Eat Right, Avoid . Swimsuit Bulges

By JOAN KINGSBURY

Warm, pleasant days filled with swimming and sunning. Sounds like fun, doesn't it? With summer weather just around the corner, eating properly becomes extremely impor-tant. After all, how can you hide buldges in a swimsuit? For maximum good health, a program of exercise, proper eating and good skin care is essential. Connie La Jeunesse, Mary Kay Beauty Consultant and aerobic dance instructor, has some helpful hints to help you keep looking your best this summer.

Summer sun can feel

wonderful on your skin but can really be a villan, causing wrinkles and permanent skin damage. As a Mary Kay Beauty Consultant, Connie instructs people on the proper method of skin care. The introduction to Mary Kay Cosmetics is done with a free facial using cleansing products, eye, lip, and face make-up. During the summer, Connie feels that using a sunscreen is a must since damage from the sun cannot be undone. According to Dr. Myra Barker, vice president of research and product development for Mary Kay Cosmetics, "A sunburn is not the kind of simple phenomenon that is just temporary. A sunburn is very permanent and there is increasing evidence that severe sunburns early in life tend to predispose you to the most scrious forms of skin cancer later in life." For maximum protection, a sunscreen with a high SPF number should be used

As an aerobic dancer, Connie cites the importance of regular exercise. By exercising in a regular program, either with others or alone, a person will become more physically fit, look better and may loose weight, too. Connie is a qualified instructor. She received her certification from Mary Mayta, a clinician in sports medicine and college physical education instructor. Since Connie loves to dance, aerobics is the perfect form of exercise for her.

As a medical technologist, Connie recognizes the importance of good eating practices. She and her husband, Chuck, encourage their 2-year-old son Seth to eat healthy snacks, rais-

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Seth does enjoy ice cream nut, pineapple, and will and other treats in moder satisfy even the biggest and other treats in moderation, but has learned to

enjoy healthful foods, too. Residents of Shavertown, both Connie and 2 c. chopped dates Chuck are originally from pital School of technology, Connie served her intern- Base ship at Evangelical Community Hospital in Lewisburg. She has been a ded coconut medical technician for 11 years, holding supervisory 3 c. rolled oats posts in both New Jersey and Missouri. Locally, Connie worked at Pittston 1/4 c. oil or butter Hospital in the blood bank Chuck, director of counseling at College Misericordegree from University of Missouri at Rollo. He obtained his Masters Cover with the rest of the Degree and Phd from the University of Missouri at degrees for 30-40 minutes. Columbia.

Ettes, Connie was recently filling. named Jay-C-Ette of the

Connie says that to look good and feel good ded coconut throughout our lives taking ½ c. butter care of our skin, eating ½ c. water habits and bodies are 1/4 c. honey or other sweeextremely important, tener After all, Connie notes, 21/2 c. rolled oats "You project how you feel 1 t. vanilla

"sugar monster" POLYNESIAN BARS

Filling 1 T. vanilla

Phillipsburg, New Jersey. 21/2 c. unsweetened A graduate of Warren Hos- crushed pineapple with iuice

> 1 c. whole wheat flour 1 c. unsweetened, shred-

½ c. chopped nuts

1 c. orange juice 1/4 c. brown sugar or honey

Cook dates, vanilla and until Seth was born, undrained pineapple until thick. Mix together the base ingredients and press dia, received his bachelors half this mixture into a greased 9 x 12 inch pan. Spread filling on top.

Variation: Substitute An active member of the grated raw apple for part Back Mountain Jay-Cee- of the pineapple in the

base mixture. Bake at 350

NO-BAKE DATE BARS 1 lb. pitted dates, chopped 11/2 c. unsweetened, shred-

Combine dates, coconut, To help our readers sat- butter, water and honey. isfy their sweet tooth with- Cook three to four minout using unhealthy good- utes, stirring often, until ies, Connie is sharing mixture is thick and three great recipes with blended. Add oats, nuts our readers, Polynesian and vanilla. Spread into Bars, No-Bake Date Bars buttered 9 x 9 inch pan. and Date Drops. All are Chill about two hours. Cut chock full of delicious into 18 bars. Refrigerate in



Cookbook

FAMILY EXERCISING - Connie LaJeunesse, Mary Kay Beauty Consultant and aerobic dance instructor, exercises with her two-year-old son. Seth. in the family living room in Shavertown. Connie stresses the importance of proper eating and good exercise habits, particularly during the warm summer months.

airtight container. DATE DROPS ½ lb. dates, cut up

2 eggs 2 t. vanilla

½ c. butter

1/4 c. whole wheat flour 1/3 c. dry milk powder 1 c. rolled oats

½ c. raisins 1/4 c. carob chips ½ c. sunflower seeds ½ c. chopped pecans

Grind dates. Blend with eggs and vanilla to make a paste. Cream in butter. Stir in the rest of the is great for trips.

ingredients. Drop by spoonsful close together on greased cookie sheet. Bake at 325 degrees for 10-15 minutes or until peaks begin to brown. This recipe was created to help

fight the sugar monster. It

48 Complete **PSU** Course

recently completed one of three-five-week beginner received completion certifsewing series sponsored by The Pennsylvania State Kingston; Wai Arnold, University Cooperative Kingston; Evelyn Casey, Extension Service in Luz-Trucksville; Jean Mitcherne County.

course, the participants Kingston. learned how to use a and material selection, applying interfacing, sewing darts and seams, zipper techniques, applying waistbands and hem- 703.

Area residents who icates were: Mary Kuc,

ell, Forty Fort; Mrs. Wil-The class focused on liam Morris, Kingston; sewing skirts using woven Kim Telford, Trucksville fabrics. Throughout the and Kathryn Thomas,

For more information on sewing machine, pattern clothing, contact Barbara Kosakowski at the Luzerne pattern layout, cutting and County Cooperative Extenmarking techniques, sion Service, Courthouse Annex, 5 Water Street, Wilkes-Barre, Pa 18711, 825-1703 or 459-0736, ext.

Solo Club Lists **Events for June**

The Solo Club has announced its events for the month ofJune. They are as follows:

Saturday, June 11 - Jenkins Twp. American Legion, dancing, 9:30 p.m.

Saturday, June 18 - Atlantic City Trip; Mac's of Old Forge, dancing, 9:30 p.m. Saturday, June 25 - Marylea's of Luzerne,

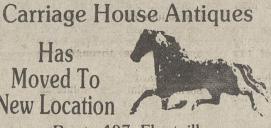
dancing, 9 p.m. Single males and females interested in becoming members of the Solo Club may receive additional information about the club by contacting Gene Schray at Dallas, 675-1704 or Ann Higgins of Chase, 696-2106.

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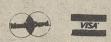
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