

Back-to-school tips to make hair carefree

Whether you're in high school or college, the end of summer marks the new school year — a time for fresh starts and new beginnings.

Like everyone, you want to look your best when you go back to school to reunite with old friends and make new ones. This includes buying new clothes, trying new makeup and, most importantly, starting off with a new hairstyle.

Ms. Belle Patterson, director of Posner Laboratories' Beauty Center, offers these hair care tips to start your school year off at the head of the class:

- Any fashionable hairstyle begins with a good haircut for style support plus general grooming and conditioning. Most students don't have the time to use a multitude of products to maintain their hairstyles, so a multi-purpose hair care product, such as Posner Pro High Potency Gel, will give you more time for studies and extra-curricular activities.

Apply Pro Gel as an after shampoo conditioner to add extra body and softness to your hair or, for extra control, use between shampooing as a setting and styling gel.

- Active athletes, don't get weighed down by using those heavier greases and gels! Whether you're in the heat of a race or on center court, Posner's Light Touch 100% Oil-Free Moisturizing Curl Activator Gel will keep your hair from going limp or frizzy.

Because Light Touch is oil-free, it's never greasy or drippy, and it keeps hair looking shiny and healthy without all the stickiness of other conditioners. Short natural hairstyles and curly perms offer the most ease and convenience in maintaining a neat hairstyle.

- The ever-popular relaxed hairdo will remain in fashion in smooth, straight styles of all lengths. But relaxed hair needs that added attention, due to the constant use of blow dryers and hot styling appliances that can damage the hair.

Posner's Mink Pro-Tect Oil Moisturizer Hair Lotion is perfect for maintaining relaxed hairstyles — it should be applied after shampooing to protect hair during styling. Since it contains natural mink oil, it also restores moisture and silkiness, while providing added sheen to hair.

- Don't forget to accessorize! Bows are now available in every color and fabric to match any outfit. Braided extensions give your hair added length and dimension. Or try the latest gold, pearl or tortoise shell clasps and combs.

All of these fashionable hair accessories can keep you up-to-date with the popular, neat, pulled-back look, for the latest hairstyles of the season.

Catch the spirit

As autumn nears, thoughts turn to pleasant weather, colorful foliage and the start of the academic year. One way to enjoy all three is to make the most of driving a son or daughter to college. Start out early and plan a "back-to-school party" along the way.

Going away to college for the first time, or even returning to an already familiar school, can be nerve-racking, and a leisurely drive combined with a festive family picnic can ease the anxiety of beginning a new academic year. Here are some tips to make the most of your "New (School) Year's Celebration."

Try to pack the car the day before, to avoid delays on the morning of your departure. Use all wasted space, such as inside garbage cans and bookshelves, to pack "unbreakables."

Wrap glasses, delicate knick-knacks and other fragile items in t-shirts, sweat-shirts or any other clothes which aren't in danger of wrinkling.

School fun for everyone: Preschoolers and mom, too!

Summer's over, and it's time for the kids to go back to school. But not all kids! While their older brothers and sisters pack their book bags and lunch sacks, preschoolers usually get to stay home with mom.

Why not turn those hours alone with your little one into a learning experience? It can be accomplished through play, not tiresome drills.

Here are some tips from International Games, manufacturer of the preschool Games for Growing collection, that will

turn play time into productive learning time:

- Play games that focus on the building blocks for education: Numbers, letters, colors and shapes.

- Choose games that allow children to develop their reasoning power, rather than those that require only passive participation.

- Share scorekeeping tasks. This gives children practice with arithmetic and writing.

- Take turns dealing, or allow the win-

ner to deal. This encourages sharing responsibility.

- Don't worry if your child makes "mistakes" in interpreting the rules of a game. Often the child seeks a logical connection that adults have learned to ignore.

To make things really authentic, give your little one a "recess" in the backyard. This will give you the chance to do your tasks and your child the feeling of really being in school.

Skin care ABCs

When learning readin', writin' and 'rithmetic, learn the ABCs of skin care. If you or someone you know suffers from psoriasis, dermatitis, eczema or dry skin,

in a free special report, *Helping Yourself With Emollient Creams*, is available. Call or write It's Relief, Inc., P.O. Box 342, State College, PA 16803; 814/231-1800.

MOTHERS!

YOUR CHILDREN'S FEET ARE IMPORTANT BACK TO SCHOOL SHOES IN THE LATEST STYLES FROM FLETCHERS SHOES

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