

'Energizing' step helps skin

"It wasn't too many years ago that we viewed skin as something akin to a plastic wrap -- designed primarily to keep us from drying out," says Dr. Yale Gressel, Director of Product Safety and Regulatory Affairs for Avon. "Today we know this is far from the truth; skin is a dynamic, multi-layered structure with a myriad of functions."

One of the discoveries from recent skin research is that the skin is capable of defending and repairing itself. But these capabilities can be overwhelmed by a variety of environmental factors.

For instance, each time we go out into daylight, our skin is damaged by ultraviolet rays. A new generation of skin care products called "energizers" has been developed to promote the skin's ability to repair itself.

"Recently Avon research has made a biological advancement with a new skin energizer that uses the night to help repair skin damaged by ultraviolet rays," Dr. Gressel reports.

This advanced scientific product is night Sup-



port Skin Revitalizing Formula, and it penetrates deep into skin layers to revitalize cells and promote skin's natural repair process. Some of the damage done to the skin every day now can begin to be undone at night.

Night Support is the third, or energizing, step in a simple four step nighttime skin care regimen. Avon also makes an energizing product

called Momentum for daytime use.

Dr. Gressel explains that a twice daily program of cleansing, toning, energizing and moisturizing is recommended for optimum skin care benefits.

After cleansing and toning the skin, just five drops of the energizer are applied to the face and throat. A woman's usual moisturizer is next, completing the simple regimen.

Extensive testing substantiated the effectiveness of Night Support. Skin cells treated with the product resemble young, healthy cells, while untreated cells more closely resemble older, damaged cells.

The product's moisturizing properties also were shown to aid in the normalization and repair of dry, damaged skin, returning it to a normal, healthy-looking state.

Neck support key to sleeping comfort

It is written that "a soft answer turneth away wrath." But, says a noted physician and scientist, a soft pillow can lead to a stiff neck -- or worse.

Dr. Hugh Smythe of Toronto studied both ancient and modern neck rests used in many parts of the world where pillows aren't used for sleeping. His medical concern was the mechanical pressure forced on neck vertebrae by the failure of our pillow to support the neck.

He was acutely aware that about 70 percent of all of us show x-ray evidence of disc degeneration by age 60!

As back sleeping is only one of the four basic positions (back, two sides, tummy) it seemed that no design had taken into account the vital fact that the bottom shoulder rises very sharply when a person sleeps on either side -- and that is a favorite position for many.

Supports whole neck. Smythe and Clark designed, extensively tested and patented a unique new shape which they aptly christened "The Shape of Sleep". Their purpose was to support the whole length of the neck, in any position, all night.

They appear to have

succeeded. Their pillow is a commercial success in major department stores and bedding shops. "The Shape of

Sleep" has been reviewed in a number of publications (an early review appeared in Science Digest)

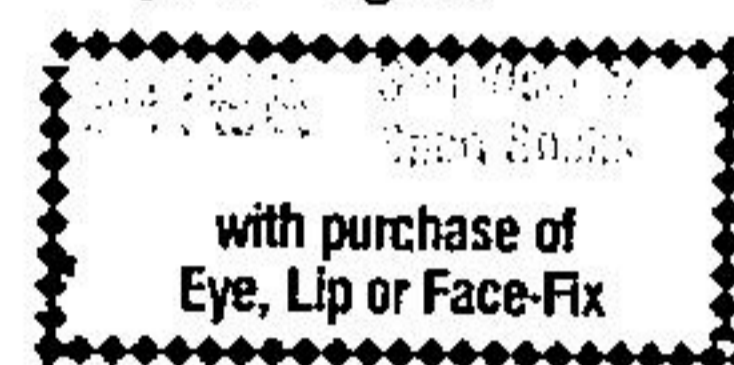


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Oral surgeon advises: guard mouth, face, head

For athletes, the expression "Put your money where your mouth is," could mean as little as \$1.29 for a "boil and bite" mouthguard, according to Dr. I. Lawrence Kerr, a retired oral and maxillofacial surgeon and Chairman of the Dental Health Committee of the United States Olympic Team.

"As oral surgeons, we have reset too many broken jaws, braced too many loosened teeth, and put back together too many broken faces, not to be worried about the number of avoidable injuries that occur because athletes have failed to take even the most basic steps toward protecting their mouths and faces," explained Dr. Kerr.

"Many injuries could be avoided if the athlete would just wear the simplest form of protection -- a mouth guard," Dr. Kerr added. "These can vary from the 'boil and bite' model to specially fit guards fabricated by manufacturers to a mold of the athletes' teeth and gums."

More elaborate equipment should be worn by those involved in sports including football, ice

hockey, lacrosse (mouth guards from the eye level down and catcher's masks), wrestling (mouth guards and helmets with face guards), baseball (helmets with clear plastic face guards and padded face masks), and field hockey (mouth guards and helmets with face masks for goalies).

Dr. Kerr noted that parents of young athletes, the athletes and the oral surgeon or general practice dentist should evaluate the selected mouth guard from the stand-point of retention, comfort, ability to speak and breathe, tear resistance and protection provided to the teeth, gums and lips.

Additionally, Dr. Kerr said, five criteria should be used when being fitted for a mouth protector. The device should: cover the upper and lower teeth and gums; be fitted so that it does not misalign the jaw and throw off the bite -- a properly fit mouth protector can actually enhance the alignment of the jaw; be light; be strong; and be easy to clean.

A properly fit mouth protector will lessen the possibility of concussion and fractures," Dr. Kerr commented.



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Combine 1/2 cup all purpose flour, 1/2 cup packed brown sugar, 1/4 cup butter, 1 tsp. cinnamon. Work lightly with pastry blender. Spread over fruit in dish. Bake for 30 minutes.

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