



The History Of Lighting

New York (NAPS) -- Stone lamps 20,000 years old were recently discovered in the Lascaux caves of France--offering evidence that our ancestors didn't live in the dark ages after all.

The Sumerians, 2,500 years before the birth of Christ, used

lamps of gold and alabaster. The Romans were also extravagant when it came to lamps; Pliny records that one richly decorated lighting device set its owner back 50,000 sesterces (roughly \$3,000)--and it probably didn't even have a shade!

Remarkably enough, the Romans are said to have preserved lamps in some of their sepulchres for centuries, and many legends are told of their never burning out. In the papacy of Paul III (1534-40), a lamp was found in Cicero's daughter's tomb, which had been shut up 1,550 years before, and was supposedly still burning.

One of the most famous sources of light to shine from the ancient world, was built by the Romans at Boulogne, on the coast of France. It was a light-house 200 feet high and 192 feet in circumference--using great bonfires for signals--and it stood as a reliable guide for mariners for more than 14 centuries!

Gas lamps, on the other hand--the most "modern" source of light before Edison--were used by the ancient Chinese who brought gas up from 1,600 feet below the surface of the earth, then piped it around town in bamboo rods.

Some of the lighting devices of today are just as remarkable. For example, there is a lamp that prevents wool shrinkage and another that can make flowers grow at night.

Even more recently, industry has come out with unbreakable flexible light--in panel or tape form!

Known as an EL lamp, the device emits soft glowing light and offers a life of about five years. It consists of separate layers of aluminum foil, phosphorus, translucent conductor material and copper leads--all sealed within special plastic film made by Allied Chemical Corporation. Called Aclar, the film acts as a moisture-proof sandwich--which protects the light from cracking, chipping, peeling and corrosive atmosphere.

In tape form the light may be a mile or so long. For practical applications, one firm, Madigan Electronics, Farmingdale, N. Y., uses the material to make flashing belts and signs for highway workers and emergency crews.

More recently, EL lamps are being used as instrument panels for the Lunar Exploratory Module and Command Modules of Apollo spacecraft. Who knows? EL lamps may one day light our way to the moon!

But EL lamps and their bright electrical cousins that we use every day, were a long way in coming. For it was way back in 1801 that Sir Hum-

phrey Davy invented the carbon-arc lamp--and ushered in the beginning of electrical lighting. But the lamp proved to be merely an unusual novelty and oil lamps continued in vogue during the 19th century.

Between 1878 and 1880, Thomas A. Edison and Joseph W. Swan finally developed a practical electric lamp for interior lighting. After many attempts, they discovered a filament that glowed satisfactorily in a vacuum and which didn't use too much current; this filament was a thread of carbon--that glowed brightly with a yellowish light.

Today, the United States leads the world in making electric light bulbs--turning out about 2-1/4 billion lamps every year. More than 700 million of these are for general lighting (15 to 150 watts). About 500 million are for miniature lamps, and some 120 million are Christmas tree lights.

Engineers in the meantime, have developed many types of bulbs. Two of the most efficient of these are sodium-vapor and mercury-vapor lamps--which are used to light highways, factories, television studios and canals. Lamps filled with rare gases such as neon and krypton are widely

used for airport fog lights and advertising signs.

Fluorescent lamps furnish so-called "cold light." Using the same amount of power, they are able to produce several times more light and only one-fourth as much heat as filament lamps do. And then, of course, there is the most modern type of light, the EL lamp, wrapped in Aclar--the unbreakable flexible light in tape form.

We've come a long way from the first stone lamps which our ancestors used some 20,000 years ago--and it's been a very bright and enlightening journey to be sure.

Health And Beauty

Have you just tried on your bathing suit for the first time this season? If you have, chances are good, judging by the American average, you have decided something must be done about those extra pounds you put on during the winter.

About Your Home

Women will go to all lengths to keep from being dressed like each other. This desire for individuality is creeping into the home.

In the past, the interior of a home was set by the current mode and each homemaker tried to keep up with the Joneses as much as possible.

Today we want our homes to fit our families' needs and to express our personality as much as possible. Architecturally, there are more different types of homes being built today than ever before.

A new type furniture industry has come into being. It caters to the individual tastes. More custom furniture is being used than in the past.

The old favorite living room, dining room and bedroom suite has almost gone by the board. In its place we find separate pieces, often of different woods and periods, being chosen for their functioning qualities and their beauty.

The total effect of this new trend is making our homes and our yards more beautiful than ever before.

In Fashion

Resort clothes are being shown in the shops. Linen suits of cotton cord are fine for hunters. Some have short sleeves, others with wrist length sleeves, pockets and belts.

Other resort clothes have large printed patterns on solid color dresses. These can be shifts or two piece garments and the prints are in lines of figures.

Prints are seen in bathing suits, be they bikinis or of the one piece type.

You can look forward to enjoying your diet, for if you choose the right kind of diet it need not be a lettuce-leaf and carrot-juice affair.

The best way to burn up fat is to step up your metabolism. The way to do that is to include lots of juicy steaks, thick lamb chops, and sizzling (lean meat) hamburgers in your diet. Other important items are fresh eggs, vegetables and fruits.

If you are on the right type of diet, the food you eat will provide the energy you need without adding more fat in the process.

Drink plenty of water between meals. Cut down on your salt intake if you use too much to season your food. This is important because salt tends to cause your tissues to take on added water. Take your vitamin pills if you think it necessary.

Use a non-caloric sweetener in your morning coffee and in cooking. Skim milk or butter-milk (without butter globs) can be a big help. Eat only a very small amount of fat of any kind, including butter. Fat has more concentrated calories than any other food.

Take a healthful amount of exercise. Concentrate on your bad features, such as large hips or legs.

Receives Degree

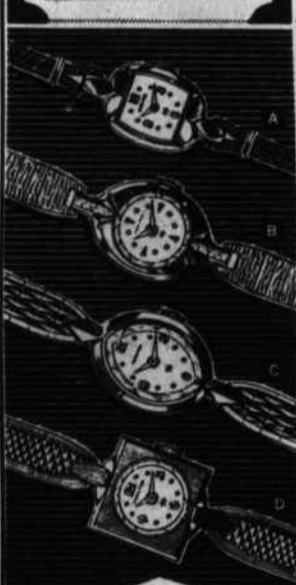


MRS. MITCHELL

Wake Forest, N. C. -- Mrs. Bonnie Griffin Mitchell of Rt. 1, Castalia, N. C. has completed the requirements for graduation from Southeastern Baptist Theological Seminary. She will be awarded the Certificate degree at the regular seminary commencement exercises on May 19.

Gossip has been well defined as putting two and two together and making it five. --Labor.

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Lawn Mowers Cause Most Yard Accidents

The power mower designed to trim lawns has become one of the most dangerous machines for trimming fingers and toes.

Lawn mower accidents are expected to total more than 80,000 this year, the same number of persons who were injured or killed in yard accidents in 1965. And, most of these accidents, as in 1965, will be due to carelessness in mowing the lawn.

Most accidents occur as a result of objects being thrown by the blade. The blade can pick up a rock or nail and hurl it at a speed of 300 feet per second or more than 200 miles per hour.

"Operators and bystanders are often struck by these 'missile' objects without realizing what happened," according to Howard Ellis, specialist in charge of extension biological and agricultural engineering at North Carolina State University.

The specialist offers several suggestions and reminders to help reduce the number of mower accidents.

Inspect your lawn mower before mowing. Make sure all nuts are tight on the blade.

If you need to examine the sharpness of the blade, disconnect the spark plug wire. If the spark plug is connected and the blade turns, the motor may start and take a few fingers with it. Disconnect an electric mower before working on it also.

If the mower has safety shields, never operate it without them.

away trash or debris. Rocks, glass, wire and steel can turn into "bullets" with the boost of the whirling blade.

Check the gasoline before starting to mow. If gas runs out before the job is finished, let the engine cool and then fill it. Never fill the engine when it's hot or in operation.

Keep hands, feet and loose clothing away from moving parts of the machine while it's operating.

If you stop the mower to clean the blade, be sure to pause a minute before touching it. Even after the motor is turned off, the blade continues to whirl with enough force to cause serious injuries.

Don't mow the lawn in sandals. Wear leather shoes or shoes with steel caps on the toes.

Maintain control of the mower at all times. If it is self-propelled, don't let the mower pull you. Mow across steep slopes instead of up and down. If the hill is very steep, have a person at the top hold the end of a rope tied to the mower.

Keep youngsters and pets away from the mower, and cut the mower off when you leave the machine.

A mother is a mother still, The holiest thing alive. --S. T. Coleridge.

The hand that rocks the cradle Is the hand that rules the world. --W. R. Wallace.

IGA VALUES

BLADE CUT

CHUCK ROAST 35¢ LB.

ROUND BONE **SHOULDER ROAST 59¢ LB.** BONELESS **STEW 69¢ LB.**

BONELESS **CHUCK ROAST 69¢ LB.** AZALEA **FRANKS 3 \$1.00 LBS.**

GRADE A LARGE **EGGS DOZ. 39¢**

WISE **POTATO CHIPS TWIN PKG. 39¢**

BLUE PLATE **PEANUT BUTTER 12 OZ. 39¢**

MRS. FILBERTS **MARGARINE 29¢ LB.**

MRS. FILBERTS **MAYONNAISE 49¢ QT.**

LUZIANNE **COFFEE LB. BAG 49¢**

LIPTON **TEA BAGS 16 COUNT 23¢**

SEALTEST **AUTOCRAT ICE MILK 1/2 GAL. 38¢**

FANCY **LETTUCE 19¢ HEAD**
VINE RIPE **TOMATOES 10¢ LB.**

DELMONTE **TOMATO CATSUP 2 14 OZ. BOT. 49¢**

OXYDOL BOX 25¢ **IGA FORD VILLAGE**