Health And Beauty

first step toward self-improve-ment is proper self-analysis. Take a good look in the mirror and you will find out where you stand. Then you know what you have to do to get back in shape.

It may be that your physical being needs attention, with exercise and proper diet and improved makeup and more flattering clothes. It may be that your thinking process needs attention. Your personality and the way you deal with family and friends has a great deal to do with the way you look-at least to other people.

All of us have known, at one time or another, a friend who was not too good-looking, perhaps homely, but who was so pleasant and kind, so much fun to be with, that you thought of her as one of the most attractive people you had ever met. There are a few simple questions if would be wise to ask youself ever so often. They are:

- 1. Have you shown genuine interest in other's conversation?
- 2. Have you avoided speaking unkindly or irritably to family and friends?
- 3. Have you complimented any-
- one today? 4. Have you smiled often to-

day?

5. Have you said anything uncomplimentary about anybody today?

The answer to the first four questions should be "yes," and the answer to number five should be "no."

If you seem to have a figure problem but your weight is not excessive, perhaps it is your posture. If weight is your problem, and this is best determined by a doctor, go to work on it at once

Have you changed your hair style lately? Many of us are so busy with our family or with a job that we have little time for This is all right. However, you

should take a little time each day to keep up your personality and your looks. You will not be properly appreciated if you don't spend some time on yourself. It is almost as unwise to spend too little time on yourself and your interests as it is unattractive to spend too much time on yourself and your interests.

The new trend in makeup is to use as little of it as possible but to use what you do use with skill and care. The day of the heavy pancake type makeup is definite-ly over. Today, makeup not only ooks better but is much better for your skin.

Most of us need a little founda tion to start with to give us a pink glow and to cover minor defects. Experiment until you find the color and weight that does the most for you. If you have a dry skin, an enriched type base will do wonders for your complexion. If you skin is oily, never use an oily type base. This will cause you trouble sooner or later. You will mant one of the

SENATE - HOUSE FEUD

Infuriated by criticism, the Senate is in a foud with the House into the new year without taking final action on a bill to provide \$163,200,000 for its own operations.

Democratic leader Mansfield said that action on the measure would be postponed until tempers in both legislative bodies cooled.

NATIONAL GUARD FLIGHTS

The Air National Guard has be gun its new ambitious program of transoceanic training flights.

These flights will enhance the Air Guard's role as a combatready back-up for the regular United States Air Fonce.

The first weekend flights by Air Guard pilots were missions to Puerto Rico and Bermuda.



Saturday - Sunday December 7 and 8

Donovan's Reef

John Wayne

Color

applied and some after. This can be very important. Your choice of dry cake types. The newer ones are just as good at hiding blemishes as those with an oil base.

rouge should be determined by Read the directions on the foundation and apply accordingly. Some bases require the applica-

tion of rouge before the base is stick and general coloring.

Eye makeup is a most but should never be used obviously. You can get by with more at night but, even then, us it to enhance what nature has given not to create something thing. It may take some time to

Brief News Items

Africans take up Morroccan-Rockefeller says Goldwater is

Javits predicts that Nixon will gun. Goldberg urges world court on human rights.

U. S. educators warm Soviet on

High Court arged to realign

U. S. denies leaks to press in

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AJAX

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Sliced Cheese - - 12: 49c

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Flounder Fillets - - - 49c Taste O' See Cooked Fish Sticks - - - - 14 69c

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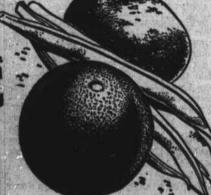
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