Burn incense to suit mood

Almost everyone knows that colors, affect us psychologically. Some colors have a cooling, caiming effect; others are warm and stimulating. Interior decorators use this knowledge to make certain roors conducte to study, others more stimulating and better sutted for lively conversation and entertaining, and still others more restful for sleep and relaxation.

others more restful for skep in-relaxation. But what many people have not yet learned is that fragrances may also be used this way. There is nothing rong with using a certain increise in your home simply because you like it, just as there is nothing wrong with choosing a certain color scheme be-cause it is pickning to your cyc. How-ever, 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 in-cense and their uses if properly em-ployed.

Pine—increases ambition and

ployed.
Pige—increases ambition and energy, is often used in money spells.
Job's Mixture—burned for patience.
High John and Javendar—burned to stimulate love and affection
Wisteria—burned for peace, tranquit-

Sandlewood-for romance.
Oriental 'Mixture-for passion.
Jasmine-inspires dreame.
Cinaamoe-promotes domesticity,
puts a man in the mood to propose.
Bergamot-counteracts evil or bad
vibes.

Sandlewood—for romance.
Oriental 'Mistare—for passion.
Jasmise—promotes dornesticity, puts a man in the mood to propose.
Bergamet—counteracts evil or bayes.
Prankense—burned to aid in mediation and spiritual enlighterment.
Mistion and spiritual enlighterment.
Most people are familiar with Pergamet—for intellectual growth and concentration; helps one study well.
Most people are familiar with pressed increase sold in intel blocks promes, or on sitcks, but increase is a familiar with pressed increase sold in intel blocks promes.
Liquid increase is fan to use, inspensive, and can be very decorative as well as fragrant. I like to burn it in unusual containers such as champaging glasses, brandy sriffers, rose bounded to the surface of the proposed of the propose

effect can be had by rubbing a tiny bit of essential oil on a cold bulb so that it heats slowly when the light is

that it heats slowly when the light is turned on. Whatever method you use, fragance should be subtle rather than overpowering. When using the stronger forms of increase, such as presend, powdered, or crystalized, burn it when you are not using the room. The fragrance will hang in the air and cling to the drapes and furnishings, giving the desired effect, often without people being consciously aware of the stronger of the stron

When the fragrance is too strong, it



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Plays Irish cop

John Wayne fights hoods as Brannigan



to London to collar an expetitate hold Unfortunately, the hood is kidnapped by British bad guys before Scotland Yard can deliver him over to the Duke. Worse luck, before being spirit out a continued on Wayne's life. On the road to recovering the quar, p., 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 Sedland Yarders who look upon Wayne as a benign bear

FOR HIS PART, Wayne once more champions the NRA, grunting its distant with the "ew-sew British" policy against possession of firearms, even by good guys.

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

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'We're not in the nursing home business.

Gordon Dougherty makes no apologies for that

Nor should he. Gordon is in the business of retire-end—he's resident counselor at Burcham Hills Re-rement Center in East Lansing.

There, retirees 65 and over — many of them former refessional members of the Michigan State community — continue life in their own style with inde-

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 sutos, the Center provides its own regularly scheduled bus service to downtown).

Twenty-one different size apartments are available ranging in size from 286 sq. ft. to 728 sq. ft. — an indication of the key to life at Burcham Hills: Flexibility.

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- A hobby room (your own equipment is welcome).
- · Beauty and barbershops.
- Automated commissary with everything from soup to ice.
- Laundry room with dryers and ironing equipment.

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nursing start is on duty 2e nours a day.

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versity community of East Lansing.

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

*Although we do provide excellent health care, too.

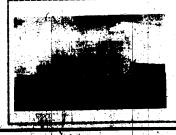
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