



Blondes, Brunettes, Redheads...

... David loves them all! What he doesn't like is a lass who looks like a painted doll. When it comes to make-up, David's advice is "take it easy". Even on the most glamorous occasions, it's better to be wearing too little than too much...

But make-up is just the frosting on the cake... what David watches out for is a girl who is well-groomed. That means shiny hair, clean white teeth, fresh breath, manicured nails (clear polish is just as nice as coloured), and clothes that are well looked after.

You've probably heard the old adage that 100 strokes of the brush every night will put your hair in perfect condition. But if your hair is greasy—or flyaway—that won't apply to you, as brushing stimulates the oil glands in the scalp and creates static electricity in the hair. Actually, combing is just as good for all types of hair... but don't forget to get all those tangles out before you go to bed!

Here's a trick for controlling flyaway hair: after shampooing and rinsing, massage some natural yoghurt into your hair, leave for three to four minutes, then rinse out with luke warm water. Your tresses will be much more manageable.

Make-up isn't appropriate for school, but you can emphasise your eyelashes without using mascara. Curl them with an eyelash curler and then flick on a little Vaseline with your fingertip. You can also emphasise brows by smoothing on just a touch of Vaseline.

As for your nails, file them with an emery board rather than a steel file, which tends to cause splitting. Never file into the corners as that weakens the nail. Slant the emery board slightly toward the underside of the nail, as this will also help prevent splitting. When you remove old nail varnish, press a piece of cotton wool soaked in remover onto the nail for about five seconds; it will literally dissolve the varnish.

GOOD SPORT CASSIDY

Did you ever notice that David has a tiny scar over his left eye? That's where one of his school friends accidentally hit him with a golf club! The wound became infected and took months to heal properly... but that didn't put David off sports... no, sirree!

He's always been dead keen on sports ever since he was a kid. When as a boy, he moved from New Jersey to California, he found that the sunny, warm climate was particularly suitable for all sorts of outdoor fun. He took up go-karting for a while, and then became interested in horseriding and surfing. In fact, surfing is still one of his favourite sports and as his home is only about a 30-minute drive from the beach, he often spends his free time riding the waves of the Pacific Ocean.

At school, he became involved with all kinds of sports—"I guess that's what I really remember school for," he says. "I liked baseball, football, running and swimming." Of course, when David says 'football', he means the American game—a very rough type of rugby, whose players wear helmets and padded uniforms with four-foot wide shoulders!

When David came to Europe for the first time several years ago he went ski-ing in Austria... and fell in love with the sport! Fortunately, he didn't have to give it up when he returned home. From his window he can see the snow-covered peaks of the Santa Monica Mountains, where people go ski-ing year-round.

But the sport that David wants to do more of in the future is horseriding. He loves horses and hopes to raise them one day on his own private ranch in Hawaii. And there will no doubt be some English horses among them!

