



# The Beauty Spot

by Barb Presswood

## About acne

Acne is usually related to overactive oil glands and hormonal changes during adolescence.

It's absolutely impossible for an aesthetician to clear up an acne problem in one session. You must accept that it is a slow process. Within six months, you should be guaranteed your problem is clearing up if you follow your aesthetician's advice on home care carefully.

Before seeing your aesthetician, it is advised you see your physician first for a prescription of an antibiotic. You must be willing to work as hard as your aesthetician to clear up your problem skin, which means being honest and following her directions to the fullest.

On your first visit, she will talk to you about medical and emotional problems you may have and she'll give you a rundown on many very important "Dos" and "Don'ts" of skin care at home.

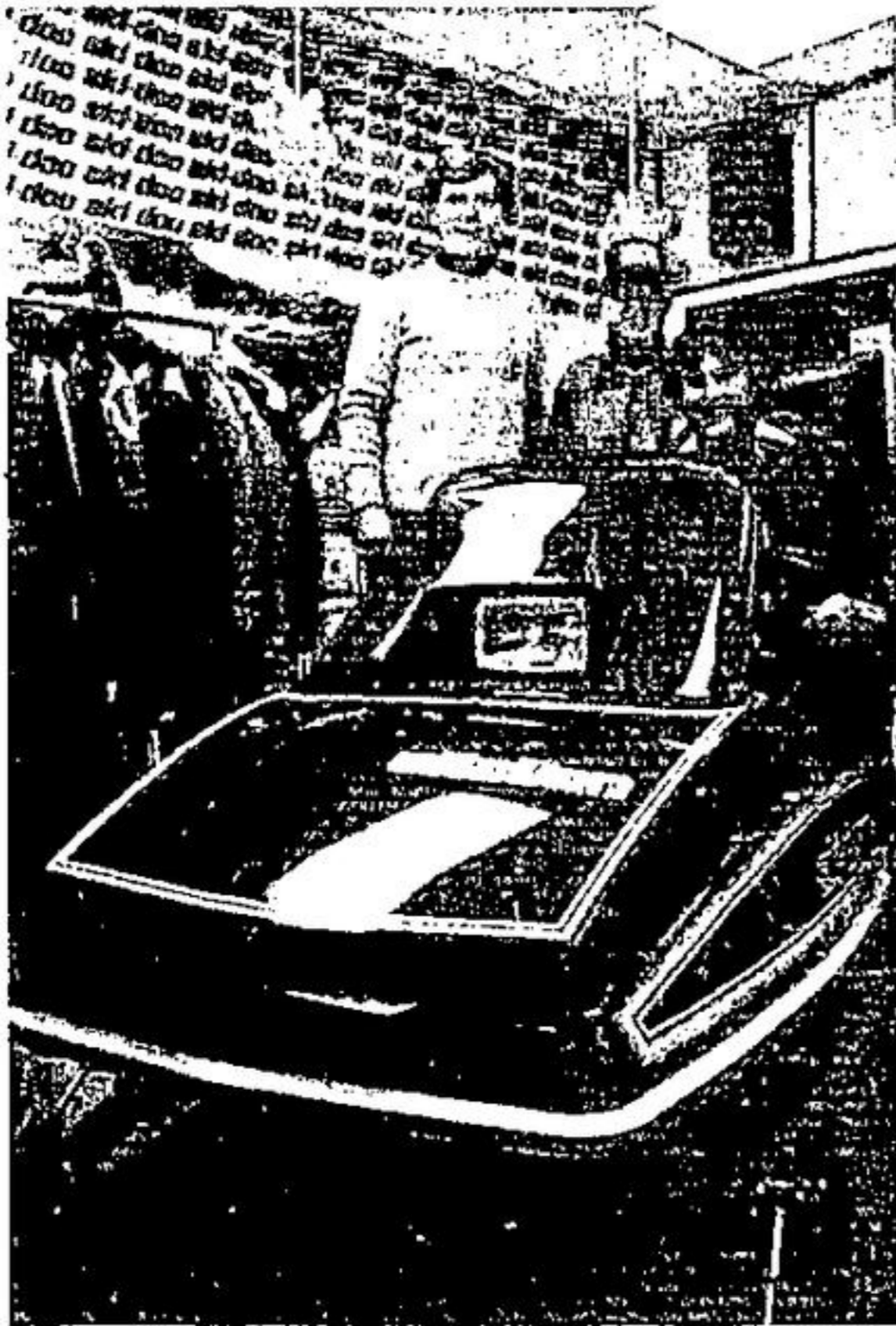
- Some general pointers:
1. See physicians for an antibiotic.
  2. Change diet from fried food, sugars and acid fruit: to green, fresh vegetables, etc.
  3. Clean hands with soap and rinse in alcohol before cleansing face.
  4. Don't pick pimples; it can cause severe scarring; leave it to a professional.
  5. Change your pillowcase every day.
  6. Change your towels in the bathroom each time you cleanse.
  7. Don't overcleanse your face; remember the oil glands are already overstimulated.
  8. Keep hair back off forehead as much as possible.
  9. Keep out of the sun as much as possible - it will overactivate the oil glands.

Your acne problem is one that can be overcome by following all the "dos" and "don'ts". The reason for your "cure" taking so long is that your aesthetician must work on your face, first treating it as problem skin and getting rid of the pimple. Once that is done (which means she has cleaned underneath the skin, removing bacteria) she starts to treat the oily skin with special treatments. She can dry the oil out of the skin and normalize it. Normal skin is the perfect skin, which your aesthetician tries to achieve.

An aesthetician will want to treat the problem skin at least once every week, trying to clear up the pimples and bacteria.

These first treatments are not at all relaxing, since the blackheads and pustules must be removed and you can only stand so much at one time.

Remember: problems cannot be solved with just a bit of work.



## SNOWBOUND

George Lema (seated) is suddenly hoping for lots of snow this winter to try out his new Skidoo (Citation 4500) which he won recently as part of a Build-All promotion. George was one of 23 recipients of Skidoo's in the nation-wide contest and joining him for Friday's presentation at Murt Allison Equipment on Highway 7 are Herb Allison and Mackenzie Build-All president Sam Mackenzie. Friday was also George's 18th birthday. (Herald photo)

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## PUBLIC NOTICE

### THE CORPORATION OF THE TOWN OF HALTON HILLS

#### Appointments To Local Boards And Committees

Take notice that applications in writing to the undersigned will be received until 12:00 noon December 8th, 1980 from any eligible persons who desire their names considered for appointment to one of the following local boards and committees for the term indicated:

- HALTON HILLS COMMITTEE OF ADJUSTMENT**  
Two (2) persons to be appointed for a three year term who are not a member of the Council of the Municipality or an employee of the municipality or of a local board thereof.
- HALTON HILLS PARKING AUTHORITY**  
Three (3) persons to be appointed for a two year term who are qualified to be elected as a member of Council.
- HALTON HILLS PUBLIC LIBRARY BOARD**  
One (1) person to be appointed for a three year term who is a Canadian citizen, is of full age of 18 years, is a resident of the municipality and is not a member of any of the bodies entitled to make an appointment to the board.
- HALTON REGION SAFETY COUNCIL**  
Two (2) persons to be appointed for a one year term who are a resident of the municipality.
- LAND DIVISION COMMITTEE REGION OF HALTON**  
One (1) person to be appointed to fill a vacant position for a one year term who is not a member of Regional or local Council or employee of Regional or Local Council.

**APPLICATION SHOULD STATE**

- (a) The office for which application is made.
- (b) The name, address and qualifications of the applicant and telephone number where they can be reached during business hours.

**NOTE:** One letter of application would suffice should applicant be desirous of applying for more than one position, however please state preference.

DATED THIS 26TH DAY OF NOVEMBER, 1980.

K.R. RICHARDSON, A.M.C.T.  
CLERK ADMINISTRATOR  
TOWN OF HALTON HILLS  
36 MAIN STREET SOUTH  
HALTON HILLS (GEORGETOWN),  
ONTARIO  
L7G 4X1

# Constable must resign - eyes failing

The Halton Regional Police Commission has ruled that Constable Bruce Deacon, who has been fighting failing eyesight, must give up his Burlington job because he is no longer capable of satisfactorily performing his duties.

In 1977, he began having problems with his eyesight. He has lost the vision in one eye, and the other is badly impaired. The problem has been caused by detached retinas.

Constable Deacon is a front desk officer in the Burlington station on Elgin Street. The decision that Constable Deacon must resign, was made under a section of the Police Act, and sets a precedent for the Halton force. The Halton Police Association has opposed the decision, saying that other forces allow partly disabled officers to remain as policemen and find appropriate jobs for them.

The commission will be hearing submissions Dec. 11 to decide whether it should formally discharge Constable Deacon, place him on retirement, on compassionate grounds or offer him a civilian job with the force. It is not known whether Constable Deacon, who is divorced and has custody of his two children, is eligible for compensation because he was forced to leave on medical grounds. A police officer must have 20 years of service as a policeman to be eligible to a disability pension.

## Dam work proceeds

The Credit Valley Conservation Authority predicts a Christmas completion for two side-by-side sluiceways at the east end of the paper mill dam above Glen Williams. The project by Lancone Contracting Company Ltd. of Weston will control water levels and ice, thus relieving ice jamming problems in the spring, as well as allowing rainbow trout to migrate upstream. Total cost is \$259,453. Upstream dredging by Ontario Construction Company Ltd. of Niagara-on-the-Lake should be finished by spring for another \$199,199.

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**GOOD YEAR**

# St. George's has pennysale prizes

Following is the list of prize winners at the Pennysale held at St. George's Church Bazaar last Saturday:

- B. Stafford - cushions; A. Dean - stationery; F. McNally - chocolates; L. Forbes - planer; P. Hyatt - macramé; B. Robinson - biscuits; B. Mino - brooch; G. Allard - candle; V. Bradley - perfume; B. Harrison - curling iron; F. McNally - napkin holder; L. McKinnon - tea set; E. Arnold - jewel box; R. Brosseau - candles; S. Abrey - Kelly Kiss Doll; F. Ross - ice bucket; L. Given - vase; L. Dicks - rose bowl; H. Bishop - oven mitts; R. Beck - tea time set; E. Medland - purse; J. Meers - notepaper; M. Fitzgerald - scarf; B. Mattocks - baby bear; C. Tobin - box of jams; V. Bradley - pillowcases; J. McNally - flight bag; G. Fitzgerald - chocolates; M. Hunt - soap; G. Preston - marmalade; R. Tees - wine basket; A. Walker - key case; S. Abrey - chocolates; E. Weaver - place mats; O. Powers - soap; G. Fendley - writing kit; J. Hancock - kitchen towels; K. Doyle - wine rack; M. Beatty - pearls; J. Sunnicks - ceramic mugs; C. Thompson - Kelly Kiss doll; J. King - bubble bath; H. Penrice - jams and preserves; E. Turnbull - cologne; B. Vlietsers - puzzle; J. McCallum - toy; M. Finlay - doll; E. Nichol - pajamas; S. Collier - Barbie doll; M. Martin - Teddy bear; Banton - wine; B. Harrison - gift certificate; B. Parry - wine; E. Herbert - calendar.

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2	Dishcloth	14" x 14"	1.59
3	Place Mat	13" x 19"	3.99
4	Pot Holder	7" x 7"	1.59
5	Oven Mitts	13" (Twin)	6.99 pair
6	Tie-on-Towel		3.99

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