

'Light Trough' Solves Problem

Have you ever thought of lowering the ceiling in your home? A reader from Winona, Minnesota wants to do it. Take our word—it's no do-it-yourself project under the conditions the lady from Minnesota imposes.

Mrs. L. M. writes:

"I have a house that has a 10½ foot ceiling. I would like to lower the ceiling to the picture moulding, which is 16 inches lower than the ceiling. But the window casings are only 10 inches below the ceiling.

"How can I lower this ceiling and still take care of the windows, without putting in all new windows in the house? I have 18 windows, all down stairs, which would be very expensive if I had to change all of them. Thanking you for any information you can give me."

The simple solution to this problem, of course, would be to compromise by not bringing the ceiling down to the level of the picture moulding—but to hold it high enough to clear the top of the window.

In such a case, the owner would have a choice of the type of ceiling to use because it would be a plain, flat surface. The new ceiling could be plaster, dry wall, wood, or could be finished in any one of the many wall board or acoustical tile finishes.

The reader, however, presumably has good reasons for wanting the ceiling lowered to the level of the picture moulding.

In seeking a practical solution, we enlisted the technical advice of a top architect. His first reaction was to suggest the simple solution.

"But, wait a minute," added Architect Herman H. York. "You know, this is a very interesting problem. Let's put our heads together and see what we can come up with."

The result is an ingenious method for lowering the ceiling, keeping the windows—and supplying, as well, a dramatic effect to the interior.

The essence of York's idea is to create a "light trough" across the entire wall in which the windows are located. In this way, the ceiling is brought down only to the top of the windows at the point where the ceiling joins the side wall; yet beyond the "light trough," the ceiling will be lowered to the level of the picture moulding.

This indirect lighting trough adds effective decorative treatment to the room and also enhances lighting for the entire area.

"To carry the idea another step," York says, "a modern treatment could call for carrying the light trough around two or more walls of the room, thus leaving the ceiling down only in the center area of the room."

"The use of a light trough could be limited to the width of the window, but a more satisfactory result could be obtained by running the trough along the entire wall."

Additional lighting could be achieved by using the pin-point type of concealed lighting at the upper level.

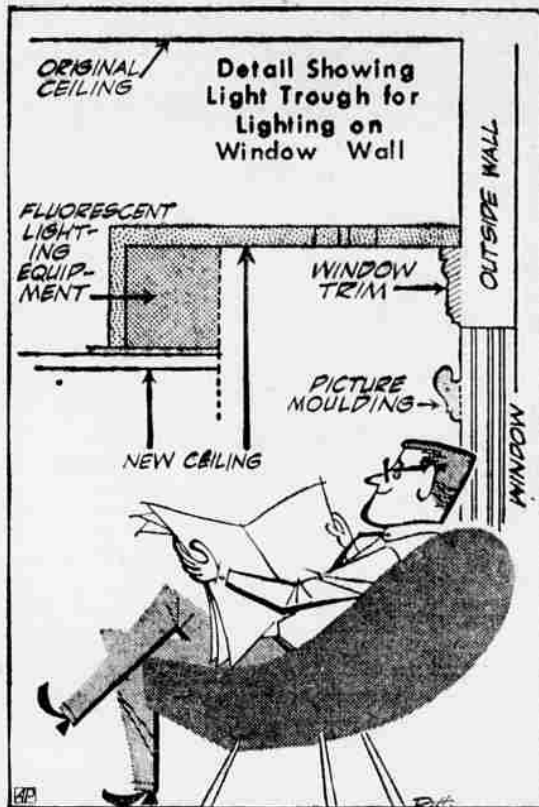
In any major home alteration of this kind, the joists above must be located to insure proper hanging from the structural members. If there are ceiling joists, and no insulation in this area, loose insulation could be placed above the new ceiling.

A "luminous ceiling" also could be used in such a project. This is a plastic ceiling with fluorescent tubes between it and the old ceiling. The plastic sheets are translucent and usually are put

up in sheets supported on aluminum angles, hung from the joists above.

The plastic lies in place; to remove the light bulbs, the plastic sheets are lifted and set over on the gridiron pattern of aluminum, making access possible.

This type of ceiling is effective in small rooms such as bathrooms and parts of kitchens. It is useful, especially, for "interior" bathrooms—a bathroom which has no window or other exterior glass.



THIS IS THE ARCHITECT'S IDEA for creating a "light trough" in a dropped ceiling project. A "luminous ceiling" also could be used as an alternative plan.

Try Brightening Your Rooms By Adding Bright Color Spots

Are you the saving type?

You know, the kind that can't bear to part with greeting cards, old seed packets, used theater tickets, pretty magazine pictures, and other bright bits of color.

If you are, here's a chance to show the family you really had something in mind all along.

One way is to use your treasures as decoration on a room divider screen, a popular method of screening off a cluttered area in a room. Make a screen yourself out of plywood, or buy an unpainted one, and then paste attractive cutouts on the board, choosing them to blend in with the decor of a room.

A screen in a child's room may be dressed up with cut-outs from picture books, greeting cards or the child's own drawings. If the screen is to go into library or den, cover it with the pick of your Christmas cards, old magazines or theater tickets. A living room screen would take handsomely colored pictures of antiques, flowers, birds. It may take a while to finish your collection, if your project is an ambitious one, but it is better to stick to a single motif or category than to wind up with a mish-mash.

Many lady gardeners collect seed packet envelopes just because they do not like to throw them away. If you haven't used these little packets with their brilliant blossoms to perk up some little area of your home, give it some thought now.

A border of flowers or vegetable packets in the kitchen can look lovely. Use them around a window, just below the ceiling or around a door for a special effect.

Harness the little packets to your color scheme so that if the kitchen is yellow, you will choose colors that harmonize—corn, carrots, nasturtiums, golden chrysanthemums.

Another place where the little seed packets may be used is in a youngster's room.

Meat Examiners Start Operation

Compulsory meat inspection begins this week in the McMinnville area, reports the State Department of Agriculture. Eleven slaughterhouses have been notified in Willamina, Carleton, Cornelius, McMinnville, Gaston, North Plains, St. Paul, Sherwood, Aurora, Canby and Hubbard.

Dr. R. C. Sexauer, assistant state veterinarian in charge of the meat inspection program, stated that a department representative visited each of the slaughter establishments recently to determine if the plant facilities complied with requirements of the meat inspection regulations.

Under the new program, all animals are inspected before and after slaughter to determine wholesomeness for human consumption. The meat inspection program has been set up in 37 plants so far in the state. Areas covered include southern Oregon, the Lane and Douglas County areas, the Linn-Benton district, and plants in Tillamook, Lincoln, Marion and Polk counties.

Sexauer anticipates entering the Ontario area next.

Advisers Ask Fat Research

Studies to provide better knowledge of fats and their role in human nutrition were favored by the U.S. Department of Agriculture's Food and Nutrition Research Advisory Committee at its annual meeting in Washington, November 4-6. The 11-member committee assigned high priority to three comprehensive proposals for extended research on dietary fats.

Established under the Research and Marketing Act of 1946, the committee is composed of outstanding food and nutrition authorities from all over the country. Its detailed recommendations for food and nutrition research to be undertaken by USDA will be submitted formally to the department within the next few weeks. Copies of this report will be available from the committee's executive secretary, Robert E. Stevenson, Office of the Administrator, Agricultural Research Service, U.S. Department of Agriculture, Washington 25, D.C.

Dr. Harold H. Williams, head of the Department of Biochemistry and Nutrition at Cornell University, Ithaca, New York, and vice-chairman of the committee, presided in the absence of the chairman, Dr. Pearl P. Swanson, assistant director of the Iowa Agricultural Experiment Station, who could not attend because of illness.

One proposal for fats research that the committee favored is for more studies into methods of analyzing both vegetable oils and animal fats. Development of accurate micro- and macro-methods of analyzing these fats, the committee noted, would advance basic knowledge of the kinds of fats essential to human use and help establish the best conditions for commercial processing of edible fats.

Another study advised by the committee would strengthen knowledge of fats in nutrition by determining the fatty-acid requirements of humans at various ages, the relationship of amounts and kinds of fat to the metabolism of other nutrients, desirable upper and lower limits of fat intake, and dietary precautions needed when different kinds of fat in diets are unusually high or low.

The committee also favored a proposal for collection of additional data on fatty acids and other lipid fractions in foods. Present ability to estimate the content of

essential fatty acids in foods and diets is still lacking, the committee pointed out, and there is little or no information on other fatty acids or lipid fractions.

Other high priority needs in food and nutrition research cited by the committee are:

1. Expanded work on pesticide residues, including their possible toxic effects upon plants, animals, and soils.
2. More work in compiling analytical data on the composition and nutritive value of foods. With increasing knowledge of the role of particular nutrients, the committee indicated, there is a demand for up-to-date values for food nutrients in order to plan diets and as a basis for nutrition education.
3. Strengthened studies of methods for rapidly and accurately measuring quality in raw and processed agricultural commodities.

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