



NIGHT SHOTS are always a lot of fun to make. The reflections found on a rainy night increase the dramatic appeal of a picture. Choose a spot where your camera has some support as you will need to make a time exposure. Don't worry about car lights as long as they don't hit the camera lens—a lens hood will help prevent this.

Getting The Most Out Of Your 35 Millimeter Camera

By JERRY FIELD

You can compare them with automobiles!

Many of us grew up with Model T cars and box cameras—and they both served us well. Yet, just as there's a world of difference between the elementary gas buggies of yesterday and the quick-starting, easy-handling, and smooth-riding autos of today, so is there a whole of a difference between the early limited-range cameras and some of the modern models that make easy pictures better pictures, difficult ones simple, and "impossible" ones probable.

But in both instances it hasn't all been done with equipment, alone! Fuels and films had to keep pace. Just as a modern car could never perform without advanced gasoline, so would a modern camera be denied its full range without the tremendously improved films now available. And, just as the auto has to have the carburetion and compression factors to put high-octane fuels to work, so does a camera need the right lens and shutter combination to do justice to the new speed and texture of black-and-white films and the color range of full-color emulsions.

The camera that fully meets these specs is surely that small but mighty picture maker—the "35." And the films that are made for it are many and wonderful—with the 35mm camera, which accepts them in their most economical size, getting the most mileage in every sense out of each and every one!

Most owners of 35mm cameras, and with good reason, lean toward slides and prints. Yet the black-and-white films made for them are certainly worthy of mention.

For average shooting there are fast and fine-grained emulsions with a basic sunlight exposure of 1/200th of a second at f-11—but of course you have to have a camera that will shoot at a 200th or faster in order to appreciate them. Then there are ultrafine-grained films of reasonable speed—and they're the ones to use if you're looking ahead to good-sized enlargements, which are very possible from the detailed images recorded by a 35mm camera's fine lens. And there are super-fast films with which, plus the wide-opening lens of a "35," you can pretty much shoot by an if-you-can-see-'em, you-can-get-'em yardstick. All three films, for 35mm cameras, are supplied in 20- and 36-exposure rolls—and priced for peanuts, thanks to the small-sized film these cameras take. You can shoot

fast, and often—with a "35!" But it's in color that these cameras really shine.

There are three types of color film supplies—and again they cost substantially less than for larger-film cameras, if even available.

One's the color stand-by of any snapshot camera—Kodachrome film. From the "35's" small but crisp color negatives, processing labs can now automatically make 2½-by 3½-inch color prints, just as from the larger negatives of other cameras. From Kodachrome, too, you can obtain reasonably priced color enlargements up to 11 by 14 inches. Also, from these negatives, you can get high-quality black-and-white prints—thanks to the recent debut of a new-type panchromatic paper. But if color slides are your primary objective you'll probably use Kodachrome Film, which, by the reversal process, results directly in full-color slides for viewing or greatly magnified projection. Kodachrome or Kodachrome prints and enlargements can be made from them, too—although at a somewhat higher cost than through the Kodachrome process which has only recently been made available to 35mm film. Yet it's the Kodachrome slide, packing a wealth of detail and realism and enlarged a thousand-fold on living-room screens, that has beckoned so many picture makers to the advantages of 35mm photography.

Or so I'm told by those who should know. Personally, I'm a lousy photographer—which is why I like the 35mm camera. I'm all for good pictures. But I also like all possible help in getting them. Which, believe me, is precisely what a sure-shooting little "35" and its fine stable of low-cost films add up to!

The third film is called Ektachrome Film, and is similar to Kodachrome—but with one big difference! For you can either have it processed for you by local labs—or you can process it yourself into full-color transparencies—for viewing or projection... or for Kodachrome or Kodachrome prints and enlargements! It's about a stop and a half faster than Kodachrome, too... with beautiful and warm coloring. But its big appeal, of course, is to the do-it-yourself picture maker who wants to follow through himself all the way from shooting to showing. The home processing requires pains, sure enough—but not too much of time or money. About \$25 will equip you... and a bit over an hour and a half's time performs the processing miracle from mixing to mounting.

Fat Begets Fat At Very Rapid Rate

WASHINGTON (UPI) — A Veterans Administration research team has found one reason fat people have trouble losing weight—fat produces more fat at a prodigious rate.

Dr. David D. Feller and Elmer Feist found in a joint research project at the VA hospital in Seattle, Washington, that fat tissue converts blood sugar and other nourishment into fat at a much faster rate than do other body tissues.

Feller and Feist incubated various mouse tissues and fed them with such compounds as glucose, acetate, propionate, and methylmalonate which are found in most body cells. The compounds were "tagged" with radioactive materials so they could be traced through complex chemical reactions.

The mouse fat tissues, they said, seemed to take up the raw materials on a "crash" basis, fashioning them into fat at a rapid rate. The researchers observed that fat builds fat tissue a great deal differently from the way other tissues convert substances. For instance, fat makes fat out of acetate, a substance that other tissues convert to a variety of non-fat growth.

Feller and Feist are now trying to trace the steps in these processes.

Feller expects this project to give helpful insight to the problem of weight control in humans. Information gained, he said, also may be the basis for further research on abnormal use of fats by the body which is a condition associated with hardening of the arteries and other diseases.

The research project also is being supported by a grant from the American Cancer Society. It is regarded as helpful to the study of cancer to further knowledge of tissues and how they build themselves.

SUMMER SCHOOL CREDITS. AMHERST, Mass. (UPI) — Students at the University of Massachusetts will be able to finish college in less than four years for the first time starting this summer. The university is offering courses representing all major interests for two five-week summer terms for students now enrolled in a four-year school. By taking courses during both terms, a student can earn almost the equivalent of a full semester's work.

Foreign Legion Life Has Some Soft Spots Despite Lurid Reputation In War

Editor's Note — News bulletins from Algeria are a reminder that the French Foreign Legion, romantic though its legends are, is a tough and vital fighting force. Here is a closeup of the Legion today, with some recollections of its past.

SIDI-BEL-ABBES, Algeria (UPI) — From Mexico to Marrakech, from the deserts of Dienbienphu, the French Foreign Legion has won its share of glory in battle.

It fights well. And it lives well. When Gen. Charles de Gaulle lunched with the Legion during his Algerian tour, it was a safe bet that the food equalled that of the best restaurant in Paris.

The Legion has a tradition of living well. Its headquarters here, dating back to 1845, are very plush indeed for a military base, especially a French one.

There is a modernistic bar, where it is impossible for an outsider to pay for a drink.

There is a leather-upholstered clubhouse for the enlisted men, a 1,000-seat movie theater, a fully-equipped gym and a 150 foot swimming pool. The kitchens are stainless steel. (The rest of the French army gets by with coal stoves.)

Why all this comfort? Because the Legion motto is, "Legion Patria Nostra," or "The Legion is our country." The motto is literally true.

Soldiers elsewhere in the world can go home or leave now and then. But most Legionnaires are political refugees or fugitives from the law. They have no home other than the Legion. They make it as comfortable as they can.

Theoretically, all 20,000 enlisted men in the Legion are foreigners. A Frenchman can enlist only if he pretends to be someone else—a Belgian or a Swiss, for example, or an American.

The officer corps, however, is mostly French. Legion commissions usually are snapped up by the top graduates of St. Cyr, the French West Point.

Foreign units have fought under the lilies and later the tri-color of France, since the year 1688. But the present Foreign Legion dates back to this royal proclamation:

"Paris, March 10, 1831, Louis Philippe, King of the French, to all present and to come, salutations. In view of the law of March 9, 1831, in view of the report of our Minister of State to the War Department, we have ordered and do order the following: There will be formed a legion composed of foreigners. This legion will take the name of the Foreign Legion."

At first, Legion regiments were organized by nationalities. This led to intramural feuds, however, and within five years, nationalities were integrated down to the smallest color-guard unit.

Legionnaires get the same pay as other troops — 5,000 francs, (\$11) a month for recruits. The pay is doubled for service in Algeria.

The glamor and professional tradition of the Legion has drawn kings-to-be (like Prince Pierre of Serbia or Prince Norodom Sihanouk of Cambodia), pretenders like both present pretenders to the French throne, the Count of Paris and Prince Napoleon and poets like Alan Seeger, the American who wrote, "I have a rendezvous with death" shortly before he was killed on the western front in 1916.

The Legion does not take convicted murderers, narcotics addicts or psychopaths. But it will accept refugees whether from the law or from political upheavals—even Frenchmen who fought for the Germans in World War II.

"We're not interested in politics. If we were, we wouldn't have a Legion," explained a Legion officer.

The Legion has fought in every French war since its birth, from the Algerian conquest to the Crimea, the Franco-Prussian war, both World Wars, Indo-China and now back to Algeria.

Legion outfits have won battle honors at such places as Seba-

topol, Magenta, Narvik and Dienbienphu.

For Real Television Service
Bob TV Ross

3005 Shasta Way TU 2-3479

Fiberglass Boat Building Materials
The Gun Store
714 Main Ph. TU 4-3863

PAINT THINNER

55¢ Gal.

WIESE'S

FULLER PAINT STORE

2899 So. 6th TU 4-6377

Save Time, Space, Money... Freeze With

SAME LID VAPOCAN
Fits 3 Sizes Home Freezing Containers

LIDS	10-65c
PINT	10-65c
1½ Pt.	10-75c
QUART	10-85c

Save on PEACHES Freeze in VAPOCAN!

painted floors that defy wear



USE SHERWIN-WILLIAMS PORCH & FLOOR ENAMEL

This super-tough enamel will bring outstanding beauty to any paintable floor... wood or concrete. Use it indoors or outdoors. Its rich colors will stand up for years. \$2.30 Qt.

A&B Paint Store
1229 E. Main 4-3324