

Quality sunglasses will eliminate color distortion and help minimize eye strain

For a good many people, sunglasses are no longer just a seasonal or specialty item, to be worn on bright summer days, or for certain activities. Available in an endless choice of shapes, sizes, and colors, they are becoming a year-round fashion accessory, and only secondarily a

means of protecting the eyes against excess sunlight and glare. Yet this seeming lack of concern for the protection factor can actually cause eye strain and fatigue, according to the Kentucky Society for the Prevention of Blindness.

Sunglasses should protect the eyes against bright sunlight and reflected glare, without distorting objects and only minimally distorting colors. Cheaply-made, poor quality ones, with flawed, distorted lenses, and without adequate light-reflective power simply cannot fill the bill. The result—tearing, squinting, blinking and an inability to see

clearly—can be very uncomfortable. And despite what they may do to enhance an outfit—rainbow hues of pink, rose, orange, yellow, blue, and purple are poor choices too. Instead, lenses should be gray, green or brown. Gray, the best choice, enables the most natural colors with the least amount of change. Next best are green lenses, the most soothing; followed by brown, which gives the best optical definition and has penetration. Lenses should be shatter resistant and of optical quality, either ground ophthalmic glass or high quality plastic. Such lenses also have an important absorptive quality, to block harmful and

invisible ultra violet and infrared rays, something that cheaper lenses often cannot do.

How can you be sure of buying good quality? One simple, on the spot test is to examine sunglasses in and against the light for scratches, streaks, bubbles, blurs or other flaws. Hold them at half an arm's length, focus on an object with strong vertical and horizontal lines, such as a door or window frame, and move glasses up, down and sideways. If the lines waver, it's a sign of distortion in the lenses. (This is not for prescription lenses, where some distortion may be built into the lenses for corrective purposes.) Be sure, too, that the lenses are of equal color and density, as badly matched ones can affect depth perception.

Other pointers from the Society: —Don't wear sunglasses when driving at night, driving through a tunnel, or indoors. Reduced visibility where illumination is already low can be potentially dangerous.

—Frimps should be impregnated metal or plastic, well constructed, with hinge and screw joints.

—Prescription sunglasses, for those who ordinarily wear glasses, are better than clip-ons. The latter add weight, may not fully cover the lens, and increase light reflection from the lens.

—With contact lenses, wear plano-ground sunglasses. Besides being a sun shield, they are also a good dust screen.

—Lenses coated with a thin metallic film reflect light rays, thereby reducing the amount that reaches the eye. A good bet when a lower transmission factor is needed.

—If you feel better and see better in sunglasses, wear them. However the Kentucky Society for the Prevention of Blindness reminds you to give some thought to what you're buying.



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THE HOME GAME

by MARY FUREY CRVMS

COOKOUT FONDUE — Dessert's just as good — and necessary — outdoors as in. Try a gourmet campfire fondue. Melt two large chocolate bars in foil over hot coals. Use it to dip bits of pound cake, drained canned fruit, marshmallows or what have you. Spread a can of flaked coconut on a paper plate for the final dip.

NUTRILIN — A piece of white paper makes for faster finishing. Push the needle half way through and the needle eye is easy to see. Thread a high at a time and keep 'em handy for quick repairs.

WHITE GLAZE TREATMENT — Keep a pair of spotless white cotton gloves for setting a party table. Eliminate fingerprints on crystal and silver and, if there's a mark, you can rub it off quickly.

East Union News

by Mrs. Eugene Robinson

Pvt. Virgil Shearer Jr. and family of Ft. Knox spent the weekend with Mr. and Mrs. Billy Robinson and daughter.

Eugene Robinson visited his mother, Mrs. John Robinson of Carlisle at the Nicholas County Hospital Saturday evening.

Mr. and Mrs. Alice Vice Jr. and daughter visited her parents Sunday.

Mr. and Mrs. Lewis Baker and family of Morehead visited her parents, Mr. and Mrs. Eugene Robinson, T u s s a y evening.

King joins realty staff

Originally from Nicholas county, King and his wife, the former Shirley Ann Spencer, and their three children, Melaine, Melissa and John Jr., reside at 172 Woodmont Drive in Crestland. They attended the First Christian Church.

John S. King has joined the firm of Sutherland Realty Co. in Paris as a licensed real estate broker-salesman. King was associated with Arnold Real Estate in Lexington prior to joining the Paris firm.

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<p>Discount Special</p> <p>Breast-O-Chicken</p> <p>Tuna Fish</p> <p>2.89</p>	<p>Discount Special</p> <p>Light Chunk Style</p> <p>Scott Towels</p> <p>3.19</p>	<p>Discount Special</p> <p>Jumbo</p> <p>Round White Potatoes</p> <p>20.19</p>
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<p>Discount Special</p> <p>1-1/2 lb. bag</p> <p>Tuna Magic</p> <p>2.89</p>	<p>Discount Special</p> <p>1-1/2 lb. bag</p> <p>Green Beans</p> <p>4.19</p>	<p>Discount Special</p> <p>1-1/2 lb. bag</p> <p>Watermelons</p> <p>99¢</p>
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<p>Discount Special</p> <p>2-lb. bag</p> <p>Tater Tots</p> <p>49¢</p>	<p>Discount Special</p> <p>3-lb. bag</p> <p>Danish Rolls</p> <p>1.00</p>	<p>Discount Special</p> <p>3-lb. bag</p> <p>Cinnamon Rolls</p> <p>1.00</p>
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<p>Discount Special</p> <p>1-1/2 lb. bag</p> <p>Sandwich Buns</p> <p>4.19</p>	<p>Discount Special</p> <p>1-1/2 gal.</p> <p>Ice Cream</p> <p>99¢</p>
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<p>Discount Special</p> <p>16-oz. bottle</p> <p>Loving Care</p> <p>1.29</p>	<p>Discount Special</p> <p>48 Count</p> <p>Iced Tea Bags</p> <p>48¢</p>	<p>Discount Special</p> <p>16-oz. bottle</p> <p>Lady Borden Ice Cream</p> <p>69¢</p>
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Once this motion picture sinks its fangs into you, you'll never be the same.

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At 10:20

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Both pictures PG

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