CASSEROLES STICK?



spray on PAM®



for no-stick cooking



no-scour cleanups

This pure vegetable spray-on coating means macaroni and cheese, baked beans, potatoes au gratin won't stick to the casserole. Just remember to spray PAM on any casserole, pot or pan before cooking so food won't stick. Cleanups become a breeze. Pick up this new cooking habit in the cooking oil section of your store. It has the Good Housekeeping Seal.

pure vegetable spray-on coating



OMAN'S DA

"LET THE HEAVENS REJOICE, AND LET THE EARTH BE GLAD; LET THE SEA ROAR,
AND THE FULNESS THEREOF."

GERALDINE E. RHOADS, EDITOR/VICE PRESIDENT INSKY, ART DIRECTOR EVELYN GRANT, MANAGING EDITOR GEORGE H. ALLEN, PUBLISHER

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The Gift That Is More You Than Money The Gift That Is More You Than Money
This year's best gifts to buy include something just right for everyone, even those who "don't want anything!"

A Gift of Taste from Where You Live
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suggestions for accessories to accompany them

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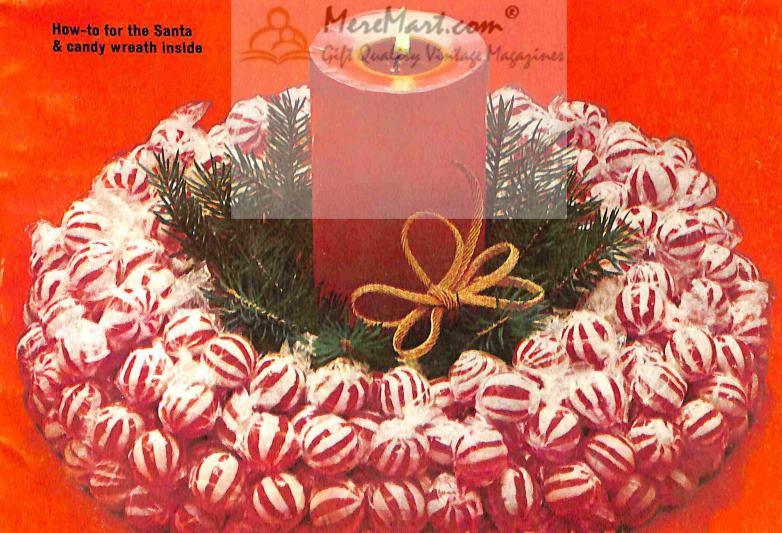
Photograph by SIGRID OWEN. Another picture of the Santa appears on page 176 editorial. For directions for making the candy wreath and the Santa appears on page and business state.

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100 JUST-RIGHT GIFTS TO BUY FOR \$10 OR LESS
DECEMBER 1973

OMAN SIDAY

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Great Reading...Ray Bradbury...Rod McKuen...James Beard...Eda LeShan...etc.