

THE CLASSIC CARDIGAN: AS VERSATILE AS IT IS INDISPENSIBLE

The cardigan has always enjoyed a certain place of honor in the fashion world but, this year and particularly this season, the cardigan becomes a separate that no woman should be without.

A resurgence of strapless dresses, scarf-tied halter neck tops, sundresses, and the latest shoulder wrapped bandeau tops have made the cardigan an indispensable piece in any wardrobe.

Softer than a tailored jacket, the cardigan can be sporty or dressy depending on fabric, style and details such as buttons.

Aside from being very comfortable and easy to wear, the cardigan has a certain elegance and moneyed look that is hard to duplicate. In fabrics such as cashmere it is truly luxurious.

However luxurious, cashmere is also probably one of the most practical fabrics you can buy in a cardigan.

Warm and lightweight, it can be worn year round. It's perfect for traveling because of its weight and wearability.

Explore the myths behind skincare, learn easy-to-master preventive steps

What do repair lotions, eye, day and night creams all have in common? The answer is very simple, according to Richard Steffan, internationally respected skincare authority...it's product redundancy that is both costly and unnecessary.

In fact, one of the most common skin-

care myths is that various creams are needed for different parts of the face at different times of the day.

Another myth is that women must identify their specific skin type — dry, normal, oily — in order to correctly choose products.

The truth is that we all have three skin types. The degree of combination skin varies with each individual.

In fact, products that claim to help a specific skin type frequently worsen and exaggerate that very condition.

For example, many oily skin products over-strip the skin of its natural oils, so that the skin becomes even more oily in an attempt to compensate for this harshness.

Another popular myth is that moisture creams and lotions magically add moisture to the skin. This is virtually impossible.

One of the most important functions of the skin is to protect us from unwanted elements in the environment. Imagine for a moment that your skin did have the ability to absorb moisture from the outside...then imagine bathing or swimming. To say that you might become water-logged would be an understatement!

Steffan, who divides his time between Newport Beach, Hawaii and Switzerland, says, "The average woman has around \$300 worth of beauty products in her home, most of which is unused and years old!"

"The skin's youthful healthiness can be significantly restored and greatly prolonged with continual, yet simple, preventive care."

"Skincare products must augment and support the body's natural functions, working with the skin to enhance it naturally without interfering with its proper performance."

The Steffan line consists of four products for both men and women: Two facial products — a cleansing lotion and a moisture lotion — and two items for the body — a shower and bath gel and a moisture lotion. The facial cleanser doubles as a masque, and the gel doubles as a shampoo.

Steffan states, "A youthful skin mirrors a healthy lifestyle through proper internal and external care."

"For example, sound nutrition provides the energy needed to fuel the cell renewal process and helps with the body's internal purification system."

"The body needs natural unprocessed foods that contain complex nutrients essential to health. A small sample of these nutrients includes Vitamin A to preserve elasticity and smoothness and delay the aging process, and Vitamin C for the formation of collagen and elastin tissue."

Another plus for skincare is the adequate consumption of quality water to provide moisture from within...the only place it can truly come from!

Steffan recommends six to 10 glasses (8 oz.) a day of purified or spring water. In extreme humidity, aim for six glasses daily and in very dry conditions consume 10 glasses daily.



RICHARD STEFFAN, internationally respected skincare authority.

Of course, your regimen should also include moderate "natural exercise" for 30 minutes, five days a week, to increase blood circulation needed for oxygen and nutrients to nourish the outer skin tissue.

Mr. Steffan defines this as exercise that allows for a cardiovascular workout along with quiet, meditative time to refresh and uplift the spirit and the body.

Other pointers include a list of no-nos. Avoid products with perfumes, alcohol, coloring, preservatives, waxes, mineral oil and other petroleum derivatives plus, believe it or not, plastic bottles.

This may come as a surprise, since it is not well known that plastic is organic and changes the characteristics of the ingredients in the bottle.

In the swim



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