



Pedicured feet stretched over the water, vivacious Debbie Reynolds and friend sun themselves beside the pool.

Footsteps to Good Grooming

BY NAN CABOT

Good grooming is a tip-toe affair. This means your feet should be as well cared for as your hair. And in these days of ultrasheer hosiery and cut-out shoes, it's especially important to include a weekly pedicure with your other regular beauty routines.

It begins with soaping and scrubbing the feet thoroughly with a brush. Better pay special attention to the toes, backs of heels, and other areas that tend to collect soil. When your feet are dry, swab cuticle remover around the nails and work back the cuticle with an orangewood stick or pusher, just as you do for a manicure.

Cut all the nails straight across (shaping at the sides encourages ingrown nails). A heavy nail scissors or nail clipper is best for this initial trimming, but the uneven or sharp edges should be beveled off with an emery board or a fine-cut file. This reduces stocking wear and tear, especially where the big toe is concerned. After the nails are trimmed, apply cuticle oil, then buff with quick, even strokes to minimize unattractive bumps and ridges and to prepare the surface for polish. Always buff across the nail—never up and down.

Before polishing the nails, bathe your feet again and dry with a shaggy towel. "Basket weave" a twisted strip of cotton over and under the toes to separate them. Then enamel the nails in the usual way. When the first coat is dry, paint on another for durability.

You'll find that the more often you give yourself a pedicure, the easier and faster it becomes. And your feet will look better and feel better, too.

Sail thru summer

with ocean-fresh

Star-Kist Tuna

When the weather says a sandwich... or a salad... it's yours in cool-quick minutes with this change-about recipe and clever Star-Kist Tuna. Serve one of them tomorrow with a tinkling tumbler of iced-tea—then lean back and bask in the compliments! Ah!

Favorite Uncle

by Stan Fine



1 wonderful mix for 2 terrific tuna treats!

STAR-KIST TUNA

Double Duty Recipe for Sandwiches and Salads

- 2 No. 1/2 cans Star-Kist Tuna
- 1 cup chopped celery
- 3 hard-cooked eggs, chopped
- 2 pimientos, chopped
- 1 tsp. salt
- 1/4 tsp. pepper
- 2 tbsp. chopped dill pickles or 1/2 tsp. dried dill
- 2 tbsp. finely chopped onion
- 2 tbsp. Sunkist lemon juice
- 3/4 cup Hellmann's or Best Foods Real Mayonnaise

Drain tuna and break into chunks. Combine with rest of ingredients. Serve on crisp greens, or use to stuff tomatoes or small avocado halves for salad. Makes 4 to 6 salads. Or, spread on bread allowing 1/3 to 1/2 cup for each sandwich. Makes 10 to 12 sandwiches.



ONLY STAR-KIST TUNA KNOWS THE SECRET OF OCEAN-FRESH FLAVOR!

Only Star-Kist Tuna is packed by the Flavor-Lok process. This is your guarantee every whisper of natural tuna flavor is captured for you to enjoy!

