

# An interview with Brooke Shields

Brooke Shields is the world's most popular model, a leading lady in films, the prettiest face to be seen on TV, in films and in print and, in her own words, "an ordinary teenager who happens to work."

Recently, The Wella Corporation held a photography shooting with Brooke to start off her representation of Wella Balsam Instant Conditioner. On the set, while the hairdresser and make-up artist worked, Brooke Shields sat, taking directions, noticing the progress, and reading her book for school so that her upcoming recess would be, "just for vacation, no homework!"



**BROOKE SHIELDS, NOW SWEET 16,** shares her beauty tips and talks about the versatility of long hair. A new look for Brooke that could take her right to a prom—or movie set!

School is very important to Brooke. Besides wanting a good education, it's a time when she can be with her friends, catch up with their lives, and share some of her life with them.

Sharing is very important and Brooke is just as happy to share with everyone some of her beauty secrets.

• **Hair Care:** One of the reasons that Wella wanted Brooke to be their newest spokeswoman is because of her beautiful hair. But, as the experts preach, "beautiful hair doesn't just happen," and Brooke knows how to practice good hair care.

She shampoos every other day in the morning while in the shower. First, a quick lathering, then a long lathering. When she has rinsed thoroughly, she applies Wella Balsam Instant Conditioner, and leaves it on while she continues the rest of her shower.

Then, she thoroughly rinses her hair with warm water. Because she takes such good care of her hair, Brooke tries to deep condition once a month, when her busy schedule permits.

Brooke is not ready to cut her hair. She loves the versatility that her long hair gives her. For school, she lets it hang and dry naturally with a slight wave.

For going out and special occasions, she loves it all wavy and curly or in a super updo. And, when she's participating in her favorite sport, horseback riding, she finds that French braids are the prettiest and most practical way of keeping all that hair out of her face.

While she loves keeping it the long length, she makes sure that she gets a professional trim

every three months, so that it's always in picture-perfect shape!

• **Skin Care:** Brooke Shields has a beautiful, glowing complexion. But, like most "ordinary teenagers," there are times that a break-out can mar it.

With Brooke, prevention is the most important way of dealing with adolescent skin problems. She tries to do that by having and keeping a regular skin care routine.

At night, she washes her face with a clear, non-cosmetic soap and applies a heavy moisturizer before going to sleep. In the morning, she just rinses with cold water, towel dries and ap-

plies a light moisturizer.

One of the best ways of keeping her face clear is not to use a lot of make-up when she's not working. For school, she just uses a powdered blush for a healthy glow and a clear lip gloss.

For special occasions, she loves dramatic-looking eyes and will experiment with eyeshadows in purples, pinks and greens. The most important thing to Brooke, though, is to keep looking natural.

As a matter of fact, she'll be the first one to tell a friend to remove some make-up or smudge it a bit if she thinks it's on too heavy!

A great hint from Brooke is that, if you don't feel like wearing make-up, but want to look as if you are—apply petroleum jelly to lashes and lips. It looks just like mascara and lip gloss, and is a great moisturizer for your lashes and lips!

When asked what single piece of make-up she would find most necessary if she were stranded on a desert island, Brooke answered quickly: "If I had a tan, then I would want to have clear lip gloss; if not, then some powdered blush."

• **Diet/Exercise:** Brooke Shields is lucky. She doesn't have a weight problem. But, she also isn't a junk food person and doesn't have a thing for sweets! That all helps in keeping her 5'10" frame looking perfect with a weight of 120-125 pounds.

Her favorite exercise is horseback riding, and she tries to do as much as possible with her busy schedule. At school, she participates in a dance workshop. She admits that she's

not really one for jogging or calisthenics.

• **School/Career/Relaxation:** One of the extraordinary things about Brooke Shields is the way she has managed to keep a balance with her career,

her schooling and her leisure time.

She doesn't find it difficult at all! She considers, "work a great break from school and vice versa. I love to be busy all the time."

As for her leisure time, she spends as much of it as possible with her good friends from school. And, she does things with them that ordinary teenagers do—such as, "getting together at someone's house and

laughing a lot."

Wella is happy to have Brooke Shields as its newest and youngest-ever spokeswoman. It's a team that can't be beat and will only improve with age!

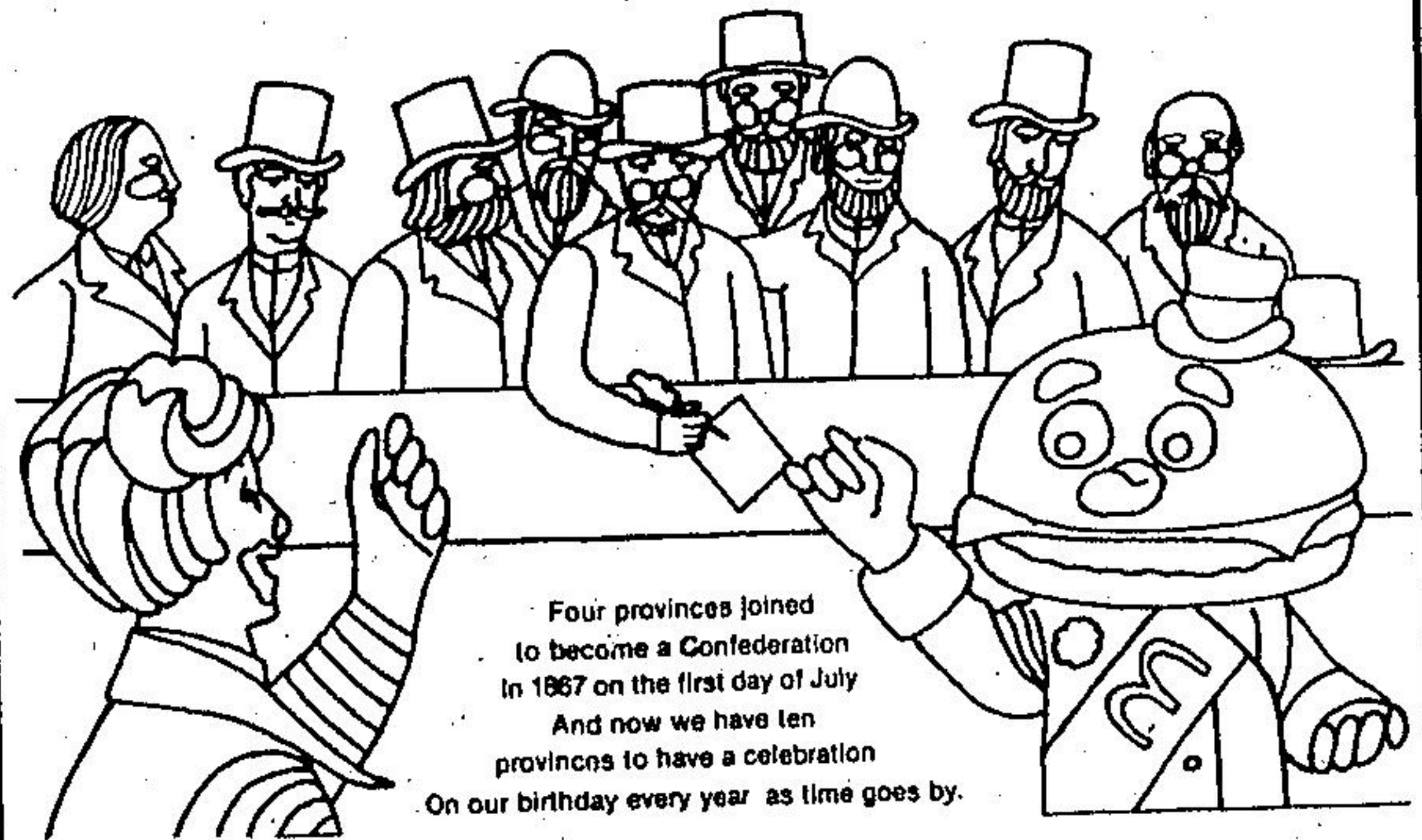


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## Vision disorders....

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are important because school work places great stress on young eyes and that can lead to vision problems. The earlier those problems are diagnosed and treated, the better. Often preventive measures can be initiated.

Between examinations, parents and teachers should be alert for behavior symptoms that could indicate the presence of a vision problem.

These include consistently sitting too close to the television set; poor school performance; frowning; scowling or squinting when reading, writing or doing chalkboard work; day-dreaming; placing head close to book or desk when reading or

writing; losing place while reading and using finger or marker to guide eyes; omitting, repeating and miscalling words; turning or tilting the head to use one eye only; closing or covering one eye; clumsiness; difficulty throwing or catching a ball.

The association also points out that a child who is too near-sighted may have no interest in games with other children or in sports. If too farsighted, a child may avoid near activity and may have trouble with school work.

Parents should be alert for any complaints of blurred vision but should not wait for their child to complain. Most children do not realize they are not seeing as well as they could.