

Let's Talk It Over...

LOVE BOYS SCHOOL TRAVEL PARENTS DRUGS GIRLS DIET SEX

In This Issue...

That Pimple Problem	67
Boy Problems	69
Star Problem—School!	70
Your Pierced Ears	71
Be Beautiful!	72
Summer Hair Frizzies	73
Your First Kiss—How To!	73
Trouble At Home	73
Girl Talk	74

Problems! We've all got them. And, sometimes the best way to solve them is to talk them over. Just remember, you are not alone. Thousands of girls are just like you, looking for ways to understand not only themselves, but boys, parents, popularity, sex and other problems that young people like YOU are

faced with today. "Let's Talk It Over" is your private place to discuss all the things that have been on your mind. So, write to us in care of "Let's Talk It Over," Tiger Beat Magazine, 7060 Hollywood Blvd., #800, Hollywood, Calif. 90028. Maybe we can all help each other!

That Positively Painful Pimple Problem!

[Or, To Paraphrase Lady MacBeth, "Out, Darned Spot!"]

There's nothing funny about acne, pimples and blackheads—the trick is being able to diagnose what kind of skin problems you have, then controlling them! Here's a simple guide!

Wolfman Jack isn't kidding (in his Clearasil commercial) when he says, "Take it from someone who's been there." The figures are that 90 per cent of all teenagers have some skin problem, whether



EVEN NOW that David has less pressure than when he was on "Partridge," he still has some pimples!

it's blackheads, whiteheads, or out-and-out acne. You're not alone! There may not be much consolation in that, if your face is reddened and puffy with acne right now... but take heart! There's help for you, no matter what your pimple problem is!

BLACKHEADS: Blackheads are not filled with dirt. They are formed by oil glands becoming stopped up and hardened with oil and natural bacteria, and the black color is caused by "oxidizing" in the air! If blackheads aren't dirt, why should you scrub your face to get rid of them? Because cleansing removes excess oil and helps dry up oil glands that oversecrete! Cleansing can also break up existing blackheads. Soaps containing abrasives—tiny particles of sand, crystal or other substances—are best. Don't combine their use with other acne products, however—the effect will be too harsh and irritating! Look on the labels of soaps and it will say "cleansing grains" or something similar that tells you there's an

