

Skin Care

Who needs a moisturizer? Maybe you do and maybe you don't. Not everyone needs a cream or lotion to keep skin moist and supple.

Listen to your skin. It will tell you.

If any part of your skin: 1) feels tight, itchy or parched, 2) looks chapped or rough, 3) has dry little lines or wrinkles, 4) has small, almost invisible pores, then that portion of skin will benefit from a moisturizing product.

There are two standard ways moisturizers work. Any other claims are basically exaggerations.

One method is when the product acts as a barrier to keep moisture from escaping from the skin.

The second method is when humectants in the product draw available moisture from the air to create a moist environment for skin.

The best ones do a little of both without clogging pores or being greasy -- plus, have a gentle sunscreen to help keep the sun's aging rays in check.

The makers of hypoallergenic, transparent Neutrogena Soap have recently introduced just such a moisturizer (called Neutrogena Moisture).

It is a fine example of what you should look for in moisturizer: 1) Pure, mild ingredients, 2) No fragrance, color, or heavy oils to cause irritation or a comedogenic reaction, 3) backing from a reputable firm.

Start smart skin care today by listening to your skin and giving it only the purest, most sensible care available.

Family Records

Keeping family records may be a chore, but it is a necessary one. Certain records should be kept permanently, says Dr. Thelma Hinson, extension family resource management specialist, North Carolina State University.

Those that are difficult or expensive to replace or those that prove ownership of valuables should be kept in a fireproof container. Some of the records which should be kept permanently include:

- Adoption, divorce, education, employment, funeral or burial, health and medical care, marriage, birth or death, patents, social security and military records.

- Financial records pertaining to valuable purchases, important contracts and the contents of the safe deposit box. Bank records, credit card numbers, installment agreements and investment records should be kept as long as they are needed.

- Property records such as deeds and updated personal and household inventories.

Use protective covers on electrical outlets.

Water and electricity make a dangerous combination. It is safest to keep electrical appliances out of the bathroom.



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