



# The Beauty Spot

By Barb Presswood

## Determine your skin type

Here's how to determine your own skin type:

1. Look at it; study it; feel it. The oily areas will shine, and if you touch them, will leave a greasy film on your fingers. Dry skin will show signs of scalliness and flaking. Don't be misled into thinking your skin is dry just because it feels taut after washing.
2. Before cleaning your face in the morning, try the brown paper bag test: Take a piece of paper from a brown grocery bag and rub it gently on various parts of your face. If the skin is normal, the paper will darken slightly; if it is oily, the paper will become translucent; dry skin won't discolor the paper at all.
3. Get your skin analyzed by a professional. Most cosmeticians will test your skin free of charge, with no obligation to purchase any products. If you have problems with your skin, such as severe scalliness or acne, consult a dermatologist.

**EAT WELL AND EXERCISE REGULARLY:**  
The best nourishment for your skin is a balanced diet; the best stimulation, exercise.

"You are what you eat" is an expression that certainly holds true here. Foods rich in vitamins and minerals nourish the blood, which in turn nourishes the skin cells.

Substituting a handful of vitamins for a well-balanced diet won't work, says Dr. Raymond Rupert, a Toronto consultant in fitness and nutrition. The average person will get all the vitamins she needs with a well-rounded diet. A self-prescribed regimen that includes a large vitamin intake can lead to serious skin problems. For instance too much vitamin A can result in coarse, dry skin and brittle fingernails; an excess of vitamin D can leave small yellow deposits under the skin.

This is not to say that the kind of foods we eat have a direct effect on the skin. Eating French fries, for instance, won't make your skin oily; that's determined by heredity and environment. However, the quality of sebaceous secretions is affected by the foods we eat.

Fatty foods are necessary to maintain a desirable level of sebaceous oils, but there are "good" fats and "bad" fats. The good ones, says Dr. Rupert, are the polyunsaturates such as safflower and corn oil. The bad ones are the saturated fats such as butter, fatty meats and palm and coconut oil.

The proteins necessary for healthy bodies are also necessary for healthy skin. Sources include lean meats, fish, poultry, milk, cheese and whole-grain cereals.

Complex carbohydrates, those found in whole-grain cereals, fruits and vegetables provide energy and essential fibre.

A word of advice: many of the vitamins in vegetables are lost through overcooking instead of boiling them, so try steaming or sauteeing quickly in a wok.

Dr. Rupert believes that being physically fit has as much of a beneficial effect on the skin as does proper nutrition.

"I can tell immediately if someone has been working out regularly", he says, "because it's reflected in her skin. Her face is relaxed, and she has a special glow."

In his experience, physical fitness is the only anti-aging treatment that works. Elderly people who keep fit don't exhibit the facial tensions that can lead to wrinkling. Besides, he adds, it's easier to smile when you feel fit and that makes anybody look good.

**WORD OF CAUTION**  
Again, a word of caution: after exercising it's important to replace moisture lost through perspiration so as to avoid dehydration of the skin. Dr. Rupert suggests having a glass of mineral water.

**KEEP THE ROUTINE SIMPLE**  
Whatever type your skin is, it will need cleansing, toning and moisturizing on a regular basis. The products and the procedure will vary according to skin type, of course, but the following routines suggested by Dr. Krafchik have one thing in common: they're all easy to follow and take a minimum of time.

1. Oily skin. It's important to realize that oiliness cannot simply be washed away. Oily skin is often prone to blackheads, whiteheads and pimples. None of these blemishes is caused by dirt, as is commonly supposed, but by a combination of factors that result in the pores getting clogged with oily deposits. Keep oiliness in check by cleansing the skin three times daily with a detergent-type soap.

Use an astringent after cleansing and for refreshing touch-ups throughout the day. Oily skins seldom need a moisturizer - they provide their own natural lubricant. However, your skin may secrete less oil in certain circumstances in harsh winter weather or as you grow older and you may want to consider a moisturizer then.

**LACKS MOISTURE**  
2. Dry skin differs from aging skin in that the former simply lacks moisture; the latter results from a breakdown in collagen. You can't do much about aging skin, although the best preventative is to stay out of the sun. But dry skin

can be helped by a routine that includes regular moisturizing. To cleanse, use soap and water that's right. Just make sure the soap is mild. Clear, glycerine-type soaps are best.

3. Combination or normal skin. The skincare routine for this type of skin is more complicated because, as you might expect, you have to do two separate routines. But keep it as simple as you can.

To cleanse, use a mild soap, such as Pears or Neutrogena. Then treat as oily skin, keeping the surface dry and clean with the occasional application of astringent. Apply moisturizer to the drier cheek and neck areas.

That's all there is to it - There's no mystery to skin care. It doesn't have to involve complicated procedures. It's the daily repetition that counts. Follow the routine suggested for your skin type two or three times a day, eat healthy foods and get a little exercise, and we'll guarantee that within a week, your complexion will be noticeably improved. And you'll be well on your way to achieving the beautiful, glowing skin you've always dreamed of.

## There's never enough volunteers

Volunteers come in all sizes and ages and from every background. Some of them are elderly and retired. Some are young students. Others are working men and women, yet they still find the time to help the people in the community who need them most.

They help elderly, handicapped shut-ins. They work with mentally retarded infants and adults. They assist with physically disabled children in special

schools and in the home and they sit on community boards for charitable organizations across the province. In these and many more roles, volunteers experience many rewards.


As Virginia Mills of the MTAMR said: "My goal as a volunteer supervisor is to hear someone say, just once, 'Please don't send me any more volunteers.'"

You can help achieve that goal. Contact the Volunteer Centre/Bureau nearest you.

# SAVINGS THAT MEASURE UP!

<b>POWER TOOLS</b> <b>10% OFF</b> IN STOCK BLACK & DECKER AND HOLTZER	<b>PINE PANELLING</b> 1 x 6 RUSTIC PINE Covers 28 Sq. Ft. <b>\$19<sup>95</sup></b> BDL. Reg. \$25.95 Bdl.	<b>CEILING TILE</b> 12" x 12" POLAR WHITE 32 Sq. Ft. Carton <b>\$6<sup>99</sup></b> CTN. Reg. \$7.59 Ctn.
<b>ECONOMY STUD</b> 2" x 4" x 8" <b>88¢</b> EACH	<b>DRYWALL</b> 4' x 8' x 1/2" Reg. \$4.23 <b>\$3<sup>89</sup></b> SHEET	<b>PREFINISHED MOULDING</b> PLASTIC AND WOOD WITH VINYL WRAP <b>15% OFF</b>
<b>FIREPLACE ACCESSORIES</b> <b>15% OFF</b>	<b>SUSPENDED CEILING GRID</b> WALL ANGLE 12' REG. \$1.85 SPECIAL \$1.45 EA. MAIN TEE 12' \$2.89 \$2.39 EA. CROSS TEE 4' 77¢ 67¢ EA. CROSS TEE 2' 39¢ 33¢ EA.	<b>TILE BOARD CERAMILITE</b> 4' x 8' Reg. \$32.75 <b>\$29<sup>95</sup></b> EA.
<b>VANITIES AND MARBLE TOPS</b> STOCK ONLY <b>15% OFF</b>	<b>FLUORESCENT TUBES</b> 4 FT. Reg. \$1.49 <b>99¢</b> EACH	<b>DECOR BRIQUE</b> BRICK SLICES - FIREPROOF Covers About 4 Sq. Ft. <b>\$4<sup>99</sup></b> CTN. Reg. \$5.99 Ctn.
<b>KEM PAINT</b> ALL STOCK PAINT <b>15% OFF</b>	<b>PINE SHUTTERS</b> MOVEABLE STOCK SIZES <b>15% OFF</b>	<b>PREFINISHED SHELVING</b> <b>15% OFF</b>

# MACKENZIE



ASSOCIATE STORE

GEORGETOWN - 8 JAMES ST. PHONE 877-2207

ACTON - 12 CHURCH ST. PHONE 853-1660

**MACKENZIE BUILDALL**

BUILD-A-CARD GOOD AT ALL PARTICIPATING BUILDALL STORES IN CANADA

**CHARGE X**

## Just ask Mr. Buildall's team of experts

### \*\*\* SERVICES \*\*\*

**AUTO REPAIRS**

**AUTOMATIC TRANSMISSIONS**  
JUST \$225.  
Installed and guaranteed. 6 months unlimited mileage. Most North American Cars.  
IA George St. S. Brampton  
457-2224

**INTERIOR DECORATING**

**GREYSTONE INTERIORS**  
Consultations  
Colour Schemes  
Fabric & Wallcoverings  
Furniture, Carpeting  
And Accessories  
ISOBEL DELROY  
877-7574

**RADIATORS**

**RADIATORS**  
REPAIRED & CLEANED  
**PEEL RADIATOR SERVICE**  
126 Nelson St. West  
Brampton  
(Rear of Dixie Cup)  
451-7177

**MANICURES**

For Acrylic Nails & Tips  
Call  
**THE BEAUTY SPOT**  
877-5376

**REPAIRS**

**EARL'S FIX-IT & SHAVAR SERVICE**  
134 Delrex Boulevard,  
Georgetown  
Complete Small Appliance and  
Electric Shaver Repair  
GIVE EARL A TRY  
BEFORE YOU RE-BUY  
877-4822

**CARTAGE**

**ANN'S CARTAGE**  
and  
**PIANO MOVERS**  
FULLY INSURED  
We Move Everything  
WILL DISMANTLE  
877-6183

**MONUMENTS**

**Brampton Monument Works**  
MONUMENTS  
MARKERS  
LETTERING  
451-0445-1-826-1353  
375 Main St. N.  
BRAMPTON

**REPAIRS**

**LAFFERTY HOME RENOVATIONS**  
A complete home  
improvement service  
Quality Workmanship  
LES LAFFERTY  
From roof to basement - all  
types of repairs and im-  
provements.  
Interior and exterior.  
877-4080

**DRIVING SCHOOL**

**TED'S DRIVING SCHOOL**  
41 Shelley St., Georgetown  
DAY OR EVENING  
INSTRUCTION  
M.O.T.C. LICENSED  
INSTRUCTORS  
FULLY INSURED  
DUAL CONTROLS  
Operated by Ted Scott  
Dial 877-4006

**RENOVATING CONTRACTORS**

**C. GRIFFON MASONRY LTD.**  
Block Laying and  
Concrete floors, chimneys,  
fireplaces  
For FREE ESTIMATES Call  
CLAUDE  
878-3240

**SHARPENING**

**Clare's Precision Sharpening**  
All work guaranteed  
Saws, chain saws, Carbide  
saws, planer blades, knives,  
shears, cutlery, hedge  
trimmers, rotary lawn  
mowers, etc.  
877-4976  
8 GIBBONS PLACE  
GEORGETOWN

**SOCIAL CATERING**

A PERSONALIZED  
CATERING SERVICE  
- BUSINESS MEETINGS  
- BANQUETS  
- WEDDINGS  
- SHOWERS  
- PARTIES  
"No Occasion Too Small"  
**Kentner's**  
877-1113

**RENOVATING CONTRACTORS**

**ROOFING**  
ALL TYPES OF  
ROOFING REPAIRS  
WORK GUARANTEED  
877-1644-455

**TV SERVICES**

TV and Stereo repairs. T.C.  
Electronics 877-1303 or 877-  
0625. We service all makes  
and models. 24 hour  
emergency service.  
2846 #

**ELECTRICIANS**

**CARNEY ELECTRIC**  
Industrial - Commercial  
and Residential  
NORVAL  
Charles Carney  
877-9711

**RENOVATING CONTRACTORS**

**Burghgraaf Con'st**  
PLASTERING - REPAIRS  
ALTERATIONS and TILE  
WORK  
Work Guaranteed  
Estimates Given  
PHONE  
416-877-0493

**MAPLE HILL TREE SERVICES**  
Trimming, removal and land  
clearing. Free estimates. Fully  
insured.  
GREG HILL 2843 #  
(416) 821-1148

**UPHOLSTERING**

**UPHOLSTERING**  
UPHOLSTERED FURNITURE  
RECOVERED AND REPAIRED  
Quality Workmanship  
T.H. BRIGGS  
Stewarttown  
877-9312

**ELECTROLYSIS**

For confidential electrolysis and  
aesthetic services call  
**THE BEAUTY SPOT**  
877-5376

**INSURANCE**

ALL FORMS OF  
GENERAL INSURANCE  
For Prompt Service Call Your  
Independent Agent  
**BARBER & HENLEY LTD.**  
COMPLETE TRAVEL  
SERVICE  
AND GENERAL  
INSURANCE  
72 Main St. S.  
877-2214

**SNOW PLOUGHING**

**SNOW PLOUGHING**  
HOURLY RATES  
AND CONTRACTS  
877-4217  
Ask for  
MATT

**PLUMBING & HEATING**

**BILL GARBUTT**  
Plumbing & Heating Ltd.  
Industrial - Residential  
And Commercial  
16 Elgin Street  
Georgetown  
877-3638

**WATER CONDITIONERS**

**AQUAFINE**  
WATER SOFTENERS  
**SOFT WATER**  
THE WAY IT  
SHOULD BE  
• FREE  
INSTALLATION  
and Service  
• LOWEST MONTHLY  
Rental Rate  
• COMPLETE LINE  
of Water Treatment  
Equipment for Homes,  
Farms and Business  
• SELF SERVICE  
Salt Pickup or Delivery  
PHONE  
877-6242  
348 QUELPH ST.  
GEORGETOWN

**SHOPPING FOR WALLPAPER?**  
READ THIS!  
Shop-at-home Service.  
• ABSOLUTELY NO OBLIGATIONS  
It's like window shopping without  
leaving the comfort of your own  
home.  
• AT YOUR CONVENIENCE  
Call 877-4193 and we'll be out  
anytime you want us - day or  
evening.  
• EXPERT REPRESENTATIVES  
We'll measure your walls, help co-  
ordinate your colours right on the  
spot.  
• SMART WAY TO SHOP  
Match paper and/or paint colours  
with your rugs, draperies, furniture  
- no guesswork.  
• FULL GUARANTEE  
We absolutely guarantee everything  
we sell.  
• COMPETITIVE PRICES  
Manufacturer's suggested retail  
prices.  
• LOW-COST INSTALLATION  
Do it yourself or let our professional  
installers quote an installation price.  
**WALLPAPER ON WHEELS**  
Call for a free appointment  
877-4193

**PLUMBING, HEATING**

**SID SPEAR & SONS**  
Plumbing, Heating  
Installations, repairs  
WE SELL THE BEST  
AND SERVICE THE BEST  
877-2121  
After 4:30 p.m.  
194844s

† FIGHT THE LUNG CRIPPLERS †  
Emphysema Asthma Tuberculosis Chronic Bronchitis Air Pollution