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exercise sandals



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

the Wayside Gift Shop has all the accessories for your second home that will achieve the homey, casual, cozy "country-look." Choose:

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Have a **WIG WARDROBE THIS SUMMER**
WASH & WEAR Easy-Care WIGS

\$9⁸⁸

NOW REG. \$5⁰⁰

WIGS COMPLETELY RESTYLED '10⁰⁰

Mr. Ray's Wig & Beaute Salon

Mon.-Sat. 10 to 5:30 PM
800 West Ann Arbor Trail 455-2800
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DOs And DON'Ts One Must Follow For Sun-Tanning

DOs

- 1. Check your Skin Type**
Is your skin normal, sun-sensitive or sun-resistant? If normal, you will sunburn readily, tan rapidly. Sensitive skin sunburns easily, tans slowly. If your skin is sun-resistant, you will sunburn slowly but tan quickly.
- 2. Check your Locale**
Where are you? The sun's rays are stronger near water than in grassy areas; far more intense at high altitudes; much stronger in the South than in the North.
- 3. Check the Time of Day**
Are you an early bird? Before 9 a.m. there's practically no tanning action. The sun's intensity builds up rapidly between 9 and 11 a.m. Watch yourself from 11 to 1 p.m., the time of the sun's greatest intensity. Between 1 and 3 p.m. there'll be intensive sunray action; after 3, practically no tanning action.

4. Check the Weather

Is it a clear day? You'll get the best tan. Be careful on a hazy day; moisture reflects the sun's rays so avoid over-exposure. Foggy or cloudy weather means little chance of getting a tan.

5. Check the Right Sunscreen Product for You

If you prefer a clear, non-oily liquid -- the cleanest, neatest way to apply a sunscreen -- then Bronztan Clear Lotion is recommended for you. One of the most effective sunscreens yet known, it dries rapidly so sand won't stick -- and protects even after swimming. If your skin is dry or sensitive, you'll probably prefer a Cream Lotion which offers high protection and softens and moisturizes tender skin. If you're a true beach-nik, a quick tanner, someone who lives at the beach, then you should try Bronztan Moisturizing Lotion. Use it the whole sun-season through to smooth, moisturize and soften sun-wind-weather-exposed skin. And it helps to prevent drying, peeling, flaking.

DON'Ts

- 1. Don't Over-do the First Day**
Don't stay in the sun too long the first day. The secret of a beautiful bronze tan is to take the sun slowly and sensibly.
- 2. Don't be fooled by a Hazy Day**
Don't be lulled into a sense of false security by a gray day. Your chances of burning are the greatest so keep your skin protected and avoid over-exposure.
- 3. Don't Sun at All if Supersensitive**
If your skin has little pigmentation to develop a tan or if you are allergic to the sun's rays, stay away from it!
- 4. Don't Just Lie There -- Do Something!**
Take advantage of your sun-tanning time with healthful beautifying exercises. Take along your transistor radio and you can keep in shape to music!