

A New Look For Mom

If you've been dreaming of a new look but don't know where to start, it's time to stop dreaming and start achieving. You don't have to spend thousands of dollars on cosmetic surgery and a designer wardrobe. Women on ordinary budgets can achieve miracles, too!

Unfortunately, no one can wave a magic wand and get rid of excess pounds and wrinkles. Fortunately, we're now much more sensible in what we regard as the ideal. It's taken a long time, but the message is finally beginning to sink in that stick-thin fashion models may make good clotheshorses, but they are not necessarily healthy or beautiful.

That isn't an excuse to stuff yourself with chocolates. If you're overweight, you're unhealthy. You'll look and feel much better if you achieve the weight that suits your height and frame.

Not sure what that should be? Then ask your doctor or a dietitian. He or she will be able to give you your minimum and maximum acceptable weight limits, along with advice on achieving your ideal

weight.

As most of us know, it's all too easy to become stuck in a rut. You look in the mirror and see the same old face and same old hairstyle every morning—and then get out the same old makeup and apply it in the same old way!

Any professional makeup artist will tell you that nothing is more aging than dated makeup styles . . . unless it's simply too much makeup. So try to find someone to help you take a fresh look at yourself and make the most of the face you have now, rather than the image you had 10 years ago.

One of the nicest presents any woman could have is a makeup lesson at a friendly salon. You'll be surprised how much can be achieved with how little; the emphasis is on a natural look, not a heavily made-up one.

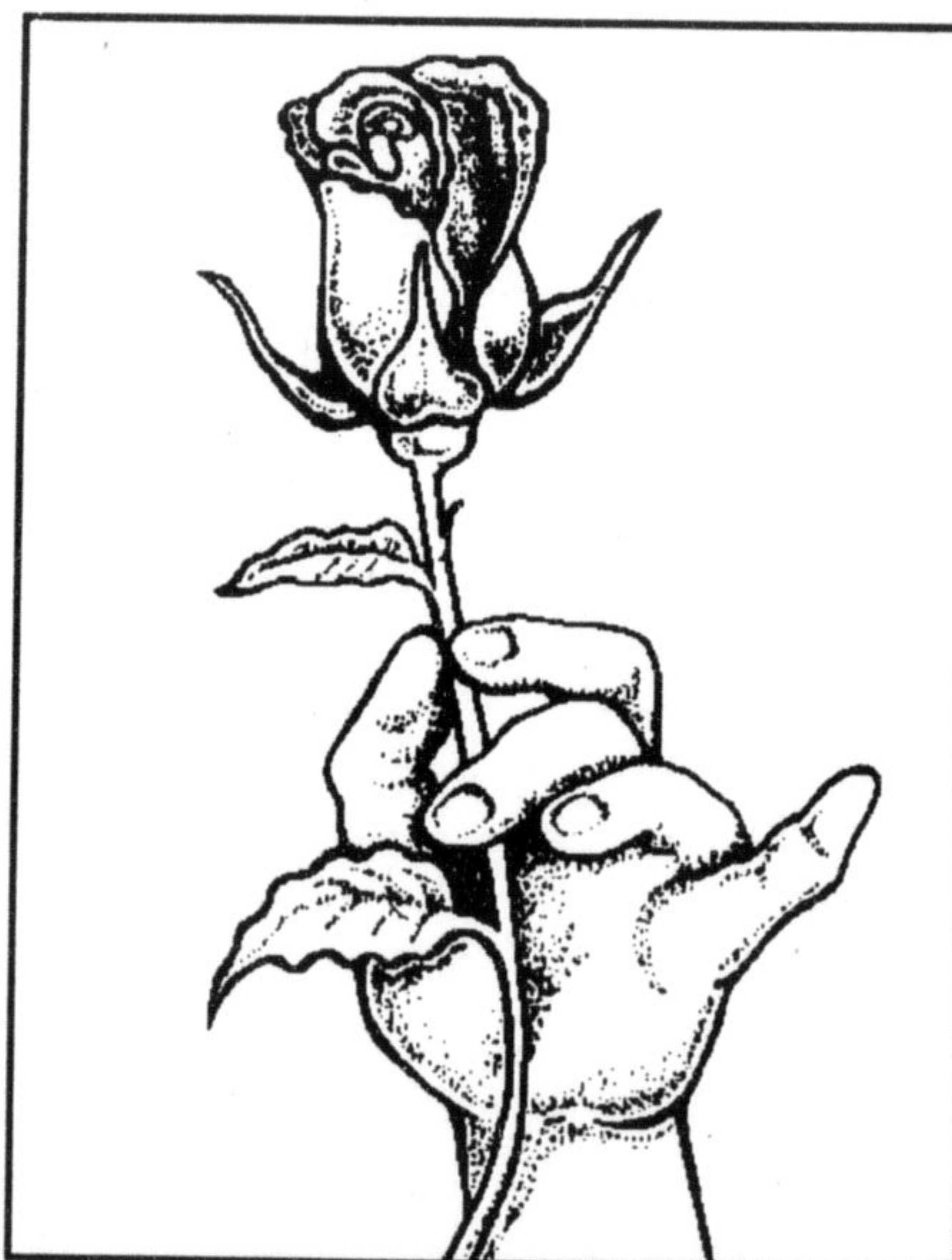
Simple techniques like choosing the right base for your skin, shaping your eyebrows correctly and using colour to lift your features can create a new you. And it doesn't have to be expensive.

Your hairdresser can be another

miracle worker. If you're 30- or 40-something and you've been clinging to the long locks of your teens and twenties, why not consider a change?

It's a fact of life that our faces tend to droop as we get older.

Long hair can drag your face down; a shorter style, with more volume, can be a real beauty booster. If you can't bear to cut long hair, learn to put it up for instant elegance.



The First Mother's Day

In the United States, Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the "Battle Hymn Of The Republic") as a day dedicated to peace.

In 1907, Anna M. Jarvis, of Philadelphia began a campaign to establish a national Mother's Day. Ms. Jarvis persuaded her mother's church in Grafton, West Virginia, to celebrate Mother's Day on the second anniversary of her mother's death, the second Sunday of May. By the next year Mother's Day was also celebrated in Philadelphia.

Ms. Jarvis and her supporters began to write to ministers, businessmen and politicians in their quest to establish a national Mother's Day. It was successful, as by 1911, Mother's Day was celebrated in almost every state. President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the second Sunday of May.

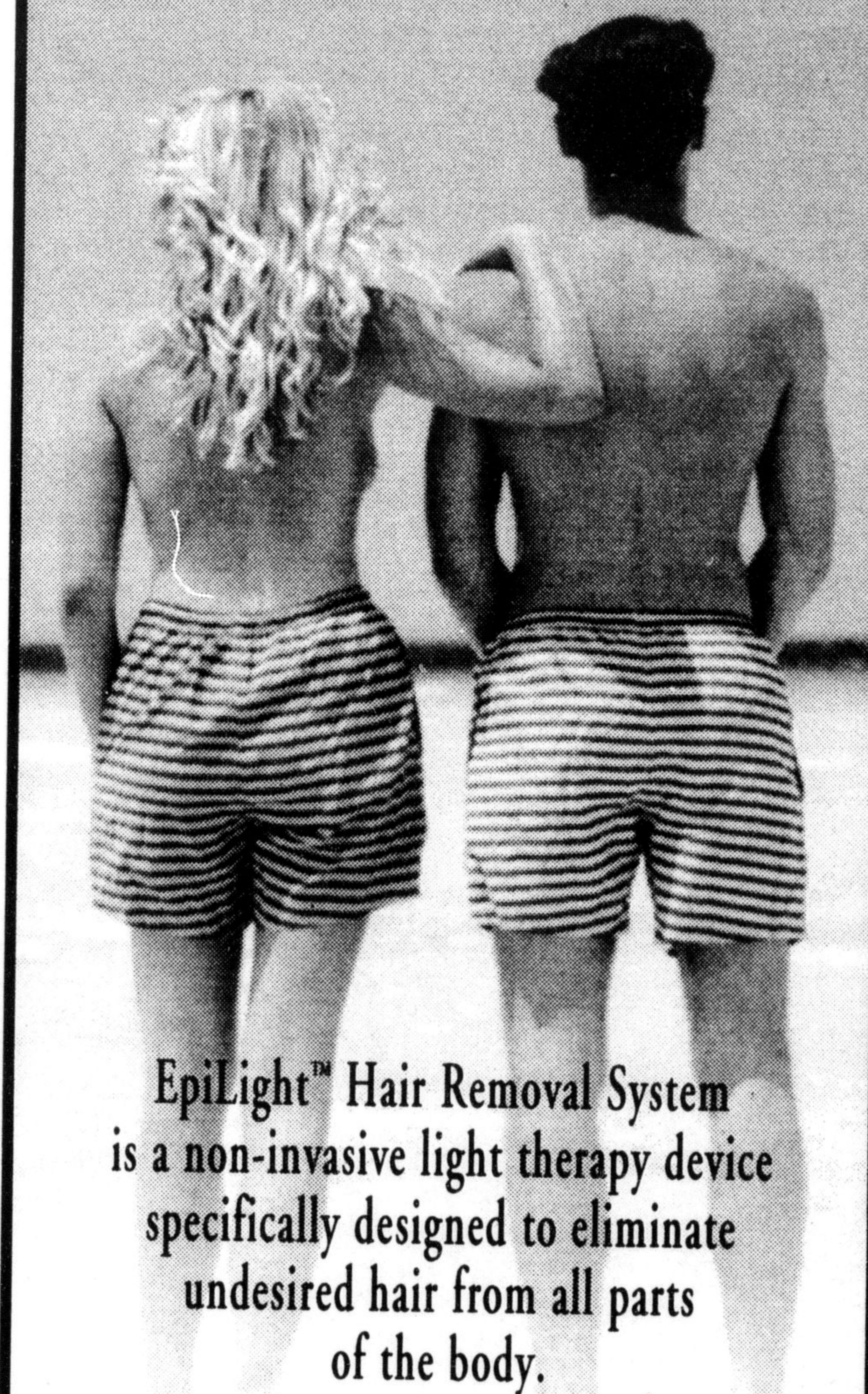
It is also observed on that date in many countries around the world, including Canada, England, France, Sweden, Denmark, India, China and Mexico.

Pink carnations are worn for a living mother and white if the mother is dead.

Mother's Day May 10

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