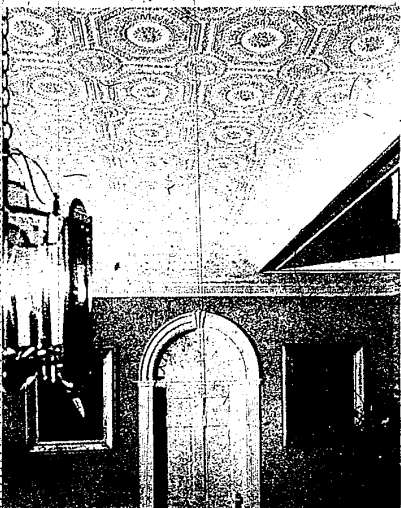


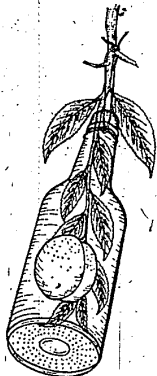
# American Federal ceilings make a comeback



AMERICAN FEDERAL period ceilings designed by James and Robert Adam, were intricate plaster reliefs. The new ceiling tile, 'Constitution', is patterned after an 18th century Adam-inspired design that first appeared in a London country home in the 1700s.

## Home & Garden

### The old bottle trick



Pear and peach trees will soon be bursting into bloom and if you are the lucky possessor of either, you can try the old bottle trick. It's easy. Shortly after the blossoms fall, select a likely little nubbins of a peach or pear, slip an empty, clear whisky bottle over it, branch and all. Tie it on and leave until autumn. The fruit will grow inside the bottle. When it is large and ripe, cut the stalk, take the bottle inside and pour bourbon or other likely spirits over it and close the bottle. You can never get the fruit out, but it gives the spirits around it a subtle flavor, and will amaze your dinner guests. It may be another version of the old ship in a bottle, but nobody guesses how it got there unless they know the trick.

### Gardening is therapeutic

Many doctors throughout the country are recommending gardening for therapeutic reasons.

Overworked executives seeking an escape from work pressures, elderly persons needing exercise and even housewives with nervous dispositions are finding that gardening helps their disorders.

Although doctors are notoriously bad at taking their own medicine, in the case of gardening, they do seem to practice what they preach.

In a survey conducted by the American Medical Association it was revealed that 47 per cent of all doctors (137,000 of them) engage in gardening as their favorite spare time activity.

Gardening among doctors was more popular than photography (44 per cent), fishing (35 per cent), golf (40 per cent) and boating (24 per cent).

A leading pharmaceutical company responded to this unusual high interest in gardening among doctors by creating a special garden magazine

for the medical profession with a circulation of more than 250,000.

Professional people, such as doctors, lawyers and bankers, are reportedly the second most active group of gardeners in the country. Farmers are the only group which gardens more. Women among these groups tend to favor flower gardening, while the men are more interested in vegetable gardening.

### Green manure

A crop of annual grasses or legumes grown to be plowed or "turned under" by hand before maturity is a means of adding organic matter to the soil. It is a valuable method of soil improvement for any gardener.

### Visible reminder

When using headlights on a foggy or overcast morning, also turn the map light on, recommend auto experts. This small light inside the car will serve as a reminder to turn off headlights when the car is parked.

The old cliché, "History repeats itself" seems to hold true in the area of decorating. This decade is similar to the years that followed the American Revolution.

That period, too, was a time of adjustment; a time when people turned from the turmoil of war to normalcy.

It was out of the Revolutionary era, that the American Federal period of design was fostered by a people with a yearning for gentler ways. That same yearning is being felt today and is reflected in a renewed interest in that period's interior decor.

Though no one designer or group can be attributed with providing the inspiration for American Federal, James and Robert Adam were among the founders of the motif. The London-born brothers distinguished their artistry with lightness, grace, delicacy, balance and fine proportions.

The Adamesque influence is being revived today, in all places, ceilings.

The ceiling was an important part of American Federal decor. The original period ceiling decorations were mainly intricate plaster reliefs. Today there is ceiling tile patterned after an Adam-inspired design.

Called "Constitution," the original design for the tile first appeared during the middle 1700s in a London country home, the Stan House, and later became the inspiration for many ceiling designs incorporated in classic

homes of the American Federal period.

The deeply sculptured ceiling tile is highlighted with antique gold tracings on a warm beige background.

For furnishings, the first families of the new nation looked to such designers and cabinetmakers as Thomas Chippendale, George Hepplewhite and Duncan Phyfe.

The furniture and cabinetry of these men — which are today prized as collector's items — were characterized by the blending of fine woods, elegantly conceived and gracefully assembled. It wasn't unlikely, in a home of that era, to find furniture of these men and others gathered from various parts of the country: A table from Pennsylvania, chairs from Boston, cabinetry from Rhode Island — places that, were no longer separate colonies but parts of a new, young nation.

This rebirth of traditional elegance, captured by the American Federal decor, has come at a time when the nation is preparing to move into a third century; a time for reflection on our country's heritage.

In the words of David Mahoney, chairman of the American Revolution Bicentennial Commission, the 1776 celebration "must make us conscious of our purpose, thoughtful of our ideals, aware of a sense that goes beyond our five senses, something that makes this nation what it is, our

sense of future. Individuality, the ability to be your own person, is being newly recognized as vitally important to the quality of life."

If the home, as many persons say, is an expression of its inhabitants, then it's safe to say that those emulating the American Federal period of design are indeed yearning for gentler ways. With a sense of individuality combined with purpose, they are decorating — if not necessarily historic homes — then at least, homes in which to make history.

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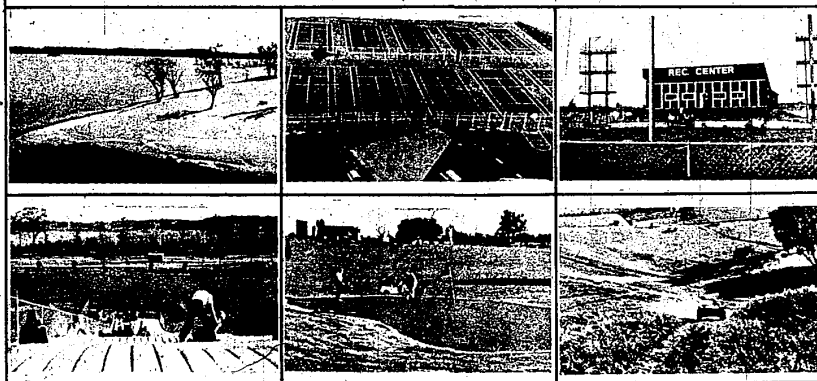
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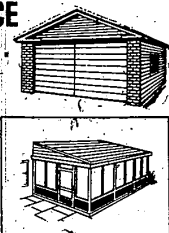
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