

# Good health and beauty go hand in hand

The body beautiful means more than having a golden tan or an up-to-date look in makeup.

It also means slimming down, toning up, eating wisely, drinking sparingly and exercising regularly.

The philosophy comes from Mira Linder who has just returned from the 33rd World Congress of the International Committee of Esthetic Cosmetology and Cosmology in Monte Carlo.

Theme for the four-day congress this year was on health and medicine and their relations to the skin and its beauty.

The skin is dependent on outside factors; the environment for one and general health for another, which both have a permanent effect.

"Everyone knows that a liver illness, for example, will have a disastrous effect on the face. So the esthetician must be aware of such problems. The link with medical science is thus evident," said Ms. Linder from her salon at 29543 Northwestern Highway.

"Good health," she continued, "without which there is no true beauty, is a state of equilibrium."

Two areas warrant attention by women: good nutrition and sleep.

"A DAY AT MIRA Linder's" is a day of pampering that includes facial treatment with collagen and hot mask, body massage, hand treatment with manicure, pedicure and makeup.

She suggests women avoid white breads and lunch meats.

"The maintenance and re-establishment of health is of prime importance. I address myself to nutrition as well as psychologic psychological problems in all esthetic consultations," Ms. Linder said.

She cited climate, age, pollution, sun and diet as obvious influences on skin.

"But our emotions, stress, even our sex life play a role in the appearance of our skin," she said.

"Today, with discolored fashions for evenings, bikinis and strings at poolside and open sports clothes everywhere, more and more of the body is on display."

"That's why a steadily increasing number of my clients are asking for the body facial, a shoulder-to-toe toning, peeling, firming, nourishing and moisturizing of the entire body."

"We gently smooth away rough, dry, itchy skin to reveal a soft, fresh, new layer of skin underneath. Then we apply aromatic serums and oils that penetrate and hydrate the skin, and finish with a wonderfully relaxing and refreshing all-over massage."

The Mira Linder body facial takes about 90 minutes.



MIRA LINDER

rehydrate and nourish the skin after the sun and to restore lost moisture from the body.

"Equally important are the collagen treatment and hot masks in the salon to restore the collagenous layer."

"Beauty is created at each moment and we must not stop thinking about it. It's a physical and moral discipline."

All consultations for maintenance of good skin, skin problems, and make-up are without charge. Appointments can be made by calling 356-5810.

## GOOD OLD FASHIONED SUMMER WHITE SALE

### NOW IN PROGRESS

Fill your linen closet with values.

SHEETS, PILLOW CASES, BEDSPREADS, BLANKETS, BED PILLOWS, MATTRESS PADS, TABLECLOTHS, PLACE MATS, NAPKINS, TOWELS, SHOWER CURTAINS, BATH RUGS AND ACCESSORIES

All priced to help you save.  
Thru September 1, 1979

Jacobson's

## Balet lithographs tell happy stories

Jan Balet, whose lithographs are at Gallery 22, was born in Bremen, Germany, in 1913. He came to the United States when he was 25 and settled in New York City as a free-lance artist.

Later he became art director for Mademoiselle and Seventeen magazines. An inveterate traveler while in Europe, he continued that pursuit while here, often in his own plane.

His scenes of French city and country life, for instance, evoke a universal nostalgia. He portrays a time of elegance and innocence when children appeared properly awed by their parents, looking like small well-behaved adults. The etiquette, so much a part of that pleasant past, is everywhere apparent as men are attired in hats and women in neat finery, never without gloves. The clothes and behavior indicate profession and station in life as Balet's people go busily about their

work or leisure activities. They appear secure in the patterns that make up their lives—whether celebrating a wedding, riding bikes, marketing or discussing the merits of a horse.

Balet paintings are in many European museums and he is well-known in the United States for his colorful lithographs. He is also author and illustrator of several children's books.

In 1965, Balet returned to Germany to live in Munich where it is said the Bavarian love of life and celebration suited his temperament. In 1973, he moved to Paris where he now resides.

Twelve of his recent lithographs are included in the Gallery 22 show which runs through Aug. 10.

Gallery hours are Mondays, Tuesdays, Wednesdays and Fridays, 10 a.m. to 6 p.m., Thursdays, 10 a.m. to 9 p.m., and Saturdays until 5 p.m., 22 East Long Lake Road, Bloomfield Hills.

### Ladies Day dinner coming

The 10th annual Orchard Lake Ladies Day Dinner will be held Wednesday, Aug. 15, at the Hillcrest Country Club, 50 S. Groesbeck, Mt. Clemens. Proceeds from the \$75 tickets will go toward the support of the schools.

The program will begin at 4 p.m.

with a reception. A fashion show by Saks Penthouse Salon will follow at 5 p.m., with cocktails at 6:30 p.m. and dinner at 7:30 p.m.

Reservations should be made by Aug. 4, by calling the Ladies Dinner office at Orchard Lake, 682-1885.

### Children benefit

Children's Aid Society, a Torch Drive-supported service, offers adoption and foster care for neglected and

abused children. Last year the Children's Aid Society received \$968,266 in Torch Drive funds.

**FISHER WALLPAPER & PAINT**

## MIDSUMMER WALLPAPER SALE

Hurry or you could miss the tremendous wallpaper values waiting for you at Fisher. Choose from United, Walltex, Imperial, Astor, and more—all 15 to 40% off. Hurry, this event comes only once each year. Blink and you could miss out.

Save ends Sept. 1, 1979

**FISHER WALLPAPER & PAINT** and all participating dealers

**SAVE 15-40%**

1 - 8x10  
COLOR PORTRAIT

38¢ plus tax

Why Pay More!



Photographers Hours:  
Daily: 10AM to 8PM  
Lunch: 1PM to 2PM



SATISFACTION ALWAYS

ALL AGES  
GROUPS-\$1.00 EXTRA PER PERSON

- One Special Per Person
- One Sitting Per Subject
- Poses Our Selection
- Scenic Backgrounds
- Extra Prints Available at Reasonable Prices

Tuesday-Saturday  
August 7-11  
Plymouth  
45001 Ford Rd.

**GREENSTONE'S**

Jewelry For Over Half a Century

528 N. Woodward Ave.  
Birmingham, Mich. 48011

Call 642-2655 for appointment

**Smiley Brothers**

• TRUSTED NAME IN MUSIC

1010 N. Hunter  
Birmingham  
MI 35217

- Baldwin Console Pianos \$1285
- Baldwin Organs \$1095
- Hammond Organs \$1195
- Select Used Pianos & Organs

GROUP & PRIVATE LESSONS  
TERMS - TRADES

Also  
Detroit and Dearborn

**CASH FOR YOUR DIAMONDS AND GOLD JEWELRY**

IMMEDIATELY UPON PRESENTATION

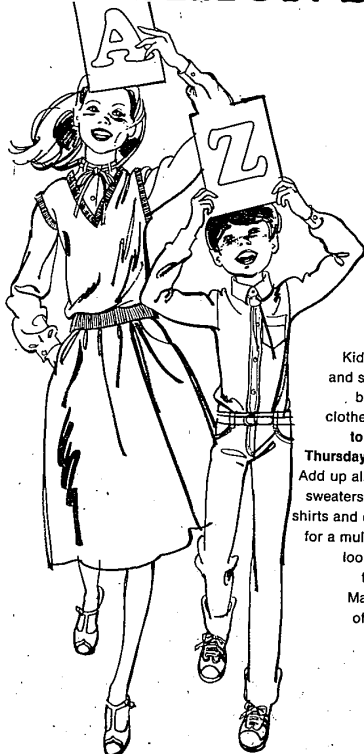
**ROBERT GALE, INC.**

*Fine Jewelry*  
35 years  
of diamond jewelry experience

IN THE ARCADE AT  
725 SO. ADAMS RD. • BIRMINGHAM • 644-5650

AMPLE FREE PARKING

## BACK TO SCHOOL FASHION SHOW



Kids swing briskly into fall and school's busy pace with bright and practical new clothes modeled in our Back to School Fashion Show, Thursday, August 9 at 7:00 p.m. Add up all the latest numbers... sweaters, slacks, skirts, jackets, shirts and dresses... put together for a multiplication of wardrobe looks and the sum total is terrific! See you on the Main Floor for the A to Z of kid's school fashions.

**Jacobson's**  
BIRMINGHAM

**hotel Pontchartrain**

DETROIT'S PREFERRED HOTEL  
TWO WASHINGTON BOULEVARD  
DETROIT MICHIGAN 48201

**18 color portraits 95¢ deposit**

**\$8.95 TOTAL**

Includes three 5x7 and fifteen wallet size color portraits • money refunded if not satisfied • second subject in portrait 95¢ • full package orders only • no age limit • choice of backgrounds • poses our selection

**offer good for portraits taken Sun. Aug. 5 thru Sat. Aug. 11**

**Children's Photographer**  
1430 PONTIAC • CRYSTAL AUTOMOBILE

**PONTIAC MALL**  
Telegraph at Elizabeth Lk. Rd.  
682-3811 Mon.-Sat. 10-8, Sun 12-5

**TEL-TWELVE MALL**  
Telegraph at 12 Mile Rd.  
356-6142 Mon.-Sat. 10-8-30