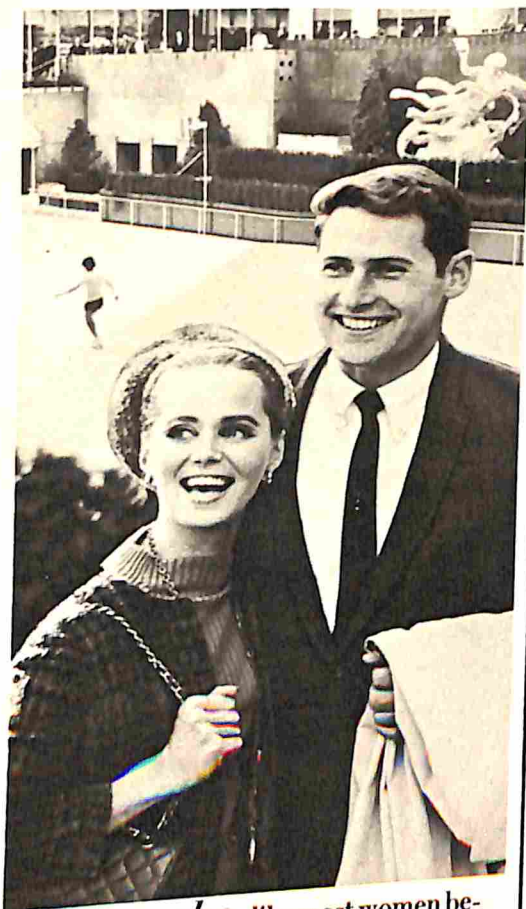


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Woman's Day

JANUARY, 1969 • THIRTY-SECOND YEAR • FOURTH ISSUE
"CREATE IN ME A CLEAN HEART, O GOD; AND RENEW A RIGHT SPIRIT WITHIN ME." PSALMS 51:10

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Cover photograph by Irwin Horowitz

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IT'S ALL IN A WOMAN'S DAY



Gay Gaer Luce

Dr. Julius Segal

YOU'RE A LARK if your sleep pattern calls for early bedtime, early rising, an owl if it's the reverse, according to authors Gay Luce and Julius Segal, Ph.D., who collaborated on a new book, *Insomnia: The Guide for Troubled Sleepers*, reviewed on pages 42-43. Mrs. Luce, a lark/owl combination, became professionally involved with sleep eight years ago—she has kept vigil countless nights and traveled through this country, Europe and Israel to report on current sleep research for the National Institute of Mental Health (NIMH), and is the coauthor, also with Dr. Segal, of an earlier book, *Sleep*. Dr. Segal has researched psychological warfare problems for the Army, taught college psychology and is now Chief of Program Analysis and Evaluation at NIMH. As a lark, he is able to devote early predawn hours to a second career, writing articles for national magazines. Neither he nor Mrs. Luce, incidentally, has any problem with insomnia.

THE HOROSCOPE describes Leos as people with energy, elegance and a flair for the dramatic. Arlene Dahl—who designed our four beauty make-overs, pages 28-35, according to star-given characteristics—was born under the lion sign, and it seems fitting. She is concurrently a well-known actress (latest film, *Day of the Landgrabber*), syndicated columnist, lingerie designer and advertising executive. Her interest in astrology began in high school when her father gave her a book on the subject, and continues to this day, which finds her the knowledgeable author of twelve zodiac-derived "Beautyscopes."

PAINTING WITH WOOL has fascinated Mimi Hovsepian since childhood, and samples of her adult expertise—a crocheted dress and four hats—appear on page 8. Her colorful designs have even been reproduced as artwork for fine stationery. She studied at the School of Visual Arts in New York, and became an art director at a top advertising agency in the city. Now transplanted to Denmark by marriage, she lives with her physician husband, Bent Vang Olsen, in Copenhagen, and they expect their first child in May.



Arlene Dahl

Mimi Hovsepian

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