

# Carpeting Must Fit Decoration

Choosing a rug or carpet for your home is like choosing a dress for yourself; the carpet personality must enhance the home just as the dress personality should enhance you.

"Personality in a rug or carpet is determined by color, pattern and size," says Patricia Klobe, Michigan State University home furnishings specialist. "These three elements of a floor covering can make or break your home."

"Your selection of floor coverings can make rooms seem larger or smaller than they are. Rugs and carpets can join or separate rooms, areas and furniture groupings," according to Miss Klobe.

**LIGHT COLORS**, large expanses of floor coverings and plain patterns, such as tone-on-tone, all make rooms seem larger, the specialist says. Dark colors, small rugs and strong patterns do the opposite.

"For small adjoining rooms the most spacious effect can be achieved with wall-to-wall carpeting," Miss Klobe points out. "However, if the rooms are symmetrical, room-size rugs of the same carpeting in each room can accomplish the same task as well as allow turning to distribute wear."

"IF YOU wish to mark off or emphasize one section of a room, such as a dining area, use area rugs. To unify an open-planned area, such as an uninvited hall, dining and living room, use wall to wall carpeting."

Miss Klobe says that natural and artificial light can change the appearance of floor coverings. Natural, warm fluorescent and incandescent lighting gives warmth to a room, but cool fluorescent bulbs and a lack of sunlight create a cold effect.

AFTER determining whether a room is warm or cold in feeling, choose a color that will offset or enhance that feeling, the specialist suggests. Remember that reds and yellows are warm; blues and greens are cool.

"If you prefer the formality of traditional furnishings, choose floor coverings with sculptured designs or tone-on-tone colorings that lend a feeling of elegance," Miss Klobe advises.

"However, casual furnishings need the informality of tweeds or small, multi-colored patterns. Plain, solid colors and abstract patterns go well with a modern decor."



## Apples for Breakfast

Hot from the oven, baked apples and ready-to-serve oat cereal—a nutritious efficient breakfast main dish for a Better Breakfast.

The nut-brown flavor of the oats, the amber syrup of the apple, the crispy bite of the oats, the smoothness of the fragrant fruit, combine to make a completely satisfying breakfast cereal-and-fruit serving.

Add milk, or half and half, and you will have a company breakfast dish.

Bake the apples the night before and heat with extra syrup and the cereal, in the morning; or use canned baked apples.

Wide-mouthed shallow baking dishes make it possible to pour a full portion (one ounce) of ready-to-eat breakfast cereal around the apple. Allow space for milk.

A cereal and milk serving offers protein, valuable B vitamins, thiamine, riboflavin and niacin, as well as essential minerals for the morning meal.

### Baked Apples with Glazed Oat Cereal

- 4 baked apples
- 1/2 teaspoon lemon rind
- 1 cup butter or margarine
- 1 cup sugar
- 2 tablespoons light corn syrup
- 2 cups ready-to-eat cereal

Place apples in individual oven-proof serving dishes.

Melt butter or margarine in small skillet. Add sugar, corn syrup and lemon rind. Heat until bubbly and sugar is dissolved.

Add cereal and stir until cereal is evenly coated with syrup. Spoon cereal mixture around and in center of apples.

Heat in moderate oven (375° F) until cereal is lightly browned, about 10 minutes.

Serve with milk or cream. Yield: 4 servings.

# Range, Appliance Advantages Noted

You can cook with a combination of portable automatic appliances instead of a range, but there are both advantages and disadvantages.

Georgianne Baker, home management specialist at Michigan State University, says that overlapping of cooking times for different foods makes it possible to prepare meals in automatic appliances in the same time required by a range. And you save electricity.

However, when you cook one food at a time—baking potatoes, for example—the automatic appliance takes longer than a range, but you still save electricity.

IN RECENT studies, USDA researchers compared prices of the portable appliances with the range and top-of-the-stove utensils. At one company, the portable appliance (an oven plus an aluminum fry pan, three-quart sauceman and five-quart sauceman) cost \$116.14. A similar range plus necessary utensils (fry pan, three-quart sauceman and six-quart sauceman) cost from \$164.51 to \$274.91.

"The cost and time comparisons," she reminds, "are laboratory results, and you should not base your purchase solely on these laboratory standards. Analyze your own cooking patterns and buy the equipment suited to your needs."

YOU MAY still want to know what care these appliances need, Miss Baker notes. She points out that many of today's automatic appliances may be immersed in water after the heat control plugs are removed. But usually, you must wait for the plug to cool completely before you remove it. The USDA researchers pointed out that the heating element is sealed in the bottom of the pans. Unless you control the heat input carefully and stir frequently, this may mean scorching and sticking because this area is hotter than the rest of the pan.

In some cases, the automatic appliances tested maintained the proper cooking temperature only when small amounts of food were cooked at one time.

MISS BAKER suggests that a new bride who has received automatic appliances as gifts will want to use them until her budget allows her to buy the range she really desires.

You might also use portable appliances if you have a summer cottage and do not want to install the wiring needed for an electric

range. The specialist cautions, however, that one small heating appliance may use all the electrical current load on one house circuit.

If the surface units on your range do not have temperature controlled cooking, portable appliances can provide it.

And, Miss Baker concludes, portable units can supplement a range during busy holidays—or simply be used on a porch to prevent extra heat in the kitchen on a hot day.

## Food Price Level To Remain Same

Indications are that average prices for food used at home will change little in 1963 from levels of 1962. Retail food prices through the first three quarters of 1962 averaged 0.7 per cent higher than a year earlier while consumer disposable income (income after taxes) increased around five per cent, according to Mrs. Josephine Lawyer, county marketing agent.

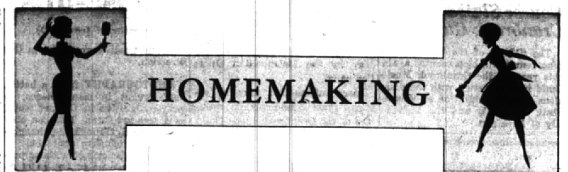
Fork prices are expected to average slightly lower in 1963 while beef prices will continue about the same to slightly higher. Lamb prices will be higher than in 1962.

RETAIL PRICES of chicken in the first part of this year may be somewhat lower than in the comparable period of 1962, for supplies will be larger. As for 1963 as a whole, chicken prices are likely to average well below prices for last year. Egg prices in the first quarter of this year are fairly close to last year's levels for the same period, but they may average slightly lower for the year as a whole.

Prices of foods for which processing and distribution costs play a relatively important role in the cost to the consumer are expected to continue slightly upward. Examples of such foods are sugar and sweets and cereals and bakery goods.

Home fire rehearsals are necessary to a polished performance, in case occupants are called upon to act out a real fire drama. The Institute for Safer Living advises that knowing exactly what to do, what escape routes to follow, is a vital safety measure for every member of the family.

The Institute for Safer Living of the American Mutual Liability Insurance Co. reminds that for safe heater use, place heaters level, well away from flammable materials.



# HOMEMAKING

## BRIEFING ON BREADWINNER

# Dad Has Own Diet Needs

Too often father, the family breadwinner, is the forgotten man when plans are made for dishing out healthful rations.

While it's certainly important to consider the nutritional and emotional needs of the youngsters, money seems to protect women from rapidly sprouting teen-agers, and homemaking head of the household, did also deserve special attention.

Unlike the more physically active members of the family, dad may find himself leading a somewhat sedentary existence. Usually it's not that he wouldn't like to get more exercise, but what with commuting to the office, camping behind a desk all day, and another ride home in the evening, time seldom allows anything more active than playing the television.

OBESITY, ONE of our major health problems, goes hand in hand with the television.

## Food and Family Fitness



Bringing up Father

U.S. Department of Agriculture decreases. For example, a fairly active man of 25 requires about 3200 calories, while a 65 year old man needs only 2550 calories.

However, the Department of Agriculture does recommend certain foods in its diet food guide as necessary to good health at any age.

Each day's menu should include balanced diets of protein for growth and bodily repairs, minerals to keep the body functioning properly and fats and carbohydrates for energy. Daily supplies of milk, meats, fruits and vegetables and breads fulfill the needed requirements.

WHEN PLANNING the week's meals, consider dad's daily schedule. If he carries soup and sandwiches for lunch, a big meal at night is in order, but if a large, leisurely business lunch follows and precedes a long period of physical inactivity, plan a lighter dinner.

As a matter of fact, our culture's habit of stoking up with a heavy meal in the evening just before our most inactive hours might be pleasant, but it's not always in our health's best interest.

PHYSICAL fitness for father involves more than proper nutrition, exercise, and check-ups. He must get proper rest and relaxation.

Mealtime can and should offer the most pleasant moments of the day, free from tension of any kind. Since a man spends most of his waking hours on the job, a happy alliance is important.

A person battling his job finds enjoying life in other areas increasingly difficult, and added tensions may even actually impair his health.

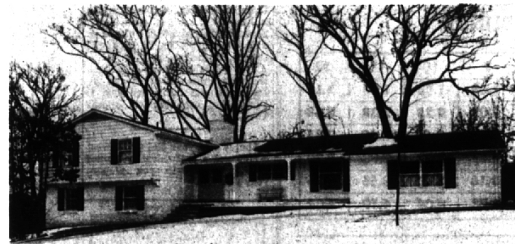
LIKE ALL things concerning the household, the care and feeding of its head rests with Mrs. Homemaker herself. It is she who must juggle the myriad details into a working program best suited to the needs and interests of her family and her, Mother Knows Best!



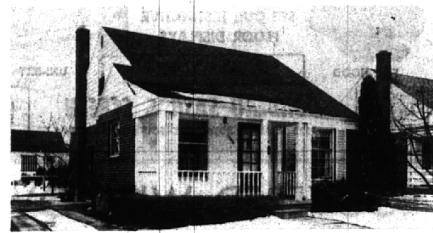
NOW . . . LET'S TAKE A PEEK INSIDE—Huge rooms and a modern kitchen. Five bedrooms (Master suite with dressing room), two baths plus two lavs. Separate dining room and recreation room. Screened porch, carpeting and draperies. Children can walk to parochial and public schools and you can walk to stores. \$31,000.



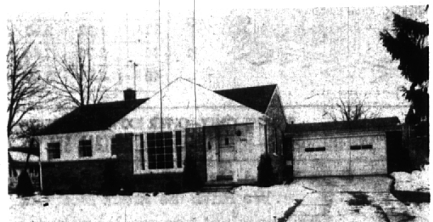
"BUY IT"—YOU'LL HAVE MORE TIME AND MONEY FOR FUN! Aluminum siding and grey brick (no painting). Greatly reduced (Lucky You). Four bedrooms, two baths, jalousied porch, hobby room (21x14) and patio. Carpeting included.



HARDWOODS and HILLS . . . CLOSE IN  
New last summer. Four bedrooms, superbly decorated and appointed. Large Family room with adjoining library. Full basement. Completeness from Circle Drive to Garden Patio. Water and sewer. Owner relocated. \$54,000.00.



HARD TO BELIEVE—BUT IT'S TRUE! It has four bedrooms, separate dining room, great recreation room and a huge screened porch. "SUN-DAY PARLOR" floor plan. Carpeting included at \$17,900. \$1,000.00 down and IT'S YOURS!



A BREAK FOR YOU—OWNER TRANSFERRED. Three bedrooms and a large family room (13.6x16.2). New kitchen with built-ins. Carpeting. Full basement and fenced yard (safety for children and pets).

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