

Going to Dye Your Hair? Follow 'Natural' Approach

By EMILY WILKENS
If you're wondering whether to do and dye, take some advice from Leslie Blanchard. A head man in hair coloring — he can take credit for all those blondes who have more fun in the ads — Blanchard's success story is: Color it natural!

"You can always spot a bad coloring job because it's all one color," he told me when I visited his posh townhouse salon on New York City's upper east side. "Natural hair has shades of difference. Look at a child's hair in bright sunlight and you'll see what I mean — it's many shades, not just one."

Women

Standard-Examiner, Tuesday, August 12, 1975 7A



MR. AND MRS. VOLNEY B. BELNAP

Couple to Observe 60th Wedding Date

An open house will be held Saturday to honor Mr. and Mrs. Volney Bryan Belnap of 720 Belnap Circle on the occasion of their 60th wedding anniversary. The event, hosted by their family, will be held at the Ogden LDS 27th Ward Cultural Hall at 3270 Orchard from 5 to 8 p.m. Mr. and Mrs. Belnap were married Aug. 16, 1915 in the Salt Lake LDS Temple. Mr. Belnap managed the Associated Builders Supply for 20 years. He worked for the Belnap Lumber Co. from 1921 to 1931, when his brother, Arias Belnap, organized the Belnap Brothers Lumber Co. COMPANY MANAGER From 1916 to 1921, he was manager of the Preston Lumber Co. in Preston, Idaho. While in Preston, he served as a Boy Scout commissioner and ward MIA superintendent. He was president of the Preston Athletic Club and helped organize the Preston Chamber of Commerce. Mr. Belnap served as bishop of the Ogden 20th Ward and the Ogden 21st Ward, and was president of his Priesthood Quorum and High Council. From 1956 to 1972 he served on the Ogden City Planning Commission. He was president of the International Lumber Dealer's Association and the Ogden Optimist Club. He was a member of the Ogden Chamber of Commerce and the Sons of the Utah Pioneers. CHURCH WORKER Mr. and Mrs. Belnap had three sons, two of whom are living. They are: Robert V. Belnap and Dr. N. Blaine Belnap, both of Ogden. They have 12 grandchildren and nine great-grandchildren. It is requested that gifts be omitted.

"Lightening," he is fast to explain, is not streaking, tipping or frosting, processes he takes a dim view of because they create a blatant color contrast. "Subtle contrast looks natural," he said, "but drastic contrast that creates stripes of color is ridiculous. Hair doesn't grow in stripes." If you've finally decided to put your head in the hands of a colorist, Blanchard advises that you check him out first. "You'll get a true picture of the quality of the work if you take time to visit the salon and check out the heads of clients as they leave."

KNOWS BEST
Once you're confident you've found the right colorist, let him be the doctor and prescribe for you. "Women often think they know best when it comes to color," Blanchard said, "but they're emotionally involved and it throws their judgment off. For example, when a brunette starts getting gray, she often insists she wants hair colored its original shade. "That's always a mistake. Her hair must go lighter because, as hair grays, skin tones change. Color her hair dark and it will be too harsh, too aging around the face."

In his own salon, Blanchard insists on a consultation before undertaking a coloring assignment. If a client refuses to go along with the custom color plan he's formulated for her, the job goes no further. "Because it's not just her hair but my reputation that's at stake."

Women turn to color for many reasons — they're starting to gray, blonde hair is fading, hair's a mousy shade and needs a lift, red hair's turning brown. Sometimes the problem is hair that's too dark. "With age," he observed, "some women's hair turns almost black. It's natural but looks unnaturally artificial and unbecoming." Blanchard believes colored locks need pampering. "In the summer, when you wash your hair every day after a dip in the ocean or pool," he said, "it's wise to use shampoo one day, a creamy, moisturizing conditioner the next. Work the conditioner in just as you would shampoo." Just For You: Hair spray may be a necessary evil. If you must use it to give a hairdo holding power, Blanchard advises choosing a water-soluble spray. Test it first by applying some to the back of your hand. If it feels sticky, don't use it on your hair.



MRS. MILTON D. BERLIN

Miss Gina Bodily Trades Vows With Milton Berlin

The former Miss Gina Bodily was married to Milton D. Berlin in a garden ceremony Sunday. The home of the bridegroom's parents, Mr. and Mrs. Milton H. Berlin, at 2529 Jackson, provided the setting for the ceremony and the open house which followed. Bishop George Bell officiated.

La Leche League To Meet Thursday

CLEARFIELD—The Clearfield La Leche League will meet Thursday at 7:30 p.m. at the home of Mrs. Terry R. Loder. "Nutrition and Weaning" will be discussed at this fourth meeting in the current series. Women interested in breast-feeding are invited to attend with their babies. Prospective mothers are also invited. For further information call Mrs. Loder at 825-7302 or Mrs. K. Sessions at 773-5286.

WEDDING IN YOUR FUTURE? HERE'S POLICY ON PICTURES

Planning to be married soon? The following applies to pictures and stories submitted for publication in the Ogden Standard-Examiner. 1. The Society Desk must be notified at least one week in advance of the wedding. 2. Pictures must be of the bride only and (5x7 or 8x10 prints preferable). Photos must reach the Society Desk at least two days prior to wedding. 3. Photographs intended for Sunday publication must reach the Society Desk not later than the preceding Wednesday. 4. Pictures intended for weekly use must reach the Society Desk a minimum of two days before publication. 5. There is a \$4 charge for all wedding and engagement pictures to help meet engraving costs. Pictures must be claimed within a month after publication. Society Department hours are 8 a.m. to 4:30 p.m. Mondays through Fridays. After 4:30 p.m. on those days engagement and wedding forms may be secured and filled out at the newspaper switchboard. No charges for stories only.

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All Liquids, No Bulk Make For Absolutely Wrong Diet

By DR. GEORGE THOSTESON
DEAR DR. THOSTESON: Is there anything wrong with a person going on an all-liquid diet of fruit and vegetable juices for the purpose of reducing. I'm also taking protein tabs, and all vitamins and minerals for proper nutrition. While on this diet is it possible or necessary to have bowel movements? Aren't all waste products from a liquid diet excreted from the kidneys? I am unable to lose weight on a 500-calorie diet, which I have adhered to for many months.—Mrs. B. G. M.

My plan. Mail 35 cents to me in care of this newspaper, and I'll send you a copy of the booklet. Enclose a stamped, self-addressed envelope for return mailing. There are many other serious disadvantages in your diet. You should consult with your doctor before continuing such a foolish program. DEAR DR. THOSTESON: Is it possible to be "addicted" to sweets? When I eat sweets such as pastries or candy, I get very nervous and tired.—Mrs. D. G.

a lowering of blood sugar, a possible cause of your weakness and nervousness.

BLOOD SUGAR TEST
The obvious answer for you is to have a blood sugar test, a rather simple procedure which will definitely determine whether or not you are hypoglycemic. Dr. Thosteson welcomes all reader mail, but regrets that, due to tremendous volume received daily, is unable to answer individually. Questions are incorporated in column when possible.

Your liquid diet is far out and no way to lose weight. Consider the fact that a glass of orange juice contains about 108 calories, and a cup of, say, tomato soup about 90 calories. That's already two-fifths of your diet — practically starvation. **LOW IN PROTEIN** It is apt to be too low in protein anyway in spite of the protein tabs. It gives no bulk whatever, and without bulk you would have no bowel action to speak of. Oh, there are so many things wrong with your diet that it would take reams of writing to just outline them. For example, the very necessary process of chewing is abandoned. Your body is becoming under your diet nothing more than a liquid-filtering machine. The kidneys will, incidentally, excrete what they are intended to excrete no matter in what form it enters the digestive tract. Chiefly, they excrete nitrogen wastes. It is hard for me to accept your claim that you have been unable to lose weight on a 500-calorie diet. It is, as I say, practically starvation. You must be doing something wrong. In my reducing booklet, "Lost Secrets of Reducing," I outline a 1,000-calorie regimen, but even that is only for limited periods and for limited weight loss. And consider that rather stringent. **THINK AGAIN** Please think again about your dieting. If you have to lose weight, you might want to try

I don't think you mean "addicted." The word "tolerance" is more appropriate. Your symptoms should be warning enough for you to want to learn what the connection is between your sweets eating and your nervousness and fatigue. Your eating of sweets most likely triggers a release of insulin in your pancreas, and since insulin enters the blood to metabolize blood sugar, the result is

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JELLY SIDE DOWN

Found: One Cabin, but —

By NANCY STAHL
As I wrote in my last column, we went on an eleventh-hour weekend trip to look for a cottage to rent later in the summer. A search such as this requires the dedicated investigation of any sign containing the words "lake," "resort," "cabins," or "cottages." We soon learned to ignore severely weathered signs in need of paint. While such signs could, perhaps, indicate that the resort owners were a happy-go-lucky lot, eschewing advertising as being simply crass commercialism, more often than not a severely weathered sign meant that the owners had abandoned the whole project three years ago and moved to Miami Beach. Most roads to resorts are singularly unpleasant one-lane gravel efforts that meander through bush country, cavort through forests, and continue undaunted across smallest streams. **BEGAN CLUCKING** After 25 miles of this agony, my car began making the clucking, chiding sounds that only a severely over-extended five-year-old Toyota can. Unfortunately in view of the fact that the road was only sev-

en feet wide and dropped off on either side into a swamp, there seemed to be precious little to do but either press on or back up, trying not only to stay on the road but to avoid my muffler, which had fallen off two miles before. "Look, Mom," my son pleaded. "We've seen 23 resorts. Eighteen were booked solid, four were boarded up, and one was beside a motorcycle scrambles track. Let's give up and go home." "You have no faith," I retorted. "No spirit of adventure. I have confidence. I have hope. What I don't have is room on this cow path to turn around." Happily enough, one mile further on, we found a cottage to rent. It has a lovely beach. It has a complete kitchen. It has everything, in fact, but indoor plumbing.

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