



Suspended ceilings, like the one pictured, provide flexible systems for arranging and rearranging light fixtures. Recessed fluorescent fixtures, which supply efficient and low-cost illumination, simply snap onto the grid above the level of the new ceiling.

Optical illusion

Suspended ceilings are economical and movable

A good way to brighten up your kitchen this spring—both decoratively and optically—is by installing a new suspended ceiling.

A suspended ceiling is not only one of the easiest, most economical ways to conceal unsightly damaged plaster or stained tiles, it's also one of the most flexible systems for arranging and rearranging light fixtures.

With the growing cost of electricity and the growing concern of lighting experts that many work areas in the home are not adequately lighted, a ceiling that lends itself to efficient lighting is no small advantage.

Suspended ceilings consist of acoustical panels resting in a metal grid which is suspended

on wires from the old ceiling.

THESE CEILINGS are readily compatible with recessed fluorescent light fixtures, which provide two or three times more illumination than incandescent lights of equal wattage.

The fluorescent fixtures simply snap onto the grid above the level of the new ceiling, and a translucent plastic panel is substituted for an acoustical panel directly under the fixture.

There are fluorescent fixtures on the market which can be installed by the average handyman in just a few minutes.

The suspended ceiling must be dropped at least five to six inches below the old ceiling to accommodate fluorescent fixtures.

Rid lawn of patchy growth

One of the most frequent lawn complaints is the cropping up of colonies of unwanted grass. Depending upon the climate, the pests may be wild bentgrass, velvetgrass, tall fescue, or any number of volunteer "haygrasses".

If your lawn is bothered by such patchy colonies, have hope. Excellent grass eliminators are at hand, although two of the best (paraquat and glyphosate) are labelled for agriculture but not

generally for home usage. Non-selective grass herbicides may require a few weeks of waiting after treatment before the patch can be reseeded.

Once the offending grass is cleaned out, whether by chemical spray or hand digging, reseed as quickly as is practicable. Seed mixtures containing the new turf-type perennial ryegrasses are especially quick to heal blemishes from the removal of patchy grass.

One of the key benefits of suspended ceiling is that the fluorescent fixtures can be moved from one slot in the grid to another when lighting needs change.

THE ILLUMINATING Engineering Society publishes foot-candle recommendations for various kitchen tasks. (A foot-candle represents the total lumen output divided by the square-foot area. For example, the output of a 40-watt rapid-start lamp is 3,200 lumens. If the output of the lamp was evenly distributed over 32 square feet of area, the average foot-candle level would be 100.)

The society recommends 150 footcandles for preparing food. This supplies sufficient light for such actions as reading the fine prints on packages, setting speeds on small appliances and evaluating texture of food. For eating areas, however, 50 footcandles is judged adequate.

With a suspended ceiling, light fixtures can be positioned to suit the tasks, instead of bathing the entire kitchen in a high level of light, fixtures can be located for maximum illumination at work stations and lower but adequate illumination at secondary areas. Both eye strain and electric bills can be reduced.

Sam Says...



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