

# Burn incense to suit mood

Almost everyone knows that colors affect us psychologically. Some colors have a cooling, calming effect; others are warm and stimulating. Interior decorators use this knowledge to make certain rooms conducive to study, others more stimulating and better suited for lively conversation and entertaining, and still others more restful for sleep and relaxation. But what many people have not yet learned is that fragrances may also be used this way. There is nothing wrong with using a certain incense in your home simply because you like it, just as there is nothing wrong with choosing a certain color scheme because it is pleasing to your eye. However, if you are also aware of the influence certain fragrances have on the emotions, you can employ them to your advantage in many situations.

**HERE ARE SOME** of the more common fragrances available in incense and their uses if properly employed.

**Plum**—increases ambition and energy, is often used in money spells.

**Job's Misture**—burned for patience.

**High John and Lavender**—burned to stimulate love and affection.

**Wisteria**—burned for peace, tranquility, and relaxation.

**Rose**—a stimulating incense, burned for fast luck.

**Sandlewood**—for romance.

**Oriental Misture**—for passion.

**Jasmine**—inspires dreams.

**Cinnamon**—promotes domesticity, puts a man in the mood to propose.

**Bergamot**—counteracts evil or bad vibes.

**Frankincense**—burned to aid in meditation and spiritual enlightenment.

**Frankincense blended with Bergamot**—for intellectual growth and concentration; helps one study well.

Most people are familiar with pressed incense sold in little blocks or cones, or on sticks, but incense is also available in other interesting forms with which you might like to experiment.

Liquid incense is fun to use, inexpensive, and can be very decorative as well as fragrant. I like to burn it in unusual containers such as champagne glasses, brandy snifters, rose bowls, etc.

This is done by filling the container at least three-quarters full with plain water to which you have added a few drops of liquid food coloring of a color that will contrast and complement the color of the incense. Then pour in the incense, and it will float on top of the water.

Place a stiff candle wick with a weight on the bottom in the center of the container, and light it for a beautiful, fragrant decoration. Candle wick may be purchased in hobby shops or

wherever candle wax is sold. Or, you can make it yourself by coating cotton cord with melted paraffin.

**POWDERED INCENSE**, which comes in many different strengths and qualities, is used by sprinkling it over burning charcoal. If you use this method, be sure you have a raised incense burner that does not rest flat on the table, shelf, or floor, because it can get very hot.

I like to place the charcoal (I use the one-inch, self-starting kind) in the soil in one of my large plant containers. This is much safer, and there is no mess to clean up because the ashes blend nicely with the soil.

Take care to keep the hot coal far enough from the stems and leaves of the plant so that the heat causes it no damage, and you'll have no trouble. I've used this method for years, and my plants are still flourishing.

The most expensive incense is that in crystal form. It may be burned by itself, or in a special container, or sprinkled over the charcoal like the powdered form.

**SCENTED CANDLES** are very popular, but their fragrance is seldom as strong as that of incense.

In Europe, scented oils are placed in special ring-like containers that circle electric light bulbs, and the heat from the bulb releases their fragrance. These rings can not be obtained in the United States, but the same

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## Plays Irish cop John Wayne fights hoods as Brannigan

By CAROL HASKIN

John Wayne's back in civvies, and shooting and punching his way through his umpteenth action adventure, "Brannigan."

Wayne, in the title role, is once more the brawny Irishman, this time a police lieutenant from Chicago sent to London to collar an expatriate hood.

Unfortunately, the hood is kidnapped by British bad guys before Scotland Yard can deliver him over to the Duke. Worse luck, before being spirited away, the hood did find time to put out a contract on Wayne's life.

On the road to recovering the quarry, Wayne parries hit-and-run Jaguars, snipers in dark glasses and mined toilets. Helping the Duke Dodge disaster are Richard Attenborough and Judy Geeson. Two Scotland Yarders who look upon Wayne as a benign bear.

**FOR HIS PART**, Wayne once more champions the NRA, grunting his disgust with the "see-saw British" policy against possession of firearms, even by good guys.

In the classic Wayne mode, the film comes complete with barroom brawls, pub brawl and chase scene. The latter is a moment of high hilarity when the Duke hijacks a new sports car,

tears around traffic and over raised bridges while the hysterical car owner protests that the car shouldn't be going over 100 kph until it is broken in.

Met Ferrer also figures into the plot as the gang lawyer who brings about the story's "Sting" finish. Ferrer is compensated for his embarrassing role by being given a new Rolls to get him to his evil assignments.

Through it all, London never looked lovelier, and Wayne looks well, too. He has made some concessions to age—for one, he does not end up with Judy Geeson. But age has not slackened his thirst, slowed his fist or wavered his aim. Nor will it diminish his boxoffice.

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There, retirees 65 and over—many of them former professional members of the Michigan State community—continue life in their own style with independence and privacy.

The new five-story Center is located on a beautiful hilly 60-acre site in the northeast part of East Lansing convenient to town and campus and all that makes the university community an interesting place to live at any age. (Although many Burcham Hills residents maintain their own autos, the Center provides its own regularly scheduled bus service to downtown.)

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- Automated commissary with everything from soup to ice.
- Laundry room with dryers and ironing equipment.

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The Life Lease provides residents with guaranteed lifetime care—even in case of illness. The Center contains a fully equipped health care facility (including dental equipment), and a professionally trained nursing staff is on duty 24 hours a day.

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For complete details, send for our free packet of information about Burcham Hills. Included is a full-color brochure, detailed floor and apartment plans and the answers to 50 questions about the Center. For additional information, call or visit Burcham Hills, 2700 Burcham Drive, East Lansing 48823 (517) 351-8377.

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