

Tips

(Continued from page 7)

occur," said Charles Zugeran, assistant professor of clinical dermatology at Northwestern University Medical School and consultant to Blistex Inc.

To avoid this problem, Zugarman emphasized the importance of keeping skin healthy. "Skin that is dry, cracked and chapped is more vulnerable to bacterial infection and reactivation of herpes simplex," he said.

Keeping lips kissable in preparation for a wedding day workout in the receiving line takes only a few moments a day. Select a medicated lip-care product - from balm in a stick to ointment in a tube - and slick it on the morning before putting on makeup, at noon over lipstick to moisten lips and refresh color and at night before bedtime to combat dryness.

When selecting makeup for the wedding day, think of staying power for the

prettiest look. Lipstick cannot be too soft or the color will slide right off. An undercoating of a lip ointment or balm can be used to form a base for a dryer lip color and help seal in moisture.

Like healthy hair and lips, heavy perspiration is something for which brides can prepare long before the wedding morning. Most brides expect to perspire more than normal on their wedding days and worry about perspiration stains on their wedding gowns, but they rarely do more than apply an antiperspirant before dressing. John Seifert of Proctor & Gamble, makers of Sure antiperspirant, offers the following tips for a self-confident bride:

- A week or two before the wedding, she should start applying antiperspirant every day. Continued daily use has a cumulative effect that provides optimal protection.

Bridal registries can eliminate confusion

By **MONICA PEREZ**
Copley News Service

An important part of any wedding celebration is the giving - and receiving - of gifts. This can pose difficulties for both the person giving the present and for the bridal couple - the gift giver may not know what to buy and may be uncomfortable asking for advice, and the bride may feel uncomfortable volunteering suggestions.

There is a solution to this dilemma: bridal gift registries at department stores.

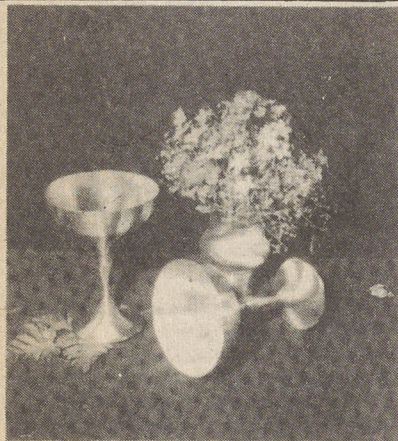
A registry is a list that describes the bridal couple's preferences in household necessities and luxuries. This makes it easy for friends and relatives to decide on an appropriate gift and also avoids duplication of gifts, since the list is updated continuously by the store to reflect gifts already purchased for the couple.

Traditionally, registries have been at department stores, but now brides can register at furniture outlets, specialty food and kitchen supply shops, liquor stores, luggage shops and bookstores, according to Bride's magazine.

The bride simply goes to the store and meets with a salesperson to look at items and make a list of things she wants and needs. There usually is no charge for this service.

Typically, the registry lists traditional gifts such as formal and casual china, flatware, crystal, glassware, pots and pans and linens. Increasingly, however, brides also are registering for goods such as small kitchen appliances, from toasters to microwave ovens; household electronics, from telephones to smoke alarms and decorative supplies, from vases to rugs to blinds, according to Diane Butler, an attendant at a department store registry.

(See PAPER, page 10)



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