

THE STOUFFVILLE TRIBUNE

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For Parents Only

"ADOLESCENT ACNE"

By Nancy Cleaver

"My pimples are awful," exclaimed Sally "I hate to see them when I look in the mirror." Her mother looked at her impatiently, "I've told you again and again to leave your face alone" she reproached. "If it was a serious infection I would take you to the doctor."

What can teen age boys and girls afflicted with poor complexions do to improve their appearance? At this self-conscious age, it is of utmost importance that they look as attractive as possible, particularly to the other sex.

If a teen ager has a severe case of acne (or skin trouble) he should lose no time in seeking expert advice from a doctor, and then follow his instructions to the letter. But if pimples and blackheads are an occasional headache, then an adolescent can use common sense in tackling this handicap.

The "sweet tooth" which dentists deplore, is at the root of many complexion upsets. The clear condition of the skin has a direct relation to a simple well balanced diet. Chocolate, rich foods such as pastries and nuts eaten in excess, frequently result in an outbreak of pimples.

"What is one man's food is another man's poison" and so there is no one sure diet sheet for every acne sufferer. If this is a sore point for the teen ager in your home, encourage him to do some experimenting in food selection. See if he will follow a strict regime for a fortnight, avoiding chocolate in any form, icings, milk shakes, sundaes or candy. Fat foods such as French Frieds should be shunned too.

At the same time the consumption of plenty of fresh fruit and vegetables, and drinking an abundance of water will prevent constipation. This is frequently a contributing factor in skin eruptions. Fruit juice, celery and carrot sticks, frozen fruit juice cubes colored with vegetable coloring are good "between meal" snacks.

An understanding of the basic reasons for complexion defects are helpful in overcoming them. An adolescent wants to know why he and so many

of his chums are plagued by acne. At puberty the sebaceous glands of the skin are apt to become over active producing a greasy product. If this collects underneath the skin, instead of being thrown off, a reddish area on the face appears. Frequently this symptom is followed by a head of yellowish pus. Unfortunately, an ugly pimple may leave a tiny scar.

A daily rigorous cleansing routine can do wonders to get rid of this undesirable greasy material on the skin's surface. Two or three times a day a bland soap should be used. Scrub the face with a wash cloth. Rinse with cold water to close the pores. Frequent showers and tub baths are also desirable, especially after exercise.

Boys sometimes appear to be more troubled with acne than girls, but they are not tempted to apply a foundation cream for a powder base. The last thing a girl should do is to use a greasy cream on her skin if she is bothered by pimples or blackheads.

Warm soapy water will often loosen blackheads. A tiny blackhead remover may be purchased at a drug store. This should be sterilized by boiling each time before using it. It is less apt to injure the surrounding tissue when taking out a blackhead than the usual method of squeezing with the fingers. If a blackhead is stubborn and will not come out, do not continue to work on it. Pat the afflicted area with alcohol after treating it.

The best thing to do with pimples is to leave them strictly alone. Resist the urge to squeeze them. Let Nature pursue her own healing process. Sometimes an antiseptic salve or lotion, used in moderation, appears to help this condition, but to get rid of it requires patient vigilance.

Acne is a teen-age hurdle for many adolescents but only rarely does it persist into the twenties. This may be small comfort, to the miserable sufferer from pimples and blackheads. But like many other ills of the flesh, it does disappear in time. Disciplined eating and faithful cleansing not only help to cure it but may prevent further outbreaks. They are well worth trying.

CEDAR GROVE

There has been a great transformation on the tenth this week. The blind curve near the Milroy's has been removed. This might be a dubious improvement if it enables the drivers unfamiliar with our village to go down that stretch any faster than they have been doing.

Many thanks to all those who so thoughtfully telephoned news to the paper last week during my absence. We had a wonderful holiday through the Ottawa and Montreal district and came through Algonquin Park where to our great delight we fed and petted five deer. It was a happy climax to find, on my return, that the happenings in Cedar Grove were so adequately reported.

Mr. and Mrs. Robb moved into their brand new home this week. They have for many summers been residents of the Park and are not strangers in the village. However, we now give them a big and official welcome to Cedar Grove.

Mrs. Dave Sr. is attending a wedding in the States this week, and will remain in New Jersey for a holiday following the occasion.

Ronnie Reesor deserves honourable mention this week. At the Teacher's Convention recently Ronnie gave an oral composition on the Reesor history and competing with pupils from all schools in Markham Township, he won second prize.

Mrs. Tapscott, Sr. has not been very well lately and at present is staying with Bert and Ida.

Mrs. Fred Beare was hostess last Saturday evening at a shower for Irene Taylor who will

be married soon. Mrs. Gordon Lehman and Ruby Reesor motored to Midland last week to stay a few days with Mrs. Auld who has not been well.

Most Canadian families pay more for their cigarettes annually than they do on health services.

Did you know... that since 1949 July has displaced June as the most popular month for marriages in Canada.

A nod of appreciation for this sign spotted outside a church "Be square all week, but round on Sunday."

EVENTS OF BYGONE DAYS

From the Files of the Tribune 33 Years Ago

The Tribune wishes its patrons to note the change of office. After this week the newspaper will be located in Grubin's block entrance through the hallway.

A charivari has been going on for a number of nights at a home near Ringwood. It is alleged that on the first night of the performance some of the party were invited to the house and as they approached the door a savage dog was turned loose at them. This caused considerable indignation among the young men, who are said to have repeated the charivari a number of times.

The little 11 year old boy of Edward Meyer, of Cashel was seriously injured while watching a threshing on Tuesday. The governor belt accidentally came off the engine and the speed of the machine flew into several pieces one of which struck the boy on the head. Drs. Watson of Unionville and Young of Markham were quickly summoned and despatched the patient to Toronto hospital.

Mr. Alex Hood, teller of the Sovereign Bank here, has been made accounting manager at Unionville and Mr. F. Badgero now occupies a similar position in the branch at Claremont.

Messrs. Robt. Lemon, Wilmet Lemon and R. Curtis left today for the wild woods of the north to be joined by Messrs. A.C. Burkholder and Wm. Lemon on Tuesday.

B.E. Beebe is doing a rushing business on bicycle repairing.

On Thursday last, the son of W.T. Robinson and two others were attempting to run across the track at Goodwood as the express train was coming in. Two of them got completely across but Mr. Robinson's son was struck on the heel of the foot and thrown about 30 feet coming against a wire fence. He fortunately escaped serious injury.

Mr. and Mrs. Wm. Malloy accompanied by Mr. and Mrs. Peter Wells of Forest, started on Wednesday afternoon to spend a couple of days at the Pan-American.

It was with much regret that we learned that the saw mill belonging to Mr. J.A. Heise of Bethesda was burned last evening along with a quantity of lumber. The roof of the house was also ignited but a change in the wind prevented it from going up, in flames along with the nearby mill.

Along the 6th concession of Markham there has been considerable light-fingered work done recently. Mr. Monkman and Mr. Alex Russell each lost two rolls of binder twine and since that time Mr. Russell had some chickens taken in broad daylight.

22 Years Ago Last Sunday was an outstanding day for the Mennonite people of this section for it marked the dedication of the new church at Gormley. The new building is located on the townline at New Gormley on the Leary farm. The attendance was so large that the church was unable to accommodate all who wished to attend the services.

The boys behaved in a fine manner on Halloween night and aside from removing a few steps and other minor pranks everything was unusually quiet.

Mr. Wesley Schell who some time ago purchased the fine corner lot in the west end then owned by Mr. Latchford has a foundation already completed. Mr. Schell intends erecting a very modern dwelling finished in tapestry-brick. This new home will be beautifully situated.

A water pipe leading into Reeve Morden's house sprung a leak recently and promised to furnish him with a wet cellar, but the water works department got busy this week and repaired the trouble, caused by a break in a small pipe near the main leading to his residence.

While eggs were firm at 42c a dozen for fresh ones, extras on the Stouffville market prospects were that this price would not hold. Butter was steady at 22c a pound with hens selling at 15c and chickens at 20c.

Despite the fact that we overheard people prophesy that a cattle sale at this time would be a rank failure, a carload of them were readily sold by auction by J.A. Hawtin on the farm of Levi Steckley of Gormley. Registered cows touched \$140 and grades sold from \$60 to \$85. Herb Jarvis of Markham purchased a pair of two year olds for \$85.

The Stouffville Hunt Club arrived home last Saturday from Northern Ontario, each bearing a deer. The party consisted of F.L. Button, E.A. Button, D.F. Holden, V. Baker, Edw. Baker, Robt. Hare, Wm. Armstrong, W. Ward, K.D. Woodburn and F.D. Nighswander.

EDITOR'S MAIL

To the Editor: I wonder when evening classes for various subjects are started why amateur orchestras are not included?

I derived great pleasure and education from these in England. We played for charitable affairs at times which benefited others, too.

People of all ages, many elderly belonged to these and some practised in friendly groups during the week.

Is it more difficult to start an orchestra than, let us say, a class in oil painting?

-Musical

RECRUITING ROYAL CANADIAN MOUNTED POLICE

A limited number of recruits will be engaged in this Force during the next three months.

To be eligible for engagement an applicant must meet the basic qualifications required, some of which are set out below:

... Must be single.

... Height—5 feet 8 inches.

... Chest Measurement—a "mean" average of 35 inches.

... Age—18 to 30 years (preference is given to those between 19 and 25.)

... Education—at least complete Grade VIII but preferably Grade X.

For further information enquire at the nearest R.C.M. Police office.

Village of Stouffville

Clerk's Notice of First Posting of Voters' List, 1953, Village of Stouffville, County of York.

NOTICE IS HEREBY GIVEN that I have complied with Section 9 of The Voters' List Act, 1951 and that I have posted up at my office in the Municipal Building on the 31st day of October, 1953 the list of all persons entitled to vote in the said Municipality at Municipal elections and that such list remains there for inspection.

And I HEREBY call upon all voters to take immediate proceedings to have any omissions or errors corrected according to law, the last day for appeal being the 14th day of November, 1953.

DATED at Stouffville, this 31st day of October, 1953.

GARFIELD D. BROWN, Clerk, Village of Stouffville.

Copies of the Voters' List may be examined at the Municipal Office, Stouffville, K. R. Davis' Store and the Post Office.

Any owner or tenant, or wife or husband of an owner or tenant whose name is not on the Voters' List, and not disqualified under the provisions of the Municipal Act, or otherwise by law prohibited from voting, should notify the Village-Clerk, Stouffville, in writing, giving full particulars on or before November 14th, 1953.

ACCIDENT IS JUST A WORD UNTIL YOU HAVE ONE

ONTARIO DEPARTMENT OF HIGHWAYS Geo. H. Doucett, Minister

MAIL TODAY CANADIAN GOVERNMENT ANNUITIES

THE DIRECTOR, CANADIAN GOVERNMENT ANNUITIES, 101 DEPARTMENT OF LABOUR, OTTAWA (POSTAGE FREE)

PLEASE SEND ME INFORMATION SHOWING HOW A CANADIAN GOVERNMENT ANNUITY CAN BRING ME RETIREMENT INCOME AT LOW COST.

MY NAME IS (Mr./Mrs./Miss) PLEASE PRINT

I LIVE AT

DATE OF BIRTH

AGE WHEN ANNUITY TO START TELEPHONE

BINGO & DRAW for '53 Monarch Monterey TO-NIGHT (WEDNESDAY) -- Legion Hall, Stouffville