Dining Pedestal Latest Home Decorating Item

Putting the dining area on a pedestal is the name of the latest decorating game.

This theory of central support not only does away with leg straddling at the table, but also lends a new mobility to seating that is a boon to comfort and conviviality.

While dining in the round is not a new idea, the current reincarnation of the pedestal is finding its most elegant expression in deftly engineered metal dinette sets, according to Barbara Brody, interior design consultant.

"Victorian females doted on circular wooden tables with heavy, turned stands while the favorite refuge of the 19th century male was a roll top desk and a huge wooden swivel chair," she says.

"The big difference now, of course, is that oval, round and oblong pedestal tables have been combined with pedestal swivel chairs in luxurious groupings that are a marriage of fashion and serviceability as new as tomorrow," she says.

* * *

DURABILITY is no longer synonymous with bulk since the new pedestal sets are sleek, simple, and sophisticated, yet built to withstand enormous wear and tear.

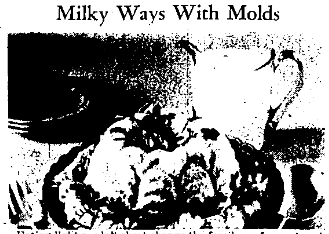
Contemporary homemakers who have changed their dining ways to the pedestal style need not, for example, mar mealtime serenity by worrying about shoe scratches on the table or chair supports. New styles come in polished aluminum or chrome or in hard enamel or bronzed finishes that are impervious to the most insistent toe-tapper.

Table tops of durable plastic laminate are equally resistant to scratches and stains. They're available in woodgrain and inlay patterns that range from pale bisque walnut or warm rosewood to somber slate or richly veined marble.

Chair upholstery fabrics also have the fresh appeal of the new synthetics. Today's homemaker can live it up lavishly with velvets, brocades, leathers, and linens that look like the real thing but behave much better.

The best of the new upholstery fabrics consist of vinyl with sturdy fabric backings that don't tear or stain, Miss Brady says. They take beautifully to strong or pale colors and bold or subtle textures.

Milky Ways With Molds



Eating light needn't short-change the family on fun and variety. The Borden Kitchen molded this egg salad of gelatine, reconstituted lemon juice, and eggs, all sparked by the farm-fresh flavor of nonfat dry milk. For a light and leisurely luncheon, refrigerate until high noon, then colorfully wreathe with radish roses, carrot curls, and crisp watercress.

Egg Salad Luncheon Mold
(Makes about 8-10 servings)

- 2 envelopes unflavored gelatine
- 1/2 cup water
- 1-1/4 cups boiling water
- 1 teaspoon salt
- 2 tablespoons reconstituted lemon juice
- 1/2 cup finely chopped celery
- 1/3 cup finely chopped green pepper
- 2 tablespoons finely chopped onion
- 1/4 cup Aunt Jane's sweet pickle relish
- 6 hard-cooked eggs, finely chopped
- 1/2 cup cold water
- 1/2 cup Borden's Instant Nonfat Dry Milk, dry form

In a deep mixing bowl, sprinkle gelatine over 1/2 cup water. Let stand until softened. Add boiling water; stir until gelatine is dissolved. Add salt and 1 tablespoon lemon juice. Place bowl over ice water. Stir gently until mixture is the consistency of unbeaten egg white. Remove from ice water; fold in celery, green pepper, onion, sweet pickle relish and eggs. In a small mixer bowl, combine 1/2 cup cold water, remaining 1 tablespoon lemon juice and nonfat dry milk. Beat at high speed with electric mixer about 6 minutes or until stiff. Fold into chilled gelatine mixture. Turn into lightly oiled deep 1-1/2 quart ring mold. Refrigerate about 4 hours or until firm. Unmold onto serving platter. If desired, garnish with radish roses, carrot curls and watercress.

Pruning Not Answer For Azaleas Plants

Azaleas often become tall and leggy when they are growing in a crowded situation or in heavy shade. They can be improved somewhat in appearance by pruning, but pruning is not a complete cure for a poor environment. It merely makes the plants somewhat less unattractive for a period of time.

Most varieties of azaleas develop into attractive plants without any pruning whatever (other than cutting out dead wood) where they have ample light and sufficient space. The various types differ widely in growth habit, and this is part of their value.

Usually it is not a good idea to try to train one type to the form of a different kind. If you want those in a planting to be all alike, your best bet is for them all to be of the same kind.

Azaleas can be made more busy and compact by pinching off the terminals (the growth bud at the end of the twig) or cutting back the growing twigs about halfway when these shoots are a few inches long in late spring or early summer. This causes branching and spreading, often resulting in more flower-bearing branches. It should be done in the early part of the season so that the new shoots will have time to grow out and develop flower buds before fall.

* * *

THE NEED for such light pruning occurs most often where it is desired to keep the plants low or formal in outline, and in the shade gardens where there is a tendency to an open or unsymmetrical style or growth due to crowding or to lack of light.

If the plants have already been allowed to become too tall and leggy, they can be cut back severely. The safest time to do this heavy pruning is early spring before growth starts.

Growing Garment

Do not hang heavy lengthwise stretch garments on a hanger. They will "grow," and do not stretch the fabric when ironing it.

Doctor In the Kitchen®

by W.W. Bauer, M.D.
Consultant, National Dairy Council

THE SPICE OF LIFE

If you weigh 154 pounds, your body contains from 2.3 to 3.1 pounds of calcium and from 1.2 to 1.7 pounds of phosphorus.

In other words, these minerals comprise roughly 2 to 3 per cent of the weight of an adult. Other minerals are not nearly so prominent in your body makeup. But they are essential nevertheless, as we shall discuss later.

First, it is obvious, I suppose, that 99 per cent of the calcium and 80 to 90 per cent of the phosphorus are in our bones and teeth. Where else? you might ask. Well, the remainder is in the soft tissues and body fluids. These minerals are, in fact, highly essential to body functions.

Calcium helps the blood to clot; it helps muscles, including the heart, and nerves to work. Calcium also regulates the use of other minerals in the body. And it is essential in the action of certain enzymes and the control of passage of fluids through cell walls. In combination with phosphorus, calcium gives rigidity and hardness to teeth and bones.

Where The Action Is

Phosphorus goes where the action is. It is needed in every living cell. It is involved in chemical interactions with protein, fats, and carbohydrates in giving the body energy and the essential materials for growth and repair. Phosphorus also helps the blood neutralize acid and alkali. Phosphorus works with calcium in muscle and nerve actions.

Since milk and milk products are the source of three-fourths of the calcium and a great deal of the phosphorus in our food supply, the following should serve to highlight one of the reasons why milk is so important to the expectant mother and infant: The entire prebirth calcium and phosphorus content of the infant's body comes, of course, from the mother. Then, the calcium content of the body increases faster in relation to size in the first year of life than at any other time.

Special Need For Adults

The process continues, of course, until young people are fully grown. Even then for the body functions mentioned earlier, calcium and phosphorus still are essential in the human diet. Recent evidence points to a special need for calcium among adults and older people to counteract bone softening that can occur in our elder years.

Vitamin D is most important for the proper utilization of calcium and phosphorus. With vitamin D, absorption of these minerals from the intestinal tract and its deposition in bone is assured. But vitamin D does not occur naturally in many of our foods, and though sunlight striking our skin does produce the vitamin in our bodies, we cannot be sure of sunlight in all parts of the country enough days of the year.

That's why public health authorities decided years ago to recommend the fortification of milk with vitamin D. The fortification purposes, eliminated the disease, rickets, from our infant population. Rickets used to be a scourge in our society.

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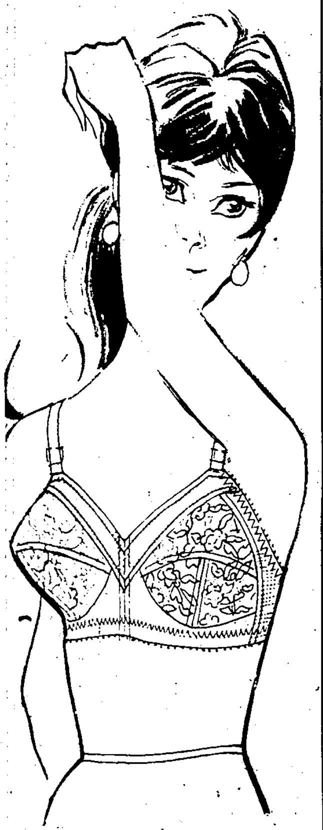

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