



IN THIS ISSUE

November 1969

VOL. 23, NO. 11

THE MONTHS AHEAD

Christmas will cost more . . . job openings dwindling . . . boost in benefits coming for those on social security . . . coffee going up . . . a mirror changes your clothes. Plus suggestions for winter driving, including what to do if you're marooned.

3

REAL ESTATE INVESTMENT TRUSTS

They make it possible for small investors to put their money into real estate, with professionals handling the management details. There are risks involved, but find out about REIT's if you're looking for a way to hedge against inflation.

6

CAULKING THAT REALLY STICKS AND LASTS

Get the type meant for your particular project and follow instructions precisely.

10

... AND WE STILL AREN'T EATING RIGHT!

Nutritionists have long been telling us what we should eat. Maybe the trouble is they haven't put enough stress on how easy it is to be sure of a balanced diet.

11

SET UP A SYSTEM FOR FAMILY FILES & RECORDS

Do it now and you'll have your system working fine when the new year begins.

14

CAMPING IS GREAT IN THE WINTER, TOO

But everything about it is different—clothing, equipment, safety precautions.

17

HOW THEY'RE TEACHING MATH TO YOUR KIDS

A primer for parents who are baffled by what the homework questions even mean.

19

TIPS FROM DETROIT ON BREAKING IN A NEW CAR

The engine, tires & brakes will serve you better if you treat them well now.

23

WHAT SCIENCE HAS DISCOVERED ABOUT MEMORY

You have nearly 10,000 thoughts every day. Why do you remember some of them and forget others? Is intelligence involved? Can you improve your memory?

25

THE STUFF THAT STUFFS FURNITURE

A brief look at the wide variety of materials used to pad sofas and chairs.

29

PAPERBACK BOOKSHELF

Good reading at low cost. Browse through the list for ones that interest you.

31

LOTS OF WAYS TO SEND A CHRISTMAS PACKAGE

The P.O. may be most convenient, but other carriers may be cheaper or faster.

33

YOUR QUESTIONS ANSWERED

Replies to queries from readers . . . things you too may have wondered about.

36

FOR WOMEN: ADVICE ON SOCIAL SECURITY

Special rules apply to you, whether you're single, married, divorced or widowed.

37

NEWS BEHIND THE ADS

Items of information & entertainment from the fascinating world of advertising.

39

51 BEST-BUY OPERA ALBUMS

Many fine records are on the low-price labels. Here are a critic's top choices.

41

"DADDY, WHAT'S A RECESSION?"

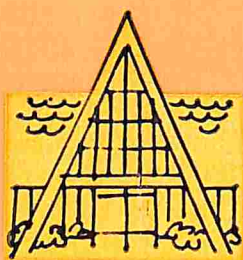
Study the graphs with this article . . . they give you a picture of what happens before, during & after a recession. Are we heading for another one next year?

45



THE KIPLINGER SERVICE FOR FAMILIES

November 1969



Real estate
Gift Quality Vintage Magazines
investment trusts



Way to hedge against inflation

- ▶ What science has discovered about memory
 - ▶ The stuff that stuffs furniture
- ▶ Set up a system for family files & records
 - ▶ "Daddy, what's a recession?"
- ▶ Lots of ways to send a Christmas package
- ▶ Special for women: Advice on social security