

The Beauty Spot

by Barb Presswood

For working women who can't find time

Feel like the white rabbit in Alice in Wonderland: Always late for something with no time to say hello or goodbye? I've felt that way often trying to work, look after a house, kids - and one husband who sometimes requires more attention than 12 kids. Know the feeling? I think most working women do.

Here are a few suggestions I've put together for you to use morning 'til night:

- It's 7:30 a.m. You should have chosen your wardrobe last night and done any touch-ups necessary.
- 7:35 Now you're up; put the tea or coffee on and get in the shower.
- 7:45 Have your relaxed tea or coffee and enjoy morning paper.
- 7:55 Establish an efficient morning ritual for cleansing, toning and moisturizing your skin.
- 8:10 Set aside a special place for applying make-up. An old-fashioned dressing table with modern mirror is an ideal combination. Have everything you need at your fingertips, including cotton balls, tissue, clean make-up brushes and sponges.
- 8:20 Brush your teeth and floss.
- 8:25 Curl your hair, or if it needs, wash and wear; touch it up where needed.
- 8:35 Slip clothes on, making sure everything is on straight and done up; we don't want you losing your clothes with buttons and zippers not done up.
- 8:40 You're just in time to catch the ride to work, depending on where you live and according to how you do things. Try setting up your own time schedule; it really helps. If you have a routine, you'll find a lot more time to relax and do some extra things you didn't think you had time for before.

To help organize your make-up for easy use, gather up all make-up from desk drawers, handbags, medicine cabinets, wherever you store them. Discard any product you haven't used or don't like. Anything you've had for a year and haven't used, file under "G". Throw away lipstick that have dried out, colors that are not flattering and any mascara that you've had for six months or more.

Assemble a smaller set of essential cosmetics for your office, do any touchups behind closed doors. Putting on mascara in public is in bad taste and applying nail polish at your desk puts you on a par with Carol Burnett's famous portrayal of Mrs. Wiggins.

A small zippered case with comb, compact, lipstick and perfume is usually sufficient for your handbag. You needn't carry a whole cosmetics counter.

Twice a year, treat yourself to a make-up lesson. Right after you've organized your winter wardrobe is an excellent time to learn a few color tricks to co-ordinate your make-up with your new clothes.

When it comes to make-up, taking it off is every bit as important as putting it on. "Thorough" and "efficient" are the key words. Remove your make-up by working cleansing cream in circular motions all over face. Keep it on skin for a few minutes to dissolve make-up and grime. Remove gently with tissues, using upward strokes on face, downward strokes on neck.

Late-night rituals should be designed for pampering yourself. While you're watching the 11 o'clock news, apply night cream sparingly. Massage a protein-enriched moisturizer on rough or chapped skin. Do 10 minutes of yoga or deep breathing exercises. You'll notice the difference the next morning. Hide yourself in the ladies room and remove all traces of make-up with good cleanser.

Now it's time to bring out your own natural color with a moisture control cream that stimulates skin and promotes circulation. After a hectic day, most skins take on a pallid hue and need a quick refresher.

Next comes a concealer to cover tired, under-eye shadows (blemishes and discolorations, too, especially that sudden blemish that crops up just before an after work date). Just a tiny dot works magic.

Faced with a clear palette and some natural color, it's time to add the make-up that will brighten your face and fight the fade-out of harsh, after-five artificial lighting.

A far better idea than simply piling on daytime make-up a bit thicker is to turn to richer, more intense colors in corresponding shades, applying them with the same light hand you use for day.

You can write to The Beauty Spot, addressing questions and comments care of 296A Guelph St., Georgetown, or The Herald, 45 Guelph St.

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Building lot between Georgetown and Brampton. Now is the time to invest in land. Asking \$44,900. Make an offer.

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Perfect for that large family. Has been used as a 2 family home. Situated on 1/2 acre lot. 4 bedrooms, 2 kitchens, and easy commuting. Asking \$49,900.

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TOP OF THE WORLD
Picture that home you have always wanted built on this 1/2 acre lot at Silvercreek. The view is something else! All building approvals are set. Asking \$35,000.00. Call Bill Ellis.

OF GRACIOUS AGE AND STYLE
This is truly a remarkable home, featuring many windows for a sunny lifestyle, a classic living room fireplace and two full baths. Come sample the atmosphere by calling Rosalie Barker. Asking \$77,500.00

YOUR WAIT WAS WORTH IT!
This three bedroom bachelorette has just arrived on the market. A delightful home in every respect, in an excellent neighborhood. The good life for your family. Call Rosalie Barker for details.

NESTERS AND NESTERS WELCOME HERE
Spacious three bedroom model with big rec room. Big private fenced lot with deck off kitchen. You should see the decor! Call Bill Ellis to inspect this one!

AFTER HOURS	ROSALIE BARKER 877-4513	BETTE STOKES 877-8830	SUE HAMILTON 877-7298	DON SANDERSON (519) 833-9105	BILL ELLIS 877-7528
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Smart 3 bedroom home on large lot walking distance to all amenities. Freshly decorated, rec room started, double drive, first mortgage at 10 per cent.

ROOM TO ROOM...
In this oversized yard of this lovely 3 bedroom home with a walkout from the basement, bright cheery kitchen, upgraded broadloom and many more exciting features. \$49,900.00.

PICTURE YOUR DREAM HOME...
On this 90 acre parcel of vacant land just north of town. Ideal for the commuter.

BUILDER'S INVESTMENT!! NEW LISTING.
Older 3 bedroom home on large lot on John Street. Buy this house and you get 2 more lots on which to build on. One lot is 66 feet by 132 feet and the other is 66 feet by 110 feet. The total package is listed at \$89,900.00. Call now for more information.

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CAN YOU IMAGINE?
Having a super clean 3 bedroom bachelorette with pleasant decor, featuring eat-in kitchen, comfortable living room, separate dining room, finished family room with fireplace, aluminum soffits, fascia & eaves, pool, and backing onto a park. Asking \$68,900. Call Lindsay McLaren.

RAVINE LOT - \$69,900
Trees & privacy compliment this beautifully kept 4 bedroom, Tudor-style elevated ranch. Finished rec room has a fireplace and bar. To view, call Donzil Lawrence.

EXCELLENT STARTER
3 bedroom frame & aluminum 1 1/2 storey home featuring main floor laundry, family room, kitchen finished in knotty pine, large cedar deck, patio, wall treed, fenced rear yard and single garage. Asking \$52,900. Call Donzil Lawrence.

389 Main St. Milton, Ontario
Tel. (416) 878-8101 or Tor. (416) 826-9218

COUNTRY BUNGALOW
This 3 bedroom brick home has a huge rec room with Franklin stove and bar. Lovely eat-in kitchen. Situated on a well landscaped 1/2 acre lot. Asking \$79,000.00.

A POSITIVE BARGAIN
71 acres with 1950 frontage. Make your own little farm. Asking \$69,900.00.

NEW LISTING
Townhouse: In the Popular Maple Avenue area. Home well maintained. Res room and extra washroom downstairs. Hurry for this one, it will sell fast. Asking \$43,500.00.

CALL AFTER HOURS

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FABULOUS RAVINE LOT
With mature trees on the edge of town. 1 1/2 acres (277' x 285'). House plans available. Greatly reduced. Asking only \$55,500.00.

BE YOUR OWN BOSS
Flourishing lady's wear business. High-way location good lease available. Call for further information.

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GREAT GAS SAVER
This lovely bungalow is just a short walk to schools, shopping, churches, professional and recreational services. Step QUICKLY though, it's priced to SELL! ONLY \$58,500.