



Feminine Science
By FRANCINE MARLOWE
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NATIONAL SCHOOLS
OF MODELING

"YOU ARE WHAT YOU EAT"

"Eat it. It's good for you!" How many times did you hear that one as a child? It's the American mother's credo.

As it turns out, good 'ole mom happened to be right. The proper foods really are good for you for both your health and how you look.

I still want you to be healthy, of course, but I'll amend it to say, "Eat it. It will make you look good!" This little dictum is particularly true when it comes

to your skin. You really have to be in good physical condition to have beautiful skin. And what you eat and drink and how you take care of yourself tells quite vividly on that all-important dermis and epidermis!

Your skin is practically a running diary of what you eat. If you want it to look good, stay away from too many sweets, chocolate, nuts, starches and greasy foods. I don't want you to feel deprived, for heaven's sake! But I do want you to be beautiful!

So do as Barbizon girls do and stick to the foods that will do good things for you. You know what they are: fruits, vegetables, lean meat, dairy products, whole grain breads, cereals—the whole balanced diet thing. This kind of eating does wonders for your hair, teeth, nails and eyes, as well as skin.

We stress this fact in our courses (as any one of our pupils could tell you). And we also tell our girls to drink at least eight glasses of water each day. Don't let anybody kid you about dehydration diets! Water is the basic stuff of life and it's vitally important in any health and beauty program. In fact, the sudden loss or absence of water not only dries your skin, but creates wrinkles (especially on your pretty face where you want them least of all). We tell our pupils that it's much better to drink between meals than at them! Water taken at meal-times liquifies protein too quickly.



AWARDS — The Street and Sanitation Department gave certificates to 12 employees this week for outstanding service. City Manager Guy Smith (extreme left) and sanitation superintendent J. W. Jones (extreme right) stand with the award-winners. They were Theodore Tearry, most courteous driver; Jim Autry, Gaston Leak and James Garner, outstanding drivers of the year; Bill Smith, safest driver; Romeo Hodges, Paul Wright, Hubert Leach, outstanding sanitation service; Waddell Hickson, most improved worker; Wilton Tew, cleanest truck and best operation; James Leach, best all-route driver; and Monroe Atkins, outstanding performance of duty and his relationship toward his fellow man. (Observer photo)



HONORED — Past presidents of the Cape Fear Library Association were honored at the fall meeting. Shown are (left to right) Mrs. Dorothy Shue, 1970-71; Mrs. Nettie Daniels, 1969-70; Mrs. Betty McCoy, 1966-67; and Mrs. Nathalene Smith, 1965-66. Not shown are Mrs. Lillian Edward, 1967-68; and Phillip Smith, 1963-69.

The Make Yourself Over Clinic
BY DOLLY REED WAGEMAN
Director, The Carnation Fashion Office

Q: I'd love to wear false lashes but am afraid one of them will fall off in the soup. Is there a foolproof way to put them on?

A: Yes. Pinch the center of your extra lashes together; hold the ends with fingertips. This straightens out the arc of the lashes and makes a tiny point in the center. Now use a plastic pin to apply a thin layer of surgical adhesive to the thread of the lashes. Place that tiny point of the extra lashes on your upper eyelid right in the center of your own lash line.

Then LET GO. The extra lash will straighten out all by itself. Tuck each corner down and gently push the thread until it follows your own lash line.



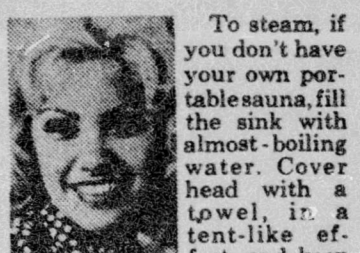
CELEBRATE BIRTHDAYS— Happy belated birthday wishes go out to Misses Alisha and Trina Freeman Hopkins. Who celebrated their birthdays on recently. Their party was held at the home of Mr. and Mrs. Ira G. Seberry, given by their mother, Mrs. Teresa Hopkins. There were many gifts received. The children enjoyed the many goodies and treats that were served. Left to right shown, front row Marchine Ellison, Karen Seberry, Trina Hopkins, Thasher, Ellison, Alisha Hopkins, Sharon Cotton, Michelle Tuck, Carla Williams, Dwight Cotton. Second row: Adrine Wiggins, Reggie Seberry, Wanda Tuck, in back of Wanda, is Ronald Tuck, Carlos Seberry, in back of him, Thomas Tuck, Angela Mitchell, Phyllis Tuck, and on the back row: Miss Phyllis McCoy, Mrs. Hopkins, Miss Mary Allen, holding Maurice Allen, Miss Brenda Tuck, Mrs. Mary P. Freeman, Miss Charlotte Ellison, Mrs. Barbara Cotton, Mrs. Suzette Seberry. Not shown: Raymond E. Powell, Jr., Gwendolyn Powell, Mrs. Geraldine Powell, Jim Mitchell, Mrs. Sandra Williams, Mr. Seberry, Mr. George Mitchell, Mr. Clyde Freeman, Sr., Mr. Clyde Freeman, Jr., Mr. Sie Freeman, Mrs. Barbara Tuck, Mr. Charles Seberry, Earl Watson, Mr. Charles Tuck, Mr. David, Mrs. Maude Cotton and daughter, Totsie. (Photo by Mr. Ellis R. Jones).

the beauty of it all
by barbara weber
fashion and beauty director
holiday magic, inc.

Problem Skin—Is That What's Troubling You?

Begin to correct it with proper, meticulous cleansing. Although you may need additional professional care, the techniques of cleansing, steaming and applying masks can be adapted right in your own home salon.

First, use a deep pore cleanser or facial scrub. Moisturize with cotton pads, using as many as you need, until the pad is clean. This is the best way to insure that your skin is scrupulously clean.



To steam, if you don't have your own portable sauna, fill the sink with almost-boiling water. Cover head with a towel, in a tent-like effect, and keep your face 10 to 12 inches away from the steam. End with a chilly rinse to tighten pores and stimulate the skin. Pat dry, always with a clean towel. If your skin is oily, an astringent will help remove the residues of clogged oils that have been softened or loosened. Facial masks, (instead of—not together with—steaming treatment) should be used once, no more than twice a week to condition, stimulate and super clean the face.

Is soap taboo? Not entirely—if you use a cleansing cream after to insure complete cleanliness. By bathing the face first, patting off most of the water, then applying your all-important moisture cream while the skin is still moist, you will actually lubricate—by helping to hold the water in your skin. Too much cream can suffocate dry skin; too much strong astringent dries up oily skin.

Library Association Honors Past Leaders

The fall meeting of the Cape Fear Library Association was held recently in the Community Room at First Citizens Bank.

The program for the evening honored the past presidents of the club, and the charter members were recognized.

New officers and committee chairmen are Greta Aveni, president; Marie Kennedy, vice president and program chairman; Pat Darlington, secretary; Victoria Smith, treasurer; Sharyn Wooten, publicity chairman; and Carolyn Graves, hospitality chairman.

Any school, public, college, church, hospital, or technical librarian, audio visual specialist, or anyone interested in libraries or books is invited to attend the next meeting on Wednesday, November 17, at Fort Bragg.

Pompey-Warner Vows Spoken

PHILADELPHIA, PENNSYLVANIA—Vine Memorial Baptist Church was the setting for the marriage of Miss Janelle Helen Pompey, daughter of Mr. and Mrs. Nelson B. Pompey, to Mr. Howard Laster Warner, Jr., son of Mr. and Mrs. Howard Laster Warner, Sr. of Perry, Florida. The ceremony was performed by the Rev. Leonard G. Carr.

Miss Towanda Marshall, of Philadelphia, was maid of honor. The bridesmaids were Miss Denise Wilson, Mrs. Sandra Williams, Mrs. Rhonda Tillery, all of Philadelphia; and Mrs. Reginald Anne White and Mrs. Sharonne Davis, both of Baltimore, Maryland. Little Miss Donna Davis, of Philadelphia, was the flower girl. Master Roger Williams, also of Philadelphia, was the ring bearer.

Robert Thomas, of Tampa, Florida served as Best Man. Ushers included Charles Craig, Jr., Larry West, Kenneth Presley, all of Philadelphia; Douglas Powell and Roghald Moss of Washington, D. C.

A reception was held at the Holiday Inn, City Line Avenue.

The bride and groom are graduates of Saint Augustine's college. Mrs. Warner majored in business administration. She is with the General Services Administration. Mr. Warner majored in sociology. He is with Gulf Oil Company, as a credit researcher, with headquarters in Atlanta, Georgia. The couple will reside in Atlanta.

Mrs. Warner is the granddaughter of the late Mr. and Mrs. Robert A. Powell, Sr. of Raleigh. Attending the wedding from the Capital City were Mrs. Louise P. Walker, Mr. and Mrs. Aulcie Evans, aunts and uncle of the bride, and Miss Gloria Walker and Miss Patricia Harris.

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