

Happier Homes

Sunburned skin needs special care: give it lots of moisture

Everyone knows the dangers of sun exposure. But do you know what to do after you've exposed your skin to the sun? How do you stop feeling itchy, burny and miserable?

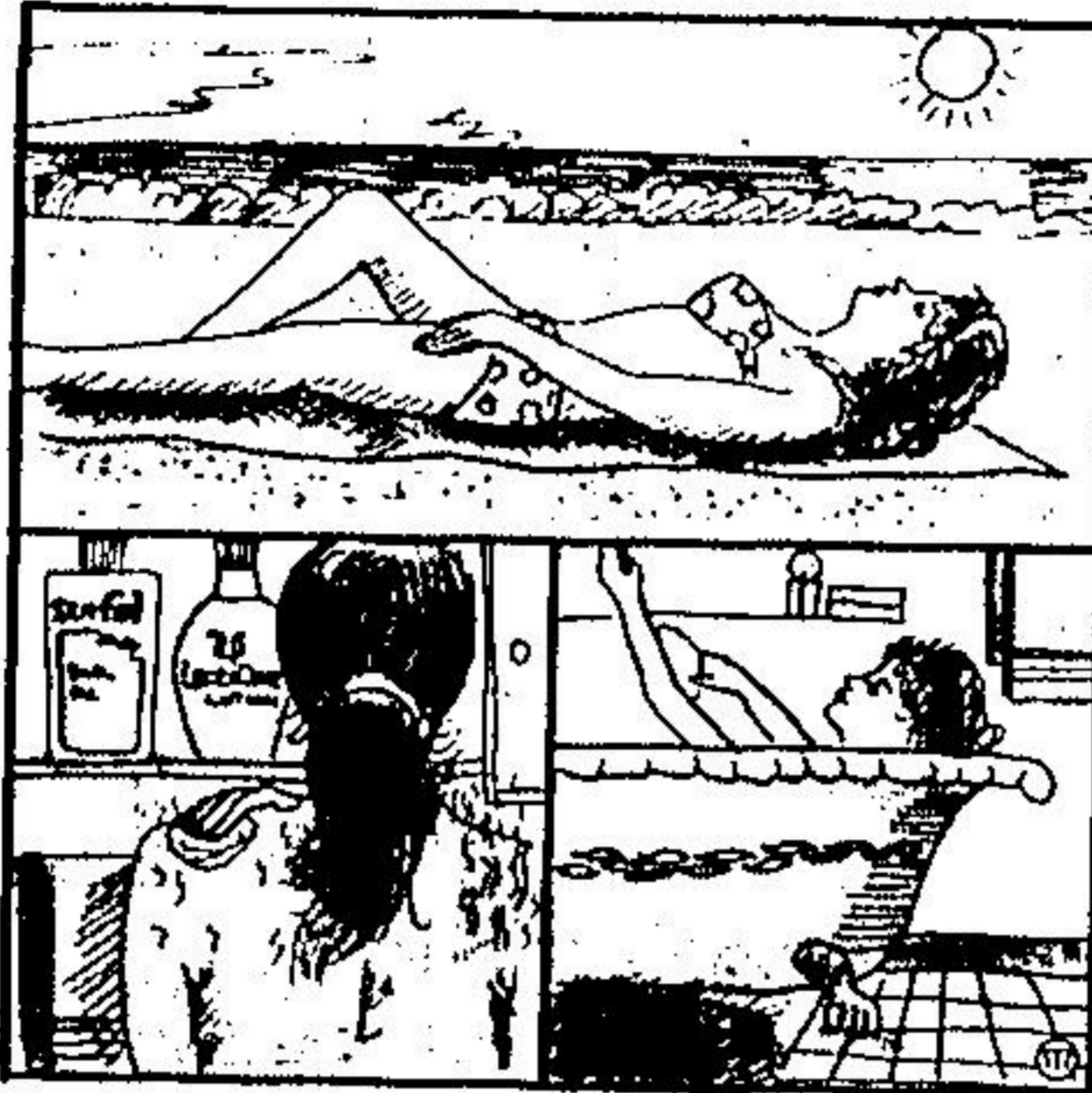
If you generally tend to sunburn, but find that this last exposure was a real killer, you should check to see if you've done anything that was different this time.

Believe it or not, you can get a severe sunburn from relatively little exposure if the sunshine is interacting with other elements in or on your body.

For example, lime, a very popular fragrance for the summer, is also extremely photosensitizing. (That's when your skin becomes especially sun-sensitive.)

Another agent that works this way is oil of bergamot, a substance found in most perfumes. You may find yourself blistered in areas where you've applied a photosensitizing agent, and not burned at all in others. So check the ingredients on the label before you apply and venture outdoors.

Certain artificial sweeteners that contain saccharin can also cause the skin to become photosensitive, as can an-



TOO MUCH SUN ISN'T ANY FUN . . . If you haven't taken precautions before sun exposure, the result may be skin that's burned, parched and very uncomfortable. Sun exposed skin should be treated to a good moisturizing routine with a post-immersion bath oil such as Surfol[®] which allows the skin to absorb the water it's lacking. A follow-up body rub with a moisturizer will help relieve the itchy, burning feeling.

tibacterial deodorant soaps, any of the above named substances, you'd better think carefully before you step out

If you've been involved with into the bright light of day.

But maybe it's already too late. You've done everything you shouldn't and you're burned.

First of all, you've got to hydrate your skin . . . put back some of the water that it's lost. You will find that the combination of sun and water exposure is what causes the skin to dry out.

Take a lukewarm bath in plain water. After you've soaked about ten minutes, add a bath oil that floats on top of the water, rather than one that disperses in it, so that your skin will be able to "soak up" the maximum amount of needed water.

Soak for an additional few minutes. As you rise, the oil will leave a thin coating on the skin that will help to seal in the water that the skin has absorbed. Pat dry.

Then apply a moisturizer. A new one, LactiCare[®] from Stiefel Laboratories, Inc., is a

good one to try. This product contains lactic acid and urea, an important component of natural skin, sodium PCA, and other compounds that attract and help hold moisture.

Once the skin is properly hydrated, it will not be as parched, and this prevents peeling. It's only the dried-out skin that peels off. But to prevent peeling, you've got to keep up your routine.

A good overall body moisturizing regime daily, during the summer months and afterwards, will also help you to maintain the tan that you've worked so hard to get!

TUTMAN'S
GARDEN CENTRE & LANDSCAPING
Hwy. 26, 1 mile South of Acton 853-2480

FOR ALL YOUR GARDENING AND LANDSCAPING NEEDS

OPEN 8 a.m. - dark every day except Sunday

SUPERIOR FURNITURE REFINISHING

28 Hayes Rd. Guelph 822-5903

At Superior Furniture Refinishing we offer you our years of experience and expert craftsmanship. We refinish your furniture to satisfy your decorating needs and your budget. TAKE A LOOK AT OUR BEAUTIFUL "HAND MADE PINE FURNITURE" AT THE ROOT PLAZA, ON SPEEDVALE AT WOOLWICH, IN GUELPH. PHONE 824-4590.

All-around answer to insect control: broad-spectrum insecticide zaps bugs

Those who are seriously concerned about the environment need to get a proper perspective on insect control. If insects are allowed to have their way, they wreak havoc.

Garden pests are generally subdivided into two groups—chewing insects and sucking insects. Examples of insects that chew up the foliage are cabbage worms, armyworms, billbugs and various beetles.

In the group that sucks on juices from the plant cells, perhaps the most numerous and troublesome are aphids and mites.

Before the introduction of broad-spectrum insecticides, the home gardener had to use a stomach insecticide for chewing types and a contact insecticide for sucking insects.

Now pest control is simplified—a single product can be effective against more than 105 insects.

Spectracide[®], part of the Spectrum[®] Home & Garden Products line, contains the all-purpose ingredient Diazinon[®], eliminating the necessity to switch from one chemical to another—for lawns, vegeta-

bles, roses and other flowers, insect pests on lawn, roses, trees and shrubs, fruits and nuts, flowers, shrubs, fruits and vegetables.

Different formulations of Spectracide provide broad insect control in all of these areas as well as in and around the home.

For lawns, use the granular formulation with a lawn spreader against ants, chinch bugs, white grubs, lawn moths or sod webworms and other leading lawn pests.

Spectracide Lawn and Garden Insect Control Liquid meets virtually all lawn and garden needs in the control of major

Apply with any hose-end sprayer or hand sprayer according to the area. It is easy to use and economical—one pint makes 48 gallons of spray.

Thus an all-around answer to insect control takes the guess work out of chemical insecticide applications.

The rest is up to the home gardener, who is cautioned—always read the label and follow its directions carefully.

Know first fire rule!

Are you prepared for a fire emergency in your home?

Now, during spring cleanup time, clean up any misunderstandings about what action to take in case of fire.

Plan two safe ways out of every room. Rehearse routes with your family.

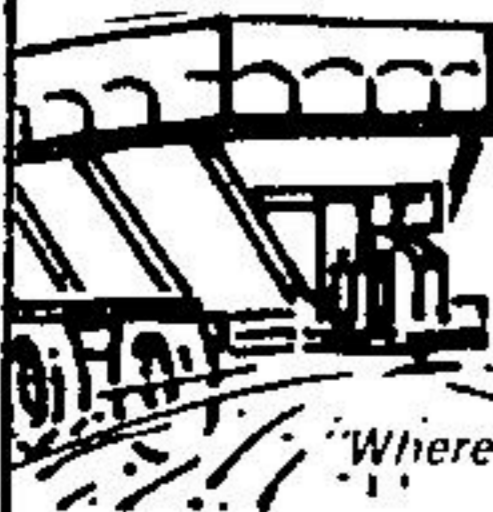
Be sure everyone knows the first fire safety rule: Get out fast!

EXCELLENT QUALITY REPAIRS ON CLOCKS AND WATCHES

ACTON JEWELLERY
33 Mill St. E.

Acton 853-1380

AGRICULTURAL LIME SPREADER SERVICE
CAMPBELL'S LIME SERVICE



"Wherever you are, you're not too far"

R.R. # Branford, Ont.
BUS. (519) 647-3448 RES. (519) 647-2220

LIMESTONE ALL SIZES A&B GRAVEL FILL AND TOP SOIL

★
'BUD' HAINES
3 DURHAM ST.
877-3302 877-4593

CARPET CORNER SHOP-AT-HOME SERVICE



The proper way to select your carpet - flooring - draperies is in your own home!

MANY ROOM SIZE REMNANTS IN STOCK

We specialize in courteous service, low prices, professional installation and Free Estimates

Call Today for Shop-At-Home Service

853-3620

