explored the positive."

The time has come to explore the positive aspect of our formidable programs of health, physical education and recreation.

Take the case of Roger, a fifth-grader, as reported by the United States Office of Education. Mrs. Greene, his teacher, discovered that though the other children respected him in the classroom, on the playground they didn't seem to like him. As Mrs. Greene moved about from group to group, she discovered why. If Roger couldn't have his own way, he sulked and wouldn't try. He made fun of those who couldn't play games well. He liked to be a "big shot," but he thought

it was beneath him to chase balls, put up the net, and perform other commonplace tasks.

In talking with Roger, Mrs. Greene discovered that he himself didn't know how to play the games the other children enjoyed. He had moved into the community recently. In the other schools he had attended, no attempt had been made to teach the children how to play various games. During recess, the boys and girls did what they liked, with the result that the good players got together, excluding the poor ones from their games. Roger did not want his classmates to know how unskillful he was. He did annoying things so that they wouldn't want him around. Mrs. Greene worked with Roger and helped him develop some of the fundamental skills of organized play.

Today, as a result, Roger is an important member of the group—in the classroom *and* on the playground. There is a good chance that he would get an "excellent" fitness rating.

What happened to Roger is happening to millions of our young people as a result of the health, physical education and recreation programs we support both in our schools and on a community-wide basis.

There is evidence all around us of increasing participation in activities that promote physical fitness—an increase that is directly related to the investment we have made in training our youth for such participation. Here are just three illustrations:

—Municipal and private golf courses are crowded—last year an estimated 4,530,000 golfers teed off across the land.

—Bowling has become a popular sport for over 30 millions of our citizens.

—The recreational facilities of our national and state parks are being used to capacity. For example, during the last 10 years the population of the U.S. increased by 15 percent; the increase in the use of the national parks in this period was a whopping 86 percent!

Consider also these facts:

—In 1960 there were .8 deaths per thousand population in the 1-24 age group as compared with 5.6 per thousand in 1910.

—In 1960 there were 2.3 deaths per thousand population in the 25-44 age group as compared with 7.6 in 1910.

—Persons born in 1959 had an average life expectancy of 69.7 years as compared with 47.3 years for those born in 1900.

—Persons who reached the age of 45 in 1959 will on the average live another 29.3 years, whereas those who reached that age in 1900 lived only 24.8 years longer.

I recognize that breakthroughs in medical research and improved hospital and medical care have played a major part in these encouraging developments. But health and physical education *continued on page 14*

---

by **ARTHUR S. FLEMMING**  
contributing editor, former secretary of health,  
education and welfare

# GAS makes the news in dryers! Now dial the amount of damp- dryness in this new HAMILTON



Amazing new Gas dryer actually measures the moisture content of clothes . . . shuts off automatically when clothes reach the degree of dryness you select. Variable dampness control, variable temperature control and automatic shut-off provide the ultimate in drying. Hamilton is truly the clothes-conscious dryer.

*Hamilton*

**Gas makes this Hamilton just naturally faster.** Only Gas heat is so gentle to fabrics *more heat* can be used with perfect safety. You never get a "baked out" wash with Gas. With the extra protection possible with this Hamilton you can baby all the new synthetics with extra care, but no extra trouble. Drying is a breeze with an automatic Gas dryer!

And, remember, while you're getting this speed and gentleness, you're *saving money with every load* . . . because it's Gas. Get the facts on thrifty, easy-to-maintain Gas dryers and you'll settle for nothing less. See your Gas Company or dealer.

AMERICAN GAS ASSOCIATION

**LIVE MODERN  
FOR LESS  
WITH**

**GAS**



## Are you just a whisper away from the full beauty of gray?

**Technique Silver-Tone dramatizes your gray hair without changing the color!** Of course you love your gray! What's more attractive than naturally gray hair? But sun, weather, shampooing take their toll. Gray turns dull and yellowish.

That's why Technique Silver-Tone, the new color conditioner, was born! It enriches your hair with gentle oils as it eliminates drab yellow tones. Not like a rinse, Technique\* lasts through several shampoos... can't streak or rub off. Hair will shine with radiant beauty, won't turn blue or off-shade.

Silver-Tone doesn't change your hair color; it highlights gray in the loveliest way. 6 shades. Two applications to a bottle — each application lasts a month. 2.00 plus tax. Another fine Shulton product.



### Our "flabby youngsters"

*continued from page 12*

programs that show our young people how to profit from the breakthroughs have also played a major part.

It is clear, however, that we still have a considerable distance to travel.

—We *should* be disturbed that slightly more than a million out of six million young men examined for military service were found to be unfit.

—We *should* be disturbed that carefully conducted tests indicate that children and young people in Austria, Italy, Switzerland, Denmark, England and Japan are physically superior to comparable groups in our country.

—We *should* be disturbed that tests administered to freshmen entering various colleges and universities point to a decline in recent years in some aspects of youthful fitness.

—We *should* be disturbed that only about 28 percent of our schools have adequate physical education and health education.

These facts, and others, make it clear that both President Kennedy and former President Eisenhower have rendered an outstanding service in supporting a nationwide program designed to improve the physical fitness of our youth.

Here is what parents can do to help this program succeed:

—They can insist that the schools their children attend be provided with the personnel, facilities and equipment needed for a first-rate health, physical education and recreation program. The School of Health, Physical Education and Recreation of the University of Oregon is engaged in a long-term research project in Medford, Oregon. This project has already brought to light the fact that the boys being studied have fitness scores well above the national standards. It has also brought to light the fact that the Medford schools have provided

strong physical education programs for all pupils over a period of years. Parents who are interested in finding out what should be included in a first-rate program should write immediately to the President's Council on Youth Fitness, Washington 25, D.C.

—They can urge the setting aside each day of a period for physical education. Dr. James B. Conant, the former president of Harvard University, has said: "I am . . . convinced that, ideally, a period of physical education should be required for all pupils in grades 1 through 12 every day, though the length of the period might well be shorter in the lower grades."

In 1955 in the state of Oregon, physical education for grades 11 and 12 was made optional. Dean Arthur A. Esslinger of the University of Oregon's School of Health, Physical Education and Recreation says: "We have overwhelming proof that the action . . . whereby the requirement in Grades 11 and 12 was left to local school districts has been to the detriment of our boys and girls physically."

Parents should think twice before they join the "physical education is a waste-of-time" club.

In pure and simple terms, we must do considerably more than we have been doing.

The nation's programs in health, physical education and recreation are making it possible for many of our children and young people to achieve high standards of performance in the area of physical fitness. Many other children, however, have not been provided with the opportunity of participating in first-rate programs. As a result they fall far short of the goal of physical fitness. These children are flabby. They are not as physically fit as they should be. This is a situation which can and must be corrected if they are to be fully prepared for the responsibilities they will face in a rapidly changing and complex world.

How fit are the children in your community? ♦

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**GRANDMOTHER'S EMBROIDERY**

"Here's a picture of my son's children. That's Bobby on the end. I don't know what they're going to do with that boy! He's so far ahead of his classmates, his teacher's at her wit's end.

"And that's Cammy in her ballet costume. What a talented child! I'm afraid the ballet theater is going to steal her from us one of these days.

"When that New York editor was visiting next door, he took one look at Debra and said, 'What a beautiful child!' If Bob and Helen had wanted to subject Debby to a lot of publicity, I'm sure he would have put her on the cover. Imagine—a cover girl at five!

"And Bruce—he's a born comedian. The other day while Helen was phoning, he dropped his turtle in the washing machine. 'Turdy dirty,' he said with the funniest expression. Honestly, he keeps you laughing all day.

"Nonsense, I don't think my grandchildren are exceptional. They're just nice, healthy average children. Thank goodness!"

—Kay Nelson

**DOUBLE FEATURE**

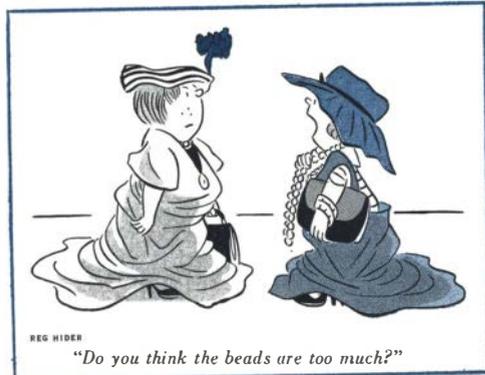
Drive-in theaters are a boon  
To couples parking just to spoon.  
And just as neatly do they serve  
The others parking to observe.

—Al Spong

**RX FOR HAIR AND NERVES**

Blessings on thee, home hair dryer,  
'Neath your hood I can retire,  
When my ego's in distress  
From a hairdo that's a mess,  
And I'm tense and nervous from  
Children's pandemonium.  
Let thy warm wind round my ears  
Muffle out the little dears.  
I'll be coiffed and none the wiser;  
Blessings on thee, tranquilizer.

—Dorothy P. Barlow



**PUNORAMA**

- Selfish ..... Vend sea food
- Brief case ..... Quick lawsuit
- Drydock ..... Thirsty physician
- Airborne ..... Baby son arrived
- Shiftless ..... Automatic drive
- Good-by ..... Bargain
- Piccalilli ..... Pluck a flower
- Debate ..... The worms
- Doughnut ..... Rich eccentric
- Shorthand ..... Stubby fingers

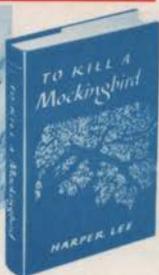
—Jean Leedale Knight

*He who laughs last didn't catch on very fast, did he?*  
—J. Venezia

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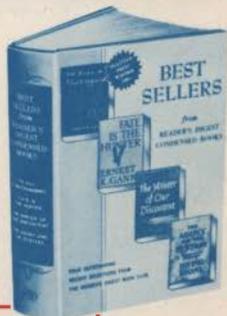


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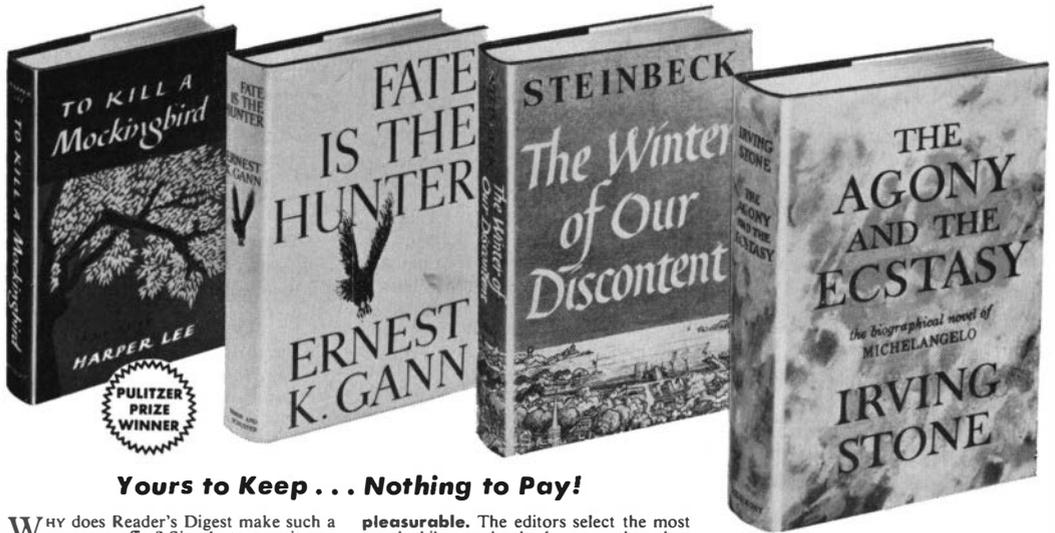
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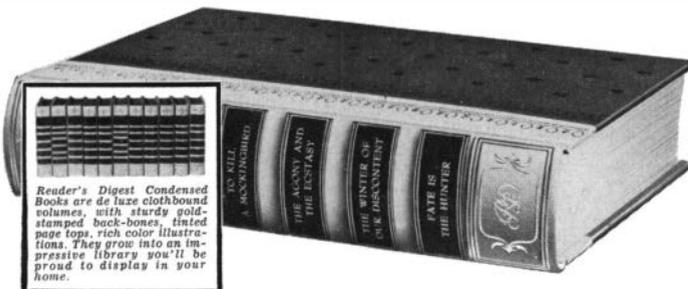
**THE AGONY AND THE ECSTASY.** Intrigues, religious feuds, artistic rivalries—Michelangelo, supreme artist and sculptor, was in them all. In this stirring best-seller, Irving Stone vividly brings to life this genius and his dazzling Renaissance age. Publisher's Price . . . . . \$5.95

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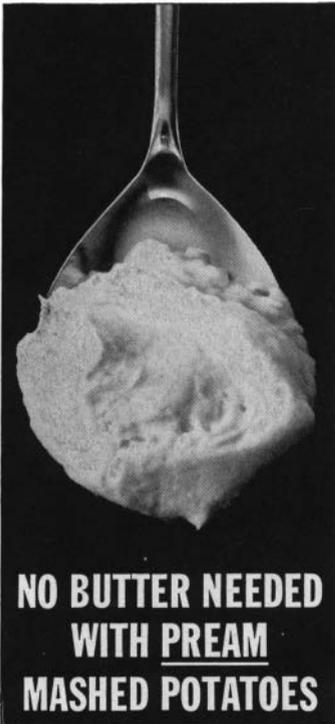
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## SINCERELY YOURS

### On Adoption

I want to commend you on your August article, "Why So Many Adoptions Fail". . . . Your sensitive, honest portrayal of adoption problems is a positive contribution to this vital and complex area of child welfare. The piece is a most welcome change from the dramatic, emotional articles that may capture the eye of the public, but do little to help the children involved.

ELIZABETH ANGLIM, *Supervisor  
Adoption Services, Children's  
Aid and Society for the Prevention of Cruelty to Children  
Buffalo, New York*

. . . Must you stoop to harmful sensationalism to sell copies? . . . Some adoptions fail not because of the adoptive parents but because of outside influences like your article. It threatens the welfare of innocent children by placing them and their families in an unfavorable light.

D. DICKEY  
*Cedar Grove, New Jersey*

. . . I have read countless articles on the subject of adoption, but they only skimmed the surface. . . . My town is sickeningly corrupt with black-market baby placements, but with your article as a tool, maybe we interested citizens can correct some of this state's outmoded adoption laws.

RUTH BARKER  
*Hollywood, Florida*

. . . I was annoyed that your article said not one word about happy adoptions. As an adopted child, I was happy, loved and secure. This is more than many natural children can say. . . .

NAME WITHHELD  
*Glendale, Arizona*

. . . You did a great disservice to thousands of adopted children who will read the article. . . . We are sorry that your magazine, which has always set high standards for the homemaker,

saw fit to publish such an obviously prejudiced piece. . . . We feel any child eligible for adoption should be available through both agency and private sources. We resent your inference that one is superior to the other.

MARVIN E. GREENBERG  
*Adoptive Parents Committee, Inc.  
Ridgewood, New Jersey*

. . . More should be done to help adoptive couples answer a child's questions about his natural parents and why he was given for adoption. . . . The U.S. Children's Bureau should publish a booklet on this subject containing advice from psychiatrists. This could be distributed to adoptive parents at the time they receive their court adoption papers.

MRS. ARTHUR GLICKMAN  
*W. Englewood, New Jersey*

### The Hepburn Riddle

"The Delightful Riddle of Audrey Hepburn" (August) poses the question as to whether anyone can really be as charming as Audrey. . . . Please add my name to the long list of people who vote in the affirmative. . . . When I was an airline stewardess, she boarded my flight on her way to Hollywood. In almost five years of flying with many celebrated passengers, I have never encountered anyone as gracious, considerate and unaffected as Miss Hepburn.

MRS. JOYCE RITTER  
*Glendora, California*

Rarely have so many nice things been said on so few pages about one rather thin, angular human being. . . . I am deeply appreciative, and must blushing admit that your article has made me very happy.

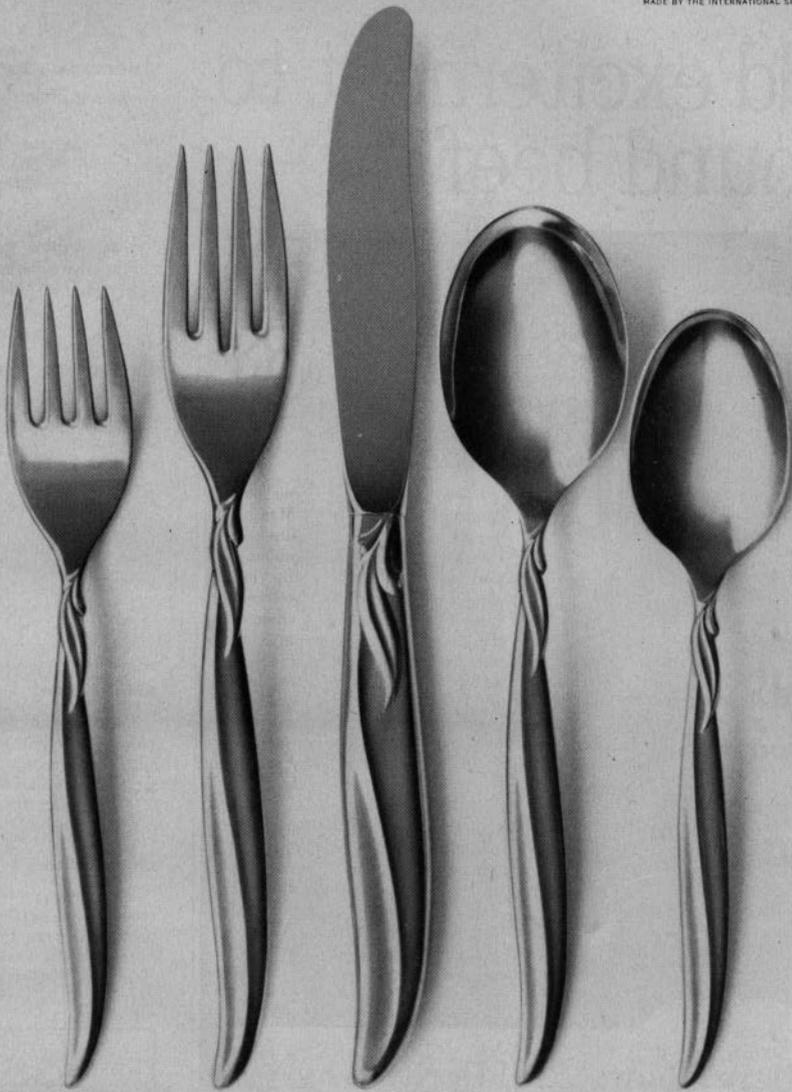
AUDREY HEPRURN FERIER  
*Paris, France*

### Mothers Who Work

Congratulations on "My Problem and How I Solved It" for August. In most stories on the subject of working mothers, the mother turns martyr and gives up her job to stay home. . . . It was a pleasure to read about a mother who kept her job—and the family didn't dissolve, the husband didn't run off, and the children didn't end up in a child psychologist's office. . . . It makes me sick to read about mothers being advised to crawl in a corner, stop working and "stop living!"

MRS. JANE ATKINS  
*Trenton, New Jersey*

. . . If all working mothers in the U.S. would return to housekeeping, the male unemployment problem would be solved, and the divorce and juvenile delinquency rates would decrease! For the welfare of us all,



For generations, you could find "1847 Rogers Bros." only on the most luxurious silverplate. Now you'll also find it on the most luxurious stainless steel! The FIRE SONG pattern shown is "warm modern"—simple and romantic! This, or your choice of two other patterns, in a complete 50-piece service for eight, \$49.95. At better stores.

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## Sincerely yours

continued from page 20

please urge mothers to work only when there is financial need.

MRS. EMILY L. SHAW  
Killeen, Texas

... The article was stupid and immoral; your solution creates an even bigger problem—motherless homes.

MRS. F. R. GERATY  
San Francisco, California

## Our Rhyming Readers

"If That Zipper Doesn't Zip" (The Better Way, August) inspired the following:

My zipper won't zip  
On an even track.  
It sticks and plays tricks  
Behind my back.  
I can zip any dress  
In a minute.  
Except—  
When I'm in it!

NANCY COY  
Phoenix, Arizona

## Stanton Fan

"Mother and Baby Doing Well" (August) by Will Stanton really got to me. It was so cute and true! I vote for a feature like that every month.

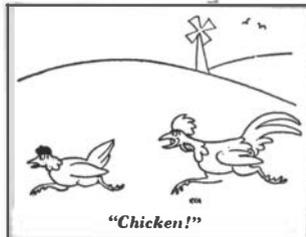
MRS. JOHN E. EMERICK, JR.  
Portland, Indiana

## Chicken Story

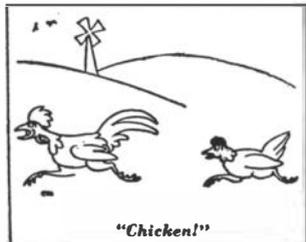
We want to share with you and your readers our version of the cartoon printed in your July issue.

IRENE TERLECKY AND FRIENDS  
Philadelphia, Pennsylvania

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## OUR VERSION



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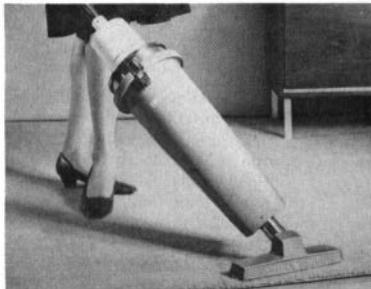
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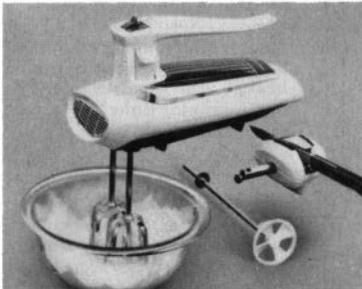
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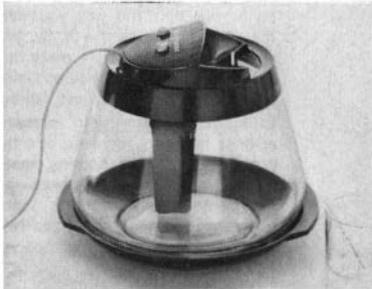
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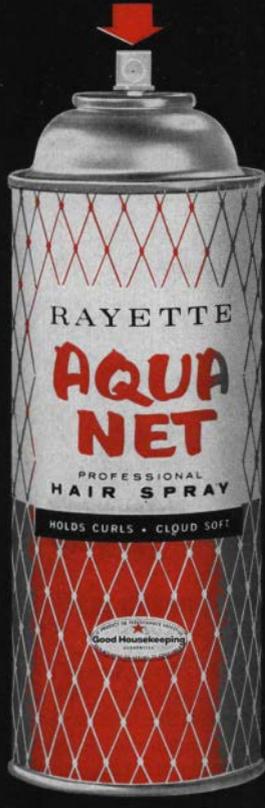


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# EVERY DAY IS MOTHER'S DAY

*cheers, chores and chuckles  
from hearth and home*

*by marjorie brophy*

I know women who can jack up a car and change a tire without ill effects. I have friends who can turn off the water and replace a washer with no trouble. I myself have wallpapered an entire bathroom alone and painlessly. But I know only one, lone woman who can fold a contour sheet without winding up with a nervous tic and a knot in her stomach.



Down the street, four-year-old Stephi had the following conversation with her father:

Stephi: Are you going to die and go to heaven next year when you get old?

Daddy: When I get old, yes, but that won't be next year.

Stephi: When will it be?

Daddy: Not for a long time, Stephi. Don't worry about it.

Stephi: Well, except if you're in heaven who's going to blow up my swimming tube?

*A recent survey on American men revealed that they spend \$35 million a year on deodorants, that 66 percent of them wash the windows in their homes, 46 percent clean the drains, 27 percent wax the floors. The survey's final disclosure is a puzzler: Unmarried men are more likely to send*

*anniversary greeting cards than married men. I wonder to whom?*

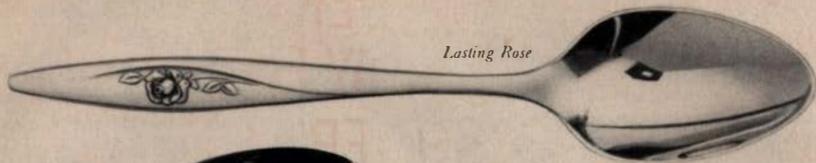
Peter comes home from school and announces that this isn't going to be a very good year for him. I immediately launch a long discourse on not judging a new teacher too soon, etc., etc. Pete interrupts to tell me he likes his teacher fine. Then what's so awful? I ask. "There's a new lady in the cafeteria," says he, "who will only hand out the rolls one at a time."

A friend was discussing her 11-year old son's constitutional resistance to trying anything new. After telling me of her troubles getting him to sample a Chinese dinner, she observed, "He's so set against new experiences, I'm surprised he's eating solid food."

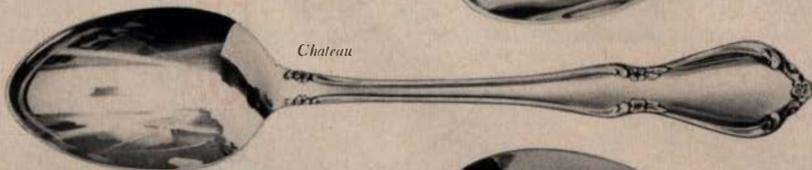
*Jan's cheerleading activities have turned us all into screeching local high-school football fans. Returning home from the season's opening game, I found I had rah-rahed my throat to sandpaper. "Well," croaked I, "at least it proves there's life in the old girl yet." "Life, yes," grinned Himself as he dispensed a soothing toddy, "but your sis-boom-bahs leave something to be desired."*



October celebrates the 76th anniversary of the unveiling of the Statue of Liberty in New York Harbor. My last- ing pride in Miss Liberty is in no way diminished by the fact that after the last of many trips (with visiting small fry) up those tortuous steps to her crown, I had a strong if unpatriotic urge to take Miss Liberty's torch out of her hands and apply it to her famous underpinning. ♦



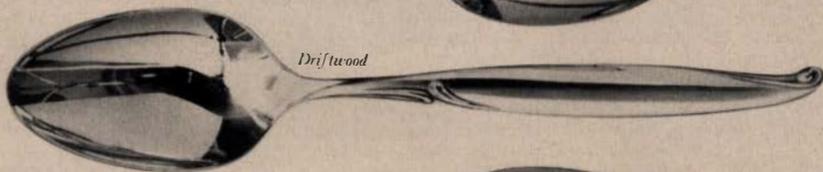
*Lasting Rose*



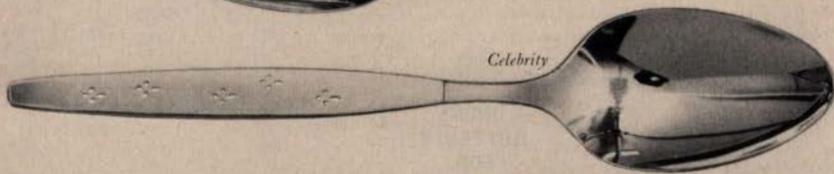
*Chateau*



*Shasta*

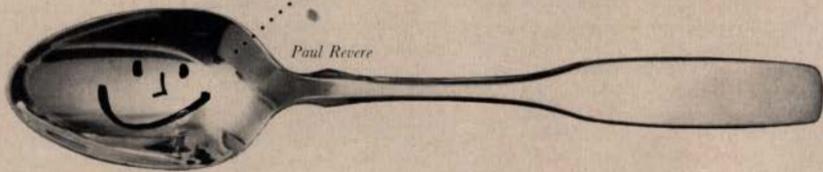


*Driftwood*



*Celebrity*

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*Paul Revere*

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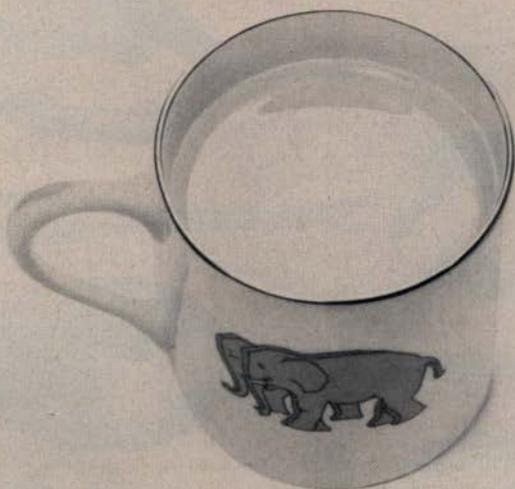
Thank you, I'd love one. Please send me a teaspoon in \_\_\_\_\_ pattern. I enclose 25 cents in coin to cover mailing.

My name \_\_\_\_\_  
(PLEASE PRINT)

Address \_\_\_\_\_

OFFER GOOD ONLY IN THE CONTINENTAL U. S., INCL. ALASKA AND HAWAII, AND EXPIRES JAN. 31, 1968

**Solid Stainless by Oneida Silversmiths**



**NOW:  
BUFFERIN  
FOR  
CHILDREN**

You know Bufferin® for grown-ups. Now there's a children's Bufferin: a little orange-flavored wonder specially formulated for your child's delicate system.

Children's Bufferin® is in the dosage level pediatricians recommend for the fever that comes with colds.

It relieves the pain of minor sore throats, teething and the stubborn aches and pains that often prevent sleep. Your child can safely take Children's Bufferin 4, 5, 6 times a day, if necessary.

The bottle is twice as safe as any ordinary children's aspirin bottle: we've created

an exclusive, Double-guard cap to frustrate inquisitive little fingers.

You already know about regular Bufferin. How, in only 60 seconds, its pain-reliever may be getting into the bloodstream, to start speeding relief to the pain. How its special

anti-acids protect against stomach upset. Try the newest addition to the Bufferin family: Children's Bufferin... the modern pain-reliever for children.



*For infants and children*

**keep  
up  
with**

# MEDICINE

Help for the retarded  
Bonus for underweight children  
Asian flu on the way  
What causes canker sores?

■ A nationwide crash program has been launched to improve medical, education and rehabilitation services for America's 5.4 million retarded children and adults. (More than 120,000 retarded babies are born in the U.S. annually.) Here are major goals of the program—to be financed largely through federal grants:

(1) Recruitment by 1970 of 70,000 teachers for the retarded. Today, there are only 20,000.

(2) Improved infant- and maternal-care facilities in large cities. The purpose here will be to give special attention to babies who are suspected of having suffered brain injuries at birth.

(3) Vast expansion of vocational-training workshops for retarded adolescents. There are now about 200 such workshops able to serve only some 3 percent of the eligible young people.

(4) Replacement of large, impersonal institutions for the retarded with small ones which will offer day care, parent counseling, diagnosis and residential treatment.

(5) Establishment of 10 new research centers throughout the nation to seek answers to the many unknowns concerning retardation.

The recommendations come from a 27-member panel appointed by President Kennedy last year to study retardation in the United States and throughout the world.

■ *A prescription drug introduced a year ago for treatment of allergic itching has been found to encourage appetite and weight gain among asthmatic children, with no significant side effects. In a recently published report, a team of doctors at the Johns Hopkins Hospital (Baltimore) declares:*

*"Shortly after the institution of ciproheptadine (Periactin) therapy, appetite and weight gain generally increased . . . while permitting a normal or accelerated growth rate."*

*Any drug which can safely encourage appetite would be a boon not only to asthmatic children but to countless other too-thin youngsters. The drug is now being tested to determine whether it can benefit underweight grownups—of whom there are an estimated 7.5 million in the U.S.*

*Unexpected "bonus effects" of drugs are fairly common. One widely used drug developed as a diuretic—something that removes unwanted fluids from the body—helps relieve high blood pressure; a second drug aimed at "holding" antibiotics in the blood stream now is used routinely to lessen the symptoms of gout; still another, a tranquilizer, has been shown to prevent the nausea and dizziness of airsickness.*

■ There will be widespread outbreaks of Asian flu this fall and winter, according to public-health experts at the Communicable Disease Center in Atlanta, Georgia. Here are the CDC's recommendations: get two shots of Asian flu vaccine two months apart if you have never had vaccine; get one shot if you have been inoculated in any previous year.

Asian flu appears to occur every two or three years, says a spokesman for the CDC. The first Asian flu epidemic occurred in 1957-58; the second in 1960-61. In those epidemic years, an estimated 57,000 deaths were caused by the disease and its complications. Pregnant women, children and the aged are especially vulnerable to its serious forms.

■ *An intensive study at the Universities of Pennsylvania and Indiana in co-operation with the National Institutes of Health, debunks a widely-held belief that food—especially candy, eggs, milk—can bring on recurrent canker sores, those painful little blisters that appear on the lips and inside the mouth.*

*After studying 150 patients for months, the researchers concluded that food allergy is not a primary factor in causing the sores.*

*Although the study did not turn up the basic cause, it did shed interesting sidelights on the disease. Young women get more canker sores than young men and are most likely to be troubled between the ages of 10 and 20. Recurrences are most likely shortly before and during menstruation. Various steroid ointments applied directly to the sores can relieve the pain and discomfort dramatically.*

■ At present only one million Americans in less than 12 states are covered by prepaid dental insurance—similar to the medical Blue Cross and Blue Shield plans. However, by 1970, the total will jump to 15 million and to 30 million by 1975. The prediction comes from Dr. Kenneth J. Ryan, a member of the American Dental Association Council on Dental Health.

Currently, most state dental societies are exploring ways to set up prepaid dental insurance plans, separate from the "Blues." The plans now operating pay a percentage of the cost of almost every type of dental service except work done for purely cosmetic reasons. ♦

■ **For more information on the foregoing, consult your physician.**

# Nature Gave You Your Prettiest Hair Color

*...here's how you  
can keep it*

**GWEN WHITE,**  
Director  
Rexall Beauty  
Advisory Board



What's your prettiest hair color? Your own, you say—the color nature gave you to blend agreeably with your eyes, your skin, your whole personality. But is the color today *really* the one nature gave you? Or do you find, unhappily, that those first white hairs have produced an overall mousy effect? Has your hair lost the sparkle of your younger years? The fact that this is quite normal (after all, nature does tire!) is small consolation. But you can do something about it! You can hide the age-telling gray and bring back youthful, natural-looking hair color with Color Glory by Rexall.

**A PERMANENT TINT.** Color Glory won't wash out, so you need re-apply only on new growth at the roots.

**EASY TO USE.** The directions are clear and simple to follow. (They were prepared especially for you, not for a professional beautician.)

**LIGHTENS AS IT TINTS.** This produces a more flattering, youthful color, and provides buffering action to help prevent overlapping and build-up of color through repeated use.

**CONDITIONS AS IT COLORS.** Color Glory leaves the hair wonderfully soft and lustrous. Many women with fine, limp hair have found it adds body, makes hair more manageable.

Your Rexall Cosmetician will be happy to tell you more about Color Glory. If you visit her now, during Rexall's Fall Festival of Beauty, she will give you an attractive and practical plastic applicator bottle free when you purchase Color Glory at \$1.50 plus tax.

Meet your Rexall  
Cosmetician in the  
store with this sign



(Advt.)

# speaker for the house

**NEWS AND OPINIONS,  
MAD AND GLAD,  
ON PRODUCTS,  
ADS AND SERVICES**

## What Every Customer Knows— Or Should

It requires something to be a good customer—something that happily most women have. Even that vague-looking young woman meandering down the supermarket aisle with a baby in her cart and a toddler by her side keeps asking herself: Is that melon ripe? Should I get frozen, canned or fresh peas for my party salad? Where's the bread that makes that toast we like? Isn't that package of cheese larger than I need this week? Wonder if the baby would like a switch of cereals? Now why do you suppose they stopped carrying Bob's favorite ice cream?

Peek inside the brown bags she lugs out and you can guess the ages of her children, her plans for company, how her budget is running. Every item reflects facts she has filed away about her family's reaction to what she bought last time: how many it served; how convenient it was; what it cost. In short, the average woman is a pretty fine shopper.

But now and then she stops using her good sense—especially on big items where she's subjected to a certain type of questionable sales pressure.

A California woman reports that she was leery of a door-to-door nursery salesman because of a former bad experience, yet she let herself be talked into a \$150 contract for foundation planting. When the plants were delivered, they turned out to be so small and dried up as to be almost worthless. "The man wasn't even connected with the company where he said he worked. I should have checked before I signed."



**CHARLOTTE MONTGOMERY**

A letter from Detroit says, "The salesman tried every pitch in the book on my husband and me, and took up an entire evening. We finally found ourselves signing papers just to get rid of him." What they had signed was a chattel mortgage committing themselves to buy something they had decided in advance they neither needed nor wanted!

People write to tell how they "came to their senses" and tried to stop a check, or even called on a lawyer for help. Often it's too late and they learn hideously expensive lessons. What's more, it is because people don't say "no" when they mean it (and stick to their guns) that unscrupulous salesmen persist.

My plea is for you to use your

native shopping talent *all* the time! Don't sign anything until you've thought about it for a day or so and talked it over with someone else who has bought the same item or been part of the same "plan," "club" or "program." Any salesman who believes in his product can wait a while for an answer. Also, anyone who is on the up and up will give you names of other customers and be glad to have you check with them. A salesman who must have an immediate answer—or who even offers you money for a quick "yes"—should arouse your suspicions.

#### **Know-it-all Tourists**

A set of books patterned after France's famous *Guide Michelin*, and called *The Mobile Travel Guide*, is a traveler's joy. Here you can learn where to eat and sleep, what to do, what to see and how much you will pay for these pleasures. The research is done secretly. A restaurant, for example, is not told that it's being inspected until after the deed is done. Similarly, no favors are accepted from anyone—not even a free cup of coffee from a hotel.

There are six volumes, covering various areas of the country, and all will be kept up-to-date with frequent revisions. Published by Simon & Schuster, each sells for \$1.00, except for the volume covering California and the West, which is \$1.50.

Since women, according to surveys, spark most of the pleasure travel in this country, and since we would far rather dine by choice and not by chance, a travel guide in the glove compartment seems a great idea.

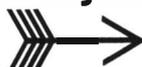
#### **Getting at the Whole Truth**

When you hear the word "wholesale" be sure to get the whole story. Here are two uses of "wholesale" that call for scrutiny and skepticism:

First, readers are reporting unhappy experiences ordering by mail from companies that call themselves "wholesalers." Sometimes delivery takes months; or unsatisfactory goods will not be replaced; or guarantees of "money back if not satisfied" prove to be meaningless. But the most frequent complaint is that the so-called "wholesale" price turns out to be no bargain at all, but is actually higher than comparable merchandise found elsewhere. (Fake "list prices" which make the asking price sound like a wonderful reduction is the common gimmick here.)

The second misuse of wholesale involves offers to set you up in what is claimed will be a profitable, mail-order business from your home—called a catalogue franchise business. For \$25 or so, you are sold a "franchise" and a supply of shoddy catalogues which you are then supposed to mail out. If you get any orders, you buy the merchandise from the company that provided the catalogues. Now this may sound fine and dandy and since many women are seeking profitable work at home, it is tempting. But the hard truth is that the vast majority of women who go into it lose money. The only person who is sure to profit is the man who sells the "franchise." After all, if handsome profits were to be made merely by mailing out catalogues, wouldn't a businessman do his own mailing and be able to keep

*continued on page 33*

**HOLD  
IT** don't buy  
a new girdle 'til  
you're sure you  
have the   
answer 

**HOLDS  
HOLDS  
HOLDS  
!!!!!!**

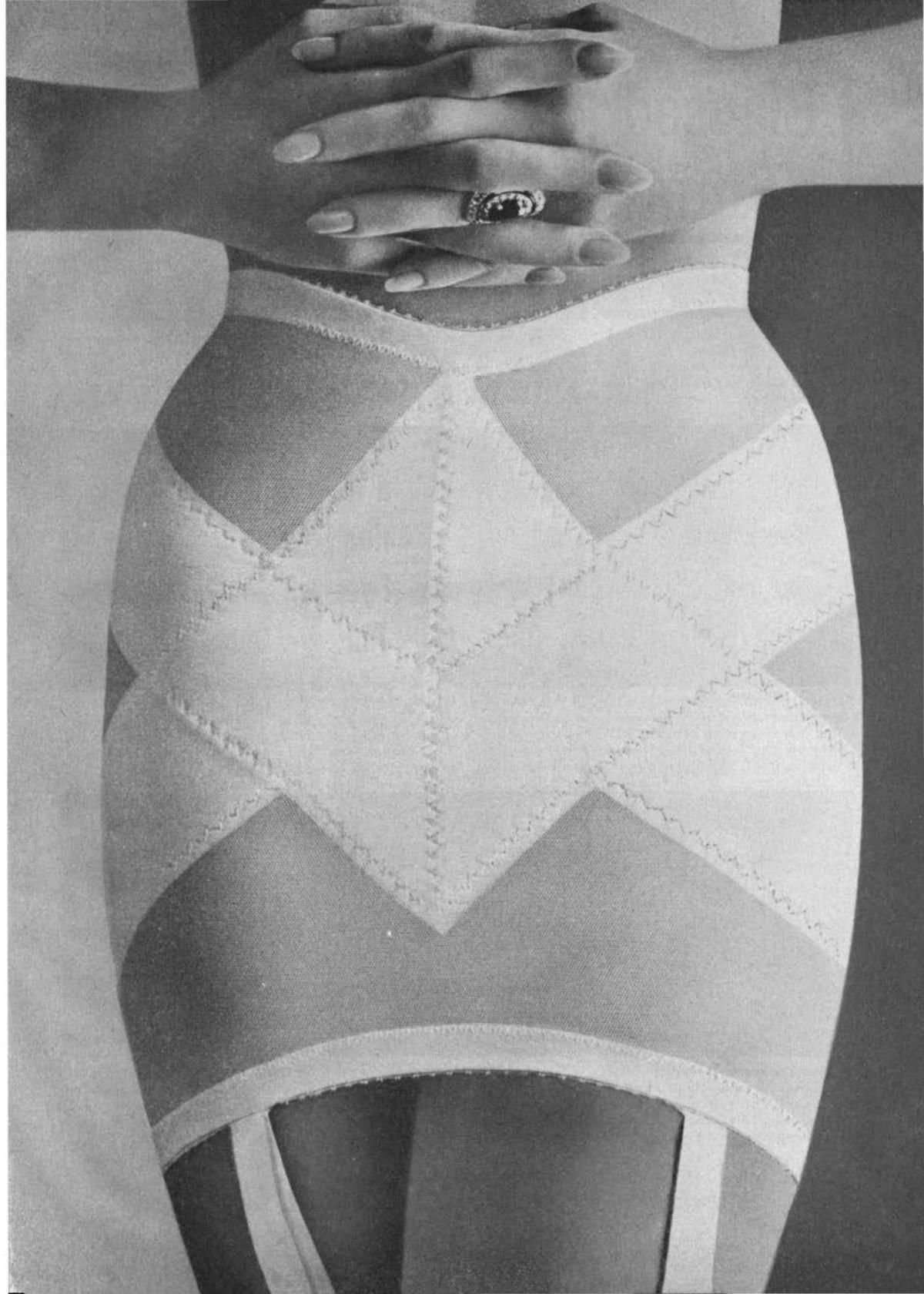
**as no other girdle can—because no other girdle has Answer's® guaranteed\* design! Contra-balanced bands trim you up as they smooth you down. Added virtues: Answer won't sit out. Will machine wash. Won't creep up, roll over or bind. Will control you as no other girdle you've ever worn. And worn. And worn. In Regular Power Net \$10.95. In Lycra® Spandex Power Net \$13.50.**

**answer<sup>®</sup>  
by  
GOSSARD  
!**

\*Wear answer for 10 days. If you're not completely satisfied, return it to the store where you bought it and get your money back.

Regular Power Net is nylon, rubber and rayon. Lycra Spandex Power Net is nylon, rayon and Lycra Spandex. Lycra is DuPont's registered T.M. for its Spandex Fibers.

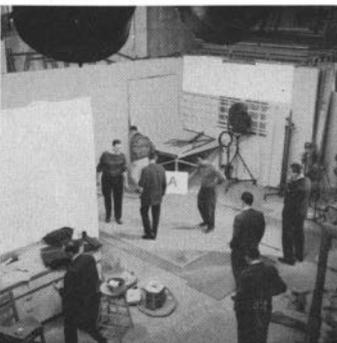




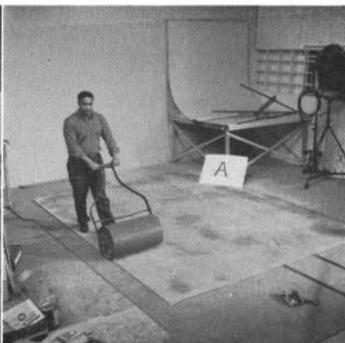
# Elapsed Time

*23½ minutes*

Mrs. Jean Basca of Pennington, N. J., is clocked as she shampoos this 9 x 12 rug in 23½ minutes with the Bissell Shampoo Master and Bissell Rug Shampoo—no soaking, no rinsing, no mess.



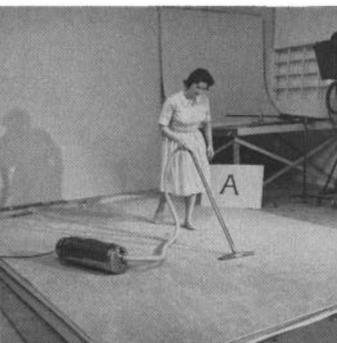
1. Scene: Studio for Bissell TV commercial. We wanted legal pre-proof of the claim, "You can Bissell-shampoo a 9 x 12 rug in less than half an hour." And so we photographed and timed it.



2. Dirt is spread on a new beige nylon 9 x 12 rug, trampled on, then ground in with a heavy roller. We went to unusual lengths to get that rug really dirty before the shampooing test began.



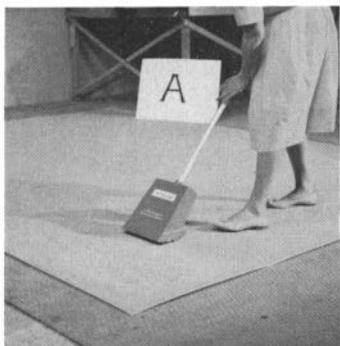
3. Here's the dirty rug we asked a real homemaker to clean before the camera. Mrs. Jean Basca of Pennington, N. J., had never used a Bissell Rug Shampoo Master or Bissell Rug Shampoo before.



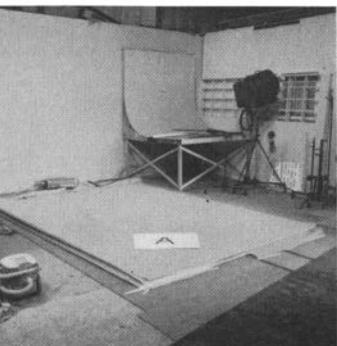
4. Now Mrs. Basca vacuums the rug before shampooing. Bissell Rug Shampoo (safe on nylon, wool, rayon, cotton or acrylic) and other Bissell products have earned the Good Housekeeping Seal.



5. Here you see Mrs. Basca filling the Bissell Automatic Shampoo Master with 1½ cups of Bissell Rug Shampoo and cool tap water. So gentle it can be used for baby clothes!



6. From the moment she started working the Bissell Shampoo Master back and forth until the 9 x 12 rug was done—elapsed time, 23½ minutes (that extra half-minute was for a Coke!)



7. This is the rug after it dried and was vacuumed 5¼ hours later. You can get your rugs really clean—the Bissell way—just as easily, quickly, safely, efficiently, do it as often as it's necessary.



Bissell Automatic Shampoo Master, with 22-oz. Bissell Rug Shampoo, less than \$8. Shampoo alone, 22 oz., less than \$2; ½ gal., less than \$4; gal., less than \$7. AT ALL GOOD STORES NOW!

*easy does it—the* **BISSELL** *way*  
BISSELL Inc., Grand Rapids, Mich. ©

## Speaker for the House

continued from page 29

the full amounts collected from customers?

Both of these "wholesale" schemes try to build prestige by saying that they offer well-known brand names, backed by national advertisers. But often it turns out the brand names are "unavailable" and substitutions are made. Or the goods prove to be seconds, out-of-date or otherwise inferior, and outrageously overpriced.

### Summary of Summer

Some discoveries of this past season which promise future pleasures:

- Vyrene, a spandex fabric (material with the stretch right in the fiber) makes wonderful shoes, of all surprises! The classic pumps I've seen are Vyrene inside and out, look like dull-finished silk, hug the foot comfortably and are very durable.

- How amazing can a product be? Here's another new fabric—this one for upholstery, slipcovers and draperies—which seems almost too good to be true. It appears to be really colorfast—even to sunlight and chlorine bleach—as well as shrink- and sag proof, and washable with no "ifs." It will appear in four weaves and 76 colors and will sell from about \$3 to \$4 a yard, 48 inches wide. Called *Forever Fabrics*, its features are guaranteed for the life of the material.

- Progress on the meat-in-cans front! Hormel has introduced a new product which may change your entire picture of what can be done with meat in cans. It's called *Kottbullar*—Swedish meat balls in sour cream with dill. Hormel's beef Stroganoff in cans is also too good to be overlooked.

- Over 100 top manufacturers are now following the labeling plan which I described in March 1961. Symbols are permanently attached to each article, giving instructions for washing and/or cleaning care. I still have a few charts which explain the symbols, and I'll be glad to send you one if you'll mail me a self-addressed envelope. ♦

Address Mrs. Charlotte Montgomery,  
GOOD HOUSEKEEPING, 57th Street at  
Eighth Avenue, New York 19, N.Y.



**Varicose Veins? Her?** Yes, but you'd never suspect it—or the relief she knows! She's wearing the one kind of support hosiery that really works. Made with thin strands of rubber wrapped in flesh-colored nylon. It doesn't merely *stretch* like so-called support hose, it has "return pressure" all day long . . . hugs your legs with firm, even live-rubber compression. Gives you party-going sheerness, while it conceals beautifully.

You can't get the look you want, the true support you need with anything less than Bauer & Black Elastic Hosiery. No wonder more doctors recommend and more women wear them than any other kind.

*Available in new sheer seamless or 51-Gauge full-fashioned style. Expert fitting at leading drug, department or surgical supply stores.*



THE KENDALL COMPANY  
BAUER & BLACK DIVISION

.....MAIL COUPON FOR COMPLETE INFORMATION.....

THE KENDALL COMPANY  
Bauer & Black Division, Dept. GH-10A  
309 W Jackson Blvd., Chicago 6, Illinois  
Please send me the facts on varicose veins  
and how Bauer & Black elastic hosiery can  
bring new beauty and comfort to legs.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zone \_\_\_\_\_ State \_\_\_\_\_

Every product advertised in Good Housekeeping has been investigated.

# AFTER 15 HAPPY YEARS TOGETHER, MARGE AND GOWER CHAMPION TALK ABOUT **BOOSTER SHOTS FOR THE MIDWAY MARRIAGE**

BY ROLLIE HOCHSTEIN



*After many years as America's top dance team, the Champions (shown with sons Blake and Gregg) have now retired, but their marriage partnership is as solid as ever.*

■ In 1954 a critic wrote of dancers Marge and Gower Champion: "They communicate a sense of sharing that lies well beneath the surface. Together they have made wholesomeness into something remarkably palatable and certainly more colorful than it usually seems." Of Gower, "Dance Magazine" noted: "He subtly dominates . . . is more interested in creating a secure atmosphere for his partner than in prettily displaying himself."

In 1961, after fourteen years as the nation's top dance team, the Champions retired undefeated—

Gower headed for a career as director-producer; Marge to concentrate on running their home and having more babies. She told reporters: "I have no intention of becoming a show-business widow. I'll jump in to help Gower when needed; but I decided years ago I was a partner, not a competitor."

This October the Champions celebrate their fifteenth wedding anniversary. Their son, Gregg, is five. Their second child, Blake Gower, was born last Valentine's Day. A few months ago I visited the Champions' comfortable Hollywood Hills home to talk to them about how to keep a marriage fresh, interesting and joyful during that midway period when the newlywed glow has faded and the afterglow of the silver years has not yet set in.

MARGE: Gower and I, being of the entertainment world, aren't typical. But I guess nobody is typical and the same wolves in different costumes howl at the doors of just about every marriage. The plateau years—when routine has replaced the excitement of bride-and-groomship, of having babies, or establishing a career and finding a social niche—these are the real challenge.

GOWER: That's when a marriage needs a booster shot. . . .

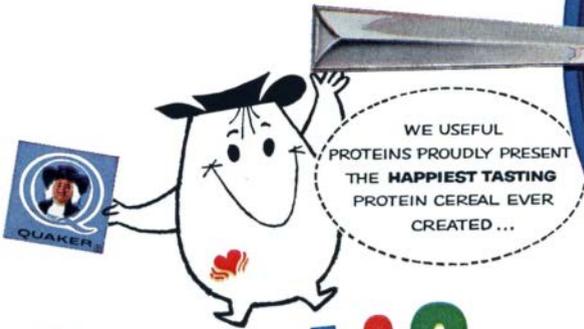
MARGE: . . . some fascinating new hobby to share, a community service project you're both interested in, a complete-change vacation.

GOWER: Many churches sponsor husband-and-wife retreats. It's a great idea, but a couple can do the same thing on their own.

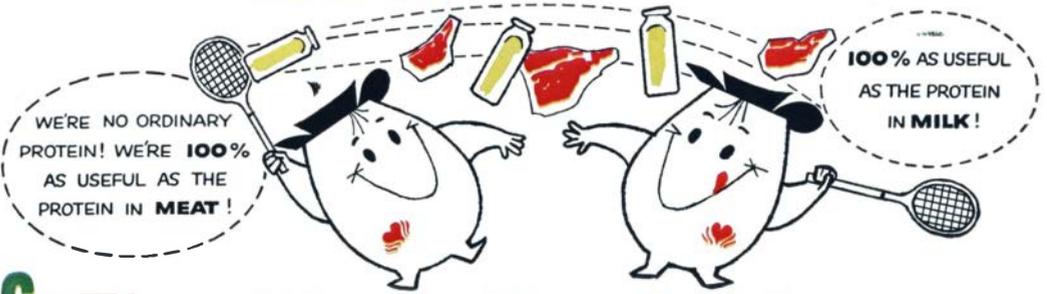
MARGE: Yes. It's a matter of finding time and a place where you can get back into close touch with each other and take a look at what you've accomplished and where you're going.

GOWER: A few continued on page 37

# This is NEW!



# This is Life



# Life has The Most Useful Protein

- EVER IN A READY-TO-EAT CEREAL!

### WHAT A DIFFERENCE IN PROTEIN...



Some proteins are "lazy." They can't build your body. They lack the right amount of certain protein elements.

Some proteins are "hard working." They build, repair and maintain the body. You need working, useful proteins every day.

Life gives you "working" protein—the *useful* kind. Life's protein is 100% as useful as the protein in meat and milk!

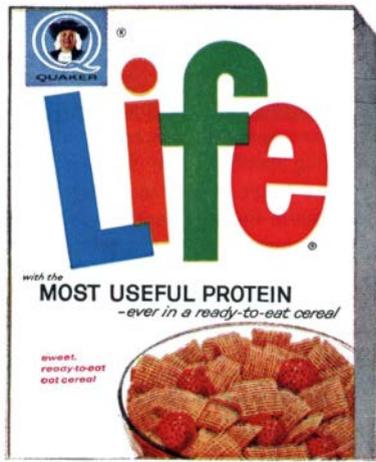
Now from oats...nature's richest protein grain... Quaker brings you **Life**

Kids love the delicate sweetness that the sugar crystals inside Life add to its great toasty, oats taste.

Mothers love the protein build-up Life gives (and the way kids eat it up).

Everybody loves Life's special protein—useful protein—the same quality of protein you get in *meat* and *milk*!

YOU'LL LOVE LIFE



FIND THE GIRL WITH THE PROBLEM SKIN. HINT: SHE'S WEARING  
MAX FACTOR'S NEW ONE-STEP MEDICATED FASHION MAKE-UP

# PURE & MAGIC®



Clothes designed by Toni Owen

© 1962, Max Factor & Co.

## FOUNDATION, MATTE FINISH AND MEDICATION IN ONE

New Pure Magic fools the eye with the sleekest, smartest kind of coverage. It slips on like a smooth new complexion, clearing blemishes from sight instantly.

Pure Magic is your fashionable everything: foundation . . . matte finish . . . and all-day medication that makes every tomorrow clearer. It shelters you with an antiseptic

that helps stop bacteria spread, so often the cause of skin problems.

Puff on the Compact Powder . . . or sponge on the super-coverage cake. Either way the effect is luscious, naturally flawless. No layered look, no compromise colors . . . 8 perfect shades. Your make-up stays as fresh as it starts, never streaks or cakes or changes color. Pure Magic covers the problem so beautifully! Pure Magic by **MAX FACTOR**

Choose PURE MAGIC Medicated Compact Powder for natural-looking coverage. Puffs on in seconds, medicates all day. Perfect for touch-up, too. Mirror compact. 8 shades. \$1.50 plus tax.



Choose PURE MAGIC Medicated Cake for extra coverage that gives you a flattering complexion while it treats your skin. Chic compact and sponge in carryall pouch. 8 shades. \$1.50 plus tax.



**The midway marriage** *continued from page 34*

years back, I got so wrapped up directing Broadway musicals—first *Bye Bye Birdie* and then *Carnival*—that my family life fell far into the background. I always have brought a great deal of intensity to my work, but this time it was different from when Marge and I were working as a team. Luckily, I saw that we were growing too separate and decided to do something about it as soon as I finished the shows. We went to an island off California for three months with Gregg.

MARGE: Of course, not everybody can skip off for three months. . . .

GOWER: If I had a regular office job, I'd really work at thinking up some change of routine to get us together again. One man I know pulled it off—a makeup man from one of the studios here. While his friends were knocking themselves out living beyond their means, he and his wife lived *below* their income. For years they kept on saving, and when their youngest child was ten, my friend quit his job, rented his house and took his family clear around the world for a year.

MARGE: And now they're back and he's found a job as good as the one he left.

GOWER: I know it takes guts to make a break like that, but lots of people could do the same kind of thing on a smaller scale.

MARGE: It's important, too, for a couple to get away by themselves without benefit of children. . . .

GOWER: Even if it's only for a weekend. We're terribly close to our Gregg, but I can see that it's good for him, too, to be away from us for a while. And it'll be the same for the baby.

MARGE: Obviously happy parents are good for children. Annoyances crop up between all couples and small irritations can become serious if they aren't aired. And if you're never alone together, you never get a chance to dig out the things that are bothering you.

The other day I was visiting a woman who boasted she'd been married eighteen years and had never gone away without her children. She said this after her fourth Martini at one o'clock in the afternoon.

I think those kids would have been better off spending a few weeks in summer camp. . . .

GOWER: . . . or with Grandma. . . .

MARGE: Yes, and then maybe their mother wouldn't need to drink so much to relax. When Gower is putting together a show or a movie, we're in for a period of strain. He's not the kind of man who can leave his problems at the theater or studio, so he comes home tense and tired and not wanting to talk.

GOWER: Not very much, anyway.

MARGE: Well, after a month or two of this, we need a booster shot. So we go out every night, maybe for a week, catching up on movies and restaurants and friends. But not always with other people. We make a point of having some evenings just with each other.

GOWER: Incidentally, friends can be either a tonic or a poison. Marge and I like to be with people who like each other. One of our pet peeves is the bickering couple—you know, always sticking "good-natured" knives into one another's back. We also steer clear of people who are frantically climbing the status ladder, and we think wild parties are sick, sick, sick! I've seen couples go crazier and crazier with more and more money until their marriages just went boom.

MARGE: If you're not watchful, it's easy to get caught up in the wrong kind of crowd.

GOWER: Right. There's a lot of sex appeal in this town. The movie business is built on it. Men are thrown among attractive, sexy women. Wives meet aggressive, sexy men. Personally, I don't believe there is such a thing as a harmless flirtation. So we choose our friends carefully. I came from a broken home. I didn't know my father till I was a grown man. It makes me all the more determined to give my kids a whole, happy family.

MARGE: I don't think Hollywood marriages are riskier than others: they just get more publicity. Every marriage has to be worked at.

GOWER: And it's a fifty-fifty responsibility.

MARGE: I'm not so sure about that. I'd say that *continued on page 38*

*Don't just  
sit and  
ache*



**Massage away  
muscle tenseness  
tiredness  
twice as fast!**

Now get relief from muscular pain and stiffness caused by too much exercise with Absorbine Jr. Electromyograph research has proved fatigued muscles can come back twice as fast with Absorbine Jr. as when "nature takes its course."

Why take pain-deadening pills when a refreshing Absorbine Jr. massage actually treats the cause of sore, tired muscles. It dilates peripheral blood vessel walls to speed fresh, invigorating blood flow to the point of pain.

Relieve muscle tenseness, tiredness with Absorbine Jr.



**Absorbine Jr.**



## Thank goodness for non-stop rain protection\*



\*the water-repellency that takes repeated dry-cleanings—provided by “SCOTCHGARD” Rain & Stain Repeller

Some girls have it. Some don't. The young lady on the right most certainly does have it — the unique rain protection only “SCOTCHGARD” Repeller can give. The fabric in her raincoat was treated with “SCOTCHGARD” Brand Rain & Stain Repeller . . . the water-repellency that takes repeated washings and dry-cleanings (even by “corner-store” methods)! Gives the most rain protection possible — and the most lasting. What's more, it neatly repels stains, even oily ones. Resists soil, too. Keeps a gal looking as attractive as she possibly can in a downpour.

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★ PRODUCT OR PERFORMANCE DEFECTIVE  
Good Housekeeping  
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RETURNS OR REFUND TO CONSUMER

## The midway marriage *continued from page 37*

quite a bit more than half the responsibility for a good marriage falls on the wife. A lot more than half. I was lucky enough to learn this early in life, though it was a painful lesson. I had a marriage of my own that failed.

I brought nothing to that marriage but a discontented 17-year-old's wish to get away from home. I was a “little princess”—spoiled, selfish and irresponsible. What a dreary bore I must have been after two months! It was a short marriage and I came out of it terribly hurt, but knowing I'd have to do better by my next husband.

GOWER: Of course, Marge and I had an excellent foundation to build on. And we've had a lot of luck all the way.

MARGE: Being a dance team automatically gave Gower and me the kind of common interests that many couples don't have. I'm still involved with his business—not to interfere, but to understand. I'm a good sounding board, but—more important—I'm aware of the special pressures his work puts on him.

GOWER: And let me tell you, a husband appreciates that. I'm not demonstrative and not a present-giver. But I try in other ways to let Marge know that I welcome what she does for me—and what she doesn't do.

MARGE: It's easy to please your husband if you're happy yourself. I have the advantage of being a housewife by choice. It's a lark for me now, but I'm glad that keeping house wasn't all I had during our early years. I sympathize with women who marry young, have children soon after and suddenly find themselves bogged down under responsibilities they hadn't anticipated. That's when routine becomes a chore rather than a joy.

I'm a great daytime radio listener and it bothers me to hear a woman tell the emcee, “Oh, I'm just a housewife” as if she feels her job was the drag of all time instead of being the most creative, most satisfying work a woman can do.

If I saw a marriage that was becoming a bore or a bickering match, I'd say that one good booster

would be for the wife to do some solid soul-searching. Is she playing a big enough role? I don't mean as a door mat, but as a contributing partner. I think a husband should be—and feel himself—the captain of the ship. But his wife ought to be a very active first mate.

GOWER: And you know how a captain depends on his first mate. This can be true in every family, not just couples who have shared a career. MARGE: Of course. If I were married to a doctor, I'd read at least a couple of layman's books on medicine, and if my husband were a truck driver, I'd bone up on the transportation business. I'd make myself as interested and useful as possible—but I'd also learn when to keep my mouth shut.

GOWER: That's when it comes to unasked-for advice. No man wants his wife to take over or tell him his business. I think that's why so many husbands keep their wives in the dark on business matters. They're afraid of interference.

MARGE: A wife has to prove that she can be interested and not bossy.

GOWER: And the husband has to know that this is possible and that his wife's help won't diminish his manliness.

MARGE: Even in the entertainment business, you go to parties where the men sit on one side of the room talking shop and the women sit on the other side, feeling left out. You meet women who introduce themselves apologetically as “So-and-so's wife,” as if they had no identity of their own.

That's another booster I want to mention. A wife should have something to make her proud of herself, some special interest or accomplishment that is all hers. We're not all artists or intellectuals, but every one of us can do something that is important. Who can't work for her church or her child's school? Or help get out the vote? Or read to children in a hospital?

A woman owes it to herself and her husband to get out of the house into a different atmosphere where she can remember that her new washing machine *continued on page 41*

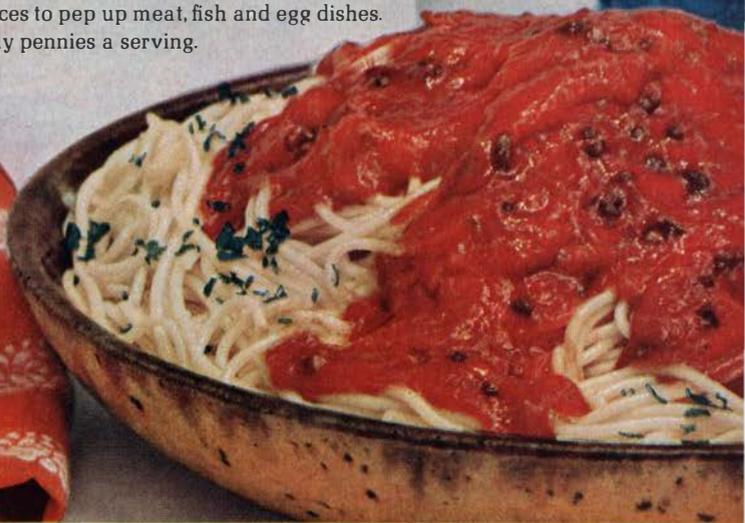


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Make your spaghetti in a traditional way, too. Add 1 tsp. dried marjoram to water in cooking  $\frac{1}{2}$  pound spaghetti. Drain and toss with  $\frac{1}{2}$  cup coarsely chopped parsley. Top with heated sauce from a 15 $\frac{1}{2}$ -oz. can.

Or try this delicious herb spaghetti with Chef Boy-Ar-Dee Spaghetti Sauce with Mushrooms, Sauce with Meat Balls or Marinara Sauce. Use these authentic Italian sauces to pep up meat, fish and egg dishes. Only pennies a serving.



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SEE ALL THE CHEERY NEW COLORS, PATTERNS, TEXTURES FOR SIZES SMALL-EX. LARGE, 1-4 AND 3-7. POLO SHIRTS, \$1.39-\$4.00. MATCHING SETS, \$5.00-\$6.95. • THE WILLIAM CARTER CO., NEEDHAM HEIGHTS 94, MASS.



## The midway marriage

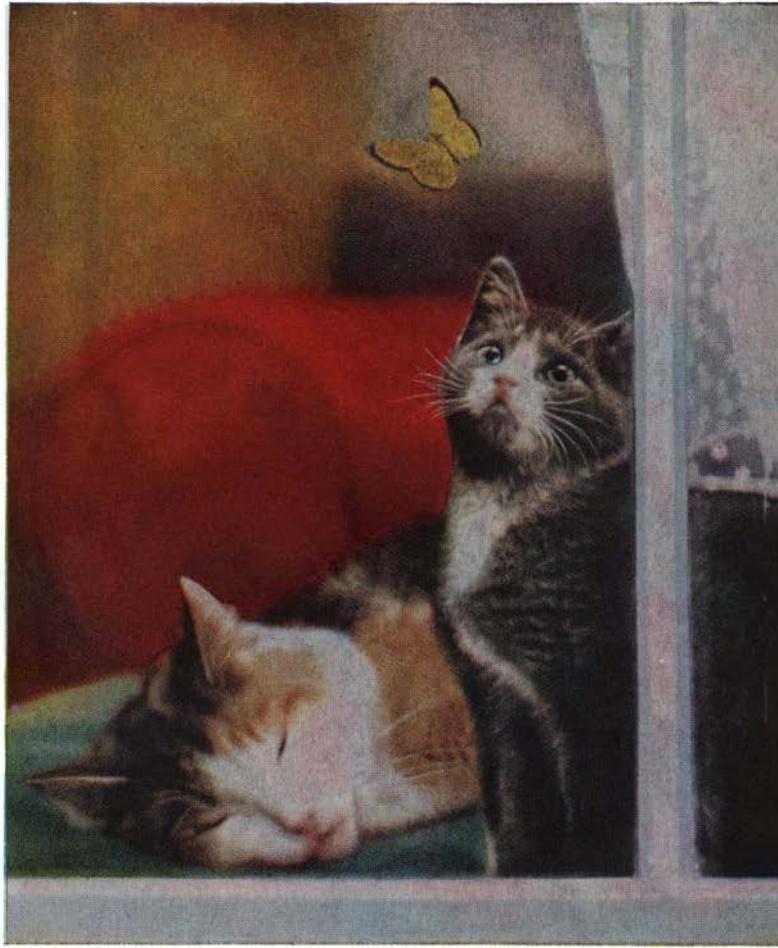
continued from page 38

really isn't the center of the universe. GOWER: Marge is talking about getting out once or twice a week, but sometimes longer separations make a man and wife appreciate each other more. It's always so wonderful for me to get back here after I've been east a week or two.

MARGE: Yes. Periodically, Gower says, "I'm going to take off for a few days" and I'm delighted he feels free enough to do it. Some people need solitude and marriage ought to offer that, too. Gow loves to work in the garden—alone. I see to it that he gets several hours every weekend to do it. If he liked to get out with "the boys," I'd make sure he had nights out, too, though I wouldn't want them to become the best part of his week. Instead, I'd find things to do with him. In most places that needn't be difficult. There are lots of things for husbands and wives to do together. All kinds of things, from adult education to square dancing to local orchestras to bowling clubs. The trick is to find something you both enjoy.

GOWER: If there were a money problem I'd go over the budget and see if there weren't some "necessities" that weren't really so necessary as the luxury of going out together. Sometimes people put too high a value on possessions and too low a value on keeping one another happy.

I have a theory that a man needs to create something in his life—whether it's a loaf of bread or an advertising campaign or a bride or a dance routine. I think that, to be happy, he must be free to develop his creation with all his energy. I don't think family life, alone, is enough fulfillment for any man. But neither do I think a career is worth the sacrifice of home life. There must be a balance—sometimes the career has to bend or the marriage has to stretch. Marge and I are going through something like that right now. I'm signed to direct a Broadway show for this fall. We didn't want to go east because Gregg has started school here and Marge likes the sunshine and the back yard for the baby. But since it had to be, *continued on page 43*



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that Puss 'n Boots can make come true

Lovable, playful, fascinating to watch—that's a kitten! But kittenhood is short, and a cat's prime of life is long. Start them right, and keep them right—with Puss 'n Boots care.

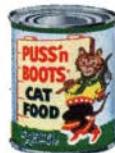
It's so easy . . . and it's so sure . . . with either Puss 'n Boots **New Meat Flavor** for cats who like meat, or **Original Fish Formula** for cats who like fish. Both

contain all the protein, vitamins and minerals, plus carbohydrates, that your cat is known to need . . . both give your pet balanced nutrition.

Start feeding Puss 'n Boots today. In just a little while you'll see that remarkable difference so many owners notice—in appearance and in playful nature and contentment.

# Puss'n Boots

8 oz., 15 oz. and 26 oz. Sizes



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Every day—  
for lifelong  
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QUALIFIED  
TREATMENT OF ANIMALS IS ENCOURAGED

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**About 33 calories** per generous serving for a Libby's aspic salad. (Use regular recipe on plain gelatin envelope). Libby's Tomato Juice is so truly tomato-rich it gives you a delicious gelatin salad for a low-calorie count. Easy to fix, too.

**Only 25 calories** to the 4-ounce glass. Libby's "drinks" so rich (never thin or watery) it quenches between-meal hunger. Rich in natural vitamins C plus A. Chill it for "cucumber-cool" refreshment.

**Great low-calorie salad dressing!**

Follow directions on envelope of salad dressing mix using only one tablespoon oil (replace rest of oil with velvety-rich Libby's Tomato Juice). Add vinegar or lemon juice to taste. Tomato-rich Libby's gives you a sparkling French-type dressing with so few calories!

Count  
down  
the  
calories  
with the juice that's

**TRULY  
TOMATO  
RICH**



## The midway marriage

continued from page 41

Marge has already found us a New York apartment from November to March. A few months of a New York public school can't do Gregg anything but good.

MARGE: With Gower working on both coasts, there will always be complications. It's a wife's job to accommodate family life to a husband's work. I'll bet that the wives of our Astronauts have been checked out as thoroughly as the men—to make sure they're the kind of wives who are a boost rather than a drag to their husbands. A fellow who comes home to a discontented wife is just not a fellow to do his best work.

There isn't a woman in the world who wouldn't like a little more attention and a little more excitement. But the easiest way to kill attentiveness in a husband is to demand it. If I were really feeling neglected, I'd search myself for a way to stimulate my husband's interest. After all, he's the guy who picked me, so there must be something basic about me that appeals to him. And the way to rekindle his interest may not be the sexy black nightie or the glamorous new hairdo so often recommended. I'd go by what my man likes rather than other people's advice. Maybe he'd respond to a glamorous soufflé or a funny story. For every husband, there is some way. Only it never is making him listen to the day's drudgery.

OWER: I'm sure glad Marge doesn't save up her problems to toss at me the minute I get home at night, but I try to do my part by giving her a hand with the kids—especially when it comes to discipline. Maybe I'm too hard on Gregg, but I don't think a man can be head of his house if he tries to be only a pal to his children.

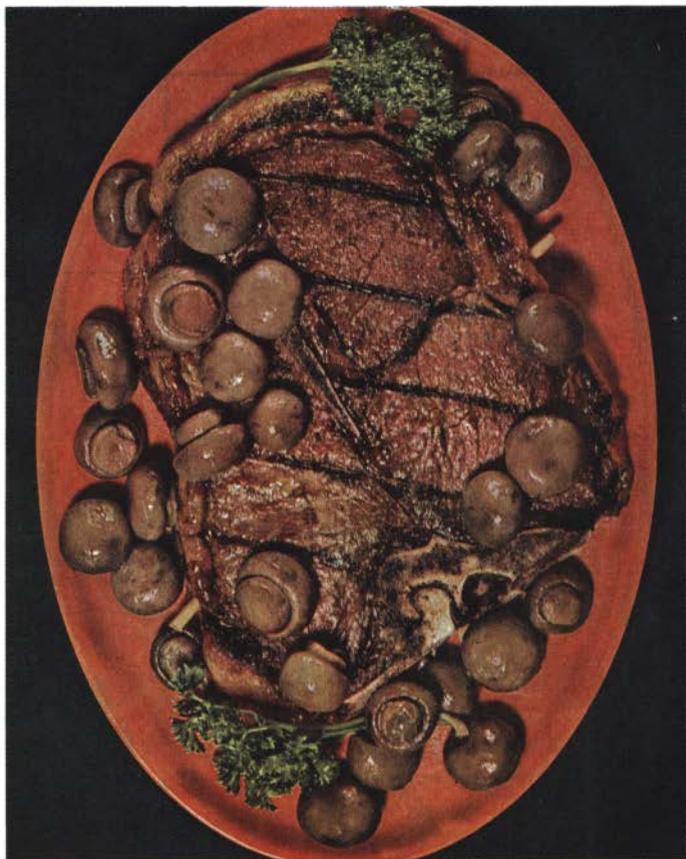
MARGE: I'd hate it if Gow expected me to bring up the children single-handed, but you see, he doesn't.

OWER: I think marriage needs constant mutual effort to keep it alive. Too many people get married in a fairy-tale haze, expecting to "live happily ever after" without the slightest effort.

MARGE: Maybe the best booster shot for any marriage, at any time, is for both husband and wife to recognize that the only way to succeed in marriage is by really trying. ♦



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Here's a great steak that finally met its match! Bin B Mushrooms . . . the big brown mushrooms broiled in butter . . . with deep, rich taste, firm texture.

Just heat Bin B's in their own mushroom broth and pop 'em on your steak. Wish you knew lots of mushroom dishes?

Send for Bin B's booklet, "Mushrooms in Your Menu." Write: Bin B Mushrooms, Dept. G10, West Chester, Pa. It's free.

Be sure to try the most elegant gravy that ever came out of a can . . . Bin B Beef Flavor Mushroom Gravy!



Buff-bellied hummingbird



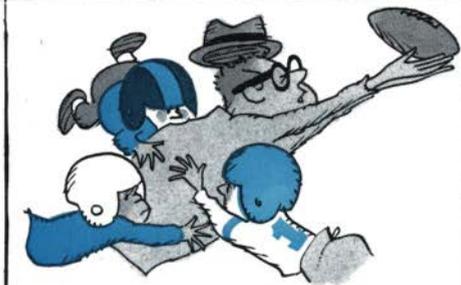
Rosy late-for-bus road runner



Big-billed desk thumper

# A GUIDE TO DADDY-BIRD WATCHING

BY  
HARRY DEVLIN



Horn-rimmed pass-catching puffer



Black-whiskered red-eyed Sunday snoozer



Ground-thrashing bobolink



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21 flavors—all fresh-fruit good.

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ON ANY KRAFT PRESERVES OR  
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SPECIALLY MARKED QUAKER OATS  
AND MOTHER'S OATS PACKAGES.



Quaker Oats and Mother's Oats are exactly the same.

■ They say that motherhood brings out all sorts of virtues, including compassion, and I think they're right. For example, I never felt the slightest sympathy toward the dentist until I started taking children to him. Now, I see him as another Florence Nightingale, only with the lamp over his head.

If ever a man was abused and unappreciated, that man is the dentist. If ever a feeding hand was bitten, that hand is his. It's not just my children—who open their mouths only to ask questions—that the dentist has to put up with. Other people's children fight, yell, threaten to gag and refuse to relinquish their bubble gum. And their parents aren't much better: to get most of them to visit the dentist is like pulling teeth. Yet all this man asks is to make an honest living while helping people keep a stiff upper lip.

A dentist is many things to many people and none of the things is good. To grownups he is a demon with a drill; to youngsters, a fuddy-duddy with bits of wire and rubber bands. Even writers, who ought to know better, take advantage. Whenever they need a dull husband for a wife to get tired of, they pick on a dentist.

Obviously something must be done to raise the status of the dentist. If attitudes don't change, there won't be enough dentists to go around. My own little boy, who has expressed a career interest in everything from astronaut to zookeeper, has never, in his entire five years, even considered dentistry. And he wouldn't dream of letting his sister marry one.

So in addition to humanitarian reasons, we must help the dentist for purposes of bicuspid preservation. I'm for a full-scale public relations program to change his public image. We need to create a brand-new concept of a charming, distinguished, rich-but-not-gaudy, tough-but-oh-so-gentle dentist, who is a friend to all men and, incidentally, a bit of a rascal with the ladies.

You think it's impossible? Especially in the light of what happens to you in the dentist's chair? You're sure that nobody, but nobody, who keeps telling you to "open wider" could possibly be glamorized?

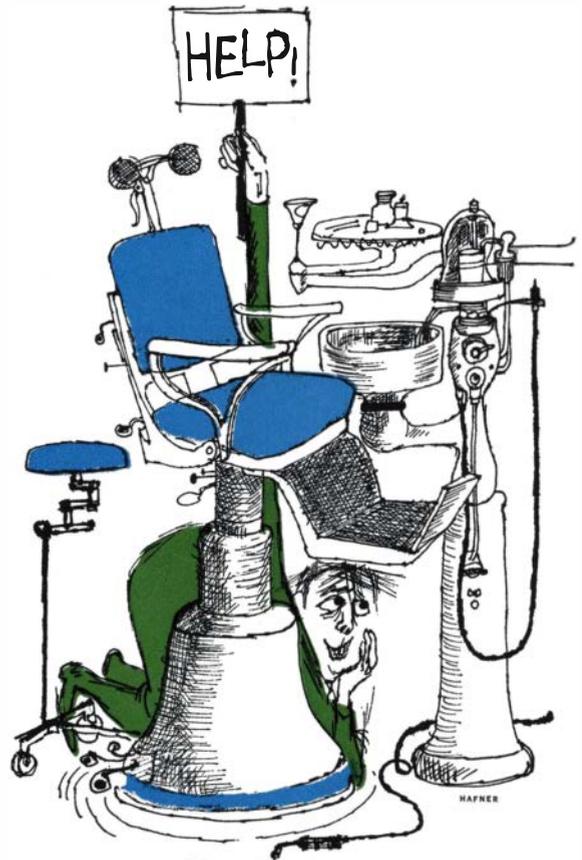
Don't kid yourself. Public relations works bigger miracles than that every day. When the campaign gets going, the dentist-image will be a snap. Next year's Mr. America: a dentist. The best-dressed man: another dentist. Dr. Kildare will become an oral surgeon; Ben Casey a brooding orthodontist. They'll work out a documentary series called something like "Dentic" and they'll star Pat Boone in a movie, "The Young Dentists." Before you know it, the drill will take on all the glamour of a scalpel. The dentist will be a dream-boat.

We could even throw in a comic strip like Tex Morgan, D.D.S., and a series of whodunit novels starring a dentist-detective. Like "The Case of the Crooked Cuspid" or "The Missing Molar Mystery." The opportunities are endless. And once the trend is set, *everybody* will be glorifying the dental profession.

Everybody, that is, except the dentists themselves. Nothing will ever change them. We all know *that*. But then, public relations never really changes the product: it just changes how we

*continued on page 54*

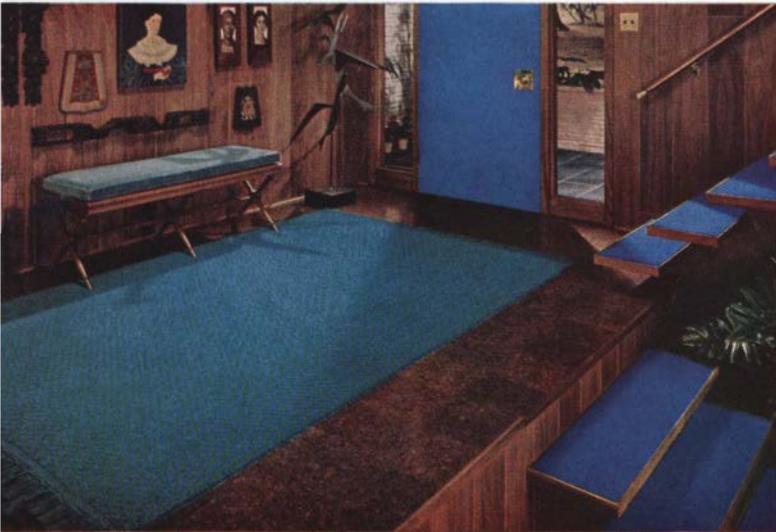
# YOUR DENTIST NEEDS



***Abused and  
unappreciated,  
that's what  
he is,  
says one  
repentant  
patient***

**by Rolaine Abrahams**

## New Tri-Color Carpet Patterns...



Trio loop-textured pattern in fringed area rug, 6' x 9', about \$108.00. By-the-yard, about \$12.95 sq. yd.

## Your key to the "Custom Look"!



Langley comes in shaped areas or custom-cut to your design. 12'8" x 12'8" Octagon, about \$259.95.

With new Color Companions your color scheme almost plans itself! You know for sure the colors go together because Cabin Crafts experts planned them that way.

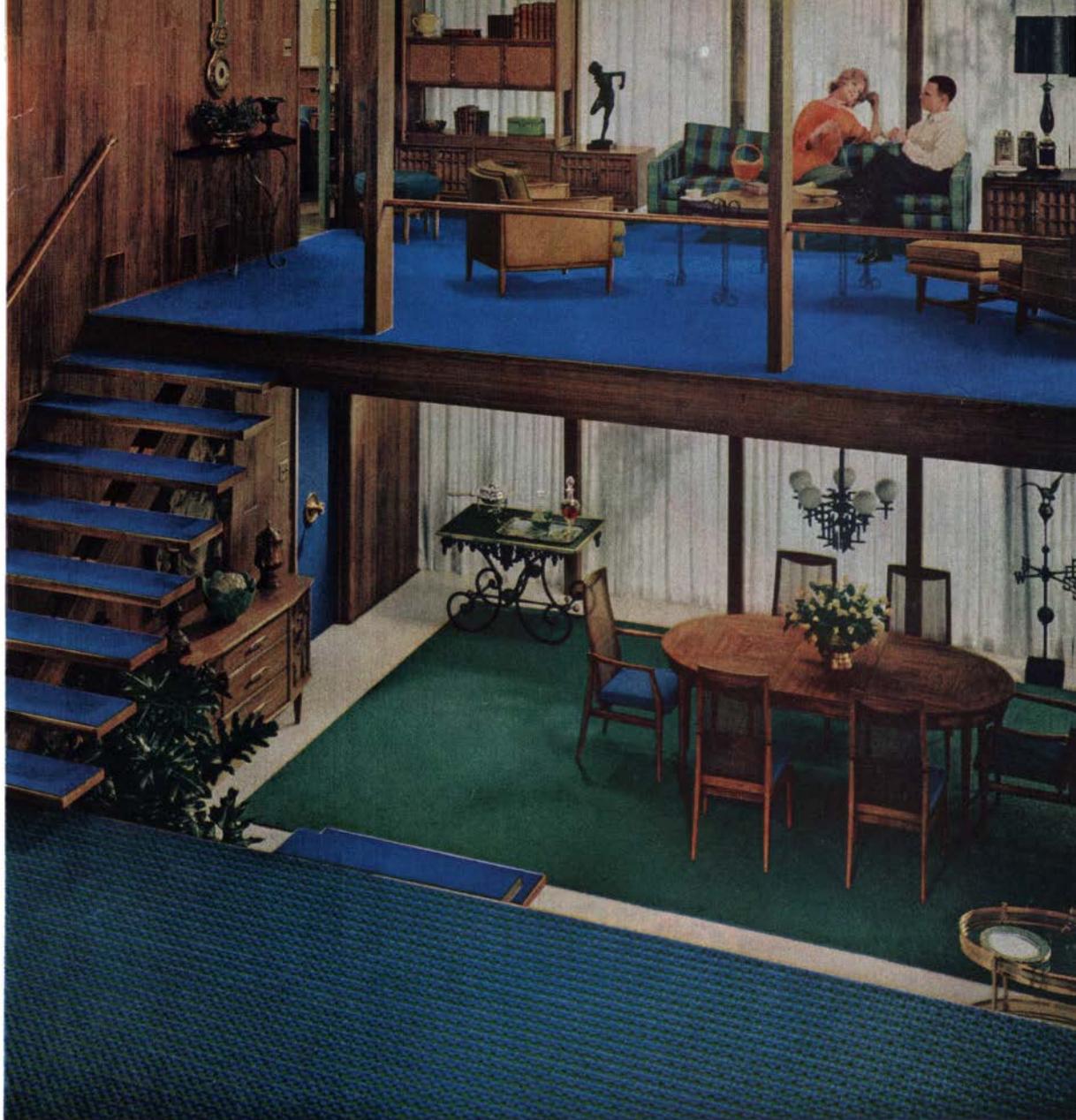
Only once in a decade comes such a decorating innovation! This brilliant new concept of room-to-room decorating is built around unique three-color "theme" patterns, Triad and Trio. Over 200 variations can be played around your choice of color "theme" from either pattern in any of ten

color ways—using wall-to-wall carpet, room-size rugs, and fringed decorator shapes.

Enjoy the new beauty you see here in your home . . . whether contemporary or traditional! Know that this beauty will endure for years because the rugs and carpets are of "man-made wool" (Acrilan acrylic and modacrylic fibers) which cleans more easily, retains its new look longer. See Color Companions at fine carpet and rug stores. Cabin Crafts Inc., Dalton, Ga.



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RUGS & CARPETS



Upstairs-downstairs room-to-room scheme starts with Triad in hall (pattern is ideal for entrance halls because it hides dirt, takes traffic, too, thanks to Acrilan).

Triad, high-low looptexture, about \$12.95 sq. yd. Winsted, high-low looptexture, in dining room, about \$10.95 sq. yd. Cut-pile Langley upstairs, about \$10.95 sq. yd.

## Room-to-Room Decorating is Easy With COLOR COMPANIONS



Three of ten exciting color ways available in Triad or Trio "theme" patterns.

—send for free home fashion ideas—

Cabin Crafts, Inc.  
Dept. GH-4, Dalton, Georgia

Please send me folder telling how to plan room-to-room schemes with Color Companions, booklet on decorating with accent-area rugs, and name of nearest store carrying Cabin Crafts rugs and carpets.

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City \_\_\_\_\_ Zone \_\_\_\_\_ State \_\_\_\_\_



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You'll see the greatest change that ever came over a woman, or a fabric, as soon as you change into **FABRICADABRA**. This new, *giveable* cotton comes to life on you. And in all your life you've never looked so naturally beautiful. The fabric has its own shaping ability that supports and separates you naturally. It fits as though the bra were made on you.



**It's nothing off**



**It's everything on, so try it on.**

Feels like your skin. Washes like a hanky, it never shrinks, it dries like new. And **FABRICADABRA** is so light you scarcely know you're wearing a bra. So incredible, you have to see it on to believe it. Do that tomorrow. **\$2.95** D CUP IS \$3.95.

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We can tell you that these shoes are absolutely, positively, cross-our-hearts the softest, lightest shoes you ever wore. We can say they give you the world's most wonderful feeling of ease. We can talk about the way they fit completely to your foot's content. But the believing is in the walking. You'll love them at first step. And a million steps from now, you'll love them even more! Styles from 10.99 to 15.99. Top: Vassar. Below, left to right: Avenue, Cortina, Commander.



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. . . the shirt that men of all ages collect with fervor. And with ardent approval of the woman whose job it is to keep their Pendletons looking first-day fresh. She knows machine washing will not dim the plaid's deep rich colors nor shrink the full-cut comfort out of 100% virgin wool. Dyed, spun and woven by people whose heritage of honest craftsmanship antedates the first U.S. commemorative stamp by 30 years. Boy's Button-down Shirt, 12.95; Dad's Sport Shirt, 14.95.



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Quality at your feet®



New from Buster Brown:

# A new white high shoe designed to avoid a lifetime of foot troubles

This revolutionary new shoe, created by Simon J. Wikler, a Florida podiatrist, is intended to eliminate the factors in a shoe which might cause pressure during the baby years when soft bones of the foot can be easily misshapen.



"Conventional shoe can force growing foot into a cramped position without giving the toes a chance to spread naturally."



"The ideal shoe for children allows plenty of room for the foot to grow without deforming pressures."



Dr. Wikler believes that growing toes need freedom to flex and exercise normally—in other words, to go barefoot. He cites these statistics to support his "barefoot theory": by age one, 8% of all youngsters have foot troubles; age five, 41%; age twenty, 80%.

But going barefoot isn't always practical so he developed this revolu-

tionary shoe that lets a child "go barefoot with shoes on."

The Wikler Shoe, by Buster Brown is designed according to the structure and needs of the young human foot. It has a fan-shaped toe design that lets toes spread naturally, and allows



foot muscles to flex and develop fully, without deforming pressures. The heel firmly positions the foot, and the soft leather uppers have no irritating seams or metal shanks to interfere with the flexibility of the sole. It lets a baby's foot grow and exercise normally.

This remarkable shoe is sold by your Authorized Buster Brown Retailer. Look him up in the Yellow Pages.



Priced according to size and style.  
Sizes 2 to 8: \$6.99. Soft sole shoes: \$3.50  
Higher Denver West and Canada



## THE Wikler SHOE™ BY BUSTER BROWN.

To bring you shoes that represent America's biggest dollar's worth today, we use leather as well as a wide variety of materials including fiber and plastic products, textiles and metals—all of which have been thoroughly tested in Brown Shoe Company's Quality Control Laboratories. BUSTER BROWN DIVISION, BROWNER SHOE COMPANY, ST. LOUIS, MISSOURI. Also manufactured in Canada by Brown Shoe Company of Canada, Ltd., Perth Ontario.

feel about the product and after all, that's what dentists need.

Once we have people thinking good thoughts about dentists-in-general, we have got to provide them with dentists-in-particular who won't completely shatter the image. Every patient should have a dentist to suit his individual personality. Case in point: I should never have taken my children to the same dentist. My son needs a professional type, who will explain his methods as he goes along. My daughter, an impatient patient, requires a dentist of wit and whimsy. Clearly, they call for different dentists—or, at least, one dentist with a severely split personality.

What I'm getting at is that henceforth, dentists should not be classified according to specialty and training and location, but primarily according to personality.

Your present dentist isn't exactly your type? You don't dig his silken, somber manner? Just call your local dental society and ask for a list of dentists in other categories. Tell them you're interested in the Silent Type, the Sophisticated Type or the Rough-and-Ready. Catch-as-Catch-Can Type. Don't worry about your old dentist; waiting to love him are plenty of other-type patients.

You may end up with a folksy character like my own ex-dentist, Dr. Chomp. Old Chomp kept an appointment book like everybody else. Only he kept his in a back closet behind the plaster casts of his patients' teeth. In his waiting room, it was first-come-first-served, except for special cases, who had a way of turning out to be long-time pals. A pal would drop in, appointment or no, and Dr. Chomp would immediately dump the patient he was working on—tip him right out of the chair, bib and chain, cotton stuffing and all. The displaced person might be miffed, back there in the waiting room, but the pals always got their bridges built first.

Another of Dr. Chomp's idiosyncrasies was the pride he took in his work. He was especially partial to his inlays and was not above leaving a patient, open-mouthed and suspended in mid-chair, while he ran down the hall to call in a neighbor dentist to admire his work.

On second thought, you may prefer the ultramodern, efficiency dentist who runs *continued on page 57*



## which one for you?

**EMBRACE** (top) in Jamaica calf—also black or otter calf.

**RITA** (right) in black calf—also black suede.

**KRISTEN** (left) in flight blue suede—also black calf or suede, Jamaica brown calf or suede.

All three with Vitality's new supple, walk-easy construction. Another reason Vitality Shoes are famous for fashion and fit.

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SHOES®

Vitality Shoes \$12.95 to \$14.95 (a few styles slightly higher)  
Vitality Wanderlust Shoes from \$9.95

Vitality Shoe Co., Div. of International Shoe Co., St. Louis 66, Mo.  
Also made in Canada. Vitality Shoes, St. Thomas, Ontario

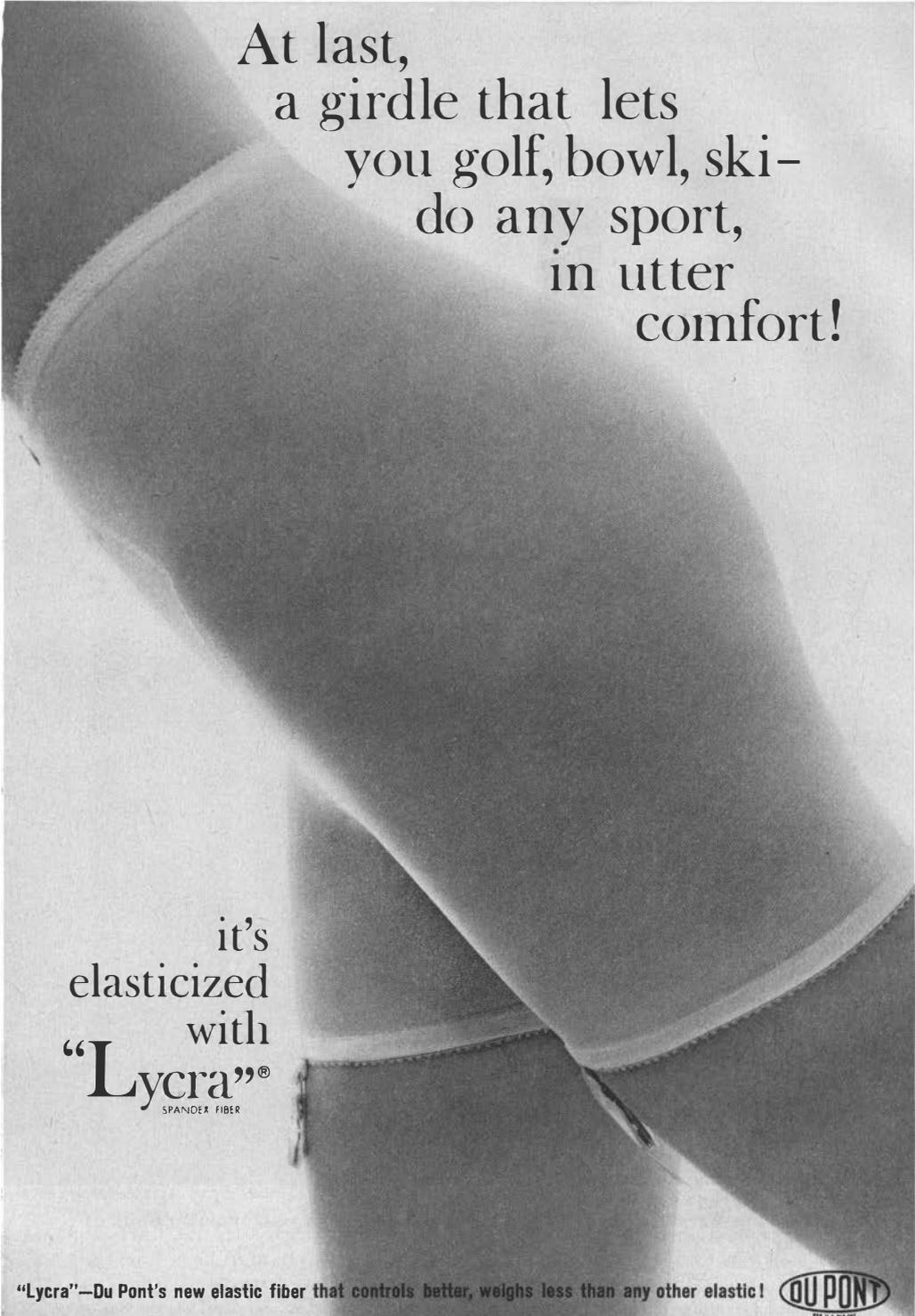


Now available! Beautiful! Lingerie to match.

**Now! in Warner's Uncovered Lycra<sup>®</sup>: a color to warm you. Venetian Gold.**

The lightest, sheerest girdle fabric of all is Uncovered Lycra, a special blend of nylon and DuPont's Lycra<sup>®</sup> spandex. Warner's<sup>®</sup> discovered it takes to color like fireworks—created a collection of radiant colors so fantastic you may never wear white again. Shown here: Venetian Gold, a color so rich

it melts, deliciously, on you. The girdle is *Delilah*<sup>™</sup>: an elegant little girdle with a lot of secret power. Also in other radiant colors—Peacock Pink, Sapphire, Blonde, Something Blue, Topaz, Nile Blue, black, white. Pantie, 8.95; girdle, 7.95. Rise & Shine<sup>®</sup> bra, 5.00. Everything exclusively Warner's.



At last,  
a girdle that lets  
you golf, bowl, ski—  
do any sport,  
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“Lycra”—Du Pont's new elastic fiber that controls better, weighs less than any other elastic!



“Lycra” is Du Pont's registered trademark for its spandex fiber. Du Pont makes the fiber, not the yarn or girdle shown here.. Better Things for Better Living . . . through Chemistry

**Dentist** *continued from page 54*

a suite of offices with twenty assistants. You wait roughly six weeks for an appointment in such an office, but when D-Day comes you get the full treatment.

Having been given a number, you sit in one of the plastic scoop chairs till a voice over the loud-speaker assigns you to a Consultation Room, where a nurse jots down your biography and then directs you to the X-ray Department, where a technician takes pictures.

Next you are sent to an Examination Room, packed into a dentist chair, raised, tilted, bibbed and left to stare at a trayful of sharp instruments. The Dental Hygienist stops by to ask some questions about your teeth and then an Assistant Dentist comes along and actually looks at them.

"It's the upper right bicuspid," he announces finally.

"Yes, yes," you say. "But what's to be done about it?"

"Can't tell," says he. "I'm just the diagnostician." He leaves you alone again.

At length, the Big Dentist himself appears. He is flanked by his many helpers, all carrying reports. Big Dentist glances at each document and then, at a nod of his head, the supporting cast withdraws.

Dr. Big goes right to work, selecting an instrument, prodding a tooth.

"A little wider please, Miss," he says.

You happen to be the mother of three, but you open wider anyway.

He drills a hole in your tooth and then rings for his Assistant. "Fill 'er up," he says, and that is the last you see of the Big Dentist.

It has taken three hours. But what a show!

My present dentist needs no public relations. He's a private relation: an uncle. He doesn't ask questions. He knows it's the lower left-side incisor because he remembers it from last time. He doesn't sing. He doesn't tell jokes. He's too busy filling me in on family news. And he doesn't stuff my mouth more than absolutely necessary because he's also interested in what I have to tell him. It just goes to prove that dentistry needn't be an open-and-shut proposition. If you find your own personal Dr. Right, life can be beautiful even on dentist days. ♦

There's an R&K to fit and flatter every occasion in your life. This day-into-night dress wears its own embroidered "necklace" of golden leaves. Subtly curved in softest 80% wool, 20% fur fiber. Sizes 10 to 18 in Antique Beige, Celestial Blue or White Jade. About \$25\*. For store nearest you write to R&K Originals, Inc., 1400 Broadway, Dept. O, N.Y.C.

\*SLIGHTLY HIGHER IN THE WEST

*When it fits as well as it looks... it must be an*

**R&K**  
ORIGINAL



# gh

Inside



RICHARD HICCHMAN

Movie actor Glenn Ford is more he-man than cake-eater, but our Thousand-Layer Torte turned him into a willing taster.

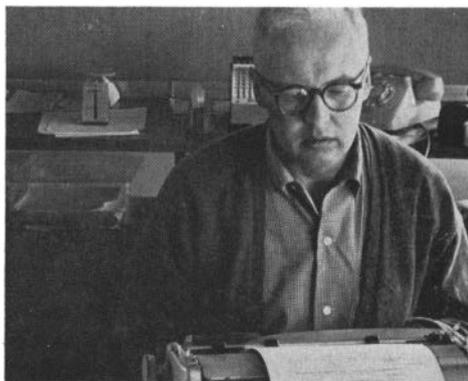
This has been GH's month for gentlemen callers—all handsome, famous, talented. Actor Glenn Ford led the parade when he stopped in New York en route from the French Riviera to Hollywood. The purpose of Ford's visit: to tell us about his forthcoming picture, "The Grand Duke and Mr. Pimm." On that particular morning, our food editors were recruiting test-tasters for the fabulous Thousand-Layer Cookie Torte which will be featured next month. The result (left): Glenn Ford turned taster. His verdict: the cake is as spectacular as it looks.

Meanwhile, New York's Governor Nelson Rockefeller was presenting our Editor Wade H. Nichols (below, left) with a special citation from the American Cancer Society for GH's contribution to cancer prevention. Our award-winning article, "The Cancer Test that Can Save Your Life," appeared last May.

Even if you're not a fiction fan, in fact even if you're dead set against magazine short stories, you should turn to page 67 and settle down. In "The Widow's Estate," John D. MacDonald (below) has produced a story which we believe is literally too good to miss. John is strictly a no-nonsense writer—works hard and at regular hours, has no truck with artistic temperament, says he doesn't need a trigger to get him started. His novel, "The Executioners," was the basis for the movie, "Cape Fear," starring Gregory Peck and Robert Mitchum. ♦



On behalf of GH, Editor Wade H. Nichols (left) accepts an American Cancer Society award from Governor Rockefeller.



At his home in Sarasota, Florida, writer John D. MacDonald (see page 67) works at a 15-by-6-foot desk.



**GOOD COFFEE IS LIKE FRIENDSHIP: RICH AND WARM AND STRONG**

*Coffee is an island.  
A warm and chatty island in a hurried, harried day.  
The fun of it is universal. The flavor of it can't be matched.  
And it's specially rewarding if you just remember this:  
A little more coffee in your coffee  
Means a lot more pleasure in your cup.*

*How to become famous for your coffee. See page 138. Pan-American Coffee Bureau, 120 Wall St., N.Y. 5, N.Y.*

# THE YOUNG WIFE'S WORLD BY HELEN VALENTINE

## THOSE FIRST DAYS OF SCHOOL

■ There's much talk about the reactions of a child on his first days in kindergarten. What a wrench it is for him, what a big adjustment he must make. All very valid.

But how about the young mother who suddenly finds herself minus the core around which her daily life has revolved? Is *she* happy about the whole business? She isn't? Well, she'd better be! For this is her first lesson in letting go—a process which must be cultivated and broadened as the years go by.

A child's early steps away from home and into a world of comparative strangers should be applauded, not bemoaned. The mother who limits her child's world by a



too-close and too-protective relationship may well be storing up trouble not just for herself, but primarily for the child she loves.

Some years ago, there was a phrase much in use—"smother love"—an ugly way of putting an unhappy truth.

The mother who really loves her child gives him the confidence to meet the world, starting with his fellow-kindergartners and continuing through his school years, his marriage, and his maturity. If he knows he can count on her understanding, her support and her un-failing love, he has the fundamental equipment needed to develop into a fine, adult human being.



## WHO DECIDES?

■ Should I take a job? Should I not? From the letters I get, this is a question which concerns many young wives. As in most such matters, no outsider can be very helpful. But I'll try.

My most important single bit of advice is this: If your husband is against your working, and your sanest, quietest reasons don't change his mind, by all means stay at home.

But if you and your husband agree that it's wise for you to work outside your home, do it. What the neighbors say or think is a matter of no importance.

Or perhaps your man has no strong convictions one way or the other. Then the decision is yours and should be made after considering several factors. If you have a child or children of pre-kindergarten age, and your additional salary isn't desperately needed, it seems better to stay home. But if you have a mother or other relative qualified to be a good substitute, it's fair enough to consider taking a job.

When your children are of school age and are cared for after school until you return home, it's all right to work—provided you have the stamina for the double task of running a home and holding down a job. It isn't easy, but it is being done by many millions of women throughout the world.

If you're the type that chafes at being at home all day, you may be a better wife and mother if you make use of your ability to do a constructive job outside your home as well as under your own roof.

## TODAY'S CHILD

■ A friend of mine reports this conversation with her five-year-old son.

"Isn't it wonderful that Grand-ma and Grandpa are going to go 'round the world!"

Said he: "How many times?"

## WOMEN M.D.s

■ Just about a hundred years ago, a pharmacist in Philadelphia refused to fill a prescription because it had been issued by a woman doctor. Today, with a shortage of doctors, we welcome the woman M.D. The world turns.

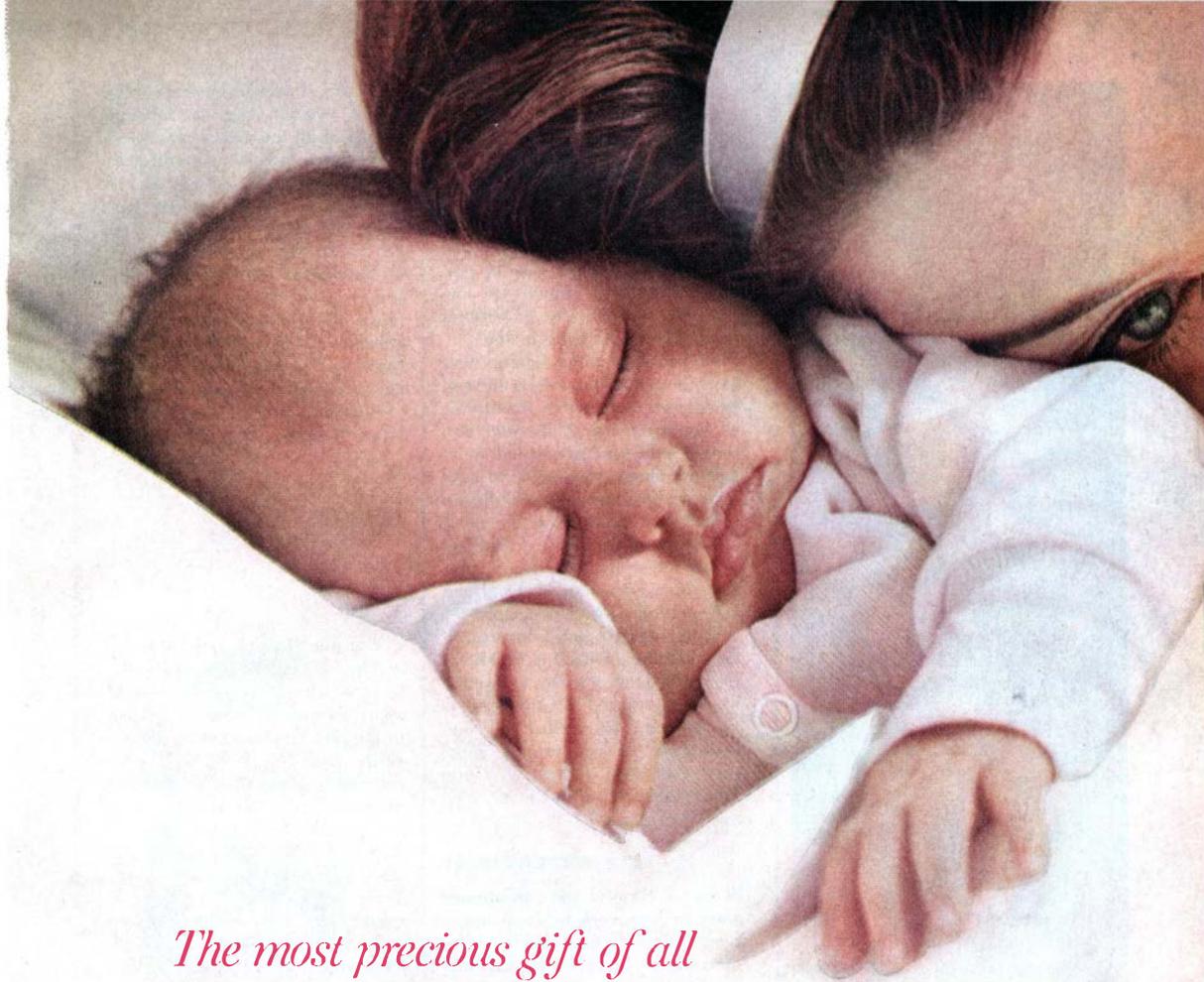
This year, the Woman's Medical College (the 112-year-old Philadelphia institution which is the only medical college solely for women in the Western hemisphere) graduated 46 young women. Thirteen of them are married and seven are mothers.

The college was founded by a group of daring Quakers who felt that women should help fight illness and disease, but were unable to do so because no medical college would admit them. Today every medical school in the United States has opened its doors to women. The world not only turns —it progresses.



## HOME VS. HOSPITAL

■ If you're having a baby, one important decision you may have to make is whether you'll go to a hospital or stay at home. Each has its advantages. At home you are in familiar surroundings, conveniently near your husband and other members of your family. But he sure that *continued on page 62*



## *The most precious gift of all*



**bringing up baby,**<sup>®</sup>  
hints collected by  
Mrs. Dan Gerber,  
mother of 5

The first time your baby is laid in your arms is a magic, mystic moment you'll treasure a whole life through. Suddenly you know this sweet and sleeping smile is truly yours. Suddenly you know something of the deep, bright meaning of life . . . in this greatest gift of all, your baby.

**Food for thought.** If you and your doctor have decided to bottle-feed baby, you may want to ask him about Modilac...the Gerber Baby Formula. This special milk formula, which really looks and tastes like milk, is adapted to babies' nutritional and digestive needs; provides nourishment comparable to mother's milk. No mixing needed. All you do is add the amount of water your doctor specifies.

**Crying communique.** Crying is a perfectly natural part of a baby's life. It's the only

way he can tell you he's hungry . . . lonely . . . has a bit of air-bubble trouble, etc. With patience and perception you'll soon learn what most cries mean.

**Solid dietary data.** Several weeks after birth your baby's supply of iron diminishes. That's one of the reasons doctors usually recommend specially prepared baby cereals as the first solid food. Gerber Cereals are enriched with a special kind of iron that's easily absorbed by babies. They're also enriched with calcium and B-vitamins to provide further nutritional benefits.

**Sandman statistics.** Sleep patterns, like all baby behavior patterns, vary. Some babies simply need more sleep than others. But generally speaking, these are the sleeping "norms":

- **First 2 months**—most of the time, except when being fed or bathed.
- **2 to 3 months**—18 to 20 hours.
- **4 to 5 months**—16 to 18 hours.
- **6 to 12 months**—12 hours at night, morning and afternoon naps.

**Growth statistics.** Your baby's biggest job the first year is growing. That's why he needs protein a-plenty to aid that growth. Gerber Strained Meats are high in protein, low in fat and extra-easy to digest. Made from **ARMOUR** selected Armour cuts, they're pure meat, with just enough of their own broth to insure a smooth, moist texture.



**Important:** Gerber prepares over 100 baby foods—infant formulas, cereals, strained and junior foods—to meet your baby's nutritional needs. We're proud to say:

**"Babies are our business  
... our only business!"<sup>®</sup>**



So soft you forget them,  
so safe that you can...

**Fems**  
feminine napkins

FEMS IS A TRADEMARK OF KIMBERLY-CLARK CORPORATION

## The young wife's world

*continued from page 60*

you know exactly what equipment your doctor will supply and just what he expects you to provide. Everything should be conveniently stowed away, at least six weeks before the baby is due.

Or you may prefer having your baby in a hospital where the best equipment is available for any or all contingencies. A hospital also provides the kind of rest and quiet that are almost impossible to have at home. Just be sure your suitcase is packed at least two weeks before you expect to go. Home or hospital—the choice should be yours, after discussion with your husband and consultation with your doctor.

Incidentally, a guide for expectant mothers (including a list of the needed articles for a layette) has been prepared by GOOD HOUSEKEEPING. It is brief, clear and comprehensive. If you want a copy, just send 50¢ to Dept. V, GOOD HOUSEKEEPING, 959 Eighth Avenue, New York 19, N. Y.

### SELF-EMPLOYMENT

■ In my May column I mentioned ways to find work to do at home. I certainly hope the many hundreds of readers who asked for my suggestion list have found the ideas useful and profitable. But those of you who do work at home should

be aware of certain business facts.

You should keep a separate record of all the money you spend and receive because you will have to pay income tax, and may also be subject to the Social Security Tax.

Income tax is based upon your net profit. You should compute it on the regular 1040 form. In addition, you will be required to attach more detailed information on Schedule C of the 1040 form. The forms and instructions for Schedule C are available upon request from your District Director of Internal Revenue.



You must have a social security number. If you had one previously, be sure to use it. If not, you should apply for one. You may be subject to the Self-Employment Social Security Tax. This is 4.7% of your net yearly profit if it is \$400 or more. But only the first \$4,800 is taxable. This should be computed and filed along with your income tax. The Internal Revenue Service's Document No. 5047, "Self-Employment Tax," has complete details and instructions. It is also available from your District Director, who should be consulted if you have any further questions. Please don't ask us to answer them. ♦

### LOTS OF GOODIES THIS MONTH

Of course, there are always plenty of articles that are of special interest to young wives, but here's a list you'll want to use this month.

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Every product advertised in Good Housekeeping has been investigated.

first things first {You}



Lock the door. Draw a deep tub. Break out the Wisleys. Live a little! Good things for the bath. That's all that Wisley makes. For example, the goody on this young lady's tub caddy is Wisley's new French Lilac fragrance. And she's steeping her langorous frame in rich, soothing French Lilac Bath Oil. Ah, bliss! But then, that's the whole Wisley idea. Wisley Bath Accessories make the



difference between just coming clean—and really coming alive. Treat yourself to a French Lilac bath today, and see if that's not so. Bath Oil, \$2.50\*; Cologne, \$2.50; Bath Powder, \$2.50; box 3 bars Soap, \$1.50; Bubble Bath, \$1.25. Matched set of spray cologne and bath powder, Gift set, \$5.00.

**Wisley**

FOR THE PRIVATE WORLD OF THE BATH

Prices subject to Federal Tax. \*All prices are suggested retail prices.



# The BEST thing...

that ever happened to...\*

—M.E. IC.  
COPYRIGHT: 1962 SHOW-HOUSE, INC.

\* 104 in a series of advertisements by SHOW-HOUSE, 555 Fifth Ave., N. Y. 17, N. Y.

\* time



Sessions Clocks are going up . . . all over! Let their fresh beauty brighten your home by enhancing foyer or entertainment area, brightening a conversation corner or reading alcove. Simple geometric shapes contrast with exotic woods and grasses, providing stunning patterns, textures and finishes. Clocks pictured are from the Sessions fall collection; all but the miniature banjo (14 inches high) and the model held are offered in both electric and 8-day spring drive. Priced \$7.98 to \$19.95, others to \$39.95. Visit your favorite store—for a switch in time, to Sessions.

\* water



*Tamed...*

**Tamed—For Water Lovers**—the “wild” things that ordinary tap water can do to you, your family and your possessions. How does *water spot* from ordinary tap water hurt complexions, dull hair, damage plumbing, affect your health, spoil fabrics? How does **MIRACLE WATER Tri-Matic** tame the “wild” effects of ordinary tap water? You can read the illustrated answers in “The Water Spot Story” and in “What To Expect From Miracle Water.” Please use the coupon on opposite page. **Water Refining Company, Inc., Middletown, Ohio.**

\* floor care



**REGINA**

**Regina Elektribroom®**—World’s one-handiest vacuum cleaner! One hand lifts it, one hand operates it, one hand empties it. Weighs only 6¾ lbs.—cleans carpets and hard-surface floors quickly and easily; draperies, upholstery *without* pesky attachments. Dirt cup empties like an ash tray. Hangs in any closet.

**Regina Polisher-Scrubber**—The most advanced unit ever designed by Regina for restoring the beauty of *all* hard-surface flooring and for shampooing carpets. Direct internal dispensing makes scrubbing and waxing a breeze. *All-metal* construction and counter-rotating brushes give balanced pressure, eliminate hop, skip, jump. America’s largest selling polisher-scrubber. **Regina.**



The following products carry the Good Housekeeping Seal:  
**SESSIONS CLOCK COMPANY:** Clocks.  
**MIRACLE WATER:** CB-20 and MA-20  
**MIRACLE WATER Tri-Matic.**  
**REGINA:** Elektrik Broom & Polisher-Scrubber.  
**ROGERS—Winter-Seal** Combination Windows, Doors, Jalousies, Mobile Home Windows.  
**ANCHOR-HOCKING:** Fire-King Ovenware.  
**KITCHENAID** (by Hobart): Dishwashers, Food Mixers, Coffee Mill.

PHOTOGRAPHY:  
 PHOTO FORUM

**BEST in the HOUSE,** Box 1500, Grand Central Sta., N.Y. 17. Please send home-making aids checked.  
**SESSIONS:**  Free, full-color Clock Decorating Guide.  
**MIRACLE WATER:**  "The Water Spot Story."  What To Expect From MIRACLE WATER.  
**REGINA:**  Elektrikbroom—"It's Modern Witchcraft" folder.  Elektrikbroom—Floor Care folder.  
**ROGERS—Winter-Seal:**  Packet on Combination Windows and Doors.  Packet on Prime Windows and Jalousies.  Information on Mobile Home Windows.  
**ANCHOR-HOCKING:**  Fire-King Ovenware: Illustrated catalog of all Wheat Fire-King Ovenware... a perfect shopping guide.  
**KITCHENAID:**  Free folders showing  Built-Ins.  Convertible Portables.  Top-Loading Portable.  
 Expires Dec. 31, 1962. Allow 2-3 weeks.

\* windows and doors



**ROGERS**  
 INDUSTRIES

WINTER-SEAL

Get more quality per dollar with Winter-Seal extruded aluminum Combination Storm Windows and Doors. Ultimate in comfort, beauty, convenience. Designed for a lifetime of dependable service.

For new home construction, it's Rogers complete line of Horizontal Sliding and Single-Hung aluminum Prime Windows, Doors, and Sliding Doors. All precision-engineered in a wide variety of styles.

Mobile Home and Pre-Fab Home-owners also enjoy Rogers quality with the famous "Wallmaster Mark IV" Sliding Glass Door, plus aluminum windows, doors, jalousies. Finest design and construction.

\* cookery



**Fire-King**  
 OVENWARE

All eyes are on Fire-King Ovenware...

... Especially the wondrous collection we show above in all its beauty and variety. It's the warm, rich Wheat design... a delight to the eye! Now you can serve casseroles, meat loaf, cakes and custards directly from oven to table... with pride! With pleasure! With prettiness! Serviceable Fire-King Ovenware with its sprightly Wheat pattern is ideal for

storing foods in refrigerator or pantry... easy to clean and keep clean, too. You'll find these, and many other Fire-King pieces, at your favorite store. And you know this is "the best thing that ever happened to baking" because Fire-King Ovenware is made by **Anchor Hocking Glass Corporation, Lancaster, Ohio.**

\* kitchens

"Some of my movie heroes play two parts... and so does KitchenAid!" The one and the same Imperial (or Custom) convertible portable can be directed to the scene of dirty dishes—wheel it and load wherever you wish... then—just like that!—this versatile, front-loading performer goes "on location," permanently under-counter or at end-of-counter. You simply change its role whenever you proceed with new (or remodeled) kitchen plans. No conversion kit needed. KitchenAid also makes an economy portable model that loads from the top. All KitchenAid dishwashers have the big blue wash arm—the scrubbingest wash arm of all!

**KitchenAid.**  
 by **Hobart**



# How to help your husband lose weight with the help of D-Zerta® Gelatin

## The delicious dessert with $\frac{1}{8}$ the calories of regular gelatin desserts

When anyone in your family needs to lose a few pounds, it's good to know: successful reducing diets are built around foods you enjoy...good foods that keep you from feeling too hungry or too "different." Whenever you serve fewer highly caloric foods, the right dessert becomes important. D-Zerta balances your meals satisfyingly, helps you fall into good eating habits.

**You enjoy D-Zerta Gelatin** just like any other dessert. It looks tempting, tastes trulysweet and fresh. It gives you a delicious variety of six favorite flavors. But there the similarity between D-Zerta and conventional desserts stops.

**Only 10 calories—made without sugar.** A serving of D-Zerta has only 10 calories, largely from protein. D-Zerta balances your meals satisfyingly. It helps prevent your leaving the table feeling hungry or deprived. It permits the "something sweet" you want between meals or at bedtime.

**Not like other low-calorie desserts.** D-Zerta is lower in calories than almost any other food, and significantly lower than desserts often considered low-calorie. Regular fruit-flavored gelatin desserts, for instance, have about 80 calories a serving. When you are serious about solving a weight problem, you will choose D-Zerta for  $\frac{1}{8}$  the calories.

**Reduce and stay reduced.** With the help of D-Zerta, you can reduce calories steadily and permanently, while you follow a normal pattern of eating desserts you enjoy. Look for D-Zerta Gelatin in the low-calorie section of your grocery store. Only 5¢ a serving. Try D-Zerta Puddings, too.



D-Zerta is the lowest-calorie gelatin dessert made by  
General Foods. Made without sugar.

## A COMPELLING SHORT NOVEL COMPLETE IN THIS ISSUE

*With true compassion and revealing honesty, one of today's most gifted storytellers explores the world of a wife suddenly facing the future alone—the decisions that must be made when she is*

# the

*highly vulnerable, the attempt to be both mother and father, the frightening gamble of opening a business, and finally the healing hope of finding love again...*

■ The other guests left at a little after eleven. Laura asked Cal if he would like a nightcap. He asked, tentatively, if there might be any cold beer. On her way to the kitchen she collected some of the dirty ash trays and glasses. When she brought the beer to him, he was bending over the fireplace poking the fragments of birch log into the bed of embers. The autumn wind sighed across the eaves.

Calvin Burch straightened up and put the fire tongs in the rack. "Com-

pulsive fire-prodder," he said with a slightly apologetic tone as he took the beer from her. He was a tall, thin man who moved abruptly and, quite often, rather awkwardly.

"So put another log on, for talking," she said. She turned the lights out at the far end of the living room and came back to sit at the end of the couch. The new log burst into flame quickly, the silver bark crack-

ling. He sat beside her and they looked at the flames.

"Lollie," he said, "when I got back from Japan, the wire was there and it was three weeks old by then. If only somebody in the home office had had the sense to. . . ."

"It doesn't matter, really. I had good friends here to help out. And . . . maybe I wouldn't have been really aware of whether you were here or not. It racked me up, Cal. Terribly. That whole time is sort of a blur. They had to keep me tranquilized. I resented . . . the necessity of it. You know? An adult should be able to cope with anything, without crutches. How long does it take to get to be an adult? I'm thirty-two years old, Cal!"

He looked at her, his mood grave. He was aware of the pride in the lift of her chin, a defiance of life in her eyes. He could not tell her that in the

# widow's

flame-light she looked helplessly young.

"Cope? There are some things, Lollie, nobody is strong enough for. Certainly not a sudden, terrible thing like that."

"You know, Mitch had a complete physical just two months before it happened. They told him he was in perfect shape. And he was so smug about it." Her laugh was abrupt, without mirth.

"Even though I didn't get the news until it was three weeks old, Lollie, I would have come east anyway if it hadn't been for the damned negotiations on the new plant. I told you about it over the phone when I. . . ."

"For goodness sake, Cal. *stop* feeling guilty! Don't you think I'm capable of understanding?"

"I know. But it's six months now. Almost six. The three of us were as close as people can get, You

# estate

BY JOHN D. MACDONALD

and Mitch were the best friends I've ever had."

"I'm still around, Cal. dear."

"It's fantastic the way I keep both feet in my mouth."

"I'm just teasing, Cal. Anyway, there is something I have learned in these months since Mitch died. People try very hard, but there's no right way to say anything about a thing like this. And I've felt strange all evening, having you arrive the very first time I've done any entertaining, seeing me as the merry hostess or something, without a chance to talk to you. Until now."

"They seem like nice people."

"They are. But the evening wasn't a success. I didn't expect it to be. But I had to start some place, somehow. They all tried to seem as if they were having a good time, bless them. But all the other times they've been in this house, Mitch was here. So it made a strain. Next time it will be better."

"Very tough for you, too."

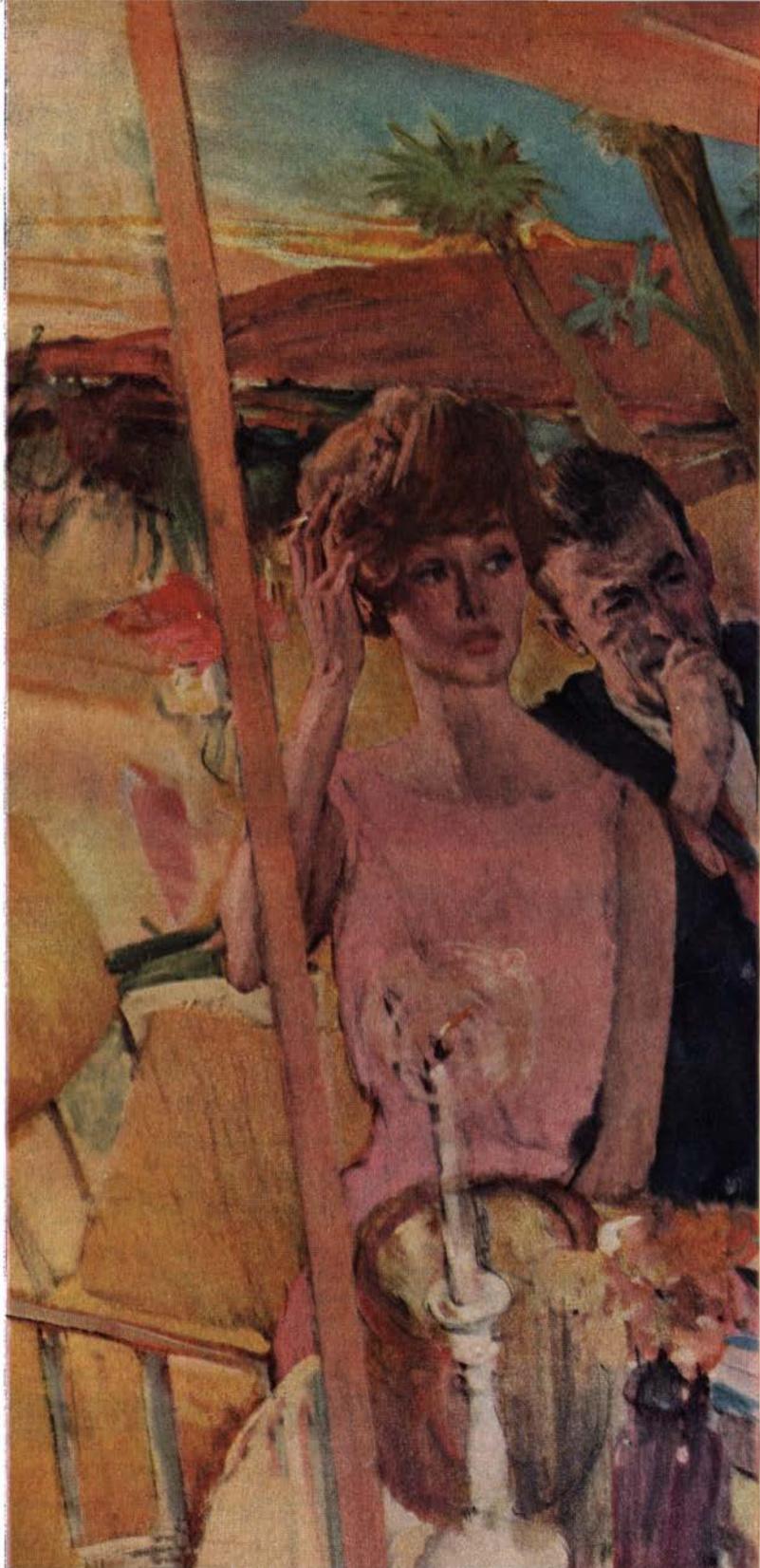
She shrugged. "I was on the edge a couple of times. Thelma made it difficult. She's the big blonde. She's real sweet and sloppy and emotional, and she genuinely misses Mitch. She hugged me once and just looked at me once, and those were the two times I was on the edge."

"I wouldn't have known it."

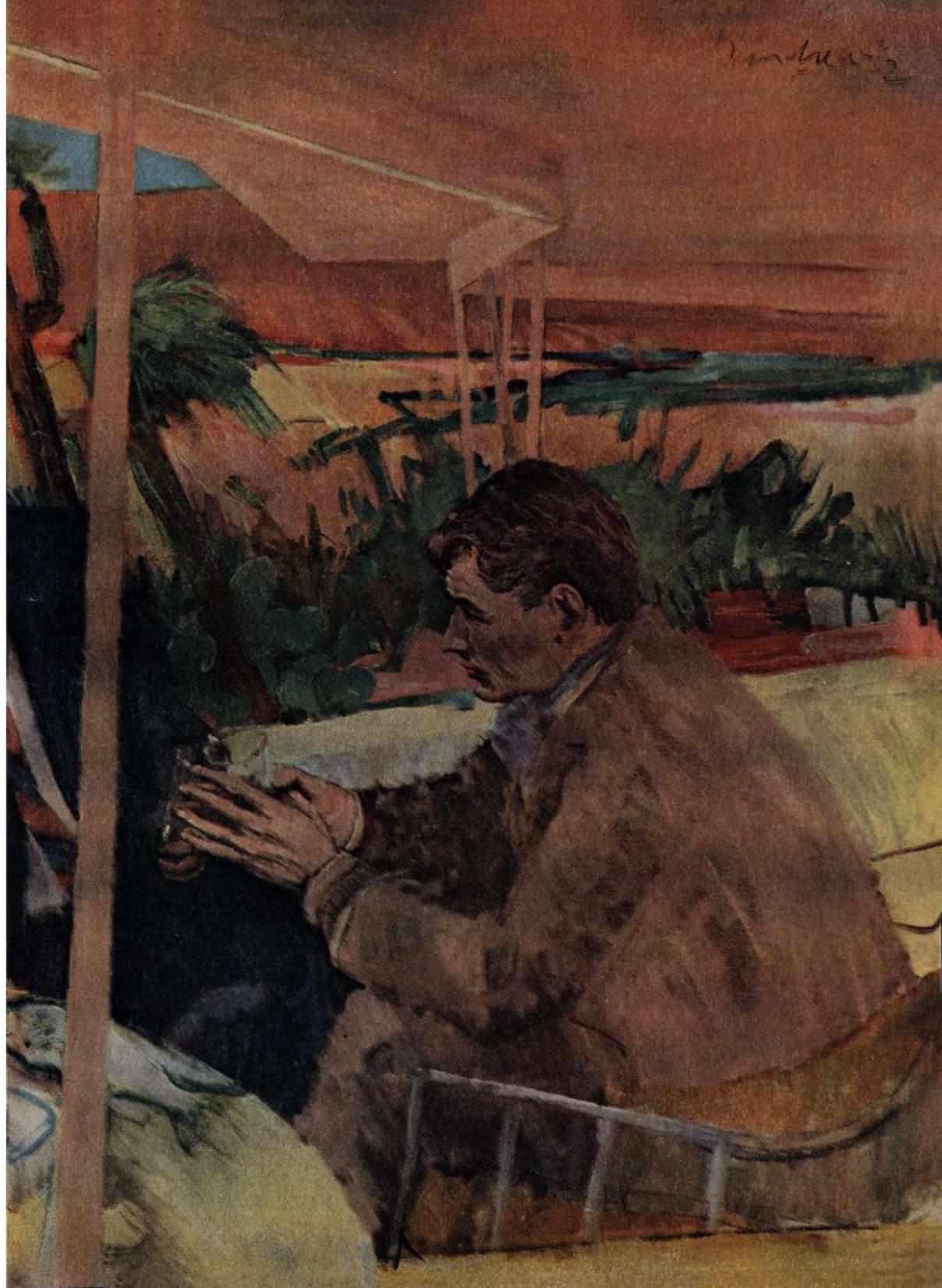
"I didn't want anybody to know it, Cal. Golly! I had enough of the public collapse thing. Tears are for private. I guess I've got too much pride to want to be a . . . pitiful figure. Maybe I am. I don't want to advertise it any more, at least."

"If this comment isn't in bad taste, Lollie, *continued on page 229*

*Laura tried to ignore the tension between the two men. The conversation was strained but Cal was determined Colby was not going to outsit him*



Van der Meer 3



**How should  
incurably ill  
patients be  
dealt with  
by their  
doctors?**

**SHOULD  
THEY  
BE TOLD  
THE  
TRUTH?**

One of the most painful of doctor's dilemmas is whether or not to tell a patient he or she has a fatal or incurable illness. The question has often been debated, but seldom by those best qualified to do so—doctors themselves, who traditionally have been reluctant to take a public position on so controversial a matter. We are therefore fortunate to have obtained the co-operation of two such distinguished physicians as Drs. Milton Dworin and Claude E. Forkner, whose views are reported, as told to Jhan and June Robbins. Each spoke without knowledge of what the other had said.—THE EDITORS

**YES,** Dr. Milton Dworin is clinical instructor of medicine (cancer teaching service) and medical consultant at New York University-Bellevue Medical Center. He is the author of the American Medical Association pamphlet, "Have You Had a Checkup Lately?" and has contributed to *CA*, a journal for doctors and researchers, which is published by the American Cancer Society.

■ During the many years that I have practiced medicine I have repeatedly been told that a seriously ill patient who hears the truth about his condition may become suicidal or mentally unstable. I have been telling patients the truth for a long time, but I have never seen either of these things happen.

The patients I've heard about who have committed suicide are those who were *not* told the truth, but suspected the worst. Recently a wealthy businessman threw himself from his office window because he was sure his doctor was sparing him the knowledge that he had lung cancer. "Despondent over ill health" is the familiar way such things are reported.

A doctor's responsibility is to help his patients. We are your servants, not autocratic demigods. If I thought it served a patient of mine not to know that he was seriously ill, I certainly wouldn't tell him. I feel, however, quite the opposite. In my experience it is beneficial to patients to tell them the truth, even when the truth is very bad news indeed.

A man or woman who is seriously ill is more afraid of the unknown than of the known. One can easily tell a patient, "You have a little arthritis" when he actually *continued on page 196*

**NO,** Dr. Claude E. Forkner is professor of clinical medicine, Cornell University Medical College. He is also an attending physician at the New York Hospital, consultant in medicine (hematology) for Roosevelt Hospital, consultant in internal medicine, Bronx Veterans Hospital, and founder of The Medical Passport Foundation, which advocates that everyone possess a record of his medical history.

■ A young resident physician said to me recently, "God should protect doctors from cancer!" "Why us especially?" I said in surprise.

"We know too much about cancer!" came the reply. "No one can hide the truth from us—we know what we are in for."

It is true that it is all but impossible to keep a doctor in ignorance of the nature of his own illness. He usually has access to the records on his case. If he has a tumor, he can often tell from the kind of tissue involved and the place where the tumor is located what his chances for survival are, how long he will be ill and how much he will suffer. When the late Dr. Tom Dooley, famed medical missionary, came home from Laos to undergo surgery for cancer of the lung, he said, "I know what I've got—about two more years!" Two years later he was dead.

Where possible, however, I believe that the complete truth about a fatal illness should be mercifully withheld from the patient—if necessary, by skillful diplomacy.

At present I know a young man who is suffering from such an illness. He also knows "what he is in for"—his doctor has told him about it in great detail. Although he *continued on page 200*

## WOULD SHE EVER DISCOVER WHAT ALL THE OTHER GIRLS SEEMED TO KNOW—HOW TO BE THAT LIGHTHEARTED, THAT CONFIDENT, THAT SURE?

■ Sue looked intently at the vocabulary list taped onto the bathroom mirror, studying it as she brushed her teeth. “‘Esoteric,’ from the Greek word ‘*eso*’; within; understood by a select circle; rare.” She scrubbed up and down vigorously and tried to think of a way to use the word. “It is considered more esoteric to live in the suburbs than near the business district.” No, no, that wasn’t right! “Hoover High is more esoteric in what it teaches than other high schools in town.” Maybe. She sighed, rinsing out her mouth. She tried to learn at least one new word every morning and one every night. Everyone told her that by the time you were a junior in high school you had to work hard on vocabulary, because of college boards.

Even when I’m brushing my teeth I can’t let go, she thought; I have to keep at it every minute. I don’t dare stop, I’m afraid I won’t know enough, do enough, be enough.

“Aren’t you *through*?” snapped a child’s voice. “You’re always in here learning your silly words.”

Sue turned and faced one of her twin sisters. “I’m sorry, Beth. Come on in. I do have to learn these words; you’re only in grade school and you don’t have to worry about vocabulary lists for a while.”

“Well, I do have to brush my teeth,” said Beth, jostling her.

“Wow.” Sue retreated into the bedroom she shared with the twins. Beth could have the bathroom to herself.

“What’s wrong with her, anyway?” asked a voice from under the bed.

Sue looked down as a face peered up at her. Georgia had her twin’s dark eyes but, oh, how different they were!

“I don’t know, Georgia. What on earth are you doing down there?”

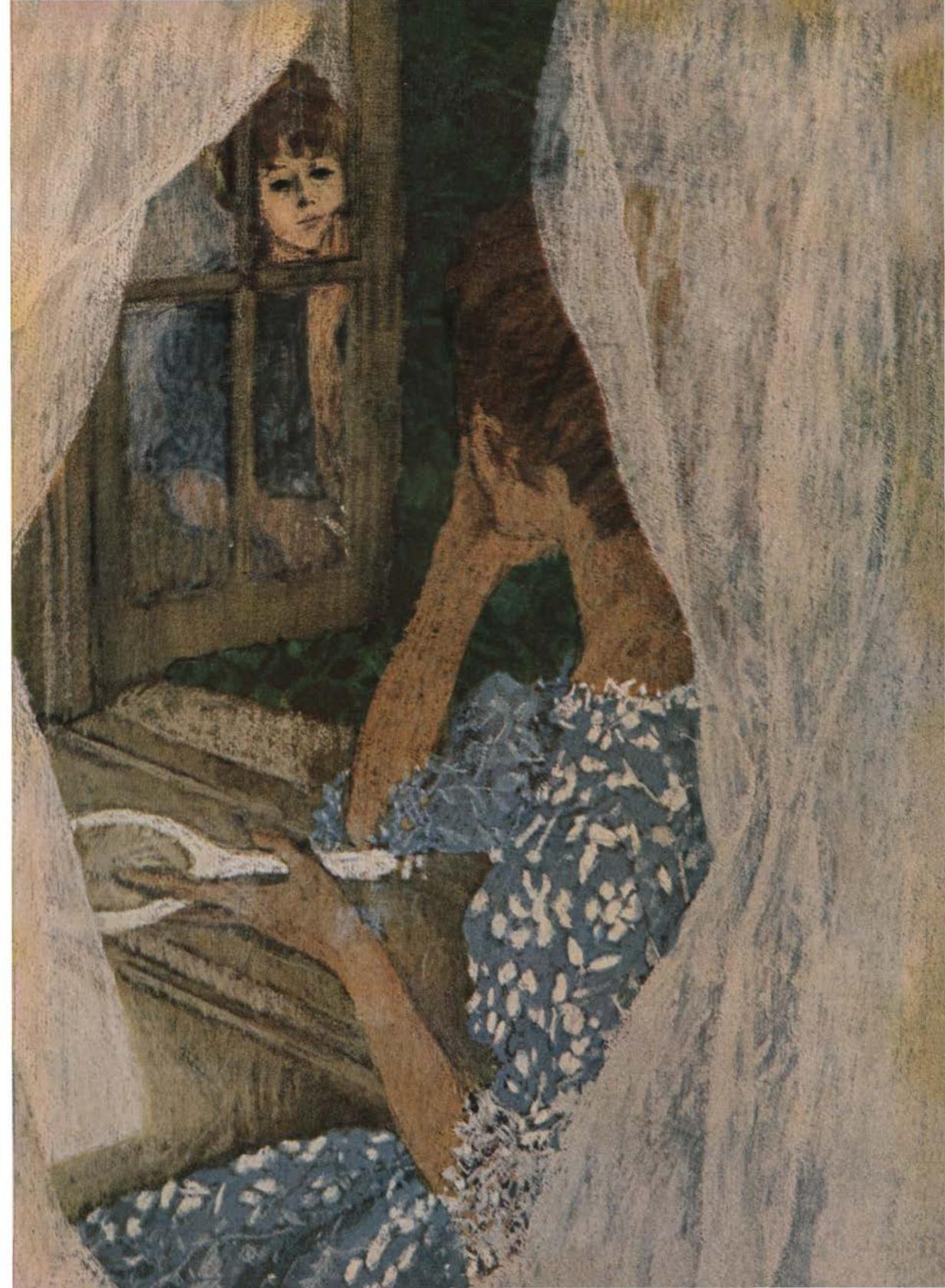
“Just checking on my shell collection. This is the only place I have to keep things.”

Sue and the eleven-year-old twins lived in very close quarters and had, ever since they had moved into this house. They knew that their father was partitioning the back porch into a bedroom for Sue and a tiny “TV room” for the rest of the family, but they had almost despaired of his ever getting this project completed.

“This house is too little,” sighed Georgia, as she stood up and *continued on page 142*

# THIS TIME TOMORROW

BY ELIZABETH ALLEN





## WHAT JACKIE KENNEDY HAS LEARNED FROM HER MOTHER

*Most of the traits that people admire in the First Lady—her respect for culture, her tact, her self-reliance—were instilled in her by her mother, Janet Lee Auchincloss*

*When Jacqueline Kennedy recently urged her mother to work for the National Cultural Center, which will provide a showcase in the nation's capital for the performing arts, Janet Lee Auchincloss asked, "Do you really want me to do it?" "I do," said the First Lady. That wish assured Mrs. Auchincloss' wholehearted commitment, affirming the lifelong closeness of mother and daughter, which has contributed greatly to making Jackie the person she is.*

*I first met Mrs. Auchincloss at Hammersmith Farm, her Newport, Rhode Island, home, where I had come to discuss the National Cultural Center with her. As we strolled in the beautifully landscaped gardens, or sat in the drawing room of the big Victorian house, with its superb view of Narragansett Bay, I became fascinated by her rare combination of qualities and re-*

*solved to find out more about her.*

*There is something disarmingly feminine, essentially girlish about Janet Auchincloss. At 54, she is petite, slender and trim, with only a few traces of gray in her dark hair. Her simple, chic clothes and her choice of furnishings (in her Rhode Island home, a harmonious mixture of Victorian and eighteenth-century) reflect her sophisticated tastes; and the community organizations for which she has worked can attest to her efficiency. Yet the way her expressive hazel eyes light up as she talks of her husband, children and grandchildren reveals that she is also a dedicated wife and mother.*

*Jacqueline Kennedy talks of her as "my dear, sweet mother" and has told the press that "I hope to do as well for my children as my mother did for me." Friends*

*who know mother and daughter well tell the same story. "Janet Auchincloss," says Mrs. John Murray Begg, a Washington real-estate woman, "stands by to help, but doesn't offer advice until it is sought. She never dominates. She is amused when total strangers write her, telling her to tell Jackie what to do. 'I wouldn't dream of telling Jacqueline what to do,' she says. 'I never have. It's too late to start now.' Jacqueline thinks of her mother as her best older friend. There is something very sweet and old-fashioned in their relationship."*

*Edward F. Foley, Under-Secretary of the Treasury in the administration of Franklin D. Roosevelt and currently Vice-Chairman of the Greater Washington Committee for the National Cultural Center (Mrs. Auchincloss is chairman) says, "Janet and Jacqueline are continued on page 178*



BY ROBERT CARSON

■ When neither was flying and the little apartment they shared at Waikiki became too stuffy, Terry and Annie often took Annie's ancient buglike little German car and drove around to one of the many almost deserted beaches on the windward side of Oahu. These expeditions were quite informal. Over their bathing suits were shapeless muumuus, and in a cardboard box were peanut-butter sandwiches and sweet pickles and a Thermos of cold milk; only the girl who was driving wore shoes. It was nice getting out of their neat stewardess' uniforms.

Normally the picnics were restorative and uneventful. However, there came the day when they picked an untenanted strand near the village of Laie, swam vigorously, ate the lunch, and then Terry settled down on a robe for a nap. She was feeling a bit beat, more from her emotions than anything else. The emotions involved Albert Franklin III, owner of the immense Franklin Ranch on the big island of Hawaii. He was tall, reasonably good-looking, wary, not yet brushing middle age, smooth in manner, matrimonially free after two unsuccessful marriages, and literally reeling under the weight of his assets. By any standard, (except those which somehow kept nagging Terry), Albert could *continued on page 215*



## TRUST IN SAM

Now here's a happy love story—  
for all those who can believe  
a girl's best friend  
is a dolphin (named Sam)

# THE CRIME AGAINST MARILYN VERNAN

■ The girl paced tensely up and down her narrow cell. Her face was swollen from hours of sobbing. Her hair was in wild disarray. From time to time, she beat her hands against the cell bars until she nearly scraped the skin raw. When the other inmates of the cell block were let out to go to the mess hall, they taunted her with epithets. She screamed back at them until they were out of sight. She could not go with them because she had been ordered locked in her cell for several days and nights of solitary confinement. This was her punishment for disorderly behavior.

"I can't stand being shut in," the girl shouted at nobody in particular. Suddenly, she threw the covers off her bed, lit a match she had managed to conceal and jabbed it against the mattress. When the mattress caught fire, she pressed close to it, inhaled the deadly fumes, and began to choke.

A guard caught the whiff of the smoke and came running down the corridor. "Put that fire out, you fool," she cried. She unlocked the cell door and smothered the flames with blankets. Then she dragged the gasping, sobbing girl—Marilyn Vernan—to another cell.

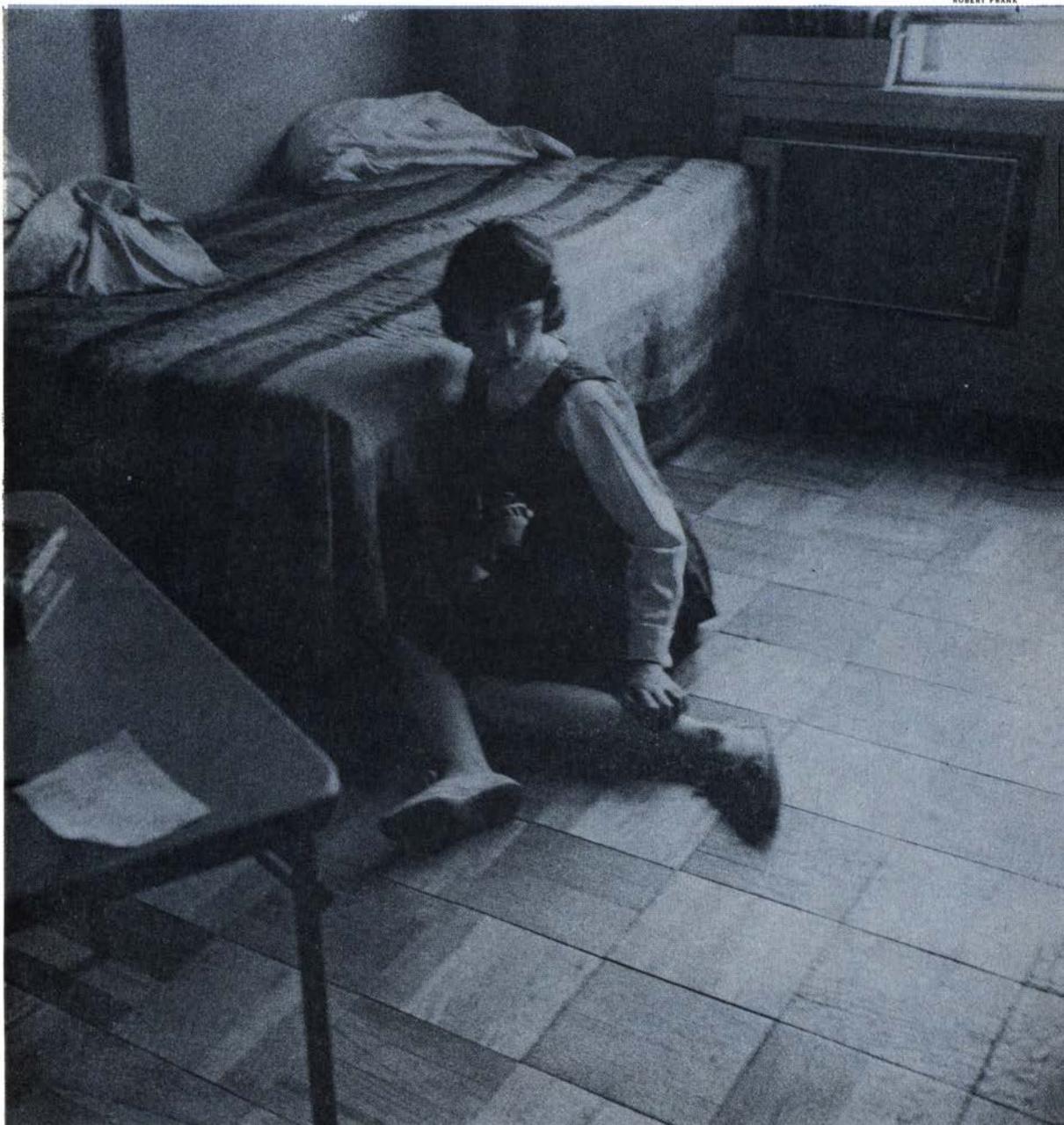
Today Marilyn Vernan is 23 years old. She is slim, dark-haired, attractive and intelligent. You might easily imagine that she had spent her teens in expensive schools and at debutante parties. Actually, she has spent a good part of her last ten years behind bars. She suffered experiences which debased her, nearly drove her out of her mind, and were climaxed by her attempt to burn herself to death in prison.

"In the past, the state had declared Marilyn Vernan guilty of a number of crimes, but her case might better be described as society's crime against Marilyn Vernan," says Mrs. Beatrice S. Burstein, who is a special adviser to President Kennedy's Committee on Juvenile *continued on page 129*

At 13 she was one of society's "forgotten girls"—debased, humiliated, scorned. Now, at 23, she has been reborn, only because there were those who cared enough to repair her shattered spirit



ROBERT FRANK



BY MARTIN ABRAMSON

# a special talent

Those were the days

**U**nderstand it's not that I have a poor memory, just an odd one. I have to be reminded of dates of birthdays and anniversaries and appointments. Yet my head is cluttered with trivia such as what I ate for breakfast on the morning I married Jenny, or the color necktie I had on the day our first child was born. I forget an address but I could draw the detail of a doorway to that particular building. There are times when an incident will send my mind whirling back to a certain day that is complete in every detail. There are a few times and memories I would rather not recall, days I'm not proud of, nights that were long and troubled, but when this process of total recall



CAROL JOHNSON

when their marriage was turned upside down—when everything went wrong...and absolutely right

begins, it's something I can't stop.

I don't have to be in an introspective mood to have this happen. A certain day came back to me this morning that was like a gift I had been saving to give to the one person who could make the best use of it. . . .

Ordinarily I don't mind Bob Tatum's frequent interruptions of my work, although he often picks very inconvenient times to bring me his troubles. I was unusually busy this morning and I'm afraid I was abrupt when I looked up and saw him standing in the doorway to my office.

"You need something, Bob?" I said to him.

"Advice," he answered. Without

waiting for an invitation, he sat down in the chair near the window.

In a white shirt, with the sleeves rolled up, his hair slightly longer and untidier than usual, he looked younger than thirty-three and much too tired for nine o'clock in the morning. He had another cold and I noticed that his hand trembled a little when he lit a cigarette.

"Dave," he began, "the hour has come, the moment of decision, the big crossroad. I've just about decided I can't keep a job and study, too. I think I'll have to quit school."

I could see what he was hiding behind that jaunty pose. "I know it's tough," I said. "Believe me, I know."

"Well, it's not too tough for me," Bob protested. "I can handle

it. It's Beth and the kids. It isn't fair to them."

"Sometimes it's pretty hard to know what's fair to your family," I said. "In a situation like yours, it's easy to get confused. Why don't we talk about it a little?" I pushed aside the papers I had been working on. "Maybe it's just one of those days," I said. "We all have them."

That was when a whole day began unrolling in my memory, a day on which I was a little older than Bob Tatum, possibly more harassed, certainly no wiser.

It was seven o'clock on a spring morning, eight years ago. Getting five people out of the house by eight-thirty required split-second timing, so *continued on page 222*

# The Troubled Heart of Grace Kelly

Although the lovely  
Princess Grace  
stands firmly by her  
Prince's side—  
as the only  
person he can  
trust—her domestic  
life and  
her future are  
now jeopardized as  
never before

At the recent wedding of Princess Sophia of Greece and Juan Carlos of Spain, the most popular guest, beyond a doubt, was the girl who was once Grace Kelly of Philadelphia. The bridal couple were the only royal personages who were more enthusiastically cheered by the thousands who jammed the streets of Athens to watch the wedding procession. It was the same story at the reception, where many of her fellow guests queued up in their eagerness to have a word with the beautiful Princess Grace Patricia of Monaco.

This tribute to the American-born princess was all the more heart-warming because also present were King Olav of Norway; two beloved European queens, Ingrid of Denmark and Juliana of The Netherlands; the bride's parents, King Paul and Queen Frederica; and the groom's father and mother, Don Juan, pretender to the vacant throne of Spain, and the Countess of Barcelona.

It was one of the signal triumphs of Princess Grace's career, and both she and her husband, Prince Rainier, seemed to revel in it. As she smiled dazzlingly, Grace appeared utterly relaxed and at peace with the whole world. And, incidentally, more in love than ever with her prince.

Yet afterward, a veteran foreign correspondent who covered the wedding told

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By Charles Samuels, author of *The King*, the recent best-selling biography of Clark Gable



me, "Princess Grace gave one of her greatest performances at that affair. Watching her, no one would have dreamed that she and the prince are facing a crisis that menaces their entire future."

I assumed that he was talking about Monaco's political crisis with France, which is expected to come to its climax within the next month. For weeks the newspapers of Europe had been running stories about the De Gaulle government's determination to make Prince Rainier back down and yield to their fiscal demands, and about how Rainier was defying Paris and might be stripped of all power and position. Some editorial writers predicted he'd be compelled to abdicate within a year or less.

But when I mentioned this, the correspondent shook his head. "Yes, that's a tense and dangerous situation. But it's a purely political matter, something that is Rainier's problem. What I was thinking about was something more intimate—something that involves a heartbreaking decision that she must make."

In truth, there is only one thing that Princess Grace is more concerned about than her husband's political fortunes: that is her own future marital relationship with him.

I could recall reading items at various times in the gossip columns hinting that she and the prince were bitterly quarreling. It was implied that their religious beliefs alone prevented them from getting a divorce.

I had never believed those stories. I might not have believed that my friend's words were based on fact, either, except for the somewhat puzzling behavior of Princess Grace in recent months. Her announcement, for instance, that she was going to return to Hollywood to appear in an Alfred Hitchcock movie took everyone by surprise. She'd never specifically said why she wanted to do that. Then when she quickly changed her mind, her explanation of the reversal was equally unconvincing.

Could it *continued on page 139*



*As a celebrated movie queen, then as a real-life princess, Grace Kelly has mastered the art of living amidst rapid-fire reporters' questions and dizzying flash bulbs. Here she parries queries from French press at Paris' Hall du Plaza-Athenée.*



**PICK  
THE  
WAY  
YOU  
WANT  
TO LOOK  
THIS  
WINTER—  
RIGHT  
HERE!**



**CAVALIER (opposite):** A coat cut with verve, full of drama. It's uncollared, which gives you plenty of poetic license with the swinging, black-fringed stole. Of wool-and-cotton tweed; Acrilan pile lining. It also comes in charcoal and camel. Sizes 4 to 16. About \$90. A Modelia design.

**SCULPTURED:** The shaped top, finely molded to a slightly dropped waist. A dress in two parts, of wool tweed. Very easy to take, too, in blue-and-black tweed. Sizes 6 to 16. About \$60. Rembrandt. Bag: Walter Katten. Hats on both pages are by Sally "V". This is the winter of the long glove; you'll be seeing and wearing them often. (These are by Superb.) All these fashions are at stores listed on page 170.





**TOP BRASS:** Go bright navy in this dashing, double-breasted officer's coat. Inside, the sudden gaiety of a red taffeta lining. Or have it the other way around, in red with blue lining. Warm as a hug, too. Sizes 6 to 14, about \$125. Henry Friedrichs design for Brittany in Stroock's wool fleece. Fluffy beaver felt hat, Madcaps. Bag, Walter Katten. Shoes, Deb.

**YOUNG AMERICAN:** In a V-neck knitted dress with the casual ease of a sweater plus an urban, dress-about-town air. Its luscious mix of wool and mohair will give you a soft life all winter long. Also in cranberry-red. Sizes 8 to 18. About \$60. Kimberly. Madcaps "trilby" hat. Pin, Sandor Goldberger. Hansen gloves. These fashions are at stores listed on page 170.





**CITY-COUNTRY:** The suit with a split personality, neatly relaxed in both places. The "matchbox" skirt has seam paneling, below a gently eased jacket of imported wool tweed. It also comes in a royal-blue mixture. Sizes 8 to 16. About \$90. Towncliff, Inc. With it, a mink beret by Sally "V", and Max Bogen's leopard muff. Long gloves by Superb; Foot Flairs pumps.

**FURRED:** A simply great greatcoat replete with luscious lynx collar and cuffs. The giant plaid is made of wool, rayon and nylon. It's interlined for extra warmth and lined in rayon satin. Sizes 3 to 15. About \$130. A Dani, Jr. design by Faye Wagner. The tall hat, adding up nicely in the balance, is by Mr. John Hansen makes the heather jersey gloves. Earrings by Monet.







**SELF-POSSESSED:** This dress (opposite) with the flair of a coat makes a polished appearance on the street—or in my lady's parlor. In double-knit wool with a contrasting leather belt, button-front closing. Also in this year's bright navy-blue. Sizes 8 to 16. About \$35. Haymaker. Caramel velvet hat by Mr. John. Sable scarf, Max Bogen.

**WELL-ORGANIZED:** That's you, in this bateau-necked wool dress-with-its-own-jacket, ready for indoors or out—and almost any occasion. The dyed-to-match Persian-lamb collar is detachable. Also in black. Sizes 8 to 18. About \$110. Abe Schrader. Hat, Mr. John. Monet jewelry. Bag, Walter Katten. Made-moiselle shoes. Gloves, both pages, by Superb. These fashions are at stores listed on page 170.

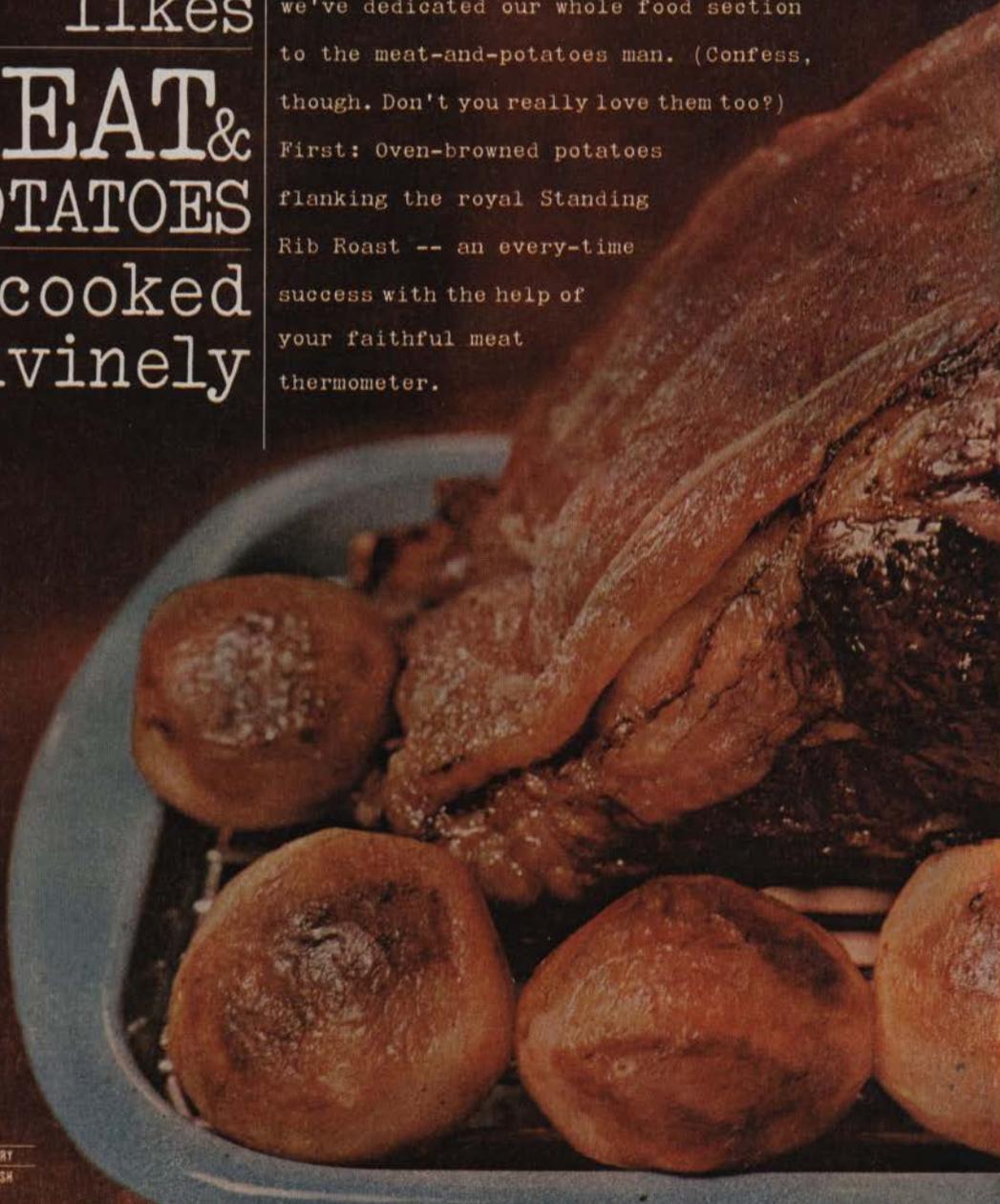
give  
him  
what  
he  
likes

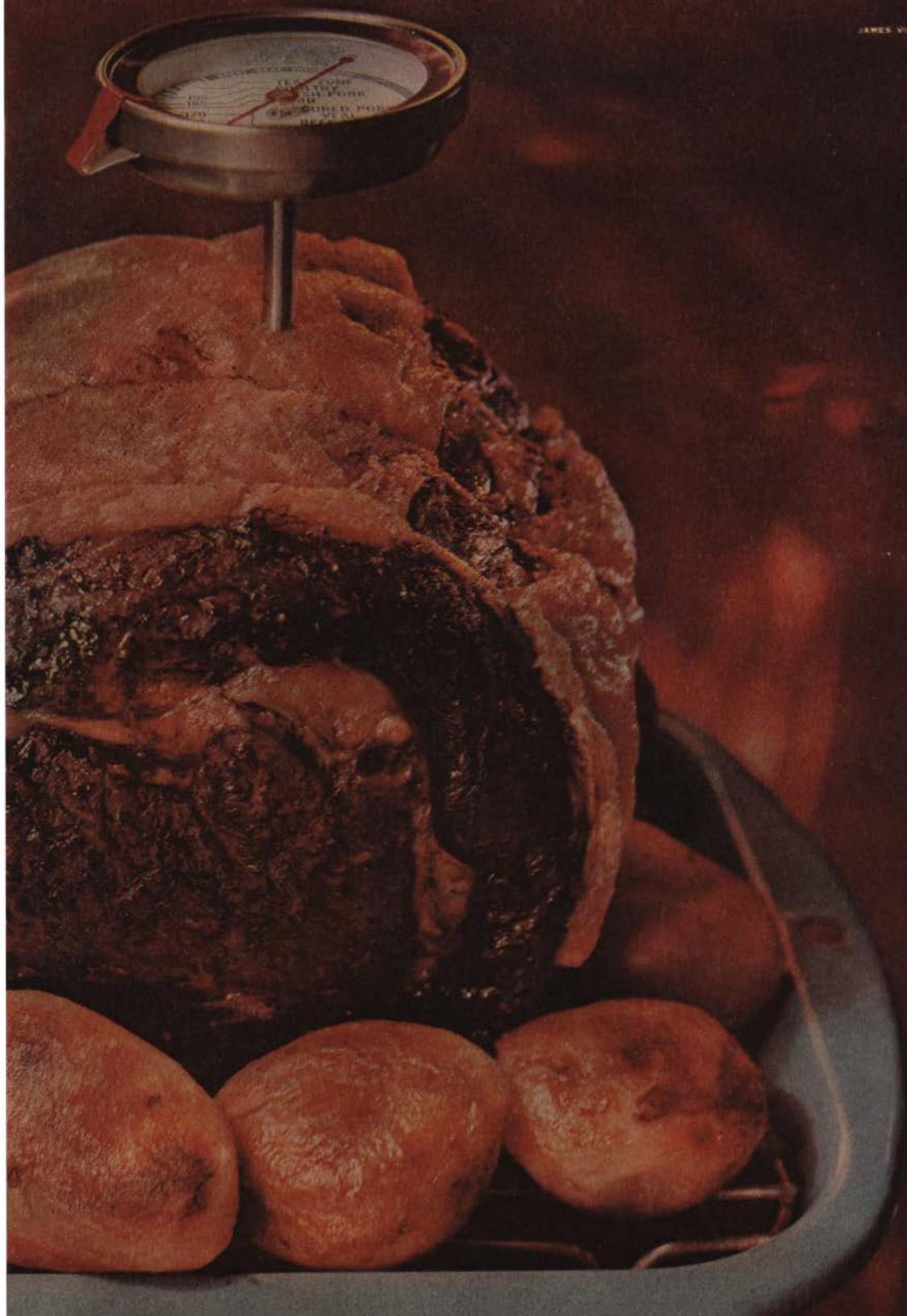
MEAT &  
POTATOES  
cooked  
divinely

"All he ever seems to  
want is meat and potatoes!"

Dear lady, don't complain. Give him  
what he likes. "But how many ways can  
I cook meat and potatoes?" Innumerable ways.  
And just to give you some fresh ideas,  
we've dedicated our whole food section  
to the meat-and-potatoes man. (Confess,  
though. Don't you really love them too?)

First: Oven-browned potatoes  
flanking the royal Standing  
Rib Roast -- an every-time  
success with the help of  
your faithful meat  
thermometer.







The meat this time is pork chops--with a luscious ham-and-bread stuffing to make one-half of a memorable meal. The other half: crisp potato squares. Serve him such tasty fare and you'll have a happy man-around-the-house.

Juicy-tender steak, brown on the outside, pink when you cut it;  
dish supreme for a man. Accompaniment: onion-spiraled potato domes  
broiled to golden perfection. For you--a simply perfect meal.





# MEAT & POTATOES

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## VARIATIONS ON A THEME

◀ "...a staple article of diet in most temperate regions," says Webster's. And a mouth-watering staple it is, our Potato Par Excellence, baked almost as it comes from the good earth. Then you add: first, a lump of butter. After that, suit your fancy with a sprinkling of Parmesan or snippet of chives, sour cream, olives, capers or bacon. Delicious and deservedly loved.

### STANDING RIB ROAST

standing rib roast (3 ribs—about 8 pounds)  
monosodium glutamate

salt  
pepper  
seasoned salt

Franconia Potatoes (below)

#### Day before if desired:

In ordering standing rib roast allow  $\frac{1}{2}$  to  $\frac{1}{2}$  pound per person. Be sure meatman loosens backbone from ribs.

#### About 3½ to 4½ hours before serving:

1. Check roasting chart, page 105, timing the start so roast can stand out of oven 15 to 20 minutes before serving; then it will slice more easily and you'll have time to make gravy if you wish.
2. Start heating oven to 325° F. On rack, in shallow open pan, stand roast on rib bones. Add no water; do not baste; do not cover. With small sharp knife score fat on top of roast into large diamonds. If desired, season it with monosodium glutamate and salt, pepper or seasoned salt.
3. To determine where and how deep roast-meat thermometer\* should be inserted, lay it against cut side of roast, with its point at center of roast. With finger, mark point on thermometer that is just even with top of roast. With skewer make hole for thermometer; then insert thermometer into center of roast up to finger mark. Make sure pointed end of thermometer rests in meat, not in or on bone, fat or gristle.
4. Roast meat approximately 2½ to 3½ hours for rare, 140° F.; 3 to 4½ hours for medium, 160° F.; about 5 hours for well-done, 170° F. Let roast-meat thermometer be your guide as to when roast is done, but be sure to read it in oven. Figure out time when Franconia Potatoes should start baking.
5. When roast-meat thermometer registers about 5 to 10 degrees below desired temperature, remove roast to large, heated platter with broader cut surface down (roast will come up to temperature while you're making gravy).
6. Then place roast before carver with rib side to his left, and ends of ribs pointing toward him. (For carving, see drawing on page 102.) Serve with Franconia Potatoes. Makes about 16 servings.

\*Many new ranges now have built-in meat thermometers that signal or shut oven off when meat is done. Some keep meat warm, even when rare, until served.

### FRANCONIA POTATOES

16 pared medium potatoes      roast-beef drippings

#### About 1¼ hours before standing rib roast is done:

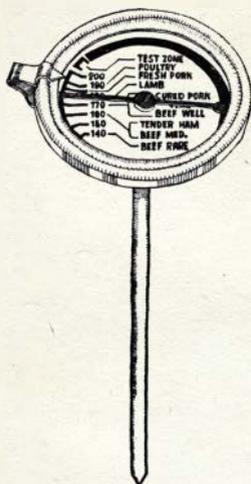
1. Boil potatoes in boiling salted water to cover 10 minutes; drain.
2. Arrange 6 to 8 potatoes on rack around standing rib roast; lay rest in shallow pan with about half of drippings spooned from roast. Bake 50 to 60 minutes, or until tender, turning occasionally and basting with fat in pan. (Roast and potatoes should be done at same time.)
3. Sprinkle potatoes with paprika, snipped parsley or dried thyme before heaping in serving dish. Makes about 16 servings.

### HAM-STUFFED PORK CHOPS

3 cups fresh bread crumbs	1 teaspoon salt
1 cup chopped cooked ham	¼ teaspoon ground sage
½ teaspoon pepper	¼ teaspoon dried thyme
¼ teaspoon nutmeg	salad oil
1 egg	water
1 10½-ounce can condensed beef broth, undiluted	Crisp Potato Squares (page 100)
6 pork chops, 1½ inches thick, with pocket in each	2 tablespoons cornstarch
	few sprigs water cress
	few lemon slices

#### About 1 hour and 45 minutes before serving:

1. To make filling, thoroughly combine bread crumbs, chopped cooked ham, pepper, nutmeg, egg and  $\frac{1}{2}$  cup beef broth. Start heating oven to 450° F.
2. Trim pork chops of excess fat, then rub with salt, sage and thyme. Now stuff them with ham-bread filling. Brush on all sides with salad oil, then place, side by side, in large baking pan. Bake, uncovered, about 30 minutes or until



A roast-meat thermometer—your only true guide to doneness. Read it in the oven; take roast out when it registers 5 to 10 degrees below desired temperature. (Roast cooks as it stands.)



Three ways we make gravy: from a can, from a packaged mix, or in a saucepan with drippings from roast, flour and warm water that has stood in roasting pan to loosen all of the tasty brown bits.

browned, turning them once. Meanwhile, prepare Crisp Potato Squares as recipe directs.

- Now reduce oven heat to 400° F.; remove chops from oven and drain off all excess fat. Mix 1 cup water with ¾ cup beef broth; pour this around chops, cover baking pan with foil, then bake, along with Potato Squares, 50 to 60 minutes, or until chops are tender and Potato Squares golden.
- Arrange chops on serving platter; keep warm. Combine cornstarch with ¼ cup water; stir into gravy in baking pan, over medium heat. While stirring, quickly bring it to a boil.
- Pour gravy around chops, or pass in gravy boat. Garnish chops with water cress and lemon slices. Serve with Potato Squares, apple sauce and a tossed mixed salad. Makes 6 servings.

### CRISP POTATO SQUARES

bacon fat	½ teaspoon pepper
⅓ cup packaged dried bread crumbs	1 medium onion, grated
1½ teaspoons salt	1 egg
	1¼ pounds medium white potatoes

About 1 hour and 30 minutes before serving:

- Grease a 12" by 8" by 2" baking dish with 2 tablespoons bacon fat.
- In large bowl combine bread crumbs, salt, pepper, onion and egg. Wash and pare potatoes, then grate medium fine and combine with bread-crum-egg mixture.
- Spread this mixture evenly over bottom of prepared baking dish. Dot top with 2 tablespoons bacon fat; place on upper rack in 400° F. oven with chops.
- Bake 50 to 60 minutes, or until top is golden. Serve, cut into squares. Makes 6 servings.

### STEAK WITH ONION-SPIRALED POTATO DOMES

1 very large Bermuda onion	porterhouse steak, 1½ inches thick
1 tablespoon butter or margarine	2 tablespoons Worcestershire
¼ teaspoon salt	1 8-serving-package instant mashed potatoes
½ teaspoon pepper	dill and cress

About 45 minutes before serving:

- Preheat broiler 10 minutes or as manufacturer directs.
- Peel, then cut onion into slices, ½-inch thick. In a jelly-roll pan lay 5 onion slices. Dot with butter in bits; sprinkle with salt, pepper.
- Broil onions on one side about 6 minutes. Then, with broad spatula or pancake turner, turn each one over and broil on second side, 6 to 10 minutes or until tender-crisp; set where they will keep warm while the porterhouse steak broils as follows.
- Trim surplus fat from steak; then, with sharp knife, slash its fat edge at 2-inch intervals, all the way around. In 12" by 8" by 2" pan, place 1 tablespoon Worcestershire; lay steak on top, then spread steak with the remaining 1 tablespoon Worcestershire.
- Rub broiler rack with a bit of fat trimmed from steak; remove steak from pan to rack. Then place broiler pan so top of steak is 3 to 4 inches from heat. (If steak is thin, place about 2 inches from heat.)
- Broil steak on one side, following Approximate Timetable (page 106) as a guide. Then turn steak (use tongs to avoid piercing meat) and broil second side as timetable directs. Also see sketch, page 102.
- Test for doneness:** Cut slit in meat near bone; note if color inside is of desired rareness.
- While steak broils, prepare instant mashed potatoes as label directs. When steak is done, remove to platter and place 5 mounds of mashed potatoes alongside.
- With spatula or pancake turner, place an onion slice on top of each potato mound, then press it down, telescope fashion. Garnish steak with a bit of dill and cress. Makes 5 generous servings.

## BAKED POTATO PAR EXCELLENCE

1. Start heating oven to 450° F. Wash, then dry, medium or large unpared potatoes of as nearly the same size as possible, so they will bake in same time. Rub each with salad oil.
2. Arrange on baking sheet or oven rack. Bake 45 to 60 minutes, or till fork-tender. When done, remove potatoes from oven at once.
3. With fork, prick them to let out steam. Immediately cut 1½-inch cross in top of each. Then, holding each potato with clean towel, press from bottom until snowy interior bursts through; break up lightly with fork. Top with salt, butter or margarine and paprika.
4. Serve at once (to avoid sogginess), passing a tray of such help-yourself toppings as: crumbled blue cheese, seasoned commercial sour cream, sliced ripe or chopped stuffed olives, snipped chives or crisp bacon bits.

### Quick baked potatoes:

When minutes are precious, try the packaged mashed potatoes that you bake in foil shells with a sour cream or cheese sauce topping. They are truly delicious!

## VEAL STEAKS À LA ZINGARA

- |   |                                  |
|---|----------------------------------|
| 8 medium veal slices, ¼ to ½ inch thick (about 2¼ pounds) | 1 cup cold water                 |
| 2 teaspoons seasoned salt                                 | ¾ cup milk or cream              |
| 3 tablespoons butter or margarine                         | Creamy Scallion Potatoes (below) |
| 8 medium fresh or canned mushroom caps                    | 8 bacon slices                   |
| 1 tablespoon cornstarch                                   | 2 white bread slices             |
|   | ¼ cup Madeira                    |
|   | 1 tomato, in 8 wedges            |

### About 45 minutes before serving:

1. Shape each veal slice into a circle by joining the two ends, then fastening with toothpicks. Sprinkle all over with seasoned salt.
2. In large skillet, in butter or margarine, sauté veal slices until browned, turning once; add mushroom caps and sauté them until golden. Remove from heat.
3. In small bowl stir cornstarch with water and milk until smooth. Pour over veal slices and mushrooms in skillet. Cover, then simmer about 15 minutes, or until meat is tender.
4. Meanwhile, make Creamy Scallion Potatoes. Sauté bacon until lightly browned and curly. Also toast bread slices lightly, then quarter them.
5. When meat is tender, pour Madeira over it and mushrooms, bring to boil, then remove from heat. Remove picks from veal slices.
6. In center of large serving platter, pile potatoes, with toast on both sides. On each piece of toast, place one veal slice, then top off with a mushroom cap. Pour some gravy around meat, pass rest; garnish meat with bacon strips and tomato wedges. Makes about 6 servings.

## CREAMY SCALLION POTATOES

- |   |  |
|---|--|
| 1 8-serving-package instant mashed potatoes | 4 scallions, cut into slices ¾-inch long |
|---|--|

Ten minutes before dinner, prepare instant mashed potatoes as label directs. Then blend in scallions and pile on large serving platter. Makes 8 servings.

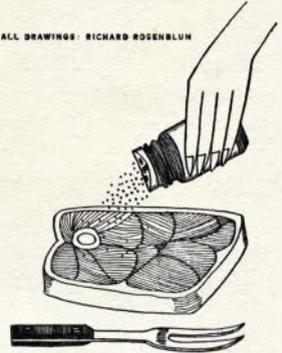
## THREE-TASTES ROAST

- |   |   |
|---|---|
| 1½ pounds round steak, ¼-inch thick     | ½ cup snipped parsley                         |
| 1½ pounds fresh ham steak, ¼-inch thick | 2 tablespoons shortening                      |
| 1½ pounds veal steak, ¼-inch thick      | 1 10½-ounce can condensed consommé, undiluted |
| salt                                    | ½ cup sliced celery                           |
| pepper                                  | 1 medium onion, sliced                        |
|   | 4 whole cloves                                |
|   | ¼ cup all-purpose flour                       |

### About three hours before serving:

1. Sprinkle round, fresh ham and veal steaks with salt and pepper, then

ALL DRAWINGS: RICHARD ROSENBLUM



No waiting necessary with the new instant meat tenderizer—seasoned or unseasoned. Moistened meat, sprinkle with tenderizer, fork it, then start cooking at once. See Broiling Chart, page 106.

### MEATS: HEAT AND EAT

#### Frozen Dinners:

Sliced Beef  
Steak  
Meat Loaf, Etc.

#### Frozen Dishes:

Beef Pie  
Beef Goulash  
Beef in Wine Sauce  
Beef Patties  
Roast Beef Hash  
Swiss Bake, Etc.

#### Canned:

Bacon or Tongue Hamburgers  
Frankfurters  
Link Sausage  
Stews—All Kinds  
Meat Balls, Gravy Hashes  
Hams—All Kinds  
Dried Beef  
Beef with gravy, Barbecue Sauce  
Luncheon Meat  
Deviled Ham, Etc.

- generously with snipped parsley. Stack steaks, one on the other, starting with round and ending with veal.
2. Roll up steaks, jelly-roll fashion; with cord, tie gently across and then lengthwise, to keep shape. Start heating oven to 325° F.
  3. Over medium heat, heat shortening in Dutch oven; in it brown meat roll on all sides. Pour in consommé; add celery, onion, cloves. Roast, covered, 2½ hours or until tender.
  4. Remove meat, then its cords. Strain gravy; blend flour with ¼ cup water; stir into gravy; then cook over medium heat, stirring, until thickened.
  5. Serve meat, hot, in slices, with gravy. Or serve sliced cold, with Pommes De Terre Anna (below). Makes 8 to 10 servings.

### POMMES DE TERRE ANNA

2 pounds medium white potatoes      1½ teaspoons salt  
4 tablespoons butter or margarine      ¼ teaspoon pepper

About 1 hour and 30 minutes before serving:

1. Wash, then parboil potatoes by cooking them, in boiling water to cover, for 10 minutes. Then drain, peel and cut them into slices, ½-inch thick. Start heating oven to 425° F.
2. Butter a 1-quart baking dish with 1 tablespoon butter or margarine. Starting at center bottom of dish, line bottom and sides with slightly overlapping potato slices. Sprinkle with ½ teaspoon salt and ¼ teaspoon pepper; dot with 1 tablespoon butter or margarine.
3. Over this potato layer arrange half of remaining potato slices; sprinkle with ½ teaspoon salt and ¼ teaspoon pepper; dot with 1 tablespoon butter or margarine. Cover with rest of potatoes, then add rest of salt and butter or margarine. Bake about 1 hour, or until golden.
4. To serve, loosen potatoes around edges, invert serving dish on top, then unmold and cut into wedges. Makes 6 servings.

### INSTANT POMMES DE TERRE ANNA

Boil, then drain 1 package instant presliced frying potatoes as label directs. Then, in 1-quart baking dish, layer them with 4 tablespoons butter as in Pommes de Terre Anna (above), omitting salt and pepper and sprinkling with contents of herb-spice package which comes in frying potato package. Bake at 425° F. 50 minutes, or until golden; then loosen potatoes around edges, invert serving dish on top, then unmold, cut into wedges and serve as above. Makes 6 servings.

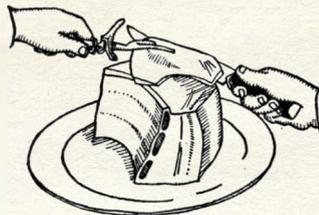
### SHORT RIB CROWN ROAST

2 sections of short ribs,      garlic salt  
4 inches high (about 10 ribs)      Herb-Potato Stuffing (opposite)  
seasoned instant meat tenderizer      3 pounds small white onions  
onion salt      ¼ cup currant jelly, melted

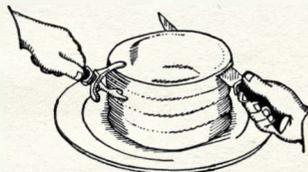
About three hours before serving:

1. Have meatman tie and "sew" 2 sections of short ribs together in a crown, with bone sides out. Sprinkle with tenderizer as label directs; then sprinkle with onion and garlic salts. Place in shallow roasting pan.
2. Make Herb-Potato Stuffing; heap in crown; cover with "cap" of foil. Start heating oven to 350° F.
3. Insert roast-meat thermometer, with its tip at center of thickest meat section of one of ribs. Roast crown about 2 hours or until meat thermometer registers 150° F. (medium-rare) or to desired doneness. Meanwhile cook onions in boiling salted water to cover, until almost tender; drain.
4. When roast is done, remove foil from stuffing; spoon some of drippings from pan over stuffing; brush all meat surfaces with melted jelly. Return to 400° F. oven for 10 minutes to glaze roast, brown stuffing.
5. Then remove roast to serving platter, and let stand about 20 minutes before serving. Meanwhile lay onions in meat drippings left in roasting pan; brown in 400° F. oven about 15 minutes. Arrange onions around roast. Makes about 10 servings.

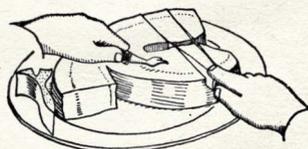
### HERE'S HOW TO CARVE:



Have meatman cut backbone from rib roast. Place roast with rib side to left of carver, ribs pointing toward him. He cuts slices ¼" thick. When knife meets rib bone, he loosens slice by cutting along bone.

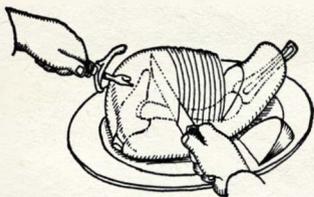


Place rolled roast with broader cut surface down. (Don't remove cords.) Carver inserts fork with guard up, into left side, 1" or 2" below top. He slices across grain; slides knife under slice as he steadies with fork, then lifts it off.



If it's steak, place tapered end at left.

With point of knife, carver cuts around bone, freeing it from meat. He lifts bone to side of platter, then slices across full width of steak, cutting slices 1" wide.



Place ham or lamb with shank to right and less meaty section facing carver. He cuts 3 lengthwise slices from thin side near him, then turns meat so it rests on cut surface. Now he cuts parallel slices down to leg bone, then runs knife along bone underneath them.



Ask meatman to loosen backbone of pork loin. After roasting, remove backbone; place loin on platter with rib side facing carver, meaty side facing those at table. Carver starts at right end of loin, cutting vertical slices.

## HERB-POTATO STUFFING

- |  |                                  |
|--|----------------------------------|
| 1 medium onion, minced                                 | 1 medium carrot, coarsely grated |
| 2 tablespoons shortening                               | 1/4 cup snipped parsley          |
| 1 cup diced celery                                     | 1/4 teaspoon ground sage         |
| 3 cups cooked, drained, packaged hash-browned potatoes | 1/2 teaspoon salt                |
| 1/4 cup packaged dried bread crumbs                    | 1/8 teaspoon pepper              |
|  | 1 egg, beaten                    |

In large skillet, sauté onion in shortening till golden; add celery and cook until tender; then add cooked potatoes, bread crumbs, carrot, parsley, sage, salt, pepper and beaten egg. Mix well, then use to heap in center of Short Rib Crown Roast, opposite page, before roasting.

## GARDEN DINNER

- |   |                                     |
|---|-------------------------------------|
| 12 small new potatoes, scrubbed                             | 2 12-ounce cans chilled corned beef |
| boiling water   | 1 cup commercial sour cream         |
| salt  | 2 tablespoons horse-radish          |
| 1 1/2 pounds carrots, pared, cut into sticks 1/2-inch thick | 2 tablespoons prepared mustard      |
| 2 9-ounce-packages frozen green beans, thawed               | dash Tabasco                        |
|   | 1/2 teaspoon ground nutmeg          |
|   | 1/2 cup melted butter or margarine  |

About 45 minutes before serving:

- In 12-inch skillet place potatoes; add 1 1/2 cups boiling water; sprinkle with 1 teaspoon salt; cook, covered, 5 minutes.
- Now add carrot sticks, sprinkle with 1 teaspoon salt, then cook, covered, 15 minutes, adding more water if needed.
- Gently turn carrots and move to one side in skillet; spread out beans in empty space. Sprinkle with 1 teaspoon salt. Cook, covered, 5 minutes. Meanwhile cut each can of corned beef into 3 lengthwise slices. Gently turn beans; heap to one side. Between carrots and beans place 3 corned-beef slices, side by side; top with remaining slices. Cook, covered, 5 minutes.
- Meanwhile, in small bowl combine sour cream, horse-radish, prepared mustard, Tabasco.
- When Garden Dinner is done, spoon 1 tablespoon sour-cream mixture on top of each corned-beef slice in skillet; pass rest. Sprinkle carrots and beans with nutmeg; pour melted butter or margarine over them and potatoes. Serve all, at once, from skillet. Makes 6 servings.

## BAKED HAM WITH CHERRIES

- |   |   |
|---|---|
| 6 medium yams or sweet potatoes                             | 1/8 teaspoon ground nutmeg                          |
| salad oil   | 1/2 cup sherry                                      |
| 1 slice fully-cooked ham, 1 inch thick (about 1 1/2 pounds) | 1 1-pound 1-ounce can pitted Bing cherries, drained |
| 1/2 cup light or dark brown sugar, packed                   | 1 tablespoon brandy                                 |
|   | butter or margarine                                 |
|   | 4 thick orange slices                               |

About one hour before serving:

- Start heating oven to 350° F. Scrub and dry yams, then rub each with a little salad oil, and arrange on oven rack. Bake 45 to 50 minutes, or until fork-tender.
- Meanwhile, place ham slice in 12" by 8" by 2" baking dish. Cover with brown sugar, then sprinkle with nutmeg.
- In bowl combine sherry, drained cherries and brandy; pour around ham slice. Top ham slice with thick orange slices, then bake, along with yams, for last 30 minutes.
- When done, on a large heated platter, arrange the yams. In top center of each cut a 1 1/2-inch cross.
- Press bottom of each until tender interior partially bursts through cross.
- With a fork, break up the interior of each potato lightly; then lay a piece of butter or margarine on top.
- On same platter lay ham slice, cut into 6 pieces, with halved orange slices on top. Pass cherry sauce. Makes 6 servings.



Tucked under the skin of a medium potato is a modest 100 calories—and a great bargain in such important food values as Vitamin C, thiamin and iron. Too often dismissed as a starch, the potato deserves a regular place in your diet.

**POTATOES**  
**QUICK TO FIX**

**Off the Shelf:**

- Instant Mashed or Whipped Potatoes
- Au Gratin Potatoes (with cheese)
- Potatoes to Fry
- Potato Salad
- "Baked" Potatoes, Cheese or Sour-Cream Topped
- Scalloped Potatoes
- Hash-Brown Potatoes
- Potato Pancake Mix

**From the Freezer:**

- French Fries, Crinkle Cut
- Potato Patties
- Potato Puffs
- Tiny Taters
- Whipped Potatoes

**STUFFED VEAL POT ROAST**

- |   |  |
|---|--|
| 6 white bread slices, in ½-inch cubes         | ½ cup canned chicken broth                     |
| 1 tablespoon snipped parsley                  | 3-pound boned breast of veal                   |
| 1 small onion, minced                         | 1 teaspoon salt                                |
| 1 3- or 4-ounce can sliced mushrooms, drained | ¼ teaspoon pepper                              |
| 1 large carrot, finely grated                 | paprika  |
| 1 small parsnip, finely grated                | 2 tablespoons shortening                       |
| 1 large stalk celery, finely chopped          | 1 cup white wine                               |
| 2 eggs, beaten                                | 1 cup canned chicken broth                     |
| ¾ teaspoon salt                               | 6 medium potatoes                              |
| ¼ teaspoon garlic salt                        | 6 to 8 canned whole unpeeled apricots, drained |
|   | ¼ cup light cream (optional)                   |

**About 2½ hours before serving:**

1. In large bowl combine bread cubes, parsley, onion, mushrooms, grated carrot and parsnip, celery, beaten eggs, ¾ teaspoon salt and ¼ teaspoon garlic salt; moisten with ½ cup chicken broth.
2. Lay veal out flat and sprinkle with 1 teaspoon salt and ¼ teaspoon pepper; spread mushroom-carrot stuffing on veal; roll up jelly-roll fashion; tie securely with string.
3. Rub outside of meat with paprika. In hot shortening, in Dutch oven, brown veal roll on all sides, then add white wine and 1 cup chicken broth; simmer about one hour.
4. Meanwhile, pare potatoes, then lay in Dutch oven, around roast, sprinkling each with salt.
5. Simmer all together 1 hour longer or until potatoes are done and veal pot roast is nice and tender. Remove roast and potatoes to heated platter and keep warm for 10 minutes.
6. Meanwhile, in Dutch oven, place drained canned apricots; heat 5 minutes or until apricots are hot.
7. Now remove string from roast. Arrange hot apricots around meat and potatoes on platter. Heat pan drippings to gravy consistency, add ¼ cup light cream, strain, then pass with meat. Makes 6 servings.

**OLD-WORLD GOULASH**

- |   |                                    |
|---|------------------------------------|
| butter or margarine                                   | 1 1-pound 1-ounce can tomatoes     |
| 4 pounds boned chuck, in 2-inch cubes, trimmed of fat | 1 bay leaf                         |
| ¼ cup white wine                                      | 1 slice rye bread                  |
| 1 cup canned condensed bouillon, undiluted            | 3 cups hot instant mashed potatoes |
| 3 medium onions, minced                               | 1 egg, beaten                      |
| 1 tablespoon paprika                                  | 1 tablespoon commercial sour cream |
| 1 teaspoon salt                                       | 1 tablespoon snipped parsley       |

**About three hours before serving:**

1. In ¼ cup hot butter or margarine in large skillet, sauté boned chuck cubes until nicely browned on all sides; then transfer the meat to large Dutch oven.
2. Into same skillet stir wine; simmer 5 minutes; add bouillon, bring to boil, then add to meat.
3. In same skillet melt 2 tablespoons butter or margarine; in it sauté minced onions until soft.
4. Into onion mixture stir paprika, salt, canned tomatoes and bay leaf; simmer 5 minutes; then stir into meat mixture.
5. In a small bowl, with fork, mash rye bread with a little of hot liquid spooned from meat mixture; blend into meat mixture.
6. Simmer, covered, about 1½ hours or until meat in goulash is fork-tender; discard bay leaf.
7. Meanwhile prepare instant mashed potatoes; while still hot, blend in egg, commercial sour cream, 2 tablespoons melted butter or margarine and snipped parsley.
8. To serve, on large platter, make ring of mashed potatoes; fill center with goulash. Makes 6 servings. ♦

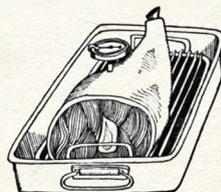
### OUR APPROXIMATE ROASTING TIMETABLE

(For chilled meats from refrigerator, roasted in shallow open pan, with no added water, at 325°F. A roast-meat thermometer—the only true test for doneness—is used as on page 100.)

Type of Roast	Weight	Approximate Roasting Time	Degree of Doneness on Meat Thermometer
<b>BEEF</b>			
Standing Rib Roast (times based on roast measuring 6" from tip of rib to backbone. One cut longer than 6" will take less time)	4 lbs.	1¾ hrs.	140°F. (rare)
	4 lbs.	2¼ hrs.	160°F. (medium)
	4 lbs.	3 hrs.	170°F. (well done)
	6 lbs.	3¼ hrs.	140°F. (rare)
	6 lbs.	3¾ hrs.	160°F. (medium)
	6 lbs.	4¼ hrs.	170°F. (well done)
	8 lbs.	3½ hrs.	140°F. (rare)
	8 lbs.	4½ hrs.	160°F. (medium)
8 lbs.	5 hrs.	170°F. (well done)	
Rolled Rib Roast (times based on 4-lb. roast of 4½"-5" width, and 6 lb. roast of 5½"-6½" width. If thinner, these take less time)	4 lbs.	2¾ hrs.	140°F. (rare)
	4 lbs.	3¼ hrs.	160°F. (medium)
	4 lbs.	3½ hrs.	170°F. (well done)
	6 lbs.	3½ hrs.	140°F. (rare)
	6 lbs.	4¼ hrs.	160°F. (medium)
	6 lbs.	4¾ hrs.	170°F. (well done)
Sirloin Tip Roast	4 lbs.	2¼ hrs.	140°F. (rare)
	4 lbs.	2¾ hrs.	160°F. (medium)
	4 lbs.	3¼ hrs.	170°F. (well done)
<b>FRESH PORK</b>			
Leg (Fresh Ham)	6-8 lbs.	4-4½ hrs.	185°F. (well done,
	10-14 lbs.	5½-6½ hrs.	185°F. with no tinge of pink)
Loin	3-5 lbs.	2¾-3 hrs.	185°F.
	8-12 lbs.	3½-4 hrs.	185°F.
Shoulder (bone in)	5-8 lbs.	4-5 hrs.	185°F.
Shoulder (boned)	4-6 lbs.	3-4¾ hrs.	185°F.
<b>CURED SMOKED HAM</b>			
Cook-Before-Eating (shank on)	6 lb. piece	3¼ hrs.	160°F.
	8-10 lbs.	3¼-3½ hrs.	160°F.
	12-15 lbs.	4-4½ hrs.	160°F.
Cook-Before-Eating (shankless)	4-6 lb. piece	2½-3¼ hrs.	160°F.
	8 lb. piece	4 hrs.	160°F.
	6-8 lbs.	2½-3 hrs.	160°F.
	10-12 lbs.	3¾-4 hrs.	160°F.
Cook-Before-Eating (boned)	8-11 lbs.	2½-3¼ hrs.	160°F.
	14 lbs.	4 hrs.	160°F.
Fully-Cooked (shank on)—to heat	6 lb. piece	2¼ hrs.	130°F.
	8-10 lbs.	2¼-2½ hrs.	130°F.
	12-15 lbs.	3-3½ hrs.	130°F.
Fully-Cooked (shankless)—to heat	4-6 lb. piece	1¼-2¼ hrs.	130°F.
	8 lb. piece	3 hrs.	130°F.
	6-8 lbs.	2-2¼ hrs.	130°F.
10-14 lbs.	2¾-3¼ hrs.	130°F.	
Fully-Cooked (boned) if wider than 4½" to 5", heat longer	6 lbs.	2 hrs.	130°F.
	10-14 lbs.	2½-3 hrs.	130°F.
Fully-Cooked (semi-boned)—to heat	4-6 lb. piece	1¾-2¼ hrs.	130°F.
	8-12 lbs.	2½-3½ hrs.	130°F.
<b>PICNIC</b>			
Cook-Before-Eating (bone in)	4-6 lbs.	2½-3 hrs.	170°F.
	8-10 lbs.	4-4½ hrs.	170°F.
Cook-Before-Eating (boned)	4-6 lbs.	2-2½ hrs.	170°F.
	8-10 lbs.	3¼-3¾ hrs.	170°F.
Fully-Cooked —to heat	3-5 lbs.	1½-2 hrs.	130°F.
	7-9 lbs.	2½-3 hrs.	130°F.
<b>LAMB</b>			
Half or Whole Leg	4½-6 lbs.	3 hrs.	175°F. (medium)
	4½-6 lbs.	3¼-3½ hrs.	180°F. (well done)
Shoulder (bone-in)	3-5 lbs.	2¾-3¼ hrs.	180°F. (well done)
<b>VEAL</b>			
Leg (bone in)	5-8 lb. piece	3½-4½ hrs.	180°F.
Shoulder (bone in)	5-8 lbs.	3½-4 hrs.	180°F.
Shoulder (rolled)	4-8 lbs.	3½-4½ hrs.	180°F.



When pot-roasting, brown meat well on all sides in hot fat, in Dutch oven over medium heat. (It may take 15 to 20 minutes.) Then simmer, do not boil, tightly covered, over low heat.



In roasting, use a shallow pan with a rack. Don't add water, baste or turn meat. Do use meat thermometer. For easier slicing, plan so roast is done 15-20 minutes before serving.



For a quick clean-up, cover broiler rack with foil, slash here and there so fat drips into foil-lined pan below. Use tongs to turn meat. To check rareness, cut slit in meat near bone.

## OUR APPROXIMATE BROILING TIMETABLE

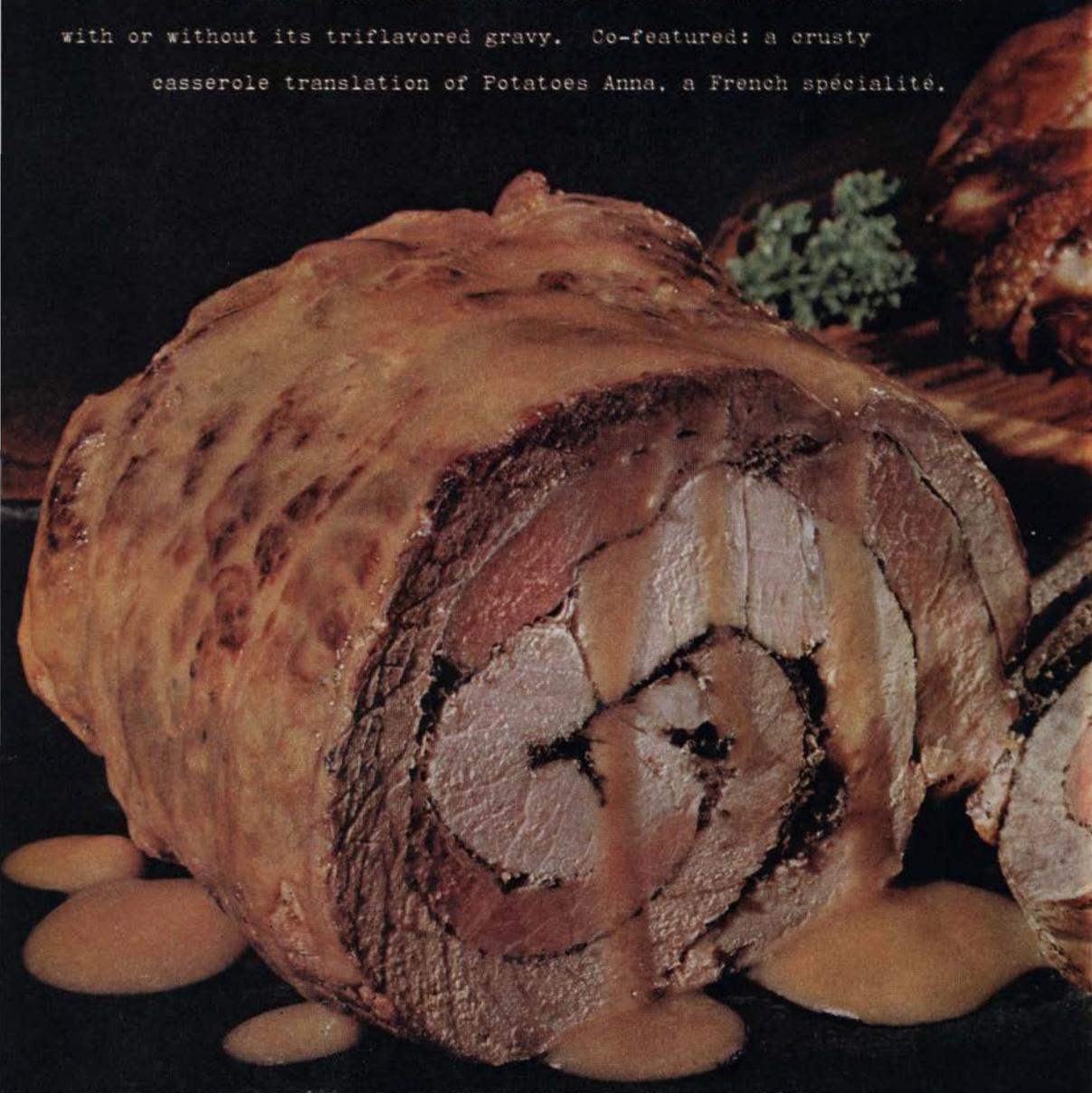
(For chilled meats from refrigerator, broiled in broiler oven which has been pre-heated 10 minutes or as manufacturer directs. Cut edge of meat at 1" or 2" intervals to prevent curling. Place on broiler rack so top is 1½" to 2" from heat if thin, or 3" to 5" from heat if thick. Turn once. To test for doneness, cut slit in meat near bone. Season before serving.)

Type of Meat	Thickness	Approximate Minutes Per Side
<b>BEEF STEAKS</b>		
Filet Mignon.	1 inch	5 min. (rare)
Delmonico Steak	1 inch	6 min. (medium)
Porterhouse Steak	1 inch	7-8 min. (well done)
T-Bone Steak	1½ inches	9 min. (rare)
Club Steak	1½ inches	10 min. (medium)
Rib Steak	1½ inches	12-13 min. (well done)
Pinbone Steak	2 inches	16 min. (rare)
Sirloin Steak	2 inches	18 min. (medium)
	2 inches	20-21 min. (well done)
Large Sirloins	1 inch	10 min. (rare)
	1 inch	12 min. (medium)
	1 inch	14 min. (well done)
	1½ inches	12 min. (rare)
	1½ inches	14 min. (medium)
	1½ inches	16 min. (well done)
Chuck Steak*	1 inch	5-6 min. (rare)
Round Steak*	1 inch	6-7 min. (medium)
Flank Steak*	1½ inches	7 min. (rare)
Rump Steak*	1½ inches	10 min. (medium)
*prepared with instant meat tenderizer as label directs	2 inches	10-13 min. (rare)
	2 inches	12-15 min. (medium)
<b>HAM OR SMOKED PICNIC STEAKS</b>		
Cook-Before-Eating	½ inch	4 min.
	¾ inch	7 min.
	1 inch	9 min.
	1½ inches	10-15 min.
Fully-Cooked or Canned	½ inch	3-5 min. (don't turn)
	¾ inch	3 min.
	1 inch	5-6 min.
<b>LAMB CHOPS AND STEAKS</b>		
Center-Cut Loin or Rib Chops	1 inch	6 min. (medium)
	1 inch	7 min. (well done)
	1½ inches	9 min. (medium)
	1½ inches	11 min. (well done)
Double Rib Chops	2 inches	12 min. (medium)
	2 inches	15 min. (well done)
Sirloin Chops	1 inch	6 min. (medium)
	1 inch	7 min. (well done)
English Chops	2 inches	12-15 min. (medium)
Shoulder (Arm or Bladebone) Chops	1 inch	8 min. (well done)
Leg Steaks	1 inch	8 min. (well done)
Lamb Riblets	1 inch	10 min. (well done)
Mutton Chops	1 inch	10 min. (well done)
<b>LIVER</b>		
Veal	½ inch	2-4 min.
Calf	½ inch	2-4 min.
Lamb	½ inch	2-4 min.
<b>HAMBURGER</b>		
Patties	1 inch	5 min. (medium)

Veal Steaks ▶  
à la Zingara--  
proving the endless  
variety of meat and  
potatoes. Serve steaks on  
croutons in a creamy gravy  
with a touch of Madeira;  
top with mushroom caps.  
Part II: mashed potatoes  
enhanced by sliced  
scallions. What man  
could remain unmoved?



Our Three-Tastes Roast is a super-edible combination of beef,  
ham and veal--all rolled into one. Serve it hot or cold,  
with or without its triflavored gravy. Co-featured: a crusty  
casserole translation of Potatoes Anna, a French spécialité.





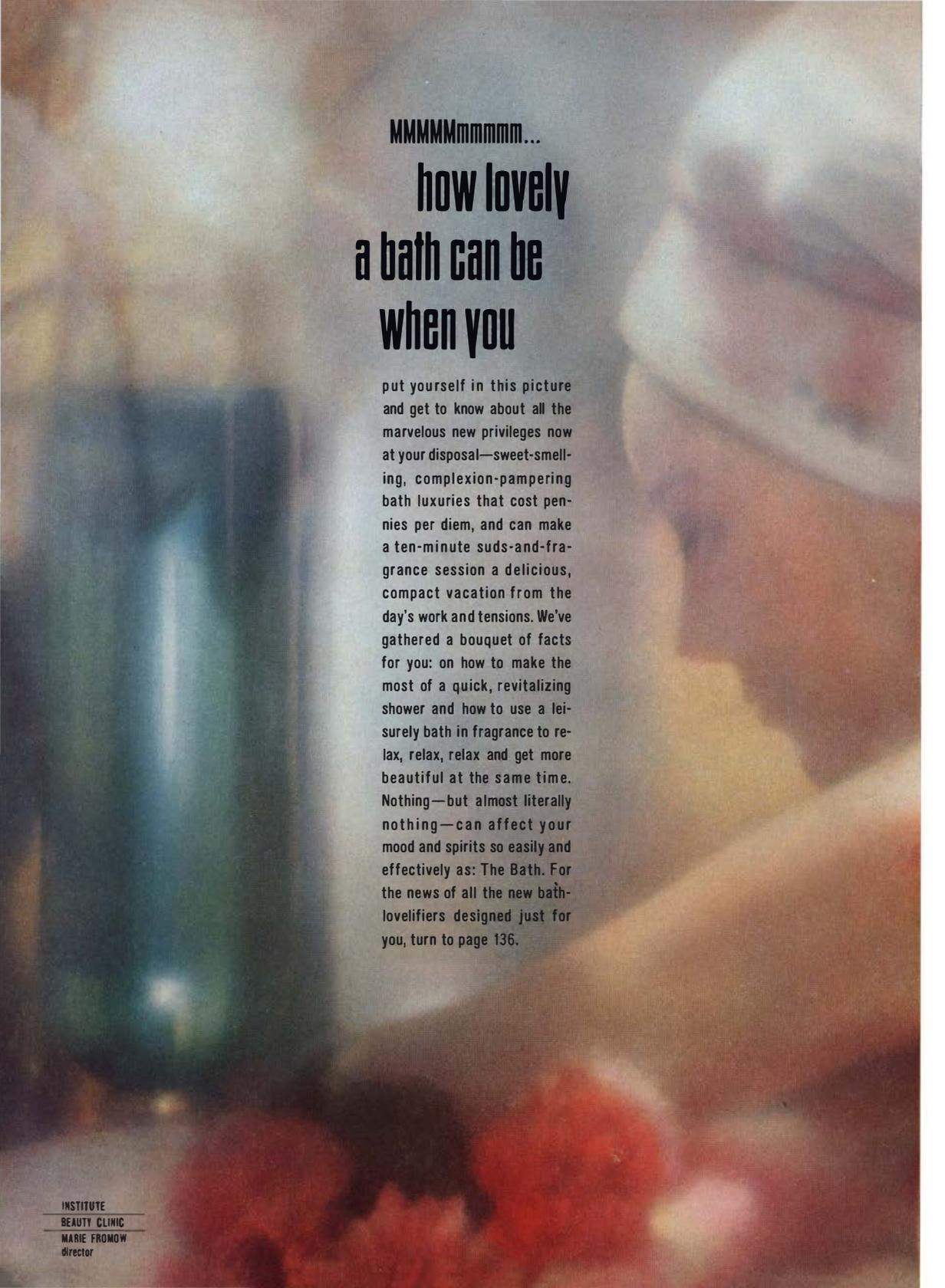


Fit for the king: our Crown Roast of Short Ribs (opposite).

Real beefy flavor, with a tall stuffing of herbed potatoes--  
the whole surrounded by plenty of pan-browned baby onions.

Below: a Garden Dinner "grown" on the supermarket shelves--nutmegged  
carrots and green beans, tiny potatoes in their winter jackets  
and corned-beef slices with Spiced Sour-Cream Sauce.





MMMMmmmmm...

# how lovely a bath can be when you

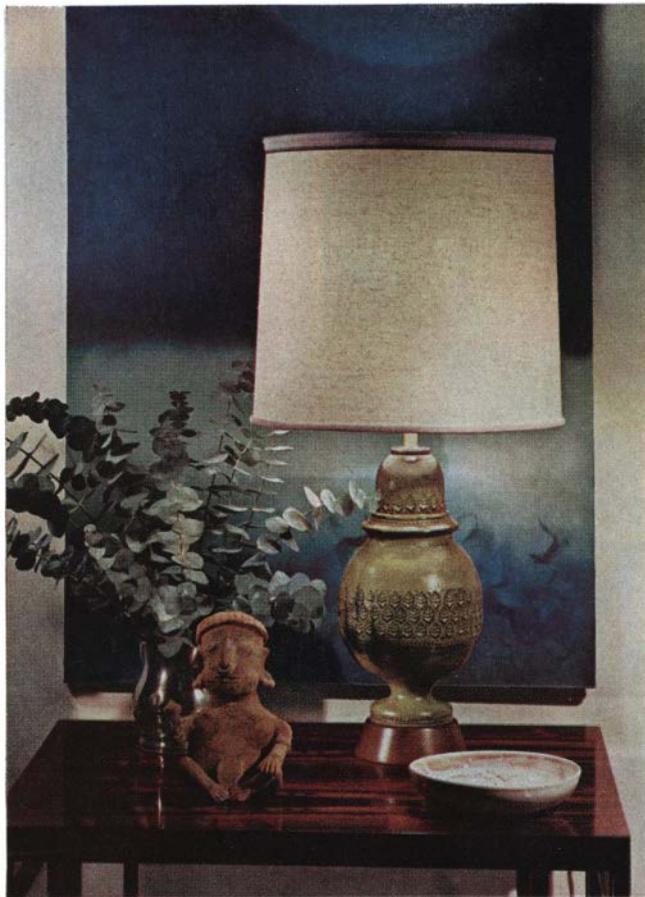
put yourself in this picture and get to know about all the marvelous new privileges now at your disposal—sweet-smelling, complexion-pampering bath luxuries that cost pennies per diem, and can make a ten-minute suds-and-fragrance session a delicious, compact vacation from the day's work and tensions. We've gathered a bouquet of facts for you: on how to make the most of a quick, revitalizing shower and how to use a leisurely bath in fragrance to relax, relax, relax and get more beautiful at the same time. Nothing—but almost literally nothing—can affect your mood and spirits so easily and effectively as: The Bath. For the news of all the new bath-lovelifiers designed just for you, turn to page 136.





# A GOOD LAMP IS NOT HARD TO FIND

To prove it, Good Housekeeping  
chose 20 beauties, to light—and grace—  
rooms of all periods, all tastes



**Red tole columnar base (left)**, painted and decorated in the best French tradition, is shown in a setting of antique charm. Equally at home in a living or bedroom, lamps of this type are particularly effective in a compatible background. Over-all height from tabletop to tip of shade is an even three feet. Base, \$60; shade, \$9.

**Olive-green ceramic base (right)** with incised decoration surrounding a shape reminiscent of a Persian jar. Shown here in a contemporary setting, but equally good in a traditional mood, the lamp has a sophisticated suavity bred of centuries of fine design. Over-all height, 32½ inches. The base and shade, \$35.

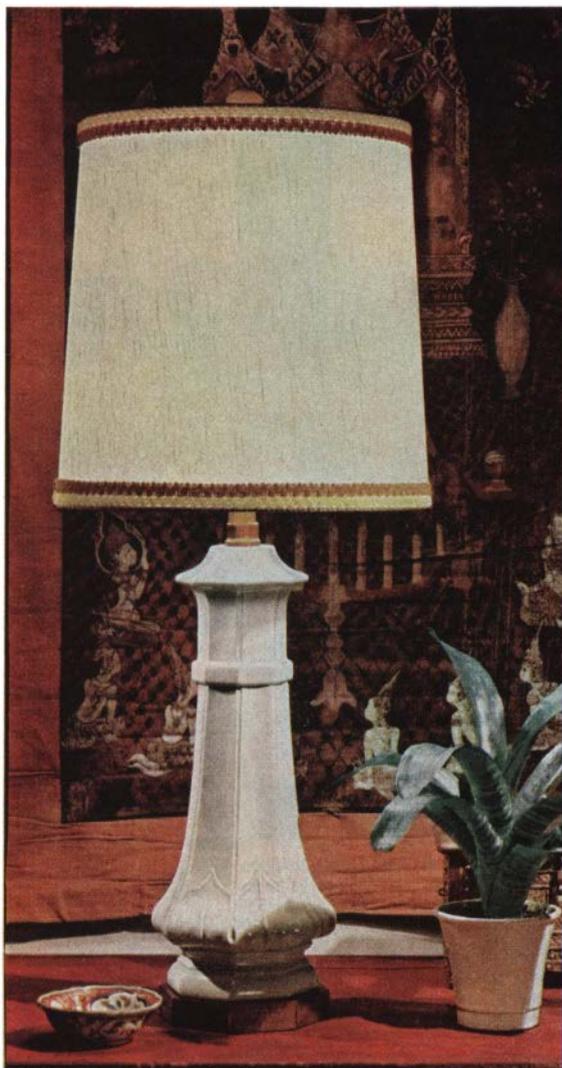
**White china molded in a hexagonal shape** (lower left) with a stylized leaf pattern surrounding its base. Shown here in a background in keeping with its Oriental ancestry, this dignified design complements traditional or contemporary settings. A tall 45 inches to the top of its braid-edged shade, \$69.50 complete.

**Copper washed with pewter** for a mellowed-by-time effect (lower right). Twin handles above a fluted-and-banded body proclaim the middle-Eastern wine-jug heritage of this interesting shape. Height, 33½ inches; \$55, including shade.

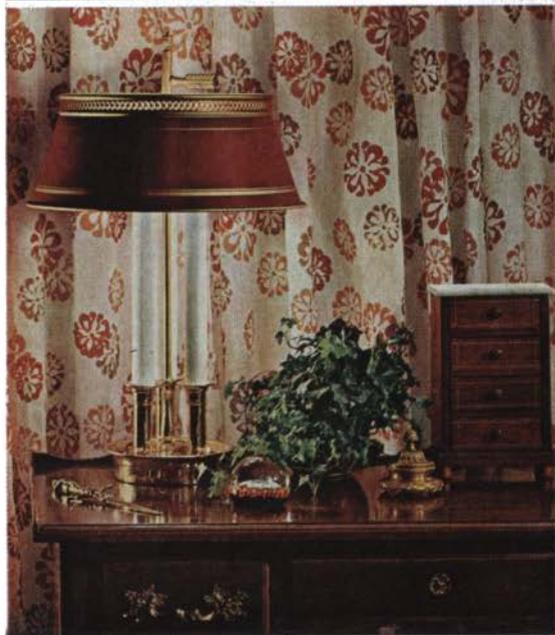
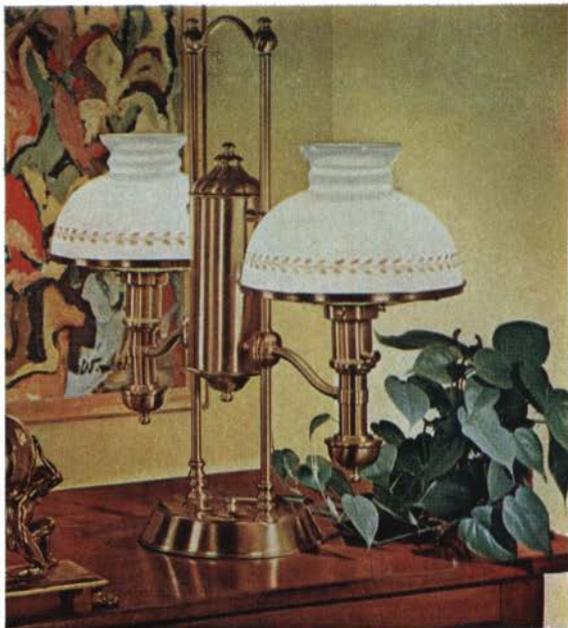
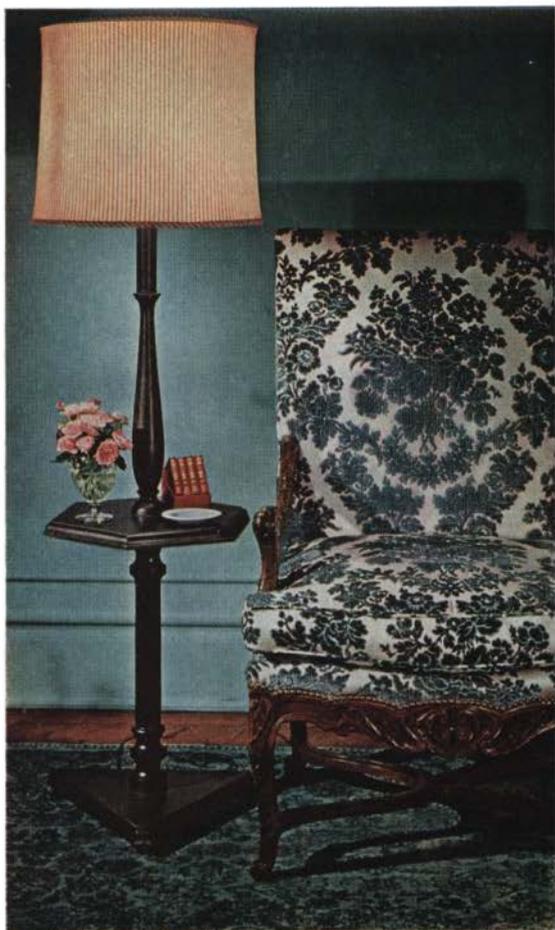
**Opaline glass column in Bristol blue** (opposite, top)—or perhaps you'd prefer it in avocado, champagne, white or black. This classic go-with-anything style is particularly appropriate with 18th-century furnishings. The lamp measures 29 inches high and costs \$22.50, complete with a matching parchment shade.

**Metal, intricately wrought** in an openwork Japanese design (opposite, lower right) forms a delicate base for a fascinating lamp. Shown here with an antique black finish and a buttercup-yellow shade. Or have it with a gilt base, topped with a black, white or gold shade. Height, 38 inches; base, \$65, shade, \$10.

**A wooden baluster, antiqued and stained** a handsome brownish-black (lower left, opposite) makes an all-purpose lamp base. The eternally pleasing form is derived from supports used on Italian renaissance marble stairways. Height, 35 inches; the base costs \$65, the opaque black parchment shade, \$10.







**Floor lamp of antiqued wood** (upper left, opposite) turned, stained and polished to perfection. Spacesavers of this type eliminate the need of a lamp table. A tall 56 inches to the top of its mattress-ticking shade, the base is \$115; the shade, also in red, black or gray, is \$17.

**Brass-finished double student lamp** (opposite, upper right) with twin glass shades. The reservoir in its center identifies this design as a replica of its kerosene-fed predecessor. Height, 26 inches; \$150 complete.

**Candle-shaped trio** within a brass base (opposite, lower left) is shaded by red tole. Exactly 21 inches to the top of its arrow-shaped brass finial, this lamp is at home in any traditional setting. With black or red shade, \$30.

**Bamboo-turned black wood lamp table** with tripod base (opposite, lower right) adds practical grace to any setting. Shown here with an antiqued, ivory taffeta hand-sewn shade (\$22), it's 54 inches tall. The base, \$53.50.

**Japanese porcelain** in an ancient vase shape (this page, right) with an equally time-honored floral pattern in shades of blue and white. A graceful and impressive 41 inches high, the base is \$125 and the hand-sewn silk shantung shade is \$18.







**Porcelain vase shape** (opposite, upper left) with a typically Oriental pattern of stylized flowers and a silk shantung shade. It's 30½ inches high, \$30 complete.

**An antique wooden pepper mill** (opposite, upper right) is the source of inspiration for the design of this interesting lamp. Exactly 31½ inches from its base to the top of the straw-patterned shade. The cost: \$60 complete.

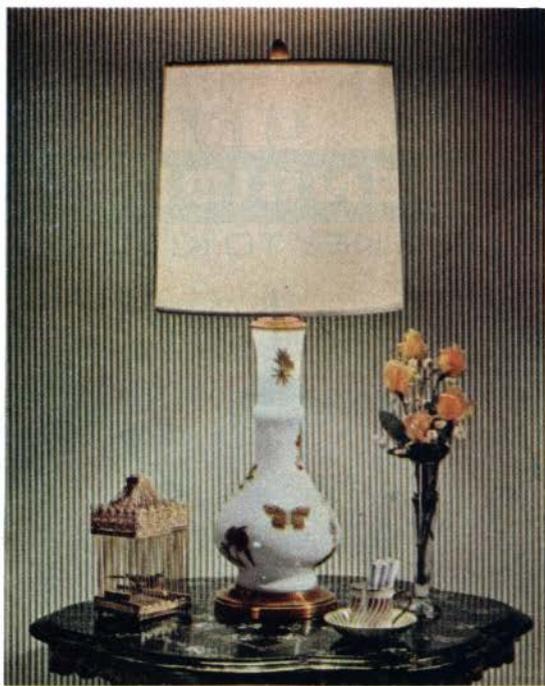
**A realistic sheaf of wheat** (opposite, lower left) is executed in brass on a marble base and crowned with a gilt-edged black parchment shade. This elegant accent to a living or bedroom is 24 inches high, \$32.50 complete.

**A dark-green metal base** (opposite, lower right), an opaque glass shade and a clear glass chimney add up to an accurate replica of an early Federal period oil lamp. Top to bottom, it measures 29 inches; \$42.50 complete.

**Ceramic version** of a primitive early American weather-vane (this page, upper left) with black metal wind directional markings beneath a cloth-patterned shade. It's 39½ inches from top to base, costs \$45 with the shade.

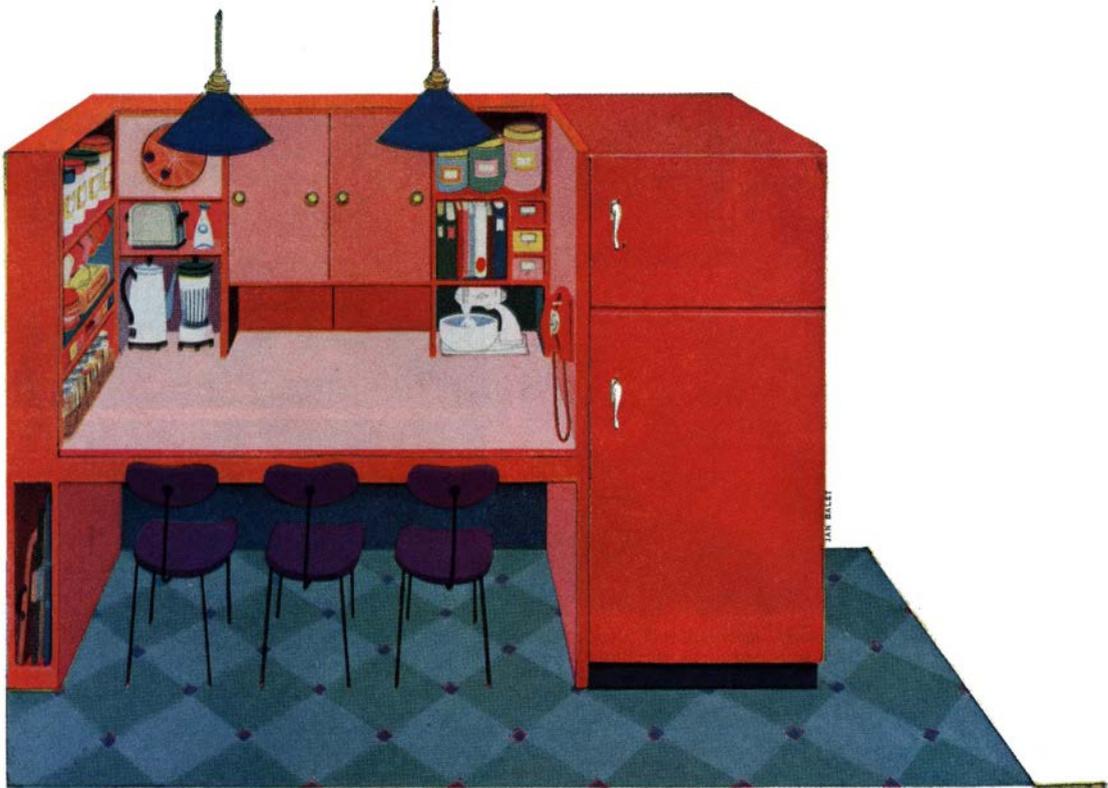
**Victorian conceit** of découpage butterflies and flowers (this page, upper right) imprisoned behind clear glass on a white glass base. A white shantung shade completes the delicate effect. Height, 27 inches; \$40 complete.

**Emerald crystal base** (right) with clear crystal prisms, all beautifully engraved for added sparkle. Completing its delicacy, a scalloped, antiqued taffeta shade. The over-all height is 26 inches. The base, \$59.50; the shade, \$21. For more information, please turn to page 168.



# SENSIBLE STORAGE

## THE KEY TO KITCHEN CONVENIENCE



**A WELL-ORGANIZED KITCHEN** means two things: One, plenty of counterspace; two, enough storage in each work area to make it easy for you (and every member of the family) to put things where they belong and keep the counters uncluttered. Here's a collection of GOOD HOUSEKEEPING designs to be carpentered into old or new kitchens—and a selection of accessories you can buy to ease congestion. Above, we used a 3' by 6' area beside the refrigerator for a combination breakfast bar, desk and mixing center, with plenty of storage for small appliances, condiments and such. The counter is a comfortable 30" from the floor; easy to copy.

**MORE ELBOWROOM AROUND THE RANGE** (opposite)—that means more efficiency, and pleasure, for your hours in the kitchen. When one end of the range is free (not in a corner), turn the end cabinet to face the open area. Then you can extend its top into the kitchen as far as space allows, forming a peninsula. You'll find that even a 12" extension helps. We used a 24" by 48" laminated maple top; antique legs support the end. Then, under the cabinet (far right), we installed a spice and canister unit, ready-made of wood with plastic bins. Open shelves (above left) keep decorative and practical serving pieces at your fingertips.



INSTITUTE / APPLIANCES & HOME CARE / JANE KEELY: director



**CLEANING CLOSET** (left, above) : It can be built or bought; most cabinet manufacturers sell utility cabinets in several sizes. In the bottom we used plastic stack-up storage boxes for cloths, tools and sundry items. Cleaning compounds are placed high, out of children's reach.

**FOR FREEZER FAMILIES**, an ordinary wall cabinet (above), subdivided to hold a stock of film, foil and paper, picnic bottles, cups and plates, and freezer containers of all kinds. Drawers will hold bags, flat cartons, tape and marking pencils. A built-in or mounted-on-the-wall dispenser holds rolls of wrapping.

**WHAT A WELL-DRESSED SINK** might wear (left). Sliding towel rack, a door-mounted garbage pail with pop-up lid, two roll-out shelves for supplies and a caddy for garbage bags. The roll-out shelves come singly so you can install as many as you need and space allows.

**BONUS KITCHEN IDEAS**—not shown this time—to fill the many needs of your center-of-the-house domain. Browse at leisure among them, then—try them!

**SPICE COLLECTORS** we've known keep dozens of cans and jars in a flat, shallow basket or a letter tray (sold in office-supply stores). The whole assortment can then be pulled out for easy use. To be really precise, file the containers alphabetically. (And, while we're on the subject of spices, did you ever try drying your own seasonings—celery tops and dill, for example? Just bake in a 300° F. oven for half an hour or until they're dry.)

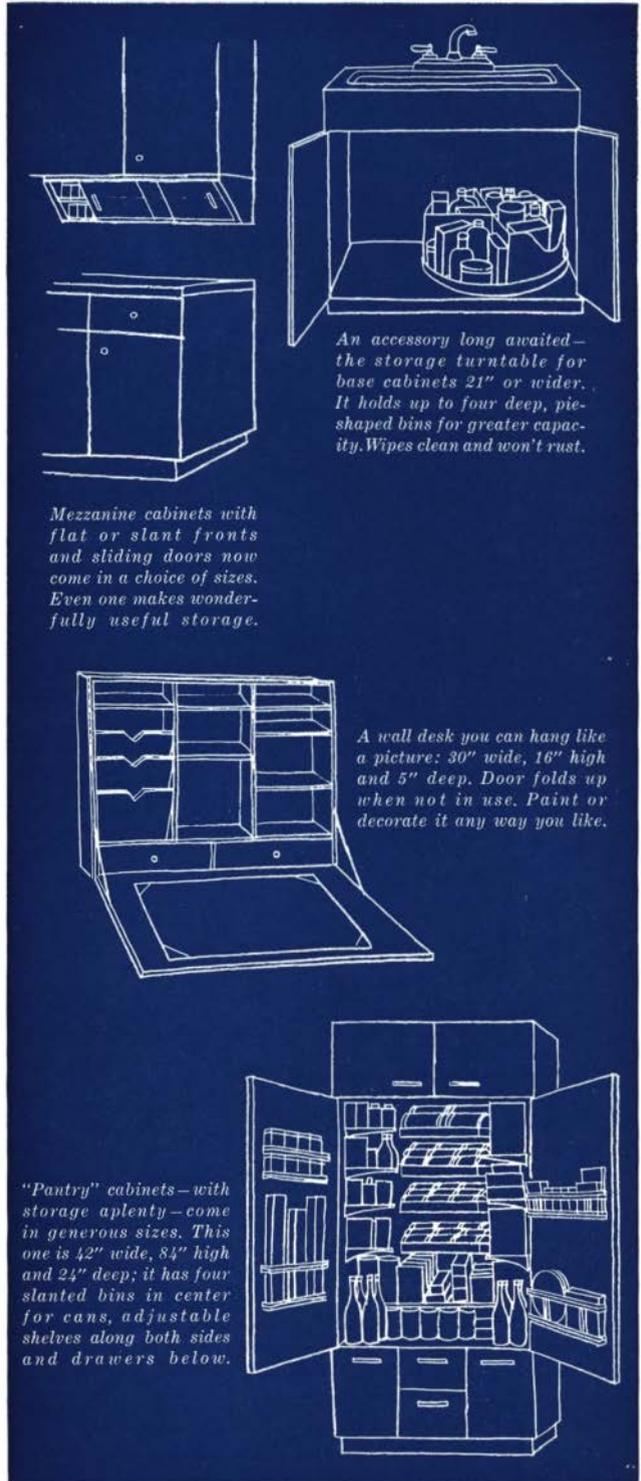
**LARGE FAMILIES** may understandably find the usual canister sets too small for staples. More compatible might be the pretty plastic utility pails and wastebaskets that now come in all sizes. Equipped with covers, they're perfect for quantities of flour, sugar, rice, crackers and other essentials. Label them with letters of colored tape.

**EXTRA CABINETS** you need for floor or wall can be found in unpainted furniture shops. Chests with sliding doors or drawers and wall bookcases come in a wide range of sizes to fit any space.

**NEED A LANDING STRIP** next to the range for hot pans? Consider using a group of decorative tiles, as is or in a simple picture frame backed with thin plywood. Durable and impervious to heat. Even a cutting board kept handy to the range can protect counters against hot pans.

**RESERVE CHINA** held for special occasions slides nicely into the new cases made of quilted vinyl, zippered, and each holding a dozen plates. Rectangular cases holding 12 cups are also available.

**AN OFFICE FILING CABINET** (one or two drawer), gaily painted, is well-suited for filing lids, baking pans and what-have-you that are no larger than letter size.



*An accessory long awaited—the storage turntable for base cabinets 21" or wider. It holds up to four deep, pie-shaped bins for greater capacity. Wipes clean and won't rust.*

*Mezzanine cabinets with flat or slant fronts and sliding doors now come in a choice of sizes. Even one makes wonderfully useful storage.*

*A wall desk you can hang like a picture: 30" wide, 16" high and 5" deep. Door folds up when not in use. Paint or decorate it any way you like.*

*"Pantry" cabinets—with storage aplenty—come in generous sizes. This one is 42" wide, 84" high and 24" deep; it has four slanted bins in center for cans, adjustable shelves along both sides and drawers below.*



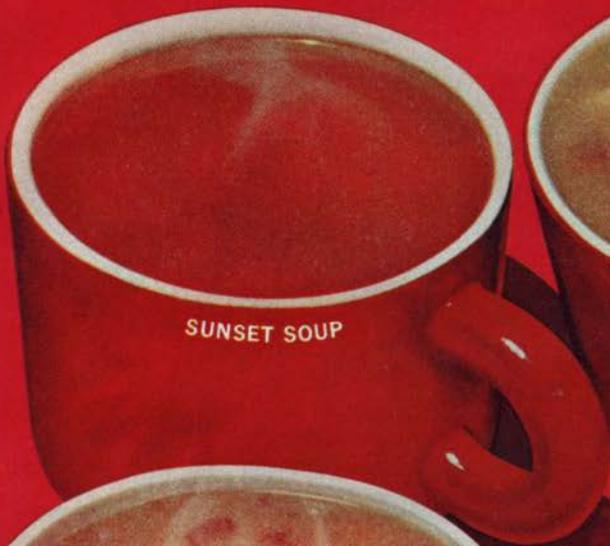
PHOTOGRAPH BY WESLEY BALZ. DESIGNED BY PARAGON

**A JEWEL OF  
CREWEL  
EMBROIDERY**

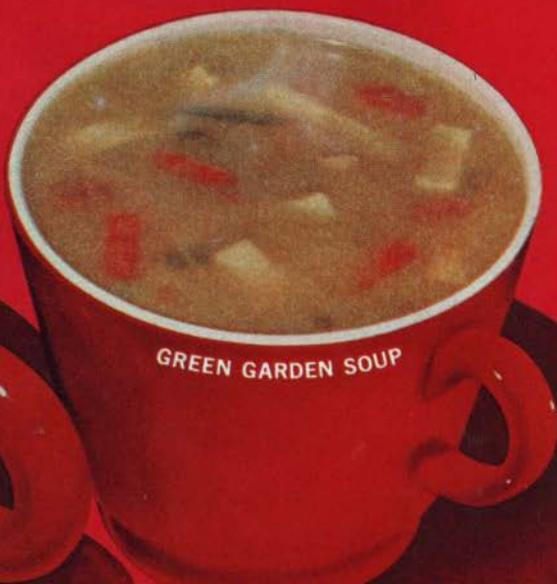
**For Your Embroidering Delight**, we chose one of the most famous examples of early American crewel work as the inspiration for the priceless spread you see here. Its antecedent—the Mary Breed quilt, made circa 1770 in Boston—is in the collection of New York's Metropolitan Museum of Art. And since this elegant art is enjoying such a revival [*GOOD HOUSEKEEPING*, March 1961], we've arranged for a kit containing the heavy, off-white linen spread with the design stamped on it; a second kit contains the yarns. For ordering instructions and notes on the fascinating technique of crewel work, see page 188.

# new soups from 2 soups

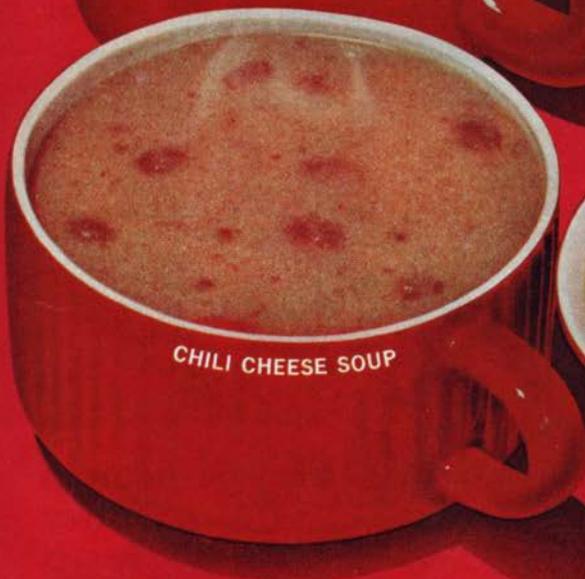
quick fixing, great eating with *Campbell's*



SUNSET SOUP



GREEN GARDEN SOUP



CHILI CHEESE SOUP



CHICKEN DUET SOUP

- **SUNSET SOUP** — Blend and heat 1 can Beef Broth, 1 can Tomato Soup and 1½ cans water.
- **GREEN GARDEN SOUP** — Slowly stir 1½ cans water in 1 can Split Pea Soup. Add 1 can Chicken Vegetable Soup. Heat.
- **CHILI CHEESE SOUP** — Stir 1 can Cheddar Cheese Soup till smooth. Blend in 1 can Chili Beef Soup, 1½ cans water. Heat.
- **CHICKEN DUET SOUP** — Blend and heat 1 can Cream of Chicken Soup, 1 can Chicken Noodle Soup and 1½ cans water.



- **JUMBO GUMBO SOUP** — Blend and heat 1 can Chicken Gumbo Soup, 1 can Vegetable Soup and 1½ cans water.
- **ROSY ONION SOUP** — Blend and heat 1 can Onion Soup, 1 can Tomato Soup and 1½ cans water.
- **BEEFED-UP BEEF SOUP** — Blend and heat 1 can Beef Soup, 1 can Beef Noodle Soup, 1½ cans water.
- **MEAL-IN-A-BOWL SOUP** — Blend and heat 1 can Bean with Bacon Soup, 1 can Minestrone Soup, 1½ cans water.



## TODAY'S PYREX WARE—LOVELY NEW WAY TO COOK AND SERVE

You've always known Pyrex Ware as the handiest thing in your kitchen—you can mix, bake, serve, and store in Pyrex Ware. Keeps flavors fresh. And it's easy to clean. But today's Pyrex Ware is much more. Beautifully decorated, it comes radiantly dressed for dinner. Who would *ever* want to cook in one utensil—then serve in another? Corning Glass Works, Corning, N. Y. **PYREX® WARE**

New Pyrex Ware Early American designs. 1½ qt. casserole \$2.95, 2½ qt. casserole \$3.95, 1½ qt. divided serving dish \$2.95. Mix-measure set, shown at top, three bowls (1 cup, 1½ pt., 2 qt.) \$1.98. Other decorated Pyrex Ware casseroles \$2.95 to \$6.95, carafes \$2.95 to \$9.95. Prices slightly higher in Canada.



## The crime against Marilyn Vernan *continued from page 78*

Delinquency and a former New York State Correction Commissioner, with special jurisdiction over female institutions.

The case of Marilyn Vernan—she is a real person, but I have changed her name and a few identifying facts—exemplifies an appalling social situation that cries out for correction. All over the country, girls in trouble are being sent to institutions and reformatories which are supposed to rehabilitate them, but instead act as graduate schools for crime. "We are contaminating these girls just as surely as if we were exposing them to radiation," Mrs. Burstein points out. "The associations they make and the indoctrination they get set them up for a lifetime of tragedy."

Equally shocking is the fact that 75 percent of the girls we put behind bars for the first time are innocent of truly criminal acts. Some are truants, some are runaways, some have been sexually promiscuous, and some are jailed merely because they are going to bear illegitimate children.

Others are there simply because their parents find them a bother and want to get rid of them. Once inside a juvenile court, these girls find that the ordinary rules of American justice do not apply to them. They are not entitled to trial by jury, they can be damned by hearsay evidence, and the judges who conduct the "hearings" have the right, if they see fit, to send these girls to institutions until they are 21.

Brought up on charges of comparable weight, adult defendants could get either a dismissal, or, at worst, only a 30-day sentence.

**IRONICALLY**, the laws governing juveniles were instituted to insure that young offenders get all the "rehabilitative" treatment they need. "The theory behind this system is good; it's what happens in practice that's bad," says Doris Whitney, executive director of the Women's Prison Association and former superintendent of reformatories in Illinois and Michigan.

Last year, juvenile courts in the United States handled over 100,000 delinquency cases involving girls. The Children's Bureau of the U.S. Department of Health, Education and Welfare says the number of such cases has shot up nearly 100 percent over the past five years, and has tripled in the past ten years. This year, another sharp rise in cases is expected. Furthermore, it is no longer true that girls who get into trouble come exclusively from "slums." The National Council on Crime and Delinquency says more and more of them are products of so-called "good families" in middle-class communities.

What causes their wayward behavior? For Marilyn Vernan, as for most girls like her, the seeds of ferment were sown right at home.

Marilyn's parents own their own home in a suburb of New York. Her father, Chauncey Vernan, is a husky, balding man who is in the automotive supply business. Her mother, Elspeth Vernan, is a pretty, blonde woman who had been a bit actress, then a receptionist in a theatrical agency, before her marriage. Marilyn has a younger brother who is 18.

The Vernans' family life has always been stormy.

"My father wanted my mother to be home all the time and she hated the idea of being a *hausfrau*," Marilyn says. "She was always active in community groups and amateur theatricals and loved to tell neighbors how she missed becoming a star because she didn't have the right connections. My father hated that kind of talk. He called her community work 'social climbing,' and he would never go to see her perform in a local show. When she was late getting home to make dinner—and this happened many times—he would fly into a rage. He had a terrible temper and he drank heavily. He talked of divorcing my mother several times, but never went through with it.

"I always felt like a fifth wheel. My brother was the family favorite. I know my father didn't want a daughter. He had a deep suspicion of all attractive women, probably because he was always suspicious of my mother. He carried his feelings about her over to me. I was always being criticized. When my father was drunk, he would beat me. My mother sometimes took my part, but she never seemed really interested in me. She liked to give advice to other people, but when I had problems or needed help with schoolwork, she was too busy to bother."

**ONE** day, when Marilyn got a bad report card, she didn't show it to her parents. She played truant for a few days; when her father found out, he beat her. Her mother told her the beating was justified. Not long afterward, during a violent quarrel between her parents, Marilyn slipped out of the house and went to a park frequented by older boys. Although she was not quite 13, she looked older and was beginning to ripen, with soft curves. She let a boy of 17 pick her up and stayed with him until 2 a.m. Despite her fears of her father, she persisted in sneaking out for late-night parties with older boys. She also played truant to go on afternoon dates. Her behavior followed the pattern that is typical among troubled girls from discordant homes.

"Girls who engage in sexual misconduct almost always are in deep conflict with their families," says Dr. Jacob Chwast, director of the Consultation Service of the Educational Alliance in New York and former supervising psychologist for the Police Department's Juvenile Aid Bureau. "These girls need and look for a stable source of reassurance, acceptance and love—things they failed to find at home. This sexual misconduct is also their weapon of rebellion against the parents, and particularly against the father who has failed to show them mature affection."

Marilyn's parents tried locking her in her room each night. She threatened to run away, and one day she did. She borrowed a few dollars from another girl and took a train to New York City. The police, called by her parents, picked her up a few days later. They let her father take her home. A month later, however, she withdrew money from a small savings account and ran away again. This time the police located her sleeping in a rail-

road station. And this time she was not permitted to go home. Instead, she was taken to the police station, and told that she would be "detained" in the county jail until her hearing in juvenile court.

**MARILYN'S** companions in the jail included a murderess who had killed her boy friend with a knife, an abortionist, and a couple of prostitutes and drug addicts. They had nothing to do but sit around, and they used their idle time to recount again and again their most lurid experiences. Their constant talk of crime and sex and murder shocked and frightened the 13-year-old girl. When she begged them to stop, they berated her with obscenities. The murderess told her, "Don't get me mad, kid, or next time I'll cut you up."

Milton Rector, executive director of the National Council on Crime and Delinquency, says that each year over 100,000 boys and girls are thrown into jail or police lockups because there are no adequate places to hold them pending disposition of their cases. Once behind iron bars, these juveniles become, in effect, second-class citizens. In the majority of cases, they have no right to bail, and no indictment is required. Often, their release cannot be obtained by a writ of habeas corpus. Like Marilyn Vernan, they are commonly thrown in with adult offenders. Many of the jails are much worse than the one Marilyn was in.

Marilyn was kept in jail for five weeks. (In some places, girls are jailed for six months or more, just waiting for a court appearance.) When she was finally brought out for her hearing, her eyes were dark-red slits, her face was ghost-like, and she looked emaciated because she hadn't been able to eat the prison food. "My God, what have they done to you?" her mother cried when she saw her. But both her parents told the juvenile court judge that their daughter was a "bad girl," that they had tried everything but that nothing had worked. The judge said, "Well then, she obviously needs to be sent away to straighten out."

He adjudged Marilyn a "delinquent"—a catchall legal phrase which gives judges the right to commit juveniles so adjudged to institutions and reformatories, even though no jury has convicted them. No social study was made of Marilyn's background, and no real attempt was made to find out about her family situation. She was simply ordered to a state training school for an indeterminate term.

Marilyn was afraid the "training school" would be like the jail she had just come from, but happily found it was a series of cottages in a pastoral setting. She was told she would attend school there, that the purpose of confinement was to rehabilitate her, and that a social worker would help her with her problems. "I told myself this place might really help me," says Marilyn. "But I soon became disillusioned."

For one thing, the school was a disappointment because no instruction was being given in the grade she had reached, and she had to repeat her old studies. The social worker was well meaning, but she was so overwhelmed with her case load

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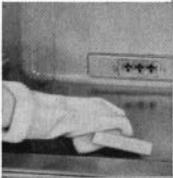


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she could give Marilyn very little time. The instruction and advice that really made a deep impression on Marilyn was provided by the wrong people—a group of hardened, cynical inmates of the institution who had had experience in prostitution, shoplifting, assault and other crimes. These girls quickly assumed leadership over the other girls, who, like Marilyn, were frightened, insecure and confused.

"We were awed by these 'experienced' girls and we listened to them," Marilyn recalls. "They told us we had been treated unfairly by our parents, by school principals, by the police, by everybody. They insisted that laws could be twisted by anybody with money and power. They said there was nothing wrong with stealing or using your body to get things. They taught us about all kinds of crime, and they even had us act out shoplifting sequences."

"Girls are committed to institutions in an effort to rehabilitate them," said Wallace Turner, until recently assistant to the secretary of the U.S. Department of Health, Education and Welfare. "Unfortunately, this is not successful in a considerable number of cases. Most institutions are operating with overcrowded conditions and with insufficient budget and personnel. One of the paramount problems is the acute national shortage of trained, qualified personnel."

Marilyn spent 14 months in the training school. When she went back home, she found her parents were tormented by the fear people would discover where she'd been. Her mother had told neighbors that her daughter was living with relatives out of town, but Marilyn soon learned that the truth had leaked out.

"In school, many of the girls mocked me as a jailbird," she says. "Teachers were inclined to blame me for any disturbance that broke out. Boys had heard I was an easy mark and made insulting cracks when I passed. When a girl discovered something was missing from her locker, she immediately accused me of taking it and called me a 'rotten jailbird.' When she found her accusation was wrong, she didn't bother to apologize."

"At home, things were no different from before. I felt I should never have come back to the same place. At the end of the school year, I began visiting some of the girls who had been in the institution with me. When my father found out, he hit me with his fists. So I ran away again."

THE police located Marilyn in New York City a week later. They arrested her and sent her to New York's Youth House for delinquent girls. Once again, she was "detained" for a hearing, but this time her detention lasted nearly three months. The House was a two-story brick building used as a temporary shelter for girls awaiting hearings or shipment to state institutions. Because of the crowding in the institutions, many of the girls had been held in the Youth House for six months. Its atmosphere was one of seething tension. The hard-core group of "tough girls" dominated the building and controlled the weaker girls. The talk again was of crime and lurid sex. Some girls who were obviously mentally dis-

turbed smashed windows, broke furniture and started riotous free-for-alls.

At Marilyn's hearing, she found the judge more interested in her problems than the first judge she had faced had been. He told Marilyn that he wouldn't send her to another institution if she gave assurances that she would straighten herself out. Marilyn cried and promised she would never run away again. The judge said he would let her go home, but warned her to "stay away from bad companions, or you'll spend your whole youth in prison."

The warning didn't take. It wasn't long before Marilyn was drifting back to her "bad companions." One of them told her she was going to Detroit to work for a "rich woman," and would be glad to take her along. Marilyn's parents didn't object to the idea. "I was having trouble in school again, and I guess they felt they were getting rid of a headache," she recalls. "I knew the job would be something bad, but I didn't care. I just wanted to get away."

The rich woman turned out to be a "fence"—a person who receives and gets rid of stolen property. She ran a retail store which was used as a front for her illicit activities. Much of the stolen property was brought to her by shoplifters, and she sent Marilyn and her friend to do some shoplifting of their own. She also arranged dates for the girls, and encouraged them in promiscuous habits.

ONE day, on her way out of a store, Marilyn's friend dropped stolen articles in full view of the floor manager. She was arrested, and poured out a confession which implicated Marilyn. Marilyn was sentenced to an 18-month term in the House of Correction. "The 'House of Correction' was much too nice a name," says Marilyn bitterly. "I called it the 'House of Hell.'"

Marilyn had by now blossomed into a good-looking 17-year-old with a striking figure. The adult criminals she served time with had many tragic, misspent years behind them, and it had corroded their personalities. They resented a pretty girl and did everything they could to torment her. They teased her, insulted her, cursed her, and stole things from her. The guards were of little help. Some were sadists and relished the goading and the hounding. When Marilyn struck back at one woman, and got into a screaming fight, a guard broke it up by knocking Marilyn down and savagely kicking her. Then the hysterical girl was thrown into "solitary" as punishment.

"One of the problems in women's reformatories and prisons is that many of the women who are on the staff are themselves in need of help and treatment and are obviously unfit to handle the problem people in their care," says Donald Goff, the associate general secretary of the American Correctional Association. "Also, too many of these places have no meaningful programs for the inmates. The inmates feel nobody cares what happens to them and they lose their self-respect."

After her release, Marilyn remained in Detroit for a while and landed a job in a dry-cleaning store. Her employer soon found out about her prison term, how-

*continued on page 134*



**Help yourself to fresh fruit flavor.** DEL MONTE Pineapple-Grapefruit Juice Drink. This sunny satisfier brings together tropic-sweet pineapple and tangy grapefruit. It's the original Del Monte blend. Zings with Vitamin C. So pour a man-sized helping of this healthy, hearty refreshment. Breakfast. Any time of day. There are four other Del Monte juice drinks to fit your fancy: Pineapple-Apricot; Pineapple-Pear; Pineapple-Orange; Orange-Apricot. Each is distinctive and thoroughly refreshing...because no one blends fresh fruit flavors quite like DEL MONTE!

# HOSTESS NOTEBOOK

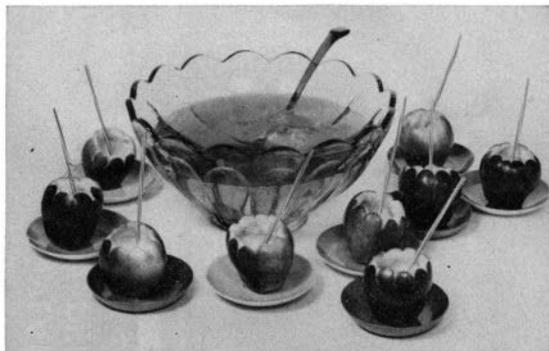
TO DELIGHT  
LITTLE GIRLS AND BOYS—  
AND BIG ONES: PARTY-GIVING  
IDEAS, RANGING  
FROM WHIMSICAL  
TO ELEGANT

**Halloween hosting.** Fill these happy apple cups with the deep autumn taste of cider or apple juice. Cut the top off an apple. Using a melon baller, press into apple all the way around to form a scallop edge; loosen with tip of knife and lift out. Hollow the fruit with a teaspoon, leaving a  $\frac{1}{4}$ " shell. Brush with lemon juice, then place the apples on small plates and add a short straw for easy sipping. A good way to perk up parties—and please guests—before *and* after Halloween.



JAMES VILEE

**Party cutups.** Small-fry hostesses will love making their own decorations when they give parties for their contemporaries. *You* can help them make these paper-doll streamers, too. Fold paper back and forth to form an accordion of 5" by 2 $\frac{1}{2}$ ". When you cut out the shapes, keep dolls' arms as level as possible so they won't sag when you hang them. With this as a start, your little ones can try their hands at other shapes to enliven a birthday or any other children's celebration. How about some Halloween cats?



**Well-molded.** Butter becomes something special when it's shaped into flowers, leaves or sheaves of wheat for your table. The day before your party, scald the butter mold, then place it in the freezing compartment of your refrigerator. Next day, rinse it in cold water. Press butter—softened just enough—into the mold. Remove immediately, with the help of a knife tip if necessary. The more often you use it, the easier it will be; the mold gets "conditioned"—like a salad bowl. ♦

CAROL BROCK: hostess editor



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**T**HERE IS MORE WINE FLAVOR in Heinz Wine Vinegar because it has the highest acidity of any brand: 6 percent! The flavor is superior, too, because Heinz uses choice Carignane Burgundy grapes for this vinegar, then wood-mellows it. Shake or pour from the Heinz decanter, which looks at home even with your finest crystal.

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**Vinegars**

APPLE CIDER • WHITE • MALT • TARRAGON • WINE • SALAD

## The crime against Marilyn Vernan

*continued from page 130*

ever, and fired her. She couldn't get another job. She had no particular skill and her record was a terrifying barrier.

Parole officials point out it is always more difficult to place a female ex-prisoner than a male. Employers may be willing to take a chance on a boy who they feel has learned his lesson, but they shy away from a girl who has done time because they feel she must be a "fallen woman." In addition, state laws make it difficult for girls with a prison record to get a license to work at certain jobs.

Marilyn went back to New York and back to companionship with those girls who were "her kind." She got a few odd jobs, but they didn't last. Many of the girls had turned to prostitution as the "easiest way to make a living." "It's safe, too," they told Marilyn. "The madam pays off for protection." Marilyn resisted at first, but finally, in desperation, she joined the others. The protection system worked well for a time, but one night there was a police raid. Taken to Woman's Court, Marilyn suffered a shock which drove her into a frenzy of sobbing. The girls who were over 21 got 30-day jail sentences, but those like herself who were under 21 drew terms of up to three years in the Westfield, N.Y. Reformatory.

**L**IKE all new inmates at Westfield, Marilyn was locked in an isolated room for the first two weeks while various tests were made on her. The solitary confinement conjured up memories of her hateful period in solitary at the House of Correction. She gave way to wild paroxysms of sobbing and screaming. When she was ignored, she tore her clothes off and ripped them to pieces. As a result, she was marked "Incapable of Being Reformed" and was returned to the New York court for resentencing. The judge gave her a straight one-year prison term at the Women's House of Detention, a moldering, fortresslike building in Greenwich Village.

To Anna Kross, New York City's forthright and able Correction Commissioner, this penitentiary is a "monstrosity." It is impossible to keep clean, and Marilyn found roaches crawling out through tiny apertures in the cell wall. The prison was jammed to overflowing. A large proportion of the inmates were drug addicts and sexual delinquents. There was the customary, compulsive, day-and-night discussion of crime and sex. And again, Marilyn was picked on.

When one of the inmates stole Marilyn's lipstick, she fought and clawed the woman to get it back. She created such a commotion she was ordered locked in her cell alone for a few days. In her mind, this was the final straw, and it led to her impulsive and unthinking effort to burn herself to death.

Oddly enough, this suicide attempt marked a turning point in the life of Marilyn Vernan. For one thing, it impelled the staff at the prison to do everything they could to help her. "As in virtually every prison, our professional staff is most inadequate for the job that should

*continued on page 138*



Put whatever you like *inside*...



We promise you the flakiest, tenderest *outside* you've ever made

Armour Star Lard is firm. It cuts in easily and quickly . . . makes tiny, separate flour-covered beads that melt into layers of soft, tender flakes in the baking.  Pie bakers will tell you no made-up shortening is as trustworthy as this natural one.  And, certainly, no other shortening is faster. The best pie crust you ever made takes only 5 minutes from scratch.  Make a pie for your family with Armour Star Lard. There's a recipe on every package . . . and 3 double-crusts' worth of lard in every pound.  (We'd like to add, that we mean what our Good Housekeeping Seal says.)



## STEPS 1 and 2 for a Glamorous Hairdo

### 1. PIN UP

... with Sof-Tip Bob Pins, made with the kind of springiness that holds curls snugly each time you use them. Coated with no-chip enamel, they're ideal for home permanents. Buy a supply in any of three colors. On 25¢ and 29¢ cards.



### 2. COVER UP

... in the shower with this gaily patterned cap, made of sturdy, pleasantly scented vinyl and edged with special stretch-ever elastic. Comes in two sizes, regular and bouffant (plenty of room to keep hairdos fluffy). Yours for only 39¢ and 49¢ each.



... at night with one of Tip-Top's glamorous slumber caps. Pick your favorite style from a selection that includes dainty tricort, eyelet patterns in carefree nylon, and lacy caps aglitter with silver thread. Regular and bouffant sizes, 39¢ and 59¢.



... around the house with a rayon wave net. Tip-Top makes them in colors to match your coiffure and in delicate pastel hues. Or, for a change of pace, try a sparkling net of gold and silver. Sold singly or in assorted shades: 10¢ and 25¢.



... around town or in the car with a veil bonnet. It's the pert and pretty way to keep your hairdo fresh... no matter how the wind blows. Plain or styled with sequins, bows or flowers. Only 59¢, 79¢ and \$1.



**Tip-top**

PRODUCTS COMPANY, OMAHA 2, NEB.  
In Canada: Newmarket, Ont.

at supermarkets, drug and variety stores

MMMMmmmm...

## how lovely a bath can be

continued from page 112

A bath can be a dull, necessary chore, one you perform routinely just to be clean, or it can be a transforming ten or thirty minutes. Let's say you're weary after a busy, nonstop day and have only minutes to relax. Take a bath that acts like a balm. Cleanse your face, cream it, then: ease into a brimming tub of really warm water. Now just lie there with your head propped against a folded towel while the warm water soothes tense shoulders, a taut neckline or a tired back. Gently massage tight, stiff muscles. Lightly, leisurely, soap yourself, rinse, and pat—don't rub—dry. To continue unwinding, flop forward from the waist and hang completely limp. Finale: slip into a loose gown and lie down; consciously relax every muscle, pull down a mental shade against everything but the present-perfect moment. Feel better just thinking about it, don't you? If on another day you need a quick wake-up or spurt of energy, draw tepid bath water. Take your bath brush and wield it forcefully. Bend vigorously forward to cleanse toes, soap yourself with a rough washcloth. For the final rinse—a cool shower to pepper your skin. Buff dry, bending energetically, and then stretch—to stimulate circulation—till you're tall as the hero of a Western. Glance in the mirror: don't you look fresher, livelier, younger?

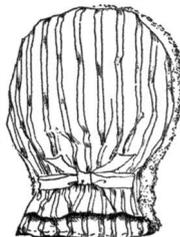
**Soap on a rope** is a clever idea to amuse youngsters, refuses to be lost in their bath.

Handy for you, too.

• Tip for travelers: a new oval bath soap in its own clear plastic envelope. • For the woman devoted to in-and-out morning showers, new bath-soap mitts give ready lather. • De-



odorant soaps containing magic hexachlorophene help keep you sweet and clean, top to toe, round-the-clock.



tingle skin refreshingly.

### Bottles of beauty,

these new bath oils, now so reasonably priced you can use them daily. Water feels softer and they make soap foam into scented suds. Such luxurious smoothies help banish a taut, dry-skin feeling, give you an all-over silkiness. • And don't forget the frothy luxury of a simple bubble bath.



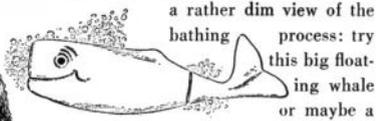
### After-bath fragrance

now comes in decorative dispensers with powder and cream sachets that stay with you for hours. • The new oil-base perfumes really cling to the skin when touched lightly after showering. • For an after-bath pep-up, try a refreshing friction lotion. • Or spray on scented body oil.



### Bathroom fun

for the set that takes a rather dim view of the bathing process: try this big floating whale or maybe a clown. Both carry a fragrant cargo of bubble bath. Long after their contents have gone down the drain, they function as toys. • A soap baseball or poodle may also do much to reconcile Junior to bathing. • Treat a young Miss to her own hand lotion, after-bath cologne—and an early start on the road to bathtime beauty. ♦





## Kotex is confidence

You can spend hours contentedly browsing in the shops. No uneasiness or moment's doubt. For Kotex napkins have a moisture-proof shield under that soft covering. It's the napkin women trust for complete, long-lasting protection.

**To prepare your daughter for maturity.** You'll find it helpful to order our special Introductory Kit. Contains booklets to answer all her questions. Plus 3 sample packages of napkins and a belt designed for young ladies. Send \$1.00 to: Introductory Kit, Box 551, Neenah, Wisconsin.

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REGULAR



JUNIOR



SLENDERLINE



SUPER



## HOW TO BECOME FAMOUS FOR YOUR COFFEE

By ELLEN SALTONSTALL,  
Dir. of Consumer Service, Pan-American Coffee Bureau

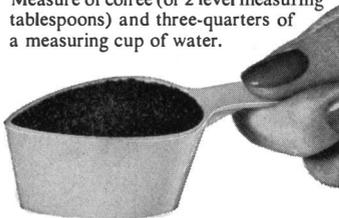
"Honestly, *this* coffee is the best I've ever tasted! May I have another cup?" Those are treasured words—and here's how you can hear them often.

### When you buy coffee:

Pick the grind that is right for your type of coffee maker. Which brand is best? The brand that tastes best to you. Each brand is a blend of different coffees, each chosen for its distinctive flavor quality. If you have already found the brand that seems blended just for your taste, stay with it.

### When you measure coffee:

Never skimp. The truth is that you just can't stretch coffee flavor! Careful, consistent measuring is most important. Each serving requires one Approved Coffee Measure of coffee (or 2 level measuring tablespoons) and three-quarters of a measuring cup of water.



### When you brew coffee:

Always start with fresh, cold water in a clean coffee maker. If your coffee maker isn't automatic, timing is important. Percolators should perk *gently* 6 to 8 minutes. In a vacuum coffee maker, after the water has risen to the top section, it should be kept over low heat 1 to 3 minutes.

### When you serve coffee:

Immediately after brewing, it's at its peak of flavor. If you must prepare coffee ahead of time, keep it over very low heat. Never let it boil!

### When you judge coffee:

Put it to this test: Is the flavor rich, true coffee flavor? Does it have a heady, tempting aroma? Is the color dark and clear? If the answers are all "Yes," you're an expert, and your friends will be asking how you do it!

Pan-American Coffee Bureau

## The crime against Marilyn Vernan *continued from page 134*

be done," Sidney Connell, a psychiatric social worker at the prison, told me, "But thanks to Commissioner Kross's recruiting, we have as able a group of people as you can attract to prison work. Our big problem is that most of our prisoners have become so fixed in their antisocial attitudes by the time they come here it is almost impossible to change them. Luckily, Marilyn had not quite reached that stage. We were at least able to plant the hope that she could still find a full life away from the criminal world."

Marilyn had also aroused the interest of Beatrice Burstein, who as a State Correction Commissioner had come across the report on a girl who was "incapable of being reformed." "I was so shocked by this judgment I made it my business to look up the girl and find out everything about her and her family," says Mrs. Burstein. "I discovered that, contrary to the report, there *was* hope for her, and I became determined to do everything in my power to help."

When Marilyn completed her term, Mrs. Burstein took her in tow. She arranged for her to undergo mental therapy so she could learn more about her fears and the motivations behind her behavior. Realizing that it was just as important for Marilyn's parents to have therapy, Mrs. Burstein pressured and cajoled them into undergoing treatment too. They learned that it was their own fears, suspicions and insecurities which, more than anything else, had turned their child in the wrong direction. Prodded by Mrs. Burstein, they moved to another community for a fresh start. They had become completely estranged from their daughter, but now Mrs. Burstein brought Marilyn to them for a tearful reconciliation.

The next step was to get Marilyn a job so she could establish her self-sufficiency. Through friends, Mrs. Burstein placed her in a New York store as a salesgirl. She found Marilyn an apartment with a widow who was lonely for companionship. She encouraged her to resume her studies at night to get her high-school diploma, and to pursue an interest in sculpturing she had shown at the Women's House of Detention.

"Mrs. Burstein was also someone I could always turn to when I had fits of despair," says Marilyn. "I would call her innumerable times during this period and she would give me encouragement. She told me that as I got more confidence in myself, I would stop calling, and she was right."

ONE day not long ago, Marilyn's boss gave her a raise and a promotion. "Are you sure you can trust me with more responsibility?" Marilyn asked him. "Of course I'm sure," he answered. "I'm very proud of the way you're getting along, and I think you should be very proud."

A few days afterward, Marilyn went out on a date in Greenwich Village. They passed the Women's House of Detention, and Marilyn suddenly told her date that she had been an inmate there. "When I did that, I knew I had acquired more courage and strength than I had ever had before in my life," Marilyn says. "I knew I had been able to put the past be-

hind me and that I would be able to profit from mistakes I had made by seeing to it that my children—when I marry and have them—won't find themselves making the same ones."

"Marilyn's rehabilitation provides a thrilling sense of uplift to all of us in the correctional and social agency fields who have long felt that with the right tools, the right programs and the right personnel, we *can* save our troubled girls," says Mrs. Burstein. "We need only to reach them in time and then work to build up their wounded spirit, rather than destroy that spirit beyond repair." ♦

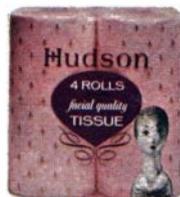
## WHAT WE CAN DO TO HELP WAYWARD GIRLS

1. Establish a national system of residency houses patterned on the Midway Houses in Scandinavia. In these small cottages or hostels, wayward girls live in a homelike atmosphere and receive counseling and guidance services. During the day, they are permitted to go to school or to work, but each night they return to their hostel.
2. Provide foster-home care for girls who would be harmed by returning to their own disturbed families after a period in a state institution or residency house.
3. Provide a greatly expanded probation system, and thus reduce the need to institutionalize many wayward girls. Such a program would also reduce costs sharply: It costs \$3,000 to \$6,000 a year to institutionalize a girl, only \$250 to keep her on probation.
4. Provide a greatly expanded system of after-care to counsel girls released from institutions and prevent them from becoming repeaters.
5. Establish a program to separate the comparatively small number of seriously disturbed wayward girls, who belong in psychiatric institutions, from the majority, who are more neglected than delinquent.
6. Provide more schools like New York City's Livingston School for Girls. Staffed by teachers specially trained in problem behavior, this school takes girls whom regular schools can't handle.
7. Eliminate at once the practice of detaining youngsters facing a court hearing in jails tenanted by adult criminals. The National Council on Crime and Delinquency recommends the establishment of special juvenile detention centers, such as are maintained in Connecticut and some other areas. But it declares that no youngster who can be released in the custody of his parents should be detained at all.



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Suddenly this summer. . .Decorator tints in matching tissues for your home. Not just the common garden variety, but blooming beauties from the Hudson Decorator Series. "French Hyacinth", a fragile blue misted with lavender. "Living Orchid", a lush tropicolor. You'll want both tints in facial and bathroom tissues. The facials come in the Hudson Golden Showcase (the advertising comes off with the wrapper). The bathroom tissues are the same soft facial tissues on a roll. Give your home a new splash of color **with decorator-tinted tissues from Hudson.** Hudson



# Lemon Meringue Pie frozen



Made with **fresh frozen lemon juice**  
**Meringue of fresh frozen whipped egg whites**  
**Frozen for fresh flavor . . . ready-to-bake**

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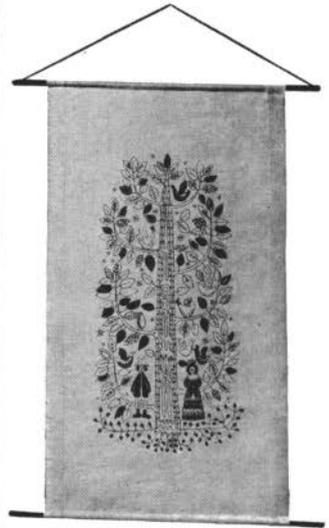
You'll see this Seal on all Mrs. Smith's frozen products



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 a Good Housekeeping  
 needlework favorite*



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This Swedish wall hanging, designed for GOOD HOUSEKEEPING, was inspired by old Swedish provincial embroideries. Its Old World pattern and cheerful color will add warmth to any setting. Designed on natural linen (cut measurements 17½" by 28"), it comes in a kit with instructions, embroidery thread, dowels and a cord for hanging. It is screen-printed and so may be used as is, or embroidered with simple stitches to give it more depth. Postpaid, \$2. ♦

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Kounty Kist proves you can enjoy top flavor at low prices. Kounty Kist Brand vegetables are grown from prize seed—picked sweet and full of flavor. Enjoy field-fresh flavor at a real sweet saving tonight.

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*of course!*

## New Detergent Ammonia with Swiss Pine Fragrance!

SEA MIST is *first* to bring you all the cleaning power of ammonia but without the harsh, pungent odor! Generations of American women have known that *nothing, no nothing* cuts grease and dirt so fast as ammonia. And now no other all-purpose household cleaner is so pleasant to work with, nor refreshes every room in your house like the fresh, natural Swiss pine aroma of SEA MIST.



What's more, SEA MIST's new detergent ammonia formula actually makes dirt wash itself away. SEA MIST does the work, not you! The price? A big, 24-ounce bottle costs just about half as much as most other kinds of household cleaners! Won't you try SEA MIST today? And let us know how much you like it.

*Cleans everything, leaves everything refreshingly pine fragrant!*

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## THEY LEND A HELPING HAND

by Elsie Lee

■ The patient who has recovered from a mental illness shows no outward signs of his ordeal. But often, like persons who have suffered physical ailments, he needs a period of convalescence before he can completely readjust to normal life.

To help in his readjustment, a unique nonprofit organization called Recovery, Inc. was established by the late Dr. Abraham Low some 25 years ago. Originally limited to patients at the Psychiatric Institute of the University of Illinois College of Medicine, it now consists of 430 groups, scattered over 28 states.

Recovery's methods are intended to prevent a relapse in a former mental patient by showing him how to deal with the fears and tensions of daily life. They are based on a system outlined in a book by Dr. Low (*Mental Health Through Will Training*) supplemented by weekly meetings, somewhat like those of Alcoholics Anonymous and other mutual self-help groups.

The successes obtained by Recovery stem from training the patient how to control his thoughts and reactions in such a way as to avoid excessive tenseness. He is helped to spot situations that can cause him trouble, and to recognize that they are not really dangerous to him but can be altered by his own thinking into conditions with which he can cope.

Weekly meetings usually begin with the reading of a chapter from Dr. Low's book, followed by statements from members describing situations they themselves have encountered and how they coped with them by applying Recovery principles. The meeting is then open for discussion and for bolstering members' confidence by encouraging them for their efforts in meeting their problems. Usually refreshments are then served and there is a short social period when members talk over their problems. Between meetings, a member encountering difficulties can telephone the group leader for advice.

Currently, there are 3,000 members (dues are \$3 a year), but many more persons attend the weekly meetings.

Recovery officials claim an encouraging proportion of success for their efforts, but are wary about publicity, since there are not enough groups to handle all the people who would like help; those that do exist are mostly concentrated in big cities. Growth is slow, since not just anyone may start a group; the group leader must be thoroughly familiar with Recovery principles and methods. Usually founders of new groups are former members of groups elsewhere, or have had special Recovery training.

If you would like more information, including whether there is a group in your area, write to Recovery, Inc., at 116 S. Michigan Avenue, Chicago, Ill. ♦

## GOOD THINGS TO KNOW ABOUT THERMOMETERS

by Elsie Lee

■ What is normal body temperature? According to the marking of fever thermometers, it's 98.6°. But many people don't realize that this is only an average. Your own normal temperature may be above or below this figure. You can establish just what it is by taking your temperature, while you are well, at exactly the same time for three consecutive days, then averaging these figures. Even this personal temperature can vary as much as a degree at different times of the day or month. It will be higher when you are active than when you are resting, gradually increasing from its lowest point, when you get out of bed in the morning, to a high point in the evening. Drinking, smoking, eating and playing games all affect normal temperature, and a woman's temperature also varies with the phases of her monthly menstrual cycle.

To detect marked changes from normal body temperature, usually a symptom of illness, several types of clinical thermometers are available:

1. The *oral* thermometer is designed with a long, slender bulb, offering a larger heat-sensitive area than other types and consequently taking only three minutes to obtain a reading. To use, place beneath the tongue, as far back in the mouth as possible.

2. The *rectal* thermometer is designed with a pear-shaped bulb for easier insertion. Lubricate the bulb end with mineral oil or petroleum jelly. A rectal temperature reading, which takes four minutes to obtain, is generally considered more accurate than an oral reading. But remember that it is always higher, usually by half a degree.

3. The *security* thermometer has a short, stubby bulb of heavier glass, to guard against breakage, and can be used in either mouth or rectum. Baby thermometers should always be of the security design.

4. The *vaginal* thermometer is calibrated only from 96° to 100°, and the scale is widely spaced for easier reading. It is used for determining a woman's ovulation period.

To read a thermometer, stand with your back to the light, holding the thermometer by the top end. Rotate it slowly back and forth until you can read the marking opposite the top of the column of mercury. Or place the thermometer flat on a table, with the scale uppermost, and move your head back and forth until the temperature reading can be seen clearly.

A thermometer should be shaken down after the reading is taken, then washed in cool soapy water and stored away from excessive heat to prevent breakage. It is also wise to dip it in an antiseptic solution such as rubbing alcohol, both before and after using. ♦

# SUN-SEALED

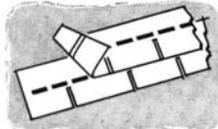


to stick  
through  
any  
storm  
EVEN HURRICANES

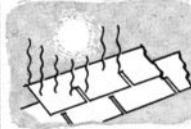
## ARTIC SELF-SEAL SHINGLES

LOOK BETTER • LAST LONGER

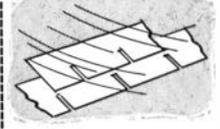
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**FAVORITE STORE**

Smart cooks **SERVE RABBIT** for special meals or just for a change! Low in fat and calories, yet high in protein. PEL-FREEZ Rabbit Meat is tender, juicy, all-white meat from farm-raised, grain-fed domestic rabbits... quick frozen for absolute freshness.

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**RABBIT**

2 to 3 lbs. "PEL-FREEZ"

Tender Young Rabbit

1/2 cup flour

1 1/2 tsp. salt

1/4 tsp. pepper

1/2 cup shortening

Shake moist pieces of rabbit meat in a paper bag with flour, salt and pepper. Place in shallow baking dish. Pour melted shortening over all pieces of rabbit. Place in oven at 375 degrees for 1 to 1 1/2 hours, or approximately 30 minutes per pound, turning once to assure even browning. 4 to 6 servings.

**MOST COMMON  
CARPET FAULTS AND WHAT  
TO DO ABOUT THEM**

**CRUSHING:** Expect any carpet to crush or mat to some degree. Cotton and rayon have low crush-resistance, but a dense construction made with twist yarns will stand up better. Wool, nylon and the acrylics—such as Acrilan and Creslan—have good crush-resistance. Here again, dense, firmly packed twist surfaces show less matting than high, loose construction, and are preferable in heavy traffic areas.

**RAPID SOILING:** Very light—or very dark—colors tend to show soil more than medium tones. Footmarks and dirt show less on tweeds and other patterns than on solid colors. And soil will show sooner on a shiny surface than it will on a dull-fibered texture.

**FUZZING:** This occurs often with carpets made from high-strength synthetics and may be caused by shuffling feet in a chair or sofa area. Check vacuum cleaners, too. Many carpets fuzz when first put down. Actually, it's loose fibers left in from the manufacturing process, so fuzzing should soon cease. Textured nylons are more resistant than plain carpet nylon.

**LOOP PULLING:** This is seldom a manufacturer's defect in the carpet. Metal tips on spike heels can play havoc; also pets with sharp claws or nails. If a loop starts to come out, never pull on it, but clip with scissors.

**STATIC ELECTRICITY:** Wool and synthetic fibers such as nylon give off more static electricity than cotton or rayon do, especially in dry climates. Static charges can be minimized by keeping moisture in the air. If you have a radiator pan, keep it filled; or keep water in vases throughout the room. Second solution: try an antistatic agent such as "Anti-Shock." These spray-ons reduce, but do not eliminate, static charges.

**RIPPLING:** Some wall-to-wall carpets tend to ripple when first installed. This will usually walk itself out. If it doesn't, call in the people who installed your carpet and have them straighten it out. To minimize rippling, buy carpets with a firm double backing. A carpet without a scrim or double back has more tendency to ripple as the humidity of the air changes.

**WATER STAINS:** The ugly brown stains on your carpet may be caused by just plain water. The wet tufts form wicks and bring impurities from the backing up to the surface. Since these stains are next to impossible to remove, prevention is the only answer here. Always blot up immediately any spills or rain damage. ♦

## The troubled heart of Grace Kelly *continued from page 84*

mean that her storybook romance with Rainier was approaching the end? Seven years ago they'd fallen in love at first sight. When they married hastily the next year, after only two or three dates, the couple epitomized for millions of romantic souls the starry-eyed lovers in a fairy tale.

Wasn't one glad to hear that in a world full of horror and hate people still fell in love at first sight? It was charming to think about, refreshing. Now, were Grace and her prince *not* going to live happily ever after?

I decided to try and learn for myself whether their marriage really was shaky, and if so, why. I went to Monaco, then to the other gemlike cities along the French Riviera. I talked to the French, English and American newspapermen assigned there, to officials and aides who work closely with Rainier, to hotel owners, bank officials, society people who knew Princess Grace, and ordinary citizens of Monaco.

**MANY** of them contributed details that are here being published for the first time. But it was a shrewd old widow, who lives alone in a chateau near Monte Carlo, who gave me one key to the intriguing story. This is what she said:

"You people who have written so much about the prince and princess have all made the same fantastic mistake about them. This is in thinking of them not as human beings who have faults and virtues like the rest of us, but as a glorified and angelic couple who never quarrel, or lose their temper or make stupid mistakes.

"The prince is a man of extraordinary charm—virile, forthright. But he is also a man living with one foot in the eighteenth century. He is proud of being Europe's last absolute monarch, even though his whole postage-stamp domain is about half the size of New York's Central Park. He actually *believes* with all of his heart that he rules his tiny principality by divine right.

"Even if he did not also have long spells of melancholia, this obsession would make him a most difficult husband at times. But the real clue to what has happened and is happening right now between them lies in something he said, and kept repeating after they were married:

"At last I have found someone I can trust!" A wonderful compliment for the bride, but think of the burden it placed on her. By then he'd been absolute ruler of Monaco for seven years. As his remark implied, he had found no one else—no official or aide—in whom he could have complete faith. He'd quarreled with them all and has been quarreling ever since. Believing in his 'divine right' as he does, how can he allow others any real degree of authority, and above all, accept criticism from mere commoners? That is what General De Gaulle is to him, a commoner!"

It is clear then that, besides the other adjustments Princess Grace had to make, she had to be this moody man's comforter and consultant on affairs of state; she had to learn to offer suggestions and then withdraw them at once if he disap-

proved. She also has had to do the smiling in public for both of them.

When Grace married Rainier she was a star in her own right, a celebrity who had reached a position where she could dictate to others. She had no experience or training for the job she had so innocently taken on when she married her prince. That she has managed as well as she has until now is a tribute to the maturity she has attained in this strange marriage.

The big question now is what will life be like with Rainier if he is forced to abdicate? An ex-prince is the most unemployable of all human beings. If he is moody, oversuspicious and unable to control his temper now, how will he react once he is stripped of all power?

**A** MILLIONAIRE American yachtsman, long a friend of the prince, had this view when I talked to him at Cannes:

"Whatever shortcomings the prince has as a diplomat and politician, he has been the best of husbands and a devoted father to his two children. No actress, particularly one like Grace who has been a great star and then has retired, is very easy to live with. She never stops wondering what might have happened had she continued acting. She keeps dreaming of the magic she once had to hold an audience.

"I used to watch the princess at dinners and parties when Hollywood friends were visiting her. She would drink in every word uttered. The actor could be Bob Hope, Bing Crosby, her good friend, Rita Gam, or merely a character player. But it was always the same. The chit-chat and shop talk never ceased to fascinate her.

"Now, Prince Rainier is a sensitive man and quite perceptive. Before they were married, he'd worry about Grace becoming bored in the palace with all of the protocol, state functions and formal parties for dull people. He was, of course, right in his guess. Grace did become bored. So she plunged into charity work and perfected her French. I think that she was surprised to discover that she had even less liberty in Monaco than she'd had as a star.

"She didn't complain. She took what satisfaction she could out of being Princess Grace Patricia of Monaco. But there's no mistaking that wistful expression on her face when old show-business pals are around.

"Rainier wanted her to be happy. He encouraged her to invite these friends of her acting days to the palace. But he started to wish that she'd forget that she'd ever been a performer."

When Princess Grace made her sudden announcement that she planned to return to motion pictures, via the Alfred Hitchcock production, most of those who knew Rainier intimately were truly amazed. He had, after all, forbidden the showing of her pictures in the Monte Carlo theater and elsewhere in Monaco.

Was this a sign that the two were becoming increasingly incompatible in their desires and interests?

I drove back to Monte Carlo, Monaco's chief city, for an appointment with a recently retired confidential aide of Prince



## How to keep the kids from eating the potato chips

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As soon as you get the chips home, crush as shown above. Then run a rolling pin over the bag. Pound with telephone book. But if the kids like crumbs, buy two bags of potato chips.

Because those crumbs make wonderful crumbing for fried chicken. Or topping for macaroni and cheese. For dessert, cut banana into one inch slices. Roll in crumbs, then fry in deep fat (375°F) for two minutes. Drain and serve warm. Ahhhh!

Chips add a toasty, nutlike flavor to everything they touch (especially when they've been packaged in Olin cellophane). Try this masterpiece:

### Chipper Soufflé

Heat oven to 325° F. Combine ½ cup mayonnaise, ¼ cup flour. Add ¼ cup milk slowly; then stir in ¾ cup finely minced chicken, ¾ cup finely crushed potato chips, 2 tablespoons finely minced onion, 1 teaspoon lemon juice. Beat 4 egg whites until stiff, fold into mayonnaise mixture. Pour into greased 1½ quart casserole. Bake 40 to 45 minutes. Serve at once. Makes 4 servings.

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Rainier. He is in his late seventies. Like the yachtsman, he proved to be a strong partisan of the prince. If he were aware of any plan of the royal couple to separate he kept it to himself.

"Why do you ask such a question?" he demanded.

"Well, would such a development surprise you?" I asked. "What do those two have in common? All he seems to be able to do is alienate people. And, now that he's on the verge of being forced out, not even Her Serene Highness will be able to live with him."

The wizened official seemed to resent my "fishing expedition." But he smiled. "I think I can tell you enough about my prince to enable you to understand why he is the way he is. You might even come to see why Princess Grace Patricia loves him and what they have in common."

He proceeded to make quite a case for the embattled Absolute Monarch. Rainier's parents, the official pointed out, had quarreled almost from the day he was born, 39 years ago. The only attention they gave him was when they were fighting their court battles for his custody. After being separated for years, they were divorced in 1933, while he was still a schoolboy in England. His father, Prince Pierre, Count of Polignac, made at least one attempt to kidnap the boy.

IN THE end his maternal grandfather, Louis II, the reigning Prince of Monaco, took over his rearing. But Louis, a pleasure-loving old rake, also had little time for the youth. He put several of his broken-down old court hangers-on in charge of Rainier. They, in turn, selected a handful of wild youths of bad character to keep company with the young man. They fawned all over Rainier. But whenever the boy's back was turned, they boasted that they could twist him around their little finger.

"The day he succeeds his grandfather," they jubilantly told each other, "is the day we'll start running Monaco to please ourselves."

Rainier had got rid of them by the time he succeeded to the throne in 1949. As a ruler Rainier busied himself with constructive works, such as a better school system, low-cost housing, and encouraging foreign investors to build and establish their business headquarters in Monaco.

But Prince Rainier also quarreled with his own legislators and cabinet members when they begged him to let them function as something more than rubber-stamps, and with Aristotle Onassis, the Greek oil-tanker magnate, to whom he had sold the gambling casino and other buildings. He battled also with his sister and other members of his family and then, most disastrously, with the French, who surround his tiny domain and had the power to drive him to his knees any time they wished.

In concluding his appraisal of Rainier, the old pensioner added:

"Every mistake My Lord Prince has made, believe me, was made in the interests of the people who are his subjects. You asked me what he and the princess have in common. For one thing, she shares his love for all Monacoans. They are also both decent people. There may not be much decency or nobility in our

modern world, but those two have more than their share of both qualities."

No one could have listened to this earnest man without being moved. But he had not told me why Grace had decided, if only briefly, to return to acting. He had also evaded my question about whether she and Rainier might be separating soon. A similar reaction to the same question by others who should have known the inside facts convinced me that this was a definite possibility. However, I could not understand how a woman of Grace's sterling character would consider for one moment leaving her husband at this most critical time in his entire life.

THE lesser mystery (about the Hitchcock movie) was solved first. The explanation was offered to me by a person involved in the negotiations, and is the only one I've heard that makes any sense.

"For some years now Princess Grace has been receiving offers from Hollywood," said my informant. "The only proposition that interested her at all was *Marnie*. But when she talked to Alfred Hitchcock about it last winter in Paris, no hard-and-fast agreement was made. She said that because of her position, she had to consider all angles of the matter very carefully. If she could do it at all, it would be done during the summer. She had no court duties then. That was all right with Hitchcock, who was busy. But a script and a copy of the book were sent to the royal palace. Grace had asked that her interest in the project be kept a dark secret, and it was. Some people will tell you it was the best-kept secret in Hollywood history.

"I don't know how deep or serious her interest was. Neither does anyone else. Grace has always been indecisive about what roles she prefers to play.

"On January 24, not long after the meeting with Hitchcock in Paris, Prince Rainier had his fight with M. Emile Pelletier, the man De Gaulle had sent to him to be Monaco's Minister of State. Pelletier reported to De Gaulle that the prince had denounced France, De Gaulle and the French Army, and had then ordered him out of the royal palace.

"As you know, Monaco has long enjoyed all of the privileges of being part of France without having to pay taxes, and its residents do not have to do any military service. But on getting Pelletier's report De Gaulle said he would renounce that agreement. Foreign capital immediately began pulling out of Monaco. One wealthy man transferred \$12,000,000 from a Monaco bank to Switzerland on hearing that bad news. And that was only the beginning. In October, France said it would slap immigration and customs controls on Monaco. That, too, would be only a beginning. The French could cut off Monaco's gas, electricity and water supply, could turn Monte Carlo into a ghost town overnight. But Rainier, though he had no cards to play, kept roaring his defiance of France, and trying to rally his subjects to back him up.

"They were uninterested. They were eager to make some sort of deal with the French but had become convinced they could do it better without such a belligerent ruler. In a terrible battle with the legislature—an earlier one—Rainier had

dismissed it and suspended the Constitution. That was three years before, and he'd since run the country without a constitution or a legislature.

"Prince Rainier got the same reaction when he sent for the leader of the opposition. He promised a more liberal constitution, new powers for the National Council, reforms and woman suffrage. This last was something Princess Grace had been urging him to sponsor since 1959.

"The leader replied, 'You are a little late, My Lord Prince.'

"Rainier realized that without his own people backing him he had no chance to stand up to France. He was in a panic when he told this to Grace.

"It was then she announced she was returning to Hollywood to make a picture, taking along with her the two children and the prince. She did not even notify Hitchcock.

"In back of her head, perhaps, was some crazy idea that her subjects would rise up in a body and implore her to stay. She had not forgotten that Monaco was in the economic doldrums when she came there, and that it had picked up with her as a drawing card for tourists.

"But it turned out that they had forgotten how much help she'd been: or perhaps they didn't care. Her first announcement that the deal was postponed came soon afterward. It was a face-saver. It said that Hitchcock couldn't finish his other picture by the summer and had postponed *Marnie* until the following year.

"That burned up the Hitchcock office, which then gave the newspapers a story that the real reason the deal was off was that Grace and Rainier had cut all love scenes from the script. If they had their way Grace would not even be seen kissing the leading man.

"The palace then sent out another story that the deal was off because Grace's subjects objected. 'I have my duties to them,' she is supposed to have said."

LEARNING the explanation of the second, and much more important, mystery proved simpler. It came, oddly enough, through the denial of a story most newspaper readers were unaware had been published. After the birth of Albert, their son, who is heir to Rainier's throne, the prince designated Grace as Regent in the event he died before the boy became 21. The item, published a short time ago, said:

*Friends of Princess Grace are scoffing at the recent rumors that she has agreed to separate from her husband if he is forced to abdicate. When that happens, if it does, Rainier would go into exile but the French would ask Princess Grace to remain in Monaco as Regent and rule for their four-year-old son until he becomes twenty-one.*

After reading this, I questioned both French and Monacoan officials. The story they then gave me was that such a compromise had been discussed by representatives of both governments.

They thought it quite possible that Rainier, unable to retain the throne for

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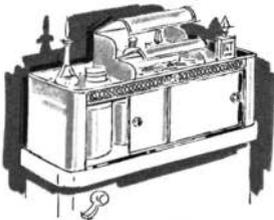
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himself, would agree to such a deal. One of them said, "Remember Rainier's obsession about ruling by divine right and as an absolute monarch. In dozens of speeches he has said that his dearest dream is having his son succeed him."

"What about Grace? What's her opinion of all this?"  
"I don't know. But the prince has long been hammering into her head the idea that his son must succeed him no matter what the cost. It could be that he's convinced her."

Nobody knows what Grace will do in the difficult months that loom just ahead. If he is exiled, Prince Rainier may feel, as do most dethroned rulers, that some unforeseen turn of the wheel of fortune will restore him to the throne.

He may have this idea now and have convinced Grace that it is her duty to remain in Monaco until that great day comes, meanwhile protecting the crown for Albert. In that event, Grace will have little choice in the matter.

Six years ago, when Grace left the glittering world of Hollywood, where she was indisputably a reigning queen, to become a bona-fide princess, she could envision few of her present problems.

However, now she is confronted with the loss of her throne, as well as the possible disintegration of her marriage. If Grace's fairy-tale world suddenly has taken on the harsh look of disaster, then she is destined to play, in the days ahead, a role more dramatic than any she ever performed on the screen. ♦

## This time tomorrow continued from page 72

put a box of shells on the bed. "I liked our old house."

"So did I," Sue said. She dressed quickly, so as to get out of the way. Hurrying, she went into the kitchen and began pouring glasses of milk.

"I miss our old place," she told her mother. "Even if it was next to a gas station."

"You know why we moved here." Her mother looked up. "It was so we could be in the best school district. We're right on the edge."

*Right on the edge.* The story of my life, Sue thought. I'm always right on the edge; just making it.

"You and Georgia and Beth are going to college," her mother went on, pouring cereal noisily into bowls. "I know you're college material, Sue. You'll make college easy."

"Um," said Sue. She might make it, but not "easily." She would make it by the skin of her teeth, if she made it at all. "Mother," Sue asked her, anxious to change the subject, "what is wrong with Beth?"

"I wish I knew." Her mother sighed. "I'm hoping that by going into scouting with her she'll be happier. Both your father and I have done our best. Maybe, if your father had gotten his promotion sooner... if we'd moved to a better neighborhood sooner... but he's pushed so hard, as it is!"

There was a hubbub at the kitchen door. "Greetings, gorgeous ladies!" It was Sue's father, accompanied by the twins.

"You're including me!" Sue heard her mother say. She was smiling.

"Certainly I'm including you, first, last and always. Well, cornflakes, today! How exotic can you get!"  
"I flaked them myself," Sue's mother said.

"How corny of you," he murmured. The twins collapsed into giggles, their ponytails bobbing.

Sue didn't know how her father did it. He made everyone feel better the minute he entered a room.

"All right, Georgie, you go here." Her father settled one twin. "And Porgie, you here. Fine."

"My name," said Beth with dignity, "is not Porgie." But she was smiling.

They started breakfast. Breakfast was always a good time.

"Sue, I've got the little TV room all set." He jerked his head toward the shrouded partition behind him. "Your mother and I will put the tile down tonight, and then we'll move the set and Georgia's aquarium in, and the couch."

"Good, Dad! That will really give us more space."

"And I'll have your room done by the middle of next week."

"Oh, fine!"

"Sue Jenkins!" Beth was looking at her in horror. "Sue, have you had your hair tipped?"

"Now, Beth," her mother said. "Sue used her own baby-sitting money to do it. I didn't like it either when she came home with it yesterday, no sixteen-year-old needs that, but it's her hair and her business."

"She looks like someone had spilled yellow paint on her," said Beth.

"Oh!" Sue got up from the table. She knew she mustn't lash out at Beth: she was only eleven, but Beth made her so—so mad! She excused herself hastily.

"Sue—"  
She heard her mother's quick, light step behind her and turned. She was fully prepared to have her mother explode at her, but, instead, her mother beckoned her into the hall.

"Beth just—gets me," Sue groaned. "She is getting the entire Jenkins family," said her mother. "Now, don't mind her. Actually, your hair looks pretty with your fair coloring. Which reminds me, was there something special, today, that made you want to look extra nice?"

Sue swallowed. There was, but she didn't want to tell her mother about it.

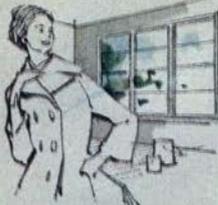
"Well, if there is, there's a new blouse of mine hanging in the closet. Take it."

"Oh, Mother, thanks!"  
"That's all right. Be careful with it. Sue, I won't be here when you get home: it's Beth's scout day. And Susie—he kind to your sister. Life can be a little tough for a child her age, sometimes."

"All right, Mother. I'll try."  
Sue kissed her mother and fled. Her mother was marvelous.

Crisp in the new blouse, Sue sat beside her father as he drove his daughters to their various schools; Georgia to

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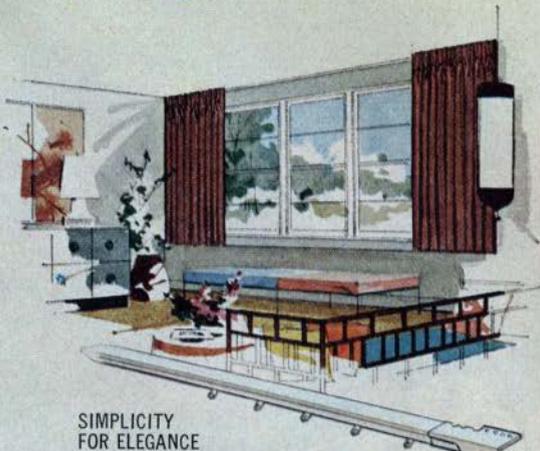


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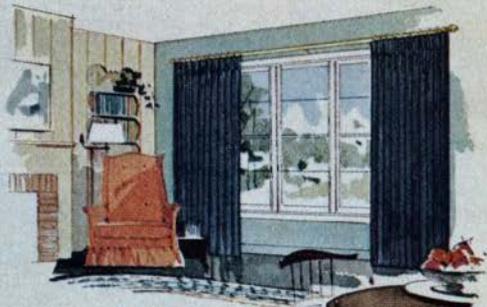
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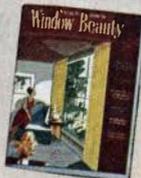
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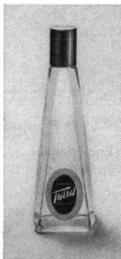
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BY LENTHÉRIC



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Hilltop, the private school which had given her a scholarship, and Beth to the public school.

"One to go," he said. "Say, are you staying on the Honor Roll all right, Sue?"

"Yes. In spite of the C in chemistry. You can get one C and still make it."

Her father nodded, pleased. Oh, yes, she was on the Honor Roll. Just barely. Just by the skin of her teeth.

"Dad—" she started to say.

It wasn't enough to make things by the skin of your teeth. It was frightening. You were always on that slippery edge.

"Thank heavens we don't have to worry about you, Susie," her father was saying. He was thinking of Beth, Sue was sure. "You're steady as a clock. Always have been."

She was silent.

"Here you are, Honor-Roller."

She kissed him good-by and hurried off.

THESE it was; there it always was, the minute she went through the door of the enormous school. She could never stop the sinking feeling she encountered every morning as she entered Hoover. It was so big. It was so new. The people here were so different from the ones at her old school. The girls, particularly, awed Sue; they dressed so beautifully, they spoke so carelessly of country clubs and riding lessons. They shone. It shouldn't matter that they have so much, Sue told herself, as she did every morning; that's all surface stuff, it's what you have inside that counts. *It doesn't matter.* The first bell was ringing! She dashed down the hall, to her locker, to her home room. She made it.

Sue went from class to class.

"Hey, Sue, I like your hair!" several people told her, in the hall. "You look darling!"

She looked darling. She, at least, didn't look like a dishwater blonde any more. Tipping her hair had brightened her a little, made her stand out. The new blouse helped. She had felt so completely lost at Hoover. She was, of course, on the Student Council; that was sheer luck. The girl originally elected had become ill and they had asked for volunteers. Being on the Student Council had not helped much, so far. She still felt lost. However, she was in there fighting. She had a plan.

Eleven o'clock. Sue dashed from a prefab behind the main building into a restroom and got her eye shadow out of her purse. Her mother would have a fit if she ever found out about that eye shadow. Just a touch, on her upper eyelids, she decided. It did make her eyes look green and it emphasized the whiteness of her skin. There. She turned and rushed off to the Student Council Committee meeting in Small Assembly Room A.

Darryl Britt, the president of the Student Council, was about to start proceedings.

"Good of you to come, Jenkins," he said as she entered. "Very big of you to fit our gathering into your schedule."

"The name is Susan," she said. Darryl supposedly didn't care for the meek type in women; she'd researched the subject. "I had to fly in from a prefab. Stop grumbling."

"All right, sit down and let's get

going." Darryl cleared his throat. "Now, in planning the five programs we've been asked to implement—"

It wasn't going to do any good, Sue realized in terror. Even with gold threaded through your hair, even if you touched your eyelids with emerald, how could you expect someone like Darryl to notice you? He was only the most popular boy in school. President of the Student Council, assistant editor of the paper, lead in the senior play, track star and all A student. She had been out of her mind even to hope he would look her way.

"Okay, Jenkins." His deep voice was booming directly at her. "You're on this committee too. What is your opinion of continuing the talks by students who were abroad last summer?"

"The name is Susan," she said. (It was her voice. She was all right, after all.) "And I think the European tour talks have been done to death. Why not have a few students who worked, last summer, speak of their experiences?" She stared at him. She was going to be able to go through with her plan.

"Well. Not a bad idea! How about you starting off, Jenkins! What did you do this summer? Sort earthworms?"

"The name is Susan. No; I did baby-sitting. Okay, so that's nothing great. But maybe somebody else *did* sort earthworms. I'd be glad to investigate."

"So what'll you come up with?" said the bored voice of a girl in a corner. "Boys who cut lawns. Girls who were junior counselors. Big deal." The speaker was unknown to Sue, who still had difficulty getting names and faces sorted out at Hoover. This girl had stripped hair, harshly silver, and wore a sapphire-blue blouse to match her eye shadow.

"I think Sue Jenkins has come up with the best idea anyone's had," Darryl said.

"You're a transfer from across town, aren't you?" the girl went on. "Of course, *there*, I suppose most of the kids work." Her glance went over Sue like a vacuum cleaner.

"How would you go about this project, Sue?" Darryl was asking her.

"Talk to the school counselors—they would have had to write recommendation letters for people who wanted jobs," said Sue. "Check with all the speech teachers, to see if anyone has given a stimulating talk on How to Sort Earthworms."

"Good thinking, girl. Get with it."

A BELL had rung. Chairs scraped, feet rushed. It was noon. Outside the door, figures went thudding past.

Sue was as slow as possible in getting her books together. She was very casual about leaving the room. She deliberately did not look at Darryl Britt.

"Say, Sue, care to make the Dash with me, and we'll talk more about this? I'm parked fairly near the side door today—"

"Oh." Sue stared at him as though the idea of lunch had just occurred to her. "Darryl, I'd love to. Really."

"Okay, let's tear." He followed her through the door and fell into step.

The Dash referred to leaving school for a quick hamburger at a drive-in on the by-pass two blocks away. Every noon all the students who had cars and many who did not swarmed to the drive-in.

Sue looked up at Darryl as they rushed along. He reminded her a little of those



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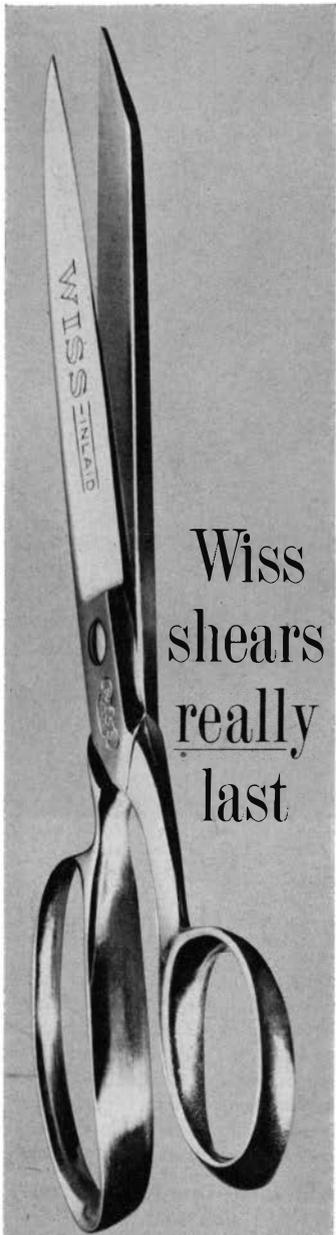
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men in clothing ads: slim, everything in place, almost flat. What she liked about him the most was his air of knowing exactly what he was about. He never got excited. He never raised his voice.

They burst out of school and into his sleek little Thunderbird.

"Look at the mob," he said, disgustedly, as they drove along. "Can you see any sense in walking to a drive-in!"

"Well, how do you suppose people got to drive-ins before we had cars?" asked Sue.

His face remained as smooth as ever. Oh, dear, thought Sue. This was hard going.

THEY swung into the drive-in and gave their orders to the waiting car hop.

"Tell me more about this idea of yours, Sue," he said.

"I just thought it would be something we haven't tried before," Sue told him. She had to keep her mind on her plan. "Don't think I haven't enjoyed the talks on other lands, particularly the ones by the foreign exchange students, but I'm fed up with tourist talks about the Beauty of the Alps and Those Darling English Bobbies."

He laughed, and Sue began to enjoy herself. Darryl was not the way she expected him to be and he was conceited, but she still liked him. She didn't know why her knees were shaking. It was not, after all, the greatest thing on earth that she was sitting here in a car with Darryl Britt. It was not, really, that she was hoping desperately that he would ask her to the school Mixer, Friday. He probably already had a date for the Mixer.

Their hamburgers came and they began at once to eat.

"Why do we do it?" Darryl asked her suddenly. "Why do we break our necks to get over here and gulp a hamburger when we could get a much better lunch at school—or at home?"

"A desire for privacy, I suppose," Sue told him. She had thought a lot about the Dash and had decided that people did it to get away from teachers and parents. "Privacy is the answer."

"H'm." Darryl looked around him. Another car was parked so close to his that cigarette smoke from its occupants was blowing in his face. Two students were sitting on the hood of his car as they drank their milk-shakes and a third was using it for a table. "Yeah, I can see what you mean."

She giggled. She suddenly was enjoying herself. "I know, but here, we're just people having lunch. Nobody is worrying about us or asking us about our grades or even patting us on the back. We're just us."

Darryl groaned. "Have you struck a raw nerve! My mother reads every book on How to Live With Your Offspring that ever came out, and she's always buying books or records or the Teenager's Favorite Tie. She knows what I want before I know. She reads some survey."

Sue sputtered into her Coke. She didn't know why this struck her as being so funny. "You're kidding!"

"I am not. It's awful."

"Well—" she stopped laughing, because obviously this matter wasn't funny to Darryl. "But she's got a pretty good product there, boy. You do all right."

"Thanks," he said morosely. "Oh, I don't mean to sound bugged. I appreciate her interest, but sometimes I feel like running away and sitting under a stone . . . Well, back to the mines. Does your mother bug you too?" he asked, as they swung back toward school.

She shook her head. "But in our family there are three 'offspring.' Two are duplicates, which adds to the confusion. Oh, mother does a lot for us all—she's great—but she can't do too much."

"I'd like that better. I'm an only child, myself," Darryl said. He parked his car, swiftly, skillfully.

"Well, come on over and see what it's like at our house," Sue told him boldly. "Sometimes it's wild."

He laughed, and jumped out of the car to open the door for her. "I'll take you up on that invitation. Say, are you going to that stupid Mixer, Friday?"

"Oh," said Sue. She was certain that she had stopped breathing, but perhaps she had not. "Is there a Mixer, Friday?"

"Yes. How about going to it with me?" "I'd love to, Darryl."

They raced for school. The first bell was ringing.

"And thank you for the lunch," she said. She did not really believe that he had asked her to the Mixer.

"Now remember, Friday," he said. "I'll call you."

Sue smiled at him and started upstairs as he went down the hall. He had actually asked her for a date. It was definite. Her plan had worked out perfectly; he had noticed her, taken her on the Dash, and now they had a date.

Ahead of her was the girl in the sapphire blouse. She had a high, cutting voice, and Sue could hear pieces of her conversation as they surged along with the mass of students.

"Oh, Darryl was over last week to hear Hi-Fi in our club room. We live on the same block, you know."

She hugged her books and hurried behind that bright head.

"Listen, we've had Darryl up on our boat several times. Well, he'd better ask me to the Mixer, Friday. He'd better!"

The rest of the day was enveloped in the familiar dark-brown cloud which Sue had to fight so often. No use to tell herself that she had, after all, been successful; gotten her date; was all right. She had gotten that date the way she got everything else, by the skin of her teeth. She was on that edge. How could she expect to win out very long against people like that silver-haired girl—girls who were so shiny, who had so much!

The hopeless feeling pressed at her relentlessly. This, she thought suddenly, must be the way poor little Beth feels sometimes. Beth hadn't even gotten into the competition stage of life yet, and yet Beth was certainly afraid of something. But she had no more time to think of Beth now.

DOGGEDLY, Sue made her round of classes, went to the counselor's office and made an appointment to check on student jobs, went on to her last class. She took the jogging bus home from school. No one was in the house when she arrived, although it was full of the hot, clean smell of freshly ironed clothes. Where was her mother? Oh yes, her

continued on page 150

HOW VELVEETA CAN HELP YOU IN  
**THE BIG JOB OF  
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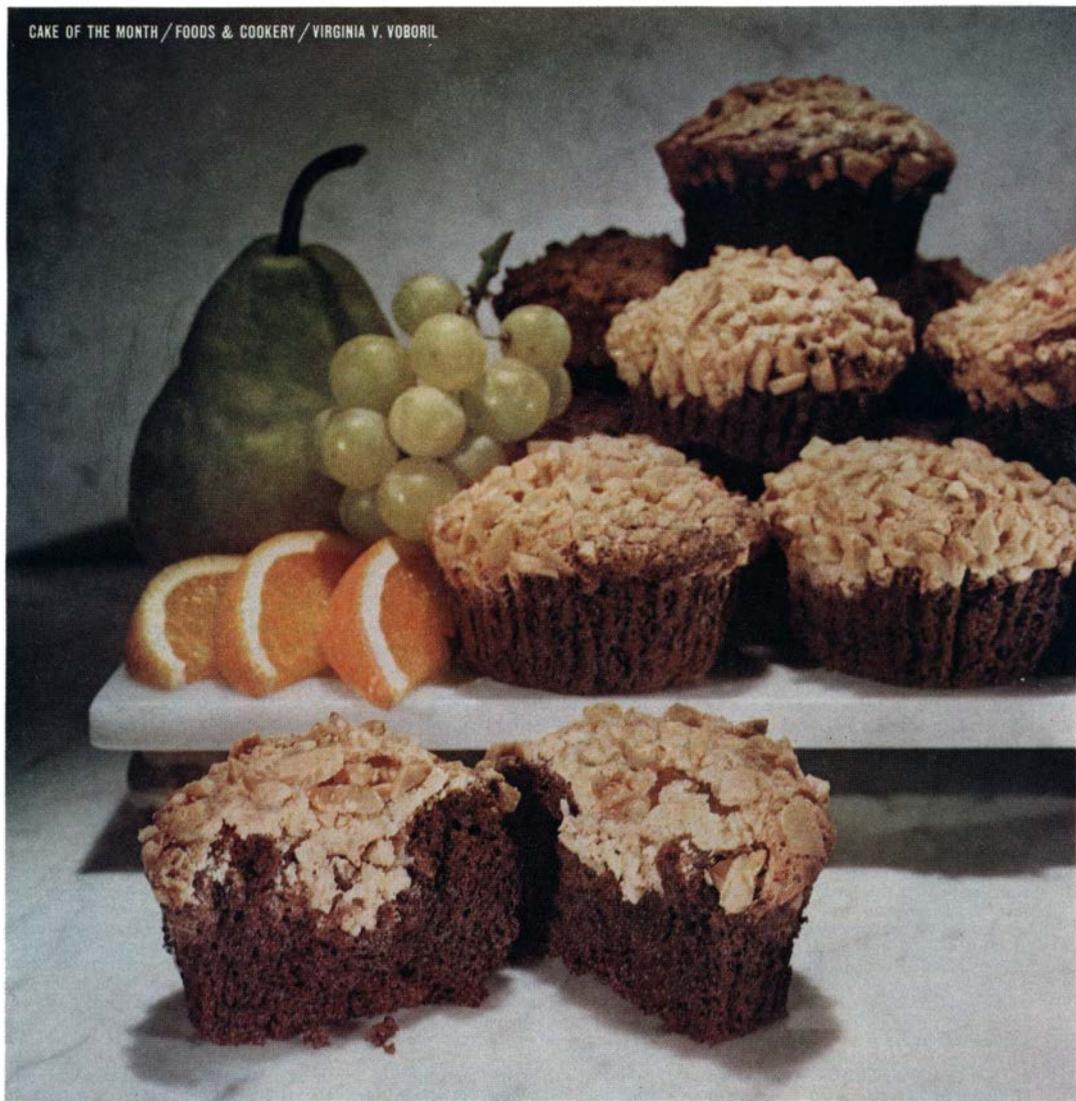
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Here are our new Double-Chocolate Miniature Cakes: Oversized, chocolate-cake miniatures with a surprise cream-cheese mixture inside; almond-topped. Luscious, yes; but we've made this special, portion-controlled recipe (see page 172) in line with GOOD HOUSEKEEPING's "Keep-Young Guide To Happy Eating" (September), which suggested small servings of dessert *with* a small helping of fruit as one way to eat your cake and have your figure, too. ♦

MINIATURE  
CAKES  
AND  
A  
FRUITFUL  
IDEA

mother was at Beth's scout meeting. Sue liked her mother to be home. She knew that it was a good idea for her mother to be Beth's scout leader, but right now it would be such a comfort to be able to talk to her mother. She could have told her mother about her unbelievable luck in getting the date with Darryl. Discussing it might make it seem more real. Mother, she thought with vague anger, spends twice the time on Beth than she does on Georgia and me. Oh well. Mother wasn't home and that was that. Automatically Sue walked through the house. She took off her eye makeup. I'll just stretch out for thirty minutes, she thought. She lay down.

Sleep came like a blow. "Sue!" It was her mother's voice, waking her. "I'm calling you for dinner, darling. It's six o'clock."

Sue sat up. "You should have called me earlier, Mother! I've got to study for a history quiz!" "You looked so peaceful I couldn't bear to wake you," her mother said. "You have to study so hard, Sue! Sometimes I wonder if it's worth it."

"You and me both," Sue grumbled. Mother, she wanted to say. Listen. But her mother had hurried off to get dinner.

She got up, groggy. Oh, to drop back into that soft darkness! Sue prickled with panic. What would happen, if you let go? She shook her entire body, vigorously. I ought to be ashamed to be in this stupid mood, she told herself firmly. I ought to be delirious with joy. Don't I have a date with Darryl Britt? I should feel fine.

SHE did not feel anything. That date meant nothing; Darryl might take her out this once but he would go back to those other girls, those sure, shiny girls.

She went into the kitchen. The twins were busily helping with dinner, and her father was walking around in little circles with the one bottle of beer he allowed himself every night. Georgia was talking about marine life, and Beth was talking about Ricky Nelson, and her father was talking about the office. Sue giggled, cheered, for some reason.

There were times when she thought that her family ought to be on television. I'll have to describe what goes on in our kitchen to Darryl, she thought. Delight percolated through her. She had a date with Darryl.

The family sat down to dinner. Georgia was now telling everyone how archeologists spotted possible sites for digging from the air, and Beth was saying that she had learned how to give a manicure. Sue listened quietly. The twins, now: they knew where they stood. Georgia would always capture academic honors with ease; Beth was interested in movie stars and manicures. They were definite. One was smart and one wasn't. They weren't the way she was, just barely making it all the time.

After dinner she helped the twins clean up the kitchen and do the dishes and then went to the bedroom to study. When the little girls went to bed she put on her pajamas and robe and moved out to the kitchen. She looked at the pile of homework—Spanish, Chemistry, her Eng-

lish theme. For a moment she was tempted to push it all aside and put her head in her arms and just give up; give up on her studies, give up on everything. She rested her head on her hands for a moment and then jerked erect and went back to work.

It was midnight when Sue started quietly through the sleeping household toward the room where she slept. She had been sitting still for so long she felt frozen. As she touched Beth's bed she decided to slip in with her for a minute. Both of the twins were always as warm as puppies, but Georgia was a light sleeper. It was Beth who was always dead to the world the minute she hit her pillow. Sue crawled in beside her.

"Cuddle me," said Beth, unexpectedly. "Why Beth, I didn't know you were awake! You always seem so sound asleep!"

"Oh, I often lie awake, Sue. I think." "I wanted to get warm—I'm using you as a hot-water bottle," Sue explained. "It's about all I'm good for," Beth sighed.

Poor baby, Sue thought. Mother was right; life can be hard for a little girl. "Beth, you're good for a lot of things." "Name one," said Beth, forlornly. "Sue, I just get so tired of not being anything. Not anything! Georgia is smart. She's a whole grade ahead of me. People . . ." she paused, painfully. "People notice."

Sue moved uneasily. Her parents had done everything they could do to equalize things for Georgia and Beth. They had even put them in different schools. But they could not, of course, keep Georgia from talking about archeology while Beth talked about manicures.

"I'm not anything," Beth repeated. She hugged her. "Don't you dare say that, you cuddle-bug. You just haven't found out what you are, yet."

"Do you really think that's it?" Beth asked. "Well, there is one thing I've figured out, anyway. Not being as smart as Georgia is just something I have to bear. You know, some things you just have to stand. You have to hope that, some day, it will all be easier, or that you won't mind, as much."

"I think you're pretty smart, Beth." "No," said Beth. "I'm not smart. Sue, would you think I was terrible if I asked you for a drink of water?"

"I'd be glad to get you a drink," said Sue. "And Beth, things do get easier." She got out of bed and then paused. "Easier" may not be the right word. You have to hang on. Beth. You simply have to hang on.

"I have already figured that out," said Beth.

SUE went into the bathroom and turned on the light. Glare engulfed her, complete as fatigue. I get so tired, she thought blankly. Here I am telling Beth to hang on, and I'm not sure I believe in it myself. Oh, I'll probably be all right in the morning. I'll remember my date with Darryl and feel good, but right now I'm so tired of being on an edge.

She stared at the white sheet of paper taped onto the mirror. Her vocabulary list. The word which she was to learn

tonight was waiting for her: "Sanguine," from the Latin word *sanguineus*, meaning blood. Sanguine is the color of blood." She made a face. How she hated the thought of anything bloody! She'd skip that word. Sue got a glass of water and went back to Beth.

BETH drank it and thanked her. "At least the kids at my new school are politer, and nobody bats you on the playground, and dust doesn't blow over from the gravel pit. I can see why we moved."

"It is a better place to live," Sue told her. She started to take the glass back. Her parents had worked, and were still working, to give them a good home. Maybe they were right on the edge but they were hanging on, they were making it. That should be enough, Sue told herself. Why, then, did she still have to fight this hopeless feeling, this heaviness?

"I'm sorry I was cross this morning when you were learning your word," Beth said, sleepily. "I think it's wonderful the way you learn words. You plan things and then you do them, Sue. I can't imagine you not learning your word if you'd planned to do it. I'm going to try and be like you. Just like you."

"I'm overwhelmed," Sue said.

She put away the glass. Perhaps she'd better learn that awful-sounding thing after all, since Beth had so much faith in her. She brushed her teeth and looked at the list. *Sanguine*. She passed over the root meaning, remembering with distaste that it meant blood. "Full of vitality," she read. Well, this was better! "Ardent"—(ardent? Didn't ardor mean love?). "Certain of victory."

Sanguine meant hope! It was a wonderful word! Lightness, alive and complete, filled her. *The confident push on, sanguine of victory*. Why, that's what I do, she thought. I push on. I am sanguine. I've got to stop worrying about being on an edge: it's that pushing on, it's the hoping that matters. *Sanguine*. She didn't even mind, now, that this word was the color of blood. What if she had skipped looking at this word, this wonderful word? The tiny room she stood in was again full of glare but she no longer felt engulfed. I am Sue, she thought, snapping down her toothbrush. Darryl Britt asked me for a date. I do not need to gild my hair or paint my eyes: he turned my way and I made him see me; he will want to see me again. *I shine*.

She laughed at herself and then stopped; what was the matter with her, she would wake everyone! Oh, but I ought to tell Beth what tonight's word meant, she thought; Beth should know. She went to her to find that Beth had relaxed into sleep. I won't wake her, she decided. Beth will catch fire in her own way, in her own time. I can help her, though. Beth and I are a lot alike.

She tucked the covers around her sister, kissed her gently, turned off the bathroom light and felt her way to her cot.

*Sanguine*, she thought. She always repeated the word she was to learn at night a few times before she went to sleep; it helped to fix it in her mind. *Sanguine*. It meant more than color. It meant love. It meant hope. ♦

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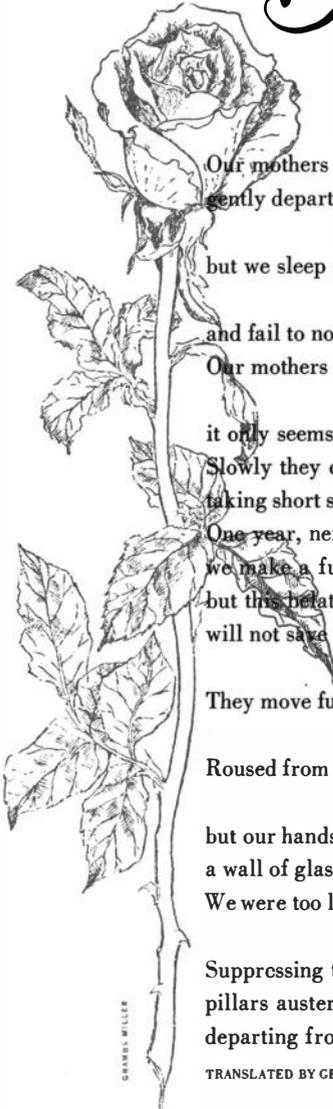
At 29, Evgeny Evtushenko is Russia's most celebrated and daring young poet. An extremely prolific and versatile writer, his provocative poem, "Babi Yar," which denounces anti-Semitism in Russia today, drew sharp criticism from the official Soviet press. When his talents are turned to gentler themes, as in "Our Mothers Depart," he also speaks with tenderness and idealism. One of the author's favorites, this distinguished poem will be published by Bantam Books in "An Anthology of Modern European Poetry."

# OUR MOTHERS DEPART

BY EVGENY EVTUSHENKO

Our mothers depart from us,  
gently depart  
on tiptoe,  
but we sleep soundly on,  
stuffed with food,  
and fail to notice this dread hour.  
Our mothers do not leave us suddenly,  
no —  
it only seems so "sudden."  
Slowly they depart, and strangely,  
taking short steps down the stairs of life.  
One year, nervously remembering,  
we make a fuss to mark their birthday,  
but this belated zeal  
will not save their souls  
or ours.  
They move further away,  
keep moving away.  
Roused from our sleep,  
we stretch toward them,  
but our hands strike the air —  
a wall of glass has grown up there!  
We were too late.  
The dread hour had struck.  
Suppressing tears, we watch our mothers,  
pillars austere and still,  
departing from us.

TRANSLATED BY GEORGE REAVEY



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OCTOBER, 1962

# THE BETTER WAY

## FATS IN DIET: THE REAL KEY TO HEART DISEASE?

■ Public awareness of medical research into the causes of heart and artery disease may be changing the food-shopping habits of American women. A good deal of this research has focused on the role that fats in our diet play as a possible contributing factor to *atherosclerosis*. This is the most common form of hardening of the arteries, which, in turn, causes most heart attacks.

The Better Way reported on the relationship of diet to coronary heart disease in May, 1961. Since then, such terms as *cholesterol* and *saturated* and *poly-unsaturated fats* have

become common in advertising and discussion of various food products, particularly margarine and vegetable oils.

In view of the growing public response to these products, GOOD HOUSEKEEPING editors believe another report on this subject is timely. There is little doubt about the basic nutritional value of these foods, which have, among other qualities, a high unsaturated fat content. However, there may be some misconceptions as to the effect that any single food product can have on health. The purpose of this report is to present the latest authoritative medical views on the possible place these foods should have in your diet and the extent to which they can protect your family against coronary heart disease.

The basis for advertising references to specific types of fats is a growing body of medical research which indicates that fats in our diet affect the cholesterol level in the blood. (Cholesterol, a fatty substance which animal tissue manufactures, is one of the materials found in deposits clogging the artery walls of victims of atherosclerosis.) This research has shown that in most people blood cholesterol levels can be lowered by *substantial* replacement of saturated fats in a diet with poly-unsaturated fats. Fats rich in

# FATS ARE ESSENTIAL TO HEALTH, BUT A CONTROVERSY CENTERS ON WHICH KIND— AND HOW MUCH—YOU SHOULD EAT

saturated fatty acids tend to raise cholesterol levels; those rich in poly-unsaturates tend to lower them. (Certain drugs can also lower cholesterol levels. Several studies have shown that exercise—probably by burning calories—lowers blood cholesterol.)

The relationship of diet to heart disease, it must be understood, is a controversial subject. Not all medical authorities agree that the relationship has been definitely established; a wide range of opinion exists even among those who say it does exist. It can well be asked how the individual consumer can decide what to do, if even the medical experts are not in agreement. To begin with, easy-seeming methods of changing diets to avoid heart disease are most likely to be too simple an approach. Only a physician, on the basis of his own training in this area of medicine, can determine whether a change in your diet is indicated and the kind of change it should be.

**FATS IN FOODS**, it must be emphasized, are an essential part of everyone's diet. They are the most concentrated source of food energy; they carry fat-soluble vitamins; and they make food taste better. About 40 to 45 percent of the calories in the average American diet come from fats.

Animal fats—such as those in dairy products, meat and lard—and vegetable oils in margarine and shortening which have been hydrogenated (that is, hardened) have a high percentage of saturated fats. Most liquid vegetable oils (such as corn, cottonseed, soybean and safflower), fish, poultry and so-called special margarines contain relatively high percentages of poly-unsaturates.

In recent years, the use of margarine, mayonnaise, cooking oils and salad dressings has increased, and the use of butter and lard has dropped considerably. Although price may partly explain this, there is evidence the change is also due to a desire for products containing a higher percentage of poly-unsaturated oils.

As reported in *The Better Way* last year, many leading researchers believe enough evidence has accumulated to say that a consistent elevated blood cholesterol level is a good indication the person is much more likely to have a heart attack than if it were lower. Some researchers believe that lowering an elevated cholesterol level will actually prevent heart disease, although this has not yet been proved. Most heart authorities say, though, that several factors contribute to heart disease, the nation's No. 1 killer. Among those frequently cited

are diet, high blood pressure, age, sex (comparatively few women are subject to coronary heart disease before the menopause), heredity, obesity, heavy cigarette smoking, emotional stress and lack of exercise. The American Heart Association has recommended that persons with a combination of these factors reduce their consumption of fats *under medical supervision*, with a reasonable substitution of poly-unsaturated for saturated.

The American Medical Association's Council on Food and Nutrition, in a report released to physicians in August, says "it appears logical to attempt to reduce high concentrations of cholesterol and other serum lipids (fats in the blood) as an experimental therapeutic procedure." The report was directed to physicians as a guide in treating patients who have a high blood cholesterol level.

**MEDICAL AUTHORITIES** and nutrition experts consulted by *The Better Way* emphasize that a diet must be carefully worked out and medically supervised to produce lower cholesterol levels which may be significant as a health measure. They caution that the simple

What effect can substitution of a single product rich in poly-unsaturated fatty acids have on a diet if no other changes are made? For example, in a typical diet in which the over-all fat calories are 40 percent, this is how the types of fats are affected if instead of a daily intake of four pats (or one ounce) of butter the person used either a regular or a special margarine:

Diet	Poly-unsaturated	Mono-unsaturated	Saturated
Butter	16.5%	41.2	42.3
Regular Margarine	16.9	46.9	36.2
Special Margarine	19.9	44.6	35.5

A diet used at St. Luke's Hospital, New York City, by doctors who want to control fat content in a patient's diet to lower cholesterol changes the poly-unsaturated to saturated fat ratio much more significantly:

39                      41                      20

substitution of a single food product will probably be of little value in lowering cholesterol levels.

The Food and Drug Administration has announced that "unsaturated fats and oils represented for the treatment or prevention of heart and artery disease would be considered misbranded under the Federal Food, Drug and Cosmetic Act."

The FDA ruling takes into consideration the opinions of its staff and outside consultants that there is no evidence to show that the simple substitution of one type of food product for another will prevent heart disease. (The FDA is conducting a survey to determine whether consumers believe the advertised benefits of vegetable oils and special margarines mean such foods will prevent heart and artery disease. Dr. K. L. Milstead, deputy director of the FDA's Bureau of Enforcement, says, "If the survey shows that consumers are in fact being misled, we will take regulatory action.")

**THE PUBLIC SHOULD ALSO REALIZE** that even the types of margarine (see box on next page) differ. Some have a low content of poly-unsaturated fat. Most are a blend of milk solids and vegetable oil, hardened by hydrogenation. *Special* margarines differ from regular margarines in having more oil left in the liquid (or nonhydrogenated) state. This gives them a higher

poly-unsaturated fat content. They do, however, have about the same amount of saturated fat as regular margarine. They differ mainly in content of poly-unsaturated and *mono-unsaturated* fats. (Mono-unsaturated fats apparently have little effect on either raising or lowering cholesterol levels in the blood.)

Producers of some special margarines are extremely cautious in claiming special health benefits. One company, in its advertisements, says: "... It would seem impossible, in a realistic sense, to claim, promise, suggest or support a definite therapeutic action for margarine alone." Another's advertisements say that some doctors believe poly-unsaturated fats are not important

The fat content of margarine and butter makes up about 80 percent of the product. This table shows the number of grams of the various types of fat in 100 grams of different types of margarine and of butter.

	Poly-un-	Mono-un-	Satu-
	saturated	saturated	rated
Regular Margarines	7-15	45-53	17-22
Special Margarines	22-34	18-42	14-28
Butter	2-3	19-30	47-53

while others do. Too, one company told The Better Way that their products constitute a "plus factor" in the overall effort to keep cholesterol levels low. According to this viewpoint, and it has its medical supporters, each step taken forms a chain that can ultimately be important in protecting against coronary heart disease.

**THE PUBLIC AWARENESS** of poly-unsaturated fats and their relationship to cholesterol has stimulated research to modify food products to meet the public's demand. The dairy industry has produced a modified milk which has less butterfat and more milk solids. This high-protein, low-fat milk is on sale in some sections of the country at slightly less than the price of whole milk. Milk in which the butterfat has been replaced by a vegetable oil also can be purchased in certain areas.

Some authorities believe that substantial changes in the typical American diet are definitely in order. Probably foremost of these experts is Dr. Ancel Keys, University of Minnesota physiologist, whose worldwide population studies have indicated that people on high-fat diets have higher cholesterol levels and have more coronary attacks than other groups. Another researcher, Dr. Laurance W. Kinsell, director of The Institute of Metabolic Research, Highland-Alameda County Hospital in Oakland, California, says diet modification should "begin in infancy and continue throughout life." He says this involves much more than simply including one particular food in a diet.

**BUT MOST MEDICAL AUTHORITIES** do not at this time recommend that the *general* public change its diet to substitute poly-unsaturated fats for saturated fats. Dr. Frederick J. Stare, chairman of the department of nutrition, Harvard University School of Public Health, says a recommendation for a change of diet is a part of practicing medicine and must be done on an individual basis to be really effective. "You can't," he says, "practice medicine through the public by prescribing a diet change that is supposed to benefit everyone." Physicians are prescribing diets low in saturated fats for patients who already have had coronary trouble or for those who may be prone to heart disease. Dr. James M. Hundley, assistant surgeon general of the Public Health

Service, says this is a matter for medical judgment on an individual patient basis. "It does not," he says, "justify comparable dietary practices by the general public to whom much more damage than good might be done."

Some medical researchers wonder whether a change to a diet high in poly-unsaturated fats might not have some effects which are not immediately apparent. Dr. Theodore B. Van Itallie, director of medicine at St. Luke's Hospital in New York City, says one of the questions facing medical researchers is, What do the poly-unsaturateds do besides lowering cholesterol? He says, "We don't know the long-term effects of these reactive fatty acids when they are consumed in large quantities." Another researcher has found that in certain individuals substitution of poly-unsaturated for saturated fats resulted in an *increase* in blood levels of cholesterol. These individuals, however, had an opposite reaction to most of the group he was testing.

**TOO, SOME AUTHORITIES**, as indicated earlier, question whether lowering cholesterol levels will prevent atherosclerosis. The Heart Disease Control Program of the U.S. Public Health Service says: "No experimental studies with human beings have been reported in which it has been shown that changes in dietary components alter the probabilities of developing coronary heart disease." Studies are underway in an attempt to answer this key question.

The Council on Food and Nutrition of the American Medical Association has stated: "The nutritional significance of the increased amount of linoleic acid (poly-unsaturated fat) in the special margarines has not been well established. On the basis of the average per capita consumption of margarine, the extra amount of linoleic acid made available by the use of special margarine is not very great."

Many nutritionists also believe that overweight caused by high caloric diets plays an important role in heart disease. Dr. William H. Sebrell, Jr., director of the Institute of Nutrition Sciences at Columbia University, says many Americans eat too much and become obese. "If the poly-unsaturated fatty acids are used at a level which increases the over-all caloric intake of the individual," he says, "he may find that this will lead to an increase in blood cholesterol and not a decrease." Dr. C. C. King, president of the Nutrition Foundation, says the housewife should feed her family so that its members do not become overweight. Dr. King urges that she prepare a varied diet including vegetables, fruits, meat, fish, poultry, dairy products and a moderate amount of cereals. "One of the main faults—both in restaurants and at home—" he says, "is the serving of enough food in the main part of the meal, and then tempting the eater with rich desserts."

**THIS REFLECTS A POSITIVE FEELING** among medical experts and nutritionists that calories *do* count. They say any diet which advocates eating at will with control of weight depending on a pill or capsule is a fad and should not be followed. Harvard's Dr. Stare says that "nutrition nonsense" to the tune of \$1 billion a year is being foisted on the American public. "It is sad to report," he says, "that probably half of the nation's major book houses have succumbed to the lure of health-food publishing."

**IF YOU ARE CONCERNED** about the possible relationship of fats to heart disease, GOOD HOUSEKEEPING editors advise you to consult a physician before instituting *drastic* changes in your diet. In any case, be fully aware that, regardless of its basic nutritional value, no *single* food product is in itself enough to guarantee prevention of coronary heart disease. ♦

# CAN YOUR SCHOOL PTA BE IMPROVED?

■ For 65 years, Parent-Teacher Associations have worked to improve schools in countless ways. Their efforts have included successes in establishing school attendance laws, public kindergartens and public recreation centers; improving and extending vocational education; and providing school lunches for needy children. Over 12 million persons belong to 47,000 local units of the National Congress of Parents and Teachers. Some local PTAs (with names such as Home and School Council) are not affiliated with the National Congress, but, regardless of their names, they pursue the same goals: to keep parents up-to-date on educational matters and to work with schools to improve education.

Some PTAs, however, accomplish much more than others. To find out why and to pinpoint the projects that highly successful PTAs concentrate on, The Better Way interviewed school and PTA leaders. First, it is necessary to understand what school administrators believe the PTA's major role should be. It is, according to a spokesman for the National Education Association, "to bring about a closer relationship between the home and school in order to serve both interests in educating the child." PTA and education leaders agree that PTAs should never try to dictate school programs. They can try, though, to help schools to *interpret* programs (e.g., sponsor meetings in which specific areas of the curriculum are discussed and explained by teachers). Among frequently cited suggestions on how to establish good PTA programs are these:

**SET UP MEANINGFUL CO-OPERATION** with school administrators and teachers. The key rule is to check first with the principal before undertaking any activity. ("I wouldn't ever presume to go into a board meeting without letting our principal see my agenda," reported one PTA president.)

There are certain services a PTA can perform to free a school administration for other duties. For example, after Hurricane Carla had devastated a Freeport, Tex., elementary school last winter, the PTA organized "Operation Cleanup." It spent long hours taking inventory of textbooks and re-establishing the school's ruined record system. To cement relations on an informal basis, a Shreveport, La., PTA sponsors an adult-education project. Parents and teachers meet at breakfast, then join in a discussion of some current issue affecting

school, the community or, possibly, the nation.

**ACTUALLY WORK FOR THE SCHOOL** if help is needed. An NEA spokesman put it this way: "Parents have talents, interests, experiences, materials, which they can give to the school, and every school needs them." For example, one New York City PTA performs clerical duties in the school office, and monitors the lunchroom. A library committee of some 40 women acquires, mends and circulates books and prepares book posters and displays. At the suggestion of the principal, this PTA has also set up a "Reading Buddies" program, in which individual members coach children with reading problems. A similar program is being started to help children who have trouble with arithmetic.

A Great Neck, N.Y., high-school PTA supports the school music program by paying for Metropolitan Opera Guild memberships so that groups of students can attend rehearsals and special reduced-rate performances. In co-operation with the school's Guidance Department, this group found speakers representing over 60 professions for the Careers Day program it organized.

**SPONSOR HEALTH, SAFETY AND CHILD WELFARE** activities. For several years, some Georgia, Iowa and Ohio PTAs have sponsored a "continuous health supervision" program that encourages record-keeping of children's physical condition throughout their school years. Concerned about the safety of graduates on senior prom night, one high-school PTA worked with students to plan a program that would keep youngsters at the dance and off the road that evening.

**SUPPORT GOOD EDUCATIONAL PROGRAMS.** When the New York State Legislature convened this year, PTA Councils throughout the state presented "Lights on for Education" programs to familiarize their communities with pending educational legislation. In Mount Vernon, N.Y., the PTA District Council sponsors nonpartisan meetings to introduce School Board candidates to members. PTAs are also active in gathering petitions to support school budgets and in getting parents to the polls on important educational issues.

Furthermore, many PTAs work for better schools by supporting teacher education. During the past five years, state PTA congresses have awarded more than \$5 million in scholarships to about 18,000 students. ♦



ALL DRAWINGS BY: DON MADSEN

# BOOKLETS WORTH WRITING FOR



**Puppies on the Way.** Delightfully written and illustrated, this 16-page primer tells about breeding your dog. It discusses mating, her health during the gestation period and the birth and care of the puppies. Free from Dog Care Division, Dept. GH, Ralston Purina Co., Checkerboard Square, St. Louis 2, Mo.

**Sterling for Young Moderns.** Whether you are planning to start a sterling collection or already have complete service for twelve, this booklet can be helpful. In 16 pages it covers patterns and monograms, table-setting etiquette (including tray and buffet settings) and use and care of sterling-silver flatware. Free from The Sterling Silversmiths of America, Dept. H-1, 551 Fifth Ave., New York 17, N. Y.

**Headache—Hope Through Research.** Headaches are receiving considerable attention from medical researchers. This 20-page Public Health Service booklet summarizes these studies and outlines headache causes and treatments. Send 10 cents (*in coin*) to Superintendent of Documents, Government Printing Office, Washington 25, D. C.

**How to Press Wool.** Equipment you will need and the proper technique for a professional-looking pressing job on woollens are detailed in this 4-page booklet. It explains how to make such ironing accessories as a pressing cloth, an ironing-board cover and an iron hood. Free from Pendleton Woolen Mills, Dept. HE, Box 1691, Portland 7, Ore.

**Children's Costumes.** Toddlers through teenagers can be outfitted for Halloween or any masquerade from the 17 imaginative costumes described in this booklet. Diagrams and instructions are included. Send 30 cents (*in stamps*) to GOOD HOUSEKEEPING Bulletin Service, GHN 742, Dept. BW, 57th St. at Eighth Ave., New York 19, N. Y.

**Remodel Your Home with Hydronics.** A 16-page guide to home heating and cooling with hydronics—the science of heating and cooling with liquids. It discusses modernizing old heating systems, replacing outdated radiators and use of four possible hydronic cooling systems. Send 10 cents to Better Heating-Cooling Council, Dept. GH, 250 Park Avenue, New York 17, N. Y.

**Grandma's Recipes for Mother and Daughter.** Here are 84 inviting molasses recipes for meats, vegetables, cakes, cookies and pies. For the benefit of young cooks there is also a section of easy-to-make recipes. Free from Grandma's Molasses, Dept. GH-L, P.O. Box 33, Wall St. Station, New York 5, N. Y.

**A Formula for More Efficient Reading.** Printed as a guide for government employees, these 12 pages can also help you to read more in less time. They tell how to break bad reading habits and establish good ones. Send 10 cents (*in coin*) to Superintendent of Documents, Government Printing Office, Washington 25, D. C. ♦

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## IF YOUR CAR BRAKES FAIL

■ One of the most terrifying driving experiences is sudden brake failure. Safety experts and automobile manufacturers suggest you follow these steps to stop your car:

- Take your foot off the accelerator. Then apply the emergency brake. This is the most important thing to remember. Yet, in the tension of the moment, many people forget about the emergency brake. It is only half as effective as regular brakes, experts say, but it *will* slow you down and will eventually stop you if it is in good working order.

- Shift to a lower gear. Downshifting should be progressive—that is, from third to second to first—

if possible, to avoid damage to the transmission.

- Pump the brakes hard, even if the brake pedal has gone to the floor. Enough hydraulic brake fluid may be left to build up pressure to give you temporary braking action.

- Drive cautiously through sand, dirt, water or any material which may help to reduce your speed. In the country, look for a side road or aim for a soft spot on the bank of a hill. In the city, you may be able to slow down by rubbing your tires against a curb.

If you suspect your brakes are failing because they are wet—rain or simply washing your car can do

it—there are two remedies: wait for them to dry, or drive for a few moments with slight pressure on both the accelerator and brake. This generates heat to dry brakes.

To avoid brake failure, have your brakes checked and maintained regularly. Brake fluid levels should be checked every 1,000 miles and the brakes should be checked for adjustment every 5,000 miles. In addition, watch for these signs of possible pending brake trouble: swerving of the car when brakes are applied; soft, spongy brake action; noisiness, squealing or scratchy metal sounds; and brake pedals that must be pushed close to the floorboards before they work. ♦

■ A window is one of the chief centers of interest in any room. Its importance is basic: it usually can be removed only at considerable expense so you *must* deal with it in decorating. Fortunately, with proper handling, a window can accentuate the mood of a room—formal, traditional, colonial or modern. And window treatments can help to correct architectural flaws. For example, a small window can be made to appear larger, an unattractive window can be masked, or an ordinary window can be made elegant.

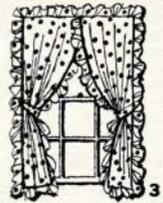
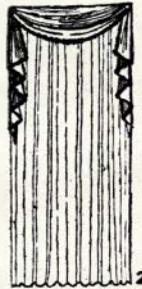
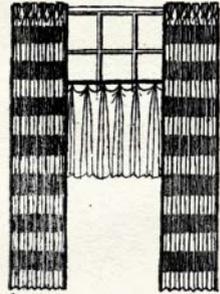
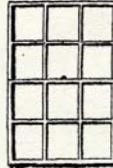
There are many ways to use drapery and curtains on windows. On these two pages, the GOOD HOUSEKEEPING Decorating Studio has selected five common window types and suggested three basic treatments for each. The Studio also suggests that you keep the following in mind:

Curtain and drapery length may be to the sill, the apron (the wood trim under the sill) or the floor. The fabric width of draperies and curtains that pull closed over the window should be at least double the width of the window. If the fabric is sheer, it should be somewhat wider.

## 15 WAYS TO DECORATE 5 BASIC WINDOWS

**The Double-Hung Window** is probably the most common type. It lends itself easily to a variety of drapery treatments.

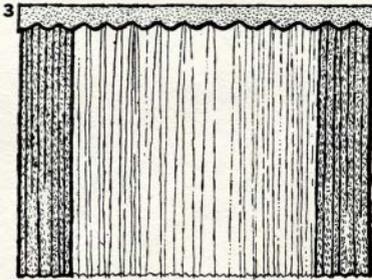
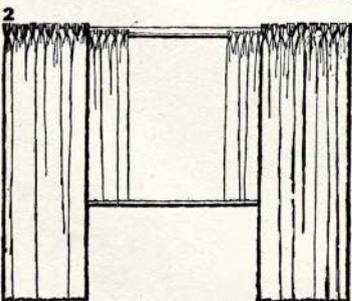
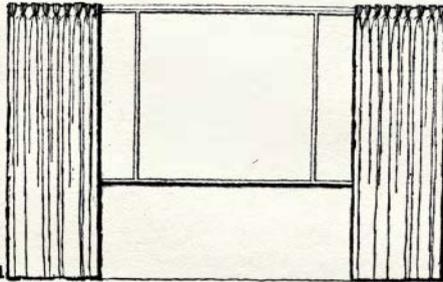
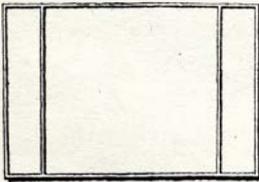
(1) Floor-length, draw draperies extended beyond the sides of the window give a small or narrow window added width and importance. Café curtains over the lower portion of the window afford privacy. Solid color drapery and patterned curtains can also be used. (2) Sheer floor-length draperies coupled with a rich swag give a formal effect and add height. A length of fabric draped or pleated and hung at the top of the drapery forms the swag. It can match or contrast with the drapery fabric. (Although the windows in drawings numbers one and two are the same size, note how the first window looks wider and the second taller as a result of the way they are draped.) (3) For informal effects, tie-back curtains edged with ruffles add a cheerful note to a room. They can also be of solid color fabric to complement and accent a printed wall covering.



1

2

3



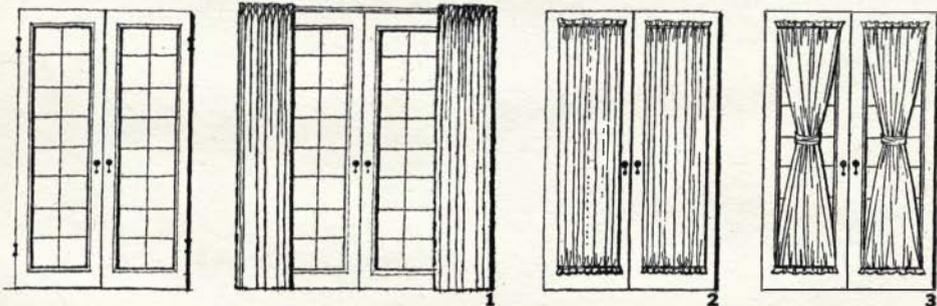
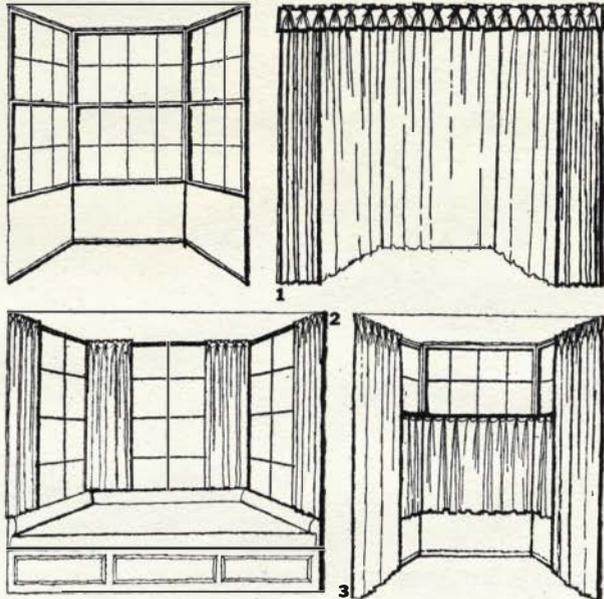
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**A Picture Window** practically insures a light-filled room. Such windows usually consist of a large, fixed pane of glass with two smaller side windows that can be opened. (1) Traverse rods enable draperies to be pulled open and closed affording a maximum view during the day and privacy at night. (2) Sheer, sill-length draw curtains under draw drapery permit daytime privacy. (3) The combination of floor-length drapery on traverse rods and a sheer draw curtain with a cornice also complements a picture window. The cornice is made of painted or fabric-covered wood cut to the desired shape. If a sliding glass door is incorporated in the picture window, the drapery and curtains should be able to open wide enough to clear the door area, even if this means extending them beyond the window sides.

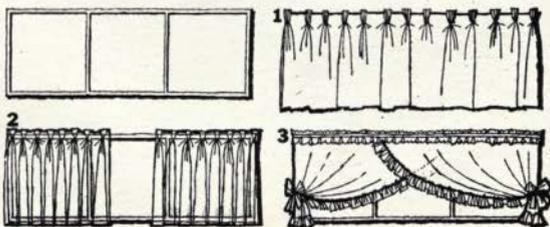
**A Bay Window** projects out from the room and usually has windows on three sides. (1) Draw draperies and a valance frame the window area. For privacy, sheer, floor-length curtains can be added. These draperies can be straight panels; pulled closed across the bay area, or closed along the angle of the windows. The valance is made of a strip of pleated fabric. For proper balance it should be about  $\frac{1}{2}$  the length of the draperies. (2) When a seat, shelf or radiator fill the bay area beneath the windows, two pairs of short draperies can be used. One pair at the center, another pair divided between the two side windows. Short transparent curtains or café curtains are also good here. Floor-length drapery panels can be hung at either side of the bay area to add emphasis to the window. (3) A combination of floor-length, draw draperies and café curtains is another flattering treatment.

Any of these treatments, using a curved rod, would also suit a bow window—one that curves out.



**French Doors** can often be draped to look like the windows in the same room. When this is done, the heights of the drapery should be the same for doors and windows. It is sometimes necessary to use a cornice or valance to accomplish this illusion. If one is used on windows, the doors should receive the same treatment.

(1) Traverse rods and drapery should extend far enough beyond the sides of the doors to permit easy opening. If a valance or cornice is used, it must also clear the top of the door. (2) Shirred curtains attached to rods above and below the glass panels on the door screen out bright sunlight and afford privacy. Such curtains do not interfere with opening the door and they are often a good solution where the door is used frequently. (3) The same shirred curtains sashed at the middle—another easy and interesting treatment for French doors. These can be of sheer fabric or of chintz, polished cotton or other light, colorful material.



**Ranch Windows** are usually high up in the room so that privacy is no problem. (1) Short draw draperies in a color and fabric that blend into the wall make these windows unobtrusive. (2) Sheer draw curtains let more light into the room while masking the window. Again, if the window opens in, be sure to extend the drapery or curtains beyond the window edge. (3) Ruffled, tie-back or Priscilla curtains add a gay touch in decorating single, small ranch windows.

# WHEN THINNING HAIR IS A PROBLEM

■ Is baldness increasing among women? Some dermatologists say, "Yes, thinning hair has become a problem for more women than ever before." Other medical authorities, however, do not feel there are sufficient data yet to indicate that the actual incidence among women of *alopecia* (the medical term for baldness) is increasing. They say it may simply be that women, paying more attention to hair care, are seeking treatment for cases which previously went unmentioned. What is definite is that new medical treatment for alopecia has been developed in the past decade.

**Baldness in women**, it should be noted, usually means a thinning of hair, not the *pattern* baldness common among men in which the entire dome of the head may be bald. Dr. Norman Orentreich, a dermatologist on the staff of the New York University Medical School, who specializes in hair problems, has reported in medical journals that most female alopecia is probably due to heredity. Citing age as another factor, he says alopecia is uncommon in adolescents, not rare in adults, and common in women

who have had their menopause.

Permanent hair loss occurs only when the hair follicles (or roots) are damaged or destroyed. If the hair *shaft* is broken, the loss is usually temporary.

**Some women lose hair** shortly after childbirth. It may be three to six months before regrowth occurs. Severe illnesses, especially those accompanied by high fevers, may cause hair loss. Endocrine imbalances, certain systemic diseases, scalp infections that affect the follicle, and injuries which scar the scalp may also lead to hair loss. (A few doctors say tension can cause alopecia.) In such cases, treating the condition usually stops the loss and regrowth usually follows.

Pulling on the hair root causes traction alopecia, which usually clears up if the traction is stopped soon enough. Brush rollers and hair styles that tug at the hair roots—such as the pony tail and the severe up-sweep—can cause this loss.

Improper use or overuse of chemicals in permanent waving, straightening, "stripping," bleaching or tinting hair can cause breakage of the hair *shaft*. Too much

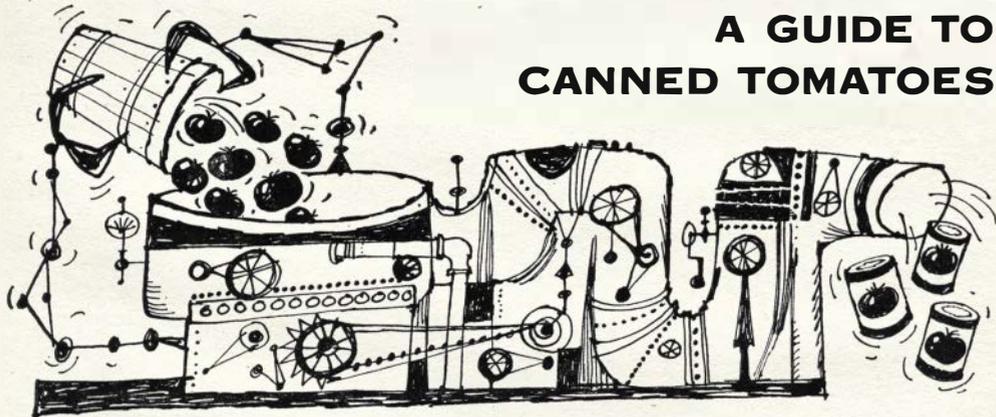
"teasing" may also lead to breakage. Too, many dermatologists say jagged ends of nylon hairbrush bristles tend to break off hair.

Today, some alopecias can be successfully treated. In hereditary baldness, for example, transplants of follicles that are not predisposed to baldness may grow hair in the thinning areas. Certain other forms of hair loss have responded to injections of steroids into the scalp.

**Doctors may try** to improve the health of follicles by increasing scalp circulation with massage. However, not all doctors feel this helps. The best massage, according to Dr. Douglas Torre, a dermatologist at New York Hospital, is done with fingertips pressed firmly against the scalp and moved vertically, forcing the scalp to slide over the skull.

If hair loss is due to an endocrine imbalance, as during the menopause, doses of female hormones may lessen tendency to hair fall.

Good hair care is the best way to prevent hair loss. For example, avoid *excess* bleaching, stripping, permanent waving, teasing, tinting. ♦



## A GUIDE TO CANNED TOMATOES

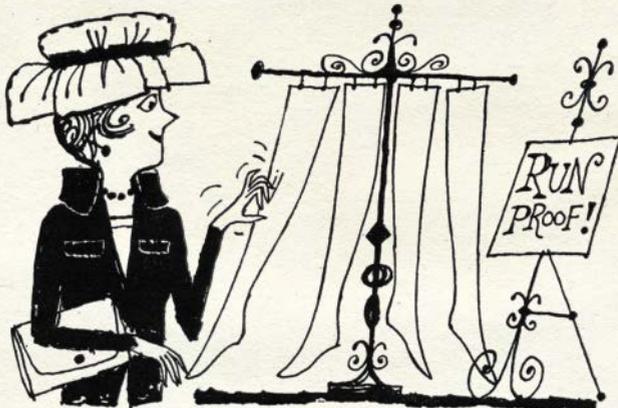
■ Are you familiar with all tomato products? This guide can help you pick the right one for a particular need. **Canned tomatoes** come peeled and cored. They may be whole or in pieces. Salt, calcium salts or tomato juice may be added. Some tomatoes are canned with a vegetable such as corn, okra or succotash. Italian-style tomatoes are meatier and blander than usual ones. **Tomato juice** is unconcentrated and strained. Salt may be added. Tomato-juice cocktail has added seasonings and may be concentrated slightly. **Tomato purée or pulp** is made from crushed and strained tomatoes. Two or three times as concentrated as canned tomatoes, it has a saucelike consistency.

**Tomato sauce** is much like purée but has seasonings such as pepper, sugar, onions, spices and vinegar.

**Tomato paste** is the most concentrated and has four to six times the solid content of canned tomatoes. It may contain salt, spices, flavorings and baking soda.

**Tomato catsup (ketchup or catchup)** is made from concentrated tomato pulp with such added ingredients as vinegar, salt, Worcestershire, peppers, sugar, onions, garlic and cinnamon. These are blended and strained to make a smooth, thick sauce.

**Chili sauce** is similar to catsup but contains chili peppers and has a coarser consistency. It may or may not be more spicy, depending on the brand. ♦



## THE NEW "RUNPROOF" HOSIERY: A SPECIAL REPORT

■ A major fashion development this fall will be the widespread marketing of seamless nylon stockings which some manufacturers claim are "runproof" or "runless." You may be among the many thousands of women who will buy these stockings, even though they cost from 50 cents to one dollar more per pair than regular hose.

The GOOD HOUSEKEEPING Textiles Department is currently engaged in extensive laboratory work as the basis for a major report next year on hosiery in general. That report, editors hope, will be helpful to consumers in evaluating hosiery. Based on that investigation to date and on information The Better Way obtained in interviews with hosiery manufacturers, this article provides facts which may help you in shopping for this new hose.

**A LOGICAL QUESTION,** of course, is just what does the claim that a stocking is "runless" or "runproof" really mean? To answer that, editors believe it important to know first how the GOOD HOUSEKEEPING Institute interprets another term—"run-resistant"—used in connection with hose. Run-resistant should mean, GOOD HOUSEKEEPING textile experts say, that the hose is less susceptible to runs. The run-resistant stocking can run, if submitted to a good deal of pressure.

"Runproof," however, is viewed by GOOD HOUSEKEEPING as an absolute claim. GOOD HOUSEKEEPING believes this claim should mean that the hosiery will not run in the

foot or the boot (leg) or the welt (top). For example, in considering claims made in advertising copy submitted for publication, GOOD HOUSEKEEPING takes the following position: if the stockings are runproof in one or more of the parts mentioned above but not in all of them, the claim is accepted only if the part or parts which will not run are clearly identified, e.g., runproof foot, runproof leg.

**THIS NEW HOSE** looks very much like regular mesh seamless hose. Most hosiery manufacturers use the terms "micromesh," "microfilm" or "micromatic" to describe the old hose. There is no single widely-used term for the new hose.

Microfilm hose is usually more run-resistant than flat-knit (non-mesh) hose. Because of its construction, it tends to run up. The new hose, made with what is called a lock stitch, is less apt to run in any direction and in many of the better quality hose won't run at all under normal wear. They will snag and holes will form. However, a pulled thread can be clipped off without causing a run.

**ACCORDING TO INDUSTRY** technical experts, in lock-stitch stockings, each loop is locked through another in such a way that one holds the other. In this construction, every other stitch is a loose one because the needle has to fight its way out of the first stitch, taking part of the yarn with it. This loose (or dependent) link can

break and cause a tiny hole. Under considerable pressure, that hole can become a run. (It usually takes more pressure, however, to get a run in lock-stitched hose than in regular seamless stockings.) The self-locking knit should restrict the damage to the tiny length of the affected thread.

In all cases, the new lock-stitch construction is confined to the boot (leg) of the stocking. It is not elastic enough to be used in the top or in the toe and heel. These areas can still run. (All brands of the new hose have a "run-guard" to prevent these runs from continuing into the boot.)

**A SPOKESMAN FOR HANES** Hosiery, Inc., manufacturers of the new Sheerloc hose, told The Better Way, "We are warning women that there is no such thing as an indestructible stocking." The company said a small hole will result in any stocking from a snag or pulled thread that has been broken.

Burlington Hosiery, manufacturers of Cameo End/Run hose put it this way: "You will not get a long run in any case; you would have to force it. It can run, but it is not apt to run. If you get a normal break or small hole from a pulled thread, the stocking will not run."

None of the companies interviewed claimed that their products were either snagproof or holeproof. Chadbourn Gotham Sales Corp., manufacturers of Foreva hose, said their stockings would eventually snag enough to make it necessary to buy new ones. Claims differ mainly in terms of what will happen after a thread is snagged or a hole occurs. Diamond Mills, producers of Fruit of the Loom hosiery, says its new Run-Lok hose has "a remarkable resistance to runs" and that it "will give substantially longer wear than conventional nylons."

**AS STATED EARLIER,** the new hose is a less obvious pinpoint mesh design than the regular seamless microfilm stockings. There seems to be little, if any, difference in the way they look on the leg. Some are 15 denier, some are 20 denier. All are available in the usual fashion colors at prices ranging from about \$1.20 to \$2 per pair.

Based on its investigation to date, the GOOD HOUSEKEEPING Textiles Department believes that these new stockings may be excellent for day-to-day active wear but the fine textured, ultrashear non-mesh stockings will still be desirable for dressy occasions. ♦

## DO'S AND DON'T'S OF FIRST AID FOR BURNS

■ What is the correct first-aid treatment for burns? Should you apply butter, salve or other household remedies? What is the best way to relieve pain? How do you determine the seriousness of a burn? To get the answers to these questions, The Better Way consulted leading medical authorities. Here's what they consider to be essential first-aid care for burns:

**To treat burns properly**, you should know the difference between minor and serious burns. Burns are *first degree* if the skin is reddened; *second degree* if blisters develop; and *third degree* if the full thickness of the skin is burned. However, authorities say it is sometimes difficult to determine the degree of a burn since damage may be more serious than it first appears to be.

First-aid treatment of burns is designed to relieve pain and—if necessary—to reduce the effects of shock. To relieve the pain of first-degree and small second-degree burns, keep the burned part in cold water or apply cold, wet compresses as long as the pain lasts. The burned area may then be covered with sterile gauze impregnated with petroleum jelly.

More serious burns should be covered with a *dry*, clean dressing—you can use freshly-laundered clothing or linen—and should be given medical attention at once.

If a clean dressing is not immediately handy, some doctors feel it is better to leave the burn open and get medical aid than to waste time looking for a dressing or trying to sterilize one. Other authorities say all serious burns should be covered immediately to keep out air and to prevent contamination.

**If burns are extensive**, involving the trunk or a large part of an arm or leg, first wrap a clean sheet or large towel around the part. Then cover the body according to the weather and take the patient to a hospital.

Shock is a major hazard in burns. Most deaths from burns that occur within the first few days are caused by shock. Shock is particularly serious when the burn involves more than ten percent of the body surface. If the burn is serious, have the victim lie flat. In cases where a hand is burned, keep it elevated above the body. Patients with severe burns or burns of the lower extremities should be moved by stretcher. Serious cases of sunburn, like other burns, can be complicated by shock.

If medical help is available within about twenty minutes, give liquids only to relieve thirst. If help does not arrive after this period, begin giving—at fifteen-minute intervals—half-glass doses of a solution made by dissolving a half teaspoon of table salt and a half

teaspoon of baking soda in a quart of water. However, liquids should not be given if the patient is unconscious or nauseous.

**For an eye burn**, wash the eye gently with water, if pain can be tolerated, to remove any foreign matter. Cover with a dry sterile gauze pad or a clean, dry cloth and get medical aid at once.

Medical authorities usually advise against using burn ointments or household remedies on any but minor, first-degree burns. Doctors say their work is often handicapped by patients who apply such ointments to burns. In many serious burn cases the ointment must be removed by the doctor, perhaps painfully. The American Red Cross emphasizes that butter should not be used on *any* burn.

Finally, the Red Cross advises that you observe these precautions when giving first-aid treatment for burns:

- Get a patient who is seriously burned to the doctor or hospital immediately.
- Do not put oils or ointments in the eye unless necessary to relieve pain while waiting for the doctor.
- Do not expose burns to direct sunlight until they are healed.
- Do not break or cut blisters, although they may break when dressings are applied. Be sure your hands are clean when giving first-aid help. ♦

## THE DANGERS IN SMALL ASH TRAYS



■ Small, shallow ash trays are often attractive decorating aids, but they may be dangerous. Unsafe and inadequate ash trays, says the National Fire Protection Association, are responsible for about a third of the 95,000 annual fires in U.S. homes attributed to careless smoking.

A cigarette butt that falls from an ash tray may smolder for hours in a rug, on a desk, in upholstery, etc. This smoldering fire is doubly dangerous: it may burst into flame hours after the family has gone to bed, or it may exhaust the oxygen and suffocate people in their sleep long before there is a flame to indicate a fire.

A safe ash tray is shaped to prevent cigarettes (regular and king-size) from rolling or flipping out. It is big enough to hold at least ten cigarette butts, yet not so big that it becomes a catchall. It should have holding grooves and a wide outside rim, or a device to hold or snuff out cigarettes within the bowl, or deep sides to fence in the smokes. It should be made of material that will not burn, melt or transmit heat. *Never use plastic coasters, wooden shelves or paper plates as ash trays.* Finally, be sure to empty ash trays into safe, nonflammable containers. ♦



## COMMON VOICE FAULTS YOU CAN AVOID

■ You sometimes judge people by their voices as much as by their appearance. For example, it may be surprising to hear a shrill, breathy voice come from a stately woman in sophisticated dress. She may not be aware of her voice quality or, even if she is, not know how to change it. It is often easier to alter appearance than voice. (Keep in mind that voice and speech are different. *Speech* is what you say and how you say it, e.g., your choice of words, your articulation and diction. *Voice* is how you sound.)

**IT IS EXTREMELY DIFFICULT** to improve your voice *appreciably* by your own efforts. One reason for this is that you usually cannot hear yourself as others hear you. The use of a good tape recorder can help, of course, but it is still difficult for an untrained person to know how to correct faults.

Dr. Norma Rees, acting director of the Speech and Hearing Center, Queens College, N.Y., cites the following as common faults: excessive softness or loudness, shrillness, too rapid rate of speech, denasality. If your voice is too soft, or if you speak too fast, people may continually ask you to repeat yourself. If, when you speak, everyone is silent, it may be that your voice is too loud. A denasal voice resembles a "stuffed nose" voice of someone with a cold. It is possible to have good diction and still have poor voice quality, e.g., an excessively nasal voice. (This means there is too much resonance in the nose on vowel sounds.)

Relaxation, says Dr. Rees, is the most important key to good voice quality. One way to achieve relaxation is yawning. Good breathing—which requires considerable practice—is also important. Try to inhale quickly. Then let the air out as slowly as possible, trying to decrease your rate of exhalation. Make a hissing sound (through closed teeth) as softly as possible and draw it out as long as you can.

**VOICE PROBLEMS ARE SOMETIMES CAUSED** by diseases or physical disorders of the voice mechanism. These can only be diagnosed by a doctor. Such conditions may be treated by a doctor or, at his suggestion, by a voice therapist (working under the physician's supervision).

Most colleges and universities, and some high schools, offer extension courses in voice and speech. Dr. William Canfield, of Teachers College at Columbia University, cautions that it may take a year of work to bring about *real* improvement. ♦

## WHAT CAN BE DONE ABOUT COLIC

■ There are few sights more pitiful than a colicky baby. His cries are heart-rending. His face is red. His arms and legs often are drawn up as if he were in great pain. Such symptoms can cause great concern to young mothers who frequently ask doctors, "What can be done about my baby's colic?"

Unfortunately, there is no single, all-encompassing answer. Successful treatment of colic depends on its cause—and this might be any of several factors. In general, colic describes painful abdominal spasms or cramps in infants, usually under three months, or the cries of continually fretful babies. (Keep in mind, though, that it is normal for babies to cry. Infants get exercise this way and all babies have some periods of crying.)

**CRAMPING OF THE INTESTINE** is sometimes caused by a food allergy, e.g., a reaction to orange juice or milk. Colic may also be caused by hunger or it may occur after a baby has swallowed a lot of air. Other causes cited by doctors are tension in the home, an upset mother, poor feeding technique, over-fatigue, overexcitement, inadequate nursing time.

Colic attacks usually occur soon after eating, although they do not necessarily occur after *every* feeding. Most colicky babies assume their own pattern: they will cry, sometimes for three or four hours, at a particular time. In the experience of many doctors, this period frequently is between 6 P.M. and 10 P.M.

Regardless of the daily pattern, colic rarely lasts for more than three or four months in the newborn. Moreover, it does not affect the baby's health. Most colicky babies gain weight steadily and rapidly.

**THE FIRST STEP IN TREATMENT** is to find out whether the baby is hungry or needs diaper changing. A "hungry" infant drains every bottle and seems to want more. Extending the feeding period may help when colic is caused by poor feeding technique. Bottle nipples with the correct-size hole will also help prevent the baby from swallowing air. If the hole is too large, the liquid comes through so fast that the baby tends to gulp at it; if it is too tight, he will pull at it very hard and may soon be exhausted by his efforts. Some pediatricians may suggest use of a pacifier to soothe babies who are colicky because they do not get enough nursing or feeding.

**INSOFAR AS TENSION** in the home is concerned, this may be difficult to control. Babies can sense tension or nervousness in those who handle them. Some doctors feel that this can cause them to cry. If a mother can get out of the house for a short daily period or for at least one evening a week, she may be more relaxed and this may improve the situation.

**SOME COLICKY BABIES** respond well to a warm towel or hot-water bottle placed on the stomach. Picking up the baby or turning him over on his stomach may also help. Most pediatricians agree that enemas should not be given without the specific advice of a doctor. If pains in a colicky infant are not relieved by the simple measures suggested above, a doctor should be consulted. He will probably prescribe something to lessen cramps and to make the baby more comfortable. ♦



## WHAT MAJOR MEDICAL INSURANCE PROVIDES

■ The fastest growing form of health insurance is that which covers a lengthy illness. Called *major medical*, it protects a family's finances from being depleted by the catastrophic expense of a serious illness or accident. This insurance covers practically every kind of treatment needed for recovery. There is, however, a maximum amount each policy will pay. Most policies have a maximum of \$5,000 to \$10,000. A few have \$15,000 to \$20,000 maximums.

Medical care both in and out of a hospital is covered. This includes doctors' fees, nursing, ambulance costs, surgical appliances, drug bills and laboratory fees. In many policies, treatment of mental disorders is covered, but this may be limited to treatment in a general hospital and exclude office visits for psychoanalysis.

Because major medical is not designed to cover ordinary medical expenses, it has other restrictions on coverage. These include:

**DEDUCTIBLE.** This feature—very often found in auto insurance—requires the policyholder to pay a certain amount of medical expenses before an insurance claim is made. Deductibles may be from \$50 to \$1,000. The lower the deductible, the higher the cost of the insurance policy. Many companies set a minimum deductible based on income; other medical insurance or the policy maximum. For example, most policies with a \$10,000 maximum require a \$500 deductible. Another company requires a \$1,000 deducti-

ble for incomes over \$15,000. To illustrate how this works, if a family had a \$500 deductible policy and had \$900 in medical expenses during a year, the insurance would cover the last \$400.

**COINSURANCE.** Most major medical policies have this feature. It requires the policyholder to share in the expense by paying 20 to 25 percent of a medical bill. For instance, if medical bills totaling \$400 above the deductible are incurred, the company would pay \$300 under a 75-25 coinsurance plan and the policyholder \$100. There are variations of this feature. In some, coinsurance applies only to the first \$1,000 or \$2,000. After that, the insurance covers all expenses to the policy's maximum. Some group policies have coinsurance limited to amounts under \$1,000.

**BUILT-IN LIMITS.** Some policies set limits on costs of hospital rooms, surgical fees, private nursing and physician calls. For example, coverage may be limited to \$25 for a hospital room or three-quarters of the cost of a special nurse.

Insurance companies say limits on major medical coverage are to keep the premiums down, to eliminate a series of small claims for *usual* medical care and to discourage a person from seeking unnecessary treatment or prolonged care. This type of insurance was started about 10 years ago to provide a backstop for the expense of a serious illness and coverage on increased—mainly hospital rates—medical costs.

**MANY FAMILIES** who have basic hospital and/or surgical insurance (such as Blue Cross or Blue Shield), also are covered by major medical. In these cases, major medical deductible and coinsurance features

are designed to prevent overlapping payments. In *comprehensive* policies, which include both basic and major, the shift from one to another is automatic at a certain level of expenses. How this works can be shown by the case of John Wilson's wife. Mrs. Wilson had been hospitalized with a serious illness. An operation was performed. Afterward, it was decided further treatment was necessary. She was moved by ambulance to a medical center in a nearby city where she could be under the care of a specialist. Cost of the ambulance with a registered nurse in attendance was covered by major medical. Basic policies covered part of her hospital and doctor costs. Mrs. Wilson's expenses included cost of two operations, 40 days of hospitalization, doctor's calls, drugs and operating-room fees. The total was \$3,121. Basic hospital and surgical insurance paid \$792; major medical, \$1,753. Thus, their insurance paid \$2,545 and the Wilsons paid \$576.

**MAJOR MEDICAL** insurance may be available to the wage earner of a family under a group policy carried by his employer. Or coverage can be taken out in individual policies. Group plans cost less than individual policies. Premiums are higher as the maximum increases. A relatively new feature of individual policies is to guarantee their renewability for life. This means a policy cannot be cancelled after a long-term illness.

If you are considering a major medical policy, questions which should be answered include:

- How much is the deductible?
- What is the maximum benefit?
- What, if any, is the coinsurance ratio?
- What are the built-in limits?
- Does it cover mental illness?
- Is renewability guaranteed? ♦



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## What Mothers Can Tell Their Daughters About Internal Sanitary Protection

IN THE WELTER of publicity about juvenile delinquency and "wildness," one significant fact is often overlooked; more than 90% of today's teen-agers are responsible, reliable young people.

One reason sociologists give is a close relationship in the home. Actually, the relationship between mother and daughter is usually closer, franker, than ever before in history. She asks; you answer—and when she asks about Tampax® internal sanitary protection (as she is almost bound to do) you treat the whole subject in the same relaxed, informative way you treat all personal problems.

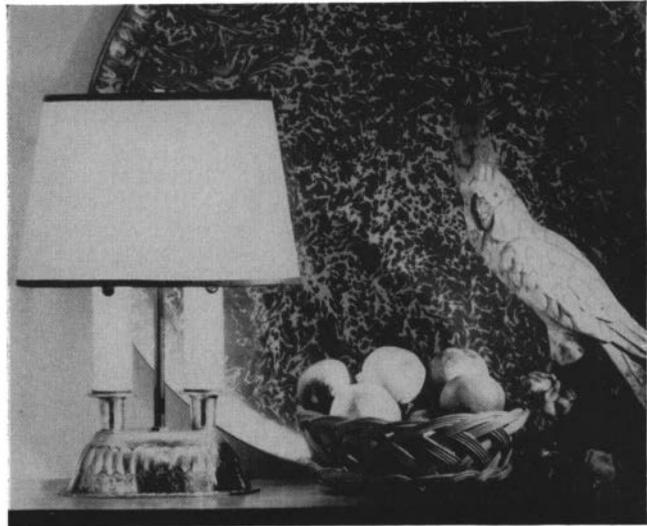
How did Tampax come to be? More than twenty-five years ago, Tampax was invented by a doctor for the benefit of all women, married or single, active or not. He based it on the well-known medical principle of internal absorption.

Why do so many millions of girls start with Tampax, and stay with Tampax? Tampax Incorporated has built up an extremely reassuring relationship with women during the past three decades. Many mothers have been using Tampax for years. They understand it; they recommend it; they often encourage their daughters to learn to use it.

What does the user gain from Tampax? Countless letters from Tampax users tell time and again of the comfort, security, the poise and confidence that Tampax brings. Users often say they are apt to forget there's a difference in days of the month.

Within the three Tampax absorbency sizes (Regular, Super, Junior) there's a right protection for everyone's needs. In use now all over the world, Tampax is making an accepted contribution to modern living. *Tampax Incorporated, Palmer, Mass.*

.....  
*A trial sample of Tampax (in plain wrapper) will be mailed to you on request, together with our free booklet on menstruation facts and advice. Just send 10¢ to Department KB, Tampax Incorporated, Palmer, Mass.*  
*Adv.*



*Copper washed with pewter in an interesting form that combines two familiar shapes: candlestick and mold. It's 13½ inches high, #1456, \$17.50 with shade.*

The lamps shown on pages 114 to 121, and the one above, are available at all Lord & Taylor stores except Manhasset. They may be ordered by mail only through Lord & Taylor, 424 Fifth Avenue, New York 18, or in person at any of the following branches: Scarsdale, New York; Millburn, New Jersey; West Hartford, Connecticut; Bala-Cynwyd, Pennsylvania; Garden City, Long Island, N.Y.; Washington, D.C.

*Prices listed do not include shipping costs or local tax.*

### PAGES 114-115

Red tole base, #5114, also available in black or ivory, \$60. Opaque parchment shade. #54/4, in red, black, white, gold or buttercup, \$9. Olive-green ceramic base with shade, #6904, \$35 complete.

### PAGES 116-117

White china base with shade, #1610/3320, \$69.50 complete. Copper washed with pewter, straw-patterned shade, #1078, \$55. Opaline glass column, matching parchment shade, #4926, also in avocado, black, white or champagne, \$22.50 complete.

Wrought metal base, #H74, \$65; opaque parchment shade #54/4, in buttercup, white, black or gold; \$10.

Wooden baluster, #L12166, \$65; opaque black parchment shade, #54/4, \$10.

### PAGES 118-119

Floor lamp, #L12158, \$115 without shade. Striped shade, #9717, in red, black, gray or gold, \$17.

Double student lamp, #142, \$150. Three-candle lamp, painted metal shade, #38/596 BT, \$30 complete. Bamboo-turned lamp table #119, \$53.50 without shade; antique taffeta hand-sewn shade, #610/97, \$22. Japanese porcelain base, #H67, \$125; shantung shade, #515, \$18. PAGES 120-121

Porcelain vase-shape base with shantung shade, #L571, \$30 complete. Pepper-mill base with straw-patterned shade, #61/430, \$60 complete.

Sheaf-of-wheat base with black parchment shade, #6312A, \$32.50 complete.

Dark-green metal with glass shade and chimney, #4861, \$42.50 complete.

Ceramic weather-vane with shade, #6918, \$45 complete.

Découpage under glass with silk shantung shade, #3393, \$40 complete.

Emerald crystal base, #1507, \$59.50; scalloped antique taffeta shade, #944/33, \$21. ♦



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*beauty break*

Busy workday—no time for frantic downtown shopping? Then “shop” leisurely right in your own home when your Fuller Brush Dealer calls. Give yourself a new look with a House of Fuller beauty break. Select from exciting new make-up aids . . . delightful fragrances, including the triumphant new creation, TRACERY—newest of the new. And for the men in your house—Fuller grooming aids. Ask, too, about Fuller Brush Vitamin Food Supplements

Millions of busy women welcome this pleasant way to shop at home. Take five—the next time your Fuller Brush Dealer rings the bell.

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**Patio . . .** makes light of heavy housework because it's designed for correct support. Supple leather with wedge heel, exclusive soft-padded insole. AA and B widths: black, bone, dark blue, red. E width: black, red. **8.50**, slightly higher west of the rockies.

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## Fashions

Fashions on pages 86 through 93 are available at the stores listed below. If stores listed are not in your shopping area, write GOOD HOUSEKEEPING Fashions, 57th Street at 8th Avenue, New York 19, New York, for the name of a store more convenient to you. Prices are slightly higher on the West Coast.

PAGE 86, MODELIA: COAT. SIZES 4-16

California  
 San Francisco.....Saks Fifth Avenue  
 Colorado  
 Denver .....Montaldo's  
 District of Columbia  
 Washington .....Julius Garfinckel  
 Georgia  
 Atlanta .....J. P. Allen  
 Illinois  
 Chicago .....Saks Fifth Avenue  
 Louisiana  
 New Orleans .....Gus Mayer  
 Maryland  
 Baltimore .....Hochschild-Kohn  
 New York  
 New York .....Saks Fifth Avenue  
 North Carolina  
 Charlotte .....Montaldo's  
 Durham .....Montaldo's  
 Greensboro .....Montaldo's  
 Ohio  
 Columbus .....Montaldo's  
 Pennsylvania  
 Pittsburgh .....Saks Fifth Avenue  
 Washington  
 Seattle .....Frederick & Nelson

PAGE 87, REMBRANDT: TWO-PIECE DRESS. SIZES 6-16

District of Columbia  
 Washington .....Julius Garfinckel  
 Maryland  
 Baltimore .....Hutzler's  
 Michigan  
 Detroit .....B. Siegel  
 Minnesota  
 Minneapolis .....Dayton's  
 St. Paul .....Dayton's  
 Missouri  
 St. Louis .....Stix, Baer & Fuller  
 New York  
 New York .....B. Altman  
 Utah  
 Salt Lake City .....Makoff  
 Washington  
 Seattle .....Bon Marche

PAGE 88, HENRY FRIEDRICKS FOR BRITANNY: NAVAL OFFICER'S COAT. SIZES 6-14

Georgia  
 Atlanta .....J. P. Allen  
 District of Columbia  
 Washington .....Julius Garfinckel  
 Michigan  
 Detroit .....The J. L. Hudson Co.  
 Missouri  
 St. Louis .....Stix, Baer & Fuller  
 New York  
 New York .....B. Altman  
 Ohio  
 Cincinnati .....Shillito's

PAGE 89, KIMBERLY: DRESS. SIZES 8-18

Colorado  
 Denver .....Neusteter's  
 District of Columbia  
 Washington .....Julius Garfinckel

Georgia  
 Atlanta .....J. P. Allen  
 Louisiana  
 New Orleans .....Gus Mayer  
 Maryland  
 Baltimore .....Hutzler's  
 Minnesota  
 Minneapolis  
 Young Quinlan-Rothschild

Missouri  
 St. Louis .....Stix, Baer & Fuller  
 New York  
 New York .....B. Altman  
 Pennsylvania  
 Philadelphia ....Strawbridge & Clothier

PAGE 90, TOWNCLIFFE: SUIT. SIZES 8-16

District of Columbia  
 Washington .....Julius Garfinckel  
 Georgia  
 Atlanta .....J. P. Allen  
 New York  
 New York .....B. Altman  
 Pennsylvania  
 Philadelphia .....Bonwit Teller  
 Washington  
 Seattle .....Frederick & Nelson

PAGE 91, DANI, JR. BY FAYE WAGNER:  
 GREAT COAT. SIZES 3-15

District of Columbia  
 Washington .....Julius Garfinckel  
 Indiana  
 Indianapolis .....L. S. Ayres  
 Massachusetts  
 Boston .....Filene's  
 Missouri  
 St. Louis .....Stix, Baer & Fuller  
 New York  
 New York .....B. Altman  
 Ohio  
 Cincinnati .....Shillito's  
 Cleveland .....The Higbee Co.  
 Pennsylvania  
 Philadelphia .....Bonwit Teller  
 Pittsburgh .....Joseph Horne Co.

PAGE 92, HAYMAKER: COAT DRESS.  
 SIZES 8-16

California  
 Los Angeles .....Bullock's Westwood  
 Colorado  
 Denver .....Montaldo's  
 District of Columbia  
 Washington .....Julius Garfinckel  
 Florida  
 Fort Lauderdale .....Jordan Marsh  
 Miami .....Jordan Marsh  
 Louisiana  
 New Orleans .....Gus Mayer  
 New York  
 New York .....B. Altman  
 North Carolina  
 Charlotte .....Montaldo's  
 Durham .....Montaldo's  
 Greensboro .....Montaldo's  
 Ohio  
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*continued on page 172*



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 five special conditioners to give added  
 lustre and body. And its unique cleans-  
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# "Hot doggies"

(Steamy on the inside,  
crunchy on the outside)



## Kellogg's Corn Flake Crumbs and Heinz Ketchup teach hot dogs a new trick!

"Hot Doggies!" Stuck-on-a-stick for handy eating. Coated with zesty Heinz Ketchup. Baked in a "flavor-crust" of crisp, golden Kellogg's Corn Flake Crumbs. Steamy, ketchup-y, crunchy—fun and good for the whole family.

Bake up a batch soon, using this recipe.



### "Hot doggies"

- 1 pound frankfurters
- ½ cup HEINZ KETCHUP
- ½ cup KELLOGG'S CORN FLAKE CRUMBS
- 10—4½-inch wood skewers\*

1. Insert skewers lengthwise into frankfurters leaving about 2 inches for a handle. Score surface of frankfurters lightly, spiraling from end to end.
2. Roll each frankfurter in HEINZ KETCHUP, then coat generously with KELLOGG'S CORN FLAKE CRUMBS. Place in foil-lined shallow baking pan. Do not crowd.
3. Bake in moderate oven (350° F.) about 15 minutes. Serve with additional HEINZ KETCHUP if desired. Serves 4 to 5.

\*May be prepared without skewers, if desired.

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District of Columbia	Washington .....	Julius Garfinckel
Georgia	Atlanta .....	J. P. Allen
Louisiana	New Orleans .....	Gus Mayer
Missouri	St. Louis .....	Stix, Baer & Fuller
New York	New York .....	B. Altman
	Rochester .....	Sibley, Lindsay & Curr
Ohio	Cincinnati .....	Shillito's
Washington	Seattle .....	Frederick & Nelson ♦

### Cake of the month

continued from page 149

#### DOUBLE-CHOCOLATE MINIATURE CAKES

- 1 3-ounce package cream cheese, softened
- 1 egg, unbeaten
- 1 egg yolk, unbeaten
- granulated sugar
- dash salt
- ½ cup semisweet-chocolate pieces
- 1½ cups sifted all-purpose flour
- ¼ cup cocoa
- ¾ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup water
- ½ cup salad oil
- 1 egg white
- 1 tablespoon vinegar
- 1 teaspoon vanilla extract
- ¾ cup toasted, slivered almonds, chopped
- 1 orange
- 1 pear
- small bunch green seedless grapes

Early on the day, or day before, if desired:

1. Start heating oven to 350° F. Place paper liners in 12 3-inch cupcake pan cups.
2. In small bowl, with mixer at medium speed, beat cream cheese, egg, egg yolk, ¼ cup granulated sugar and dash salt until smooth; then stir in semisweet-chocolate pieces. Set aside.
3. Into large bowl, sift together flour, 1 cup granulated sugar, cocoa, soda, ½ teaspoon salt.
4. Combine water, salad oil, egg white, vinegar and vanilla; beat well with fork. Then add, all at once, to dry ingredients and stir with spoon until well combined.
5. Fill each prepared cupcake pan cup about half full with cocoa batter. Into center of each cupcake pan of batter, spoon a tablespoonful of cream cheese mixture.
6. Now generously sprinkle tops with about 1 tablespoon granulated sugar, then with almonds. Bake 25 to 30 minutes or until a cake tester, inserted in the center, comes out clean and cupcakes are golden. Cool in pans 10 minutes; then remove to rack to finish cooling. Makes 12.

Just before serving:

1. Cut orange and pear into small wedges; snip grapes into small bunches.
2. Peel paper liners off cupcakes. Arrange cupcakes and fruit attractively on pretty plate as dessert. ♦



Daisy Feets?



Doll Feets?



Snowman Feets?



Striped Feets?



We make all kinds of Funny Feets\*



(Bare Feets, too.)

Children love them. But we really make Nitey Nite® sleepwear for mothers. Because we use only the softest, warmest, long-lasting, washable 100% cottons, all Perryized® for shrink resistance. We're scrupulous about seams, snaps, fit, neat cuffs and necks, non-skid soles. And Nitey Nites are fun. Children leap into them. Mothers love that.

\*Left to right: "Snowman Feets," Switchabout® sleeper (snaps front or back), boys' or girls', 0-4, \$3.50. "Bare Feets," knit ski pajama, 4-12, \$3. "Striped Feets," 4-14, \$4. "Daisy Feets," 4-14, \$5. "Doll Feets," 2-3x, \$4; 4-14, \$5. (Girls' styles come with knit tights and flannel tops.)

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NITEY  NITE®



## UN PARADE OF FOREIGN FOODS

An international menu for United Nations' Day (October 24)—it's a fine way to celebrate the UN's founding. This one comes from England, Morocco, Holland and France, to prepare right in *your* kitchen. The first and the last of these recipes will be served at the White House on UN Day; the others were chosen from "Favorite Recipes from the UN."\*

### OXTAIL SOUP

- |                                  |                             |
|----------------------------------|-----------------------------|
| 3 tablespoons salad oil          | 4 whole cloves              |
| 1 medium oxtail, cut into joints | 1 teaspoon peppercorns      |
| ½ cup sliced leeks               | 3 teaspoons salt            |
| 1 large onion, chopped           | 2 medium carrots            |
| ½ cup chopped celery             | ½ teaspoon cornstarch       |
| 1 bay leaf                       | 2 tablespoons sherry        |
| ¼ teaspoon whole dried thyme     | ½ teaspoon pepper           |
|                                  | 2 teaspoons snipped parsley |

#### Day before:

- In medium Dutch oven, in salad oil, brown oxtail, on all sides, for 10 minutes. Now add leeks, onion and celery to brown with meat. Turn occasionally until *well* browned—about 10 minutes. Add 1½ quarts water, bay leaf, thyme, cloves, peppercorns, salt.
- Simmer, covered, 1 hour and 15 minutes, then add carrots and simmer 30 minutes.
- Strain soup; let cool, then refrigerate. Remove meat from bones, trim off fat, dice meat and carrots, wrap in foil, refrigerate.

#### About 10 minutes before serving:

Skim fat from soup; pour soup into medium saucepan. Blend cornstarch with sherry, add to soup with meat, carrots and pepper, then bring to boil. Serve in cups, sprinkled with parsley. Makes about 8 servings.

### STUFFED CHICKEN À LA MOROCAINE

- |                                  |                                |
|----------------------------------|--------------------------------|
| ½ cup dark seedless raisins      | ground pepper                  |
| 1½ cups regular rice salt        | ground cinnamon                |
| ½ cup chopped California walnuts | saffron                        |
| ground ginger                    | 2 3-pound whole broiler-fryers |
|                                  | ¼ cup butter or margarine      |

#### About 1 hour and 45 minutes before serving:

- Make this stuffing: Cover raisins with boiling water; set aside. To 3 cups boiling water, add rice, 2 teaspoons salt; simmer 12 minutes, or until rice is *just*

tender and liquid absorbed. Drain raisins; with fork toss rice with walnuts, raisins and ¼ teaspoon each of ginger, pepper, cinnamon and saffron.

- Use to stuff chickens; tuck leg ends under band of skin. In large Dutch oven melt butter or margarine; in it brown chickens well on all sides.
- Combine 2¼ teaspoons salt, ¼ teaspoon saffron and ½ teaspoon each ginger, pepper and cinnamon with 1¼ cups water. Pour over chickens, then simmer, covered, for 1 hour, or until fork tender.
- Arrange chickens on large platter with some of gravy poured over them; pass rest. Makes 8 servings.

### DUTCH LEMON CREAM

- |                        |                      |
|------------------------|----------------------|
| 4 eggs, separated      | ¼ cup lemon juice    |
| ½ cup granulated sugar | ¾ cup dry white wine |
|                        | grated rind ½ lemon  |

#### Day before or early on the day:

- Refrigerate egg whites until needed. In small bowl, with mixer at medium speed, beat egg yolks with sugar until thick and fluffy; add lemon juice and wine, blending well; then stir in lemon rind.
- Turn into double boiler. Cook over boiling water, beating constantly, with fork or wire whip, until thickened; refrigerate.

#### Just before serving:

Beat egg whites until stiff, fold into egg-lemon mixture, turn into pretty glass dish. Makes 8 servings.

### FRENCH ALMOND COOKIES

- |                         |                                 |
|-------------------------|---------------------------------|
| 1 cup granulated sugar  | ¼ teaspoon vanilla extract      |
| 3 eggs                  |                                 |
| 3 egg whites            | 2 cups sliced, blanched almonds |
| ½ cup all-purpose flour |                                 |

#### Early on the day, or day before:

- Start heating oven to 350° F. Grease, then lightly flour cookie sheet. With mixer at medium speed, beat sugar with eggs and egg whites until well blended; beat in flour and vanilla; fold in almonds.
- Pour, one teaspoon at a time, on cookie sheet. 2½ inches apart. Bake 8 to 10 minutes or until golden. One by one, *quickly* remove cookies with spatula and curve over rolling pin; cool on rack. If cookies harden before you can mold them all, just return to oven for a few seconds. Repeat with rest of batter. Store, loosely covered, to keep crisp. Makes about 6 dozen. ♦

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## What Jackie Kennedy has learned from her mother

continued from page 75

very natural with each other. They have always been companions. They rode together. They talked together—really talked. They still do.”

“Jacqueline Kennedy,” says Mrs. John Farr Simmons, wife of a former Chief of Protocol under President Eisenhower, “is one of the best advertisements for her mother. The very qualities that have endeared the First Lady to the public are those that her mother, who has great intellectual curiosity and a truly cultivated point of view, has opened to her.”

Without “telling” her children what to do, Janet Auchincloss, “just like any mother,” as she modestly puts it, subtly directed them along the path they would follow. At mealtimes, for example, she played language games with them. A foreign language—French, perhaps—would be chosen, and each player given ten matchsticks. For every word of English spoken thereafter, the culprit had to forfeit a matchstick.

WITH her keen eye for individual differences, Mrs. Auchincloss expected entirely different things from each of her children. “Lee loved to prepare meals,” she remembers. “When the cook was off, Lee would say, ‘Mother, I’ll take care of dinner.’ Lee also loved to furnish a room. Jackie leaned on her in such matters. She still does today. Despite her present concern to restore the White House, as a young girl she was never even interested in selecting a chair for a room. She was a real scholar, and the world of books and the arts mattered most to her.”

The two girls differed in other ways too. While Lee (now the Princess Radziwill), who is three-and-a-half years younger than her sister, was always restrained and tactful, Jackie was fiercely honest. There was the time, for example, that Lee told a man who had an oddly shaped head that he looked “pritty.” Jackie contradicted her within the man’s hearing, calling him ugly and comparing him (accounts of the incident differ) to a rooster, a fox or a weasel.

Mrs. Auchincloss was quick to recognize that her older daughter had an original turn of mind and an imagination that expressed itself in irrepressible flights of fancy. Jackie (“you couldn’t call a little girl Jacqueline,” says her mother) dreamed that when she grew up she would be, not the First Lady of the land, but what is perhaps its childish equivalent in glory, a circus queen who marries the man on the flying trapeze! Her imagination manifested itself too in her ability to convert little incidents into poetry or fiction. She wrote poems for family birthdays, and stories like “Adventures of George Woofy, Esquire,” the tale of a romance between a terrier and her own Caprice, a *bouvier des Flandres* (a schnauzerlike breed). Almost always, too, she illustrated her work with her own drawings, setting a tradition that the other children followed. “I can’t sketch a line,” Mrs. Auchincloss says, “but all the children can. They fell into the pattern Jackie set.”

Janet Auchincloss wanted her children to be self-reliant. Herself a daredevil

sportswoman, a hard rider and hunter, who had achieved the top rank among women riders, she used her hobby to instill self-reliance in Jackie. By the time Jackie was a year old, she had been lifted onto a pony. At five she was already a promising horsewoman. Six years later *The New York Times* hailed her for winning two national championships for young riders. She seemed to be heading for the same pinnacle her mother had reached—top honors in major horse shows throughout the East and in the annual Madison Square Garden National Horse Show.

PERHAPS it was the confidence acquired astride a horse that developed Jackie’s assurance in other ways too. By now everyone knows the story of how, when she was four and became separated from her nurse in Central Park, she calmly went up to a policeman and gave him her home phone number. When a call had brought her mother to the scene, she announced that not she but her nurse had been lost. As an adult she showed similar calm when, having set her car upholstery on fire with a cigarette, she entered her dressmaker’s shop, asked for a pitcher of water, and proceeded to extinguish the flames with as little concern as she might show in watering a plant.

Janet Auchincloss also taught her children that, well off though they were, money doesn’t grow on trees. When, for instance, Jacqueline wanted to take along a favorite horse, Danseuse, when she went off to Miss Porter’s School in Farmington, Connecticut, her mother said no, deeming the \$25 a month upkeep charge an extravagance. But Danseuse *did* go, for Jackie was able to persuade her grandfather, John Vernon Bouvier, to pay the horse’s way. Slyly she sent him one of her poems and asked for his criticism; at the same time she told him how much she would like to have Danseuse at school. Grandfather Bouvier, who took great pride in her poetry though he teased her about her horsemanship, gladly advanced the money.

When Jacqueline was graduated from Miss Porter’s School, she went off to college—first to Vassar, then after studying in Europe for a year, to George Washington University. Then in 1950 Janet Auchincloss saw an announcement of the *Prix de Paris* contest sponsored by *Vogue* magazine. “I think I was under a dryer in a beauty parlor,” Mrs. Auchincloss told me, “when I read about this contest. I thought Jackie was just right for it, so I mailed the clipping to her. To compete, she had to submit four papers on fashion, a description of herself, the plan for an entire *Vogue* issue, and 500 words on ‘People I Wish I Had Known.’ The competition was keen, but she won first prize, which was a job on *Vogue* in Paris. After all that, however, I didn’t want her to go. She had already had a year in Europe and had fallen in love with Paris, and I was afraid that if she returned there, she would become an expatriate. I hoped I could persuade her to turn the prize down. She saw the point and did so readily. She was in her last year at George Washing-



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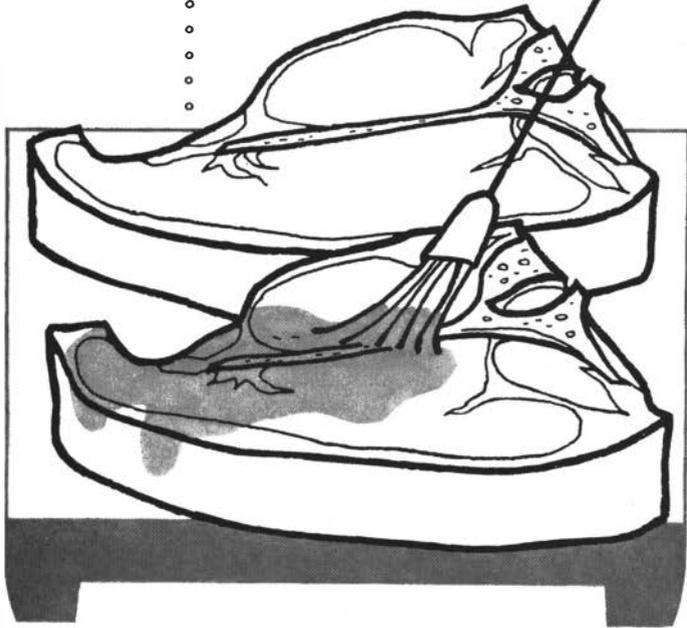


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ton University, and she stayed there and got her degree. I'm so glad she did. I don't think that, without it, she would have obtained the job as Inquiring Photographer on the *Washington Times Herald*."

A colleague on that newspaper (which has since been absorbed by the *Washington Post*) paid an inadvertent tribute to Janet Auchincloss' influence when he remarked of Jacqueline, "You never saw a girl who came from a family of multimillionaires so tickled to get a \$42.50-a-week job." Moreover, her mother's influence later made it possible for Jacqueline to disabuse the press of the idea that she was a sheltered socialite. "I proved that I could support myself," she said, "by holding a newspaper job for a year and a half and by winning the *Vogue Prix de Paris*."

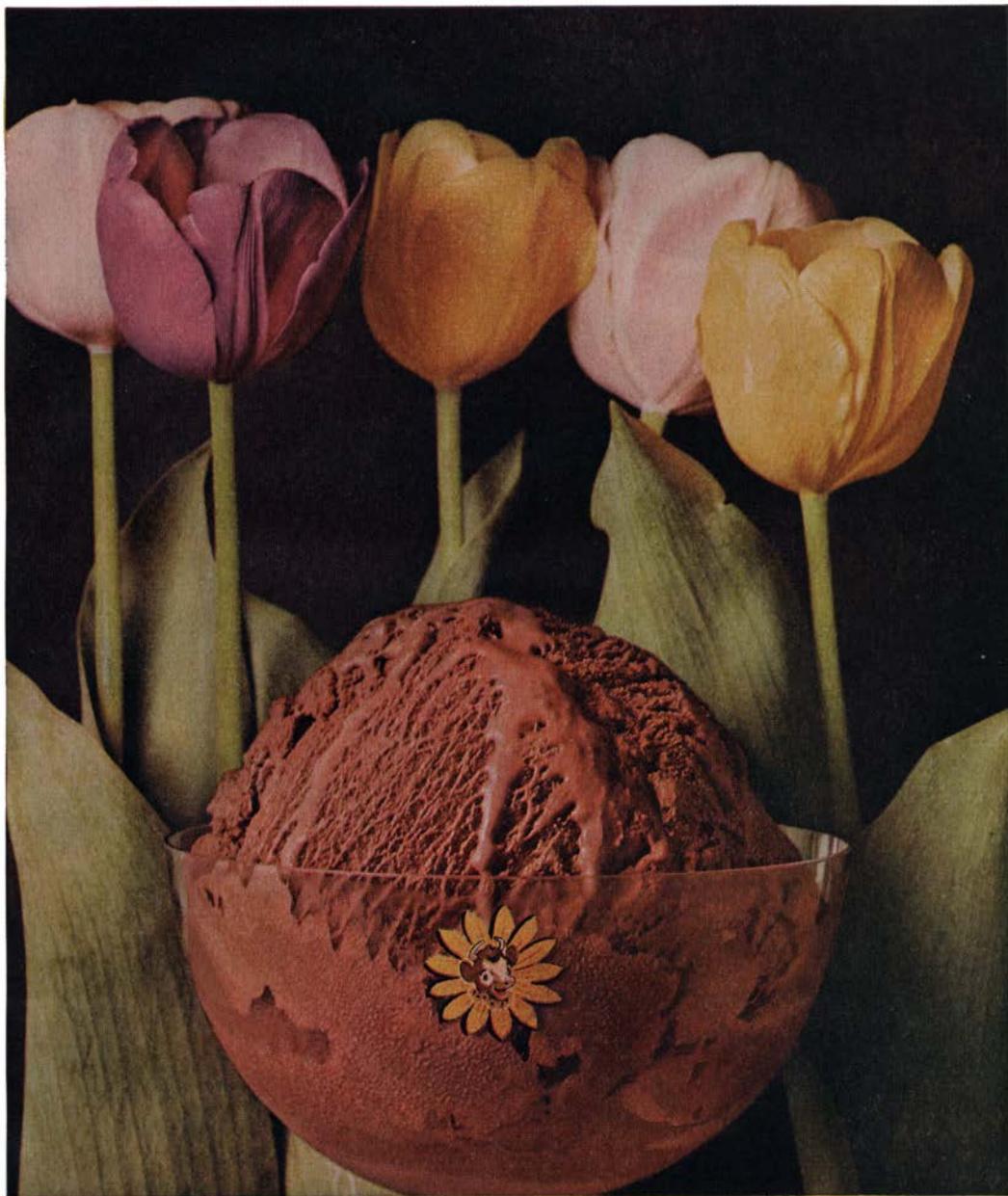
**CURIOSLY**, the woman who was intent that Jacqueline hold a job had never held one herself. "That's why I wanted Jacqueline to do so," Mrs. Auchincloss told me. As the daughter of affluent and knowledgeable parents, she had grown up serenely secure. Her handsome father, James T. Lee, lawyer, banker and man of parts, who is descended from the Maryland Lees, saw to it that she had everything. She went to Miss Spence's School in New York City, then spent one year at Sweet Briar College in Virginia, and another at Barnard College in New York. She made her debut at Sherry's. But even then the sheltered life did not entirely fulfill her. She had a secret hankering to be a writer and managed to take courses in short-story and playwriting at Columbia University. Later she was to ghostwrite some hunting stories for magazines. But, at the time she grew up, a career for a girl of her background was unlikely. A beautiful brunette, she was the cynosure of men's eyes, and she married young.

She met John Bouvier III, a suave and fascinating member of the New York Stock Exchange, at East Hampton, a fashionable summer colony on Long Island. As the brother of her very good friends, Maude and Michelle Bouvier, who were twins, Jack Bouvier had known Janet Lee distantly for some time. He was sixteen years older than she, however, and it took a long time for him really to notice this teenage friend of his sisters. Noticing at last, he noticed with ardor. On July 7, 1928 they were married in St. Philomena's Church in East Hampton.

Five hundred guests attended the afternoon reception, which took place at the Lee home. There was dancing to Meyer Davis' orchestra. When the couple returned from their honeymoon in Europe, they spent the rest of the summer in East Hampton, then moved into a New York duplex apartment, which the bride's father gave them.

Twelve years later, the marriage came to an end. Says a friend of those days, "There was absolutely no sordidness about the divorce. There was simply the impossibility of going on satisfactorily. Jack Bouvier, before marriage, was considered an irreconcilable bachelor. Perhaps he continued irreconcilable after marriage, too. At any rate he never remarried. He died in 1957, still ardently

*continued on page 183*



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devoted to his daughters—Jacqueline and Lee—who idolized him.”

After the divorce, Janet Bouvier, an Episcopalian, resolved never to remarry, but to devote her life to her daughters. But she broke her resolution in 1942, when she met and fell in love with Hugh Dudley Auchincloss—Hugh D. as she always calls him—another wealthy stockbroker, then 45. This marriage, now twenty years old, is so harmonious that, as a friend puts it, “Just having tea together of an afternoon is for husband and wife the perfect expressiveness.”

Six years ago a doctor ordered Hugh Auchincloss to stop smoking. Janet Auchincloss told me, “I could see that it was painful for him to watch me smoke, so I stopped, even though I was a chain smoker.”

When they married, Janet and Hugh D. Auchincloss consolidated their families into a single, companionate household. His children from two former marriages—Hugh Jr. (nicknamed Yusha), Nina (Nini) and Thomas—became her children, too, as Jackie and Lee Bouvier became his. They also had children together—Janet Jennings, now seventeen and James Lee (Jamie), who is fifteen.

Jacqueline was thirteen at the time of her mother's remarriage. It had been two years since her parents had parted, and happily the parting seems to have produced no deep scars. Her mother and father had provided her with a life that was so secure and gay in its early years that the feelings of happiness and solidity outlived the marriage itself. Moreover, there was no break with her father; they maintained the wonderful camaraderie they had always had right up to his death in 1957. Friends admired her mother for insisting that this was how it should be.

Yet, at the same time, Jacqueline was able to integrate herself into the new life that came with her mother's marriage to Hugh D. Auchincloss. Soon she was writing intimate, revealing letters to her stepbrother, Yusha, and also to her stepfather, whom she calls Uncle Hugh, and whose advice she has always sought. When she was studying in Paris, her mother and stepfather came there to see how she was getting along. When, later, they went to a bankers' conference in Mexico, they took her with them. When

she married Senator John F. Kennedy, they gave her what has been described as “the most spectacular wedding in Newport in three decades.”

Jacqueline's marriage became the true test of how firmly the two households had been consolidated. Hugh D. Auchincloss, like his wife's father, is an ardent Republican. Yet, during the Presidential campaign in 1960, only Nini Auchincloss Steers (whose husband is now running for Republican congressman-at-large from Maryland) backed Richard Nixon; everyone else in the family was for Jackie's husband. In addition, the Auchincloss' Georgian home at MacLean, Virginia was made available to Jacqueline for a tea for two hundred prominent women Democratic leaders and again for a “TV-Listening Party” to stimulate enthusiasm for the Kennedy-Nixon debates.

Friends taunted Hugh Auchincloss with, “Whom are you voting for?” Always his resolute answer was “My son-in-law, of course.” As a friend puts it, “He never would have if he hadn't been as fond of Jacqueline as he is.”

Mrs. Auchincloss herself has never been politically-minded. Her pro-Kennedy participation during the Kennedy-Nixon campaign was for reasons of family sentiment, pure and simple. She is so far from political involvement that she was apprehensive when Jacqueline became a senator's wife. Shortly after the marriage, however, Janet Auchincloss said publicly, “Coming from a family without political experience, Jacqueline has done an excellent job of adjusting to her new life and learning to keep those strong feelings of hers on a leash.”

At the inauguration, not only Janet Auchincloss and her husband but all the children and stepchildren were in the reviewing stand for the parade. But, when the parade was over and Janet Jennings and Jamie were with their friends, they had a hard time because of their brother-in-law, the President. “It works both ways,” Mrs. Auchincloss told me. “They get adulation, but they also get abuse. When the President does something their friends don't like, the children suffer. But they take it like trouper.”

Now that Jacqueline is the First Lady, the mother-daughter relationship remains unchanged. “I see as much of Jackie as I

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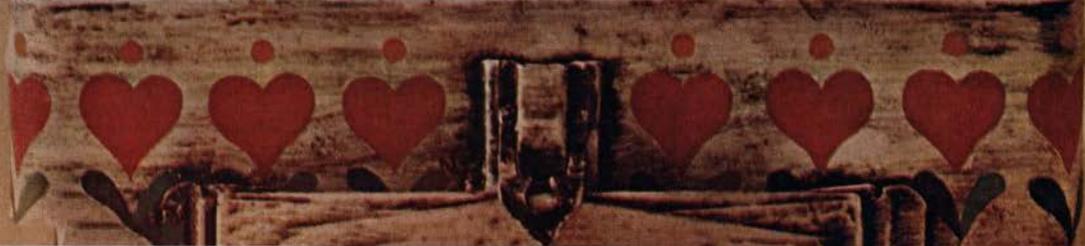
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did before she was in the White House." Mrs. Auchincloss told me. "Actually I see more of her today than I do of my other married children." She added, "Surprisingly, Jacqueline has changed little. She still maintains her strong family feeling. Recently she wrote a letter to a cousin recalling family events that took place twenty years ago."

HAVING a daughter who is the First Lady has meant added responsibilities for Mrs. Auchincloss. Though a socially prominent Washingtonian, she used to attend only about one White House function a year. Now she attends a great many. Sometimes she has even substituted for her busy daughter as hostess at the White House. Often, too, as the First Lady's mother, she is invited to stand in receiving lines at foreign embassies. Yet, at the same time, she continues her own vigorous life. She is the efficient manager of two tremendous households—Hammersmith Farm and the home she maintains in the Washington area. From the time of her marriage to Hugh Auchincloss until last year, the latter was an estate overlooking the Potomac at MacLean, Virginia, a suburb of Washington. Now the Auchinclosses have sold this property and have bought a four-story red-brick house in Georgetown.

These households she has made family homes in an old-fashioned early-nineteenth-century sense. Sometimes Hammersmith Farm houses simultaneously three nurses for three different sets of grandchildren. The supranurse, at the center of this family network, is Janet Auchincloss.

Whenever her grandchildren need her, she is there. When Nini's baby had a mastoid infection, Mrs. Auchincloss moved into the hospital to give Nini a respite from watching. When Jacqueline is away from the White House, Janet Auchincloss will often baby-sit with Caroline and baby John, and when Mrs. Kennedy and Caroline vacationed with Princess Radziwill on the Italian Riviera this summer, John, Jr. stayed with his grandmother at Hammersmith Farm. Mrs. Auchincloss particularly enjoys imaginative exchanges with Caroline, her eldest grandchild. These are reminiscent of the time when Jacqueline, as a child, used to pretend that she shared her bedroom with a brown bear.

Yet "Grammere" thinks that Caroline is more like the President than like her mother, although "she gets her imagination from both parents." Mrs. Auchincloss added, "I'm so pleased that the President makes time for Caroline. He's a wonderful father and can enter the child's mind. When she sees a shark, he sees one, too."

Baby John, Mrs. Auchincloss thinks, is more like his mother than his father, in both looks and temperament. Already his grandmother sees in him little flashes of his mother's early, unbridled spirit.

When Janet Auchincloss is not being the nerve center of her family, she indulges her love for painting, theater, books, eighteenth-century English furniture, conversation, or for just serving and appreciating delicious French food.

Once celebrated in fashion columns for her "sartorial perfection," she is always chic. She shops in the French way, buy-

ing a few very good things and maintaining a select but small wardrobe that she wears a great many times. She has always been most attractive in softly feminine clothes, especially gay and vivid prints. Often she has chosen brown as her basic color and has planned her wardrobe around it. She prefers soft, full skirts to tight sheaths. While Jacqueline favors high round necklines, Mrs. Auchincloss chooses necklines that are square or have a deep scoop. Jackie and she do like the same type of shoes, though—pumps with medium-high heels.

In raising Jacqueline, Mrs. Auchincloss stressed self-reliance in matters of style as in other things. When they were small, she dressed Jacqueline and Lee identically, but as they grew older she encouraged each to find her own style.

Though she introduced Jackie, then a senior at George Washington University, to Mini Rhea, a Georgetown custom dressmaker who made many of Jackie's clothes before her marriage, that was the extent of her fashion influence on her

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daughter, Jackie had her own ideas about what she wanted, and insisted upon being individual and not moving with the crowd.

When "The Jackie Look" emerged, Janet Auchincloss claimed no credit for it. Amusingly, a friend commented recently, "Janet, you're wearing a Jackie hat." Said Janet Auchincloss, with a dead-pan expression, "One has to be in fashion!"

Once a topflight horsewoman, Janet Auchincloss no longer follows this hobby. "In my old age, I'll go back to it," she told me jokingly. But she often accompanies Caroline to Pony Club Shows near Middleburg, Virginia.

She belongs to a Badminton Group and a French Group. The latter meets at the homes of members to discuss French literature and history. Recently she wrote and delivered a paper to this group about the famous palace at Versailles.

There is time, too, in a busy life to be human in a direct, simple way. A Georgetown hairdresser mentioned, for instance, that he would like a car to drive to Connecticut. Instantly, Mrs. Auchincloss turned her Jaguar over to him.

Every year she gives a picnic for the children of the Hearing and Speech Center of Washington's Children's Hospital, on whose Board of Trustees she sits. The

Auchincloss home is also open yearly to Washington's Community House for a pet show, and the lady of the house takes an active part in the show's planning. She also serves on the Board of Lady Visitors of Washington's Children's Hospital, and works with the International Neighbors' Club, the Committee of American Field Services and the Committee of the World Affairs Forum. A member of the board of the Sulgrave Club of Washington, she also belongs to the Garden Club of Newport and the Colony Club of New York.

"Mrs. Auchincloss has also taken," as Emil Jemal of *The Newport Daily News* puts it, "a quiet, but effective front role among society hostesses. Her charm and tact helped her to this position long before her daughter became First Lady."

Currently, her most compelling public interest is The National Cultural Center, established by Act of Congress in 1958 as a bureau of the Smithsonian Institution. Appalled that Washington is the only major capital in the world without adequate year-round cultural facilities, she has directed all her energies toward working for the Center. "To me it seems very important," she says, "that there should be in our capital a symbol of the growing importance of the arts in American life, a symbol which not only has meaning to our own people but to the rest of the world as well."

CONGRESS has allotted thirteen acres of land on the Potomac for a showcase of the arts, to consist of a 2,750-seat symphony hall, a 1,200-seat theater and a 2,500-seat auditorium for opera, ballet and musical comedy, for musicians, actors, singers, dancers, poets and lecturers. It is up to Mrs. Auchincloss' committee and committees like it in other parts of the country to raise funds to build this showcase and to develop new talent. She is committed to raising seven and a half million dollars in the Washington area alone to make Washington the cultural capital which George Washington and Thomas Jefferson dreamed it would become. "As a matter of national pride," Mrs. Auchincloss says, "we should have proper facilities in our capital so that diplomats, foreign visitors and our own tourists alike will know that Washington is a cultural center as well as the political heart of the country."

Mrs. Auchincloss is aware that funds for a new building are just the beginning of the effort for the Cultural Center. Decisive thereafter will be the all-out creative push to offer the best in all the arts for all the people. There will also be experimentation with new forms and new modes of artistic expression—a great renaissance which may lead to a true renaissance of the arts in America.

To this end, as general co-ordinator of the Washington effort, Mrs. Auchincloss is doing a mammoth job of selling and organizing. Like a stern drill sergeant, she has organized her days by a schedule that allows ample time for the Center. Blossoming as a creative executive, she usually gives three mornings a week to this work, sometimes full working days. At parties she proselytizes subtly. For traveling friends, she draws up lists of names of persons to see about the Center in other cities. Even when she is at Hammersmith Farm, she receives re-



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ports from the Center and keeps in touch with its office by telephone. Her approach is so thorough that she refuses to lend her name to a letter she has not written or at least revised so that it sounds like her. Upon becoming chairman of the Washington committee, she insisted upon meeting every member of the Center staff and upon being taken to the site where its buildings will eventually stand. She has been judicious in her appointments, meticulously reviewing the record of each prospective appointee. As suggestions come to her desk from every part of the country, she weighs them carefully, chooses the best ones and promptly acts upon them. Delegating responsibility, she nevertheless maintains command of the major committees—The Special Gifts Committee, The Special Events Committee and The Dinner and Theater Committee for the closed-circuit telecast scheduled for November 29—*An American Pageant of the Arts*. This telecast, which will have Leonard Bernstein as host and will offer a sampling of programs to come, will launch the Center's national campaign and will be shown simultaneously to viewers at fund-raising dinners and theater and auditorium benefits in 100 cities.

Mrs. Desmond Fitzgerald, a friend and co-worker, marvels, "I have never seen a more professional amateur than Janet Auchincloss." Says Edward F. Foley, "She has shown a flair for organization, for knowing whom to appoint to her committee and for keeping them interested once they are there."

She has also shown an unsuspected flair for salesmanship, which she has put into action even beyond the Washington area. With tact and finesse, she persuaded an influential Baltimore friend to arrange a luncheon meeting of prominent people—representatives from the Peabody Institute, the Baltimore Symphony Orchestra, newspaper, broadcasting and other media—to further the cause of the Center in Baltimore.

Hearing that a friend was planning to contribute to New York's Lincoln Center, she lured her into doing the same for the National Cultural Center—before the actual fund-raising campaign had begun.

**D**IFFIDENT about speaking in public, she now finds herself addressing many meetings. When she recently gave a tea for some forty members of her committee, who represent the labor movement as well as bankers, businessmen, patrons of the arts, churches of every denomination and both sides of the aisle in Congress, she talked to a standing-room-only gathering in the living room of her home in the Washington area. In Baltimore she addressed community leaders of all persuasion, in an attempt to sell the November 29th telecast. At staff conferences at her home, she listens intently to her colleagues, then expresses herself precisely, meeting the problem head-on. Usually her husband, Hugh D. Auchincloss, is present at these meetings and inevitably there comes her eager "What do you think of this, Hugh D.?" As a stockbroker of renown, he is an able financial consultant to his wife in her National Cultural Center effort.

During her trip to Baltimore on behalf of the Center, Mrs. Auchincloss called a

friend to say hello. When she mentioned why she was there, the woman replied that she had never heard of the National Cultural Center.

"How can that be?" Janet Auchincloss asked a companion. "How did we fail to reach an alert, intelligent woman?"

It is at moments like this that Janet Auchincloss betrays an ingenuousness that baffles her friends. They are also baffled by how she manages simultaneously to be so efficient and so feminine. A friend tells this story: "The time was Jacqueline's wedding, the place, Hammersmith Farm. The father of the groom, meaning to be helpful, sent a deputy to supervise photographers. Janet told the deputy politely, 'Young man, I've been part of innumerable weddings and I know what to do. Thank you, but I won't need your help.'"

Janet Auchincloss' friends see an anomaly, too, in her dual role as a cultural sophisticate and an old-fashioned mother. With all she has to do, she stays placid and serene.

**T**HERE are chinks in the armor of her calm, however. Often she breaks free from the well-organized life she forces herself to live and visits endlessly on the telephone. The once wild, daredevil horsewoman also permits herself the self-indulgence of fearfulness.

"I'm a worrier," she admitted. "There are my husband, my father, the children, the grandchildren. Things are always happening to them or are likely to happen."

At the close of a recent visit to Hammersmith Farm, I walked with Janet Auchincloss through the long entrance hall with its white paneling. We paused for a moment before the Presidential flag with which the President had presented his host, Hugh D. Auchincloss, when he and the First Lady had, by their presence, turned Hammersmith Farm into a summer White House.

Outside the house, Janet Auchincloss remarked, "I didn't show you the ponies! Or the animal cemetery. Jackie's Caprice is there. She was the first."

We stepped into one of Mrs. Auchincloss' cars. "You don't mind riding in my funny old Jaguar?" she asked as she took the wheel. Janet Jennings Auchincloss was with us. She is now seventeen, a student at the New England Conservatory of Music. A boy friend who hadn't called in months had broken the silence that morning, and Janet Jennings was bubbling with enthusiasm. "She's very teenagish," her mother remarked. As we drove, Mrs. Auchincloss chatted about the dinner party she was giving that night for a Miss Braden, a woman in her nineties who had known Hugh D., who is now 65, when he himself was a teenager. One had a sense of the agelessness of Janet Auchincloss. At 54 she is in tune with persons of all generations.

Later, when I called her from the railroad station to thank her again, she asked me whether I could hear Jamie, her fifteen-year-old son, playing his clarinet. She held the receiver up for me to listen. The incident was revealing. Music symbolizing all the arts, and children, representing Janet Auchincloss' deep sense of family—these are the main-springs of the life of the mother of the First Lady. ♦

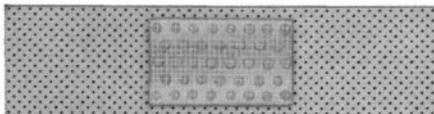


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A jewel of crewel embroidery continued from page 126

**Here are seven simple stitches** you will use in making the beautiful crewel work bedspread shown on page 126. We had the bedspread made up in three separate, stamped panels for easier handling and embroidering. You will find directions for sewing the panels together included with the bedspread. And now—careful stitch by stitch—you can begin your own treasured work of art.

**1. Outline stitch:** Work from left to right. Keep thread always on the same side of the line. Take a back stitch, bringing needle out where the last stitch went in.

**2. Blanket stitch:** Bring the needle out on the line. Take an upright stitch with needle pointed down, keeping the thread under the needle.

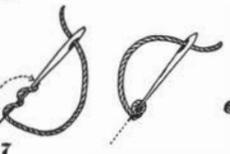
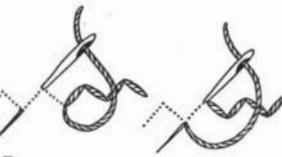
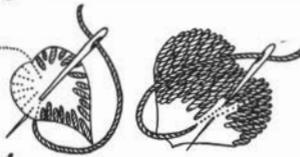
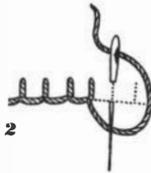
**3. Satin or solid stitch:** Take over and over stitches close enough together to cover the fabric. Edges should be neat and even.

**4. Long and short satin:** This is much like satin stitch except stitches are long and short. One row encroaches upon another. It is used for shading and filling.

**5. Zigzag stitch:** Work back stitch in zigzag fashion.

**6. Straight stitch:** Single straight stitches of any desired length are worked in any direction.

**7. French knot:** Bring needle out from wrong side of fabric on the dot. Wind thread over needle 2 or 3 times. Insert needle close to where it came out; adjust tension; pull needle to wrong side. Please read carefully the instructions given below for ordering Tree of Paradise spread and thread kits for embroidering. ♦



Crewel bedspread, stamped for embroidery on 3 panels of 100% off-white Belgian linen. Instructions included.

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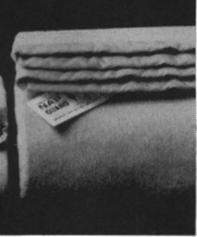
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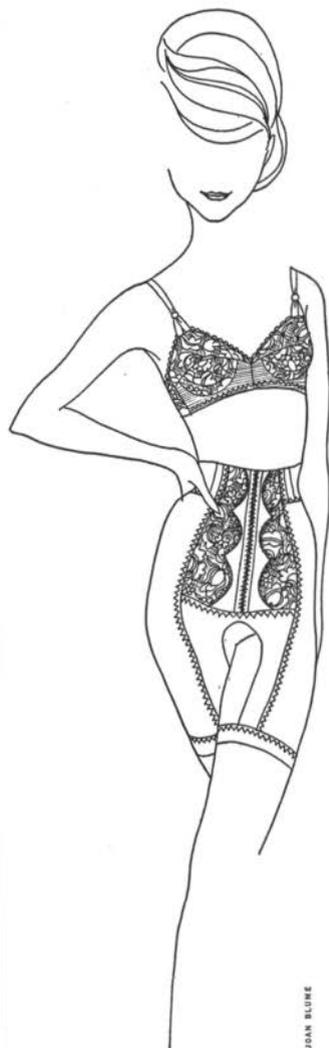
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## FLOORS: how to wash and wax in one step

Cleaning a kitchen floor can tie up the area well over an hour while everything there comes to a standstill. You know how the job goes. First, you mop for 10 or 15 minutes. Then you wait until the floor dries. Next you apply self-polishing wax (another 15 minutes or so) and you wait again, this time while the wax dries. Is it any wonder it's difficult to plan a time when the kitchen can be kept free that long? Now, I'm glad to herald, help has arrived with a new floor-care product. (Write me for brand information.)

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Unbelievable as it first seemed to me, this special product will wash and wax a floor in one operation—with you master-minding it, of course. And, according to my recorded calculations, this dual-duty performance saves half an hour of closed-off kitchen time. Happily, the cleaning and polishing agents are combined to work well on all types of washable resilient floors, from asphalt to vinyl. This includes linoleum, vinyl asbestos, vinyl cork, rubber tile and printed floor coverings—light-colored or even white ones. Also, its shine increases as you continue to use it.

### ITS MANNER OF USE

Before the first use, all old wax and soil should be taken up (but I'll go into that later). In subsequent uses, you first vacuum or sweep the floor or, better yet, use a damp sponge mop to whisk up dust and grit. Black streaks and dark scuff marks should also be removed. Rub them with fine, dry steel wool.

To use, pour enough of the product onto the floor to clean an area about 4 feet square. With the sponge mop, thoroughly rinse, mop the floor until the dirt is loosened. Finish the area with long, smooth strokes in one direction (as in waxing) to leave a thin coat of the product on the floor. Rinse the applicator to remove soil, wring out and continue. Let the floor dry.

### REMOVING OLD WAX AND SOIL

To pretreat your floor before the first use of this product, use a special wax remover or make your own by adding  $\frac{1}{2}$  cup each of detergent and ammonia to a gallon of hot water. Mop the floor, rinse, and let it dry before applying the new floor-care product. ♦

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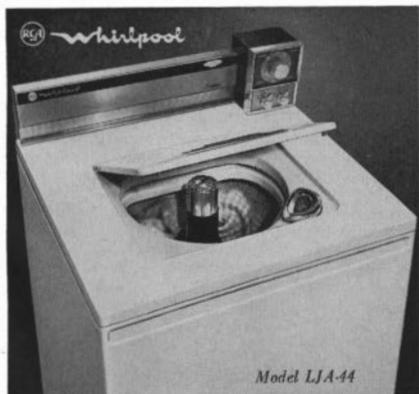
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**Should they be told the truth?: Yes** continued from page 71

has cancer of the bone. A man who has leukemia may be told only that he is anemic—a part-truth that adds up to a deliberate deception. But there is no way you can soothe these away—or lie about—the fact that these patients see themselves getting progressively worse and nearly always descend into a terrible state of fear. I find that the truth, even when devastating, nearly always has a less serious effect than supposed. The truth somehow enables the patient to feel a certain satisfaction. Relieved of his gnawing suspicion and resentment at the conspiracy of silence around him, he is able to accept with equanimity the fact that he is ill—a state of mind that has obvious medical advantages.

I have a patient now who over a period of many years was deceived about her high blood pressure. Wondering what was the matter with her and why she didn't get well, she went from one doctor to another. This made successful management of her illness quite impossible. Now she knows what she has and what has to be done to keep her illness under control. She is resigned to the disciplined life of a patient with high blood pressure. She is very co-operative and greatly relieved. She knows that she is not a healthy woman—but she is cheerful and is no longer obsessively preoccupied with her condition.

I am aware that a recent study revealed that the overwhelming majority of physicians conceal the facts about serious illness. Yet I doubt that many of their patients are really deceived. Medical science is no longer a mystery. Through books, newspapers, women's magazines, and radio and television, the medical profession has been educating the public for several decades. The research organizations make an earnest attempt through the press, direct mail, posters and other media to describe the warning symptoms of our most widespread illnesses. The American Cancer Society's highly publicized *Seven Danger Signals* send thousands of people each year to their doctors for checkups.

**T**OO OFTEN, however, when these men and women come into doctors' offices they are treated as though they cannot understand the realities of life. The fact is that, today, patients who are seriously ill usually know—or strongly suspect—what is wrong with them.

A colleague of mine was asked to consult on a case that was being considered for a total adrenalectomy—removal of the adrenal glands near the kidney. The patient was an attractive, intelligent housewife. One of her breasts had been removed because of cancer, and the upper part of her body and skeleton were now riddled with the secondary growth of malignant tumors.

The husband met the doctor in the hall and said tensely, "Under no circumstances are you to tell my wife what she has!"

The doctor replied, "Wait a minute! Are you asking me to go into this room and talk to a woman about removing her adrenal glands and yet not mention why you and I are talking about her condition out of her hearing?"

The husband said firmly, "That is my expressed wish, and as a lawyer I assure you that I expect to have it followed."

The doctor replied, "Very well, come with me." The two entered the office and the doctor asked the woman patient, "Why do you think you are here?"

She answered, "I haven't wanted to discuss this with my husband, but my guess is that I had cancer of the breast and probably it has spread."

The doctor said, "I'm leaving you two alone for half an hour. I'm sure you will want to talk this over."

He reported, "When I returned, the whole atmosphere had changed. They had had a chance to face the facts together and to face the future together."

Happily, it turned out that a much less serious operation was all that was needed to give the woman enormous relief. For three years she led a completely normal life—even played golf—then died quickly without much suffering.

I make it a policy to tell my patients everything they can understand. "How" you tell is, however, vastly important. I think perhaps many doctors decide to conceal the truth from their patients simply because they don't know how to disclose unfortunate facts and at the same time give hope and courage.

**A**Ll the humanity of the physician is called upon. Electronic machines are already being used in diagnosis. It is conceivable that we might build a machine that can render the proper prescription, supervise treatment and even perform surgery. But a doctor will always be more than a knowledgeable mechanic. Humility, sensitivity, kindness and compassion—and, I sincerely believe, honesty—are needed to encourage patients and give them support in times of pain and depression. Hope is essential if the doctor is to successfully manage an illness, but it cannot be false hope. It must move in the direction of truth.

Often it is the relatives who insist, "Now, you mustn't tell my father what is wrong with him!" Yet relatives who are genuinely concerned are usually poor actors and cannot conceal their own distress. Nor can they be safely counted on to predict how the patient will behave. I am reminded of a patient who, on learning that he had cancer of the lung, warned me not to tell his wife. "She'd throw herself out the window if she learned," he said.

When the wife did find out about it, she rushed to my office and said, "I hope you're keeping this a secret from my husband. He'd swallow poison if he knew the truth."

Of course neither committed suicide. They were in love and they greatly comforted each other during the four years that the husband lived.

You cannot tell a patient about his illness in three or five minutes. It takes at least an hour and perhaps several visits. The information must be cushioned. I agree that the word "cancer" is so fraught with terror as to be almost useless. But other accurate words that are not misleading can be employed.

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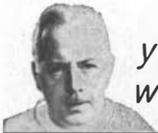
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search—which are being made in medical science. They need to know, for example, that pernicious anemia used to be 100 percent fatal but now nobody dies of it. Very often the brave response is, "Well, doctor, how can I help medical research?" Once a woman who learned that she was suffering from lymphosarcoma made a substantial gift for research in that field. The result has helped thousands.

I believe strongly that nearly everyone has the ability to be heroic. A personal crisis brings forth surprisingly strong stuff. I remember one patient who announced as I entered the room, "Dr. Forkner, if I have cancer I'm going to jump out this fourteenth-story window."

She told me she had been worried and sleepless for several weeks. I discovered that she had a serious carcinoma—a malignant tumor of the connective tissue.

She asked me, "Doctor, do I have cancer?"

"I knew that she was a sensitive, excitable, somewhat neurotic woman. Nev-

from his parents. They, of course, knew what was wrong but could not bring themselves to talk about it. The last months of the boy's life were passed in a bright, chatty, anguished game of nerves. The warmth, tenderness and serenity that this family so needed to share with one another at this time were suppressed.

In another hospital a young doctor found that he had leukemia. He walked down the hall and struck up a friendship with a young Roman Catholic priest who was also fatally ill. Together the two handled their illnesses with poise and courage. If we had pussyfooted around with these two men, it would have been a great shame.

In my opinion, however, no doctor should take it upon himself to say to a patient, "You have ten weeks to live"—or three months or two years or any time whatsoever. A diagnosis should never contain a death sentence. Statistical probabilities of life or death are useful to medical research but cannot be applied with any accuracy to an individual case. Too many desperately ill patients have survived to serve as their doctors' pallbearers.

A patient of mine was discharged from the hospital and her relatives advised to enter her in a nursing home that specialized in handling terminal illnesses. Everything possible had been done for her medically, but the end seemed near. She was in a comatose state. Cancer had invaded every part of her body. She couldn't lift her legs because carcinomatous metastases in the vertebrae were pressing on the nerve trunks. One would have guessed that she had only a few weeks to live.

One year later that woman was enormously improved. She had gained 30 pounds. She was comfortable and cheerful and was walking everywhere. Eventually she did die of cancer, but she lived three years longer than anyone expected her to.

Another patient, thirty years before her death, was told that she had a very serious type of leukemia. All the physicians who saw her over that thirty-year period said she could not possibly live more than six months. She did die of chronic myelogenous leukemia—but not before she had lived out a full lifetime during which she kept house, supported a family and did the work of three people.

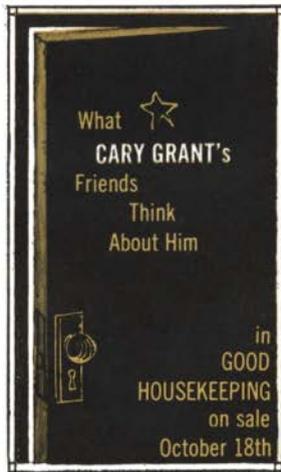
**DOCTORS** simply do not know when patients are going to die. When we see a malignant biopsy specimen (a small piece of tissue removed for examination) in front of us or X-rays showing widespread disease, we must remember that all sorts of mistakes can be made. The forecast is always flexible, and even the diagnosis—made by the most highly qualified physicians—may be wrong. I know a farmer in New Hampshire who is still milking cows twelve years after he was foolishly told to be prepared to die. The doctor who datelined his patient's doom is himself now dead.

There are all degrees of illness, and each patient who becomes ill presents a different picture. Many cases surprise us. The doctor who sets out to tell the truth to his patient must be humble enough to

ertheless I answered calmly, "Yes, you do." I sat down and talked to her for an hour, thoroughly explaining the situation. That night she slept peacefully. Not once did she again mention suicide. She proved to be a very heroic woman.

When patients are told the truth a kind of protective strength enfolds them. I cannot say whether the power comes from a spiritual or psychological source. I have talked it over with psychiatrists and with clergymen and none has ever explained it to my satisfaction. I only know that most of us have more strength and courage than we are ever called upon to exhibit. Dying patients who are not given a chance to show the stuff they have in them have been cheated out of something precious.

A minister once told me about a brave teenage boy who knew that he was dying. He discovered his plight by reading books, looking at his chart, overhearing a few chance remarks and, finally, pinning down his reluctant doctor with a direct question. When the boy learned the truth he did everything to keep it



**“Why Calvin, you old smartie,  
that sink just sparkles!”**



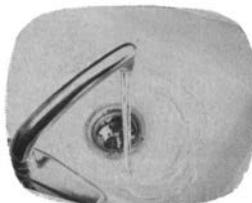
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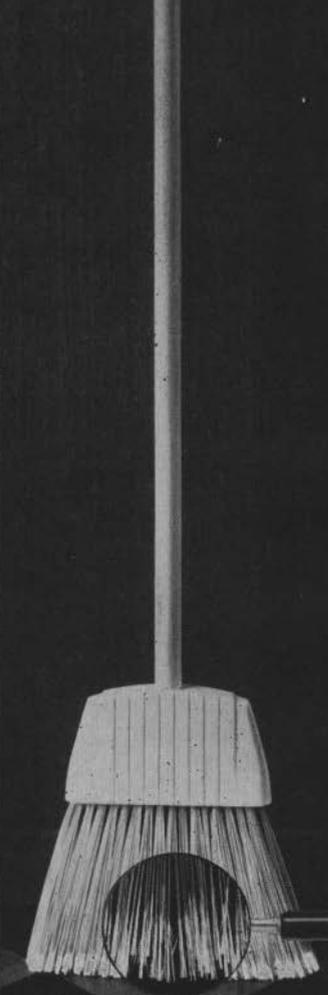
See what happens with new Ajax. Your sink snaps back sparkling clean and white. So remember, for the toughest stains get the cleanser with built-in scour-power. New Ajax! Gets out stains even bleach can't reach.



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separate his own opinions or speculations from the known facts. He must be very careful to get those facts across and be sure they are understood.

Many busy physicians say they do not have the time, patience or ability to explain a complicated illness to a man or woman who may know little or nothing about biology or physiology. But I believe that if they will only take time and develop interpretive skill they will find that it has clear rewards. Certainly the patient will be grateful for the opportunity to plan for his own future and for that of his family, particularly in regard to finances. It is not enough merely to say, "Put your affairs in order." No one is likely to do a thorough job of overhauling his estate, safeguarding his business interests and perhaps arranging for the guardianship of his children unless he knows there is a compelling reason for him to do so.

The patient who hears the truth from his doctor is spared that distressing and irritating experience of trying to become a kind of Sherlock Holmes in the medical field by scanning books and exchanging misinformation with ill-informed friends. He is also given an opportunity to seek religious consolation and to achieve those few small, warm dreams that each of us carries near his heart. Perhaps he will not do any of these things. But he will feel that he has had the chance to do them. Often that is more important than the performance.

**Should they be told the truth?: No** *continued from page 71*

is a courageous person—indeed, a decorated war hero—the knowledge of his condition has thrown him into despair.

The doctor in charge of this case has administered tranquilizers, sent around the family minister and even insisted on a tropical island vacation, all in vain. He told me recently, "I'd give anything if I could inject John with a little cheerful optimism—you can't do much for a patient who has no fight left in him."

It was not my place to tell this doctor that in my opinion he himself had brought on this condition by imparting diagnostic facts with a frankness that was unnecessary and unwise.

I'm well aware that the question, "Should a doctor tell?" is a highly explosive one. I know that repeated public-opinion surveys show that a vast majority of people in all walks of life insist, "I want to be told" about any diagnosis that reveals a dangerous or apparently fatal illness. Most people would go further and say, "I have a right to be told! It's my body you're treating! It's my money you're taking for your fee!"

One recent survey reported that 91 percent of a group of 1,200 adults insisted that they would want to be told. A poll of cancer patients revealed that 89 percent favored knowing about their condition. A survey of 560 "next of kin" to cancer patients showed that 87 percent feel the patient should be told.

Clergymen have said repeatedly that the problem is a spiritual one—a dying man should have the opportunity to make amends for injustices he may have done, to reconcile himself with his enemies, to pass into eternity with peace in his heart.

I am thinking of a woman who came to me because she had suddenly noted a pea-sized lump in one breast. Unfortunately, a biopsy showed malignancy. I told her about it and arranged a date for her to enter the hospital for radical surgery. I could see that she was dismayed at first, but as I talked to her I saw her suddenly stiffen with some new emotion—and then she smiled.

"What is it?" I asked.

"Doctor," she said, "I'm going to do three things before I enter the hospital—things I've been meaning to do for a long time. I'm going to make some grape jelly. I've always dreamed of having a shelfful of jelly jars with my own label on them. Then I'm going to get up enough nerve to saddle and ride my daughter's horse and take a bridle. Then I'm going to apologize to my mother-in-law for what I said to her in 1949."

"All right," I said. "Good luck."

I'm glad to say that she did all these things, underwent surgery successfully, and now, five years later, no longer has any evidence of cancer. I think I can even say with confidence that she is a much happier woman. Beginning with the small and rather amusing gestures before her operation, she has discovered that she has inner wellsprings of courage, persistence and generosity that she was never able to draw upon before.

If one has to walk through the valley of the shadow of death, I think it is better to go without a blindfold. ♦

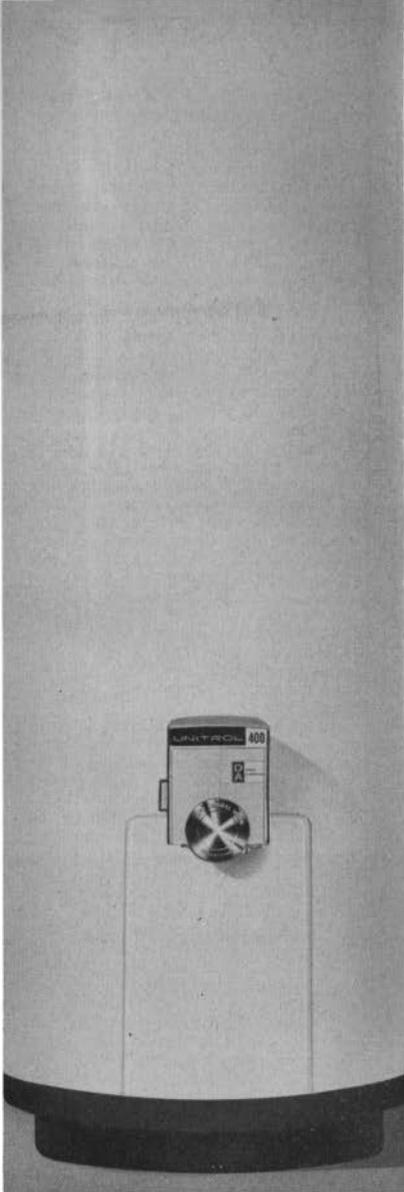
Many people insist that the doctor who shrinks from issuing a "death warrant" diagnosis may do grave legal injustice to the patient and even open himself to a suit for malpractice.

Nevertheless, repeated investigations have shown that the overwhelming majority of my colleagues do not tell all their patients suffering from a fatal disease the total truth. Many believe that no one who is deathly ill should be told! Except in unusual circumstances, I myself "bend the truth" far enough to avoid the use of any diagnostic language that might give a patient a sense of doom. I am not a coward, nor am I excessively soft-hearted. My plain duty, as I see it, is to treat the illness from which the patient is suffering with every tool at my disposal. In my opinion the doctor who deliberately extinguishes the spark of hope in the human heart is handicapping himself beyond belief. Personally I would sooner dispense with almost any drug or medical technique than to have to try to cure—or even alleviate the suffering of—a patient who fully expects to die.

"But I can take it! I'm tough! I'm not a quitter!" How often doctors hear that insistent cry. And how difficult it is not to yield to it. Yet the man or woman who snaps, "Of course I would want to know!" and may even now be vigorously penning me an indignant letter, is not qualified to express an opinion in this matter. Why? Because he or she is in good health and therefore the question is meaningless. In exactly the same way, every woman I know who is a mother would assure me that she is willing at any time to give her life for her children. But



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## The CBS Radio Network

until faced with such a dreadful emergency, does any mother know surely how she would act? Heroism cannot be decided in advance, either on behalf of one's children or for oneself.

Nor am I impressed by the quizzes conducted among cancer patients, heart patients and other groups of fatally ill persons aware of their condition which purport to show that they are glad that they know exactly what's wrong with them and that they hope other sufferers will also be told the full facts. These men and women are the patients of doctors who have told them the full facts. Facing death, they still desperately need to trust their physicians. One can scarcely expect them to say, in effect, "I think my doctor did wrong!"

Who are the physicians who briskly advocate telling the whole and unvarnished truth? Although they are found in all fields of practice, surveys indicate that they are most likely to be doctors who do not have close personal relationships with their patients. In contrast, the young hospital resident who makes the rounds twice a day, the surgeon or radiologist who is in charge of the last-ditch fight, and the old-fashioned family doctor on whom the entire family leans for support—these are the physicians who best know the medical value of hope and good cheer.

At least once a month every internist or general practitioner examines a man or woman who has noticed one of the American Cancer Society's *Seven Danger Signals\** and come for a checkup. Unlike the healthy person who says blithely, "Of course I want to be told!" these patients are worried. It may be a woman in her late twenties who asks anxiously, "Doctor, what about that lump? Is it cancer?"

Personally I like to hear the word "cancer" used as little as possible. It is misleading because it covers so wide a range of conditions. There are dozens of different kinds of cancer. Each one of these may be in a primary, intermediate or advanced stage. Five different forms of cancer can occur in the thyroid gland alone. Two have a very high survival and cure rate. Two are so viciously malignant that, after final diagnosis, patients rarely live longer than two years. The fifth type of thyroid cancer falls somewhere in between. Which of these patients should be told he has "cancer"?

Every physician knows of rare but well-documented cases of advanced, apparently incurable cancer that were self-arrested. I know one woman who was told fifteen years ago that she could not expect to live long. Of course she was terror-stricken. But after treatment her cancer symptoms disappeared. She has long been in good health. But she is still tense and apprehensive. She has never dared to marry or even to study for a

career. The remarkable "lease on life" which was granted to her has been all but meaningless.

Another woman came to her doctor four years ago with a deeply involved, inoperable malignancy. Statistically, her life expectancy was six months. Yet today she is alive, comfortable and happy—literally living with cancer! She doesn't know it. I am glad.

Therefore, when someone says, "Do I have cancer?" I avoid using the word. Although modern chemotherapy prolongs life and greatly relieves symptoms for many cancer patients, nevertheless in the minds of most people, the term "cancer" is a death knell. It means, "I shall die soon and I shall suffer horribly."

"It isn't cancer, is it, Doc?" is the way most inquiries are phrased. Note the negative approach! Obviously the answer—the only answer—the patient is braced to hear is, "No, you don't have cancer." But in my experience, the question, even in this form, is usually asked only once—at the initial diagnostic interview. The physician can answer the question honestly by substituting equally accurate but less alarming words like "swelling," "lump," or "tumor." If he can get his patient through this first, tense period, it is very probable that the matter will not come up again.

IF a patient tends to laugh off the diagnosis or delay urgently needed treatment, he can be told that the tumor is "suspicious" or "pre-malignant" and must be removed. The patient who has confidence in his doctor will do as he says without being bludgeoned by death threats. Even extensive surgery can be achieved without drumming in the details or the statistical chances of recovery from the illness. When a woman with a malignant breast tumor comes to her doctor for help, is there any humane, social or medical reason to tell her bluntly, "You've got one chance in five of living two years!"?

Of course, there are cases in which I do tell the patient what is wrong—if, for example, examination shows only a superficial skin cancer—now 93 percent curable. Or if a patient comes to me tomorrow with an early case of tuberculosis, I shall probably tell him plainly, "You have TB." Twenty years ago I might not have done so. In those days—before the miracle drugs—TB was a "death diagnosis." Similarly, when I first began to practice, an illness called subacute bacterial endocarditis—an inflammation of damaged heart valves—was 95 percent fatal. Today, this illness arouses little alarm because, thanks to penicillin, the statistics are reversed and it is 95 percent curable!

When the future of the patient is uncertain, however, I hold with the ancient medical precept: "As far as possible, do no harm." The American Medical Association's code of ethics states: "The physician should neither exaggerate nor minimize the patient's condition. He should assure himself that the patient, his relatives or his friends have such knowledge of the patient's condition as will serve the best interests of patient and family."

Won't the patient who is given an ambiguous diagnosis feel uncertain and anxious? Yes, indeed he—or she—will, but

### \*Seven Danger Signals:

1. Unusual bleeding or discharge.
  2. A lump or thickening in the breast or elsewhere.
  3. A sore that does not heal.
  4. Change in bowel or bladder habits.
  5. Hoarseness or cough.
  6. Indigestion or difficulty in swallowing.
  7. Change in a wart or mole.
- If your signal lasts longer than two weeks, go to your doctor.



### **By kayak, yak back and jet**

Lowell Thomas has traveled more than five million miles—by every known transport—covering news for the CBS Radio Network. He's a legendary figure, but the facts are more fabulous than the fables.

Thomas was the first to broadcast from Lhasa, the forbidden city of Tibet, and he was the last Western journalist to report from that country before it was occupied by Red China. An island in the Arctic and a mountain range near the South Pole are named for him. Lowell Thomas is also

Honorary President of the Explorers Club, a distinction conferred on only three other men in history. His book, "With Lawrence in Arabia," is probably the most famous of the 47 books that he's somehow found time to write.

Lowell Thomas is heard every weekday evening on CBS Radio. His nightly reports are part of the most colorful, complete and up-to-the-minute news coverage in all broadcasting...CBS Radio News, heard exclusively over the stations on the opposite page.

**The CBS Radio Network**

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# SPEED QUEEN

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in our fast-paced world large numbers of human beings learn to live with constant anxiety. "Will I lose my job?" "Is my husband faithful?" "Will the atom bomb fall?" Medically speaking, anxiety is healthier than despair.

I know of cases involving patients who were told the truth—the brutal truth—by their doctors. The full facts caused them to quit sensible medical treatment and seek out fraudulent, smooth-talking quacks. The quacks fed them on whole-wheat bread, gave them sun baths and breathing exercises, taught them rhythmic chants, administered vitamins. None of these had the slightest effect on their illness. But the quacks did give their patients hope. Those who are denied hope in one area will seek it in another. No one can endure life without it.

THERE are even some psychiatrists who suggest that cheerful optimism and maintenance of hope by the patient may have a favorable influence on the post-tumor response. No one knows what makes a tumor spread or what controls the rate or growth pattern of a malignancy.

I pity the public figures whose cancer is front-page news. These poor souls are robbed of their right to privacy and dignity. They never experience the physical and mental comfort that their physicians and hospitals would like to provide. I also strongly doubt the educational value claimed for the stories which relate an individual's "triumph" over cancer. Those who read such articles do not need them. Those who need to read them shudder and pass them by.

What about those men—and perhaps a few women—who are so important in public life that the destinies of many other persons, and perhaps that of the nation itself, hangs on their active presence? It is well known that the many distinguished physicians who attended the late Senator Robert Taft, a leading figure of his time and majority leader of the U.S. Senate, reluctantly decided that it was their duty to tell him that he was suffering from advanced cancer, tardily diagnosed, and that he had only eight weeks to live.

Since then there has been a great deal of discussion about whether or not he had to hear the news so definitively. I myself have treated many leading businessmen and industrialists, academicians and responsible office-holders whom diagnosis revealed to have a fatal disease. In all such cases I say, "Put your affairs in order. You are in for a long illness and the date of your return to active life is uncertain."

Is there a legal necessity to tell the patient? Some lawyers, appalled by the idea of being left to face the disordered estates of men who die without making their wills, argue that a physician who knows his patient is a "person of substance"—which means that he has a lot of responsibility or a lot of money or both—is guilty of malpractice if he withholds information about a fatal illness. Other lawyers say the question comes under a general statute called "the law of deceit." This means that if you deliberately lie to someone and he suffers damage through acting on your false information, he or his heirs can sue.

The subject has rarely been tested in the courts. One case that involved a deliberately misleading medical diagnosis concerns a woman who came to her doctor with a large lump in one breast and told him hysterically, "If I have cancer, I'll go out of my mind!" The doctor examined her and found that she did have a cancer. He told her, however, that she did not, but nevertheless insisted that her breast be amputated.

A few years later, the patient—now in good health—found out the truth. She brought suit against the doctor for inducing her to submit to an operation under false pretenses. Counsel for the doctor argued that no damage was proven and that, on the contrary, the defendant had saved the plaintiff's life. A verdict was found in the doctor's favor.

Can a patient put his doctor legally and ethically on the spot? Usually it is the doctor who puts himself on the spot. You may tell your doctor, "I want an examination, but before you give it to me I want you to agree that if I have a carcinoma or any other fatal disease you will tell me the exact truth."

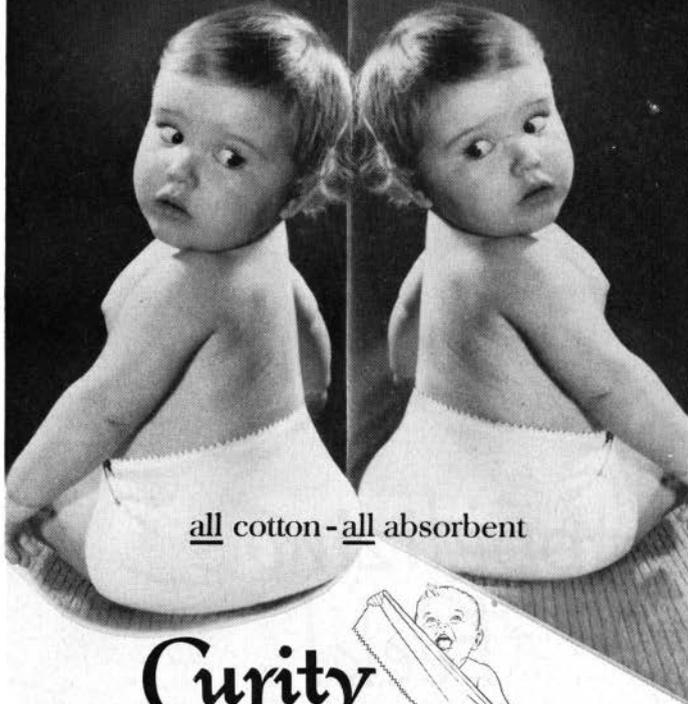
If your doctor replies, "All right, Madame, I shall be glad to do so," and then he suddenly discovers some alarming fact that he decides to suppress, he is probably open to legal action. I feel, however, that it is an extremely rare person who walks into a doctor's office with the intent to pin the doctor to the wall in this manner. Most people who go to a doctor are uncomfortable or in pain and they simply want to know what they need to do to get well. Only the martyred, the morbid or the mentally ill are preoccupied with the nature of their illness.

There is no question that someone should be fatal when a patient has a fatal illness. That person is not necessarily the patient's husband or wife. Often if the married couple are very close, confiding in the mate is the same as confiding in the patient. Not a word on the subject passes between them, yet some kind of subtle communication transmits the fright and the heartbreak. Frequently it is a good idea to tell two members of the family. Then they can lean on one another for comfort without intruding on the patient.

I realize that this experience can be painful for the family and that the patient himself might wish to spare them. Yet I feel that it is the family's rightful burden. Certainly it is preferable to the situation that results when the doctor tells the patient, "You haven't got much longer to live," and leaves it up to him to decide whether he is going to appeal to his family for support or endure it alone.

**WHAT** about religion? Some clergymen have protested that if a patient does not know he is facing eternity, religious counseling is not requested or is received grudgingly with no true appreciation of its significance. For this reason many clergymen favor "telling the truth." But neither the Protestant, Catholic nor Jewish faith has any firm attitude on this question. The last rites of the Roman Catholic church are administered to a dying patient in his last hours. The incurably ill patient who still has a considerable period of time to live can gain much from spiritual counseling without being

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# Appetizing Peek!

## WHO CAN WAIT? WEST BEND'S NEW 4-IN-ONE BUFFET CHEF GIVES YOU A PREVIEW OF ANOTHER DELICIOUS RECIPE YOU CAN PREPARE . . .

Serve it hot. *Serve a lot!* West Bend's spacious new automatic Buffet Chef (over 140 sq. in. cooking area) is a skillet, griddle, roaster and server, too. Try offering a treat like simmer-delicious "frank quails" and California 'burgers for a fall buffet. And that's just *one* of the things you can accomplish. Make big batches of light breakfast pancakes, or prepare chop suey, chicken Tetrizzini or other appetizing casseroles for a Saturday night crowd. High dome cover accommodates a rolled beef roast or even two chickens at one time. *Don't forget . . .* with a Buffet Chef you prepare food — *then* serve it glamorously in the same appliance. Includes roasting rack, automatic heat control, colorful recipe booklet. Gleaming aluminum. Under \$30; *at appliance, hardware and housewares dealers.*



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Automatic flavor formula — makes the same sparkling, delicious coffee every time.



**AUTOMATIC 2 or 4 SLICE POP-UP TOASTERS**  
Radiant heat-sensing device gives perfect results, even with frozen bread.

THE WEST BEND COMPANY, Dept. 79A, West Bend, Wisconsin

told that he is about to meet his Creator.

What about the personal psychology of the doctor who tells all the facts? Is he, perhaps, subconsciously thinking not so much of his patient's emotional endurance as of his own?

Telling a patient that he has a fatal illness may be briefly painful, but it certainly has advantages for the doctor. He easily justifies the most radical treatment. He does not risk the "loss of confidence" which sometimes ensues when a patient accidentally learns the full facts. He does not have to use his energies to deliver a cheerful, hopeful "Good morning" or to buoy up the spirits of an exhausted patient.

ONE psychiatrist who is interested in the motives of the doctor who "lays the facts on the line" suggests that perhaps this type of physician decides to tell those patients who he knows will make the least demands on his own supportive energies. The strong, self-reliant patient who is surrounded by loving relatives is the one most likely to hear the whole truth. The socially disorganized, highly emotional patient is usually considered a suitable candidate for kindly deception. Yet it seems to me that few doctors know enough about the inner lives or personal backgrounds of their patients to be able to decide arbitrarily that this one "can take it" and the other can't.

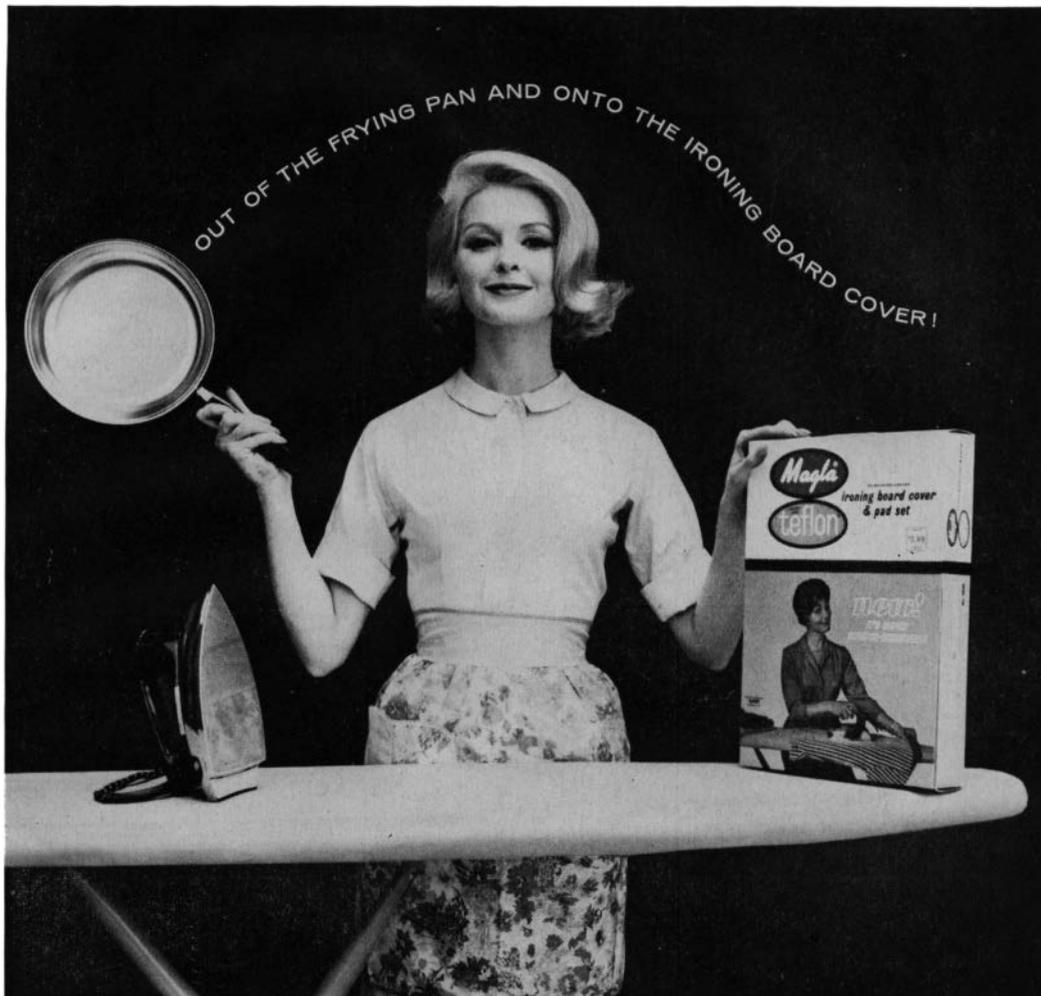
It should be emphasized that the doctor should be available to a seriously ill patient at all times. The most important attributes of a physician's relationship to a dying patient should be confidence, willingness to talk and frequent personal contact. To the doctor who believes that it is not good medical practice to tell a patient he is dying, this contact becomes more and more difficult as the months pass. Yet I believe that the relationship must be maintained to the end.

In delivering a talk on the subject to a group of doctors I suddenly recalled a scene that took place in a hospital corridor many years ago when I was a young intern. An old man was being wheeled from one treatment center to another. He was suffering from inoperable cancer, but he didn't know it. Although he had been in pain for some time, he kept smiling and even gently squeezed the hand of the pretty nurse. "When I get out of here," he joked, "I'll show you Paris!"

Suddenly someone walked up and said, "Is this the cancer patient?" and dropped a set of charts on the stretcher. The old man read the truth in the nurse's startled face. He went completely to pieces. He wept bitterly. It was several hours before he was calm. From then on, the spirit drained out of him. He told no more jokes. He turned his face to the wall and became a suffering human animal, passively waiting to die.

At the moment I am treating a young boy who has Hodgkins disease. His mother knows that his life is not going to be a long one. He doesn't. He has entered a contest that offers a trip on a jet plane or a Western pony as first prize. He is debating which one he will choose.

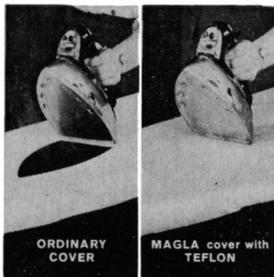
Dr. Paul Dudley White, the heart specialist who attended President Eisenhower, cautions, "Instill a cheerful outlook. Tolerable comfort is nearly always possible. Remember that life is sweet." ♦



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*Dramatic test proves the Magla ironing board cover coated with TEFLON—NO SCORCH after 10 minutes under a 450° iron! The ordinary cover scorches after 3 minutes, chars after 10 minutes.*

the super-scorch-resistance that keeps this cover new-looking for years and years! And check these other super features: super-sized, to fit even the largest ironing boards; super-smooth fit, thanks to its drawstring closure; super-porous for quick moisture evaporation; and super-stain-resistance that wipes clean with a damp cloth! Make your ironing chore easier with a guaranteed MAGLA ironing board cover coated with-TEFLON!

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## You never lost it so good

*( New SEGO<sup>®</sup>, from Pet Milk Company, satisfies your taste with a delicious variety of 5 flavors. )*

A flavor change makes your next SEGO meal something to look forward to. Keeps your diet interesting. You'll find Orange SEGO refreshing for breakfast. Banana is smooth and velvety. Vanilla and Chocolate delicious as ice cream. Our newest is Chocolate Malt, first soda fountain flavor in liquid diet foods.

And there's more to enjoy - two ounces more. Ten ounces instead of eight. There's extra protein in this larger serving to help solve a big dieting problem, between meal hunger. Why? Because protein helps hold off hunger, so you're less tempted to nibble.

With delicious flavors, with two extra ounces, with extra protein, SEGO satisfies. Try it soon.

You should always consult your doctor about your weight problem

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# YOU & YOUR DIET

INSTITUTE/BUREAU/ALBERT A. SCHAAL: DIRECTOR

**With this issue, GOOD HOUSEKEEPING begins a major and unparalleled new monthly service to its readers. The latest developments in the field of nutrition and health will be reported in a special self-contained section and your questions on these subjects will be answered; you will also find recipes that offer delicious and satisfying meals to meet the demands of various restricted diets. Look for "You and Your Diet" in GOOD HOUSEKEEPING every month.**

## NEWS ON THE HEALTH FRONT

**Health and diets are news! To help you keep up to date we will gather items of vital interest here monthly**

**WHO DIETS?** Nearly 30,000,000 Americans, or 1 out of 6, reports National Family Opinion. Interesting, but not surprising, more women diet for appearance than for health; vice versa among males. Actually, women beat men by a respectable percentage in dieting for either reason.

**SPOTLIGHT ON THE CONSUMER:** The Food and Drug Administration and the American Medical Association are showing a lively interest in nutritional and health claims made for foods. The reason? Both organizations feel the consumer is being bombarded with information and words she may not understand. This, says Dr. Philip L. White, chairman of AMA's Committee on Foods and Nutrition, imposes on food advertisers a "moral responsibility to the consumer."

**CRACKDOWN ON VITAMINS, HEALTH FOODS:** Vitamin supplements offered to the consumer should

not be "shotgun" products, full of unnecessary ingredients, and senselessly high dosages of others. Neither, however, should they be so "weak" as to be useless, says George P. Larrick, FDA chief. Proposed regulations focus on 8 vitamins, 4 minerals.\* (Some products today have as many as 75 ingredients, most of them useless.) Dosages should not be less than half or more than twice of FDA's long-established minimum daily requirements.

A vast array of products promoted as having special health benefits are also a current FDA target. The proposed regulations will almost certainly be delayed by industry protests.

(GOOD HOUSEKEEPING has long been of one mind with FDA in this area. See *Are We Taking Too Many Vitamins?* August 1959, and *Don't Fall for the Food Fads!* April 1960.)

\*FDA lists Vitamins A, B-1 (thiamin), B-2 (riboflavin), B-6, B-12 (niacin), C (ascorbic acid) and D. Minerals are calcium, phosphorus, iron, iodine.

**CANCER IN ANIMALS:** A number of naturally occurring substances, essential to human nutrition, can be made to cause cancer in animals under certain laboratory conditions, reports Dr. Robert H. White-Stevens. Recent criticism of the use of man-made agricultural chemicals in food production prompted these remarks by the agricultural scientist. For examples, Dr. White-Stevens listed iron found in many foods, cobalt in all meats and, possibly, selenium which is in many cereals, vegetables and fruits. (All, of course, are completely safe, even essential, in the normal quantities.)

He also charged food faddists are hampering progress of agriculture by "deliberately fomenting a wave of fear and alarm among the consumers of the country." Attacks on the use of chemicals in food production, he explained, have created an atmosphere which made possible legislation that, if interpreted literally, could reduce progress in farming to a "veritable shambles." Agricultural chemicals are tested before release, he said.

## YOU & YOUR DIET

**Let's face it—most habitual munchers have probably tried one diet after another with no noticeable results. You confirmed nibblers are sure to know about such sorry failures! Well, at last here's the easiest-to-stay-on diet yet—one planned around midmorning and afternoon snacks—even bedtime refrigerator raids! With three good, sound meals, these "nibbles" will keep you happy and peppy while you lose 1½ to 2 pounds per week. Check with your doctor first!**

### BREAKFASTS

#### TRADITIONAL AND SIMPLE

4-ounce glass Orange, Grapefruit or Blended Juice, or 8-ounce glass Tomato or Vegetable Juice

¾ cup Ready-to-Eat Cereal, or ½ cup Cooked Cereal. Or 1 Soft-Cooked or Poached Egg

1 thin slice Toast (any variety); ½ pat Butter or Margarine

4-ounce glass Skim Milk (to drink or on cereal)

Black Coffee or Tea

#### IF YOU PREFER "OFF-BEAT"

Orange or Grapefruit Sections

2 slices Toast (any variety) with 2 tablespoons Cottage Cheese and 1 tablespoon Jam

Black Coffee or Tea

### LUNCHES

#### IF YOU'RE ALONE

I. Generous Fruit or Vegetable Salad Plate plus ½ cup Cottage Cheese, 2 small slices leftover Lean Meat or ½ cup Broth- or Water-pack Tuna, Shrimp or Crab Meat

1 thin slice of Bread, or 3 or 4 of Melba Toast or Rye Wafers; ½ pat Butter or Margarine

Dietetic Pudding, made with skim milk (prepare whole package; refrigerate for several lunches)

Black Coffee or Tea

II. Plain Omelet (2 eggs) or 2 Scrambled Eggs

Lettuce and Tomato Salad, Low-Calorie Dressing. Or a generous serving of any Leafy Vegetable with Lemon Juice

Bread as in I

Dietetic Gelatin Dessert (see I); 2 Small Plain Cookies

#### TO ENJOY WITH THE FAMILY

I. Turkey-Waldorf Salad\*

½ cup Cheddar-Flavored Corn Puffs

4-ounce glass Skim Milk  
Black Coffee or Tea

II. Chef's Tuna Salad\* with Low-Calorie Dressing  
2 slices Melba Toast  
Strawberry Parfait\*

#### TO PACK AND TOTE

Lunchbox Dip\* and

½ Bread-and-Butter Sandwich or Instead-of-a-Sandwich Kabob;\* and ½ cup Vegetable Slaw  
1 8-ounce glass Skim Milk (Wrap ½ cup nonfat dry milk in foil. At lunch stir into glass of cold water. Flavor, if you like, with instant coffee or dash of cinnamon)

Fresh Fruit (apple, pear, plum)

### DINNERS

#### WEEK IN AND WEEK OUT

¾ cup any Soup (Use skim milk in cream soups—family won't know the difference!)

or

Shrimp or Crab-meat Cocktail (¼ cup for you and all the cocktail sauce you want)

3 ounces Roast or Broiled Beef, Lamb, Veal, Liver, Chicken or Turkey; or Broiled or Baked Bass, Cod, Flounder, Haddock or Perch. (Thrifty tip—use instant meat tenderizer for less tender cuts of meat)

1 medium Baked or Boiled Potato, or 1 thin slice of Bread with ½ pat Butter or Margarine

Generous serving of Leafy Vegetable, Green Beans, Asparagus, Stewed Tomatoes or Summer Squash

Tossed Salad, Low-Calorie Dressing

½ cup Tapioca Pudding made with skim milk. Or ½ cup Gelatine Dessert or Fruit Whip. Or 1 small slice Angel or Sponge Cake. Or Fresh Fruit

#### FOR YOU AND THE WHOLE FAMILY—SPECIALS

I. Spanish Chicken De-Luxe\*  
Tossed Green Salad, Cottage-Cheese Dressing\*  
1 thin slice Bread, ½ pat Butter or Margarine  
Fresh Fruit Cup, 1 Coconut Crisp\*

II. Broiled Fish Filet with Lemon  
Broiled Tomato Half (sprinkle with seasoned salt)  
Broccoli Spears  
2 Rye Wafers; ½ pat Butter or Margarine  
Coffee-Orange Bavarian\*

III. Braised Veal Roll-Up with Savory Vegetable Stuffing\*  
Tomato Slices with Orange Yoghurt  
Small Parsleyed Potato  
2 Saltines  
Peach Meringues\*

Black Coffee or Tea, as you like

### SUNDAY OR HOLIDAY BRUNCH

What's Sunday or a holiday without brunch? We totaled your breakfast allowance, midmorning snack and part of lunch, when planning the tempting brunch menu below. Then, if you double your midafternoon snack, you'll pull up even at dinner.

Jellied Melon Wedge\*  
Brunch Egg Benedict\* or Western Omelet for Four\*  
Water Cress with Cottage-Cheese Dressing\*  
Toasted Half English Muffin  
Lots of Coffee

### MUNCHABLES (Snacks)

You know how easy it is to pick at a piece of leftover cake, to nibble one peanut after another. You will, in all

probability, do just that, if bowls of this and that are right there staring at you. So get such fattening tidbits out of the way. Then pamper yourself with other Munchables.

On our unrationed list are: Crisp Carrot or Celery Sticks, Slivers of Green Pepper, any bite-size Raw Vegetable.

Some snackfests you'll eat by yourself. But don't think you must be a hermit dieter. Our snacks let you entertain as usual. They're treats for non-dieters too!

### MIDMORNING SNACKS

Though all our snacks are interchangeable for any between-meal situation, you'll want to keep midmorning snacking simple. We suggest such easy perk-you-ups as these below. Choose one.

8-ounce glass Skim Milk and 1 Graham Cracker

8-ounce glass Tomato or Vegetable Juice or 4-ounce glass of citrus juice; 2 Saltines; 2 tablespoons Cottage Cheese

Soothing Spiced Tea for Two\*  
2 Coconut Crisps\*

A cup of Coffee and Crisp Apple Slices spread with Cottage-Cheese Dressing\*

### MIDAFTERNOON SNACKS

There's an afternoon lull that demands a sit-down snack—or so we hope. Whether you are alone or with favorite cronies, make it a party. Choose one of these.

#### SOMETHING QUICK TO FIX

Sparkling Cooler for One\*  
Vanilla Wafers—two for you

Crisp Apple Rings with Creamy Spiced Spread\*

Chocolate Shake\*

#### CLUB OR COMMITTEE MEETING

Coffee-Orange Bavarian\*

Unbaked Alaska\*

Strawberry Freeze\*

#### FOR A COCKTAIL PARTY

You couldn't serve tastier

### TIPS ON PEACH MERINGUES

(see page 212)



In crushing vanilla wafers, lay them between two sheets of wax paper, then pass rolling pin over them several times. Spoon some of crumbs into each of 6 canned peach halves.



For meringue, use mixer at high speed, beating egg whites to soft peaks, then gradually adding sugar, about 1 tablespoon at a time, while beating stiff. Fold in almond extract.



Use a tablespoon or two spatulas to heap some of the meringue on the crumb mixture in each canned peach half. Then bake them, on a cookie sheet, until golden; serve them warm.

canapés if you weren't on a diet. Cucumber Canapés,\* Stuffed Mushrooms\* and Herbed Salt for Celery Hearts\*

(Don't forget, though, that alcoholic beverages have calories too—about 120 to 160 each. If you do indulge, best skip your bedtime snack or dinner dessert. Or, better yet, make yours tomato juice.)

### BEDTIME SNACKS

Yes, you can raid the refrigerator. Maybe you'll finish up those crisp raw vegetable nibblers you crunched on through the day. But you don't have to stop there. You've a planned-into-your-diet refrigerator bonus coming up. It could be an 8-ounce glass of skim milk and a saltine, or just a leftover portion of one of our desserts, or any of our drinkable snacks. \*Recipes for asterisked dishes follow.

### TURKEY-WALDORF SALAD

1 5-ounce can boned turkey, diced  
1 unpared medium apple, diced  
¼ cup diced celery  
2 tablespoons mayonnaise  
2 teaspoons nonfat dry milk  
1 teaspoon lemon juice  
½ teaspoon grated lemon rind  
¼ teaspoon salt  
¼ teaspoon crushed savory leaves  
lettuce

In bowl combine turkey, apple, celery. In small bowl blend mayonnaise, dry milk, lemon juice and rind, salt, savory; toss well with turkey. Serve in lettuce cups. Makes 4 servings.

### CHEF'S TUNA SALAD

Break up 1 6½- or 7-ounce can broth- or water-packed tuna over 1-quart mixed salad greens. Garnish with 2 hard-cooked eggs, shelled, halved; toss with ¼ cup low-calorie dressing. Makes 4 servings.

### STRAWBERRY PARFAIT

Half fill 4 or 5 parfait glasses with Strawberry Freeze, page 213 (1 tray). Top each with 1 tablespoon whipped packaged dessert topping, then fill with rest of "freeze." Makes 4 or 5.

**LUNCHBOX DIP**

- 1/4 cup cottage cheese
- 2 tablespoons grated raw carrot
- 1/4 teaspoon onion salt
- 1/4 teaspoon bottled horse-radish
- 2 stalks celery

Mix cheese, carrot, salt, horse-radish; spoon into plastic cup with lid; chill overnight. Pack in lunchbox with celery stalks as dippers. Makes 1 serving.

**SPANISH CHICKEN DE-LUXE**

- 1 tablespoon salad oil
- 1 3-pound broiler-fryer, cut up
- 2 teaspoons salt
- 1 cup uncooked regular white rice
- 2 cups diced celery
- 1 cup diced green pepper
- 1 1-pound can tomatoes (2 cups)
- 1 envelope onion-soup mix
- 1 cup water

In Dutch oven heat salad oil; in it, quickly brown chicken pieces; sprinkle with salt. Add rice, celery, green pepper, tomatoes, soup mix and water. Cover; reduce heat, then simmer 1/2 hour or until moisture is absorbed and chicken tender. Makes 6 servings.

**COTTAGE-CHEESE DRESSING**

- 1 cup creamy cottage cheese
- 1 tablespoon lemon juice
- 1/4 cup finely diced tomatoes
- 1/2 teaspoon sugar
- 1/2 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon crumbled savory leaves
- 1/4 teaspoon white pepper
- 1/4 teaspoon garlic salt
- salad greens

In bowl mix first 9 ingredients well. Serve on greens. Makes 1 1/3 cups.

**COFFEE-ORANGE BAVARIAN**

- 1 3-ounce package ladyfingers
- 1 envelope unflavored gelatine
- 1 cup cold water
- 1 tablespoon instant coffee
- 1 teaspoon vanilla extract
- 3 egg whites
- 6 tablespoons granulated sugar
- 1 cup nonfat dry milk
- 2 tablespoons orange juice
- 1/2 teaspoon grated orange rind
- mint leaves, orange sections or sliced strawberries (optional)

Line sides of a 1 1/2-quart casserole with ladyfingers. (The two or three

left over will be nice with a bedtime snack.) Sprinkle gelatine over 1/2 cup water in a cup to soften; then set cup in small pan of hot water and heat slowly, stirring, until gelatine is dissolved. Stir in coffee, vanilla, 1/2 cup water; refrigerate.

Meanwhile, with mixer at medium speed, beat egg whites until soft peaks form, then gradually beat in sugar, until meringue is stiff; set aside. When coffee mixture is cold, pour it into dry milk in chilled bowl. Beat, at high speed, until soft peaks form—about 3 minutes. Add orange juice, rind, beat 2 minutes longer. Then fold into egg whites, blending well. Pour into lined casserole. Refrigerate at least 5 hours or overnight. Unmold onto chilled serving plate. Garnish, if desired, with mint, orange sections or strawberries. Makes 8 servings.

**BRAISED VEAL ROLL-UP WITH SAVORY VEGETABLE STUFFING**

- 1 1/2 pounds veal cutlet, 1/4-inch thick
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon powdered thyme
- 2 tablespoons salad oil
- 1/4 pound mushrooms, chopped (2 cups)
- 1/2 medium green pepper, minced
- 1 tablespoon minced onion
- 1 cup boiling water

Cut veal into 6 equal portions; pound with mallet or side of plate; sprinkle with salt, pepper, thyme. Heat salad oil in Dutch oven or heavy skillet with tight cover; add mushrooms, green pepper, onion; cook over low heat, stirring often, for 5 minutes. Spread some of this over each portion of veal; roll each up; fasten with string. In Dutch oven in which vegetables cooked, lightly brown veal rolls on all sides; add water. Cover and simmer 1 hour. Then remove rolls to heated platter; cut off string; pour gravy into bowl. Makes 6 servings.

**PEACH MERINGUES**

- 6 canned cling peach halves, well drained
- 1/4 cup crushed vanilla wafers or crumbled ladyfingers
- 2 teaspoons peach syrup
- 1/4 teaspoon ground cinnamon
- 2 egg whites
- 1/4 cup granulated sugar
- 1/4 teaspoon almond extract

Start heating oven to 450° F. On a cookie sheet or in a shallow baking dish, arrange peaches, hollow side up. Crush vanilla wafers as illustrated on page 211; or crumble ladyfingers with the hands. Fill centers of peach halves with the vanilla crumbs; sprinkle first with peach syrup, then with cinnamon. Beat egg whites until soft peaks form; gradually beat in sugar, beating until meringue is stiff; fold in almond extract. Top the peach halves with this meringue; then bake them until tops are golden—about 3 minutes. Makes 6 servings.

**JELLIED MELON WEDGES**

- 1 medium honeydew melon
- 1/2 cup canned unsweetened pineapple juice, or orange juice
- 1 teaspoon unflavored gelatine
- 2 teaspoons sugar
- 1 large orange or 1 cup sliced fresh strawberries

Wash melon, then cut it in half lengthwise; remove seeds. Drain and blot inside surface dry with paper towel. Onto pineapple juice, in cup, sprinkle gelatine; then set cup in small pan of hot water and heat, stirring until gelatine dissolves; stir in sugar. Refrigerate till syrupy. Meanwhile, peel and section orange (or fix berries); fold in gelatine. Pour into hollows of melon; refrigerate until firm. To serve, cut each melon half into 3 wedges, then arrange each wedge on a dessert plate. Makes 6.

**BRUNCH EGGS BENEDICT**

- 6 English muffins
- 2 tablespoons butter or margarine
- 6 slices packaged boiled ham
- 6 slices tomato, 1/2" thick
- salt
- 6 eggs
- 3 tablespoons thick (commercial) sour cream
- 1/2 teaspoon prepared mustard
- 1/2 teaspoon grated lemon rind
- paprika

Preheat broiler 10 minutes or as manufacturer directs. With a fork, split muffins; butter six halves; toast in broiler until golden—about 3 minutes; remove from broiler. On each, place a folded slice of ham, then a slice of tomato; sprinkle lightly with salt. Broil 3 minutes or until tomato

## YOU & YOUR DIET

is steaming hot. Meanwhile poach eggs. Top each tomato slice with a poached egg. Blend sour cream, mustard, lemon rind, paprika. Spoon over eggs. Makes 6.

P.S. Serve remaining muffin halves, buttered and toasted.

### SOOTHING SPICED TEA FOR TWO

2 cups water  
1 2" stick cinnamon  
6 whole cloves  
1 lemon slice  
2 tea bags

In saucepan combine water, spices, lemon. Bring to a boil and simmer 3 minutes; add tea bags. Remove from heat; steep 1 to 2 minutes. Remove bags; serve at once.

### COCONUT CRISPS

3 cups miniature marshmallows  
¼ cup butter or margarine  
4½ cups ready-to-eat rice cereal  
1 cup flaked coconut  
12 red or green candied cherries, quartered

Into top of double boiler measure marshmallows and butter. Heat over hot water, stirring occasionally, until smooth and blended. Remove from water. Add cereal, coconut; stir until they are well coated with marshmallow mixture. Then turn into lightly greased 13" by 9" by 2" pan and, with moistened hands, press mixture evenly over bottom of pan. Cool. Cut into 1½" squares; top each with cherry bit. Makes 48.

### SPARKLING COOLER FOR ONE

Drop 1 dietetic, fruit-flavored tablet into a 10-ounce glass; stir in 1 cup ice-cold water. When tablet is dissolved, stir in 1 tablespoon whipped packaged dessert topping and serve.

### CRISP APPLE RINGS WITH CREAMY SPICED SPREAD

1 teaspoon grated orange rind  
¼ teaspoon ground cinnamon  
¼ teaspoon ground cloves  
1 cup whipped packaged dessert topping  
2 or 3 red-skinned apples

Blend orange rind, cinnamon, cloves and dessert topping. Wash, core apples; cut into ½-inch rings; spread with spiced spread for "out-of-hand"

snibbling. Makes 12 to 15 servings.

### CHOCOLATE SHAKE

½ cup ice-cold water  
½ teaspoon vanilla extract  
½ cup nonfat dry milk  
4 teaspoons chocolate syrup

In small bowl blend water, vanilla, dry milk. Beat with electric mixer at high speed until thick—about 3 minutes. Stir in syrup; mix well. Serve at once in two 8-ounce glasses.

### UNBAKED ALASKA

On a serving plate, in a row, side by side, lay 8 ladyfingers. Over ladyfingers, unmold one tray of Strawberry Freeze (below) in one piece. Spread top and sides with 1 cup whipped packaged dessert topping. Slice, serve at once. Makes 6 servings.

### STRAWBERRY FREEZE

¾ cup cold water  
2 tablespoons lemon juice  
¾ cup nonfat dry milk  
2 tablespoons granulated sugar  
1 10-ounce package frozen sliced strawberries, thawed

Set control of refrigerator at coldest setting. In small bowl combine water, lemon juice, dry milk, sugar; beat with electric mixer at high speed until stiff peaks form—4 to 6 minutes; fold in berries. Pour into two ice-cube trays;\* cover with foil. Freeze firm—3 to 4 hours. Makes 10 to 12 servings. \*Buy new trays for freezing desserts. Otherwise you'll impair finish of regular trays—ice cubes will stick.

### CUCUMBER CANAPÉS

½ cup cream-style cottage cheese  
1 teaspoon bottled French dressing  
1 teaspoon minced onion  
1 tablespoon minced green pepper  
½ teaspoon salt  
¼ teaspoon Tabasco  
1 chilled medium cucumber salt pimento strips

In bowl blend cheese, dressing, onion, pepper, ½ teaspoon salt, Tabasco; refrigerate. With a fork, score cucumber, then cut it into ¼" slices. Sprinkle each lightly with salt. Spoon mound of cheese mixture onto each; garnish with pimento. Makes 20 to 24.

### STUFFED MUSHROOMS

12 to 16 medium mushrooms  
2 slices Italian salami, minced  
2 tablespoons well-drained mustard pickle  
1 teaspoon minced onion  
¼ teaspoon salt  
1 tablespoon mayonnaise

Wash, dry mushrooms; remove, then mince ¼ cup stems. In bowl blend minced stems, salami, pickle, onion, salt, mayonnaise. Use to fill mushroom caps; refrigerate at least ½ hour before serving. Makes 12 to 16.

### HERBED SALT FOR CELERY HEARTS

12 to 16 inside stalks of celery  
1 tablespoon salt  
½ teaspoon powdered onion  
½ teaspoon celery salt  
½ teaspoon paprika  
½ teaspoon powdered thyme

Wash, then refrigerate celery. Combine salt, onion, celery salt, paprika, thyme; pour into an empty salt shaker. Use to season the celery.

### INSTEAD-OF-A-SANDWICH KABOB

Spread 1 thin slice boiled ham with prepared mustard; roll up securely; cut in half crosswise. Onto skewer, "thread" a cherry tomato, ham roll, drained canned pineapple chunk; repeat. Wrap in foil; refrigerate. Next morning, double-wrap kabob in foil; wrap some salt; pack in lunchbox.

### WESTERN OMELET FOR FOUR

6 eggs  
2 tablespoon milk  
1 2¼-ounce can deviled ham  
¼ teaspoon salt  
¼ teaspoon pepper  
2 tablespoons salad oil  
¼ cup minced onion  
¼ cup minced green pepper

Beat eggs well. Add milk, ham, salt, pepper; blend well. In 10" skillet heat oil; add onion, green pepper. Cook slowly, stirring occasionally, until onion is tender—about 3 minutes; now pour on egg mixture. Cook slowly 1 minute, or till eggs begin to "set." Then with spatula lift omelet at edges, tipping skillet so uncooked-egg mixture flows under cooked portion; repeat till all egg is cooked. Then fold in half; turn onto platter.

?????????????????  
QUESTIONS AND ANSWERS  
!!!!!!!!!!!!!!!!!!!!

**Tempted to follow your fancy into reducing, health fads? Don't! They can be dangerous**

*FOR HOSPITAL USE ONLY*

I have heard that complete starvation for as long as two weeks has been found successful in starting a weight-reduction program. Is it safe for me to try this? (Mrs. R. B. R.)

Absolutely not! The author of a medical journal report on this method stresses the necessity for not only expert and constant medical supervision, but hospitalization as well. This is a drastic idea which has been studied in only a small group (40). It's still early to talk about the long-term safety and effectiveness of this approach, even under the proper supervision in a hospital.

*NO PROBLEM*

Help! I need to reduce. My husband and daughter (lucky ones) don't. How do I handle this without preparing separate menus? (Mrs. A. A. S.)

You are not alone. But with a sensible, nonfreakish (GOOD HOUSEKEEPING style) reducing plan, there's no need for separate menus. Plan your meals, basically, around *your* needs. Then give the slim ones larger portions, seconds, a dollop of sour cream on their baked potatoes, extra bread and trimmings on vegetables. Individual salad bowls will easily solve the problem of more generous amounts of dressing for the non-dieters in the family.

At dessert-time, add cookies or cake to fruit, or have a bowl of dessert topping to dress up pudding. (You

can have some too, but less.) If you try our "nibbler" plan on page 210, all the family probably will be delighted to snack right along with you. They can have about what they like, or more of what you have. Easy?

*THE AMOUNT'S THE THING!*

I'm confused. Surely copper and copper salts are poisonous, yet now I'm told that human beings require copper in their diet. (Mrs. M. R. R.)

They do need it—copper is an essential mineral. Also, it's perfectly true that copper and its salts can be poisonous *in sufficient quantity*. But there's nothing dangerous about the amount of copper human beings need daily—about one thirty-thousandth of an ounce.

Many things, good, useful and necessary in small quantities, can be dangerous, even fatal, in large quantities. For instance, people who oppose the fluoridation of water supplies often refer to the sodium fluoride used for this purpose as "rat poison." So it is, in sufficient quantity. But the 1 to 1.5 parts per million (a truly microscopic amount) which has proved so effective in controlling dental decay, is perfectly harmless.

*DON'T TRY IT!*

Is it true that liquid vegetable oils, used with a very low carbohydrate diet, will cause a loss of weight by "destroying" body fat? (Mrs. M. P. K.)

Reliable scientific evidence says "No." This kind of a diet may actually disturb normal body processes, and the resulting stress condition can slow down appetite. This, of course, could result in weight loss, but it's a tricky business to begin playing about with body functions. These weight-reducing plans are almost always deficient in one or more essentials.

Talk to your doctor about this—we're betting he'll tell you to stick to safer, saner methods, even if they are less dramatic.

*THEY WANT YOUR DOLLARS*

Why should vegetables prepared in a special juicer be so much more nutritious than regular cooked or raw vegetables? (Mrs J. B. S.)

They aren't. Sales campaigns for very expensive appliances for this purpose have attempted to make people believe vegetables so prepared possess magic properties. Don't be fooled! Eat your vegetables the way you like them, properly cooked, raw or as "juice" (simple, if you own a blender) or buy an economical can of tomato juice or vegetable-juice cocktail. ♦

Address your questions to "You and Your Diet," GOOD HOUSEKEEPING Bureau, 57th Street at 8th Avenue, New York 19, N.Y. Include a stamped, self-addressed envelope.

**Trust in Sam** continued from page 76

be regarded as a first-rate prize.

On a recent flight to the mainland Albert had been one of Terry's passengers in the tourist section—he never went first class because he regarded the extra fare as a foolish extravagance—and had manifested an interest in her. She could spare him little time during the trip in the jet, but he had insisted on meeting her for dinner. It was a delightful evening, although Terry had lacked the proper dress for the posh Beverly Hills restaurant where they dined or for the Sunset Strip night club they visited afterward.

Albert proved pleasant and attentive. He supplied champagne. He was a good dancer. He said he was a lonely man, despite his advantages. Before the night was over he had taken Terry to his hotel to show her the plans and an architect's rendering of his new hotel on the big island, made a modified pass at her, which she blocked skillfully, and kissed her good-night underneath the neon sign at the entrance of the motel near the airport where Far East Airlines bedded its in-transit crews.

In passing, he mentioned matter-of-factly that he was on the board of directors of Far East, bound for New York to borrow twenty million dollars for his projected hotel chain, and was looking forward to seeing more of her when he returned to Honolulu.

Whether by chance or otherwise (Terry suspected it wouldn't be difficult for a board member to find out what he wanted to know from the airline), Al-

bert was on a west-bound flight of hers to the Islands a week later. The aircraft was lightly loaded, and they had an opportunity for an intriguing chat. His interest in her appeared to have increased. After landing he waited around the terminal until Terry had checked out. Then he presented her with an orchid lei and took her to the Royal Hawaiian, where they danced until the orchestra played *Good-night, Ladies*. Albert said that while he was in New York he had been the loneliest ever, for some reason. Now he was going over to the big island to handle pressing business details, but he'd be right back to Oahu. He hoped Terry wouldn't find herself too occupied to see him again. She was sure she wouldn't, and was humiliated to detect a slight quaver in her voice. Taken home in his chauffeur-driven car, she was given a farewell kiss and left in a high and confused state.

Since Annie had been a member of the cabin crew on the west-bound flight, she was also in a high state. The vistas opening up for old Terry seemed to send her. This was not like marrying a copilot and settling down in a tract house; this was big time. There was no doubt in her mind that Terry should marry Albert the Third.

"Wait'll he asks me," Terry said, somewhat grumpily.

"He struck me as completely sincere on Flight 102," Annie said.

Terry scowled. "But am I sincere, Annie? Honest, I don't even know if I like the guy. He's sort of old for me. How can

I be sure it isn't his money that's put the stars in my eyes?"

"Who cares?"  
"I care! You can't spend your life sitting on a pile of money."

"You can't?" Annie said. "Are you sure?"

"No," Terry said. "But what do you suggest if he proposes something else besides marriage?"

"You shock me," Annie said. "But I'm pretty modern. Let's think about it."

That particular discussion was interrupted by the telephone ringing. It was Albert, calling from his ranch. He'd be in Honolulu at the end of next week and wondered whether Terry would be free to go out on his yacht with him for a day. Terry was, and hated her unsteady acceptance. Albert whispered that he was terribly lonely. Terry whispered that she was, too. She wasn't at all, actually—especially with Annie's ear pressed against her cheek so Annie could hear the receiving end of the conversation.

"Good-night, darling," Albert said.

"Sleep well." He laughed. "You know, I've often been accused of being a member in good standing of the Island jet set, so why shouldn't I pursue a high-flying girl like you?"

"Why not, Albert?" Terry said. "Good-night . . . uh . . . darling."

The moment she put down the instrument, Annie embraced her. "A yacht," she said in hushed tones. "It's the only way to travel."

"But—"

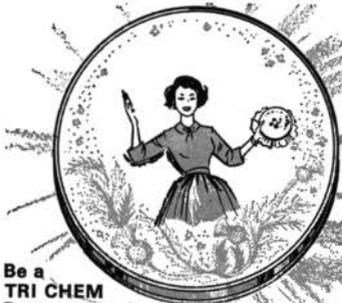
"You know the old saying—whatever

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happens to a girl on a yacht, nobody is sorry for her. At least she was on a yacht."

"I know another old saying," Terry said slowly. "Money is the root of all evil. . . ."

THE debate with herself, the probing of motives that she doubted and feared, went right on up to that day on the beach near Laie. Acting as devil's advocate, Annie kept interrupting the debate for a few words in behalf of Albert, security, luxury, the jet set and ranches. Terry was still full of mixed feelings when she closed her eyes for the nap.

"They say he's very generous," Annie said. "So what if he's got a wandering eye? If they're male, they're always looking around. Naturally we got to hold out for a legal conclusion, but—"

"Go away," Terry said.  
Annie went away, and Terry dozed and fitfully dreamed of yachts and meetings of the board and Albert and a great pile of money.

"Hey," Annie said. "I hate to trouble you, kid, but I just saw a Greek god with golden hair."

Terry had been everywhere on vacations, at half rate or for nothing; among other places, she had visited Athens. "They don't have golden hair. It's almost always dark."

"This one's got a big fish following him. He talks to it."

Sitting up, Terry said, "We'd better get you out of the sun. Do you have a headache?"

Then her head swivelled and she grew somewhat rigid. Sure enough, a light-haired, bronzed, beautifully muscled, shoeless young Apollo, clad only in tattered, faded dungarees and carrying a small blackboard, was passing by at the sea's edge. Out in the water just deep enough not to strand him was a large, shining, bottle-nosed creature with beady eyes and a menacing dorsal fin obediently keeping pace with the man, who spoke to him frequently. The next instant Terry was on her feet, though not aware of it, her mouth open. Noticing her, the man stopped and smiled absently.

"I beg your pardon," he said. "Are you girls planning to swim soon?"

"Uh—not right now," Annie said. "That shark yours, Mac?"

"Sam?" the man asked, seeming distinctly surprised. "He isn't a shark. Can't you see his flippers and flukes? Sam is a dolphin—*Tursiops truncatus*."

"Oh?" Terry said.  
"But there is a shark out beyond the reef," the Greek god said. "I noticed him a moment ago. Probably a *Sphyrna*—hammerhead, that is. That's why I asked you if you were going swimming. I'd have Sam chase him away."

"Oh?" Annie said.

"I suppose I'd better anyhow," the man said, "in case someone else heads for deep water."

No matter how hard she tried, Terry couldn't keep her lips firmly together. Whistling to Sam, the man brought chalk from his pocket, scratched what looked to be a geometrical design on the blackboard, showed it to the tense dolphin, and gestured imperatively. Sam shot high in the air, spouted, dived and raced to-

ward the reef. The man rubbed his blackboard clean with a handkerchief. He glanced at the girls rather shyly and seemed to feel he ought to say something. Certainly neither of them was capable of speech.

"Too bad you can't both be out there to watch how a *T. truncatus* gets rid of a shark," he remarked. "It's rather interesting. They ram the sharks, who generally flee in confusion. Perhaps you observed Sam's undershot jaw; he uses that as the rammer. His interlocking teeth help to keep his jaw rigid. He has eighty-eight of them."

"No kidding?" Annie said. "You've counted?"

The man laughed. "Oh, yes. Cleaned them, too."

After that a silence fell. The man looked out to sea, no doubt in search of his pal. Gazing at Terry, Annie rolled up her eyes helplessly. Terry shrugged and told herself that it took all kinds to make up a melting pot fiftieth state like Hawaii.

Suddenly Sam was with them again, breaking the surface a little offshore and spouting vapor. As the man waded toward the dolphin, he wanted to know if the girls would care to pet the creature; he was entirely harmless.

"Not me," Annie said, and started to retreat to higher ground. "I don't even eat fish. . . ."

"Sure," Terry said, and walked into the water up to her waist, while Annie made sounds of alarm.

Sam was charming. He stood upright by movement of his flukes and, at a signal from the man, extended his right flipper to Terry. She took it gingerly.

HIS skin was smooth, though not the kind you'd ordinarily love to touch, but his goodwill and geniality were plainly evident. Afterward he settled horizontally on the surface and gently nudged her.

"He'd appreciate more attention," the man said. "He loves being scratched under the chin, by the way."

Terry rubbed Sam's jaws and patted his low forehead. He opened his mouth in ecstasy, revealing his long, pointed teeth. Because she had always disciplined herself not to countenance fear, Terry showed none of the minor panic she felt. The Greek god examined her admiringly.

"He's enchanted by you," he said. "That's a good sign."

"For me or for him?"

"For you. You certainly are pretty."

"Thanks," she said. "So are you."

Under the weathering his face turned a spectacular red. "I beg your pardon," he said. "That last remark was involuntary."

"I'm sorry," she said quickly. "I appreciate the compliment—but I'm just another blonde in an elasticized bathing suit. Hawaii's full of them."

"Not with your—your charm."

"The girls in the bikinis always finish ahead of me, though. Don't you ever get over to Waikiki?"

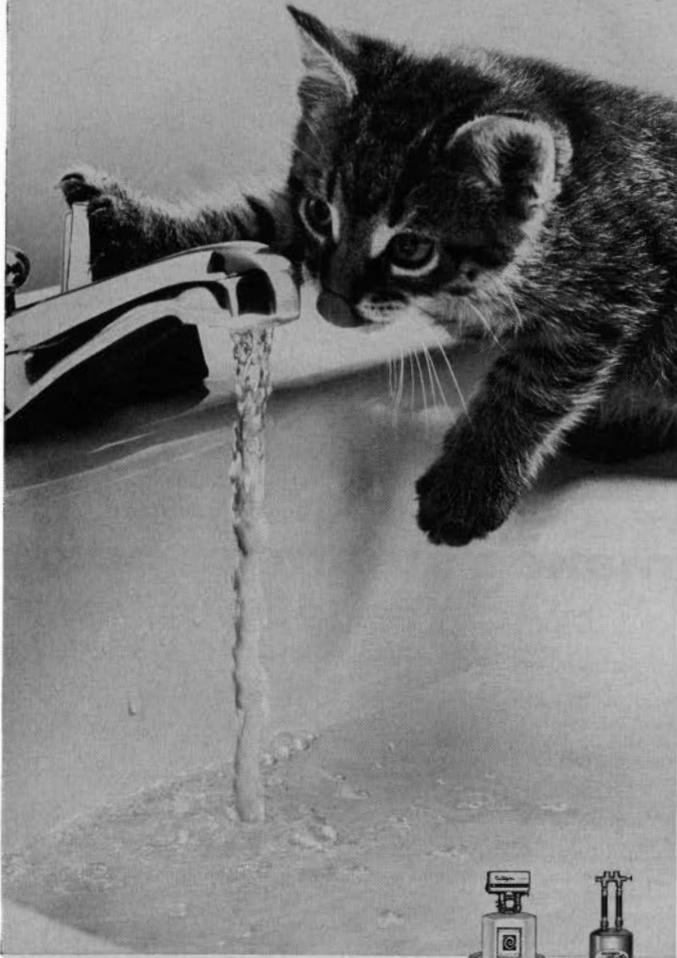
"I'm afraid I don't," he said. He cleared his throat. "I wish I had one of my cards to give you. My name is James T. Parrish. May I have your name?"

"Theresa Olivia Baker."

"How do you do?"



## Soft water is the cat's meow



Whoever started the rumor that cats dislike water must live in a hard water home. Like yours, maybe? If you have reddish hands, a ring in your bathtub, less-than-white washables . . . you aren't exactly fond of water yourself. Look. Have us connect one of our units to your water line. Then all your household water will be soft and filtered all the time, automatically. Just call and say Hey Culligan Man. You'll go purr instead of grrr.



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he didn't seem so large and imposing. He was no snappy dresser; his tie was brown, his socks green. Apparently he didn't have a comb, and he lacked buttons here and there.

"Terry's dressing," Annie said. "Sit down, Doc. You look better without your clothes."

The doctor flushed. "I suppose I should have apologized for my attire."

"On the beach or here? Never mind. How's your mammal? In beddy-bye, rocked in the cradle of the deep?"

"In his tank, actually," Dr. Parrish said, "with his wife and baby. There was an early theory, you know, that the *Odonotoceti* suborder of *Cetacea*, including the *Delphinidae*, never slept. We have disproved that."

"I got to be honest with you," Annie said. "I didn't know."

Terry entered the room wearing a crisp white strapless piqué dress, her hair freshly done, her blue eyes sparkling. The doctor's flush deepened, and Annie couldn't decide whether he was badly sunburned, shy, or a victim of high blood pressure.

AS THE evening progressed, Terry came to the conclusion that he was shy. He spoke seldom, always about his work and in a technical jargon she often couldn't follow; never about himself. He had no fund of small talk. Sometimes he sat gazing silently at his date with an approval that wasn't offensive, and other times he looked off as if searching for a missing dolphin. He didn't dance, drink or smoke. He kept his hands to himself, and he hadn't a single subtle proposition to make. Doc was a profound, intent, sympathetic listener, and Terry found she was talking of herself to him with ease: He heard with obvious fascination and understanding the story of her being an orphan, of the hard years leading to a nurse's cap, of the escape to the comparative but fatiguing glamour of Far East Airlines. There was a restful quality in him which was very appealing.

Not much to her surprise, they had a cheap fish dinner out toward Pearl Harbor. No mention was made of champagne; Terry doubted that the doctor had ever tasted the stuff. They drove around in his dilapidated station wagon and failed to find a movie that interested them. Then they went to a coffee house and listened to folk music. Being an early riser, Doc took Terry home at eleven o'clock. At her door came a slight pause which she supposed was not any mere station break.

"This noon I said you were pretty," he told her. "I was in error. You're beautiful. . . ."

She almost welcomed the doctor's belated advances. Seductive Waikiki moonlight was silvering his hair. If he wanted to kiss her good-night, all right. Life for him should be more than experimenting with revolutionary sensory stimuli for purposes of communication with lower orders of mammalia—his own words, heaven help her.

"Am I?" she said, and edged into the moonbeams.

"Definitely," Doc said. He shook her hand, failing to note her readiness for sensory stimulation. "We must get together again soon. I'll call you."

"How did it go?" Annie asked a little later from an adjoining bed.

"Great. He held my hand when we came home. He was shaking it."

"I'll bet. They're all the same, even fish doctors. Terry, I ask you—is this fair to Albert the Third?"

"Believe me," Terry said, "it couldn't be fairer."

SHE made two round trips to the mainland, having resolved that Doc, face and form divine notwithstanding, just wouldn't do. During the second trip Albert telephoned her at the airport motel in Los Angeles to say, at considerable expense, that he was desolate from loneliness and looking forward with the expectation of a child long denied candy to his yachting with her the coming Sunday. Terry said she was kind of lonely too (she was, as a matter of fact, but exactly why she couldn't decide) and eagerly awaiting their reunion.

Saturday morning Doc turned up on the apartment doorstep. He wanted Terry to visit the Oceanology Institute with him; characteristically, he had forgotten to call in advance. Annie, who handed receiving him, rushed into the bedroom to inform Terry, who was in the closet attempting to determine what would be an appropriate yachting costume.

"I was cagey with him," Annie said. "I told him I thought you had dropped dead. You don't care to talk to him, do you?"

"No, never," Terry said. She was curiously rattled. "Well, maybe. No. Perhaps. . . . I can't be rude."

She went resolutely in to accept Doc's resignation. However, he hadn't the least idea he'd done wrong, and his ill-clothed manly beauty and absent, brilliant mind touched a deep chord in her. He was eager for her to meet his boss, Dr. Schwartzkopf, and innumerable denizens of the deep, and she promptly said yes.

Doc drove them out to Kaneohe and rowed Terry to an island in the bay, his powerful arms and back making short work of the journey. The Institute was engrossing, the scientific equipment incomprehensible. Terry saw everything from sharks and giant squid to dolphins playing basketball (the second team beat the first that day) and Sam with his wife and offspring. Dr. Schwartzkopf was delightful, his wife a motherly soul, and the other personnel mostly enthusiastic young graduate students, male and female. They all lived in amity in bare barracks, sunburned and clad in oddments of clothing, eating catch-as-catch-can and laughing a great deal. The head of the informal organization took Terry aside after lunch to praise his assistant.

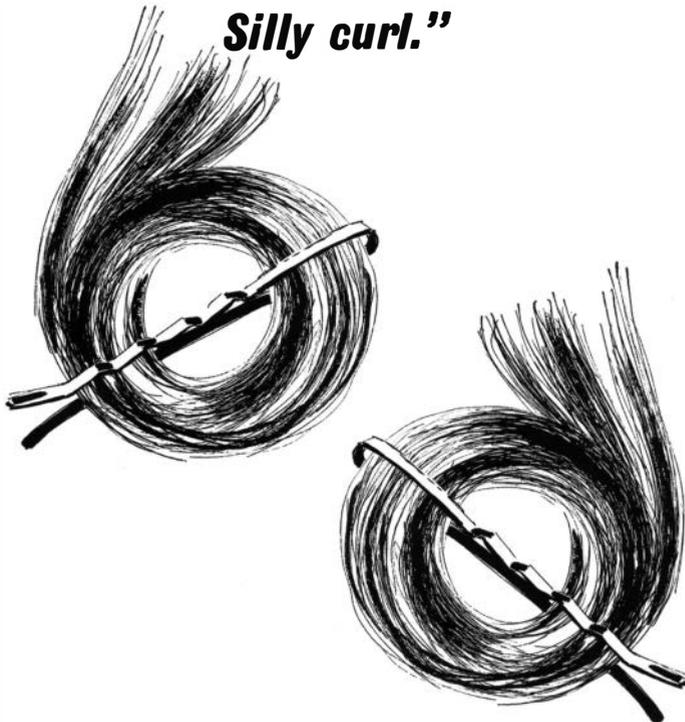
"Fantastic young man, Parrish," he said. "Great future. As you know, *Delphinidae* are social, gregarious and can communicate. I have compiled a considerable vocabulary from their conversations with each other and established some rapport by using a sonarlike device. But Parrish, basing his research on the fact that they have binocular vision, has made tremendous strides in the purely visual field. And isn't he good-looking, my dear?"

"Gorgeous," Terry said.

"Sam is absolutely reliable," Dr. Schwartzkopf said. "So is Parrish."

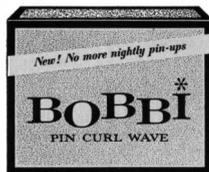
Tanned and almost happy, Terry was

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taken home in the afternoon. Doc had little to say, but abruptly, as they parted, he got down to cases.

"I have nothing to offer," he said. "My stipend is only sixty-eight hundred dollars a year. I doubt, considering the course I have elected to take, that I shall ever achieve success in the conventional sense. You deserve the best, Terry. Nevertheless. . ."

Terry felt terribly excited and frightened. "Yes, yes. Go on, Doc."

"That's all," Doc said, and resembled a violent sunset off Diamond Head. "Thank you for your attention. Good-by."

They shook hands again, and Doc disappeared. Containing her rage and confusion and shamed relief, Terry reported to Annie. She stuck to the bare facts, such as how Sam's wife suckled the child, and how Dr. Schwartzkopf was planning to lend a couple of his dolphins to Air Force Air-Sea Rescue for locating fliers who had ditched, and how the Navy was interested in them for mine detection and antisubmarine work, how Sam and the others filed reports with their higher vertebrate friends by beeping at around thirty thousand cycles per second.

"Please," Annie interrupted disgustedly. "I've had enough of fish stories, even if you haven't."

NEXT forenoon Albert phoned to say he was having a quick meeting with Mr. Kaiser and would send the car to take Terry to Kaneohe. She rode out in lonely splendor to the yacht club, keeping her eyes averted from that island.

The setup didn't appear too promising. Albert kept Terry waiting, and he was not using his big boat, but had borrowed a thirty-foot cabin cruiser and was the sole member of the crew. The moment they were in open water he locked the wheel in auto-pilot and mixed champagne with stout in tall glasses.

"Lovely concoction," he said. "Called Black Velvet."

Moved by queer sensations of despair, Terry downed her drink and promptly grew dizzy. Albert sat down beside her in the cockpit and applied a number of practiced holds. Unresisting because it no longer seemed to matter particularly, she heard him say he wanted her to come to the ranch with him for a week or two—he'd already arranged with Far East for her leave of absence.

"Not in white and with a veil, I presume?" Terry said.

"That doesn't seem necessary to me," Albert said. "Does it to you, darling?"

"Oh, of course not!"

"Good. I knew we'd understand each other."

"Oh, we do!"

"Your eyes are a little crossed. Look at the pretty dolphin following us, darling."

Brought shatteringly back to full consciousness, Terry turned and blinked and stared at a black and white member of a suborder of *Cetacea* spouting and sailing through the air astern of them. His beady inspection was taking in every detail. Her spine stiffened.

"Sam," she said. "Holy smoke! Annie must have told Doc where I was going. . ."

"Eh?"

"It's got to matter to him or he

wouldn't have sent one of the boys from the Institute to check on me."

"Terry," Albert said. "My dear. Look. Are you talking about that dolphin?"

SHE stood up and waved. "Perfectly innocent, Sam. Don't draw any wrong conclusions. And go home, will you?"

"You poor child," Albert said. "It can happen to anybody with Black Velvets. Here, I'll help you down to the cabin."

"Take your hands away," Terry said. "I'm not going to be seen necking with you and then have Sam go back and spill it to everyone."

"Very well, pet. I have a sense of humor too. . . You know this dolphin?"

"Of course. He has a wife and kid. One of these days he'll be joining the Air Force or the Navy. I have a friend who uses him as a stool pigeon. . ."

"See here," Albert said. "A joke's a joke. I don't mind your being smashed on wine and beer, but you needn't lose your mind. That's not amusing!"

"Sam," Terry said. "I implore you—don't go and blab everything you know. I'll make it worth your while. And I'm going right home."

"That you are," Albert said, and looked frightened as he disengaged the automatic pilot.

Within an hour Terry was at the apartment having her breath smelled by Annie, who listened with mingled pain and incredulity to the story of the monied seducer and Sam playing private eye and such other details as Terry was able to recall.

"I suppose I have to," Annie said, "but I don't believe it. Imagine Doc spoiling things with his fish! I should have known, though. He phoned a while ago and mentioned he wanted to marry you and asked you to meet him at Laie this afternoon. I told him you were promised to another and dropped Albert's name and said you were on a yacht over at Kaneohe and he kind of beeped in pain and—"

"Come on," Terry said. "Where're our bathing suits?"

"Hopefully," Annie said, "he has thrown himself to the sharks in despair. Why should he be at Laie when I—"

"Sam's given him the facts, hasn't he?" Terry said.

"Sure he has, nutsy," Annie said. "I give up!"

A stiff breeze was blowing and the beach was empty. Unable to bear the suspense, Terry lay down and buried her head in the robe.

"Hey," Annie said. "Here he comes." She gulped. "The fish must have fixed it."

Hurting joyously to him, Terry was struck in mid-air by an attack of his sort of shyness. She halted, stood kicking the sand. He looked down at her gloomily.

"I didn't expect you here," he said.

"Doc, I love you. I accept your kind offer. Nothing happened on the yacht. Did Sam explain?"

"Sam?"

"Wasn't he following Albert and me?" Terry asked.

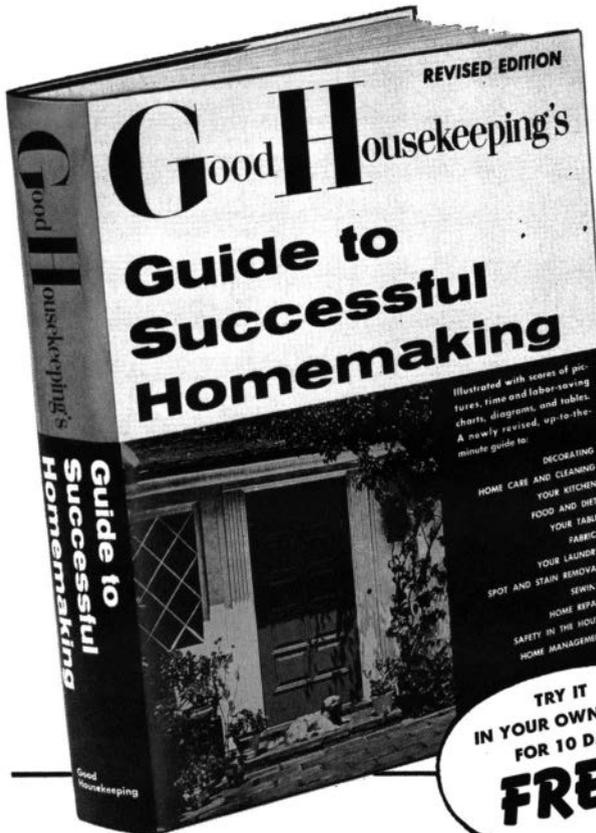
"How could he?" Doc said. "He's been working in the pool all day with Dr. Schwartzkopf."

"Forget it," Terry said. "Some of my best friends are *Delphinidae*. This time, please, let's not just shake hands again. . ."

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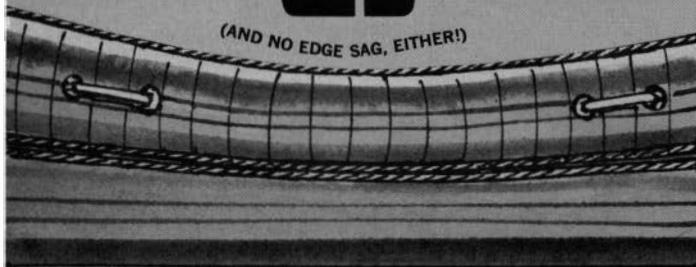
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### A special talent

continued from page 81

I always got up first, shaved, and left the bathroom clear for the others. Four hours of sleep left my eyes gritty and my fingers thick and clumsy as I set the table. I hustled around the kitchen, every inch the capable male homemaker seeing that the family had a hot, cheery breakfast before starting the day. The bacon was crisp and dry; the coffee didn't boil over: I remembered the correct amount of water to add to the frozen orange juice. My grocery list was on the hall table with my books. The four lunch bags were on the counter where we wouldn't forget them.

SOME men think they're gourmet cooks because they can throw a casserole together or broil a steak, but they haven't met the real test—breakfast—the only meal where everyone is allowed to eat a different thing. Jimmy, who's twelve, likes cereal that crackles. Billy is eight and wants the kind that pops. At fourteen, Becky is either starving herself to get thin, or gorging herself to gain strength. Jenny is my wife and I love her, but she's unreasonably fussy about scrambled eggs.

Drinking coffee and smoking, I listened to the sounds upstairs so I would know the exact moment to dump the eggs into the frying pan. A toothbrush whacked against the basin. A shoe dropped. Becky's radio blared. Jenny's heels tapped on the bare floor as she made beds. We were really very efficient. Our tight schedule worked smoothly (except on mornings when someone broke a shoelace or forgot one of his duties of the previous day). Planning had gone into it, of course. Lists had been made, chores assigned, budgets devised and revised, attitudes adopted. There were times when I almost believed we could keep it up for another whole year.

I hadn't realized that going back to school at thirty-five, on a budget that was pulled to the breaking point, would be quite so hard. For anything less rewarding than a degree in Landscape Architecture, I wouldn't have tried. Without a small legacy and Jenny's job, I wouldn't have had the chance. The legacy gave us an opportunity, but it was Jenny who gave me the courage to turn our lives upside down.

Hearing Jenny's step on the stairs, I plopped the eggs into the pan, poured coffee, and dropped the bread into the toaster. Jenny was wearing the black outfit she calls her Secretary Suit. Jenny is small and pretty and more the type for full skirts and soft colors. She bought the Secretary Suit the week we made the momentous decision that I would give up my insurance job and go back to the university to get my degree.

"Smells wonderful," Jenny said, coming into the kitchen. "You really are a master at bacon. I never got it so crisp."

"You smell wonderful," I answered, wondering if the men in her office noticed.

"The sugar bowl is empty," Jenny said. "I'll fill it. Dave, your light was on until two o'clock this morning. You can't keep that up. Aren't you overdoing it a little?"

Lately Jenny had started talking to me in the same tone of voice she uses for the children, indulgent but anxious, kind but firm. Several times lately she had said I looked too thin, although I hadn't lost a pound.

"I have midterms this week," I explained, as if she didn't know. "Botany is not, and never was, my best subject. With sixteen units and a part-time job, you don't realize—"

The children interrupted me. Billy and Jimmy clomped to the table. Becky floated across the room in white saddle shoes that looked immense at the end of her thin legs. All at once the kitchen was a whirl of activity: crunching, popping, crackling, spreading, pouring, sipping.

From her place at the table, Jenny recited her morning litany of instructions, consulting the little list she made each night. The house was full of lists: lists of things to do each day, things to do on Saturday, things to remember, things never to forget.

"Don't forget your absence excuse, Becky. Be sure to change into jeans when you come home from school, Jimmy. Billy, tell your teacher I'll be in to see her about your spelling as soon as I can."

"Spelling is simply a matter of memorizing," I said. "There is no excuse for—"

"Dave, we'll have to talk about it later," Jenny interrupted. "I have to leave in a minute and there are a couple of things. . . ."

She was consulting her list again. It was my turn now, the last of her dependents, to receive his orders for the

day. I knew Jenny had a lot to do with a full-time job, a big house, and coordinating all the family activities, but did she have to be quite so executive, quite so much the battle sergeant?

"If you put the roast on at four-thirty, that should be about right. And, dear, please try to remember to pick up my dress at the cleaner. You forgot it again yesterday. I forgot to put milk on the grocery list. Better get half a gallon."

I followed her out to the hall and waited while she put on her hat and tugged at the white gloves I had thrown in the dryer by mistake. She looked just like the young career girls I used to admire when I rode downtown on the bus with them a few weeks ago. A few years ago? It seemed longer than that since I had had a paycheck that amounted to anything. My weekend job at Sunset Nursery didn't net enough for Sunday dinner. Jenny used to walk to the door with me in the morning in a flowered brunch coat and say, "Have a good day, dear. Don't work too hard."

Now I was saying it to her. "Have a good day, dear. Don't work too hard." I don't know why I never said that to her when she stayed home and worked. Leaving the house gives work a status you don't get any other way. It was one of the important things I had recently learned.

"You, too," Jenny said, and kissed me. "Good luck on the exam. You'll do beautifully, I know." She hesitated and started digging around in the big purse she carries to work. "You better take some money, Dave. You paid for the movie the other night. You must be short."

Snapping her purse shut, I pinched my finger. "I don't need any," I lied. Since I was always lecturing the kids about getting along on their allowances, I didn't want to admit I couldn't get along on mine. I stood on the porch watching Jenny walk briskly to the corner. For a minute I felt like running after her and bringing her home where she belonged.

I had wasted a minute and a half on the porch, so I hurried back to the kitchen. I still had moments when I panicked and this was one of them. All those crushed paper napkins, all that spilled cereal, the sticky dishes, the coffee grounds, had to be cleaned up before we could leave for school.

"Becky, you start the dishes, Jimmy, you wash the table, Billy, you empty the wastebasket." I don't know what I do wrong, but I never get the same results with the kids that Jenny does.

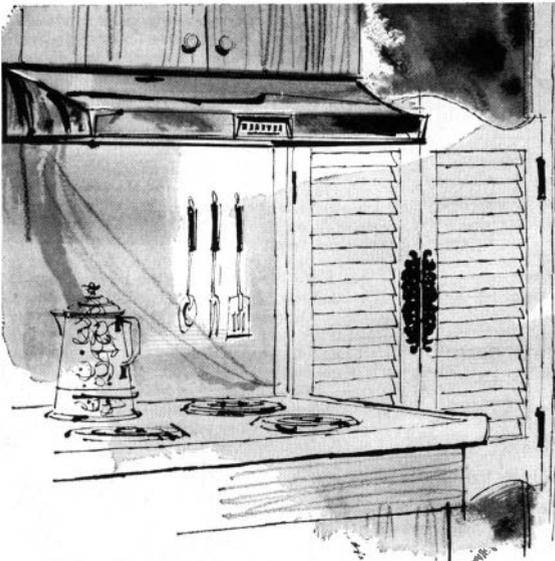
"Dad, I have to polish my shoes," Becky said, "and I haven't finished my hair."

"Criminy, Dad, I've got four arithmetic problems I didn't finish last night," Jimmy protested.

Jenny told me that a fourteen-year-old girl's hair is one of the most important things in her life, so usually I try to go along with Becky. Jimmy is one of the brightest boys in his class and, at twelve, knows he wants to major in mathematics, so I hate to interfere with his schoolwork. At eight, Billy is still eager to help with everything. He grabbed a dripping sponge and began to wash the table, knocking over a pitcher of milk.

"All right, everybody!" I shouted at them. "I'm not going to go through this

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argument every morning of the week. Now, let's get going or we'll all be late to school. You've got to be more help around here! I have a botany midterm this morning and I have to be on time."

Becky looked hurt and stubborn as she poured soap in the dishpan. Jimmy propped his book on the sink and dried dishes while he read. Billy kept getting in the way in his eagerness to help. I nagged and prodded and barked at them and, somehow, we finished, except for the frying pan and the coffeepot which Becky sullenly promised to do after school.

The floor was a little gritty from spilled sugar but I didn't have time to do anything about that. We gathered coats, jackets, school books, lunch bags, notes to teachers, milk money, and left the house. I had to leave the door unlocked because I still hadn't gotten around to getting keys made for the children.

The morning was cool and foggy, the sidewalks damp. I was cold but if I went back to the house for a warmer jacket, I would miss my bus. At the corner I parted from the kids. I wanted to kiss them all good-bye but Becky hadn't forgiven me, and Jimmy would have been embarrassed. Billy wouldn't mind but he was in a hurry to meet his friends across the street.

Outside, with cars racing by and clouds hanging heavy in the sky, they looked small, very serious, and somewhat frail. A button was missing from Jimmy's shirt, and Becky's hair looked terrible. I thought Billy's face looked a little thin and I wondered if he had been taking his vitamins lately. I wished I hadn't been so hard on them, so demanding. Most children don't have to do housework before they go to school in the morning. I was depressed and frustrated and I had forgotten my cigarettes. I tried to remember (and couldn't) what it was like not to be tired all the time.

On the bus, I lurched to the rear and squeezed in beside a man with a brief case and a woman who was reading a newspaper. I didn't even let myself glance at the headlines. I opened my botany book and tried to cram some more plant names into my head. It was beginning to feel as strained and stretched as a turkey stuffed for Thanksgiving dinner. It seemed much longer than three months since we had started what Jenny called "our adventure."

"If we're Spartan, really frugal, we can do it," she had said. "It will be an adventure."

**T**HAT was when all the lists began: the budgets and schedules, buying the Secretary Suit when Jenny got her job, the talks with the children, trying to arrange my classes so I'd be home when they got back from school.

None of it worked out quite as we had planned. It turned out that I needed three semesters, instead of two, to finish. The budget was short twenty-five dollars a month. Three days a week I didn't get home from school until five o'clock. There is more to cooking than reading a book. There is more to running a house than making lists. It is not really an adventure to be hurried and harried all the time. It is, however, a glorious thing to realize a dream.

On the other side of the bay, the sun



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was shining on the blue-gray towers and I started getting the heady, breathless feeling I always do at the sight of that beautiful, rolling campus. Students were strolling along the paths, some were sprawled on the grass. I hurried to the science building, longing for a cigarette, not daring to take time to buy a package.

In a class of six hundred, I never had a chance to talk to Dr. Strunker, the botany professor. He seemed like a mild, gentle, kindly man until he handed out the midterm and revealed himself a terror. I was almost sick when it was over: sick with the certainty that I was going to fail, that I was sacrificing my family for a goal I couldn't reach. I'd be lucky if I got a "C" on that examination. I remembered what I had said to Billy this morning about spelling. Plant identification is just a matter of memorizing too. I thought how unbearably smug adults are—especially adults who do not go back to school at thirty-five.

I had to run about four blocks to make my History of Landscape Architecture class. By the time that was over, I was ravenously hungry. It was a cruel disappointment to discover that I had taken Billy's lunch bag instead of my own. Half a peanut butter sandwich and two graham crackers spread with jelly did practically nothing to my appetite. Feeling guilty, but reckless, I bought a hamburger and ate it in the Student Union while I studied for tomorrow's midterm.

AFTER lunch I had Design IV and a crit was scheduled. I hate crits. Students are harsh and ruthless critics, especially the young ones. But today they all agreed that my solution to the problem was imaginative, exciting, creative. I was so exhilarated by their praise that I stayed ten minutes after class to hear a little more of it, and missed my train. I had to race to keep my date with the pot roast.

The marketing took longer than I expected. I considered substituting weiners for pot roast, but the budget was so tight that there was a reason for every item on the list. Probably the pot roast was supposed to provide sandwiches for our lunch bags later in the week. When I got in the house, I hurriedly checked Jenny's instructions. They seemed over-complicated to me and I'd never really liked pot roast well enough to spend so much time on it. Except for adding a little red wine. I followed instructions carefully and I didn't see how I could go wrong.

The frying pan and the coffeepot were still on the sink where we had left them this morning and there was no sign of the children. If I hadn't been so busy setting the table (Jimmy's job), scraping carrots and potatoes (Becky's job), I would have worried about them. Often they have things to do after school but it's a strict rule that everyone reports if he's going to be late. It was ten after five when they came straggling in. I started ranting about the frying pan and the coffeepot and pointing at the clock. I thought the worst part of being a mother was the nagging you had to do.

"Dad," Becky said patiently, "I told you this morning I had to stay after school to rehearse for the spring festival. You never listen."

"And I told you I was taking Billy to

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the playground with me," Jimmy explained. "Listen, Dad, could you come outside for a minute and take a look at my bike? There's something wrong with the chain."

It didn't seem very long that we were out there looking at the bike, but it must have been half an hour because suddenly Jenny was home. I could tell by the way she walked that she had stood most of the way home on the bus. We went into the house together. I thought we could sit down for a few minutes while I told her about my crit, but she hurried into the kitchen.

"Dave, what on earth did you do to this meat?" Jenny said, taking the cover off the Dutch oven. The potatoes and carrots looked sort of mushy but the meat looked all right to me, except that it had turned a sort of lavender color.

"Well, I guess we'll just have to eat it," Jenny said. "Dave, please call Jimmy and tell him to set the table properly. It looks as if he stood in another room and threw the silverware on. Did you remember to pick up my dress at the cleaner?"

It was the third time I had forgotten. I couldn't blame her for being annoyed. I thought I had everything ready for dinner but she was doing things with lettuce and some tomatoes. She still had her hat on.

"Look," I said, "can't you sit down and rest for a few minutes, relax before we have dinner?"

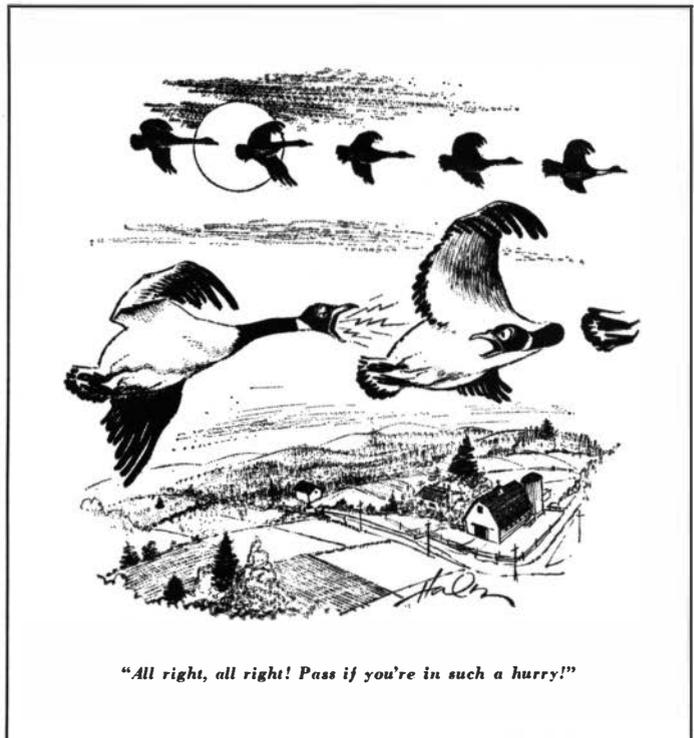
Jenny turned and looked at me with a startled expression. For the first time I realized that she wasn't really young any more, that there was a limit to her

patience, her endurance, possibly her love. Maturity had rubbed her mouth, stroked lines around her eyes. I thought that, in some undefinable way, it made her more beautiful.

"Honey," she said, "I just can't. I have to run a couple of loads of wash through the machine after dinner and the children have to get started on their homework. Every week I think I'll be caught up, get things better organized, but—" Her voice faltered and she turned to poke at the roast. "I'll run upstairs and change clothes," she said, and hurried out of the kitchen.

I went into the dining room and straightened the silverware on the table, remembering that Jenny had wanted a new set of dishes for a long time. I thought of the way I had nagged and hurried the children this morning and of all the mornings ahead. The chain on Jimmy's hicycle was broken and I didn't have the money to get a new one for him. Becky wanted to take dancing lessons and Billy's teeth were going to need braces. After I got my degree, I would have to work for two years at a small salary before I would be eligible to take the state examination and get my license to practice. There was a long, long road ahead.

In a few minutes Jenny and the kids came to the table. The lavender meat looked worse with carrots next to it. Another hutton had fallen off Jimmy's shirt. I was positive now that Billy wasn't taking his vitamins. Becky's hair was a mess. Jenny had changed her dress and put some lipstick on but her eyes looked



"All right, all right! Pass if you're in such a hurry!"

as if she might have been crying. I kept sipping water and trying to eat but I was so depressed I could hardly swallow.

"She's going to pay me seventy-five cents an hour instead of fifty," Becky was saying. "If I baby-sit every Saturday for three weeks, I'll have enough for dancing lessons." I hoped it was pride that made her voice so strident.

"That's wonderful, Becky," Jenny said. "You know, Dave, I think I can ask for a raise pretty soon. I know Mr. Beckworth is pleased with my work and—"

"Heck, if you need money," Jimmy said, "I can loan you some. I've got about ten dollars saved up. I have to buy a new chain for my bike but you can have the rest."

**T**HEY all had money but me. They were all contributing to the family welfare. I couldn't even make a decent pot roast. "Could I please have some more meat?" Billy said. That didn't make me feel any better. Billy will eat anything.

During the rest of the meal I laughed with the others at Billy's silly jokes, listened to Jimmy's complaint about a certain teacher who reminded me very much of Dr. Strunker, heard Becky's report on the spring festival. My mind was jerking back and forth from the past to the future.

I had never made much money in insurance, never would. The crit this afternoon proved that I was good in design. Maybe I would get a C-plus in botany. In four years Becky would be ready for college. I had never minded that my own teeth are slightly crooked, but Billy's must be even and straight. The kids had skipped vitamins before and popped buttons off. Even if we muddled through another year of school, there were two years of apprenticeship and then the state board to pass. I wanted to finish school and get my degree more than anything in the world—except caring for my family's health and happiness. Maybe it wasn't worth it after all, the struggle, the sacrifices. . . .

"I just don't know if it's worth while," Bob Tatum's voice jerked me back to attention, to the face of the tired, young man with a cold in the head and a pencil smudge on his cheek. "If it weren't for my part-time job with you, I would have given up long ago. I'm a good draftsman. I can always make a living as a good draftsman. I'm afraid it isn't fair to Beth and the kids."

"Sure you can make a living as a draftsman, Bob," I said, trying not to sound old and pompous. "You can do that and remember that once you wanted something more, and blame Beth and the kids because you don't have it. Sure, you can do it that way if you think *that's* fair to your family."

Bob gave a tremendous sigh, got up, and walked across the room. I thought of the thousands of students like Bob. at desks, drafting boards, in law libraries and operating rooms and laboratories, trying to be good students, good fathers, good husbands. I thought there ought to be an easier way, which was foolish of me, since I know that all the good, wonderful things in life come after struggle and hard work. Not quite all the good things—Jenny and the kids just rolled into my life on a wave of love and luck.

*continued on page 228*

● See the **GOOD HOUSEKEEPING Consumers' Guaranty**—page 6



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"Have you talked it over with Beth?" I asked.

Bob shrugged his thin shoulders. "As much as you can talk to someone who already has her mind made up. She won't even discuss my quitting."

That's exactly the way Jenny was. Right after we finished dinner that night, eight years ago, she made a new batch of lists and schedules that weren't any more efficient than the first ones, and yet, somehow, things did get better. By the time I graduated, and we didn't need quite so much system any more, we had things pretty well worked out. I was a fair cook when we reached the point we could afford a part-time housekeeper, and the year I got my license, Jenny decided she didn't really want to quit her job. She's still with the same firm but she's Personnel Director now.

"Bob," I said, because it was getting late and I had a client coming in at ten o'clock, "call Beth and see if she can get a baby-sitter. Come to our place for dinner tonight. You're tired and discouraged and impatient and you need a night off from studying. You aren't going to quit school. You aren't going to quit because you want what's on that wall, don't you?"

Bob was staring at my degree, my license, and the honor award I received last year for Stanhope Park. I saw his shoulders move a little and when he turned around, he was smiling. "I guess I can hold out a little longer," he said.

I talked to Bob a little more but, after he left, I didn't pick up my pencil and T-square right away. I looked at the wall and thought of Jenny and the kids and remembered the day I'd nearly thrown their future away with mine. There's room on that wall for several more awards, and for Becky's degree when she graduates from the university next year and starts working with me. There ought to be degrees on that wall for Billy and Jimmy too, and Jenny—mostly Jenny—but they don't give degrees for steadfastness, encouragement, patience and love. For what it's worth, I gave Jenny my honor award years ago.

I reached for the telephone and, although I call Jenny at her office at least once a day, I couldn't remember the number. I could only remember how she looked this morning in a pink blouse that made her cheeks look soft and rosy, a swirl of her hair catching the sunlight, her smile that touched my every day with the magic of her love. I could remember with absolute clarity the sweetness of her kiss this morning, the deep, calm joy I know every hour I'm with her.

I had to go into the drafting room to get the telephone book and look up her number. A trick memory like mine can be very irritating, but there are times when I don't mind it at all. ♦

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IT'S ABILITY  
THAT COUNTS.  
NOT DISABILITY

## The widow's estate

continued from page 68

I want to say you're looking just fine."

"Leaner. Honed down, sort of, I guess. Two months ago I was way down. Skin and bone. Now I'm in better shape."

"I'm glad you're . . . handling it so well, Lollie. I guess I knew you would."

"And I? I don't know. I was getting through one hour at a time. Now I'm getting through one day at a time. Grief is . . . is such a sneaky thing, Cal. You don't know what to brace yourself for. I would never have guessed it would be this way. It seems to wait until you're a little off balance. It doesn't have to be what's said. It can be a tone of voice, even. Then it isn't any dignified business of the eyes misting up. It's a raw, horrid pain, so you want to double over and hug yourself and howl like a kid.

"Last week I was coming back after driving Kit to her school-play rehearsal, and I saw a car exactly like the first one Mitch and I ever owned. Same color. I had to pull over to the curb and wait there about ten minutes before I could get going again.

"Do you mind if I ramble like this? I have friends, but I haven't had anybody I could talk to just this way.

"There's another part of it that's bad too, and I couldn't have guessed it. It's a kind of . . . phoniness. I don't know how to say it. You have yourself under a constant observation, and you watch how you are reacting. I find myself dramatizing the lone widow thing, so that when I'm shopping, for example, and I go in a place where they don't know me, I feel just slightly put out, like some bit-part television-type getting surly because she isn't recognized. I tell myself how brave I am, and when I handle something well, I feel proud and smug. Then I wonder if I've handled it too well, and that makes me doubt my own capacity to really feel and understand what's happened to me. It's a continuous self-appraisal that sometimes doesn't seem . . . healthy.

"What I'm trying to say, Cal, grief isn't a constant thing. When I laugh, I hear the sound of it afterward and feel like a dirty traitor. Sometimes, when I cry, I feel like a bad actress. And I know all the time that Mitch would be so terribly concerned about me, and at the same time sort of . . . amused. You can understand that."

"Of course."

"FOR the sake of the children. That's a tiresome phrase, but really, it's so horribly true. They've been a life raft for me. Without Kit and David, I would have indulged myself all the way in grief. I'd have sunk right down into the ultimate puddle of tears, gone without a trace."

"They're handsome children, Lollie."

"And you don't know how I resent them sometimes. Their hearts were utterly broken at first. They adored him. But they adjust so fast! A half-year is a long, long time for a girl seven and a boy nine, I guess, and it's a good and healthy sign they're able to adjust so quickly. But I keep wanting them to miss him more than they seem to. I want them to know their new captain wasn't *always* the captain. They refer to Mitch as if he were lost in the mists of antiquity, for God's sake!"

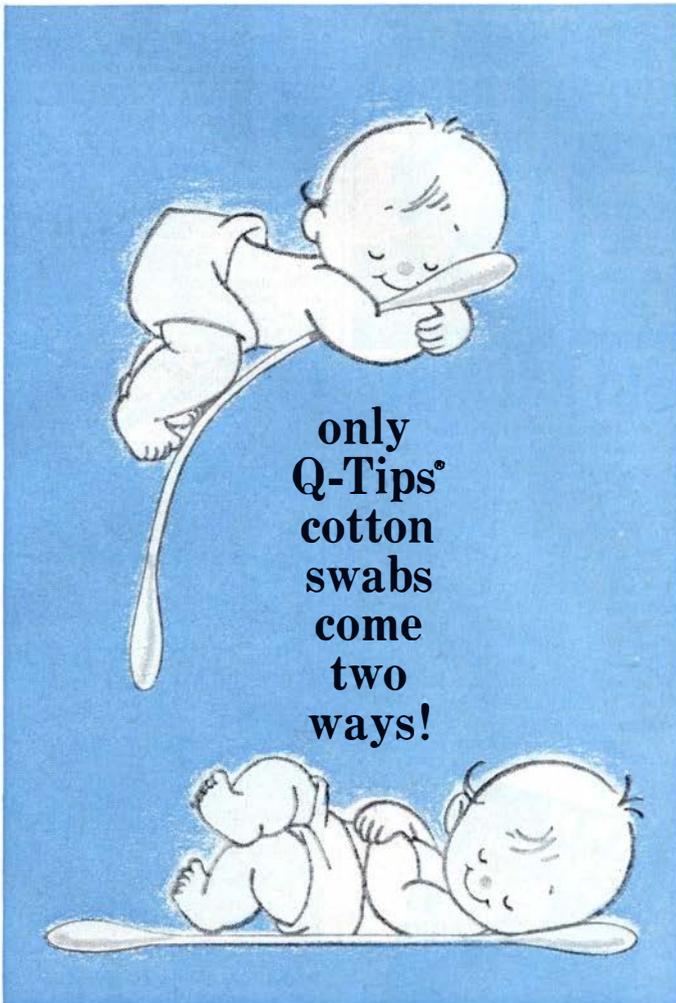
"Which leads to a temptation, doesn't it?"

"What do you mean?"

"Lectures. Deification of the lost father. Demanding their appreciation."

"I guess I'm doing that. Is it bad?"

"Only because it might substitute myth for what was a very good reality."



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"I wouldn't want that, Cal. I wouldn't want that at all."

"I was taught my father was ten feet tall. It took me a long time to finally track down the reality. When I finally learned, on my own time, in my own way, that he had been an ordinary mortal, I was able to be more at home in the world. He was . . . a pretty good man, I guess. I was eleven when he died. It's easier to live up to a man than a myth."

She looked at the fire for a little while. "I'll watch that."

Cal mimicked: "Your father would want you to do this. Your father would want you to do that." It was powerful medicine, I guess. But when they set standards you can't meet, you feel as if you'd betrayed the dead. Lollie, one of the things I've been wondering about. What's the financial picture?"

"Not too bad, really."  
"What kind of advice have you been getting?"

"All kinds, believe me!"

"Does it still hurt?"

"To use one of her lines, only when I laugh."

He kissed her good-night, a light fraternal peck on the cheek. She stood hugging herself in the autumn night and then waved to him as he drove off in the rental car. She went back in and sat on the raised hearth with her back to the fire until she was warmed through. She forced herself into briskness and picked up in the living room. She rinsed the buffet dishes and packed them into the dishwasher.

When the house was locked, the lights out, the fire screen closed, Laura Barnes lay in her bed. She could hear the distant drone of the dishwasher in the last of its cycle. She was on her back, her eyes open. Cautiously, carefully, she let herself relax, thinking, Will I cry tonight, or won't I? It was like a strange sphincter she kept closed against the hollowness of her heart as she walked through her timeless days. Alone, she dared relax it to

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"This isn't the time or the place to go into it. School day tomorrow. But I would like to . . . advise you, if you think it would do you any good."

"I'd appreciate it, Cal."

"When would be a good time?"

"Come over about ten in the morning? Or do you have . . .?"

"I saw the people I had to see. I'm free for as long as I can be of any help."

She walked him to the door. "A crummy motel," she said. "And a perfectly good guest room right here."

"It's a very comfortable motel."

She made a face. "Hah! The fragile reputation of young widows. Or, more accurately, a widow who is not so young."

"Younger than I am. By a year and a day. Remember the joint birthday parties, Lollie? My birthday would end at midnight and yours would begin."

"And Mitch was a very fast man with the champagne."

"Calling himself the natural-born celebrator."

"Cal, do you ever hear from Barbara?"

"Not from her directly, but I heard about her, almost a year ago. Somebody saw her in Los Angeles. She left the guy she left me for and went back into club work. Doing all right, I guess. It's what she likes best."

find if tears had been stored. This night there were none. She turned on her side and burrowed her way into sleep.

When Cal arrived that Thursday morning a little after ten, she was talking to Molly Moyer on the kitchen extension. She interrupted the call to let Cal in and tell him to help himself to coffee. She went back to the phone and finished making the arrangements for the committee meeting with Molly.

She poured herself coffee and took it to the breakfast booth and slid in, facing Cal. He wore a tweed jacket and a soft blue shirt. He had nicked the edge of his jaw while shaving. Casual clothes never seemed quite right on Calvin Burch. He had a long sawtooth face, straight black hair, deep-set eyes, with a jutting prominence of bone at brow, cheek and jaw. He looked severe, judicious, scholarly and humorless, all his warmth and wit most carefully concealed.

"By two o'clock this morning, when at last the world grew still," he said, "I think I had it all figured out, just who was occupying the unit next to mine. Two deaf auctioneers, three moose—full grown—one roller-skating team, and four sacks of cats."

"Good thing they didn't put you next to somebody real noisy."

"At six o'clock the maids started. I

couldn't figure out whether they were using megaphones, or a P.A. system."

"It was very quiet here."

"Don't tell me about it. Please."

"I dozed off after the alarm went off. I lost twenty minutes. I just barely got the kids onto the bus."

"Good school?"

"Pretty good, I think. David got into their gifted child program this year. He's insufferable about it. They won't test Kit until next year. His latest method of infuriating her is to speak to her in French."

"Will you be able to stay on here?"

"THAT'S what I'm trying to find out, Cal, as the weeks go by. The estate is sort of settled now. Under the terms of his will, I'm the executrix, which I've learned is the wrong way to do it. It should be a bank, people who do it all the time and know what to do and how to keep records. Mitch's personal lawyer was Bill Wandell. He's been a lot of help, but you certainly have to pay for that help. That Bar Association is quite a union. Standard rates on estates. It comes out to four percent on the net estate."

"If you think I'm being too nosy, Lollie..."

"Heck, I want to tell you where I stand. Thank heavens he had the mortgage-insurance stuff on this house. It made the house free and clear. It's too much house for the three of us. Actually, it was too much house for the four of us, but we bought it on the anticipation of Mitch's future. You know how well he was doing. It wasn't foolishness when we took on this much house five years ago. It just turned out to be a little foolish."

"Are you going to keep it?"

"That's one of the decisions. I've told myself it represents a kind of security to David and Kit. It's their home place, you know. Their yard, their neighborhood friends. I didn't . . . want to take too much away all at once. And it's my home place too, you know. A refuge. I've wanted to stay . . . where the memories are, for a while anyway."

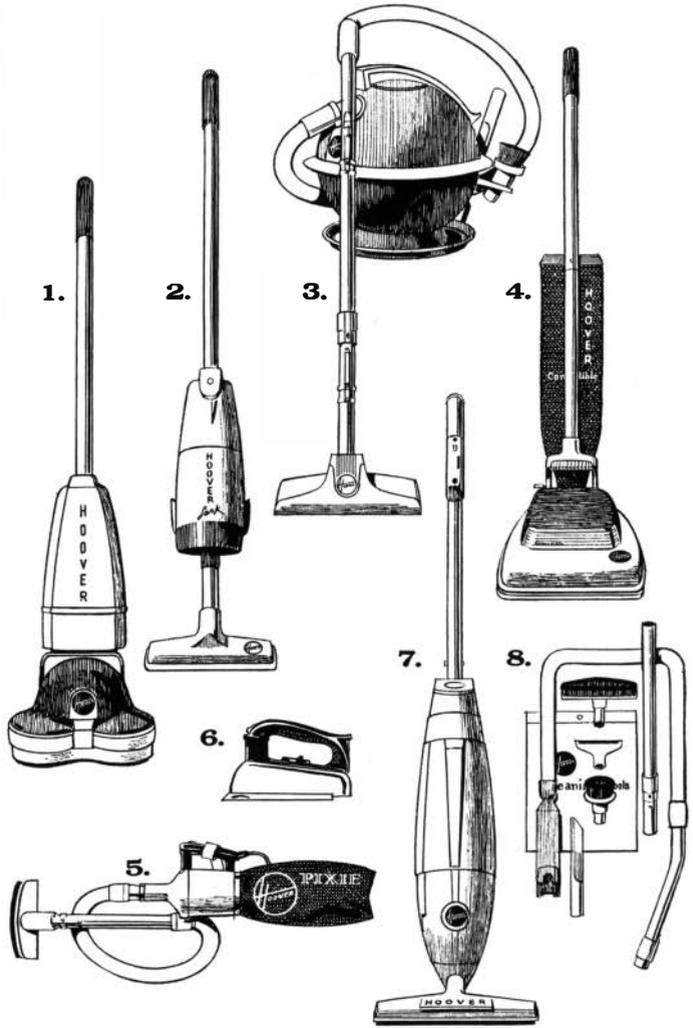
"I can understand that."

"But it takes money to run. Bill helped me work it out. Taxes, insurance, heating, utilities, yard-work, the whole out-of-pocket thing comes to a hundred and twenty dollars a month on a year-round basis, without putting in anything for maintenance or depreciation. I don't understand about depreciation, but Bill keeps mentioning it."

"So how about your income?"

"I can tell you that the Social Security was a pleasant surprise. When you have little kids, it works out pretty well. Without that I'd really be sunk. But it stops when they get to be a certain age. Or it goes way down, at least. He was in the group insurance plan at the company, so I got ten thousand from that. I had to take it in cash; there weren't any options. He had a thirty-five thousand-dollar policy on his own. The insurance agent and Bill and I had a conference about that. We decided the best thing to do was take it as a life income, five years certain. And there was another forty-four hundred, the amount Mitch had in the corporation retirement fund. So I did have fourteen thousand and some cash. He had an insurance thing on the time payments on the car, so I got that free and clear too. I kept that one and sold my little one. There weren't any medical and death expenses. The group insurance plan took . . . care of it. And he wasn't sick long enough for it to run over . . . over the . . ." She felt her face changing as her voice became uncertain.

"I'll get me more of your coffee, m'am,"



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he said easily and stood up and went over to the stove.

She was grateful for his quick tact. She was under control by the time he came back to the booth.

"So, Cal, the total estate came to about eighty-five thousand, which sort of sounds like a lot, but it really isn't. Part of it is the thirty-two-thousand-dollar appraisal on this house. And I know what major things have to come out of the cash. Sixteen hundred for estate taxes. Thirty-four hundred to Bill Wandell's firm. I paid off the things we owed here and there and put the rest in the savings account. I keep trying not to dip into it. My income is four hundred and eighteen dollars a month now, tax free. It sounds like it ought to be enough. But, gosh, it seems to be an awful close thing.

"Just when I think I know where I am, I get a bill for a couple of hundred dollars for the insurance on the car, or the hospitalization on me and the kids. Or, like last month, seventy-eight dollars to get the oil burner fixed. Forty dollars on Kit's teeth.

"Mitch was making eighteen thousand. That's fifteen hundred a month, about eleven hundred after they took out the deductions. And we couldn't seem to save anything, Cal. We used to talk about it sometimes, and worry about it, and feel like grasshoppers instead of diligent ants. We weren't ever in a hole, but we were never more than even.

"It's like the house. We were living up to what we expected the future would be. Mitch had to live pretty well, you know. They sort of expected it of him. Whenever he'd get a raise, we'd think we were going to be able to get ahead of the game. But there was always something coming along to use it up.

"Our friends are the same way, only worse. Some of them are really in the hole. It's a funny way to live, I guess. And you don't realize it until . . . the money stops.

"I wake up in the middle of the night and wonder what I'm going to do. I can get along like this by being real careful. But I won't be able to educate the kids. That would be a shameful thing, Cal. I want to be reliable. I have to make some kind of a move sooner or later. I just don't know when or how."

"It isn't all that urgent, is it?"

"Not really, I guess. But I don't want to get too used to not facing it. I have to watch myself. I could turn into a slob in the twinkling of an eye."

"Would this house sell without much trouble?"

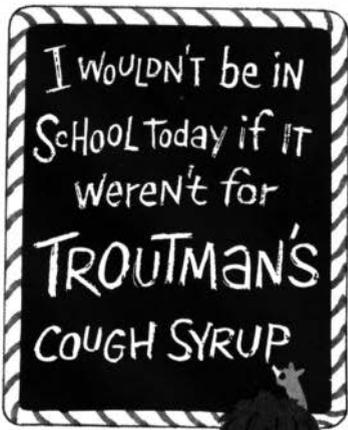
"Oh, yes. I could probably get thirty-five. Bill thinks I could. It would solve a lot of problems, I suppose. That money, invested, would give me about a hundred and forty dollars a month. There'd be enough extra so I could take out education policies on the kids."

"But the problem is, I suppose, where would you go?"

"Don't you have some nice easy answer? Everybody else does."

HE SHOOK his head slowly. "No easy answers to that one, Lollie. Not when you've got your roots in this town, in this section of town. No relatives you can go move in on, yours or Mitch's. So what do you do? Take an apartment in the city? Try to find one with three bedrooms you'd like and could afford. Buy a nice new little tract house? Where you'd probably be the only woman alone in the whole development? I can't see that working out too well, one of the best reasons being you're a very handsome gal."

"Thank you, sir. I know it's a trite and tiresome story, but I've noted just a little



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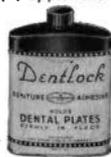
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bit of wariness on the part of the married females I've known for years. They know I'm not predatory. I guess it's sort of an instinct. Cal, you're the first person who's understood this problem of pulling up stakes. It isn't as simple as people think. I guess I should have known you'd be able to understand."

"Most people like neat solutions. There aren't any, usually."

"I could see Bill and that insurance agent working out one of those neat solutions. The agent came right out with it. 'If you marry again,' he said. He wanted to say *when* instead of *if*. He said I could then set aside the life income money for the education of my children. But they wanted it all neatened up."

"How do you feel about remarriage?"

Laura shrugged. "I think about it sometimes. I guess because I'm supposed to think about it. I'm thirty-two. But it seems the most implausible thing in the world, Cal. I accept the fact it's within the realm of possibility I might meet a man some day and fall in love with him. But I can't imagine it. I'm a one-man gal. Mitch was that man. Anybody else is . . . inconceivable. So, with that ruled out, it brings up another point. I can't spend my life housekeeping for my kids. With Mitch gone, there's less point in the home-and-hearth routine. I don't want to live my life just taking care of them. It would be an unhealthy thing for me and for them. I have to have something to do. But that's a pretty problem too. Liberal arts at Bennington, and eleven years of marriage. I'm not a career type. I'm a wife type."

"And committeewoman?"

SHE scowled at him. "Darn you, Cal, that's been part of being a wife in this sort of marriage. The executive wife, I suppose. But not, I should hope, pushy about it. There're things I've done that've helped Mitch. Fund drives, League of Women Voters, PTA, Art Center. Why shouldn't I have used surplus energy that way? A lot of it is fun and it helped Mitch, indirectly. A lot of clever men have had a lot of fun writing snide things about suburbia. But while Mitch was living and working, there was good reason for it. Now the basic reason is gone, sure. And it seems empty and more than a little bit silly, but I've gradually gotten back into all that stuff and I keep on doing it because the only other choice is to keep hiding in the house while the kids are at school."

"Or find a job."

"I knew we'd get around to that. Doing what? Sales lady, hostess in a restaurant, waitress? I don't want the kids coming home to an empty house. That's part of my job too. If I hire somebody to look after them, I end up with a net of how much per week? Ten dollars, maybe? What kind of job has the same hours as school?"

"You've got time, Lollie. Time to make decisions."

"Oh, yes indeed," she said ruefully. "All the time in the world. Funny thing. I *knew* what I wanted to do with my life. I was *doing* it. So was Mitch. We were going to rattle our way through the adolescent thing and the college thing, and try to make good people out of the kids. Then, way ahead some place, there were the, like they say, sunset years, a comfortable elderly couple. Cal, it's like buying a ticket all the way through, and then they let you off in some crummy little town where you don't know anybody and you don't want to be. And you know, sometimes when I'm tired, I *resent* my poor darling. He deserted me, and left me

*continued on page 235*

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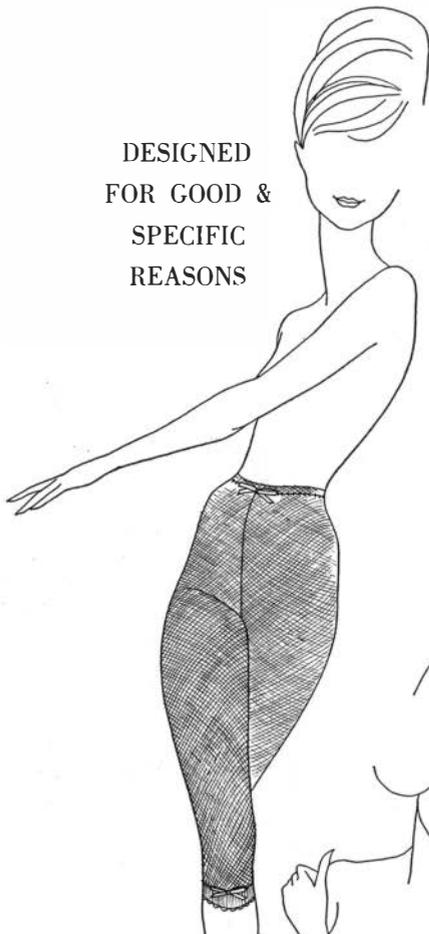
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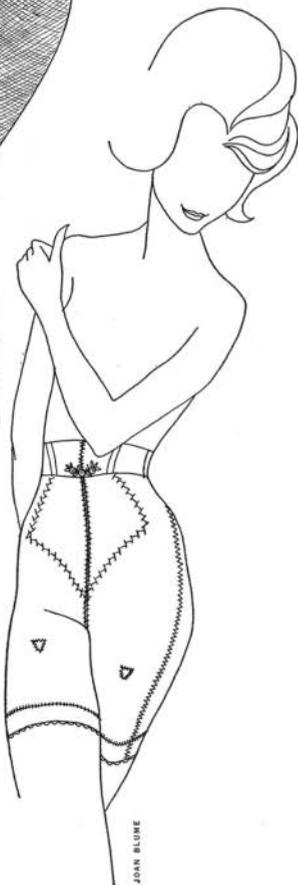


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JOAN BLUME

## The widow's estate

continued from page 233

all the responsibilities, all the planning and wondering, everything to do alone. That's a terrible way to feel, isn't it?"

"Understandable, Lollie."

She had her elbows on the table, her jaw propped on her fists. She was more striking than pretty, with gold-brown hair, small nose, a faint pattern of freckles, a slight suburban weathering of forehead and the corners of her eyes. Her mouth was level and ripe and controlled, and her eyes were large, gray-green, looking at him with a forlorn derision, a vulnerable knowing of self.

She frowned and said, "What happens, I guess, you begin to question too many things. There isn't as much point in things. This kind of life . . . it was working. But now, the things I do, it's kind of empty, an empty way of life. I know if you peel any human activity right down to any ultimate meaning, it's hard to find much sense in it. But these days there seems to be a lot less sense than usual. He should have left me millions. I could devote myself to good works and feel noble as anything. Cal, dear, I don't want to inflict any kind of . . . spiritual torment on you, but what kind of response should I have to a world which could take Mitch away from us?"

"Looking for reasons won't get you anywhere."

"I know that. Everybody dies. I tell myself I made the good years good, but I could have made them better, maybe, if I'd known. In a way, I'm glad we lost that baby that time. I was such an utter trusting idiot up until then. The world just couldn't do such a nasty sneaky thing to Laura Barnes. It wasn't fair. But I got over it and it gave me some armor, I guess. It left me a little better prepared to . . . to handle this. I was like a puppy, prancing and smirking up to a big dog, whining with pleasure, and getting one hell of a painful bite. So maybe I grew up from that point, knowing I could be bitten again."

He sipped his coffee. He said, "I'm the man who came to help. What can I do?"

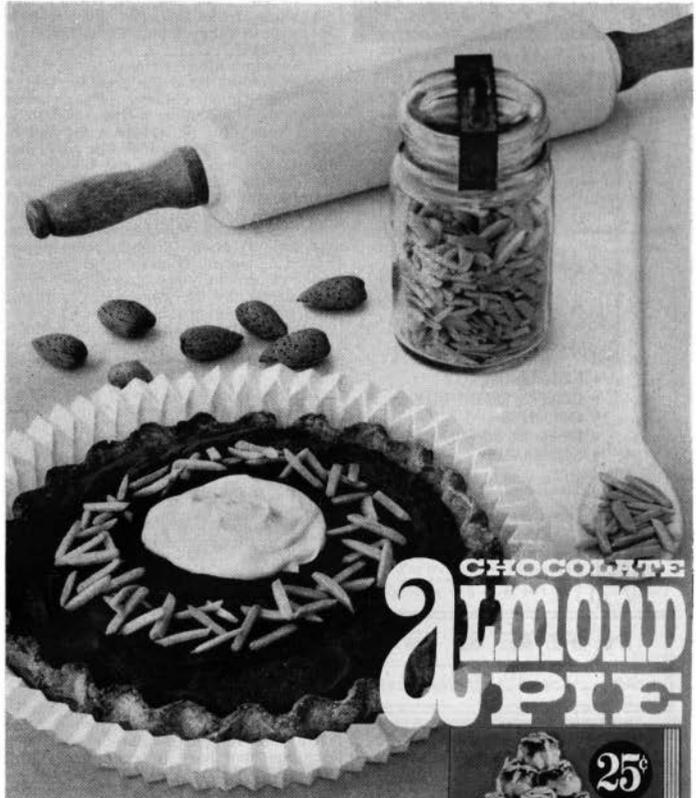
SHE smiled in a bitter way. "There have been other guys very eager to help, and they came around with a detailed plan."

"Really?"

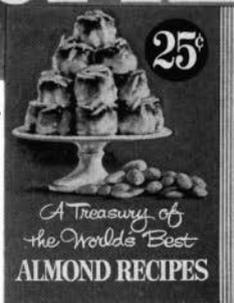
"I'll give you a sample. Johnny Dorrان. Pretty good friend, I thought. He had a peachy, dandy little unlisted growth stock. I should cash the insurance and sock the money into it right away. It was a special favor on account of the favors Mitch had done him. It was a steal at three dollars a share. Western Devices, Inc. Kip up ten thousand shares. Nobody knew it yet, but Westinghouse was dickering to buy it in order to pick up the patent rights. In six months and a day I could sell out again, and I had his personal word it would sell at at least twelve. So, after capital gains taxes, I'd walk away with a hundred thousand dollars. He had me all steamed up, Cal. It seemed like the answer to everything. I had to keep it a dark secret but, thank God, Bill Wandell wormed it out of me. Seems Johnny Dorrان was in that little company up to his eyeballs, and my thirty thousand would have been bailing him out of a very serious hole. Bill investigated. He had a little talk with Johnny. One friend gone. Bill told me last month, just as a matter of personal interest, that Western Devices is selling for a dollar and a quarter a share. Nice?"

"The world is full of wolves, Lollie."

"And they look just like people. When



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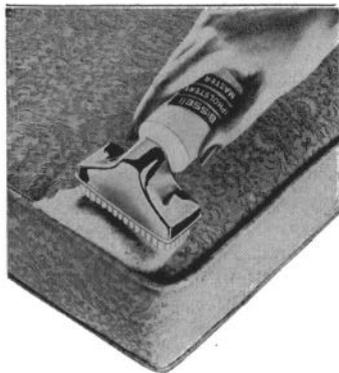


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I think how close I came to doing such a fool thing, I feel sick. But there've been a couple of other things I can feel even sicker about."

"The same kind of thing?"  
"No. Johnny takes the prize for that. A different thing entirely. Dear, sweet Ralph Becklund. More a friend of Mitch's than mine. But he helped a lot and he was very sweet. Sometimes the dam breaks and you have to run blindly into somebody's arms, just to be held for a minute, blubbering like a child. Mitch gave me a lot of physical affection, Cal. I like being held. About two weeks after the funeral, Ralph brought some papers out to be signed. Something set me off. I can't remember what it was now. Some little thing. He was nearby and I trusted him, and I flung myself against his manly chest. And in a little while I suddenly realized the son of a gun was trying to turn it into a big opportunity. He was all hands. As soon as I was certain, I wrenched myself free and I swung and I hit him right on the nose. With my fist. He stood there, dazed and bleeding, and I went into the worst case of hysterics I've ever had. You know, he worked with Mitch for . . . at least six years. What kind of friendship is that? What did he take me for?"

"For vulnerable."  
"Never that vulnerable, Cal. Never. But to get back to advice. You know me, I guess, as well as anybody. I want to ask you an impossible thing, dear. You know the situation. You know the kids. You met my best friends last night. Tell me what my direction should be? Tell me what to do with my life."

"That would be presumptuous and . . ."  
"I need the objective viewpoint."  
"Maybe I'm too close to it. I miss Mitch too, Lollie. I'll miss him the rest of my life. How many close, close friends can one man have in a lifetime? Two? Three? I loved that guy too."

She felt it beginning to happen. She got up and managed a smile and said, "Sit tight. Back in a minute."

She shut herself in the bathroom and muffled the hard familiar explosions of sobbing in a woolly bath towel. She accepted it with a dreary practicality, a spasm she could not help, like the morning sickness when she had carried Kit.

**W**HEN it had dwindled, she washed her face, bathed her eyes in cold water, replaced her lipstick and went back to the kitchen.

"Don't get feeling too responsible, Cal. I'm not saying I'd plan my life around what you think it should be. Maybe I'm only checking my own ideas."

"I'd want to think about it."  
"Of course."

"One thing comes to mind. And I don't know if I can say it properly. Mitch was doing well in a very tough competitive industry. And you were part of it. Success isn't just what goes on down in that office building. Part of the fight went on here too. Suburbia is just as rough a battlefield. You win the social and the political skirmishes here. And renew the guy for the next day's wars. This is probably a stupid analogy, Lollie, but considering you as the drummer boy, how much sense does it make to have you keep right on marching toward the enemy after the troops have been shot down?"

"The analogy isn't stupid."  
"It turns into a lot of motions without meaning, doesn't it?"

"But when they're the only motions you know. . . ."

"Down in town the brass used to say Mitchell Barnes is a smart, aggressive guy. And he has a lovely wife, nice

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kids, an attractive home. They entertain well. They take an interest in their community. They have a wonderful stability. Now, regardless of the gags about the executive wife, that made Mitch potentially more valuable to the firm than if he were . . . a Cal Burch in a bachelor apartment in the city."

"We joked about it, about being a team. We knew there was a phoinness about it, but we went along with it because that's the way the world is."

"Of course."  
"So that becomes the basic question, doesn't it? Why should I live the same kind of life? Because, damn it, it's what I know!"

"But you're looking for purpose, aren't you? Some purpose above and beyond the kind of negative purpose of not upsetting the life you and your kids are used to?"

She scowled at him. "But even that negative purpose is gone, Cal. Even if I stay here, it won't be the life we were used to. It'll be something else no matter what I do. And it can turn me into somebody else. Somebody I don't want to be. I can feel that happening. The wives close ranks, you know."

"What?"

"Oh, not my good friends. The rest of them. Lollie Barnes is a widow now. Predatory, dangerous."

"Come, now!"

She laughed. "Golly, you can look very fierce and indignant, Cal. I don't blame them, really. Some of them have good cause to be nervous. Not on my account. Just because they've let themselves go dumpy and dreary. I think it's a primitive thing, really, worrying about the unattached female in the tribal village. But if you go on for a long time with wives clutching their husbands and steering them away, it can have its effect on your own personality, you know. A lady could eventually start walking as if she were just about to start twisting. I could buy eyelashes out to here and develop a significant chuckle."

"Cut it out, Lollie."

"Anyhow, you put your finger on the problem, Cal. Something positive to do with my life."

"So all I have to do is come up with a good answer?"

"Won't you?"

"Any minute now," he said, and grinned. His grin was a rare thing. It broke all the somber planes of his face. It had always made her feel good to see Cal Burch grin.

HE WENT into the city for an early afternoon appointment concerning the acquisition of a large tract in Georgia for one of the subsidiary companies. On the way in, the city looked better than usual to him. He seemed to feel a pleasant nostalgia he could not quite identify. Later in the day, as he came out of the office building on Lexington Avenue, he realized that the two long talks with Lollie had sent a part of him back into the past, way back before he had met Barbara and made a bad marriage, soon ended. Mitch and Lollie had the apartment on Gay Street, and sometimes the three of them talked all night. And running through the traditional cynicism of all such talk had been the clean, clear thread of hope and confidence. The world was a shabby, sleepy old beast and they were the ones to saddle it and ride it into the golden era.

At four-thirty he phoned Lollie from the city and said the conference was going into a second session in the evenings, so he couldn't make it for dinner, but could she please save as much of Saturday for him as she could manage. She

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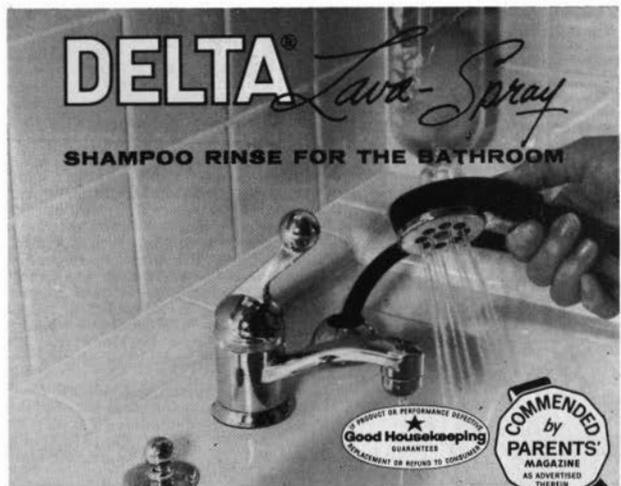
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sounded so remote and dispirited over the phone it made him feel both depressed and restless.

Suddenly he had an idea, a small plan of action which he knew would be grimly pleasurable. He phoned the offices where Mitch had worked. He got through to Ralph Becklund, the man who had made the pass at Lollie. In the process of reaching him, he learned that Becklund was number-two man in the accounting division. He identified himself as a friend of Mitch Barnes. Becklund agreed to meet him in the men's bar of the Commodore at five-fifteen.

Cal arrived early. He had a specific mental image of what Becklund would be like, one of those meaty, breezy, conspiratorial types, the sort of man most likely to fall for the scheme Cal had in mind. It was essentially simple. He would establish his identity with his very impressive business card. Becklund would know the big, solid reputation of the firm Cal worked for. And Becklund could be made to fall for the big lie—that Mitch,

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before he died, had recommended Becklund as a man who would fit into a new management team Cal was assembling. He would make Becklund's mouth water. He would paint the glorious future, say the definite offer would be made as soon as a discreet investigation was completed, and in the moment of parting, casually mention that he was going to tell Laura Barnes about it, because she would be so pleased to know Becklund was getting his big break because of Mitch's recommendation.

And, of course, Becklund would never hear another word. And he would guess why. And he would have a bitter remorse to last him all his life. "If I had only known." These are the sorriest words in the language.

Becklund arrived on time. "Mr. Burch? I'm Ralph Becklund." He did not fit Cal's imagined picture. He was of medium height, solidly built, with russet-brown hair. He seemed a quiet and decent man, waiting—with sufficient dignity—to find out what Cal wanted. Cal had learned to trust his own instincts about people first, and look at the test results second.

They stood at the bar. Cal bought Becklund a drink. Feeling his way, he made a general comment about how long he had known Mitch Barnes, and waited to see if Becklund would say the usual, sentimental, meaningless things.

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But Ralph Becklund shook his head slowly. "I'd never have guessed how much I'd miss that guy, Mr. Burch. The whole flavor of our shop seems a little different now. He was a darned good man. He never kept his guard up . . . the way the rest of us do."

"He got a lot of fun out of life, I guess." Ralph Becklund looked at Cal with a strangely intent expression. "You've known both of them a long time? Laura too?"

"A long time."  
"Then maybe you can do something I haven't had the guts to do. Sometimes . . . a man can do something he can't explain. And I never think of Mitch without remembering it. I . . . always feel ashamed when I do. Maybe it would help if you'd tell her I still feel sick about what happened."

"I know what happened," Cal said. Becklund looked at him and his smile was wary and sour. "That's why you wanted to talk to me, Mr. Burch?"

"I'll tell you it isn't going the way I thought it would. I was going to set you up, then yank the rug out."

"I don't need that. The thing was, it looked so bad. It looked planned. There were things to sign, the retirement account papers. I went out when the kids were in school. I'm not the playboy type, Mr. Burch. I've got four kids of my own. Mitch had been dead about two weeks. I was trying to make things as easy as I could, but something set her off after she'd signed the papers. She had to have a shoulder to cry on. There I was, holding her. She's a very attractive woman. That's no excuse, of course. So I made the pass, almost in an absent-minded way. It was sort of . . . the product of feeling helpless and awkward. And she very properly yanked herself loose and busted me one in the nose. She has every right to hate me . . . but I just wish she could understand. I've wanted to call her, but after a stinking incident like that, I've been scared she'd misunderstand the phone call even. Twice I've dreamed I was explaining the whole thing to Mitch. And he understood it, whatever that means from a Freudian standpoint."

"Aren't you sore that's why I looked you up?"

"Even if I collected another nosebleed, what right would I have to be sore? His best friend, weren't you? What if something happened to me, and some son of a gun pulled the same thing on Mid? I've got no rights to stand on, Mr. Burch. All I can do is tell you I'm not some kind of an animal and hope you believe me."

"I do believe you, Ralph."  
"It's a relief to explain it to somebody. How is Laura these days?"

"Trying to put the pieces back together. It's a long process."

"I wish her well." Suddenly Becklund smiled broadly, and Cal found himself liking the man. "I was braced for a horsewhip session. Stay away from the woman, sirrah! No warning needed."  
"She wouldn't misinterpret an apology."

"A little belated, wouldn't it be?"  
"Not too late, Ralph."

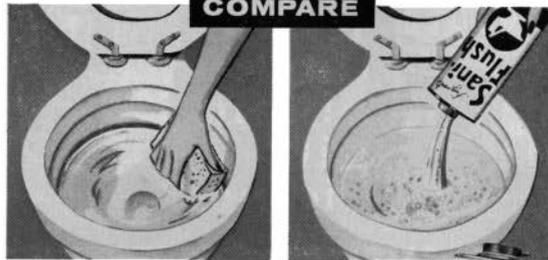
**F**RIDAY was a fine day, without wind, with a small perceptible heat in the pale gold of the sunshine, and a smell of the promise of autumn in the air. He took Lollie out to lunch.

At lunch she looked at him with affection and wry understanding.

"The fixer," she said. "Improving the look of the world for me. Yes, dear Cal. Ralph Becklund phoned me a little after six last night. Seems you bought him a drink. You are a busybody, you know."

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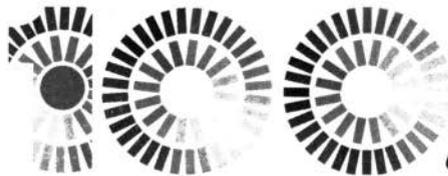
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"I had a little free time. I was sort of curious."

"I'm glad you did, Cal. It takes a little nastiness out of the past. I think I understand it a little better—at least as much as he does. Maybe he was, even in some misguided way, trying to improve my morale or something, showing me I was an entrancing type. And I guess he's punished himself way out of proportion to that one crummy little scene. And a man with a nosebleed is bereft of all dignity. The good thing to know is, Cal, there wasn't any planning involved. I told myself he had it all planned. Which is nonsense, of course. I should have remembered that Mitch and I always thought of him as a pretty decent guy. He's still a pretty decent guy. So thank you—for him and for me."

"I had a shifty way to clobber him, but after I talked to him, I knew there was no point in it."

She frowned. "I share some of the blame for Ralph's misdeed, hurling myself into his arms like that. And at least his reaction was terribly direct. Not like some of the other things that happen."

"Like what?"

"Don't look so fierce, Cal dear. Just little hints from the slob types who think all widows are vulnerable and think they are irresistible. You are supposed to know the script and react co-operatively to the first slimy hint. When you don't, the hint gets a little broader. When it gets broad enough, then I smack 'em down. Not like I did Ralphie. With a very few carefully selected words." She sighed. "Women are supposed to like compliments. I could do without that kind, Cal. I wish I could look dark and sallow and sad and unapproachable. But I'm an almost-blonde, with freckles, so when I'm not actually crying I look so damnably merry. This face wasn't built for grief. What am I supposed to do? Wear a sign?" Suddenly, in the midst of her rueful smile, her eyes began to fill.

HE CALLED for the bill and got her out of the village restaurant quickly. By the time they were in his car, she was all right once more. He drove over to the parkway and turned north. He took a side road and stopped when they came to a public picnic area beside a brook. They sat on a picnic table in the sunlight, their feet on the bench. She could see, in the deep shadow on the far side of the brook, a cluster of bright fallen leaves.

"Calendars are so darn merciless," she said. "Do you mind my going on like this?"

"Talk about everything, Lollie."

"We knew him best. Better than any other two people. Calendars are hell. I got through our anniversary somehow. There's three more to claw my way by. His birthday, the day we met, the day he died. And if you ever hear me say 'passed away,' please wash my mouth out with soap. Died is a clean word. Birth, love, death. They're the absolutes, the big clean words worth using. Once I get through the first time around, the second should be easier. Right now I can't believe it will be. But why should I try to sound like an authority? You had some bad dates to get through, after Barbara."

"But it wasn't the same. It was such a smaller thing, Lollie. By the time she left, there wasn't much to leave behind."

"But you loved her."

He shrugged. "The first year was rough. Then it got easier."

"How about now?"

The suddenness of his grin charmed her. "She's stashed with the flawed heroines of my childhood. Guinevere. Juliet. Becky Thatcher. Time has changed her into a fiction. It would scald her to know

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that, I imagine. She'd hate to think I was cured."

"But it did take time. That's the dreary part of it. Time is what your life is made of. So suddenly it becomes something you endure, and hope it goes by quickly. A horrible waste. Speaking of time, Cal dear, when do you have to leave?"

"Sunday. But I have to be back in New York in a couple of months. I'll see you then."

"They keep you so busy. You must be doing well."

"Better than I ever thought I would, really. But don't let them know that. I do wish I had more chance to use the engineering. But my best talent seems to be dickering. Vermont blood, I guess. We had to go international on the production end, or lose our world markets by being priced out. So I'm the one who gets us set up in foreign parts. Lots of dickering."

"Do you like it?"  
"He looked faintly troubled. "They pay me well. They let me do things my way for the most part. I head up a wonderful team. Bright, loyal guys. And a lot of it is like a big poker game. Intrigue, bluff, espionage, bribes, barter—sensing the political climate and the commercial temperature. I've gotten pretty shifty."

"Then what's wrong with it?"  
"You have a good ear, Lollie. I thought I was sounding a hundred-and-ten-percent enthusiastic."

"That was the trouble."  
"He looked startled, then laughed. "You win. Remember the times we talked all night?"

"Of course."  
"Definitions of honor. Moral paradoxes. Maybe I just have a hangover from all that talk. You see, I've learned how to manipulate human beings. I've learned to be good at it."

"Is that so dreadful?"  
"Only when I find myself enjoying it."

"Oh."  
"It's a cause for a certain amount of alarm."

"No it isn't, dear Cal. Because you are aware of it. That's what makes the difference. And probably makes you better at what you do. I'm a human being. Manipulate my future. That's a request."  
"I've given it a lot of thought."

"And?"  
"I know exactly what you should do, at least in the immediate future."

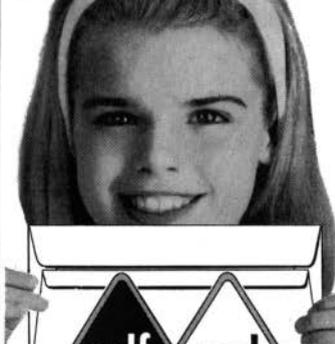
"What?"  
"Get a sitter for tomorrow evening, and I'll buy you a dinner in town. After that, I have no ideas."

"That's what I call a real short-term manipulation, friend. But I'll take it. Practically a genu-wine date, huh?"  
"Practically."

**BY FIVE-O'CLOCK** on Saturday, the hour when Cal had said he would come by for her, Laura Barnes had tried on three different outfits and had settled for the fourth, but did not feel secure about it. She was aware, more through instinct than reason, of the emotional basis of her indecision. An evening in the city had been the traditional festivity with Mitch. And so there was nothing she could wear which did not have the aura of memory. Mitch had always had such specific opinions about what he liked her to wear that, over the years, her wardrobe had become an expression of his amiable prejudices, along with her perfumes, her costume jewelry, the styling of her shoes. To that extent she was still his creature, and the thought of indulging in this rite of festival with someone else made her feel like an impostor.

She made final inspection in her full-length mirror, tilted her head and looked

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with an almost hostile objectivity at the image of the urban woman, perfumed, orderly, speculative, in the severity of last year's spring outfit, unaltered but not too obviously large for the woman now twelve pounds lighter, the small defiant hat, lizard shoes, the ranch-mink cape over the arm, tailored purse in the gloved hand.

Who am I, she thought, and wished she had not accepted. All she could do now was trust Cal to sense the fragility of this venture, to use all the empathy at his command to make it an endurable evening. Nothing could make it a joy.

"Lots of luck," she whispered to the mirror image, and turned on her heel and went to the front door to let the sitter in. Before giving the sitter instructions, she called Kit and David in from the back yard so there would be no arguments about food or bedtime or television.

"You look like a lady, Motherrr," Kit said with shining eyes, with seven-year-old feminine enthusiasm.

"Thank you, dear." She turned to David. "Do I pass inspection?"

He shrugged, unsmiling. "Sure," he said, and turned away. When he was solemn and troubled he seemed more like a miniature adult, a heart-twisting version of Mitch. As Kit chattered at the sitter, Laura followed David into the living room.

"Is anything wrong, dear?"

"Heck, no."

"Look at me, David. Please stop wandering away. If something is wrong, please tell me."

He turned and glowered at her. "Have a nifty time."

"What is that supposed to mean?"

"You're having a real good time ever since Cal got here."

She understood. She grabbed him and hugged him. "Darling, Cal is one of my oldest and dearest friends. He was your father's best friend. And he's going back to California tomorrow. He thinks it will be good for me to go out. I think so, too, dear. But I don't want to. It's like when a pilot has an accident, they say he should fly again."

"Are you going to marry that Cal?"

"David!"

"Well, are you?"

"What makes you think I'm going to marry anyone?"

"Joey said you would."

"Joey is an authority?"

"His mother got married three times already."

She put her hands on his shoulders and heard him look directly at her. "David. I love you very much. I trust you. And you are supposed to trust me. Before anything happens in this family, before any big decisions of any kind are made, you and I are going to talk it all over. Okay?"

He struggled, without much success, to remain remote and gloomy. But his eyes changed and the shape of his mouth changed. "Kit too?"

"Kit too, dear."

He looked slightly disappointed. "I guess that's fair." He turned and looked out the side window toward the driveway. "There's Cal."

**DURING** the drive into the city she heard herself chattering and tried to stop. It was compulsive noise-making, a trait she deplored in others. But if she stopped, she was afraid of what the unemployed mind would do. It seemed akin to stage fright.

It was not until the evening was within one drink of being over that she was able to escape her own masquerade of forced gaiety. They were in a quiet lounge, a

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banquette in a paneled corner, shadowy, far from the casual piano.

She took a deep shuddering breath and felt that she was looking at his wise and gentle eyes for the first time in the entire evening. "I've been a horror," she said.

"Not so."

"A bad return on your investment, Cal dear. Investment of the wisdom of the heart, I guess. Thank you for turning it into a city I've never seen before. Places I've never been. Thanks for not asking me what I wanted to do and where I wanted to go. Thanks for taking charge."

"A date with a lady, Lollie. Not a sentimental journey."

"Date with a tiresome lady. Yattattayack. I'm hoarse from all the girlish giggling. I'm exhausted from having a fun time. But a good evening to remember. Please believe that, Cal."

"I want to."

"You have a thoughtful look."

"With a tinge of guilt."

"What about?"

"It wouldn't be easy to say. I guess I always suspect my own motives. I can try to applaud myself for making this evening as easy for you as I possibly could. Then I get into the idea of what I'm trying to prove. So now I have the compulsion, masochistic no doubt, to put a vagueness into words and clobber the whole evening, maybe to punish myself."

"You lost me."

"That makes two of us. I've been trying to prove, perhaps, I can make whole areas of existence . . . easier for you. We're both survivors. With a solid base of affection. Living half-lives. I'm thinking of the constructive suggestion any outside busybody would make."

He saw her eyes narrow and her face grow still. "Don't, Cal. Please."

**H**E TRIED to smile. "A yen to neaten up the world. Manipulate. Make the maximum use of human talents. But in name only. A place shared."

Her voice was husky and her eyes were cold. "A neat little sacrificial gesture for a dead friend."

"No, I just . . ."

"What in hell do you think I am? Part of your problem? A factor in some lousy equation?"

"Lollie. . ."

"I'm not something to be arranged. I'm not up for barter. And I'm not one of your obligations! I'd like you to take me home."

A leaden silence lasted until they were opposite the George Washington Bridge. Suddenly they both spoke at once.

"Excuse me," she said. "Let me go first. I didn't like it, Cal. I didn't like it at all, but I didn't have to take it that badly. Because the motives were good. One should always remember the motives. I apologize."

"I guess you remember what Mitch used to tell me back in the days of my delayed adolescence. He always said I had a positive genius for cramming my foot into my mouth. I haven't gotten over it. Or over the yen to make tender, noble, sacrificial gestures. It was a vulgar suggestion, Lollie. Vulgar, meaning without taste. When you do remember this evening, please have some amnesia about the tail end of it."

"You too," she said. "I didn't come out so darn well either. And you know, I gave you an opening, asking you what I should do with my life."

"I've got some alternate advice, if you think I've got any credibility left."

"Now don't get too humble."

"Never fear. Anyway, make a small plan instead of trying to make great big ones. Come June, close the house, load the car, show your kids the country and

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you were a  
**BLONDE . . .**

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see some of it yourself. Just wander. Hit the parks, the far places, the towns you've never heard of. Be gypsies for the summer.

"We talked about taking that kind of a trip someday."

"So take it."

"It... sort of scares me."

"If it does, then maybe it's something you should do. And if you find no place which looks better to you, then you've found out that this is your home, and this is where you should stay."

"Like proving it for good."

"Yes."

She did not mention it again until he was saying good-by to her, and the sitter was in his car, waiting to be driven home.

"It's been good having you here, Cal."

"I'll be in touch. Lollie, I'm proud of you. Of the way you're handling it."

"Is there another way?"

"A lot of other ways, but not for you, thank God."

"Cal, this was a good evening, really."

"I'm glad if it was."

"And I think I'll take that trip with the kids. Thanks for everything." She kissed him quickly on the corner of the mouth and went hastily into the house. When he backed out of the drive, he saw her in the living-room window, standing and looking out. She waved and he touched the horn ring lightly.

The next day, heading west on the jet, he found it difficult to concentrate on his work. He put it aside and looked down at the hazy checkerboard patterns of the farm states. The aircraft seemed to hang motionless above the slow turning of the earth. He realized he had learned, at last, that Mitch Barnes was dead. And the world was that much emptier. Objective knowledge had not been enough. The heart resisted logic. He achieved a final knowledge only by seeing the places where Mitch should have been, and found him gone. By seeing the empty arms of Mitch's widow, and her evasive eyes.

He felt his face grow warm when he thought of his grotesque suggestion, and was glad he had been as carefully indirect as he had been able to be. Lollie was not a contrived person. Her heart, her instincts were warm and genuine. Any pattern which ignored the demands of the heart was unthinkable to her, and justly so. The true heart is a gambler, and resents being asked to play for matchsticks.

He would write to her, often. And see her again in May. And undo any small damage he might have done. He had not wished to add himself to a short ignoble list—Johnny Dorran, Ralph Becklund, Calvin Burch.

But at least his approach had been sanctimonious, if that was a virtue. He'd offered the name without the game. And the alternate suggestion had been sound.

He was unable to come east in May. He phoned her and explained why. She sounded better to him. Cheery and casual. She said they were going to try the gypsy trip and the kids were all steamed up about it. Together they'd marked up a bushel of maps. They would be on no time schedule, but when they got to the coast, if they got to the coast, she would phone him.

But when she did phone him, in late August, the call came from Las Cruces, New Mexico. She sounded enthusiastic and alarmed. "You sort of got me into this, Cal, so if it sounds as if I'm yelling for help... well, I am."

"I'll call you back and tell you how soon I can get there, Lollie."

She explained, without telling him

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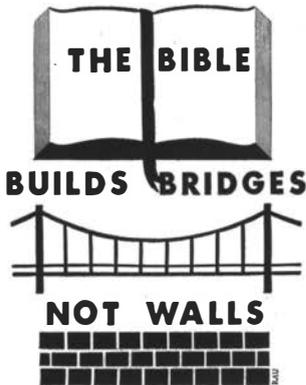
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very much, that she wasn't exactly in trouble. She needed advice.

He rearranged his appointment schedule, made airline arrangements and called her back and told her to meet him at the airport at El Paso at eleven the next morning, a Tuesday.

It was a blistering morning in El Paso. She had sounded so uncertain over the phone, he was totally unprepared for the exuberance and vitality of the woman who met him. She'd brought the children with her. All three of them were so deeply tanned their white teeth were startling and their eyes looked pale. Their hair, Laura's particularly, had been sun-scorched to a lighter hue. During the forty-mile trip north to Las Cruces, all three of them chanted the wonders of the Southwest, the people, the climate, the way the mountains look, mesquite, sage, early morning horseback rides. Laura looked very slim and fit.

They had lunch near Las Cruces, then



**NATIONAL BIBLE WEEK  
OCT. 15-21**

dropped the children off at the house of some of their new friends, and went back to the Sageland Motel. It looked clean, bare and comfortable, had an efficiency kitchen and was thoroughly air-conditioned.

She smiled at him and said, "You seem a little disconcerted or something, Cal." "You don't look and act enough like a damsel in distress, maybe."

"I don't want the distress. That's where you come in. I've been burning bridges, Cal dear. I sold the house two weeks ago. Now I want to do something. It seems so plausible it . . . it scares me. I keep remembering that son of a gun, Johnny Dorrان. Maybe he did me a favor, teaching me not to trust anybody. I don't know. Anyway, I trust you, and you have a talent for dickering. You told me so."

She wanted to buy a business. It was a short distance west of town on Routes 70 and 80. It was listed for sale with a local realtor. He drove out with her and looked at it. There were three hundred feet on the highway, and it was seven hundred feet deep. There was an adobe main house, with a gift shop attached, and two rental cottages. It was owned and operated by an elderly couple named Persons.

Mr. Persons came out to give them cordial greeting. He was a hunched, leathery old man with a wide tombstone smile, and he insisted on being called Dave. "So you're the fella Miss Laura

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here was telling Ma and me about. Now you both come on in the front room and set. This here is a house that'll never need air-conditioning, no sirree. Cool and dry in the summer, warm and dry in the wintertime, not that we get much winter, Mr. Burch. Feel how cool it is in here. Ma is taken poorly and she's lying down in the back room and I know she'll be sorry not to be up and around to say hello.

"Like I've been telling Miss Laura, Ma and me, we come from Kansas twenty-three years ago last month, and we built this little business up from scratch. Not that it's any gold mine or anything like that, but we do rent the cottages regular, and on the gift items we got a good steady trade of folks stopping off the highway. The taxes are small, and the upkeep isn't much, so you don't actual have to take in too much to keep yourself going. Like I've been telling Miss Laura, we got a Mexican couple lives back there in a shack beyond our line. Gutierrez their name is, Joe and Ampara, and Joe he keeps the grounds up on account of my back troubling me, and Ampara she does maid work here in the big house and in the cottages for them that wants it, and they both work cheap.

"Reason we got to sell out, Mr. Burch, we're plain getting too old to be alone and we got a daughter in San Diego has room for us and wants us and been after us two or three years to sell out. We both taken such a fancy to Miss Laura here, I'm telling you the truth, Mr. Burch. We're giving her a better price on it than we figured on giving anybody, but it's nice for us to know it will be in the hands of such a fine girl with her two dandy kids.

"She told me you'd probably be wanting to look at the books, seeing as how she can't make head or tail out of them. I guess maybe nobody could. We just write stuff down in this kind of dime-store notebook I got here. The money that comes in on the righthand sheet and the money we pay out on the lefthand sheet. Trouble is, we put everything we pay out all together, whether it's food for us or gas for my old car, so you'd have to kind of sort out the business things. Here's the notebooks for the last three years, and you're welcome to take them right on along with you and look them over and keep them long as you want.

"We want Miss Laura to be happy and satisfied. One thing we did do, when we decided on selling. We took an inventory of all the gift stuff and put it in this book here with the price we paid for it. And we put the house furnishings we'll be leaving behind, because our daughter has a whole house full of furniture, and we won't take along any more than I can get in the car and in the little cargo trailer I haul. Right here is the biggest amount of money in the gifts, this line of handmade Indian jewelry. Like I said, you take the records right along and you can study them up, Mr. Burch, but I'm telling you, we're not about to come down any more on the price we set special for Miss Laura.

"My back is troubling me today, so you knowing where everything is, why don't you take Mr. Burch around and show him the place, Miss Laura?"

**AN HOUR** later, when they drove away, Laura was full of enthusiastic explanations. "I don't know if you could see how charming that house could be. Cal, it's so cluttered with junk. And so is the gift shop and so are the cottages. There'll be a million things to get rid of, and I'll have to work like a dog, but golly, I could make it all so attractive!"

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"Taxes," he said. "Zoning, water supply, sills, beams and roofs."

"I'm going to think of some wonderful new name for it and design my own highway signs, and do something exciting in planting areas with those big bristly cactus."

"Mark-up, credit rating, fire protection," he said.

"There's room for more cottages. Did you notice? And that gift shop. Isn't it frightful? I'm going to dispose of all those tricks and jokes and pottery burros and concrete jackrabbits and put in some of the really fine local things you can get. Hand-woven fabrics, native pottery, handmade furniture."

"Will this stretch of highway be bypassed? Will it be widened? What's going to be built near you? Is the town expanding this way?"

She turned abruptly and stared at him. "Cal, you can certainly think of a lot of terrible things."

"Somebody has to."

"Three days after I decide, I can move in."

"And you've always wanted to run a gift shop. I know."

"Tell me I'm doing the right thing, Cal."

"I can't. Not yet. I hope I'll be able to, though."

She had gotten him a room at the Sage-land Motel. That night, after dinner, he studied Persons' records. On Wednesday he looked up the tax situation in Dona Ana County. He talked to the proprietors of three other gift shops in the area. He talked to the realtor. He talked to two builders, a plumbing contractor, a well driller, a state highway engineer. Wednesday evening she teased him to give her some opinion.

"Can't do it, Lollie. Not until after I talk to Persons again. Alone."

"But what are you going to say?"

"Just ask him a few things."

"What kind of things? They're such a sweet old couple."

"Just a few little questions."

"If you make him mad, he might not sell it to me, Cal."

"I won't make him mad."

"And I can't come with you?"

"Sorry."

THURSDAY morning he drove Laura's car out to Persons' place. Mr. Persons jabbered all the way into the living room behind the gift shop. Cal met Mrs. Persons. She was a plump old party with a sweet vague smile.

Cal sat down in the living room, facing them, put the notebooks on the table beside his chair, smiled and said, "You two bandits ought to be ashamed of yourselves."

Persons stared, gasped, sputtered. "What do you mean, coming in here like this and—and..."

"Settle down," Cal said amiably. "You're not talking to Mrs. Barnes. I can't be charmed and I can't be bluffed. I assume you want to sell out. I can either spoil your chances of selling to Mrs. Barnes, or I can work out some equitable deal."

"But Miss Laura is real anxious to..."

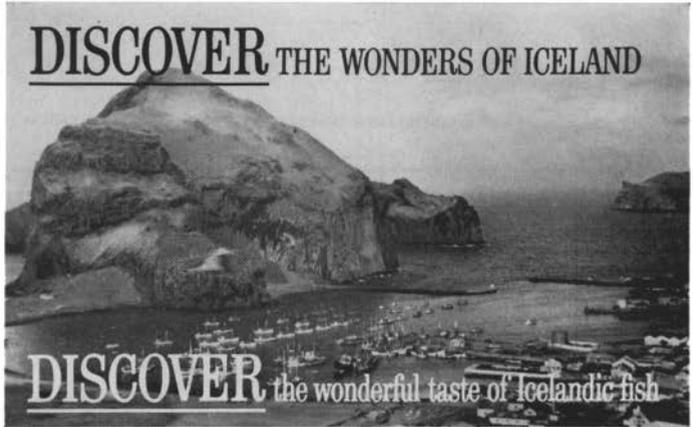
"Miss Laura is real anxious not to waste her money. She can get a license to go into business. She can buy a piece of land a mile down the road at a reasonable figure, conditional on finding a good water supply. She can put up a very attractive place. She can do that or she can buy this."

"I don't see what call you got to come in here and..."

"Shut your face and listen, Dave," Mrs. Persons said quietly.

"There are a few things wrong with

*continued on page 250*



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\*Reported in the Journal of Allergy (September-October, 1961), p. 458.

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## The widow's estate continued from page 247

the picture you presented to Mrs. Barnes," Cal said, his voice mild and factual. "Last season one of your cottages was rented. The year before neither of them was. Yet, in going through these . . . uh . . . notebooks, I found rental income shown. In every case the rental income was at the bottom of the page with indications there had been erasures and new totals put in. On many other sheets I found that sales of gift items had been added, sometimes with a pencil, sometimes with a ball-point pen using the same shade of blue ink in every entry."

"I told you you were a damn fool, Dave," Mrs. Persons said.

"Shut up, Mary."

"I adjusted the income and expenditure figures and I have learned that this business is not even marginal. It operates at a loss. Because you haven't had to mortgage it, I assume you have some sort of pension income so you can make ends meet."

"But it's like having a house for free," Persons said.

"Not exactly. I checked your inventory. You've put most of the items in at retail value. Mrs. Barnes would not be interested in that merchandise. You can dispose of it yourself, or sell it to her, if the deal goes through, for four hundred dollars total."

"I wouldn't hear of any such damn thing!" Persons roared.

Cal Burch smiled at him. "Come now! You've been trying to sell out for nearly four years, and it may be another four years before anybody else comes along."

"Sell it, not give it away," Persons said bitterly.

"You're still talking too much, Dave," the woman said.

"Property taxes and school taxes are going up next year. Your roadside signs are on the state right of way, and they're so beat they discourage trade rather than attract it. Mrs. Barnes will probably have to put several thousand dollars into structural repairs and into your water system."

"Some, maybe, but not . . ."

"After checking it all out, I'm prepared to advise Mrs. Barnes to offer you twenty thousand cash for the whole thing."

"But the highway frontage alone. . ."

"The land is all right, but there isn't much on it."

"Look here, Burch, that's less than half what I got to get. You and that Barnes woman are trying to steal this here place!"

"You weren't trying to steal anything, Persons? You know she's been a widow nearly one year. You know she has no business experience. You weren't trying to steal anything?"

"When you got something to sell, you have to . . ."

"Falsify your records?"

"That would take some proving."

BURCH stood up and moved toward the door. "Not very much."

Persons followed him outside, his face ugly with anger. "I'm not going to talk to you about this. I'm going to talk to her!"

"To the Barnes woman, or to Miss Laura?"

"Don't you twist what I say!"

"Mr. Persons, I'm asking you to think this over. Talk it over with your wife. You wanted cash and a mortgage from Mrs. Barnes. This way she'll give you the whole amount in cash. You think it over and phone me at the Sageland Motel, Extension 18, before four o'clock this afternoon saying either yes or no. There'll be no dickering. This is a final offer. And if

you make any attempt to see Mrs. Barnes or talk to her about this, I'll take my photostat copies of some of your notebook pages to the local law and see what the ground rules are around here on fraud."

All the anger seeped out of Persons' face. "Now wait a minute," he said weakly. "Now you just wait a minute!"

"All you have to do is phone me. If the answer is no, I won't use those records to try to pressure you, Mr. Persons. The offer is fair. Just don't go near Mrs. Barnes."

As he drove out onto the highway, he glanced back and saw the elderly couple standing and looking at each other, their mouths working, their faces angry. Too easy, he thought, to feel tolerant and even sentimental toward them. Yet what is more reprehensible than cheating widows and orphans, hiding guile and lies behind that folksy manner? A widowed woman, unused to having money, having a little, anxious to use it to build a future, is the most vulnerable thing our culture can produce. . . .

LAURA and her children were in the motel swimming pool in the late afternoon when Cal came walking toward the pool. She could read nothing in his face. She felt exasperated with him. He took her wet hand and helped her out. She went with him to sit in the shade of a big faded beach umbrella.

"I don't see why you have to make it all so darn mysterious," she said. "I'm glad you came to help me. I almost didn't ask you. But I didn't expect to be . . . left out of everything."

"You won't be, from now on. But there are ways to do this and ways not to do it. You got too chummy with those people, Lollie."

"They're dear people, really."

"If you want it, you can have it."

"You know I want it, Cal."

"Tomorrow morning at ten we'll go to the realtor's office and you'll sign the papers."

"Then you do think it's a smart thing."

"I know it's what you want to do. I don't know how smart it is. You should have the chance to do what you think you want to do."

"I'm not a child, Cal."

"And you've never run a store and you've never been a landlord. You'll have to see how you like those things."

"I will. I know I will."

"So you'll have to come up with twenty thousand cash."

"And how much mortgage, Cal?"

"None. That's the whole deal."

She stared at him. "But that's impossible!"

"That's their price."

"But I can't do that to them, Cal! They're my friends. How did you get them to set a price like that? What did you do to them?"

She saw an odd, cool expression on his face. "I suppose I must have strung them up by the thumbs and kept whipping them."

"I'm sorry. I just don't understand."

"It's very simple. And it isn't exactly unusual. They were trying to cheat you. Those fine old people told you a few dozen lies and he falsified the records. You were fair game. But you sent for me and I spoiled the game. But they're anxious to sell anyway, so they're taking a fair price."

She looked at him and knew he was telling the truth. She felt old and soiled and sick. She remembered the evenings with Dave and Mary Persons, telling them about Mitch, telling them all about

herself. "Excuse me a minute," she said in a small voice. "Keep an eye on the kids."

She stepped into her sandals, picked up her towel and went to her motel room. She looked at herself in the mirror, sternly, accusingly, and said, "Idiot! Silly female person!"

She showered quickly, changed to shorts and a blouse, then sat on the edge of the bed and cried a few meager tears, small hot tears that burned like a mild acid. She felt that it had all been spoiled, that she no longer wanted the place, but she knew that to be childish. She would do it because she wanted to do it. But some of the innocent enthusiasm was forever gone, replaced by an almost sullen determination. She fixed her eyes, her hair and her mouth, and went back out to where Cal waited for her.

"You all right now?" he asked.

"I'm just fine, thank you. I wish I didn't have to see them tomorrow, though."

"You won't have to talk directly to them. I lined up a lawyer for you. Nice

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guy. George Emer. He'll be there. When they vacate, they'll turn the keys over to the realtor and you can pick them up there."

"Cal, why do things have to be so stinking?"

"I don't know. I could make some tiresome comment about how that's the way the world is. But usually it's not quite this . . . flagrant. Cheer up. You see, you would have found out anyway. But it would have been worse to find out a year from now, when there'd be no chance at all of recovering any of the twenty-something thousand they'd have gouged out of you on top of what the layout is actually worth. Be glad you found out before it happened."

"I guess I will be, after a while."

"You'll be working too hard to give it much thought anyhow, Lollie. Making that thing pay is going to take all kinds of work."

"Good. It's what I need." She gave him an oblique look. "Twice now you've saved me, Cal."

"Twice?"

"I would have tried to hang onto the kind of life I had with Mitch. But I would have had to keep pretending it was what I wanted. There were people who sort of wanted to . . . take charge and tell me how to live. You came along and just



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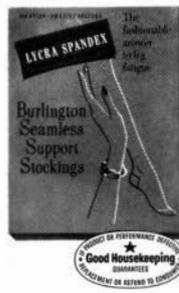
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gave me a gentle nudge, at the right time."

"You would have come up with the same idea."

She hitched her chair into the shade of the poolside umbrella. She looked at Kit poised on the low board, scrawny, brown and vital, visibly taller than when they had started the trip.

"Would I, Cal? I don't know. There's such a terrible temptation to leave things as unchanged as possible. You are supposed to believe children get insecure if you go moving them around, forcing them to make new friends. I guess I would have used that as an excuse. But they have a strange wisdom, don't they? Because you brought up the idea of the trip, I was obligated to bring it up, and pretend to them that I wanted to do it. I expected David to be terribly upset about missing summer camp. I'd promised him. And I thought Kit wouldn't want to leave her friends. But before I could finish explaining the idea, they both wanted to go. Actually, it annoyed me. I'd been so sure of staying, for their sake. When we actually left, I felt lost and scared. But then every day began to be better and brighter. How could they know it would be like that? What special instinct did they have?"

"Maybe they weren't as adjusted as they seemed."

"That could be it. And then we found this place, and all three of us fell in love with it. So quickly. We talked about staying. They were making new friends. But I couldn't believe they meant it. I knew that when I talked about selling the house, they would be upset. But they were so darned casual about never seeing it again."

"Things went wrong for them there."

"So I farmed them out and went back and closed the deal. Some nice people had been very anxious to buy it. I went through the house like a whirlwind. I packed stuff and stored it so I can send for it, and let the rest go with the house. I said my good-bys. When I got back here I slept the clock around. I still can't believe we won't be going back."

"I thought something like this might happen, Lollie, if you could get away from there. I wasn't really sure you would. I thought you might change your mind at the last minute."

"Except for the pressure from the kids, I might have. But . . . I thought this was going to be so nice. I thought this was going to be such a good idea. And now it all seems sort of shabby. Some . . . some of the shine is gone."

"Because they tried to cheat you?"

"I guess so. I thought they were nice. I thought they liked me. I liked them."

"And you thought the place was making money. That would be nice and easy, if it was. You could go right in and start having an income from it. You'd have time to make mistakes. You could play a nice little game of pretending to run a business. This way you'll have no room for mistakes. If you want to play games, you better skip the whole idea, Lollie."

SHE turned her head sharply to stare at him. "What do you think I am?"

He shrugged. "I'd do you no favor to pat you on the head. You're a young widow. Business experience zero. How many retail businesses fail every year? Fifty thousand? Certainly not all those people are inexperienced. The widow puts her money into a gift shop or a tea room or a motel, and traditionally, while she's going broke, she finds out she didn't know what it was really like."

"Are you telling me not to do it?"

"What do you think?"

*continued on page 258*



Burlington Hosiery Co., 666 Fifth Ave., N.Y. 19, N.Y., A Division of Burlington Industries

**THREE  
DRESSES:  
COLOR-KEYED  
TO ONE  
GREAT COAT**

Start the day with our feminine paisley in a mixture of warm shades of brown. On its own if Indian summer; later under the coat (see page 254). Park your car, pay the meter and you're ready to go anywhere, confident that you're wearing the right look for your busy-round-the-clock life. We used a sheer, airy worsted by Forge. Sizes 9 to 13, 12 to 18. Size 14 dress requires:  $3\frac{3}{4}$  yards of 44" fabric. Simplicity Printed Pattern #4680. 65 cents.

**GOOD  
HOUSEKEEPING  
SIMPLICITY  
PATTERNS**

Order Simplicity Printed Patterns from your dealer or GoodHousekeeping Patterns Dept., 57th St. at 8th Ave., New York 19, N. Y. (Prices slightly higher in Canada.)



**PRIZE  
COVERAGE**

Simple perfection—that's our coat, the brown this time deepening to chocolate. It goes everywhere with great composure. So will its wearer. Luxuriously soft in Anglo's 100 percent wool boucle. Sizes 9 to 13, 12 to 18. Size 14 coat: 2 $\frac{7}{8}$  yards of 54" fabric. Simplicity Printed Pattern #4669. 65 cents. Bag by Melton. Miss May hat. Gloves by Superb.

A black and white photograph of a woman standing outdoors. She is wearing a light-colored, two-piece dress with a fitted, buttoned bodice and a full, pleated skirt. She is also wearing a matching wide-brimmed hat with a decorative band. Her accessories include a multi-strand pearl necklace and dark gloves. She is holding a newspaper in her right hand, which is open to a page with the word 'EVENING' visible. The background shows a blurred city street with buildings and trees.

Two-piece dress for your more important engagements. Body-skimming, bone-buttoned top glides over the pleated A-line skirt. Beige is a happy choice, we think, blending subtly with the brown coat. In 60 percent wool, 40 percent silk pique (American Silk Mills, Inc.). Sizes 9 to 13, 12 to 18. Size 14 dress: 3¼ yards of 44" fabric. Simplicity Printed Pattern #4684. 65 cents. Emme hat with convertible brim. Laguna jewelry. Gloves by Superb.

**CITY-  
PERFECT:  
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BEAUTY**

Order Simplicity Printed Patterns from your dealer or Good Housekeeping Patterns Dept., 57th St. at 8th Ave., New York 19, N. Y. (Prices slightly higher in Canada.)



PATTERNS

Our lithe and simple shift dramatized by the swagger of a scarf, tied according to your fancy. We like this dress oyster pale, striking on its own and under the dark of the coat. In Heller's wool jersey. Sizes 10 to 18. Size 14 dress: 2 $\frac{1}{2}$ 's yards of 54" fabric. Simplicity Printed Pattern #4634. 60 cents. Emme's side-swept cloche completes the picture. Mel-ton bag. Gloves by Superb.

TAKE  
AN  
EASY LINE

Order Simplicity Printed Patterns from your dealer or GoodHousekeeping Patterns Dept., 57th St. at 8th Ave., New York 19, N. Y. (Prices slightly higher in Canada.)

**“Just give me a minute to press your patch on, Johnny”**



**Bondex Jean Patches** go on with a hot iron. Wear like cast iron. Won't wash or play away. Mend knees in jeans and slacks and dungarees. Make ragged elbows and seats respectable. Rescue snowsuits and playclothes and other things you love from the rag bag. Help canvas chairs and awnings eke out another season. Two hefty Jean Patches just 29¢. Denim, twill, corduroy, chino. And lots of colors. (Who planted the tulip on mama's apron? Mama did. She snipped it out of Bondex squares and strips. And just ironed it on.) Whenever you're near a notions counter be sure you **always** ask for **Bondex**—it's **all** ways best.

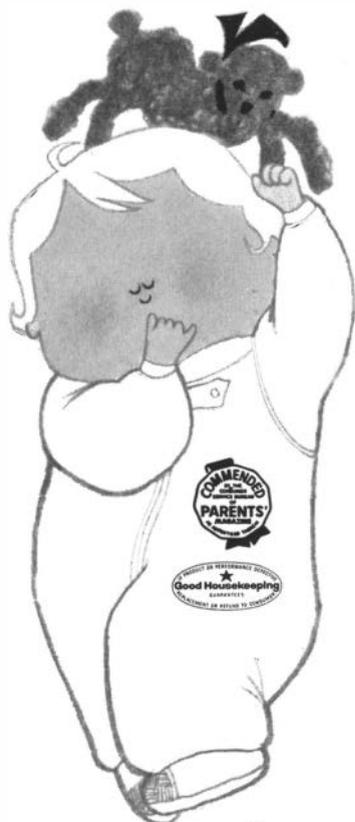


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A Wear-a-Blanket is a nice thing to touch. It's soft, and warm, and stays that way after it's washed. And it's safe. It's a blanket and a sleeper. Even the seams are smooth. Going to sleep in it feels so good babies usually sleep all night. So they can have more dreams.

Acrlan acrylic goes into most Wear-a-Blankets. That means "soft." Insist on the original Wear-a-Blanket at infants' departments everywhere.



wear-a-blanket inc.

Division of the Harn Corp., Cleveland 14, Ohio

## The widow's estate *continued from page 252*

She glared at him. Her chin looked more prominent. She doubled a small tanned fist and banged it on the aluminum arm of her chair. "I don't care how grim and nasty and rugged it gets! I don't care how much I have to learn or how fast I have to learn it. I'll show you, Cal Burch! I'll show everybody. Playing games, indeed! And when I've done it—when I've made it go—I'm going to invite you to come and look at it and eat boiled crow."

He grinned in a lazy way. "That's what I had to hear, woman. Now I can tell you to go ahead with it."

After a first flush of wild anger, she gave him a rueful smile. "Manipulated again, by golly!"

"As soon as I get back I'll airmail you some very practical manuals on operating a small business."

"I'll learn them by heart."

AFTER the sale was closed, he made flight arrangements and she drove him to El Paso. The kids did not go along. She seemed subdued on the trip down. She did not recover her good spirits until they were in the airport restaurant. "Those old people," she said, "they were pleasant enough to me, but they both looked at you as if they despised you. You didn't seem to notice."

"I noticed. It's a normal adjustment. I'm used to it. They can't live with the idea they tried to steal your money. So I have to become the villain of the piece. A year from now they'll firmly believe I slickered them out of their property, and they'll moan about it to their friends."

"Doesn't it bother you?"

"It used to, until I realized it doesn't cost anything to be a villain."

"I take possession two weeks from tomorrow. It scares me."

"You take possession *after* the inventory is verified. I told George Emer to be sure to tell them it will be verified. Otherwise I'm afraid that sweet old couple would take off with the wiring, the fuse boxes and the water pumps."

"I've got so much to learn. Can I write you about things that come up?"

"I want you to. And that guy at the bank will give you good advice in an emergency. So will George Emer. Don't be afraid to ask. And don't get reckless with your working capital, Lollie. Cling to it like a miser."

She shook her head in wonder. "Mitch used to get purple over the strange things I'd do to check stubs. If he could see me now, he'd have hysterics."

"That fellow George recommended will set up your books, show you how to keep them, and make out all your statements and tax forms."

His flight was announced. She went out to the gate with him. After he kissed her, he kept his hands on her shoulders and gave her a little shake and, looking down into the solemnity of her green-gray eyes, said, "You'll make out, Lollie. I believe that."

"I wish I was as sure as I was yesterday."

"Spend the two weeks going around to good business operations and asking nosy questions."

"Okay, Cal."

"Write me."

"I will."

After the plane took off it banked toward the Northwest. He looked back and saw the tiny figure in the blue skirt and white blouse trudging toward the parking lot, looking very alone in the hot golden weight of the sunshine.

For Laura Barnes it became a long strange time of unreality, made strangely

dim by the unrelenting expenditure of energy involved in coming to terms with survival. She said at first that her working hours were from dawn till exhaustion, and then it ceased to be a wry joke.

For a time she was able to divide the project into specific segments. Settle on a new name. (The Mountain Shop.) Collect and destroy the shabby old roadside signs. Design and have made and select locations for new signs. Alter the roadside appearance of the place from that look of dusty, withered defeat to a look of green and shade, of coolness and invitation. Extend that same face-lifting treatment to the rental units. Repaint, re-furnish—and do it all as cheaply and tastefully as possible. Clear out all the tawdry, vulgar junk in stock and find good sources for smart and beautiful things, and arrange attractive display areas for them. Learn how to buy and how to price and how to sell, and how much inventory to maintain. And, on top of all this there was the unavoidable business of living, of clothes, cleaning, food, meals, children.

But the neat division of projects soon merged, and there was a blur of lists and things unfinished, and not enough hours in any day or any week.

In all this gray time of effort, the memorable moments—good and bad—stood out with a strange clarity.

THERE was the evening when she broke down the barrier between herself and the Gutierrez family, Joe, his plump wife Ampara, and their eighteen-year-old daughter, the dark, lovely Maria. From the beginning she had paid them more than the Persons had paid them, and had put Maria on the payroll too to help out in the shop. But the new total was still embarrassingly meager. Yet they seemed very wary of her. Joe and Ampara particularly, worked slowly, never looked directly at her, and often did assigned tasks carelessly.

One evening after the children were asleep, Maria was in the shop with her, helping her unpack a shipment of pottery which had arrived that day. They were both tired. A heavy pot slipped out of Maria's hand and shattered on the glass top of a new display case, cracking the glass. Maria gave a wild cry of despair and fled into the night.

Laura put a sweater on and took her flashlight and walked back through her property to the Gutierrez shack on the other side of her back line. The lamp-light inside shone through cracks in the outside walls. She heard a loud argument inside, conducted in Spanish. It stopped abruptly when she knocked on the plank door. Ampara let her in, and backed humbly away from her, nodding, smiling nervously, saying, "Bad girl. clumsy girl."

Maria sat up abruptly on a narrow cot, her face marked with tears.

"Didn't mean nothing bad," Joe said, staring at the floor.

She realized they were terrified. It was the first time she had been inside the shack. She had not realized how tiny it was. A small charcoal fire glowed on an improvised structure of cinderblocks and sheet metal.

She smiled in what she hoped was a reassuring way and said, "I just came to tell Maria she didn't have to run away. I know it was an accident. And it was my fault. I knew she was tired. We were both tired. I should have stopped working. . . ."

Suddenly she felt an unreasonable anger, directed at the smallness of the shack, the outside plumbing, the lack of electricity. She stamped her foot and

said, "I won't have you living like this! It's not right! It's not fair! We'll have to get this place fixed up."

They were all staring at her, their eyes wide and startled.

"But . . . I don't know when we could start . . . you could move down to one of the cottages . . . until . . . until . . ." And suddenly there seemed to be too much to do, and it would never be done. The tears began to run down her face and she turned blindly toward the door. But Ampara caught her there and put her arms around her. Laura began to sob, and was furious at herself because she could not stop. Ampara took her over to the couch. Joe bustled about and gave her a cup a third full of fiery colorless tequila. They patted her and beamed at her and soothed her. By the time she had herself under control, they were friends. They talked a long time. Joe Gutierrez summed it all up when he looked sternly at her, thumped himself on the chest and said, "Now you got wan beeg family here, Señora, all work like mad."

And they did, with skills and energies she had not known they possessed. And perhaps they spelled the difference between survival and failure.

ANOTHER vivid, and less pleasant memory, was the morning when the salesman of leather goods came back in answer to her complaint about what had been shipped her. He was husky, with a narrow face, a lantern jaw, and a soft coaxing voice.

"I ordered about half that stuff," she said, "and the rest of it is junk I don't want around. Nasty little stuffed alligators. Phony beadwork."

"Why all the heat, sweetie? It's a new line for you, and a consignment deal to try it out, so what's it costing you?"

"I don't want junk I didn't order. Why was it sent?"

"I stuck it onto the order, sweetie. As a favor. I hate to see you go wrong, starting out like this. What you don't know, the public loves junk. You put it out, it sells. Dirty postcards, carved coconuts, peekaboo key chains, they sell and they pay the rent."

"Not here, friend."

"Your big trouble, sweetie, you think you got Saks Fifth Avenue here maybe, way in the boondocks. It doesn't work that way. You got to be realistic. You just can't build a class trade."

"I don't want any other kind."

"You'll fall on your face. Give it a chance."

"No thanks. Let's go get that horrid junk out of the storeroom and you can check it off the packing list. The stuff I wanted is all right. I'll keep that and see if I can move it."

She led the way back into the main house toward the room she had converted into a storeroom. As they crossed the living room he touched her on the shoulder. "I got one more idea, sweetie."

"Like what?"

"I want it to work out for you, so what I can do, I can check off that stuff so a bill will never come due, and leave it anyway, like a gift."

"How can you do that?"

"It's a little bit a loose inventory operation. So it would be like a present. Whatever you get is net."

"Why would you do that?"

He smiled in a sly way. "I want this should get to be one of my favorite stops, sweetie." He pounced at her, grabbed her, swung her around against the nearby wall and began bruising her mouth. For a few seconds she was stunned with surprise, and then she began to struggle. He was a powerful man. She yelled several times, but it seemed

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CHADBURN GOTHAM, INC., 401 Fifth Avenue, New York 16, N.Y.  
 2(4)

to amuse him more than alarm him. He was wrestling her toward the couch when Joe Gutierrez came in, catfooted, pruning shears in his hand. He came up behind the salesman and laid the cool steel of the blade against the side of the man's throat. The salesman turned ashen. He stood rigid, his mouth making small fish-motions.

Laura backed away from him and said, "Thank you, Joe. Now you can help this man load all his merchandise back into his car."

"It was just a little joke, Mrs. Barnes," the salesman said weakly. "I'll laugh later. Get the merchandise."

As they were getting ready to carry the merchandise out to the car, Laura suddenly realized she was making an un-businesslike decision. The things she had ordered were handsome. "On second thought, just take the junk. Leave the rest. But bill it to me at the cash discount rate instead of the consignment rate."

He looked at her nervously. "You want to pay?"

"Oh, no! I just don't want to take the trouble to discuss the whole thing with your sales manager."

"I... I guess I can work that out. Sure, Mrs. Barnes."

AFTER he left, her knees felt weak and her hands trembled. An hour later she sold one of the handbags he would have taken away. She sold it to a honeymoon couple. It was a handsome saddle-leather bag, hand-stitched, priced at \$32.50. It was as much satisfaction as when she gambled on the line of handmade jewelry from Santa Fe and, after it was in stock for a week, sold two amethyst and silver bracelets the same day, one for three hundred dollars, and one for a hundred and seventy-five. And a week after that she came close to tears when a fifty-dollar necklace from the same line was filched from a counter top when both she and Maria had their backs turned, busy with other customers.

One Saturday afternoon she learned something about herself and something about her son. By that time Joe Gutierrez had finished the shady patio at the west side of the building, and she had set him to work building the cactus rock-garden beyond the patio fountain. She stepped out to see how the work was coming along, and found David laboring along with Joe, lugging the smaller rocks from the big pile and setting them in place on the slope. The boy's lean brown back gleamed with sweat, and small muscles bulged against the shiny skin as he lifted the stones.

On a Saturday, she thought, a small boy should play, not indulge in child labor. She thought of how many times she had seen him helping Joe without her thinking much about it. She was angry at herself. She went striding out and said, "David, dear, I'm sure you're getting in Joe's way. You run along and play."

David set the rock in place, straightened up and stared at her.

"I'm not in his way, for gosh sakes."

"Good man," Joe said, grinning.

"Come inside, dear."

She went into the house with him, out of the bright sun. "Dear, why don't you go down the road and see what the Lamont kids are doing?"

He sat on the arm of the couch and looked at her. He had a thoughtful look which reminded her of Mitch. "Mom, are we making any money?"

"As soon as we get the other cottage fixed up and..."

"Are we making any money?"

"Not exactly yet, dear."

"But we have to, don't we, pretty soon?"



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"That's the general idea."

He frowned at her. "We voted to do it, didn't we? All three of us, not just you."

"I know, but . . ."

"We talked about it, Kit and me. You're worried all the time and you work all the time, and you're sort of cross. But we don't mind about that. We voted too, Mom. We can't play like we were little kids. Kit, she helps Ampara and Maria and I help Joe, and more things get done. Honest, we don't get in anybody's way. Hey! Please don't start crying!"

"Okay, dear. I . . . I won't. I just didn't know how you felt."

"Yesterday after school, we washed all the windows in the first cottage, Kit and me, and Ampara said she couldn't do it better herself."

She took his hands. "I'm a stupid woman, dear. I just didn't understand. I just didn't want you . . . cheated out of having fun."

"Honest, I'm having a lot of fun with those old rocks. I want to go back out before he gets too far ahead of me. Can I?"

She kissed the sweaty face. "Yes, dear. Run along. And I'm most truly grateful for the way you've been helping. I'll tell Kit too. And I won't be so cross."

"You haven't been too cross," he said judiciously, and hurried back out to the rock pile. After she sat quietly for a few minutes, she went to the phone and called the contractor at his home and told him she had decided to go ahead and get a construction loan for the two new cottages and the enlarging of the shop area.

CAL BURCH reread the significant portion of her letter many times on the plane trip from Hawaii to California. It had been forwarded to him there from his office.

"Congratulations, of course, on your promotion. And I guess it is time, dear Calvin, to request some congratulations of my own. I am certain, at last, that I have turned the corner. I don't think I am sadder. Only wiser, I hope. And terribly impressed with the fact I was able to do it in less than two years. Not much less, but a little less. And I guess you will remember you estimated it would take at least three, if I made it at all. But with all the arrogance of the self-made woman, I feel that it took an expenditure of effort that would make your entire business career look like a Sunday afternoon in the park.

"I have expected you to drop in to view the fiasco. And I guess you would have, if I hadn't so carefully ignored the little hints you put in your letters. I did want to see you, desperately, many times, but on the other hand I didn't want you to see what I've done until it felt halfway finished. Pride, I guess. And now I am terribly proud, but suffering a sort of let-down.

"So, if the mighty weight of your new responsibilities could possibly be shucked for a couple of days, now is the time to come view my small triumph. There is one cottage free and, until I hear from you, I shall keep it empty, thus incurring a loss of revenue which stabs me to the heart. I want to show it all to you. I want to see you, Cal. I want to talk to you. So . . . please."

When he got to his apartment, after midnight, he took all her letters out of the drawer, all the long letters of the past twenty-two months, and read them over. They followed an odd pattern. In the beginning she had often asked specific business questions, but by the time six months had passed she had stopped. And soon after that she stopped talking about whatever progress she was making. Many of them were written late at

night. She told him of strange and amusing things which happened, weird customers, anxious salesmen, curious tenants. It was as though she used the vehicle of her letters to him to escape from the day-by-day tensions. His letters to her were in the same vein, affording him a release from the implacable demands of his job . . .

TEN miles outside Las Cruces, as he drove the rental car north, he came across the first sign advertising The Mountain Shop—Straw, Fabrics, Wood, Leather, Stone, Silver and Gems. The sign was a plywood silhouette of a chunky burro, tasteful yet gay as a carnival.

When he arrived at her place, the visible changes astonished him. Several cars were parked on a white expanse of crushed stone. There was a patio garden to the right of the shop area. All the plantings looked lush and green and carefully tended. The shop had been enlarged, the new portion designed to blend handsomely with the basic structure.

Laura and a dark pretty girl were waiting on customers. She had written of Maria, the Gutierrez daughter. Laura excused herself at once and came quickly to him, gave him a quick hug, a warm welcoming smile. Two years had changed her. She looked little older, but seemed more poised, confident, direct.

"Be patient a minute," she said. "They come in clumps."

When she went back to her customers, he wandered through the shop. She stocked beautiful things, and displayed them well, so cleverly lighted and arranged the shop had an almost urban flavor. Most of the handsome things were indigenous to the Southwest.

As soon as she was free, she walked him up to the cottage where he would stay, and beamed with her pleasure as he praised it.

"I put the Hamiltons in this one. You were a dear to send them to me. Such nice honeymooners."

"I just made a mild suggestion. But he works for me. Lollie, you've done a tremendous job."

"If you're willing to pay for the very best, come to The Mountain Shop. No tired junk. Repeat business is beginning to show, Cal. And local trade too. And even a little mail-order trade from happy customers, with no attempt on my part to attempt to build it up."

"I'm truly amazed."

"Listen, you! Don't be too darned amazed. Almost two years at a dead run, Cal. Now I'm over the hump. I can't tell you how many times I was certain I'd never make it. I made a thousand dumb mistakes, and some were big, but somehow I never made a big enough one to sink me."

"You didn't ask me for much advice." "Don't look hurt. When I did, in the beginning, it helped a lot. But nothing is as educational as a nice juicy mistake. The lesson stays with you."

"Lollie, you look bouncy and bright-eyed."

"Should have seen me six months ago, friend. A hag. Mean, shrill, scrawny. Now I'm even getting fat." She sat on the foot of the bed. "You don't look so good, you know."

"Weary. That's all. I've had to push hard. Now I can take it easy for the next few weeks. So you're really in the black?"

"The accountant says so. I've got a total of thirty-seven thousand in it, plus a loan against it. But it's netting at the rate of over five thousand a year before taxes, after taking off a reasonable amount for salary for me and rental on the main

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house. So I could walk away with fifty-five thousand, Cal."

He kissed her on the forehead. "Consider that a gold star. But what do you mean, walk away?"

"The shop is running the way I want it to now, Cal. So it's decision time again, maybe. I don't know. Do I want to go on just like this? Seven days makes a long week and I have, I guess you could say, met the challenge. Or should I hire somebody to run it, or sell it, or sell a half interest? I just don't know."

"It depends on how much you really like it."

"That's what Stan tells me."

"Stan?"

"Oh, Stan Colby. A friend. A nice guy from Texas. I asked him to come to dinner tonight to meet you."

"What does he do?"

"He's a construction engineer over at White Sands."

"How did you meet him?"

"Sort of through David. His kids live in Las Cruces with his sister. The boy is David's age, twelve. The girl is older."

"He's not married?"

"His wife was killed in an accident . . . almost five years ago." She went to the window and looked toward the main building. "The lull is lasting. Maria can cope. Do you want to take the grand tour now, or unpack first? What time is it? Nearly four. The kids went riding. They'll be back by five. You won't know them, Cal. They're growing like weeds."

"They're happy here?"

"They love it."

"Why don't we take the tour now? Then I can unpack and change later. A construction engineer, did you say?"

"Who? Oh, Stan. Yes, that's right. First I'll show you the greenery. We had fantastic luck with the water situation. It's rough around here. As you know. We drilled twenty feet from the old well and hit the seam right on the button and tripled the flow, so we could afford to build an oasis. Joe has a green thumb. Look at the mountains, Cal. I know them by heart. Over there is Mount Riley, then the Florida Mountains, then Cook's Peak in the Mimbres Range. Then around the other way, on the other side of the river, there's the San Andres and beyond then, way, way off, the Sacramento Mountains. White Sands is in the Tularosa Valley, between those two ranges."

"Long way to come."

"What? Oh, for Stan? Fifty miles on a fast empty road, through Organ. About an hour. Not even that. Forty-five minutes. It used to take Mitch fifty minutes to get home from the city. Look at my healthy juniper, Cal. Come on, I want to show you the weird cactuses in the rock garden."

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STAN COLBY was a big, likable, leathery man. Kit and David greeted him with yelps of pleasure. Laura closed the shop at six, earlier than usual. Maria had a date. While Laura helped Ampara get the dinner started, Cal and Stan Colby took their drinks out onto the shady patio and sat in the deep redwood chairs.

Colby said, "Laura's been telling me how that company keeps you on the move, Cal."

"From now on there ought to be more time between trips."

"I had me my wandering years. Panama, Venezuela, Haiti, Algeria. Finally lost the taste for it. Found me a lasting job. They'll never stop building stuff at that Proving Ground. I guess I'm a little older than you are. Maybe you'll get tired of it too."

"I've been tired of it for quite a while."

Colby looked at him with mild speculation. "Anybody forcing you to keep it up?"

"I've been sort of promoted out of that end of it, finally."

"Known Laura a long time, haven't you?"

"Yes, I have."

"I know how much help you were to her after her husband died, and I know she appreciates it. She puts a lot of store in your advice, Cal."

"I hope it's been good advice."

Colby frowned. "One thing she had to know, and that was if she could get along in the world by herself. A person has to find that out. And I guess she's proved it, wouldn't you say?"

"She certainly has."

"Cal, I can't tell you how glad I am you could come here at just this time."

"I don't follow you."

"I hear her coming, so we'll have to talk about it later on." They got up as she came out, carrying her drink.

"Rest easy, gentlemen. We have lots of time. The kids were famished, so Ampara is feeding them first. Every man is his own bartender, so don't be shy. What were you talking about? Me, I hope."

"Naturally," Cal said. "I was just telling Stan how business life has turned you into a brittle, grasping, arrogant woman."

"Now just a minute!" Stan said with obviously genuine indignation.

"I even cheat myself at solitaire," Laura said. "Don't be upset, Stan. Cal never smiles when he's making a joke."

"Strange kind of a joke," Colby mumbled.

"A nice woman can't spend all day cheating tourists without some little signs of moral disintegration," Cal said.

"And whipping the help. Don't leave that out," she said.

"The Gutierrez family loves Laura," Stan Colby said. "Every one of them just loves her. You got to say one thing for the Mexicans. You treat 'em right, you get a lot of loyalty. A lot of loyalty."

"A lot of Mexican loyalty?" Cal asked mildly.

"What's that supposed to mean?" Colby asked.

"I just didn't know there were different kinds."

"This fountain is a fake," Laura said. "In land as dry as this, it looks like conspicuous waste, doesn't it? But it uses the same water over and over. Kit asked me one day if the water didn't get tired."

"Those are great kids, Laura. Just great," Colby said.

"Now one of you can fix my drink," she said. "Don't all jump at once. You win, Stan dear."

The conversation at dinner was strained from time to time, but Laura didn't seem to notice. Cal found himself baiting Colby too often. It seemed a childish thing to do, a display of bad manners, and he attributed it to an irritability arising from his wearied condition. Colby seemed a sincere, honest, uncomplicated fellow.

AFTER dinner was over, Colby had a chance to continue his conversation with Cal while Laura was cleaning up. She'd sent Ampara home earlier. The night air was cool and dry. The stars looked too numerous, cold and remote.

Colby said hastily, "To get back to what I was saying. She's got no brother or father to turn to. And she's worked too hard on this place. It took a lot out of her. It's time she had some more advice from you, Cal. I know you want the best kind of life for her."

"I love that woman, and she knows it. God knows I've made it plain enough. There isn't anything I wouldn't do for

her. My kids haven't got a proper home and, in a way of speaking, hers don't either. And all four of our kids get along just fine with both of us, and each other. I make pretty fair money. I've been asking her to marry me. Right now she's wavering on the brink, so to say, and she needs a little push, and you can give it to her. I swear I'd be good to her. I'm a steady man, Cal. I don't play around, and I drink moderate, and I'd never lay a hand on her. Along with my first wife, I think she's one of the finest women ever walked the earth. She's carrying too big a load, and it's time for her to have a proper home again. I guess you can see all sides of it, and I know you'll do the right thing and give her the right kind of advice. I could say it's none of your darn business, but I know how she turns to you for advice."

"This is pretty sudden."  
 "Not to me, it isn't. From now on, waiting time is time wasted, the way I figure it. You can sort of imagine she had me here so you could look me over. Maybe you and me we don't get on so good together, but I know you're fair enough to see that doesn't mean Laura and I couldn't get on just fine."

"That could have been a reason for her getting us together."

"You'll know for sure when she asks you what you think of me."

"Yes, I guess I will."

"Funny thing. After Edith, I never thought I'd find another woman I'd want to marry. Edith got cheated, you know. She got the wandering years, the years when I was doing a lot of scratching. She missed out on the fat years, most of them."

"What about this place?"  
 "It's done the good it was supposed to do. She isn't a woman meant to live a widow's life. I'd have her sell it right out, and put the money where she'd have the income from it all her own to use any way she wants."

"You have it all figured out."  
 "I've been thinking about it for some time, Cal."

"I'd like that same opportunity. To think about it."

"What is there to think about?"  
 "It's the process one generally goes through before one hands out any gratuitous advice, Stan."

"But you know it's right for her."

**L**AURA rejoined them then. The three of them talked idly for a long time. Cal realized Colby was trying to outwit him, and in spite of his weariness he did not want to let that happen.

Finally Laura reminded Stan of the lateness of the hour and his long drive home. Colby was obviously reluctant, but soon he said good-night graciously enough and drove off, accelerating through the night, heading east through Mesilla toward Las Cruces.

"Sweet guy," Laura said idly.  
 "Seems a very decent man."

"I'll walk you to your cottage, sir, so you won't lie down and go to sleep in the path."

"There's a definite risk of that."  
 "I haven't really had a chance to talk to you. Will you be in shape for talking tomorrow?"

"If I happen to wake up. Sure."

It was noon when he awakened. He had slept so soundly he could not at first comprehend where he was. He felt rested, but when he remembered the Colby problem he felt strangely depressed. He showered and dressed and went down to the main house. Laura was full of high spirits. She gave him coffee, and told him they were going on a picnic brunch. She had hired a girl to help

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Maria in the shop for the rest of the time he would be there.

They went in her car. She drove because she knew the roads and knew exactly where they were going. She headed in a generally northwesterly direction, taking little roads that became increasingly rough the higher they climbed. They left the car at the mouth of a small canyon, then climbed a winding path which ended in a picnic grove of ponderosa pines looking out over a distant vista of desert and mesas. A shelf of rock formed their picnic bench.

"Like it?" she asked.  
"Wild and beautiful. How did you find it?"

"Pure luck. A year ago. I come here alone when I feel broody and beat. It renews me, sort of. I've come here fairly often lately."

"Broody and beat?"  
"Just thoughtful, Cal. Wondering. Thinking."

"What about?"  
"Let's eat first."

After they had finished, he said, "You have been coming here to think about what?"

"The worst of my venture is over, and I'm on safe ground. So now I begin to feel . . . I don't know . . . unutilized . . . unrealized. I could start a big expansion program and get all overworked again. I suppose. Too busy to think. But that doesn't seem to be a good answer."

"You've done a wonderful job."  
"And where am I?"

He found the next words astonishingly difficult to say. "Maybe you're the sort of woman who can't feel any genuine sense of usefulness unless she's married."

She turned and looked at him gravely. "I've thought of that, of course."

"Could that be it?"

"I think that could be it," she said in a small voice.

"But to be married just for the sake of being married doesn't make much sense, does it?"

"I'd have to be in love."  
"Are you?"

"That's a good question, Cal. That's a dandy question. I sort of think I am."

"You should be sure, you know. You should sound a little more joyful."  
"Should I?"

He got to his feet and stared at the faraway desert.

Laura said again, "Should I, Cal? Is that the way you tell you're in love?"

He turned and saw that she was standing, too. He looked at her, almost with consternation and something seemed to click into place at the back of his mind. She was turned toward him, waiting. With his voice pitched slightly higher than usual, he said, "What do you want? What do you want me to say?"  
"I want to hear anything you want to say."

**H**E TOOK her by the upper arms. There was a strange expression on his face, and the pressure of his fingers hurt her.

"What I want to say, and what you want to hear are different things, Lollie. What do I want to say? Good God, I feel as if the bottom has fallen out of the world." He shook her, a small surprising violence. "I love you. I didn't know it until last time when I was here helping you buy from those crafty old thieves. I didn't really know it until I got back, and then I knew that way back as far as the time we parked on that road and sat at that table. Even then." He shook her again. "How could I feel joyful? Thirty-five letters from you. Thirty-five exactly. I read them all again, last night."

Her voice was so low he couldn't hear the first part of her response. ". . . impos-

sible for you to have come here just once in the last twenty-one months."

"What? I wanted to."  
"And I asked you to, didn't I, in at least a dozen little ways?"

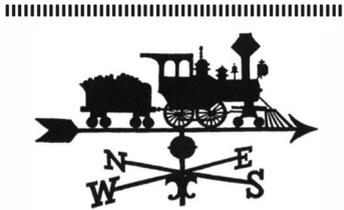
"But all that would have done was made it worse."  
"Made what worse?"

"Wanting you, and knowing I didn't have a prayer."  
"There was love in your letters."

"What?"  
"I have thirty-four from you. I read them all last night, all of them. Love, Cal. Clumsily hidden."

He looked at her soberly. "How about Colby?"

Her eyes went wide. "Colby? How did he get into this?"  
"Wasn't he on display last night?"  
"Heavens, no!"



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"But you're wavering on the edge of saying yes to him."

"Did he tell you that?"  
"Yes."

"Some wavering! I've given him a dozen answers, and every one has been no. He's a bore about it, dear. I couldn't possibly marry him. He's a dear, sweet, reliable, earnest man. But he is absolutely humorless. Could I endure that? Of course not. He's good-humored, but without humor. And there is a tragic difference. I couldn't marry a man like that. Now let go of my arms. I'll have to wear sleeves for two weeks."

He released her suddenly and, just as suddenly, she came into his arms, vital, lithe and very sure of herself.

He held her, feeling the beginnings of a wondrous warmth. "Do you love me?" he asked.

"Golly, Cal! Do you want it in writing. I love you! I got you here and got you to admit it, like pulling teeth."

A midday wind sighed in the pine boughs overhead. He pulled her to the

grass and kissed her to a softness, to a sweet drowse, to murmurs and promises and the tears that mark the end of being alone.

"Between the lines of all the letters, my darling," she said. "Yours and mine. Growing. But I knew it. I guess you didn't or you would have come to me sooner."

"I wanted to. But I goofed it that other time."

"Your noble gesture. To be married just for the sake of being married doesn't make much sense. We weren't ready then. But it didn't mean we couldn't ever be. I was half a person in the wrong way. I had to turn into a whole person and then start feeling . . . fragmented another way."

"I guess I can like it without understanding it."

"Of course, dear."  
"So where do we go from here?"

She straightened up abruptly. "Darling, for longer than I care to remember, I've been making all the little decisions and all the middle-sized decisions and all the big decisions. From now on I'll make little ones. I'll split the middle-sized ones with you. The rest are all yours."

"Put a price on the place that'll move it quickly."  
"Yes, sir."

"It will take two weeks for me to get straightened away to take a month off. I haven't taken a vacation in years. It could start . . . August first. Find out the local ground rules so we can be married here August first."  
"Yes sir!"

"Find a good place to park your kids for the month of August."  
"Right!"

"We'll come back here from our trip, gather up the kids, find temporary quarters in San Francisco and be settled into a house by the time school opens."  
"Consider it done, sir."

"And there'll be a platoon of executive wives, honing their little knives for you, Lollie."

"They don't know it, but they'll be playing my song."  
"Rough, huh?"

"No, dear. Just invulnerable. That's what the loved and loving woman always is. Infuriatingly invulnerable. More so now, I guess, than I've ever been."  
"Except to me."

"Oh, there's that, yes."

They beamed at each other and then laughed aloud, each knowing the rareness of that special kind of joy.

"Like kids," he said.  
"I'm kind of a wrinkled kid, Cal."

He drew her into his arms again. They kissed, and then kissed again, then sat breathless.

"I've needed you, Cal," she said. "I needed you each time you helped, and now it's all right. I needed the complete change of scene and all the hard work. I needed to put all this time between me and Mitch. I love him still. You know that, don't you? You accept it."  
"Of course."

He sat in silence for a little while, his arm around her. "Lollie?"  
"Yes dear."

"How come I missed all my cues?"

**S**HE was tempted to chide him in some fond and loving way, but then recalled one of the first commandments of the executive wife. Solemnly she said. "I guess it's a kind of compensation, dear. You see, you are so very, very good at everything else, you earned the right to have one small blind spot."  
"I still can't believe it."

Laura smiled placidly at him. "You will, darling. That I can promise." ♦



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