Here's Katie McLean's Chef's Salad.

Chef's Salad

Salad greens
2 cups thin strips of chicken
1 cup thin strips of ham
1 cup thin strips of cheese
2 tomatoes, cut into wedges
Carrot curls

Place greens in salad bowl and arrange remaining ingredients on top. Just before serving, toss with French Dressing. Makes 4 servings.

French Dressing

1 cup Mazola® Corn Oil
⅓ cup lemon juice or vinegar
2 tablespoons sugar
1½ teaspoons salt
½ teaspoon paprika
½ teaspoon dry mustard
1 clove garlic

Measure all ingredients into a bottle or jar. Cover tightly and shake well. Chill. Remove garlic and shake well before serving. Makes 1⅓ cups.

JANUARY 1970

GOOD HOUSEKEEPING®

THE MAGAZINE AMERICA LIVES BY

NOVEL
A Relative Stranger (Part I) ..... *Anne Stevenson* 53

FICTION
A Private Treasure (*short short*) ..... *Ginny Hopkins* 62
Monica ..... *Florence Jane Soman* 66
The Nicest People Are Married to Each Other ..... *Will Stanton* 76

ARTICLES
A New Heart for Becky Howland ..... *Alice Lake* 56
Controversy Over "the Pill" ..... *Bill Surface* 64
We Must Wipe Out Hunger in America! ..... *Senator Ernest F. Hollings as told to Paul Jablow* 68
The Day I Was Proudest of My Child ..... *collected by Donald Robinson* 70

FEATURES
The Institute Reports on What's Happening with Panty Hose 6
Small Wonders: Housework ..... *Ruth Marcus* 8
The GH Poll: The Ten Most Admired Women 10
Up the Wall: The Great Hair Switch ..... *Erma Bombeck* 16
Speaker for the House ..... *Charlotte Montgomery* 22
Sincerely Yours 26
My Problem: Can Love Live with Indifference? 28
On Being a Woman: What Women Think of Women ..... *Dr. Joyce Brothers* 40
Keep Up with Medicine ..... *Barbara Yuncker* 44
The Young Wife's World ..... *Helen Valentine* 46
Inside GH 50
Poetry: Happy New Year ..... *Elaine V. Emans* 110

PATTERNS
Sew Up a Flurry of Flowers 58

INSTITUTE/BEAUTY
Total Complexion Care 74

INSTITUTE/FOOD
GH Special on Meat 78
Susan, Our Beginning Cook, Learns How To Make a Layered Gelatin Mold 114

FASHION
Sweater Girl 1970 96

HOME BUILDING & DECORATING
The Good Cheer of a Glowing Fireplace 100

INSTITUTE/NEEDLEWORK
Quick-Crochet an Area Rug 106

INSTITUTE/APPLIANCES & HOME CARE
Keeping House with Emily Taylor: Advice on Caring for Boots 108
An Institute Report on Enzymes in the Laundry 142

INSTITUTE/TEXTILES
Answers to the Questions You've Asked about Terry Towels 122
Easy Decorating with the Do-It-Yourself Wall Coverings 156

THE BETTER WAY
Why There Is Growing Concern about the Safety of "the Pill" 129
What To Look for in January Sales 132
Tips To Prevent Winter-Sports Accidents 132
How Local Projects Can Get Grants from Foundations 134
If You Want To Start a Gourmet-Cooking Club 135
Is There a Cure for Dutch Elm Disease? 135
Auto Repairs a Woman Can Make 136
Best Ways To Store Herbs and Spices 137
Why the Ban on Cyclamate Sweeteners? 137
Booklets Worth Writing For 138
The Etiquette of Rings 138
Boy or Girl? A New Pre-Birth Test Can Tell 139
How To Save on Home-Maintenance Costs 140

INSTITUTE/BUREAU
You and Your Diet: Advice on Slimming Down; Two Weeks of Dinner Menus plus Recipes. 147

INSTITUTE/ENGINEERING
A GH Buying Guide: Innerspring Mattresses 152

SCHOOLS, COLLEGES & CAMPS 162

COVER: *Photograph of Heide Wiedeck by William Connors; sweater by Hadley; blouse by Lady Van Heusen.*

MeredithCom® Gift Subscriptions Vintage Magazines

GOOD HOUSEKEEPING

JANUARY 1970 · 50¢

Great ideas with lower-cost meats!

GH POLL: THE 10 MOST ADMIRED WOMEN

The case behind "the pill" controversy

DIET SPECIAL: TIMESAVING RECIPES FOR LOW-CALORIE DINNERS

MerleMart.com ®
Gift Quality Vintage Magazines

CHJANT1 32004 00 LBHOMC 212092
D.C LOW
2120 ARCONNE DR
MINNEAPOLIS MN 55421