



FURNITURE SHOULD BE BOUGHT WITH AN EYE TO THE FUTURE

Small medical kit said asset if extended travel is planned

Whether you are following your husband to a new military assignment, or laying plans for a honeymoon, health should be a definite consideration.

Medical experts suggest that a small travel kit, tucked in with the new clothes, may be an invaluable asset, especially if the planned or extended travel into foreign or offbeat areas.

Because a wedding is a time of extreme excitement and fatigue, there's extra need for such preparation so that illness won't ruin the honeymoon.

Dr. Donald Berkowitz, who is affiliated with Philadelphia's Hahnemann Medical College and Albert Einstein and Sidney Hillman Medical Centers, says that there are three categories of illness travelers must prepare against: ordinary illnesses that might also be suffered at home, those which are a direct result of the healthy visitor and those induced by travel itself — brought on by fatigue and tension.

The travel medical kit should contain a number of easily-obtained items: aspirin, a cold remedy, an antacid, a laxative, an anti-diarrheal for "traveler's stomach," an anti-nausea drug (for car, air and sea travel), a small packet of sterile pads and adhesive, a topical disinfectant and a thermometer. (A suggestion is to carry your aspirin, antacid and laxative in the form of medicated chewing gum, which does not require water as the pill forms do.)

Dr. Berkowitz suggests that when the couple get their pre-wedding medical examination, they discuss their itinerary with

the physician and any special conditions relating to health. He also cautions the adventurous to be careful of what they eat and drink in those out-of-the-beaten-path restaurants. While they may be "finds" of a kind, they can easily be the source of trouble in the form of "traveler's stomach." To be safe, he says, the honeymoon-

ers should eat and drink only in hotels and restaurants with recognized high standards. But since severe upset stomach can occur even if you are careful, he recommends that the honeymooners take along an anti-diarrheal tablet containing bismuth, which can be obtained with a prescription at the local drug store.

Grooming plan necessity is noted

A beautiful wedding dress and a glow of happiness add enchantment to a bride. But a wise bride-to-be knows that underlying this beauty is an equally important good grooming program.

Because of its specific objectives, this is no ordinary grooming program. The trick is to visualize yourself on your wedding day, and then systematically begin perfecting those areas that your wedding attire will highlight.

For example, your dress will probably be white, blush pink, or a pale, pale pastel — light tones that emphasize one's skin and quickly show up complexion flaws. So experiment with the make-up that you will wear on the big day — delicate, never harsh, colors, are best for a bride — and lavish special care on your complexion and your hair.

No matter how busy you are with bridal showers furnishing your new apartment, and shopping, be sure to make time for a soak in warm-to-hot soap-

suds every day. Besides making your skin clear and vital, your bath will help relax the tired look and lines that excitement and late hours produce.

Your face will naturally be in the spotlight on your wedding day, so supplement your bath with a daily "suds-a-facial." This will thoroughly remove grime, cleanse away blackheads and a d-d stale make-up, help to clean, protect against blemishes. It also stimulates your complexion. The procedure is a preliminary washing and rinsing to remove surface soil, and next a second application of rich lather to your face and neck. Massage in the suds gently for a few minutes with upward motions, rise thoroughly with warm water, and end with a cold splash.

A bride's hands are centers of attention, too. So be sure yours are lovely enough to complement the sparkle of your rings by giving yourself a manicure at least once every week — whether you wear nail polish or not!



FURNISHINGS DEPEND ON TYPE OF LIVING AND MONEY AVAILABLE

Questions to be answered when considering furniture

When suburban-haired Andre Fibre advises brides-to-be on how to get the most from their furnishings budget, the first steps into the role of psychoanalyst.

The kind of living the couple plans is to her just as vital as the dollars they're to invest.

The designer, who is equally at home decorating an apartment in Rome or furnishing an office for a tycoon of industry, asks questions before she makes any specific suggestions.

What kind of entertaining does the couple plan: (Will guests sit informally on cushions on the floor, or must there be more formal socializing because of the husband's business needs?)

What are the hobbies and recreational interests of the two? Are they similar, and if not, how to house the various possessions which they bring from their separate lives?

Only when she has a fairly clear picture of the two as a couple, she goes to work.

If there's not much money to invest, she recommends buying the minimum of well-constructed basic pieces, and stopping right there.

The "fun" pieces, like Spanish chest or an old kiltle — in which flowers can be grown, can be picked out by the two together, if they take time to ferret out inexpensive oddities in auctions and second-hand shops. It is these, she maintains, that make the home different, not the couch and lounge chair.

THE BASIC NEEDS "After all, what does a couple need in the way of furnishings?" she asks rhetorically, ticking off the requirements on her fingers: "A couch, two chairs with good reading lamps for each, tables, a bed — and it can be just a good box spring mattress on legs. You can get a headboard later on."

"Get the lamps and the tables at an auction — here you can choose the unusual to personalize the room. But keep the

basic pieces monotone in color, because it's pretty expensive to change upholstery if you don't like its color.

"If you're wild about persimmon, paint one wall that color. Then if you find you're not so wild about it, you can repaint it — yourself. But most people can't re-upholster a perimmon couch by themselves."

A hold-to-the-line budget means the couple will choose between modern and early American, which won't collide with those crazy, bright accessories you buy for a song. You can't work that way with the province. Striking pieces to get them off cost money."

No money for paintings? A bright poster can have the same color effect, and let the paintings come later, she advises. Miss Fibre finds girls on limited furnishings budgets are much concerned about quality and durability. Brides from wealthy homes don't worry as much about quality, but "they

want everything. I try to advise them to wait. Half the fun is adding slowly to your home furnishings, not gobbling them all up at once."

Miss Fibre finds couples forget to figure that they're not going to live forever in the same quarters in which they start housekeeping — she asks to remind them to visualize their possessions in another type of housing.

"Sometimes the wealthy mother will say, 'But dear, you can always put the love seat in the game room or the library.' But this girl may never have a game room or library, even if her mother does."

And if the couple wants to have lots of children, Miss Fibre narrows down the furniture choice to just one style — early American.

"If the children hang up an early American coffee table, it just looks more antique. But a modern one looks wrecked."

WORKING GIRLS

Prince Edward Island's labor force is more than 26 per cent female, highest proportion of any province.

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