

The fashion plate

Glamorous grooming goes to fingers, toes

By RUSTLE SHAND

Summer is the barest time of year and that bareness goes right from your fingers to your toes. Bare arms emphasize your hands and the barely-there fashion-right sandals put your toes front and center.

If you haven't been taking care of your hands and feet all winter long, you have some catching up to do.

For a professional manicure, at home, begin by removing all traces of old nail enamel with a nail polish remover. Then, using the fine side of an emery board, file your nails into a shorter, rounded shape.

Nail experts all agree that fashionable nails will

be shorter and rounded, as opposed to the long, squarish look of the past several years.

WHEN YOU FILE your nails, file in one direction only and never file toward the fingertip, as this weakens the nail. Unless you have used a nail conditioning polish remover, the next step is to wash hands thoroughly with soap and water. Next, apply hand cream and massage it into hands and fingers. You may, if you wish, continue the massage from the hands all the way up to the elbows.

Then apply a conditioning cuticle remover to each nail base, follow by pushing the cuticle back gently using an orange stick wrapped in water-moistened cotton. Next, use the same orange stick wrapped with fresh, wet cotton to clean under the nails to ensure removal of dead skin cells.

A clear base coat should then be applied to the whole nail and allowed to dry thoroughly before your first color coat of polish is applied.

Always apply two coats of nail enamel, allowing each coat to dry completely and finish with a clear top coat. For an extra long-lasting manicure, apply a clear top coat every other day. It prevents chipping and constantly renews high intensity shine.

A PEDICURE is just as simple, but it's paramount that you begin with the right tools. Essential, other than the usual emery board, orange stick and cotton, are a pumice stone, nail clippers and toe separators.

First, remove all polish and soak your feet in warm, soapy water for five to 10 minutes. Then dry each foot and scrub with a pumice stone, paying special attention to the heels and balls of the feet. If nails are too long, use nail clippers, then shape with an emery board. Toe nails should be filed into a square shape. To avoid ingrown toenails, never file the corner of the nail.

Apply cuticle remover to the base of each toe and gently push the cuticle back with an orange stick wrapped in cotton. Trim any hangnails with clippers and follow by massaging feet and legs with a moisturizing lotion.



Summer assurance is a display of well-manicured fingers complemented by pretty toes peeping through Golo's low-heeled sandals.

Volunteers

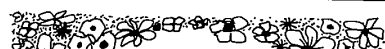
OAKHILL NURSING HOME—34225 Grand River, Farmington, needs youths over 14 years of age as volunteers. This is an opportunity to work with the elderly and handicapped in a variety of ways to aid in enriching their lives. Volunteer positions include helping with recreational activities, feeding and visiting with patients and aiding in their exercise programs. Interested persons should contact Esther Miller at 477-7373.

The Oakland County Volunteer Bureau, a program of the Volunteer Action Center of United Community Services, has weekly listings of agencies needing volunteer services. Further information about these and over 200 agencies may be obtained by calling the bureau, 642-7272. Any non-profit agencies needing volunteer assistance may also call the bureau.

CRISIS INTERVENTION COUNSELOR—Volunteers interested in helping in crisis situations and willing to spend 20 hours in a concentrated training program are needed by the Gateway Crisis Center in Madison Heights. Counselors answer telephone crisis calls and see people on a drop-in basis. Help is needed evenings, 7-11 p.m. The next training program begins in August.

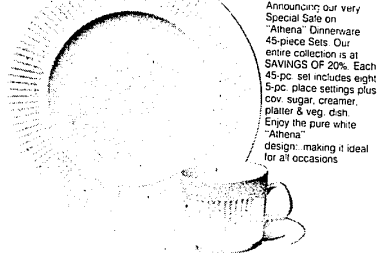
CAMP VOLUNTEERS—A number of job openings are available for the August camp program for Latino children sponsored by the Northern Oakland Girl Scouts. The workers will receive training over a three-day period at the camp in Lapeer. Needed are unit leaders and assistants, Waterfront Assistants with Senior Lifesaving training and a Waterfront Director. The camp runs two sessions, Aug. 16-26, and Aug. 29-30.

BIG BROTHER BIG SISTER—Adults interested in developing a friendship with children between 8 and 9 years of age are needed throughout the tri-county area. This program involves spending two-three hours a week with a child, developing a friendship and planning activities. Orientation is provided.



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