

BEAUTIFUL ICELANDIC ACTRESS IS TELEVISION KNOCKOUT



constantly adding to her extensive repertoire of Italian and Japanese dishes. She believes in keeping fit and works out at a Los Angeles health club. She feels that strenuous exercise must be balanced by quiet pursuits so she devotes time to photography, drawing and reading. Music is also an important part of Anna's life. Her husband, Jakob, is a musician who has formed his own jazz-rock group.

Although they met and fell in love in London and live in Los Angeles, Jakob and Anna are both from Iceland. Speaking Icelandic at home makes it difficult to lose her accent, Anna feels, so she studies with a voice coach. Anna is an ardent linguist who counts learning languages as one of her hobbies. Aside from Icelandic and English she has also mastered Danish, French, German, and Spanish. "If you're Icelandic," she says, "you have to learn other languages so you can communicate!"

Anna Bjorn is a real "champ" in her latest TV role. Wearing boxing gloves she's currently in the winner's corner on the new "Heavyweight" TV commercial for Noxzema Medicated Shave. The blonde and beautiful Icelandic actress recently completed work on a new movie for theatrical release. In the new feature film, *The Sword and the Sorcerer*, Anna plays a medieval beauty. In the comedy *More American Graffiti*, she played a beautiful Icelandic exchange student.

SPRUCE UP THE BEDROOM FOR A WONDERFUL LOOK

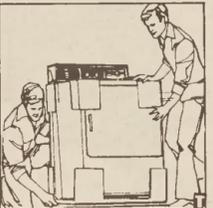


As spokesperson for Noxzema, Anna has a high-visibility assignment that has proved a launching pad to fame for her predecessors: Farrah Fawcett and Gunilla Knutson. Anna is the first, however, to take matters into her own hands. For her first commercial Anna studied with a Hollywood barber to learn how to give a man a close shave. "Trust me," she asked. This time around Anna trades her razor for boxing gloves and entrusts the job of shaving to the man himself and to the new Protectant Formula Noxzema, the heavyweight medicated shave with Dimethicone, a special lubricant which reduces razor

Color and unique design concepts are the keys that turn this bedroom into a winning combination of contemporary and traditional style trends. The focal point is the beautifully crafted, romantic bedspread in rich blue high-lighted with white satin and floral printed ribbons framing the bedspread and pillows. Matching priscilla draperies and tie-backs edged with floral trimming complete the decorator look by Dakotah, Inc. The pattern is called "Belinda."

SHOULD YOUR APPLIANCES MAKE A HOUSEHOLD MOVE?

Before you make a household move across town or across the country, you may want to decide whether or not to move your major appliances. General Electric Company suggests that it needn't be an all-or-nothing decision.



Before you decide which appliance will make the move consider the following factors:

1. The older the appliance, the less sense it makes to move it. In addition to the cost of moving it, you may have to pay the cost of replacing it soon, anyway.
2. The farther you move, the more it costs to move the appliance.
3. If some working part of the appliance must be bolted down, or if some other service is required before and after the move, these two service calls can significantly increase the total cost of moving the appliance.
4. You may make money by selling your old appliance before you move, or by donating it to charity and taking a tax deduction.
5. Your old appliances may not be compatible with your new kitchen. For example, they may be the wrong color or the refrigerator door may open on the wrong side.

6. Leaving your appliances in your old home may increase its appeal to prospective buyers, making your home easier to sell or increasing the selling price! Sometimes it makes good sense to move your major appliances, especially if they're reasonably new or in

good condition. Other times, advises GE, you'll profit by selling your old appliances before you move, and buying new ones at your new home. It all depends on your specific circumstances.

Understanding Your Health

WHY DENTISTS USE GOLD

Gold, the material long preferred for use in dental work, is enjoying a resurgence in popularity thanks to space-age technology plus modern dental and medical research.

Historians found that gold was used for dental bridgework by the ancient Etruscans, a prehistoric people who lived in central Italy. Some of this work survives to this day.

According to the Dental Gold Institute, "Gold is unsurpassed as a restorative material for teeth injured by accident, trauma, dental caries or erosion."

Modern dentists prefer gold because of its resistance to corrosion and because it is compatible with and adaptable to tooth structure.

Did you know that gold has a greater malleability than any other metal? A single ounce of gold can be hammered into a sheet thin enough to cover 170 square feet. One grain can be drawn into a wire 680 feet long.

Mother-of-pearl, or nacre, often used as decorative handles for knives and other implements, needs only soap and water for cleaning. Avoid the use of ammonia, and be sure never to allow the handles to soak.



Silver bowls made to hold fruit or flowers need careful tending. Acid from decaying flowers or fruit can etch ugly little pit marks into silver that will be there forever.

Gold is still considered the best for dentistry. Gold won't rust, scale or decay. It's easily bonded to itself and is biocompatible and virtually non allergenic. Spokesmen for the Dental Gold Institute point out that these qualities make gold appreciably no more expensive than any substitute currently in use.

They also report that crowns made of non-precious metal require more laboratory labor because of casting inaccuracies, remakes and the need for more finishing time. In addition, there is still a question of the long-term permanence of porcelain bonding with many non-precious metal alloys.

It would seem that Etruscan dentists knew a good thing. Planning can lessen the chances of being burglarized or vandalized while you're away. Of course, it's a good idea to notify police of the dates you'll be gone and to temporarily discontinue delivery of your mail. There is also a good way to fool the burglar with lights.

To accomplish this, there are a variety of timer devices on the market. One that's unique is the new Night Sentry, a computerized electronic timer, which can shed new light on security. It can be easily programmed so a light goes on and off at varying intervals, confusing the burglar into believing there's a whole family of folks at home.

garbage can lid on four empty beverage cans. Pour in some charcoal and place a grate on top. Line the lid first with aluminum foil for greater heat and easier cleanup.

Outdoor lights for porch, garden or patio can be easily protected from the weather with screw-top jars. The jar lid can be installed between the screw-shell ring and the fixture. All that's needed is cutting a hole in the lid to fit the fixture.

These suggestions come from a new book called *Johnny Blackwell's Poor Man's Catalog*, that tells you how to make everything from power tools to specialized photographic equipment. It's from St. Martin's Press.

Your Just Desserts

NEW IDEA TAKES THE CAKE



This rich-looking chocolate cake is made more moist and flavorful with inexpensive sauerkraut.

Sauerkraut in desserts? It's been done for decades, and when you consider it, sauerkraut is no more tart or unusual than cranberries or mince meat. Sauerkraut adds moisture and flavor to cake.

CHOCOLATE SAUERKRAUT CAKE

- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 1/2 cups sugar
- 2/3 cups shortening*
- 3 eggs
- 1 1/4 teaspoon vanilla
- 1/4 teaspoon salt
- 1/2 cup unsweetened cocoa
- 1 cup water
- 1 cup Silver Floss sauerkraut, rinsed, drained and chopped

*for richer cake, butter may be used.

Sift together flour, baking soda and baking powder; set aside. Cream sugar and shortening, add eggs, mix well, then add vanilla, salt and cocoa. Mix well. Alternately add flour mixture and water. Add sauerkraut. Bake in greased and floured pan. 8" square pans, 325° for 25-30 minutes. Bundt pan or angel food cake pan, 375° for 45-50 minutes. Makes 2 - 8" x 8" squares, 1 angel food cake pan or a Bundt pan.

Toppings. For a spectacular effect, spread 1 can of Comstock Cherry Pie Filling over the top of Bundt cake. Or drizzle with confectioner's sugar glaze.

For a copy of the sauerkraut book featuring classic and contemporary sauerkraut recipes from around the world, write to Silver Floss, c/o Comstock Foods, P.O. Box 141, Newark, N.Y. 14513. Please include \$.35 for postage and handling.

INFLATION-FIGHTING IDEAS

A new book is out that offers hundreds of ideas for around-the-house inflation beaters plus do-it-yourself projects that can save you countless dollars and provide an extra bonus of self-satisfaction.



You don't need a whetstone to keep kitchen knives at their peak of sharpness. Try an old clay flower pot. Using the rim of the pot, you can hone a knife to the proverbial razor's edge.

Don't throw out that half-used steel wool pad. You can save it from rusting by submerging the pad in a solution of water and baking soda. The soda acts as a rust inhibitor.

If you have a workbench vise that is worn from long use, don't despair. The thread action can be tightened by merely stretching a screen-door spring around the stationary jaw and hooking the ends to the rear corner.

A neat little barbecue grill can be made by propping an upside-down metal

garbage can lid on four empty beverage cans. Pour in some charcoal and place a grate on top. Line the lid first with aluminum foil for greater heat and easier cleanup.

Outdoor lights for porch, garden or patio can be easily protected from the weather with screw-top jars. The jar lid can be installed between the screw-shell ring and the fixture. All that's needed is cutting a hole in the lid to fit the fixture.

Hints For Homeowners

Going away for a long weekend or longer vacation? It's a good idea to give your home that "lived-in" look.

Some things are dead giveaways: mail collecting in the box, newspapers and circulars piled high on the porch, an uncut lawn or unshoveled snow... even a light in one room of the house, left burning day and night. They all say: "Come burgle me."

Planning can lessen the chances of being burglarized or vandalized while you're away. Of course, it's a good idea to notify police of the dates you'll be gone and to temporarily discontinue delivery of your mail. There is also a good way to fool the burglar with lights.

To accomplish this, there are a variety of timer devices on the market. One that's unique is the new Night Sentry, a computerized electronic timer, which can shed new light on security. It can be easily programmed so a light goes on and off at varying intervals, confusing the burglar into believing there's a whole family of folks at home.

There are two Night Sentry models. One is an easily installed unit that replaces standard wall switches, for controlling indoor or outdoor light fixtures. The table top plug-in model



A new electronic timer can foil the unfriendly neighborhood burglar.

(shown here) controls lamps, and has an energy-saving built-in dimmer. Both models can be used as standard "on-off" switches without disturbing the memory. Night Sentry, available at leading hardware, department and chain stores, and home centers. Permits up to 48 "on-off" settings in a 24-hour period. They can really turn a burglar off your home.



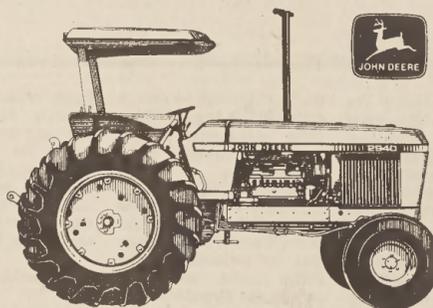
Scholars today have some doubts as to whether Americus Vesputius, for whom the Americas are named, ever traveled here at all.



The earliest recorded astronomical observations were made in China around 3000 BC.

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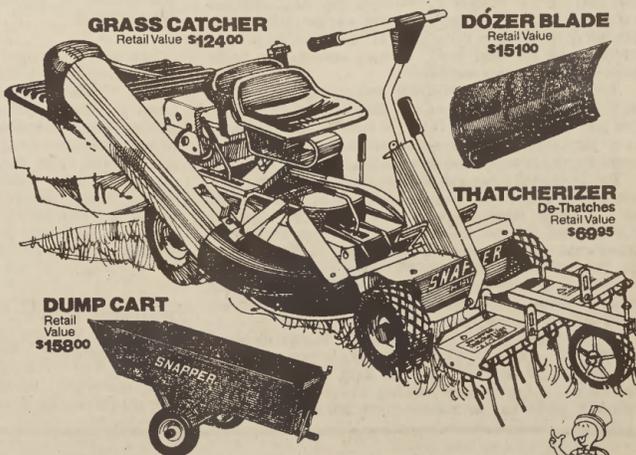
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