

Facial make-up should balance

Do you have a 1960 face in 1974? Wearing the wrong makeup with the right fashions is "like wearing scuffed shoes," according to Nedine Glanzer, regional representative for Estee Lauder, who visited Troy recently.

Commenting on the improper use of makeup, Ms. Glanzer said: "There are too many women walking around who are all mouth. The mouth, cheeks and eyes have to be balanced because when you look at a person you look at the whole face."

EXCESS LIPSTICK and inadequate cheek and eye color produces an uneven emphasis, she explained.

This spring's feminine fashions are mirrored in makeup with soft, dewy, non-powdered finishes.

Eyeshadows tend to focus on earthy shades topped with frosted highlighters.

Color is important in any successful makeup application and, consequently, many women make mistakes because of improper blending of shades.

"Don't wear an orange lipstick with a pink cheek tint," Ms. Glanzer said, adding that matching nail lacquers to clothes poses a similar problem.

A **RED NAIL** polish from the orange end of the color spectrum is hardly likely to harmonize with a red dress from the blue end of the spectrum, she said.

Presuming that only one makeup foundation can be matched to the skin color is also incorrect, according to Ms. Glanzer.

"If applied correctly, you can wear 15 different shades of makeup," she said, explaining that she frequently alternated from

dark skin tones to porcelain finishes.

According to Ms. Glanzer, women in their 30s exhibit the most resistance to makeup changes, relying instead on a previously established look.

"Older women come in and really want the help," she said. "Their skin is not as nice as it used to be."

"**YOUNG PEOPLE** are eager to learn about skin care but 30-year-old people are very skeptical. Don't ask me why."

In a season when the hands are being unmasked from beneath gloves, Ms. Glanzer also suggested some tips on nail care.

Nails should receive a "once over lightly" filing every day, she said, to prevent breakage. Nails are filed from the side to the center of the

nail, not with a back-and-forth sawing motion.

She also advised avoiding too frequent removal of nail lacquers. "Try not to take the polish off every week," she said. "Polish over the polish."

Troy AAUW slates talk

The Troy branch of the American Association of University Women (AAUW) will meet at 7 p.m. May 22 at the Pagoda, 1019 Maple Road, Clawson. Dinner will be served at 7:30 p.m.

Meg Brown, president of the Michigan Division of AAUW, is scheduled to speak on "The Advantage of Being You - the Female Politician."

Officers will be elected at the annual dinner meeting. Continuing as president is Linn Cargo. Phyllis Lupescu will continue as recording secretary.

New officers to be voted on are Donna Roach, first vice president; Jennifer Goedtal, second vice president and Karen Regan, treasurer.

Beth El singles to meet

WXYZ's disc jockey Johnny Randall will host the opening get-together of Beth El Singles on Sunday.

"I'm No Angel," starring Mae West will set the theme for an evening of old-time movies in the

Handman Hall of the new Temple Beth El, 7400 Telegraph, Birmingham.

Also on the program are W. C. Fields in "The Dentist" and Buster Keaton in "The Blacksmith". Show time is 7:30 p.m. with refreshments following the films. There is an admission charge.

The Beth El group plans to have a variety of other social activities for Jewish singles 21 to 40 years old. Gerry Hart, one of the founders of the group, explained that while there are many singles groups in the Detroit metropolitan area, some of which are Jewish, the Beth El group hopes to be a little different than the others. It will be primarily for Jewish singles to meet other Jewish singles within a social environment.

"**WE HOPE** to draw from a wide area and build up a large enough membership to enable us to organize a wide range of interesting activities—athletic events, theater parties, trips, game nights, or whatever else our members indicate interests in, even discussion groups," he said.

For the upcoming months the Beth El group has tentatively scheduled a beach party in July, a concert at Pine Knob in August, and a Night at the Radio with local celebrities in October. In addition, an informal coffee gathering will be held at the Temple on alternate Wednesday evenings.

For further information about Beth El Singles, contact Gerry Hart at 557-967, Pauline Snyder at 626-0340 or the temple office, 851-1100.

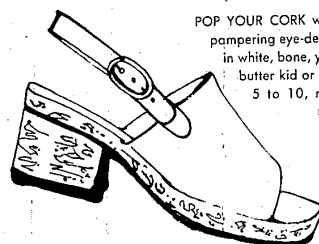
Foot rubdown gives a lift

If you want to be rubbed the right way after a tiring day on your feet, try a foot massage. A quick rubdown for feet will give you an all-over pick-up.

Massaging action helps to unknot taut, bunched muscles and sets blood circulating freely in healthy feet.

To give feet a relaxing treat with mini-massage, try these tips:

- Keep hands loose and flexible and use rhythmic, smooth strokes.
- A softening lotion will help hands glide over the skin. (Choose a lotion that's formulated especially for legs and feet.)
- Sitting in a comfortable chair, rest one foot on the opposite leg. Holding the foot, knead the sole gently with the knuckle of your other hand. Move your hand in small circles, covering the sole from toe to heel.
- Switch sides and work on the top of the foot. Holding the foot in both hands, move both thumbs across the top, again, in a circular pattern, starting from the toes.



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Elisabeth Stewart Follows the Sun

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Center ... Two way, one piece wrap swim suit, plunge front, brown ... 25.00.

Right ... Primitive two piece paisley in brown combination ... 20.00. Sizes 8 to 14.

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