

# Women's Fashion & Society Page

## FASHION CORNER

### HOW TO CLEANSE YOUR SKIN PROPERLY

A lot of confusing advice has been dished out on this subject. You've been told to use only soap and water, or avoid them like the plague; to use or not to use cream; to wash your face no more than once a day, or no less than three times a day. And so on....

When all is said and done, you'll have to use a bit of judgment about how, when, and with what to cleanse your skin. Why? Because skin textures vary a lot, even within the broad categories of oily, dry and normal. For instance, your skin may be just a wee bit oily, your girl friend's terrifically so. Each condition should be dealt with on its own.

But here are some good general rules to go by.

1. The less cream used on an oily skin, and the more briefly it stays on, the better. Here's the reason: All skins need some oiling to keep them supple and soft. An oily skin lubricates itself; a dry skin needs all the outside lubricating help it can get.

2. Which is the best cream for you? Whatever fancy name the manufacturer may use, make sure it is basically a cleansing cream. Choose either the fluid or solid kind, according to your taste, but either way, check how it feels and what it does when applied. Oily skins



Sondra Reid

need a thin cream melts into the pores almost instantly. Often this type is called "liquifying." Normal skins need a medium-weight cream that absorbs less quickly. Usually "cold cream" fills this bill. Dry skins need a thick cream that takes a while to disappear. Often this type contains a heavy animal fat like lanolin, and is labeled "lanolin cream." Or you may see "emollient" on the label. Emollients, which are extra-rich, are primarily intended to soften and lubricate rather than to cleanse, but if you find one that cleanses effectively (not all do) you have an excellent double-duty beauty tool. Whatever your skin type, don't settle on any one cream until you find by test that it leaves your face ungreasy, unsticky, and dirt-free.

3. Practically all types of skin can stand at least one daily washing with soap and water. Most dry skins should have one daily soap and water washing; normal skins can use more than one, and oily skins any number of such daily washings.

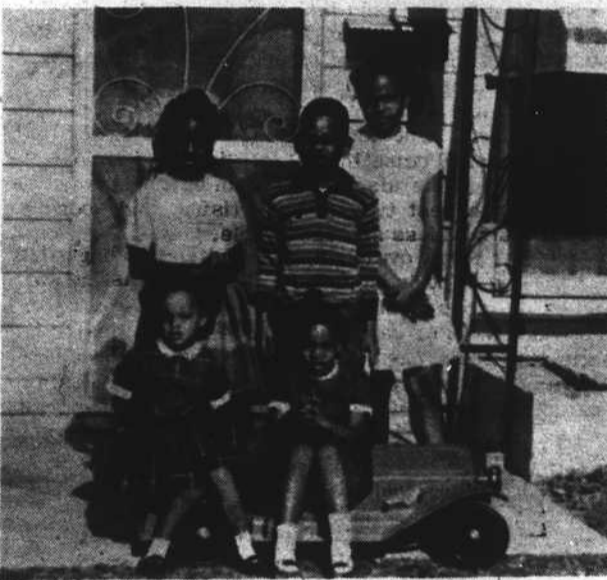
TO BE CONTINUED



JOHNNY BAILEY

Son of

Mr. & Mrs. Bob Bailey



CYNTHIA, TERESA, GWENDOLYN

GERALD & LINDA SNOWDEN

Children of

Mr. & Mrs. Roosevelt Snowden

### SPACING & TIMING OF MEALS

Children should be given their heaviest meal at noon when they are less tired and will eat heartily. They also need this added energy for their afternoon activities. About the same length of time should elapse between lunch and dinner as between breakfast and lunch. Many children require a midmorning and mid-afternoon snack to supply them with needed energy. Such foods as milk, fresh or dried fruit, plain bread and butter, or a graham cracker are suitable for snacks. They should be served at regular times, midway between meals, with the child seated at a table. There should be no other eating between meals.

Allow a child about twenty-five or thirty minutes to eat a regular meal. Never try to hurry him; he may feel the pressure and even dawdle deliberately. However, if you see that he is playing, warn him that if he is through eating, you will until his bib. Neither should the youngster be permitted to gulp his food, scarcely chewing it at all. He should eat with reasonable speed, neither hurrying nor dawdling. Though he must learn to eat well, he is a little individual whose appetite is not always the same. Whether or not he has eaten all his food, at the end of his mealtime take his plate away with a friendly comment, "I noticed you weren't so hungry today. It's time to get down from the table now." Do not require a child to stay at the table until everyone is through eating. If a healthy child has, for some reason, eaten lightly, you may expect him to eat heartily at the next meal. Help him to understand that you expect him to eat his food.



## HOLLYWOOD REPORTER

Virginia

Kenard

tions for the top acting award of the year....TV show, East Side, West Side, now features actor Cecil Tyson.... Dick Gregory is planning to cancel all night and TV appearances after March in order to begin his campaign plans to run for Congress....Hilda Simms has been signed for another season on the Nurses, a CBS TV presentation.... Ossie Davis and his wife Ruby Dee are just about the hottest man-wife team to appear on TV. Both has over 100 roles during the past year and are already set for a dozen or so before March....Watch the name Jeanie Blevins to crop up during the year since she was such a hit on the Pet Milk Showcase Show.... Wendell Smith, top newsman who received his training from the Pittsburgh Courier, has been hired by CBS in Chicago for a TV Sports Show....

Popular Singer Lurlean Hunter has been signed to a recording pact by Smash Records....The demand for Negro models to integrate newspaper ads and TV commercials will exceed the supply. Already the Madison Avenue boys are licking their chops in view of the unexpected acceptance of integrated advertising.... Nancy Wilson will launch her concert tour on January 16....John Bubbles, Della Reese, Sammy Davis, Jr., Damita Jo, Brook Benton and Nancy Wilson are all set for a TV spectacular with TV star Steve Allen....I guess most of you know by this time that Sidney Poitier has been listed among the nomina-

## Hints for Homemakers

by SONDRA REID

### HELPING CHILDREN TO ENJOY THEIR FOOD

It is important that you give children a chance to rest and relax before eating so that they will not be too tired to eat. A new food is best introduced at the beginning of a meal when children are hungry. Don't be discouraged if they take only a taste for the first few times. Serve only one new food at a time, giving them a chance to learn to like it before trying another. Generally foods should not be mixed, for children should like each food for its own taste. Food likes and dislikes should not be discussed before children. They should learn to like all foods.

Make sure the child is comfortably seated with a place to rest his feet, and that it is easy for him to see and reach his food. It is an older person's responsibility to see that children are safe. When a child is old enough to climb into his high chair, give a positive suggestion like, "Hold on with both hands when you climb into your chair." This tells a child much more than, "Watch out! You'll fall." It also gives him confidence. A timid child may have to have his hand held for a few times, but he should be encouraged to do things for himself.

Provide little children with large bibs and let them eat where spilled food can be cleaned up without damage. Easily managed silver, plates with rims, and glasses which do not tip easily are other aids to self-feeding. Don't expect young children to be neat about eating. They have neither the experience nor the muscle coordination of adults. Do not be concerned about their manners when they are young. They are too busy learning to eat to bother about etiquette. Later they will understand directions given them and will imitate the conduct of others at the table. If your young charges' conduct distresses you, try to be quiet and firm about important matters and ignore others. Perhaps they only need a good example.

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