

HAND SEWING USING A FLOOR OR TABLE LAMP

With recipe lighting you'll take a stitch in less time—with less effort. Even occasional sewing requires twice as much light as for casual reading, if you are to stitch or thread needles with ease and a minimum of nervous strain.



WHAT TO USE

SENIOR DOUBLE SWING-ARM FLOOR LAMP—preferable because only the shade, not the entire lamp, is moved forward from reading position, or,

SENIOR STANDARD FLOOR LAMP

DIFFUSER: A or B—10". BULB: 100/300w 3-Way (300w for sewing).
HEIGHT TO SHADE: 47". SHADE: top 10", depth 10", bottom 16".

SENIOR TABLE LAMP

DIFFUSERS: A or B—10".
BULB: 100/300w.
HEIGHT TO SHADE: 18" on 21"—25" table. SHADE: top 14", depth 13", bottom 16".

ADDITIONAL LIGHTING—For prolonged sewing, or for fine detail.

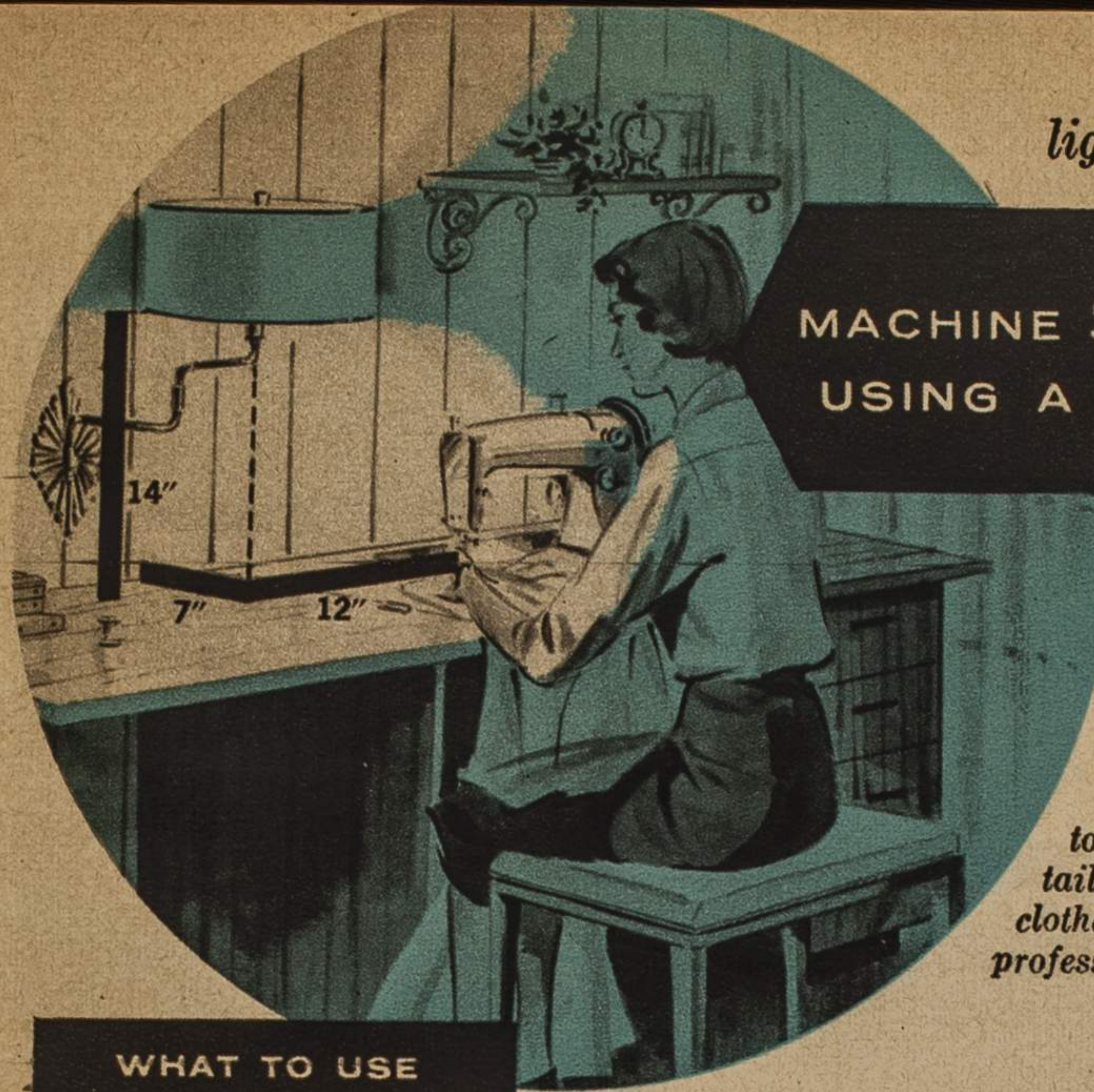
BULB: R-30, 75w spot lamp
EQUIPMENT: Adjustable clamp-on holder fastened to stem of lamp, or pole lamp.



WHERE TO PLACE

From center of sewing measure 15" to left (if person is righthanded).
FLOOR LAMP—Place center of shade 12" back from this point.
TABLE LAMP—Center the shade only 6" back from this point.

MACHINE SEWING USING A WALL LAMP



To "sew a fine seam" you need more than the light from the tiny bulb supplied in the machine. Recipe lighting delays fatigue; encourages you to take the time fine details require if your clothes are to have the professional touch.

WHAT TO USE

WALL LAMP: (only the mounting device need be permanent.)
DIFFUSER: C, BULB: 50/150 R-40 Soft-White Indirect.
SHADE: top 8", depth 8", bottom 13".

WHERE TO PLACE

Mount lower edge 14" above table. Center 12" to left of needle, 7" back.

ALTERNATES: Bullet reflector for R-30 75w flood, or for more confined and higher levels—R-30 75w spot. Requires additional surround lighting.

Placement: Adjusted by user to keep light out of eyes, and centered on needle area.

FLEXIBLE ARM FLUORESCENT LAMP: two 15w DeLuxe Warm White tubes.

SHIELDING: light colored metal reflector with slots for upward light. **Placement:** lower edge of shield just below eye level.

CEILING—BULB: PAR 38, 150w flood or spot.

EQUIPMENT: adjustable bullet reflector, recessed or surface mounted.

Placement: 13" left of needle, 7" toward user, and tilted toward needle.

