

# Women's Fashion & Society Page

## FASHION CORNER

### How To Cope With Blemishes

If you keep your face scrupulously clean, eat a balanced diet, exercise regularly, and stay generally healthy, chances are you won't have to cope with skin blemishes. The old slogan "An ounce of prevention is worth a pound of cure," especially applies in this case, and your best preventives are good habits of health and cleanliness.

Still, even the most careful among us will occasionally be confronted with some sort of facial outbreak. If you catch it early, in most cases you can deal with it all by yourself; if you neglect it, you may be in for a long-term headache and doctor's or dermatologist's bills, because blemished can be ornery. They can spread easily, changing a minor into a major problem almost before you know it.

Here are the most common skin blemishes and what to do about them:

**Blackheads** are concentrations of dirt mixed with the oil from your own oil glands under the skin. Together they accumulate in the pores of the skin. If you attack blackheads while they're still relatively new and easy to dislodge you should be able to banish them quickly. The simplest method is to dip a washcloth in steamy water, then apply the cloth to the blackhead area; the steam opens the pores. Work with a magnifying mirror to make sure you get the exact trouble spot. Next, take a soft towel, put it over your fingers, and gently press -- don't squeeze -- the blackhead. It should come out easily. Never, never apply your own fingers, and especially not your fingernails, directly to the blackhead, or for that matter, to any blemish; you may permanently bruise the skin tissues. Another good rule is not to concentrate too much on one blackhead area; skip around, if you have several to attend to.

Once you've removed the blackhead, apply rubbing alcohol or witch hazel to the spot, putting it on with absorbent cotton.

**Pimples** are eruptions, some of them pus-filled, which are usually caused by rich foods, poor elimination, fatigue, failure to cleanse the face properly, or infection of blackheads. Never pick at a pimple; this might spread the trouble. Keep the area around it absolutely clean, and apply calamine lotion to it; the lotion dries out the pimple. Another remedy is to apply a compress of a piece of cotton or linen soaked with a solu-



Sondra Reid

tion of hot water and epsom salt. You can also try one of the anti-blemish preparations sold commercially.

**Acne** is a skin condition characterized by both blackheads and pimples (it usually starts with the first, which is another reason for nipping blackheads in the bud.) Usually the acne is spread over a wide area of the face and gives it a reddish, bumpy, inflamed look.

This unsightly condition can plague adults, but is more common among teenagers because the oil glands under the skin are unusually active during adolescence and the excessive oil that results, clogs up the skin openings instead of flowing out normally. Don't pay any attention to people who assure you you'll "outgrow" acne; attack it at once while the condition is still mild, if you don't want to run the chance of having a permanently scarred and pitted skin. Wash your face at least twice daily with warm water and any pure, milk soap. Use a soft complexion brush, or washcloth or just your hands. Go over your face firmly and thoroughly. Let the lather stand for a minute or two. Rinse it off first in warm, then in cool water. Then dry your face very carefully. Never pick your face, drink lots of milk and water, eat lots of fruit and vegetables, and shun fatty and heavy foods, also sweets. Get all the fresh air you can. Doctors also recommend brewer's yeast tablets and Vitamin A because of their general good effect on your well-being; thus they help clear up the acne condition. If your complexion does not show improvement within two or three weeks, it's time for you to put your problem into the hands of a doctor or dermatologist.

**Blackheads** are concentrations of oil that clog under the skin, usually because of sluggish circulation. Try steaming your face, then gently, but firmly rub the trouble spot in little circles with a mixture of mild soap and coarse table salt, then rinse with clear water.

**Freckles:** Unfortunately, there is very little you can do about them, but they often fade as you get older anyway. Some cases of successful removal of freckles by skin surgery have been known.

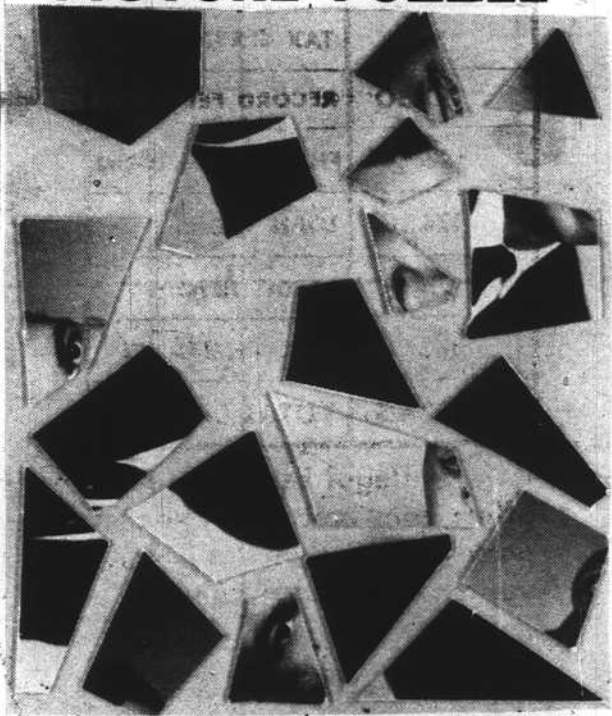
You can do absolutely nothing about warts, moles and birthmarks yourself, except in the case of birthmarks, which can often be effectively concealed by make-up base.

## PEOPLE, PLACES AND THINGS

Mr. Charles Kellar and family are back in the city after having vacationed in Hawaii during the Holiday season. We look forward to a Hula party as soon as they settle down ... Recent visitor to our town, Mr. John B. Shepherd of Atlanta, Ga., who spent the Holidays visiting his grandson, John Shepherd Reid. Mr. Shepherd is the father of our Fashion Editor, Sondra Reid. Timmy Rogers, Dance-Comedian was in town over the weekend; stopped in and said hello to old friends... Those of you who were here during the early days of Moulin Rouge, should remember Timmy ... New arrival in town from San Francisco is Mrs. E.D. Kim, who is making Las Vegas her permanent home ... We stopped in at Ruben's the other night -- Joe Louis was there visiting with fans and friends. Joe promised that he would come out to visit with the Boys' Club on Thursday, January 23rd which meets at the Jefferson Center at 7:30 P.M. ... Jim Anderson dropped by to say hello -- as you know Mr. Anderson is Manager of the Anderson & Associates Public Relations Agency, located here on the Westside ... Best wishes to you Jim for a very successful year.

You should see the new hat that Quinn Williams purchased as a Christmas present to himself. It is a fascinating hat, but it takes nerve to wear it ... We went out to the Thunderbird to see Sonny Liston training for his up and coming bout with Cassius Clay. Someone in the audience was overheard saying that Clay would probably go 15 rounds. After seeing Mr. Liston in training, I personally don't think Mr. Clay could go 15 rounds even in a dream. He probably would wake up with a nightmare before the bell sounded for the 3rd round ... We all attended the luncheon over at Ruben's last Saturday afternoon, courtesy of Mark Twain Life Insurance Company .... Hats off to the cook ... The food was perfect ... Time is short, gotta run, see you next week .....

## PICTURE PUZZLE



\$5.00 prize to first person to phone correctly identifying the person in the above puzzle. Staff and members of their families ineligible. Phone DU 4-1276 or 642-5308.

Marc Wilkinson

NEVADA'S LARGEST COMMERCIAL PRINTER

LAS VEGAS



Newly Weds ... Congratulations and many happy years ahead -- to Mr. & Mrs. Dott Smith, who recently married at the home of Mr. & Mrs. Joe Beth Lewis, 428 Stead Circle North Las Vegas. The ceremony was performed by Bishop C. C. Cox.

## Hints for Homemakers

by SONDRA REID

### Patterns of Eating For the Child

Certain patterns of eating can be expected from children at different ages. After the first birthday, a child's appetite may be comparatively poor, but he will eat well again by the time he is three. A four-year-old child may show definite preferences for certain foods. By the time the child is six, he will have a more hearty appetite and will enjoy trying new foods. A seven-year-old may dawdle over his food, but by the eighth year a child will establish his pattern of a normal healthy appetite.

A child needs frequent praise for his success in eating. It is a hard process for him to learn. She should be given small helpings and encouraged to ask for seconds. Children become easily discouraged when they are confronted by a plate heaped with food.

Children enjoy meals which are interesting in color and which offer a variety in taste and texture. Small children like their food better when they see that it is similar to that served their parents. They enjoy eating with the rest of the family. The child should be allowed to eat with the family unless he plays and tries to attract attention, or unless the family meal is served too late or is inappropriate. A child who has not formed good eating habits requires patience and understanding not possible at the family dinner table.

Rewards for eating are unnecessary. The child should learn to eat as a part of his daily routine. A child who is well and who has learned to enjoy food will eat enough without being threatened or bribed. Food should never be associated with punishment. You should not say, "You can't have any dessert if you don't eat your potatoes," but rather, "I shall serve your dessert when you finish your potatoes." Desserts should never be used as bribes or withheld as a form of punishment; they are the normal conclusion of the child's meal.

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