

# YOU

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CANADA'S BEAUTY MAGAZINE

HELP  
YOURSELF TO A  
SUPER SPRING!

**25 ways to find  
a rich man**

**Donna Mills'  
eye magic**

**think  
yourself thin**

**sexy spring fashion**

**makeovers**

**how to be a new you**





# FOCUS ON BEAUTY

**No matter how well I rinse my face after washing, it feels dry and tight. Can you recommend a soap that will get my face really clean and remove all makeup, dirt and oil without leaving my skin tight?**

Why use soap? You may try *Noxzema Skin Cream* for your sensitive skin. There are three reasons: it will flush out the dirt and leave your skin feeling smooth and tingly (and not dry). And it is available in a convenient pump dispenser in an unbreakable plastic bottle that will fit on your sink or can go into the shower with you. While we're on the subject. If you go south, remember that this cream reduces skin temperature on contact, so it soothes the pain of sunburn instantly (or the discomfort of windburn, if you're doing some spring skiing). And it provides a close, comfortable shave, as well. So tell your husband!

**I have short hair and have trouble getting the soft curl I want when I use hot rollers. The curl starts out too tight and then falls out.**

Short hair needs special rollers. Try *Clairol \*Kindness\* Heated Rollers*. They are new, with an unusual 19-roller assortment (9 medium and 10 small). The rollers have a soft velvety-soft surface with a high-energy wax core. This produces a controlled heat for long-lasting curl while the outer rims stay cool and make winding easier.

**I wish you would comment on what men think is beautiful. Is there one type of woman most preferred?**

Beauty and personality are so closely related that they cannot be separated. *Gillette* currently has a contest called "Be Seen on the Screen" which offers a trip to Hollywood plus a chance to be in a movie. Gillette's survey on what stars are favorites showed *Faye Dunaway* winning over such beauties as *Bo Derek* and young adults chose *Dudley Moore* over more macho men. So conventional beauty isn't always the big winner.

**They say there is no wrinkle-erasing skin treatment, but when I apply a moisturizer, it seems to soften the very fine surface lines I am getting. Is this my imagination?**

No, you're quite right. A nourishing cream *does* soften the very fine lines on the surface of the skin. You might like to try *Der-mastine*, which is made in France and only now available in Canada. It has two percent Elastin, which is an integral part of our own skin – the part that is responsible for the elasticity of our skin.

**Even though my girlfriend is only 19, she says she uses cover stick to lighten her eyes and to cover little blemishes. I thought it was made for older women.**

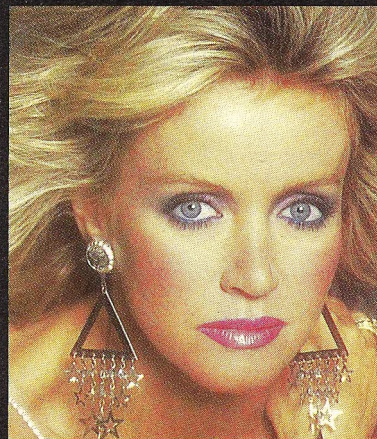
No, cover stick is an every-age product, even used by men. But we suggest that you buy it to suit your skin type. For instance, *Maybelline* has a *Moisture Whip* cover stick for normal and dry skin. But also look for Maybelline's *Shine Free* cover stick, made especially for oily skin.

**I suppose I belong to the old school, but I feel that lipsticks must dry the lips and our lips occasionally need a rest from them.**

Not at all. In fact, cosmetics have come a long way from the days of our mothers. Today, lipsticks actually help maintain natural moisture in the lips. That's why the *Quencher* lipsticks are so well named. They protect your lips while they make you look wonderful.

**I'm not sure that this is a beauty question, but I'd really like to get rid of my glasses and wear contacts (I love eye makeup). From past experience, I know I can't wear soft contact lenses, yet I'd like to wear prolonged wear contact lenses. Any suggestions?**

You may be able to wear a new prolonged wear rigid gas permeable lens, *The Boston Lens IV* contact lens. This lens allows as much oxygen to pass through it as soft lenses, which makes it very comfortable. As well, it gives excellent vision correction, since it is rigid.



Our cover has *Donna Mills* who has had enormous impact on the way eye makeup currently is being used. *YOU* magazine wanted the inside story on how she does it.

When she was approached about an interview, she asked for time to read one of our issues.

She not only liked *YOU* magazine, but suggested that she would like to be on our cover, as well. And that's the story behind the *Donna Mills* cover – a departure for *YOU* magazine.

No, we're not a celebrity magazine. We're a beauty magazine. And this beautiful woman's makeup story is worth the telling. We think you'll enjoy it.



# DONNA MILLS PRESENT PERFECT

BY CANDI CAZAU

IF HER PRESENT IS perfect, it doesn't particularly follow that her past is imperfect. But *Donna Mills* didn't arrive as the queen of Wednesday and Thursday night television (depending on where in Canada you live) without collecting her share of bruises along the way.

Make no mistake. The lady has more than a perfect figure and a memorable face. She has talent. And she's no slouch as a businesswoman, either.

Every week, Canadians tune in to Global television to see what *Abby Cunningham Ewing* of the hit evening soap, *Knots Landing*, will do—and to whom she will do it. Abby is the woman we love to hate. She also is the woman who drives us crazy as, every now and again, she shows just a touch of vulnerability.

*Knots Landing* viewers know that Abby is twice married with two children—and she'll do almost anything to make an honest or dishonest buck.

Her alter ego, real-life Donna Mills is single. In fact Donna has never married, although she lives in Hollywood with a steady beau.

Never married? And age 41? Doesn't that pose social problems for Donna?

"Not at all," she laughs. "No social pressures at all. In Hollywood, there is very little thought given to whether one is single or married."

Is she like *Knots Landing's* Abby Ewing?

"Sure, there are a few similarities. Like Abby, I am very ambitious. I get a great deal of pleasure in achieving and I share Abby's fierce determination to succeed. But we don't go about it the same way. And we don't measure success in the same way."

For Donna, success means she has the flexibility to pick and choose her projects. The recognition she is getting is great, but the freedom to choose is even better.

Success also means money, of course. But, even more, it means learning to be confident, to be happy and to enjoy the







feeling when her work is well received. She admits to some anxiety. There is frustration, because "on a daily basis, it is difficult to always maintain the standard that I want."

In the early years, she worried about the nightmares and fantasies related to the myth about the Hollywood Dream Machine. But as her success became real, the fear subsided. She says, "It's a business like any other business. And when I realized that it was not all glamor and began treating my work like a business, things started to go a lot better."

Born and raised in Chicago, Illinois, she began her show business career dancing professionally at Chicago's Melody Top Theatre. Her dream was to become a prima ballerina, but she hit a de-

tour when she accepted a television role as a sexy nightclub singer in the daytime soap, *The Secret Storm*. Her role was killed off, but she was immediately signed by CBS for its daytime soap, *Love is a Many Splendored Thing*. This time, she was allowed to survive for three years.

Then, she landed a bit role in an episode of *Dan August* (played by *Burt Reynolds*) and she was in Hollywood — permanently, as it turned out.

She says, "Burt was a great influence on my career. He introduced me to *Clint Eastwood*, who was looking for an actress to star with him in the suspense thriller, *Play Misty for Me*. They met — once — and Donna was immediately cast in her first feature film.

Obviously, one assumes, the breaks al-

## A ONE-WOMAN BEAUTY REVOLUTION

*Donna Mills* almost single-handedly has brought back liquid eyeliner. She has had the greatest influence on eye makeup since *Elizabeth Taylor* developed the extended eye for her role in *Cleopatra*. And the interesting thing is that both women like to develop their own makeup.

*Elizabeth Taylor* always has had the last word when makeup was being designed for a new role. She has a good eye for what suits the part — even when the part is trampy or shrewish as it was in *Who's Afraid of Virginia Woolf?*

During the 70s, eyeliner fell out of favor and as a result, sales of liquid eyeliner hit rock bottom.

Then *Donna Mills* hit the small screen in a dazzling eye makeup that had an intensity that hadn't been seen in 20 years. And instead of looking old-fashioned or overdone, it worked.

Liquid eyeliner was reborn. And soft khol pencils were in demand.

*Donna Mills* does her own television makeup — and this makes her a rare breed. Most actresses are delighted to slide into a makeup chair and let the experts do their job. But *Donna* didn't want a rehash of what was being done by almost every cosmetic stylist for almost every actress. She wanted an innovative, new look.

So she designed her own look: warm foundation and blush, pale, glossy lips and heavily contoured eyes, rimmed in black eyeliner, top and bottom.

It takes time to do the eyes because the discerning eye of the camera doesn't miss a thing. So *Donna* is out of bed by 5 a.m., does her own makeup and leaves, camera-ready, for the studio before 7 a.m.

She uses highlighter on her lids, close to her nose, and that helps her eyes look wider spaced. Then, deeper color starts in the middle of the eyelid, extends to the outside corner of the eye and sweeps up, beyond the outside corner. This color extension at the outside corner makes the eyes look longer.

It is the eyeliner that makes the statement. Use either liquid eyeliner or a soft pencil in black or brownish-black and line the eye from the inside corner to the outside corner, very close to the lashes. Repeat under the bottom lashes.

To avoid the color melting and running, either powder the eyes first or apply a 'fix' that is designed to prevent color from fading and running.

Then play with the new look.

This spring, it's not *Bette Davis* eyes. It's *Donna Mills* eyes.



ways came easily for Donna because she was so attractive.

Not so, she says. People around her constantly told her that she would have no problem catching herself a rich guy because of her beauty. As a result, throughout her young years, she believed that her looks were her only asset. Perhaps that's why the character of Abby Ewing fascinated her from the beginning. She says, "Abby has guts and no fear. She marches in where others fear to tread."

Playing Abby has had a significant influence on Donna. She admits that the strong personality of Abby has helped her get over her own insecurities and that, as a result, she is more self-confident.

She carries with her one relic from her past: her passion for ballet. In her Bel Air home she has created a ballet studio over the garage where she exercises on a daily basis. She does a vigorous hour of stationary bicycling, stretching, ballet bars and weights. She advises, "Ballet is the best exercise because it works every part of the body and it teaches grace as well."

She is an avid sports enthusiast and participates in celebrity tennis tournaments which raise money for worthy charities. And, when she can, she escapes to her condo in Palm Springs for some rest and recreation.

Big Hollywood parties are not a turn-on. Her idea of a perfect evening is to have

a small dinner party for six to eight close friends. She likes to put people together who don't know one another because she thinks it creates more energy and stimulation for her guests.

Her personal wardrobe is no match for Abby's...and yet she insists on shopping personally for Abby's on-camera fashions. Then, if she needs something special off-camera, she borrows from Abby's wardrobe. This attention to detail and the hours involved in putting together Abby's wardrobe are typical of Donna Mills' total involvement in her career. Color is enormously important to her and she wants Abby dressed in warm colors, such as pinks, fuchsia, purples and reds. An assumption that she would choose blue to match her china-blue eyes would be wrong. She feels blue is too cold for her.

A typical working day: up at 5 a.m. and off to the studio at 6:45 a.m. Rehearsals start at 7:30 a.m. Taping starts at 8:30 a.m. and continues to about 7:30 in the evening.

During the shooting schedule, there's not much time for anything but sleep and work, because Donna insists on seven hours of sleep each night. To maintain her energy, she also chooses her foods carefully, although she admits to the occasional junk-food day, with the favorite junk food being tacos.

She lives the current catch-phrase,

'you're not getting older, you're getting better'. Until age 35, she says that women are just practicing. "Up to that time, we are searching to find ourselves. When we reach 35, we usually have attained the confidence and the serenity we formerly lacked."

Her on-camera persona, Abby, makes life miserable for everyone around her, including her on-camera husband, Gary Ewing. He has been developed as one of the nicer Ewing brothers, with some terrific qualities. But the one quality that has been developed for the character doesn't sit well with Donna. "Gary is not terribly ambitious and I like men with vitality and who have the same desire to achieve as I."

Nevertheless, she adores the actor who plays Gary. *Ted Shackelford* is a very close friend and he and Donna trust each other totally – which makes working together a great joy.

So what next for Donna Mills?

She has long-term goals. She has set up her own production company, Bonaparte Productions and she recently completed a video on the techniques of applying makeup.

She devotes time to political fund raisers and she strongly supports the nuclear freeze and also campaigns for the solar lobby.

But the bottom line is that she wants to be remembered as a terrific actress. □