

Transform your hair into a halo aglow

Particularly when you want to look your best, disaster strikes — or so it always seems. Out of the clear blue, the blemish you never had suddenly appears on your chin; your scalp becomes dry and flaky; your hair loses its sparkle. Your wedding day is fast approaching and you're falling apart!

Now is not the time to despair. As quickly as a case of jitters can cause blemishes, dry scalp and lackluster hair, they can subside — provided you know the cure.

Take the time out to relax. In between the hubbub of wedding plans, some pampering time is in order.

If you've been neglecting your favorite form of exercise, get back to it. The exercises will relax tense muscles and free your mind of the worries of wedding preparations for a few minutes each day. Try following up your exercise sessions with a warm bubble bath or a quick snooze — heaven for a furrowed brow!

And what time better than the present to indulge in those little luxuries you don't do often enough — like a really good facial, a manicure, an expert haircut.

When you know you're looking good, you've got that heady edge of self-confidence that comes in handy — especially when all eyes are upon you as you walk down the aisle.

Next to the bridal dress, the biggest concern a bride has, appearance-wise, is her hair. A simple, yet attractive, style that will look well under a veil and after you remove it is a must.

Now is not the time to try an avant garde cut —



BEFORE YOU DON YOUR WEDDING VEIL, consider what it's going on — your hair. To make the most of your face and frame of mind on your wedding day, your hair should look extra special. And that means a headful of healthy looking hair aglow with natural looking color, alive with body and bounce. So pamper your hair with a super conditioning shampoo-in haircolor — just the ticket to a glorious head of hair. Photo courtesy of Clairol Balsam Color.

you do want the groom to recognize you. However, a headful of shining hair gleaming with rich, highlighted color would work wonders.

And there's simply no better way to achieve it than with Clairol Balsam Color. Choose a shade slightly lighter than your natural haircolor and just shampoo it in.

The effect you want is subtle — perhaps a bit lighter and brighter than

what you have now. The special packets of conditioners that you add to the color guarantees a headful of hair that's been conditioned, colored and given body in one fell swoop.

What's in your head can affect your appearance as much as what's on it. So go ahead, add gleaming color, a romantic bridal veil and relax — of all the times in life, this is one to savor.

St. Lucia offers 'paradise' for out-of-this-world honeymoon

If you and your spouse are in search of a honeymoon in paradise, then St. Lucia, a small island in the Caribbean will not disappoint either of you!

With the weather, scenery, accommodations, cuisine, sports and entertainment facilities, shopping and the hospitality of the natives just what it should be, the most discriminating visitors are assured of an out-of-this-world honeymoon.

Harmonizing with nature's breath-taking hills and beaches is the luxurious resort complex, La Toc, situated on a large, unspoiled white beach about two miles from Castries, capital of St. Lucia.

Considered to be one of the finest facilities in the Caribbean, the Hotel La Toc and La Toc Village of 60 private cottages is as continental in taste as it is British in hospitality and Caribbean in ambience.

Each of the hotel's 150 air-conditioned bedrooms has a balcony with a tropical view and the ground floor rooms each have private patios for easy access to the beach.

Dining in any of the resort's restaurants is a gourmet's delight. The accent in the formal dining room is elegantly French and many French specialties fill the menu.

An alternative is the informal grill room and bar, a favorite night spot, where entertaining and dancing continue until the wee hours of the morning. The other restaurant, in the village, is an ideal place to cap the night.

To work off the calories, one will have to choose between the nine hole par 32 golf course, the championship Har-Tru surface tennis courts complete with floodlights or the sailing, swimming and fishing for which the Caribbean is noted.

La Toc Village is adjacent to the hotel but different in concept. Designed to provide accommodations for those who want the most informal living without sacrificing comfort, the seaside cottages, ready for instant occupancy, come in one and two bedroom styles and depending on size, with a built-in pool.

And when the two of you think you've had enough of paradise, you might want to take a side trip to Barbados, 40 minutes away... or head back home — although we guarantee it will be reluctantly!

BRIDE AND GROOM PUNCH

Combine 1 cup sugar, 2 cups water, rind of 2 oranges and 2 lemons cut in strips, and several sprigs of fresh mint or 1 tbs. mint sauce in a saucepan. Stir until sugar is dissolved, bring to boil, simmer 5 minutes, remove from heat, cool and strain.

Combine this syrup with 2 24-oz. bottles of Chateau Voligny (Imported French Sauterne), 2 6-oz. cans frozen orange juice concentrate, 1/2 cup lemon juice. Refrigerate; when ready add ice, pour in 1 bottle champagne, garnish with orange slices. Serves 30.

The Pampered Kitchen of National Restaurant Supply 57 E. Bridge St. Oswego.

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TOASTING THEIR FIRST HOME and happiness, these newlyweds really appreciate their wedding gifts of silver, china and crystal. Elegance, luxury and practicality are combined in the charmingly decorated china, the nostalgic pattern of the stemware, the silver flatware. Bright table touches are provided by silver holloware ranging from salt and pepper shakers to an impressive coffee service. This kind of lasting quality makes sense in first homes, the Jewelry Industry Council notes.

Newly Weds Are Invited To Visit NEAL-O'BRIEN'S HOME DECORATING CENTER

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