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Regular frames or contacts...

Your Glasses Reflect You

by Glenda Legore
Home Economics Junior

"Hi! I'M PEGGIE QUELQUON and something simply dreadful has happened to me. I have to wear glasses. Oh, I realize that Dorothy Parker's saying about men seldom making passes at girls who wear glasses is way out of it, but I know I'll look just terrible wearing them. Just for moral support, won't you come to the opticians with me?"

"Now, young lady, this is what you should know about choosing your frames.

"The front shape is a personal preference. In making your selection consider the contours of the frame in relation to:

Your face shape.
Your eyebrow line.
The proportioning of your nose.
The illusion your facial make-up creates.

"Next, Peggy, does your wardrobe run to mostly beiges and chocolates or indigos and charcoals? This is very important because your frames should either blend or contrast with your costume.

"Then Peggy, you're already to decide what style frame is best for your kind of living.

"For dressy occasions—be daring. Consider your eyeframes as jewelry. For afternoon wear a more tailored look is preferable. For casual wear—have fun. Choose a gay frame."

"Doctor, this is all very fine but I'd like to know something. I've heard all sorts of stories about contact lenses and I've talked to friends who wear them and really like them. Doctor, can I wear them?"

"The answer is probably yes. Almost everybody can wear contacts. But buying them isn't as simple as picking out a new sweater or a pair of shoes. It's similar to going on a diet. Consult your eye doctor about contacts just as you would consult your family doctor about dieting.

"The majority of people wear contacts for the same reason most people diet—for the sake of appearance. But that is a very good reason for wearing them—one of the best."

"The person who can't wear contacts is rare, Peggy. But there are some unsuccessful cases."

"Why is this?"

"Mainly because the first secret of success is wanting to wear them. Some people spend the time and

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Glasses (Continued from page 6)

make the effort develop the habit. They are particularly desirable for those who need a strong correction or have high astigmatic errors.

"Another reason for unsuccessful cases is incompetent fitting. In general, it is best to buy your lenses from an optician of established reputation and experience in this very specialized field.

"You will be very interested to know, Peggie, that no artificial fluids are necessary today because the new very tiny, thin lenses float on the natural lachrymal fluid of the eye. Contacts stay on by the attraction of liquids in contact with solids.

"One type of lens is made in a size to cover only the cornea or colored part of the eye. Another lens is made even smaller and thinner.

"Your eyes will be fitted by a painless instrument called the keratometer which doesn't touch your eye at all and gives the curve measurement necessary for the manufacture of your lens.

"Doctor, will I feel the lenses?"

"Yes, you will 'feel' them, but it will be merely the sensation of 'touch', and with habit you will become less and less conscious of this. But there won't be irritation. The lens floats on the thin film of tears over your eye and they are so thin and smooth that the eyelid passes easily over them.

"As for breaking, the plastic lens is to be preferred to ordinary glass spectacle lens. For this reason many athletes wear them."

"Doctor, how are the lenses put in? I'm sort of afraid to put something in my eye."

"This is only natural, Peggie. We teach you the simple technique and after a few minutes, you can do it yourself. The lenses are inserted and removed with the fingers. It's as simple as that."

"How long can I wear them?"

"Our objective is to enable you after the accommodation period to throw away your regular glasses. The wearing time depends on you — how willing you are to work with your contacts.

"They cost approximately $125-$150 per pair depending on the case. Should you lose them they can be duplicated by prescription and there are reasonable insurance policies available."

"Golly, Doctor, how do I go about getting contact lenses?"

"Sit right down here, Peggie, if I think contacts are desirable for you, I'll give you a prescription."

It's true . . .

Cheese is made in some five hundred varieties, and from the milk of many animals, including reindeer, camels, the llama and zebu, points out a Twentieth Century Fund report.

Of the three major textile fibers—cotton, wool and rayon—cotton leads throughout the world, and constitutes nearly three-fourths of all fiber consumed in the United States, says a Twentieth Century Fund report.

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eggs, meat, fish produced by the farmers are usually sold as cash crops.

The land on which to grow the food is there if we choose to use it. There is possibility of improving farm yields even in advanced territory like Europe. Even more dramatic are the possibilities in Asia and Africa. There are big reserves of land as probably not more than one fifth of the world's cultivable surface is under cultivation. Even if one tenth of the apparent reserves could be brought into cultivation, it would be enough to provide adequate diets for the existing population. There are other sources which might be developed, particularly the sea. Scientists estimate that with present knowledge and resources, not counting what may come from atomic energy, the earth can adequately feed the present world population and even more.

Food trade still figures into the problem, even though less than ten percent of the food moves in international trade. Prices have gone up. Surpluses are beginning to pile up in countries having dollar supplies; needy countries cannot afford to buy enough food for their population.

The FAO has as its goal the alleviation of these scarcities of food supplies. Beginning in 1943 with individual efforts of missionaries, foundation and other groups, now the agency works through field experts around the world on projects ranging from finding the best rice seed for Thailand to surveying the levels of world nutrition.

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