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Woman's Day

OCTOBER, 1969 • THIRTY-THIRD YEAR • FIRST ISSUE
"GOD IS A SPIRIT: AND THEY THAT WORSHIP HIM
SPIRIT AND IN TRUTH." JOHN 4:24

SHIP HIM IN

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Cover photograph by Ben Calvo. For more candlelit table arrangements you can create, please turn to page 68

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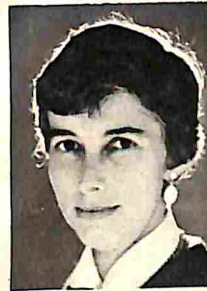
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IT'S ALL IN A WOMAN'S DAY



Michael Drury



Lynn Dallin

HER FIRST SALE as a writer was to WOMAN'S DAY in the 1940's, and now Michael Drury ("The Gifts of Solitude," page 41) has over two hundred and fifty articles and short stories and three books to her credit. A Californian by birth, she has lived for twenty-eight years in New York City, but still considers herself a countrywoman—in fact, she's currently spending a year in Newport, Rhode Island, to renew her feeling "for people and the planet." Anyone familiar with Miss Drury's work knows she has a particularly fine touch with "outlook" pieces like the one in this issue, and in it we feel she accomplishes her goal as a writer... "not to impress on the reader something special, but to articulate a feeling the reader knows."

DETERMINED NOT TO BE KITCHEN-BOUND when her composer-conductor husband entertained guests like Charles Munch and Dimitri Mitropoulos, Lynn Dallin concentrated on recipes that would give her more time in the living room. Her success led to *The Stay Out of the Kitchen Cook Book* and eventually to the present one (see "So Good and So Slimming," page 74) featuring high-nutrition recipes for expectant mothers and other women who want appetite satisfaction without paying a high price in pounds. Her thesis: "You can stay on low-calorie food indefinitely if it's tasty enough."

BEING A BUSY DESIGNER means that Robert Jackson ("Circus-Trickster Costumes," page 16) usually doesn't have time to dream up cute Halloween outfits for his own brood of three. "Daddy's like any professional—" he says ruefully, "the kids come last." Mr. Jackson, a Philadelphian, studied at the Museum College of Art, specializes in "thinking up ideas for other people to put together."

HAPPILY MARRIED, father of two sons, author of sixteen books and over four hundred articles, James Lincoln Collier seems to have every reason to be an expert on healthy male egos (see "Your Happiness and Your Husband's Ego," page 12). The Colliers live in a Victorian house in Croton-on-Hudson, New York, along with some cats that Mr. Collier cordially "detests" but puts up with to please his wife, practicing one of his guidelines: "Don't make issues over small matters."



Robert Jackson
OCTOBER, 1969



James Lincoln Collier

Telegraph Hill Polpette starts with San Francisco's Rice-A-Roni

Combine 1 pkg. Beef Rice-A-Roni with 1 lb. ground beef and 1 egg, beaten. Shape into polpette or small meatballs (approx. 20). Brown on all sides in skillet. Combine contents of Beef seasoning packet with 2½ cups hot water. Pour over meat. Cover and simmer 30 minutes. Thicken gravy, if desired.



100 KITCHEN WORK-SAVERS + A DREAM KITCHEN CONTEST

**\$600 REDOS FOR
DRAB LIVING ROOMS**

**31 MONEY-SAVING
MENUS + RECIPES**

**LOW-CALORIE DISHES
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**How to find time
for self-renewal**

**New looks with
wash 'n' wear wigs**

**Your happiness and
your husband's ego**

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**Candlelit
table settings**

