

Added touch of luxury



WALK DOWN THE AISLE ROYALLY IN FUR. Winter brides will look exceptionally elegant and keep warm, too, wrapped in a multi-tiered white tulle cape designed by Louis Milona and Sons, Inc. After the wedding, you can wear your fur over black, white, brights and pastels for many anniversaries to come.

Present perfect



A PERFECT GIFT for any young bride is the Panasonic automatic "Bread Bakery." Simply add the ingredients, set the digital timer before leaving for work, and the unit's microprocessor computer automatically kneads, mixes and bakes. Within four hours, a delicious loaf of fresh bread will be waiting for dinner. With less time spent in the kitchen, there's more time for yourself. BR893648

Wedding preparation for the bride and groom

Choose a date, pick a place, order flowers and invitations, reserve a photographer and a caterer. Do these activities sound familiar? Any bride and groom will recognize them as the planning activities for that all-important day—the wedding.

In addition to these steps, there are many more that the two of you will need to address. To ensure that all the wedding plans go smoothly, and that you have time left over to take care of yourselves, follow this simple guide to wedding preparation strategies.

First, remember always to plan in detail. There are many things to do before your wedding day arrives, and things will fall into place if you plan out every small detail. Second, allow as much time as possible to put everything together. With these two tips in mind, your plans can be effortless.

After choosing the wedding date, the bride can shop for a gown. Plan on spending a few full days visiting several bridal boutiques. Bring your mother or maid of honor along to help you on and off with the gowns. Once you decide on a gown, the bridal shop-keeper will help you schedule intermittent fittings right up until the week before your big day.

Schedule separate days for finding your bridesmaids' dresses. Try to choose a style that will look good on most figures.

Your bridesmaids will also need to schedule fitting sessions to be sure the dresses fit them and that they are all the same length.

And, grooms, choose both your tuxedo and the ushers' tuxedos. Fitting sessions must also be scheduled with the tuxedo tailor.

Next, with several months before the wedding, the two of you should spend time planning your beauty and grooming strategies. For example, devise an engagement exercise and diet plan. Exercise together at least three times a week to slim and tone your bodies.

Try cycling, walking or playing racquetball—these are fun activities you can do together that keep you in tip-top shape. Remember, though, to apply an effective anti-perspirant like Sure to control odor and wetness.

Men, try Sure's Desert Spice Scent and women, try the Powder Dry Scent. Regular Scent and Unscented are also available. Apply Sure every morning and again every night to ensure a maximum all-day fresh feeling.

Chart out a balanced diet from the basic food groups: Fruit and vegetables; dairy; meat, fish and poultry; and bread, cereal and grains. As you get busy, try not to skip meals; it's not healthy. Also, try to cut out snacks whenever

possible. However, if you must snack, reach for fruit or vegetables such as oranges and carrots—they are rich in vitamins A and C which can keep hair and skin healthy.

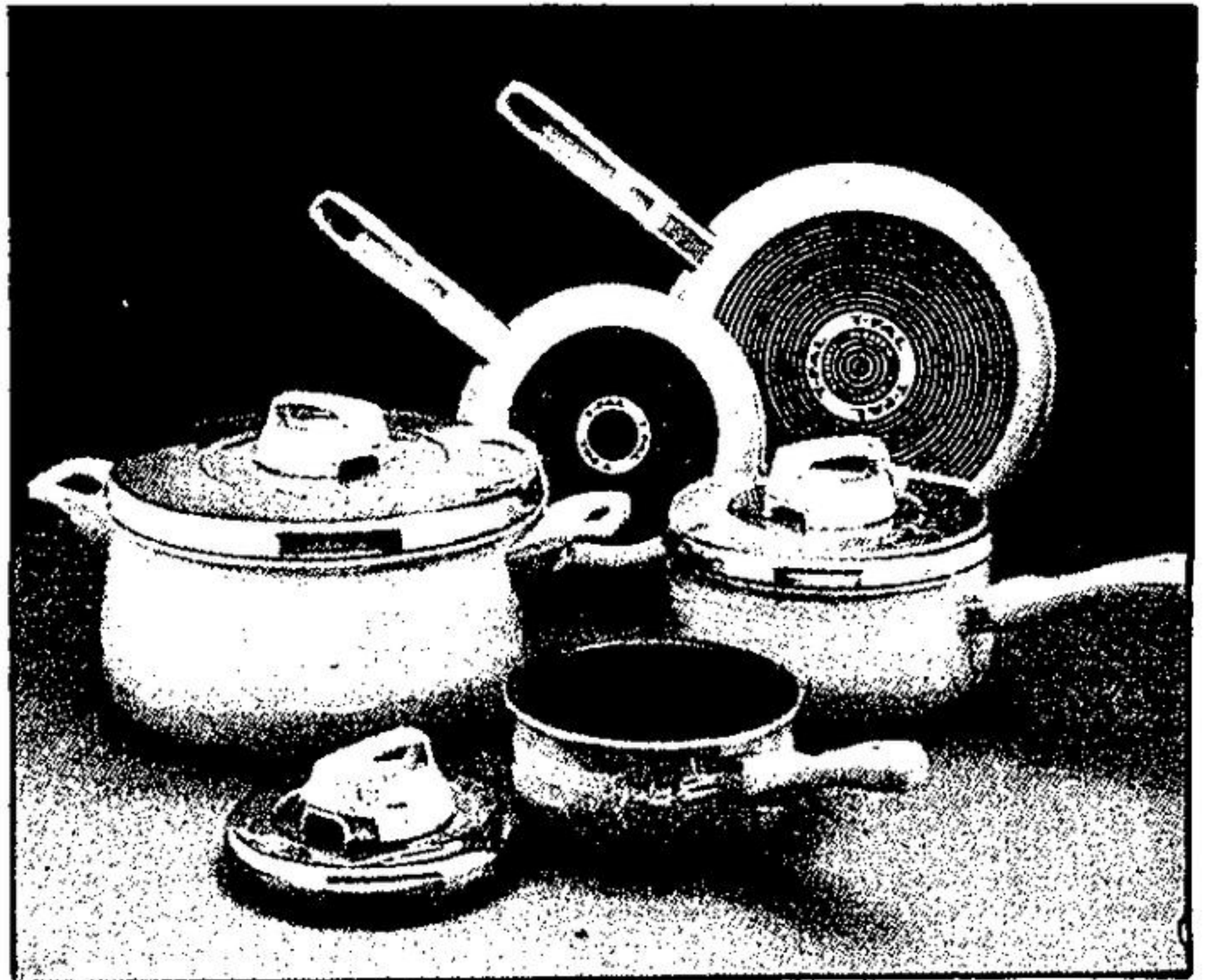
Since your hair and facial skin are your two most visible features, be sure to care for them properly. Start by shampooing daily with a good shampoo and conditioning system like Ivory. It is available in four formulations for Normal, Oily, Dry and Fine hair.

Used in tandem, Ivory Shampoo and Conditioner gently clean and condition hair, leaving it soft, manageable and full of body with no heavy buildup.

With clean and healthy hair, you can style and shape your hair into your desired wedding day look. Try styling it this way several times in the weeks before the wedding, and be sure to have it trimmed.

In addition, wash your face twice daily with a mild cleanser. Both of you should follow this with a light moisturizer for softness. Men, this procedure not only cleans your face, but softens your beard bristles for obtaining a close shave.

Once the two of you have all your wedding plans in place and have taken the proper steps to look and feel your best, you'll be able to fully enjoy that very special day.



THE PERFECT GIFT FOR THE NEWLYWED—This elegant eight piece T-Fal cookware set from the Signature collection features Super-T Plus non-stick interiors, and handsome porcelain enamel exteriors in Dove Gray. The set consists of 7" and 10 1/2" Fry Pans, one and two quart Covered Saucepans and a five quart Covered Dutch Oven. Covers are stainless steel with exclusive venting system.

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