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—Foot Care

(Continued from Page 12)

in the foot," he said. "There could be injury to the tissues or ligaments, which would require immobilization for proper healing.

"A fracture of the foot or ankle would begin to heal incorrectly within a week if ignored," he cautions. "If there is mal-position of a fractured bone that has healed too quickly, this again could lead to surgery."

DO NOT soak the foot in hot water when swelling or pain is caused by an injury, such as a sprain.

"Within the first 24 to 48 hours of *any* injury, ice packs or cold water soaks are indicated. Heat brings blood to the area, which will increase swelling and pain initially," Dr. Lenet said.

After the second or third day, warm soaks will bring healing nutrients to the injured area, Dr. Lenet said. By that time swelling and pain should have subsided.

Ingrown Toenails

Ingrown toenails can be caused by trimming the toenails too deeply into the corners, or, in some cases, by the natural growth pattern of the nail.

Trimming the nails straight across and no shorter than the end of the toe is the best prevention for the first cause.

Unfortunately, however, some of us are more prone to ingrown toenails because of a curvature in the nail. Prevention in this case requires more consistent attention and care.

When you have an ingrown toenail, Dr. Lenet cautions against cutting yourself or depending on over the counter cures.

There are special instruments required for safe removal of an ingrown nail, and they are best handled by a doctor, he said.

—Gift

(Continued from Page 4)

Assorted crackers
Gingersnaps

Cream cheese and butter in small mixer bowl until well combined. Add brandh, sugar and cayenne; heat until light and fluffy. Stir in cumin seed. Cover and refrigerate several days to allow flavors to blend. Let spread come to room temperature before serving with assorted crackers and gingersnaps. (Cheese spread will keep in refrigerator up to 1 month.)

RASPBERRY BUTTER

Yield: approx. 1 cup
1 cup [2 sticks] butter
⅔ cup raspberry syrup
¾ teaspoon nutmeg

Combine all ingredients; mix well. Store, covered, in refrigerator up to 3 weeks. Use on pancakes, waffles, French toast or as a spread on hot breads.

HERB BUTTER

Yield: approx. 1 cup
1 cup [2 sticks] butter
4 teaspoons chopped parsley
2 teaspoons chopped chives
1 teaspoon crushed thyme
¼ teaspoon salt
One eighth teaspoon pepper
One-eighth teaspoon garlic powder

Conbine all ingredients; mix well. Store, covered, in refrigerator up to 3 weeks. Use as a filling for Chicken Kiev. or on steaks, fish, baked potatoes, green beans or cauliflower.

—The Stars

(Continued from Page 29)

LIBRA

Sept. 24-Oct. 23

Element: Air
Quality: Cardinal
Ruling Planet: Venus
Symbol: The Scales

You are ruled by the planet of love and romantic encounters are highly likely over the next few weeks. You may meet your new heartthrob while walking, riding or attending a class or a meeting. Love is everywhere! If you want this relationship to last awhile, however, make sure you have realistic thoughts about it, and don't be too pushy.

Your finances have had their share of sudden turnabouts, and your lesson here is to salt some away for those all-too-frequent rainy days. It would be unwise to invest in any risky ventures at this time. As far as your career is concerned, many of you may receive that promotion you've been hoping for.

Self re-evaluation could take a more positive turn over the next few months and your dreams may contain certain elements of truth that could be very helpful to you during your waking hours. Healthwise, past ailments may again cause you some concern, and if they do, don't hesitate to seek professional care.

—Quiz

(Continued from Page 18)

An anti-discrimination clause was inserted in all defense contracts and the Fair Employment Practices Committee (FEPC) was established.

Randolph (1889-), America's leading black unionist, also received recognition as an editor, writer, draft resister and Socialist candidate. He organized, the Brotherhood of Speeling Car Porters in 1925. Randolph won distinction in the labor movement, serving as president of the Negro American Labor Council and as the first black vice - president of the AFL-CIO.

He was a vigorous campaigner for equal employment opportunity laws. He now devotes his energies to the A. Phillip Randolph Institute directed by civil rights strategist, Bayard Rustin.

—Letters

(Continued from Page 2)

Gallerie" was also left open to discussion and the vast majority found nothing wrong with the title. It is not designed to be a showcase for professional poets, but rather an attempt to allow amateurs and people with something to say a chance to see their offerings in print. More than 200 letters, containing poems, are received at the DAWN Magazine offices each week—so we must be doing something right.

— —

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HAPPY HOLIDAYS TO YOU—From the staff of DAWN Magazine. This original drawing of "The Little Drummer Boy," by staff artist Thomas Stockett, is our way of wishing you the very best.