

Ten Tanning Tricks to Try

"Was my face red!" You won't have to say it when you return from vacation if you learn how to shun sunburn while courting a glowing, even tan. Here's what the experts recommend:

1. **Start off slowly.** If your skin is untanned, doctors recommend a 20-minute maximum for your first sun session of the season.

2. **Be extra-careful at the beach.** Sand and water reflect sunlight; you can burn even under the shade of an umbrella!

3. **Pick the right time of day.** Go easy on sunbathing between 11 a.m. and 2 p.m., when sunburn danger is greatest. Before 8 a.m. or after 4 p.m. there's little danger.

4. **Use the suntan lotion that's best for you.** Skin dry? Try a suntan cream or cream lotion. Clear-lotion fans can be sure of lasting protection with products that contain Dura-Sil. Sun Stop, for those who can't take the sun, screens out all burning and tanning rays.

5. **Watch your eyes.** Always wear sunglasses at the beach; even when sunbathing, it's wise to protect your eyes with a hat brim or towel. Ultra-violet rays can penetrate your eyelids and impair vision.

6. **Know when to reapply**

lotion. A good rule of thumb is to reapply every two hours; however, Bronztan Cream Lotion is said to give four-hour protection.

7. **Double your dose** of suntan lotion — or use a sun-blocking preparation — for thin-skinned areas like the nose, lips, ears, shoulders and knees. To speak baldly, this also applies to bare spots on the scalp!

8. **Be suited to a tan.** This one's for the gals: to prevent those odd suntans caused by the cut of some high-fashion bathing suits, alternate with a suit that exposes any areas covered up by the other.

9. **Watch out for the weather.** Many people get careless about the sun on an overcast day — but these "burning" ultra-violet rays can penetrate mist and clouds!

10. **Use your head** by wearing a hat when you're in the sun for any length of time. It protects hair from becoming dry and brittle; in the noonday sun, it may even save you from sunstroke!

CLINTON . . . BASEBALL COUNTRY

Clinton has always been a baseball town, and this year is no exception. The City Recreation Baseball Parks are busy from early morning 'til dark with Small Fry, Intermediate, and Junior League games. Teams in each of the leagues play two games each week in addition to the daily practice sessions. Many of the C.H.S. and local American Legion team players "grew up" in the City Recreation Program. The boys are well schooled in fundamentals of the game from Small Fry through Junior age groups.

THAT'S WISDOM

You're enjoying good health . . . that's fine
You want to remain well . . . that's normal
You may be careless . . . that's possible . . .
You may have an accident . . . that could be
You sincerely hope not . . . that's obvious
Then practice safety first . . .
THAT'S WISDOM

POETIC ADVICE

Ven down to der beach for boating and svimmen
Be watching der shoreline not all der vimmen
Don't get in der water outen too deepen
Or der next thing you know on d er bottom you' re sleepin on der bottom you're sleepin!

Whiz Quiz

An old accountant in ancient Rome was a whiz at subtraction, for he got different answers than anybody else. For instance, he took 6 from 9, from 9 he took 10, and from 40 he took 50. Sounds impossible doesn't it? But equally impossible was the fact that he got 6 for his answer. Can you?

ANSWER

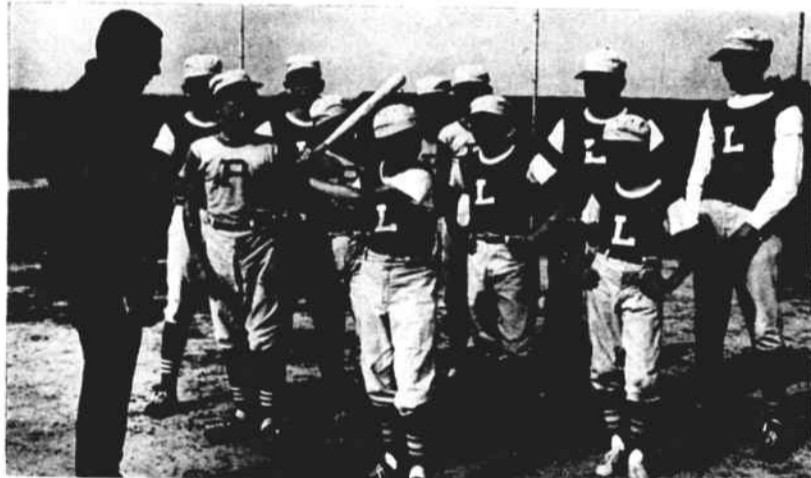
SIX	IX	XL
IX	X	L
S	I	X



HOME RUN
Tim Whitman, son of Mr. and Mrs. D. C. Whitman, is congratulated by Moose Intermediate League teammates as he crosses home plate after hitting his second HR of the season. The team has won seven straight games for a perfect 7-0 season record.



PITCHING POINTERS
Bailey pitcher Edgar Foster demonstrates for Coach Truman Owens the correct way to hold a baserunner on base. The Bailey Juniors have a 5-2 won-lost record.



BATTING STANCE
Coach Jimmie Braswell reviews the proper batting stance with Steve Fennell as Lydia Junior League teammates listen attentively to the batting tips.



BIG ORANGE
Lydia Intermediates have a 3-3 record to-date. Following a victory in their last game, they stopped by the refreshment stand for a Big Orange treat.



John Henri Lott, Tony Windsor, Irving Seigler, and James Meadows.

The LIMITS Are the MOST

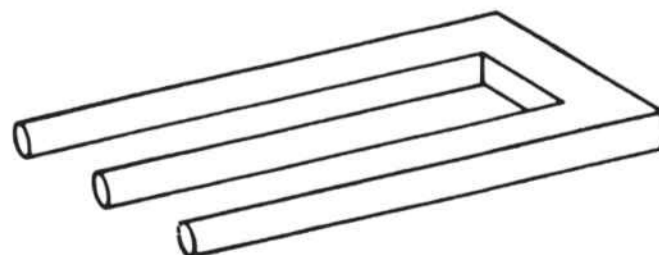
The Limits are fast gaining in popularity in the Clinton area. The group is composed of local high school boys who got together about 6 months ago to combine their talents into a first rate combo.

They play regularly for "Teen Dance" at the American Legion Hut. On several occasions they have played for C.H.S. and Junior High Canteen dances. Recently they appeared on WJBF-TV in Augusta, and they have been heard locally over WPCC in Clinton.

The Limits most recent recognition of outstanding performance was June 19 in Newberry, S. C. They won the Arthur Smith Talent Show and an appearance with his troupe on WBTB.

The group is available for club and private parties.

Now it's your turn to go crazy!



According to the *American Machinist*, the above is of a three-gated bifurcator. Be that as it may, we caution you. The wear and tear on your bifocals will be terrific if you try to see what you think you ought to see.

The designer is unknown — and it's just as well.