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> Alex Znaiden Vaseline Ressearch

Moisturize and nourish cracked skin

or years, treatments for dry skin have been based on a surprisingly simple theory: If you put a creamy film on the skin, less water will evaporate. Now, however, researchers have found a way to not only help pre-vent moisture loss from skin, but to

help heal dry skin.
"We now have the technology to go beyond the current products and help the skin form a better moisture barrier of its own," explains Alex Znaiden, di-rector of skincare at Vaseline Research. Breakthroughs at Vaseline Research

have triggered a new generation of moisturizers, body lotions and creams

moisturizers, body lotions and creams that offer exceptional benefits to skin. Dermasil includes two topical essential fatty acids (EFAs) — linoleic acid (from sunflower cil) and gammalinolenic acid (from borage cil), as well as a patent-pending lipid system (comprised of cholesterol, phospholiuid and stearic acid).

pid and stearic acid).

Virtually every body lotion and cream that fills your drugstore's shelves is based on the same two components: humectants (such as glyce-rin), which help the skin retain water by chemically attracting it; and occlu-sives (such as petroleum jelly), which trap moisture under the skin

Dermasil goes far beyond this tradi-tional two-component system for mois-turizing. New findings led Vaseline Re-search to combine lipid and EFA tech-nology with the traditional systems of humoctants and occlusives. The result? A brand-new product that proved highly effective in treating dry skin,

even among people suffering from se-verely dry skin.

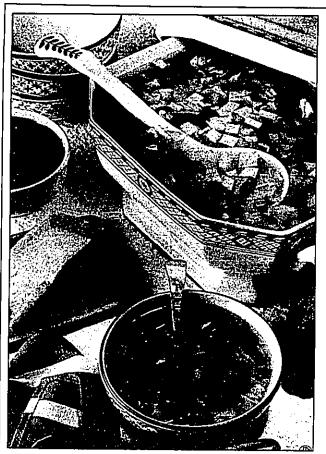
In recent years, skin scientists dis-covered that dry skin is not just a mat-ter of water loss, but a breakdown of the skin's moisture barrier — the layers of protective lipids that lie in the stratum corneum (the outermost re-

stratum corncum (the outermost region of the skin).

In a related discovery, it was noted that dry skin may also be due to a lack of EFAs, which are necessary for the skin to manufacture lipids. While these must be found in the diet, Vaseline Research scientists found that when EFA's were applied topically, they actually helped reduce dry-skin symboms.

symptoms.
"Moisturizers are entering a new era. Instead of relying on the simple mois-turization principles of the last 50 years, we're creating healthy skin from within."

-Metro Newspaper Service



Veggle down: Get a healthy serving of vegetables with a bowl of minestrone soup.

Vegetable soup: It's a winner

egetable-rich minestrone soup, a Mediterranean clas-sic, is sure to be a favorite all year long. For a light lunch or din-ner, try this quick version, served hot or cold, with slices of crusty

To prepare All-Season Minestrone, follow these easy directions from Filippo Berio Olive Oil, You'll find that a food processor makes quick work of the slicing and chopping

ALL-SEASON MINESTRONE

- ¼ cup olive oil
- 1/2 cup chopped onlon 1/2 cup chopped fresh or canned tomatoes
- ½ cup chopped caπots
- 1 cup chopped green cabbage I cup chopped zucchini
- 4 cups water
- 3 green onlons, chopped
- 1/2 cup diced, peeled potatoes
- 1/2 cup chopped fresh mushrooms Salt (ontional)
- Black pepper to taste

Heat olive oil over medium heat in a large soup pot and saute onion until tender, about 4 minutes.

Add tomatoes, carrots, cabbage, zucchini, water, green onions, potatoes and mushrooms. Cover and cook at a gentle bail for 18 minutes, or until vegetables are tender.

vegetanes are tender.
Add salt (if desired), and pepper.
Serve hot with a dollop of pesto or
grated cheese (if desired). Or, let cool,
chill and serve cold.
—Metro Newspaper Service

Know truth about blood supply

lmost 4 million Americans receive blood transfusions every year. And every day in this country, there is a need for about 40,000 units of blood.

While a single blood donation can help several patients, many Americans fear rolling up their sleeves and donating because of misconceptions about the blood supply. Or they worry that getting a blood transfusion somehow puts them at risk.

The American Association of Blood Banks would like to test your knowl-edge about the nation's blood supply:

True or False: The national's blood supply is safe.

True. America's blood supply is safer than ever before. Every single unit of donated blood undergoes eight differ-ent screening tests for evidence of AIDS, hepatitis, syphilis and other

diseases. Thanks to rigorous screening of blood donors and sophisticated testing, the risk of getting unsafe blood from a transfusion is extremely low.

True or False: You can't get AIDS from giving blood.

True. The risk of getting AIDS — or any other disease — from giving blood is zero, because a new, sterile needle is used for each donation and then destroyed.

True or False: Getting a blood transfusion is a risky procedure.

False. If medically necessary, the risks of not receiving blood during surgery or during cancer treatments far outweigh the risks of getting a transfusion. In fact, many activities carry greater risks than a transfusion — such as driving a car, having the required surgery or undergoing anesthesia.

True or False: Modern science has been able to replace human blood with artificial or animal blood.

False. At the present time, there are no manufactured substitutes for human

True or False: There is no choice other than to receive an unknown do-nor's blood.

False. You may serve as your own donor in some situations. If, for in-stance, you know you will be having surgery, your blood may be collected and stored before the operation. Or with the use of special equipment, your own blood may be recycled during sur-

True or False: Giving blood is a sim-

ple process.

True. The actual donation time usually only takes about 10 minutes. The entire process, from giving your medical history to enjoying a snack after donat-ing, takes only about 45 minutes.

- News USA