

Get an "A" in good looks at school this fall

For teens headed back to school this fall, looking good doesn't have to drain your allowance or shoot a hole in your paycheck. A great way to stretch your cash is with a product that can handle many beauty jobs.

Take baking soda for example. A regular size box available at the local supermarket can do everything from providing a gentle facial scrub for blemishes to cleaning combs and brushes.

Baking soda's special chemical and physical properties allow it to dissolve dirt without harming sensitive skin and to deodorize unpleasant odors.

Here are some helpful health and beauty tips for your face, hands and entire body from ARM & HAMMER Baking Soda, that will take you to the head of the class this September, and help you feel good in a refreshingly natural way:

- After cheerleading or field hockey

\$15,000 grant

The Honourable Bernard Grand-maitre, Minister Responsible for Francophone Affairs, today announced a grant of \$15,000 to the francophone high school students' federation, the Federation des élèves du secondaire franco-ontarien, to cover the cost of an organizational analysis. The purpose of this undertaking is to help FESFO assess its existing programs and services and increase their quantity and quality.

practice, pour a half cup or more of baking soda into a tub of tepid water and relax in it. Baking soda's buffering ability helps neutralize odors generated from active sports.

As you soak, sprinkle baking soda on a damp washcloth and scrub ground-in dirt from knees and elbows — also remember to rub rough areas around heels and toes. After your bath, dust feet and underarms with baking soda to continue feeling fresh.

- When you know you (or mom) won't be doing the wash right away, add some baking soda in between layers of sweaty sports clothes to absorb odors. Don't forget to sprinkle some in sweaty sneakers or sports shoes, too, to absorb odors.

- Be sure to wash your face at least twice a day. Using warm water and soap, work up a lather with fingers or washcloth. Rinse and blot dry with a towel.

To loosen blackheads, combine equal parts baking soda and water in the palm of your hand; apply mixture to blackheads and rub gently for two or three minutes, then rinse with warm water.

- For a brilliant, white smile this fall, use baking soda every day to clean your teeth. Its soft crystals make it as gentle as the leading toothpaste.

Pour some baking soda in the palm of your hand and, dipping a damp toothbrush in it, use short back-and-forth strokes along the gum line — angling the bristles at a 45° angle to clean under the gums.

Then brush the outer and inner surfaces of your teeth, turning the brush from a horizontal to a vertical position,

as needed, to scrub plaque from all tooth surfaces.

Rinse vigorously with water and follow with a fluoride rinse. Remember to use floss at least once a day to remove plaque your toothbrush can't reach.

- To freshen breath naturally after brushing, particularly before a very special night out, dissolve one teaspoon of baking soda in a half glass of warm water and swish it between your teeth.

- For air to look its best, combs, brushes and hair accessories need to be kept clean. To remove oily residues and dirt, place grooming gear in a sink filled with warm water and four tablespoons of baking soda. Let soak for several minutes. Rinse and allow to air dry.

- Be sure to clean and file fingernails once a week. File in one direction only and from underneath to prevent ragged edges. Scrub nails clean with a nail brush dipped in a paste of three parts baking soda, one part water. Baking soda's gentle abrasion removes dirt and odors without damaging skin around nails.

Push cuticles back with a manicure stick wrapped in cotton. Follow by polishing nails with a soft, attractive shade of polish.

For more back-to-school health and beauty tips, send for a free booklet entitled "Looking Good Is A Natural With Baking Soda." Mail a long, self-addressed, stamped envelope to: Looking Good, Arm & Hammer Division, Church & Dwight Co., P.O. Box 7648, Princeton, NJ 08543-7648.

The appeal of denim



A CONTINUED ARRAY OF DENIM DRESSING in everything from ice-washed to stone-washed to basics is wrapping fall, 1987, in warm, comfortable, easy-care cotton. With consumers demanding that their fashion be as pleasing to wear as it is to look at, cotton continues to become a major fiber for the cooler months, says Cotton Incorporated, the fiber company of the U.S. cotton producers. Denim dressing, such as this ice-washed top and skirt from Chemin de Fer, is just the beginning, says the fiber company. Knit tops and dresses, as well as heavyweight woven tops in off-tonal brights, with primary colors, remain important. According to Cotton Incorporated, cotton's ability to keep you warm in the fall relies on its natural thermostatic capabilities. The cotton fiber keeps a warm layer of air against your skin while allowing body moisture to be wicked to the surface of the garment where it can evaporate. The season's knit and denim dressing is also easy care, says the fiber company. Most fashions can go from washer to dryer to you.

School starts early

School will be starting early for 165 students dedicated to safety as they attend the Hamilton Automobile Club's 23rd Annual School Safety Patrol Officers' Training Camp held at Ridley College, St. Catharines, August 17th to 21st.

During the five days of training, the students will be taught by 15 Police Safety Officers from Hamilton-Wentworth, Halton, Haldimand/Norfolk and Brant County. During their leisure time, they will be supervised by chaperones and a

nurse. The purpose of the program is to train students prior to the opening of school to become captains of their school patrols. This includes how to conduct patrol meetings, making safety posters, evacuating a school bus, fire fighting, and first aid.

Most classes are held outdoors so the students can enjoy the environment. Organized programs are held in the evenings until 10 p.m. when it's "lights out".

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