

Sleep -- Just 80 Minutes A Night



SLEEP COMES best in the first 80 minutes according to a 10-year study.

By EDWARD S. KITCH

CHICAGO (AP) — How did you sleep last night? Your best period of sleep was the first 80 minutes after you retired, according to a 10-year study on sleep being conducted at State University of New York, College of Medicine. After that your depth of sleep never reaches the same soundness and your sleep pattern alternated between almost awake and asleep.

If you awoke at the end of the night and said you had a "terrible night," you are like the 25 per cent of 30 persons tested during the study. Although recordings of their sleep indicated they slept well, their reports baffled the researchers who attributed such reports to personal differences. The research on sleep is carried on by the Sleep Research Foundation under a grant from the Simmons Company. Under the direction of Chandler McC. Brooks, Brian F. Hoffman and E. E. Suckling assist the project in the department of physiology of the university.

Their study revolves around recordings made by an electroencephalogram. Its tracings resemble the pulsations of a lie detector machine. It records the volume of electrical activity of the brain, which lessens markedly during sleep.

A record of blood pressure is made every five minutes during a subject's sleep. It shows that blood pressure goes down during sleep and the heart beat slows six to eight beats a minute from wakefulness to deep sleep. It also indicated that the heart rate is more sensitive to quickening during the end of the night than when one first retires.

A sleeping person moves from one to two times an hour and more frequently during the end of the night. What unhooks the conscious from the unconscious to put us to sleep is believed to center in the thalamus and reticular formation of the brain. This is the mysterious function of sleep that puzzles physiologists. No one knows what happens.

Dr. Brian F. Hoffman says the importance of knowing more about the function of sleep is intensified with the flood of new tranquilizing drugs now available. He said the newer ataractic drugs are not supposed to sedate but tranquilize. How they do the job is partially revealed in the sleep study. Electrodes inserted in the brain of laboratory animals stimulated the thalamus and reticular areas.

Sleep was induced when the thalamus center was stimulated. Stimulation of the reticular formation of the brain stem caused the animal to awaken, Dr. Hoffman said. How you slept, however, depends on several factors the scientists are unable to measure. The surface on which you slept, the sounds and room darkness play an important role in how you sleep.

Subjects sleeping on a hard board or a feather bed didn't sleep as well as persons who slept on a standard mattress. This is attributed to the fact that temperature and discomfort enter into the problem of how well one sleeps, Dr. Hoffman said. Another factor revealed in the study is that a sleeper's response to light and sound is greater in the sleeping brain than in the conscious brain. Observers believe that this is part of the natural workings

of the instinct of survival, and, despite dripping water faucets, we come awake when sudden light or sound disturbs our sleep.

Speaking of Homemaking

By MRS. ELIZABETH G. PARHAM Home Service Representative Carolina Power & Light Co. ENJOY A HOME FREEZER

Since the days of the cave man, when woman first took over the job of feeding a family, she has been faced with the problem of preserving and storing food. Until recent years, the preparation and serving of fresh foods had to be a "hand-to-mouth" affair. Homemakers were compelled to shop practically every day. They had no way, except ordinary refrigeration, to keep fresh foods from spoiling. Such foods could not be purchased more than a few days in advance, and meal preparation had to be a three-times-a-day affair, every day. Then we learned about freezing foods. First came the commercial freezer, then the frozen food locker, followed by the home freezer.

To have a home freezer is almost like having a magic wand which can be waved over fresh foods, with the command: "Stay just as you are until I need you!" For that, in effect, is what freezing does. It takes fresh foods at their peak of goodness and keeps them that way for weeks, months, or even a year—until they are needed.

The home freezer frees you from the daily grind of three-times-a-day food preparation and frequent food shopping. It enables you to put meals on a modern, production-line basis. If you care to, you can prepare meals in advance—ready for cooking or completely cooked—and keep them until needed, in the electric home freezer. Then, just before mealtime, foods can be popped into the oven, utensil or broiler, and have them ready to serve, piping hot with all their fresh flavor and health-giving minerals and vitamins.

Enough pies, cakes, cookies or pastry for a week or more may be prepared ready-to-bake or baked and stored until needed. School lunches may be made in advance and kept in the freezer until the youngsters leave for school in the morning. Leftovers need not be wasted—freeze and serve later on when they are again a novelty. Commercially frozen foods can be purchased when at sale price, and stored for future use.

Freezers provide better balanced meals for the family by keeping on hand a wide variety of fresh frozen foods all year 'round. Freezing retains the true value and vitamin content of foods.

Failure To 'Fit In' Seen As Most Common Worry

By JANE EADS

WASHINGTON — Dr. Thelma Hunt, Washington psychologist who has spent most of the past 15 years listening to people's worries and trying to straighten them out, says the most common worry stems from a person's inability to fit into family life or a social group.

This, she says, is usually because a person doesn't think highly enough of himself and doesn't accept himself in terms of his own personality and makeup.

Besides her private practice, Dr. Hunt is executive officer of George Washington University's Department of Psychology, one of the few women to head such a department in a university. She says inability to adjust is back of most job problems.

"A person's basic psychological needs include a certain amount of self-esteem, a certain feeling of adequacy and a feeling of being accepted by others, or belonging to a group."

Dr. Hunt is currently helping to administer a new course in rehabilitation counseling at the university. It is designed to prepare graduate education and psychology majors to take up counseling jobs in hospitals and institutions.

More people are seeking help through counseling than ever before, Dr. Hunt says, but this doesn't mean that more people have problems. "It's just that attitudes have changed through increasing availability of help and the acceptability of getting it," she explained.

Dr. Hunt was a student at the university before joining the staff in 1928. She was awarded her Ph.D. degree at the age of 23, the youngest to have received that degree from GWU up to that time. She is married to Ernest A. Healy, Jr., an educational-vocational counselor with whom she maintains a private office.

Stolen Left Shoes

POTTSTVILLE, Pa. (AP)—Even the court was surprised but took the situation in hand when Bernard Dusky, 29, of nearby Mahanoy City, pleaded guilty to charge of stealing left shoes while drunk.

Dusky told Schuylkill County Court he didn't know why he took only the left shoes from a store window and burned them but admitted it only happened when he was drunk.

Judge Charles W. Staudenmeier ordered the man to undergo a mental examination.

Has Last Laugh

EAST LANSING, Mich. (AP)—A retired college professor tells funny stories for a serious purpose.

James G. Hays, former dairy specialist at Michigan State University, travels the country with a mechanical cow, appearing before farm groups. The money he receives goes into a student loan fund at MSU.

Hays set up the fund in memory of his son, a former MSU student who died of cancer. In the past four years he made \$11,067 for the fund.

Summer Finery



By VERA WINSTON

HERE'S an ensemble that just sings of sweet summer evenings, a simple but a telling song. Navy or black silk organza dotted in white for the dress with its pretty band effect on the snug bodice. Skirt billows over its own taffeta petticoat. Double organza to match the dress color for the collarless coat with streamer bow in back for a novel touch. And below-the-elbow sleeves. Just about as good a costume for warm weather dining and dancing as we have seen this season and becoming to most women since it has chic and is young without being fussy.

Craftsman's Fair Slated July 16-20

July puts the spotlight on North Carolina's treasure-trove of handcraft centers and skilled craftsmen, since it is traditionally the month for the annual Craftsman's Fair of the Southern Highlands at Asheville.

Small fry will like raisins added to mashed sweet potatoes.

The Fair will be held July 16-20 at the Asheville Auditorium, where craftsmen from North Carolina and six other states will display their handwork and demonstrate their skills in weaving, pottery, jewelry making, basketry, and other crafts.

Presidents Had A Hand In It

ST. PETERSBURG, Fla. (AP)—It took Clifford A. Munroe, 74, over 50 years to collect them but he now owns autographs of all 34 presidents of the United States.

He personally acquired all the autographs from President Theodore Roosevelt to President Dwight Eisenhower and purchased the rest.

His autograph of George Washington is on an envelope addressed by the first president two months before he died.

It Doesn't Pay To Advertise

FORT WORTH, Tex. (AP)—Railroad special agent L. R. Troxell had no trouble tracking down four men who broke into a box car and stole a number of straw hats.

The floor of the box car was covered with white lime. Troxell just followed the white footprints into a nearby hobo jungle and arrested four men wearing new straw hats.

Report In Form

JACKSON, N. C. (AP)—In a decade or so the Northampton County clerk of court will be needing a new supply of forms on which to issue capias ad testificandum.

Back in 1887, about 1,000 copies of the forms were printed. The clerk issued one in April of this year, leaving six on hand.

The form issued in April was the first the clerk had needed in 10 years.

A capias ad testificandum is an order for a person to appear in court and testify.

Tail With A Kink

TOLEDO, Ohio (AP)—Mrs. Grace Kirkwood's Pekinese caught its tail in the drive shaft of her washing machine. Firemen found the tail wrapped round-around the mechanism. They emptied the washer, turned it upside down and turned the shaft in reverse, by hand, and slowly the tail was unwrapped. Mrs. Kirkwood says her pet's tail has a kink in it, but she hopes it won't be permanent.

Give that pie-crust mix extra flavor! Add grated orange and lemon rind to it, and use orange juice when you are mixing it instead of the water called for.



ELISE GAMMON finds a sweater handy for the ocean-cooled breeze at Miami Beach, which is having a spell of weather comparatively cold for June. It was 16 degrees less than at St. Paul, Minnesota.

Speaking of Homemaking

By MRS. ELIZABETH G. PARHAM Home Service Representative Carolina Power & Light Co.

LIGHT UP YOUR GARDEN

Your lovingly planted gardens don't have to black out at sunset if you give them the "light" touch. Outdoor lighting equipment gives you not only prolonged enjoyment of the garden, but allows you to do more entertaining and cooking in the cool of the outdoors.

A big extra, too, is the safety that outdoor lighting provides against both accidents and prowlers. Here are five tips in carrying out a lighting plan for a garden, either large or small:

1. Avoid "whitewashing" the entire garden in imitation of daylight. The result is likely to be flat and monotonous. The fascination of a lighted garden lies in contrasts of light and shadows, in highlights and silhouette effects.

2. Scatter the lighting units. Place them so they illuminate a flower bed, a well-shaped tree, a path, a pool, a rock garden.

3. Conceal the light sources. Respect your neighbor's right to privacy and place light bulbs and fixtures so that light is confined to your own premises. In your own garden, the prime rule should be: keep the light source out of viewer's eyes. Hide bulbs in shrubbery. Or use a shielding reflector.

4. Use white light on flowers. Colored light may be used sparingly on white statuary, walls and trellises, and is most effective in

pools and fountains. Blue lights are disappointing for they are likely to create an eerie and unearthly look in the night.

5. A little light goes a long way. If directly on light-colored walls, and concrete and gravel patch. They all serve as reflectors of light.

Personals

Mr. and Mrs. Hoopes Rich have arrived from Ft. Myers, Florida to spend the summer at their home here.

Mr. and Mrs. J. T. Snyder of Clyde are making their home in Utica, Miss., where Mr. Snyder is engaged in construction of a bridge over the Big Black River.

Mr. and Mrs. Guy Massie left the first of the week to spend most of the summer at their cottage at Glenville.

Mr. and Mrs. James L. Kilpatrick have as their guests Mr. Kilpatrick's niece and nephew, Anne, Mary, and Johnny Grady, of Philadelphia, Pa.

Keep your baking-powder can tightly covered or there will be a gradual loss of leavening strength caused by the action of air moisture on the baking-powder ingredients.

THE OLD HOME TOWN

By STANLEY



BACK-ROAD FOLKS -- NEWS FROM THE SPRING TRAINING CAMP -- 2-27

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