Focus on Fashions

By Paula Brooks

The fall/winter season is a favorite time for anyone in love with fashion. Fascinating textures, created through weaving and other techniques, makes clothing interesting and unique.

It's hard to say where fashion originates--in the street or in the top design houses--but this year the influence of MTV, and music videos on everyday people cannot be disputed.

We see our favorite musicians having big fun in their best threads, and the fashion industry can only try to produce enough of Michael Jackson's Thriller jacket, and Madonna's lace looks to meet public demand.

The film Amadeus, which won Best Costumes at this year's Grammy Awards, is responsible for all the luxe tapestry and brocade seen this fall.

Much of it comes from Paris, but is surprisingly affordable. The French believe in dramatic shoulder treatments, and cut most of their jackets ultra-wide.

Thick shoulder pads complete the look. Sleeves are made to be worn casually pushed up, so many tapestry blazers are lined in a wonderful contrasting pattern.

The great thing about this blazer is that it looks just as good over jeans as it does over velvet or matching skirt or pants.

Lace and ruffles in the form of a stunning blouse complement this look well.

Add pearls in a long multi-layer necklace, cluster earrings or pin to put the finishing touches on the Amadeus look.

Any Baroque type jewelry will go well with this style, and many "faux" sapphire, ruby, and emerald can be found. They add a touch of glamour to our ordinary lives, and can be worn sparingly in the day, and layered generously in the evenings.

I was surprised to see the number of French imports in the market. They use a lot of rayon that is shiny and irridescent, and some of it has lace appliqued for a beautiful finishing touch. The French must have written the book on sexy looks.

The two-piece dressing is sensational, with long, lean, skirts that have a trumpet bottom, and some have a belt below the hip for added appeal.

Another hot trend is paisley passion! Remember when paisley prints were worn only by the most conservative dressers, and was considered slightly corny by the rest of the world?

Well they say there's a time for everything, and paisley's time is NOW! I've seen paisley on everything from $500 boots, to sweatshirts, earrings, belts, handbags, and all kinds of clothing.

(Continued on Page 15)

60's style 2 pc. knit mini, updated with shoulder pads, dolman sleeves and sporty side stripe.

Flavored in baby blue satin brocade. Long full skirt and hip hugger pants by Street Life.

Model in all photos; Rhonda McDonald
All photos by Thunder

Comfortable, cotton flannel in another of the season's hot trends - plaid. This 2 pc. square-tail shirt and circle skirt by Street Life.

Brilliant blue acetate jacket by Freego in bold paisley print, worn with mustard angora ribbed cowlneck sweater by I.B. Diffusion. The bottom line is royal blue cropped printed jeans by Freego.

Your Beauty Consultant

Betty Guy Wills

"How can I shrink my large pores?" — C. Carlton, Dallas Texas

"I have large pores, and real oily skin around my cheeks and nose!" — D. Case, New York, N.Y.

How to Close and Tighten those large Pores!

It is a known fact that the larger pores in our skin appears first, around the nose area. And then, we start to notice the other areas of our face giving way to the large, unsightly pores. This is not a matter of age, but of the construction on the outer layer of skin.

The pores of the skin are made up of two types; The sweat glands and the oil glands. The sweat glands perform the function of regulating body temperatures. They are numerous and are almost invisible to the eye. The pores that you can usually see, are the oil (sebaccous) glands — which secrete a natural lubricant called Sebum. These are the pores that we have to keep tightened.

A very effective method is to apply a thin layer of honey-clay masque on the face along with a mineral water spritz, to keep the masque spreadable. After the masque dries, start removing it by rubbing ice cubes over the face, and patting the skin with a washcloth.

The ice dissolves the clay, the clay has purged the pore, leaving a smite of honey in the pore to nourish the skin. It will take about 24 hours for the honey to dissolve in the pore.

Honey is very nourishing to the skin and you will feel a "wax" like finish when you complete your facial. This is my favorite facial, because the union of the natural clay and cold ice do a fantastic job of closing and tightening up the pores and tissue in the face. This can be applied once a month, and the results will be pure radiance.

You can finish the facial off, by spritzing mineral water over the face. If you can spend a little more time, apply the honey-clay masque to the neck area as well, right down to the breast line, and follow the same procedure.

If you cannot find a ready-made honey mask, then make your own — by mixing honey and natural clay together in a bowl to the consistency of mud — using more clay than honey. It is a little gooey, but certainly will do the job.

If you have a very intense case of large pores, then once a day rub ice cubes over the face and pay special attention to the nose and upper cheek area. Do this, while bending over the face bowl.

Pat dry with a towel. Afterwards, press a skin freshener into your skin. Use a freshener that contains no alcohol. This pressing is best done using a cotton ball saturated with the freshener.

I also suggest that once a week, "ice dunk" your face in a face bowl. Fill the bowl with ice water and ice cubes, don a shower cap and dunk your face into the water and hold as long as you can; do this several times and pat dry with a towel. Finish this icy plunge with a moisturizing cream if your skin tends to be dry.

I have just returned from the South Pacific and the women there use a very thin oil that contains Vitamin E and A long with exotic nut oils to moisturize. This is available in the States, also.

You will discover that ice will not only shrink large pores, but will also shrink the membranes and tissues in your face and circulate the blood to this area. Use a light touch when you first start these treatments, until your complexion becomes adjusted.

Many of our TV and movie stars use the "ice dunk" before making up and going before the cameras. Many of the European Beauty spas are adding the "icy plunge" to their equipment in the whirlpool area. This is a miniature pool with "ice berg" temperatures designed to plunge the whole body into its cold depths.

Some of my readers claim this "plunge" is being tested in some of the health spas in the states. I believe that the same goal of circulation, and tightening can be accomplished by "ice rubbing" the complete body, in the shower.

This method is more effective than a cold shower, because the ice coldness is placed right on the skin with ice cubes. Here, again I suggest a moisture oil being used after the cold rub.

Many of you will like the ice-rub on the face, especially, because when you are out late and have to arise early the ice will reduce the circles and bags under the eyes, and take the redness out . . . which eliminates using eye drops.

The puffiness in the cheek area will diminish, immediately; and the area between the eyebrow and the eyelid will tighten up.

If you feel that the ice needs a "buffer" against your skin, wrap a thin cloth around the cubes before using. This is recommended for highly sensitive and thin skin. I have had some clients claim that extreme coldness on the neck area has also shaped up the "jaw line" and throat creasing.

And others have claimed that the large veins in the legs seemed to "shrink up" after an icy rub on the calfs . . . .. these persons are nurses, and sales ladies that stand on their feet continuously.

When writing Betty Guy Wills at Dawn Magazine, 628 N. Eutaw St., Baltimore, MD 21201, you must include a self-addressed, stamped envelope.

—Fashions

(Continued from Page 14)

Who would have thought those squiggly little things that remind one of the amoeba seen under the microscope in biology class, would cause such excitement--in the fashion world.

Fashion goes in cycles, and this fall it's shades of the Sixties. Remember those swirling psychedelic watercolors found on shiny acetate shirts?

The same fabrics are re-surfacing with updated styling, such as the swallowtail shirt--with elongated back and short cut front.

Minis are also regaining popularity and have gotten shorter and tighter than those seen in the past few seasons.

Leather and denim are favorite fabrications, but I wouldn't be surprised to see a stiff white vinyl mini with matching go-go (or would it be disco) boots.

In the 60's most of the general population wore minis, but we suggest them only for those who've been serious about exercise and Bahamian Diet. Anyone with skinny ankles, fat knees, or cellulite also need not apply.

Another 60's spector is the Nehru jacket, made popular by The Beatles. The short stand-up collar is being hailed by trendies, but I keep expecting to see a big Sammy Davis medallion or "love beads" around the neck.