

The fashion plate

Improving on nature knows no gender

By RUSTLE SHAND

Ever since I can remember, and long before that for all I know, there has been a regular stream of advice designed to help those who want to improve their appearance.

In the past, this has been largely written for women and concerned with how they can artfully curl their hair or anoint their skins or manicure their nails or alter their eyebrows.

What about men? Are there some guidelines a man can follow to enhance his natural good looks? Is there more to a man's appeal than smelling faintly of Lifebuoy soap and hoping he at least looks well-scrubbed?

"Yes," says Yiannis, the Southfield hair stylist who frequently flies off to aid the Hollywood stars in their quest for good looks.

"I have found in this country," said the tanned, handsome, Greek, "that men are afraid to go into a salon to find out how to groom themselves attractively. In Europe, it is just the opposite. There is no feeling of losing masculinity by taking advantage of grooming aids. Don't be afraid of good grooming. Don't let your insecurity show."

"FIRST OF ALL," said Yiannis, "a man must consider his hairstyle. This spring, his hair should be shorter and neater for a clean, natural look. He should be able to wash it during his morning shower and towel it dry."

For this look, Yiannis recommends a body wave which will last three to six months. "Frizz is out," he said. "The look is smooth, soft and natural."

"Permed hair should not look as if it has been



Yiannis puts the finishing touches on a man's body perm. (Staff photo by Steve Cantrell)

permed," said Yiannis. "On the other hand, a body wave gives the hair body, form and a natural looking wave. It eliminates the need to blow dry the hair which is drying to the hair and scalp."

"Men have been curling their hair for thousands of years," explained Yiannis, "because curled hair is easier for a man to maintain."

FOR GUARDING against skin dryness and lack of moisture, Yiannis recommends that a man use Vitamin E cream on the face and neck.

Sesame oil, available at health stores, is the best body emollient, he said, because the skin absorbs it. Apply all over the body after a shower or add it to the tub water for a relaxing bath, he recommends.

Yiannis explained he learned these beauty secrets from Lana Turner who is one of his clients. "She told me she never used expensive cosmetics," he said.

Any emollient applied to the skin should be of a very light texture. Heavy creams merely clog the pores and defeat the purpose which is to moisturize the skin.

Bushy eyebrows should be trimmed and growth over the nose area should be tweezed or waxed to discourage regrowth.

Another must in a man's grooming regime, Yiannis said, is a weekly facial to cleanse the skin, tone it and help retain a more youthful appearance. The home facial should be supplemented by a monthly professional facial.

Grooming procedures for attaining clean, healthy, handsome hands and nails include applying lemon juice to the hands at least once a week. Massage the juice in, then pat dry and follow with an application of hard cream or mix lemon juice with glycerine and apply in the lotion form daily. This bleaches out stains and smooths out rough spots.

"Pay special attention to the cuticle area," said Yiannis. "Massage well with cream and follow up everytime you wash and dry your hands by pushing the cuticle back around the nails with the hand towel as you dry."

"Other than that, just keep fingernails short and clean," he said.

For pale days, a little bronzer smoothed on the face not only makes a man look better — it makes him feel better, he said. A light cologne can also add a zest for life touch to a man's grooming routine. Applied with a very light touch to the pulse points at the wrists and temples, fragrance adds a finishing touch.

Elise Young, tailor, had a client who wanted a pick pocket proof pocket. Intrigued, she placed a Want Ad offering a fee for the best design. She received an answer from a retired pick pocket, who refused the fee and supplied her with a design that's in the hands of a patent attorney.

Sheila Mitchell, an 86 year old woman of the great first Britanic which sank in 1916, answered a Want Ad placed by Jacques Cousteau who plans to explore the wreck. He wanted survivors to help him find his way around but Mitchell got seasick when she boarded his research ship.

The lively needle

Poll keeps you in stitches

By MARY KAY DAVIS

The trouble with newspaper columns is that they're like church sermons. Very rarely does anybody stand up and roar, "Right on, Sister" or "No way!" Except in Ann Landers. The rest of us do a lot of crystal ball-gazing. I've decided to be more direct.

Here's an offer that you can't refuse. How about using today's column to let The Lively Needle know what you want to see here in the months ahead?

Just put a check beside the topics that interest you. If you're given to organization, you might number them in order of preference, but that's only if such games turn you on.

And if you feel strongly, you might cross out those subjects that bore you stiff, but that's not necessary either. A simple indication of interest is all that's needed.

Here's the list:
• Once-a-month designs.



By MARY KAY DAVIS

- Consumerism — how to spot good and bad materials.
- Guest columns written by experts.
- Costume — (Example — wigs and corsets for males and females.)
- Community — local shows and what's going on.
- New Fields for the Lively Needle (Circle the ones that

interest you): Weaving, crossstitch, tatting, crochet, knitting, lace-making, ecclesiastical embroidery, other.

- History — quilts, samplers, rugs.
- How-to-dye, frame, block
- Humor — anything and everything
- Humor — textile-related only
- Mini-lessons — How to work New Fields yourself.
- Preservation of textiles — cleaning, display, storage.
- Anything else you've always wanted to know.

Please get your vote in by May 1. Address it to Mary Kay Davis, c The Lively Needle. And then either mail it to P.O. Box 1077, Birmingham 48012 or save a stamp and drop it off at your local Observer-Examiner office when you're in the neighborhood. It's your chance to be heard.

Concern plans conference

"Food: An Environmental Topic" will be the theme of a program sponsored by Concern, Inc., Detroit, at a meeting from 9 a.m. to noon Wednesday, April 25 in the Birmingham Marriott Lodge, 357 N. Woodward, Bloomfield Hills.

"Farmland, a Finite Resource" is the

topic chosen by John Sobetzer, environmental attorney and executive director of the Eastern Michigan Environmental Action Council.

Speaking on food and the consumer will be Betty Matthei, owner of a natural food store in Birmingham and a

member of Concern's board of directors.

Chemicals and our food will be addressed by Dr. Paul Tomboulion, professor of chemistry at Oakland University.

Registration is \$1. For more information contact Concern at 879-1333.

Sarah Power will speak on campus

University of Michigan Regent Sarah Goodard Power will be the guest speaker at a luncheon Tuesday, April 17, sponsored by the University of Michigan-Dearborn Women's Commission.

"Update: Women in the

University" will be her topic. Mrs. Power has served on the board of regents since 1975. The buffet luncheon begins at noon in the Gabriel Richard Center, located adjacent to the U of M-D campus. The cost is

\$2.50, and reservations are necessary.

The Women's Commission will also present its first Susan B. Anthony Award to a woman whose deeds exemplify the efforts of the influential suffragette.

Legal advice is available

The Women's Survival Center, in response to an all kinds of legal problem expressed need from the

community now offers a free legal information program. The center is located at 171 West Pike, Pontiac, in the basement of All Saints Episcopal Church.

Professional attorneys are available 6:30-9:30 2699.

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