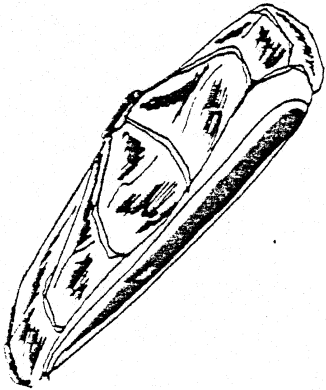


TRANSVESTITES A MONTREAL



# TAMs & tissues

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JUN 24 1981

WELL IT SEEMS THAT ITS BEEN SOME TWO MONTHS SINCE OUR LAST NEWSLETTER AND WE HAVE LOTS OF MATERIAL TO COVER TWO PAPERS - THE MORE FOR OUR SEPTEMBER ISSUE. OVER THE PAST WHILE WE HAVE DONE SOME PUBLIC-SPEAKING, ON THE 24TH WE HAVE A BOOTH AT THE FETE NATIONALE CELEBRATIONS IN MONTREAL AS DOES WOMEN.

AT ONE OF THE LAST MEETINGS WE DECIDED TO MOVE THE MEETING TIME TO A TUESDAY EVENING AS SEVERAL MEMBERS WANTED TO TRY THE EARLY WEEK SCHEDULE. WE HAVE ALSO ASKED THE ADGQ FOR A REGULAR MEETING SPACE - MORE ON THIS IN OUR NEXT ISSUE.

WE ALSO HAVE THE DISTINCT PLEASURE TO WELCOME SEVERAL NEW MEMBERS. BIENVENUE A MARIO, STAN, LUC, JERRY, MIKE, IT WAS GOOD TO SEE KAREN AND BRENDA AGAIN. WE WOULD AT THIS TIME LIKE TO ANNOUNCE THAT BRENDA IS OUR NEW MEMBERSHIP SECRETARY. SHE WILL BE PHONING ALL THE MONTREAL AREA MEMBERS TO REMIND THEM OF MEETINGS I WOULD ALSO LIKE TO THANK JANICE FOR HER HELP IN TYPING THIS NEWSLETTER AND CHRISTIAN FOR ANSWERING OUR FRENCH CORRESPONDENCE. SEVERAL MEMBERS HAVE SENT IN ARTICLES - PLEASE CONTINUE TO DO SO. OUR FINANCIAL SITUATION HAS BECOME MANAGEABLE AND WE HOPE IT WILL CONTINUE TO IMPROVE. OUR ONLY PROBLEM IS A REGULAR MEETING PLACE BUT THIS MIGHT BE SOLVED THANKS TO CHRISTINE'S INTERVENTION.

WE ARE SLOWLY EVOLVING TO THE POINT OF HAVING A COMPLETE EXECUTIVE - WE NOW HAVE A COMMITTEE OF JANICE, CHRISTINE, SUZANNE, BRENDA AND ME WHO DO THE ADMINISTRATIVE WORK.

WE HAVE TWO REGULAR FEATURES IE CLASSIFIEDS AND PERSONALS IN THIS EDITION - LETS EXPAND THIS FOR OUR NEXT ISSUE. RATES AVAILABLE ON REQUEST.

DAVE

EXCERPT FROM : AUTOBIOGRAPHY OF BENVENUTO CELLINI

.....considerable beauty, called Pantasilea, who was very much in love with me; but I was obliged to give her up to one of my dearest friends, called IlPachiaco, who on his side had been, and still was, over head and ears in love with her. This exchange excited a certain amount of lover's anger, because the lady, seeing I had abandoned her at Pachiacca's first entreaty, imagined that I held a slight esteem the great affection which she bore me. In course of time a very serious accident grew out of this misunderstanding through her desire to take revenge for the affront I had put upon her; whereof I shall speak hereafter in the proper place.

Well, then, the hour was drawing nigh when we had to present ourselves before that company of men of genius, each with his own crew; and I was still unprovided; and yet I thought it would be stupid to fail of such a madcap bagatelle, but what particular light of my countenance in that illustrious sphere to some miserable plume-plucked scarecrow. All these considerations made me devise a pleasant trick, for the increase of merriment and the diffusion of mirth in our society.

Having taken this resolve, I sent for a stripling of sixteen years who lived in the next house to mine: he was the son of a coopersmith. This young man gave his time to Latin studies and was very diligent in their pursuit. He bore the name of Diego, had a handsome figure, and a complexion of marvellous brilliancy; the outlines of his head and face were far more beautiful than those of the antique Antinous: I had often copied them, gaining therein much honor from the works in which I used them. The youth had no acquaintances, and was therefore quite unknown; dressed very ill and negligently; all his affections being set upon those wonderful studies of his. After bringing him to my house, I begged him to let me array him in the woman's clothes which I had caused to be put out. He readily complied, and put them on at once, while I added new beauties to the beauty of his face by the elaborate and studied way in which I dressed his hair. In his ears I placed two little rings, set with two large and fair pearls; the rings were broken; they only clipped his ear; which looked as though they had been pierced. Afterwards I wreathed his throat with chains of gold and rich jewels, and ornamented his fair hands with rings. Then I took him a pleasing manner by one ear, and drew him before a great looking-glass. The lad, when he beheld himself, cried out with a burst of enthusiasm, "Heavens, is that Diego?" I said, "That is Diego, from whom until this day I never asked for any kind of favour; but now I only beseech Diego to do me pleasure in one harmless thing; and it is this—I want him to come in those very clothes to supper with me in the company of artists whereof he has often heard me speak." The young man, who was honest, virtuous, and wise, checked his enthusiasm bent his eyes to the ground, and stood for a short while in silence. Then with a sudden move he lifted up his face and said: "With Benvenuto I will go; now let us start."

I wrapped his head in a large kind of napkin, which is called in Rome a summer-cloth; and when we reached the place of meeting, the company had already assembled, and everybody came forward to greet me. Michel Agnolo had placed himself between Guilo and Giovan Francesco. I lifted the veil from the head of my beauty; and then Michel Agnolo, who, as I already have said, was the most humorous and amusing fellow in the world, laid his two hands, the one on Guilio's and the other on Gian Francesco's shoulders, and pulling them all with his force, made them bow down, while he, on his knees upon the floor, cried out for mercy, and called to all the folk in words like these: "Behold ye of what sort are the angels of paradise! for all though they are called angels, here shall ye see that they are not all of the male gender." Then with a loud voice he added:

"ANGEL BEAUTOUS, ANGEL BEST,  
SAVE ME THOU, MAKE THOU ME BLEST."

Upon this my charming creature laughed, and lifted the right hand and gave him a papal benediction, with many pleasant words to boot. So Michel Agnolo stood up, and said it was the custom to kiss the feet of the Pope and the cheeks of angels; and having done the latter to Diego, the boy blushed deeply, which immensely enhanced his beauty.

2.....

When this reception was over, we found the whole room full of sonnets, which every man of us had made and sent to Michel Agnolo, my lad began to read them, and read them all aloud so gracefully, that is infinite charms were heightened beyond the powers of language to describe. Then followed conversation and witty sayings, on which I will not enlarge, for that is not my business, only one clever word must be mentioned, for it was spoken by that admirable painter Giulio, who, looking around with meaning in his eyes on the bystanders, and fixing them particularly upon the women, turned to Michel Agnolo and said: "My dear Michel Agnolo, your nickname of crow very well suits those ladies to-day though I vow they are somewhat less fair than crows by the side of one of the most lovely peacocks which fancy could have painted."

When the banquet was served and ready, and we were going to sit down to table, Giulio asked leave to be allowed to place us. This being granted, he took the woman by the hand, and arranged them all upon the inner side, with my fair in the centre; then he placed all the man on the outside and me in the middle, saying there was no honour too great for my deserts. As a background to the woman there was spread an espalier of natural jasmines in full beauty. Which set off their charms, and especially Diego's, to such great advantage, that words would fail to describe the effect. Then we all of us fell to enjoying the abundance of our host's well-furnished table. The supper was followed by a short concert of delightful music, voices joining in harmony with instruments, and forasmuch as they were singing and playing from the book, my beauty begged to be allowed to sing his part. He performed the music better than almost all the rest, which so astonished the company that Giulio and Michel Agnolo dropped their earlier tone of banter, exchanging it for well-weighted terms of sober heartfelt admiration.

After the music was over, a certain Aurelio Ascolano, remarkable for his gift' as an improvisatory poet, began to extol the women in choice phrases of exquisite compliments. While he was chanting the two girls who had my beauty between them never left off chattering. One of them related how she had gone wrong; the other asked mine how it had happened with her, and who were her friends, and how long she had been in Rome, and many other questions of the kind. It is true that, if I chose to describe such laughable episodes I could relate several odd things which then occurred through Pantasilea's jealousy on my account; but since they form no part of my design, I pass them briefly over. At last the conversation of those loose women vexed my beauty, whom we had christened Pomona for the nonce; and Pomona, wanting to escape their silly talk, turned restlessly upon her chair, first to one side and then to the other. The female brought by Giulio asked whether she felt indisposed. Pomona answered yes, she thought she was a month or so with child; this gave them the opportunity of feeling her body and discovering the real sex of the supposed woman. Thereupon they quickly withdrew their hands and rose to young men of eminent beauty. The whole room rang with laughter and astonishment, in the midst of which Michel Agnolo, resuming a fierce aspect, called out for leave his conflict on me the penance he thought fit. When this was granted, he lifted me aloft amid the clamour of the company, crying: "Long live the gentleman! long live the gentlemen!" and added that this was the punishment that I deserved for having played so fine a trick. Thus ended that most agreeable supper-party and each of us returned to his own dwelling at the close of the day.....

30/04/01

Chère(e) lecture,

En partant, je m'excuse pour les fautes qui pourrait se trouver dans cette lettre. Avec le temps, ça viendra plus facile, au moins, je l'espère.

Il y a déjà, quelques années, j'ai senti une étrange besoin en dedans de moi. Cette drôle de sentiment m'était inconnu mais je sais maintenant, que ça existait depuis longtemps. Malgré moi, j'ai senti le besoin de mettre une morceau de linge féminine. Pourquoi? Je ne savais pas. Il a fallu, c'est tout.

Pendants quelque mois, j'ai résisté a cette idée mais c'était vraiment trop fort. Il faut dire que durant ce temps là, je n'a pas parlé a ma femme. Alors, une bonne nuit, j'ai cédé a mon pense.

Ma femme avait senti avec ses amies et mes deux garçons étaient au lit. Je me suis entre dans sa garde-a-robe, a côté de la mienne, et j'ai regardé tout le linge qu'elle avait. (On est a peut prêt la mienne grandir) J'ai touché a tout sorte de linge et j'ai choisi une robe assez large.

Dans mes tiroirs, j'ai pu trouver des sous vêtements que me faisaient. La porte était bien fermée et les enfants dormaient comme il faut. J'ai pris tout ses linge et j'ai regardé avec un tremblement dans mes mains. Dans peut le temps, je me suis déshabillé et j'ai mis ses petites "panties" avec des bas nylon. La brassière m'avait donné de trouble mais en mettaient envers puis après, le tourner, je suis finalement réussi. J'ai mis beaucoup des "kleenex" pour avoir une belle poitrine de 34/35. Quand je me suis regardé dans la miroir, j'ai approuvé une très bonne sensation d'être bien dans ma peau.

La prochaine étape c'était la robe. Après avoir la mis, j'ai cherché pour les souliers a talons haut. Quand la "transformation" était fini, une fois de plus, je me suis regardé dans la miroir. C'est ici, pour la première fois, que je me sentait très a l'aise et très détendu. J'ai continué a me regarder pour au moins 15 minutes et j'étais très fier de mon coup.

Quand je regardais dans le miroir, je regardais une seule personne que moi. J'ai senti homme et femme a meme temps. C'etait intrigant. Alors, je me suis promene partout dans la chambre tout en balancent sur mes nouveau talons haut. C'etait pas tres elegant. J'ai ete meme descendu pour regarder la T.V. pendant une heure. (J'ai tire tout les rideau pour que personne me voi comme ca.)

Depuis cet nuit la, chaque fois que ma femme sortait, je montait en haut pour me transformer en "femme" jusqu'a ce que, le samedi soir, par surprise ma femme a retourne sans annoncer. Elle etait supposer de rester plus long temps que ca avec ses copains. Quand elle ma vu comme ca, elle a saute. C'etait une choc pour nos deux. Ma vie secret etait devant elle et elle n'aimait pas ce qu'elle voyait. Je ne le blame pas. Meme, c'etait pour le mieux.

Après avoir discuter tres tard la nuit, elle a decider de ne me voyant plus jamais habiller comme ca. J'ai regrette beaucoup cette affaire mais ce n'etait pas la fin. Chaque fois que j'etait capable, je me cachait pour m'habille avec ses linge. Ca dure presque trois ans et demi. Un jour, apres travailler, je lui a parle en disant que j'aimais ca triblement beaucoup et que je ne pouvait pas en passe. C'etait une nuit assez longe.

Aujourd'hui, je m'habille avec mes propre linge avec tout ce qui est tres feminine et meme je me maquille avec une perruque. Je suis encore avec ma femme et elle a peut accepter, tres peut, cette parti de moi. Elle sait que je suis un tres bon papa pour mes enfants et qu'ils n'a besoin de rien. Je travaille fort et parfois je prends deux emploi.

Quand je m'habille devant elle, elle me donne des fois des suggestion pour que je l'air mieux que je suis. Un jour, dans l'avenir peutetre, on pourrait sortir ensembles comme deux filles. C'est a voir.

Alors, je termine cette article en esperant que peutetre, je ne suis pas suel avec cette besoin interieur. Je sais que c'est tres dure d'etre l'homme et femme a la meme temps, mais ce n'est pas impossible.

Merci et a la prochaine...

Debbie

Avec vous,

*File to advance  
once a week*

# HOW TO WEAR YOUR FACE BETTER

By Diane von Furstenberg



Make-up should have one function only—to make you look better. Forget “fashionable” make-up, think only of your face; do what will make it prettier, and only that. Don't hide behind your make-up. Make it work for you.

When you start making up, you should look at yourself. See what is the best thing about you, about your face. Are your eyes the best? Then emphasize the eyes. Is your mouth too small? Don't go against it by trying to make it bigger with lipstick. Leave your mouth small, nicely defined, but work on something else.

It's true that some women look better without make-up, but that's only during the day. Even then most women need something light for the eyes, and gloss or a touch of color for the lips. If you're lucky enough to be one of those women, you still have to wear make-up at night. In the evening you don't see the quality of the skin the same way. Even if your skin is perfect, even if it's glowing and beautiful, electric lights defeat you. They deaden the complexion, make it look drab. They rob you of color.

## How to Have a Better Make-up

1. Use light, sheer products. If you start sheer and light, you can add more foundation for more cover if you need it. You can intensify cheek or shadow color when you want to.

2. Use brushes whenever possible. They give you more control of fine lines, and you can always brush out color to soften and smudge hard edges. Use a sponge applicator with an eyeshadow powder: it holds the powder, will not drop the grains on your eyes and prevents flaking. Use the tip of your finger for blending of larger areas of the face.

*Scandinavian-born Diane von Furstenberg is a successful businesswoman, a writer and president of her own clothing, accessory and cosmetic company. Her fashion designs have won world-wide acclaim.*

3. Always apply your make-up in clear, bright light and then always check it in other light. Take a hand mirror to the window to check your daytime make-up to be sure you're not overdone. Turn the lights down in your bedroom in the evening and check again for the night lights you'll be in.

4. Work with a magnifying mirror when you need to. There's nothing worse than clumps of mascara clinging to your lashes or brow lines that have gone awry. Then check again in a regular mirror because that really is how others will see you.

5. Make-up is an illusion. The most important thing you have to learn is the principle of light and dark shine and matte. Whenever you apply a light color or a shiny texture you bring the area forward. When you apply a dark color or a matte finish the area recedes. So you highlight your good features with light colors and with products that glisten and shine. You play down your less attractive features or areas that you don't want to be too noticeable by using darker colors and matte finishing. And then you contour and shape the entire face by skillfully blending the darks and the lights, the shine and the matte.

6. Always apply foundation and cheek color with a downward motion. Make-up is the exact opposite of your cleansing routine. When you clean your face you want to get into the pores. When you apply make-up you want a smooth finish. Make-up should stay on the surface of your skin, permitting the moisturizers to do their work underneath.

7. Leave yourself time to make corrections.

## Face Foundation

Foundation should be used to neutralize and balance the color tones of the complexion. You can't just decide that you'd like to have a delicately pale face and plaster it all over with ivory foundation. You really borrow the artist's knowledge and skill by using color to neutralize. If your skin is sallow or olive you should use a pink foundation. The more olive

your complexion, the deeper tone of pink you'll use. The truly light and pale skin can take an ivory tone, but if your skin is pale with ruddiness or high color, neutralize those particular areas with a peach foundation. Beige is the most neutral of colors, and a tan foundation will neutralize a dark-complexioned or sun-tanned face.

Learn to apply your foundation properly. Probably the most common complaint we hear is from women who don't understand why their make-up "fades." We explain that make-up fades far faster when it's applied upward. Many women treat their foundation as if it were a nourishing cream. They rub it in. It's going to be lost in the pores, absorbed by them much more quickly. You should lay the foundation lightly on the outside of your skin in downward strokes.

Once you understand the concept of neutralizing your complexion instead of coloring it, you'll realize that you do not have to apply foundation all over your face. On the contrary, you should apply it only to the specific areas that require neutralizing. You add different forms of color to the other areas. If you're going to highlight your eyes, lift and brighten your cheekbones, contour your cheek area, then leave them free of foundation. The less make-up you have on, no matter how sheer, the more your skin texture can shine through, the more your pores can breathe. Apply foundation to the upper cheekbone and out toward the temple; in the chin area, about a quarter of an inch above the chin line; and in the center forehead. Don't apply foundation to your throat. First of all, the color will be different. The texture of the skin on your face and neck is different. And make-up on your blouse will just make you feel soiled.

I prefer a light, liquid foundation, but if you have badly discolored areas and enlarged pores, you might prefer a cream-based foundation. You should still not use too heavy a base; try to think in terms of distracting the onlooker from your problem areas by highlighting your attractive features. Plastering your face all over with a heavy oil-based foundation will just make it noticeably shiny, and powdering it down in hopes of concealing flaws will create an unnatural texture and work to the contrary. In addition, you're piling all that heavy make-up on, closing off your pores and further damaging your skin instead of letting it breathe and absorb the moisture it needs.

For daytime, I usually prefer the most natural look I can achieve. Unless I look especially pale, I use no foundation, just cheek color, eye make-up and lipstick. Cheek color is very important.

Many women have problems figuring out where to apply rouge. The simplest way to determine where to start is to take your thumbs and press them under the bone of your cheek and gently lift. You apply your rouge on that cheekbone line.

Another frequently asked question is: How close to the nose and the eye area should cheek color be applied? If rouge is placed too close to the nose it draws attention to the nose. If it's too close to the eye area and too high, it makes the eye area appear smaller. Color always looks more natural on the outside of the face so that it frames the face. Place your finger straight up from your cheek to your eye and line it up with the outside of the iris, actually about a quarter of the way in from the outer edge of the eye. Start your color there. Pat the color on with your finger in a shape that will move from the outside of the iris along the bone into the temple. Blend. By applying this way you "lift" the cheekbone and the eye area. Or try creating a sideways V with your cheek color. After standing out toward the temple

bring the color inwards toward the center of your forehead above the brow line. We call this an "instant facelift" because it frames the eye so beautifully and naturally.

The cheek color you use should not be too obvious. You're primarily creating a reflection. However, you can use a brighter color if you're tanned or want more brightness for the evening.

The next step is to really contour that cheekbone, complete the "lift." You may have noticed professional models and actresses who appear to have high cheekbones and beautiful, sculptured hollows below. A touch of a darker matte shading stroked below the rouge line creates that illusion. Draw a line of brown cream shadow on with a wet brush just under the rouge, under the cheekbone, and then blend and lift quickly outward while it's still nice and moist. If you prefer a powder for contouring—a blusher—use a brush and shake it out. There it is again, the contrast of bright and dark, shine and matte.

### Shaping The Eyes

The most important part of making up your eye is the shaping that highlights and dramatizes your eyes. You'll need shadow, cream or powder to start the contouring, highlighter, a lid shadow for color and mascara.

When you start shaping the eye you should use a dark color. A brown is always good and it's the most neutral for daytime. But depending on the time of day, your own coloring, perhaps a dress you want to complement or an evening mood you want to establish, you might choose any of a number of colors. Use a deep-plum or amethyst color, a dark green, dark blues or the grays: charcoal, pewter, a silvery-smoke tone.

Using a damp brush, apply the brown cream shadow along the top of the eye-crease line, blending lightly upward and into the brow bone. Now, place a dot of highlighter at the inner corner of the eye, just above the tear duct. Place three more little dots of highlighter starting at the center of the eye and going up to the brow bone. Blend from the inner eye, across the top of the upper lid and into the brow bone, until all of the color is gone and only shine remains. You can use a white highlighter, though I personally like an apricot highlighter.

Here's a professional way to contour the eye if you like an extremely subtle look. Start the eye-shaping with a dampened fingertip and cover the whole eyelid with brown cream shadow. You can use the finger now because you're covering a larger area. Then add your highlighter over that with little dots blended out of their color and into shine. Later on you can add a lighter-brown lid shadow if you want another look.

Always blend the cream shadow out to the end of the brow and think about whatever correction you may want to make for the brow line. The shadow should end where your brow line will end when it's penciled or brushed later. You can use a shadow powder for the upper lid, but if the lid has lost some of its elasticity it will appear creprier with powder. Women who have oily skin think they have to use a powder shadow. But it will cake and also change color more readily as the oiliness gets into it, so the oily-complexioned woman is better off with a cream.

Now, the last thing you do is add the lid-shadow color. Don't use white or a bright color on your lids. No matter how pretty the color is, people are going to notice the shadow color instead of your eyes. People should see your eyes first, not your eyelids.

The main purpose of all your eye make-up is to create the illusion of beautiful eyes, alert, "open" eyes. A light dot of eyeshadow, strategically placed, can help. Use a shadow at least three shades lighter than your lid shadow. The frosts are wonderful for this; a topaz, a white, a pink frost can be used anytime, even during the day, because you're just using a hint of the color. Place the dot on the upper lid in the center of the total eye. Place another dot in the tear duct area. And don't smudge. It's just a highlight.

Now add a soft, dark-brown or black liner, smudged, and lots of mascara. I prefer a pencil for lining the eye because I find it much easier to handle and because it smudges to soften the line, particularly for the day when I don't want anything too obvious. You can use cake liners, but remember that they dry to a matte finish and you have to be adept at handling them: they can't be lightened or smudged afterwards.

When you use your liner, don't stretch the skin out to the side. If the skin is at all crepey, you'll have a bumpy line when you release the eye. You'll also end up with the line about a sixteenth of an inch above the rim. Instead, always apply your liner in two steps. Start from the outer corner of the eye and work to the center. Then pencil from the inside corner of the eye to join at the center. Remember, outer corner to center, inner corner to center. If you slant the pencil slightly you'll have less "pull."

Mascara is vital, so use it well and use a lot of it. When you apply your mascara to the top lashes, don't lift your head too much. Don't try to open your eyes up wide. You'll just end up mascara-ed all over. Instead, look straight into your mirror and lift your head slightly. That will lower the lid enough for you to get under the top lashes. Hold your brush horizontally and apply; then reapply as often as you like, always drawing the brush from the beginning of the lashes right out to the edges. When you mascara your lower lashes and the corners, hold your brush vertically, at an angle, and use just the tip. Always favor the outside edges of your eyes when you're applying mascara.

I always use black mascara, in as many coats as I have time for, and I think most brunettes favor black. But here's a trick that's great for blondes. Use black for the first coat and then do the building and lengthening with brown. Another good way for blondes to get the intensity of color without too much building is to use a base coat of brown mascara and then just tip the lashes with black. Both techniques give you a subtle and very effective eye.

### The Eyebrows

Most of the time, if your eyebrows are clean and nicely shaped, you don't have to do more than just brush them a bit. I think too much shaping, too thin a line, is unnatural and ugly. Having your brows perfectly matched is unnatural. Waxing under the brow gives you a nice clean surface for make-up and avoids the broken, stubby hairs that tweezing often causes in the brow-bone area. But eyebrows should be tweezed lightly wherever necessary.

If you're coloring your hair and you're blonde with dark eyebrows, just tweezing the eyebrows won't help. Nor do you want them matched to your hair

color; that might be too pale to give brows any definition, and your brows should frame your eyes. Have your brows lightened professionally, just a shade or two—enough to make them look natural.

### A Desirable Mouth

The mouth should always look desirable and shiny. I always use a soft pencil to outline my entire mouth. I think every woman should use one, preferably a neutral-brown color that will blend with the lipstick. You don't want the lip line to show at all. I also think every woman should learn to use a lipstick brush, except for public touch-ups later on. You can't really create a clean, beautiful mouth with your finger or even with the lipstick itself.

A lip gloss is a marvelous finishing touch for whatever color you use, and a first coat of gloss with the lipstick blended in is heaven-sent for dry lips. If you have excessively dry lips, you might just use gloss to the intensity you like and reapply whenever you need it. If, however, your mouth has "rivers," those little lines that run vertically upward or downward from the lips, stay away from color gloss or any lipstick that's too thin or too greasy. The color will run very quickly. Use a little moisturizer on or around the lips, and then always use a pencil to outline carefully and set the shape of your mouth.

**THIN LIPS:** Use bright, light colors to make them richer looking.

**FULL LIPS:** Control the fullness a little with a pencil and favor the darker, more muted color tones.

**UNEVEN LIPS:** Of course, no one has perfectly matched lips. But if the bottom lip is much fuller, the top lip thin or smaller, mute the lower lip with a deeper color and use one a few shades lighter for the upper lip. Be certain that the two shades are in the same family of color. Lining the lower lip will help to make it look smaller. Leave the upper lip unlined.

### Setting Your Make-up

Depending on the time of day and what kind of a make-up you've applied, you may want to set it so that it will last longer. There are two ways to set make-up, depending on the quality of your skin, on how oily it is and, sometimes, on the time of day.

You can set your make-up with powder, using loose or pressed powder. I think loose powder is best for setting because it has less grain. It's the grain of the powder that adds that unwanted extra dimension of texture to your skin.

Always use a brush to apply your loose powder. Dip the brush in the powder, and then shake it off so that the grains sift through. Dust the parts of your face you want to with the brush. You will probably dust the nose area, the chin crevices and the forehead, because that's where oil rises most commonly. By powdering only the center of your face you leave your cheek color and highlighted brow bones, the shine areas, contrasted to create shape. If your complexion is very oily, use a light dusting all over. Later on, when you use the pressed powder for a touch-up, shake the powder puff out the same way.

If you prefer a more glowing look, try this. Wring out a cotton pad with water and dab it gently all over. Better yet, use a freshener on a cotton pad. It will make you feel fresh and will help to control oily areas without dehydrating them. Women with very dry skin, who shouldn't use powder for setting, might do this.

I definitely think make-up is important, and even more important is knowing how to use it. Make yourself a present—consult a make-up artist and learn to "wear your own face better."



# WQ & MEN

OF MONTREAL EN NEUF

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June 22/81

Well, time has certainly has been flying by at a good clip since I last wrote an article about our group.....

And now, dear David has asked me to write another article and to tell you the truth my mind has gone blank; so if the information that follows is a bit mixed up and garbled, you will understand, right????(God, I hope so...)

Here goes...

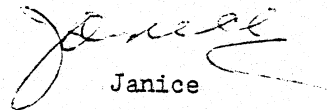
Our group has a total attendance of somewhere between 10 and 25 persons depending on what the weather is like and how they fared the night before. It is truly unfortunate that the total attendance does not necessarily feel that if everyone met once a month that we could get some good and constructive work done. But, this is one of the things that we will have to contend with and hope that after summer everyone will have the initiative to get out of bed and come for a meeting.

Those that do attend have been very good and we have few drop outs, but those that do drop out do so with varied reasons: some because they think the group has done enough for them and some because they think that there is nothing there that the group can do for them anymore, but they all know, that if they need us- we will still be there.

We are having a Picnic at Beaver Lake which is open to all TS's and friends who want to either learn more about us or just friends that do understand us and want to have a picnic with us. We ask those that are coming that they bring their own lunch and a little bit extra for any persons who may drop by and don't have enough. This will be our last meeting until September and as always we will be meeting at the ADGQ Headquarters on St. Catherine St. E. Number 263.

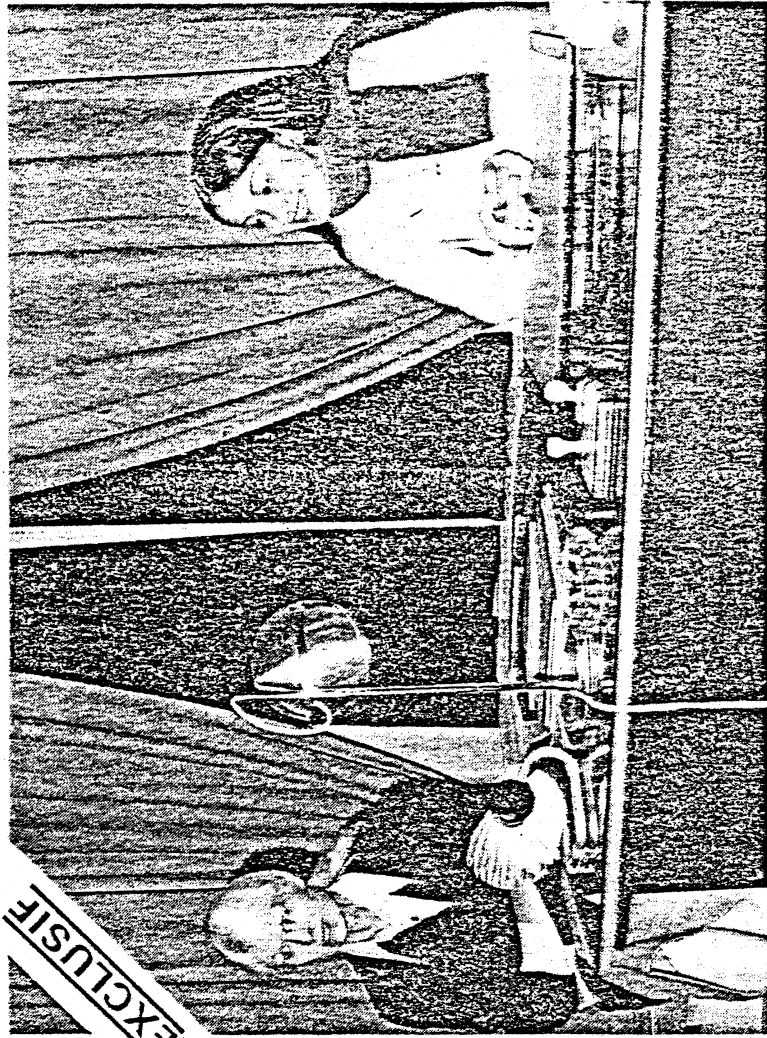
Remember, if you feel yourself to be a transsexual, and don't know where to go for the million and one answers to your million and one questions, drop by and give us a try, or phone Janice at 489-6325 after 5p.m. and I will try my best to help you as much as I can. I will have all the time in the world for you if you need it, and then some.

Have a great summer and be happy.....

  
Janice

# A Saint-Chamond (Loire); un cas exceptionnel de transsexualité

## Une femme et son épouse parlent



Il y a trois ans, à Saint-Chamond (Loire) un homme est devenu une femme.

Pour le docteur Jacques Grenier, c'était une question de vie ou de mort.

Il se fit opérer. On opta alors pour la discrétion.

Aujourd'hui, Jacques (à qui la loi interdit de se prénommer Jacqueline) préfère parler et s'expliquer.

Ce qui n'est pas facile dans une minorité de transsexuels mal acceptée par l'entourage et en butte au persiflage et aux violences.

Surtout lors-

qu'on est marié et que l'on continue à l'être !

Le docteur Grenier, qui porte aujourd'hui jupe d'élegante doctoresse, n'a en effet pas été abandonné par son épouse, Marie-Claude, médecin elle aussi, et amoureuse de sa conjointe.

Elles nous ont dit que l'amour est parfois plus fort que le sexe...

Notre photo montre, à gauche, celle qui, il y a trois ans était encore le docteur Jacques Grenier. A droite, l'épouse, Marie-Claude toujours souriante.

En page 4, l'article de Guy Rougier

Avoir tenu. De toutes ses forces avoir voulu être l'homme qu'on se croyait. L'avoir été au point qu'à l'âge de prendre épouse, on s'est marié. S'apercevoir finalement qu'il n'est plus possible de vivre dans un mensonge qui n'est même pas le sien ; mais celui d'une nature qui hésita à se prononcer au-dessus d'un berceau. Se rendre compte qu'il reste à mieux opter ou mourir. Et se décider à rester, à changer, à endosser enfin sa vraie peau et les toilettes qui vont avec, à abandonner au bistouri des chirurgiens un sexe que tout renie en soi. On imagine ce que cela représente de bouleverser le destin hors du commun (1) qu'a subi, puis dirigé avec une volonté de survie exceptionnelle, un médecin de Saint-Chamond dans la Loire.

Sa clientèle a eu la surprise de le découvrir un jour joliment fardé et en tailleur d'élégante doctoresse, après l'avoir connu docteur.

Sans toujours bien le remettre d'ailleurs. « N'est-ce pas sa sœur ? » disait-on.

Et puis, dans la petite ville, et aux alentours dans la plus grande de Saint-Etienne, on a appris la vérité sur Mme Jacques Grenier à laquelle l'état-civil réticent à suivre les fluctuations du genre (surtout dans ce sens (2)) refuse le prénom de Jacqueline.

Une vérité que l'on a, je crois, plus ou moins refusé de croire. D'admettre du moins. D'autant que l'on a su bientôt que, dans le cabinet contigu, Marie-Claude Grenier, médecin et religieuse, toujours légalement et religieusement unie à Jacques son ancien mari devenu de son sexe. Et qu'apparemment le couple demeurait soudé.

Elles n'envisagent pas en effet de se séparer.

Il y a sans doute des situations trop différentes, trop énormes, pour être acceptées comme elles sont. A l'in vraisemblable, on a tendance à rajouter. A broder. A brocarder.

L'histoire de Jacques et Marie-Claude se prêtait à commentaires pimentés de gaudrioles. On ne s'en est généralement pas privé en l'évoquant, l'œil allumé souvent. Mais les lèvres se sont pincées pour retrouver le bon ton et exprimer la réprobation. On a jeté l'anathème. Puis les pierres, On ne veut pas de ces scabreuses bizarreries échauffent et troublent. Que l'on ne comprend pas.

### « TANT DE BÊTISES RÉPANDUES... »

Si l'on peut se douter des difficultés par lesquelles sont passées Jacques-Jacqueline, et assumant sa transformation, et sa conjointe Marie-Claude en n'abandonnant pas sa place de compagne, il faut prendre en compte aussi les ennuis qu'attour d'elles on leur crée.

Ils touchent actuellement au drame pour deux femmes qui, voici trois ans, à l'époque de l'opération de Jacques, espèrent que la discrétion serait leur meilleur atout, et que l'on n'aurait pas le cœur d'empoisonner leur existence sans ostentation.

Elles avaient refusé l'interview, « parce que nous pensions qu'il s'agissait d'une maladie d'autres scrupules : « J'ai peur d'autre part qu'un article sur moi n'incite à se faire opérer des personnes qui se trompent sur leurs besoins, et qui mépriseraient leur vie en danger en enrichissant certains « praticiens » de nos jours. » argumentait alors Jacques.

Aujourd'hui, elles nous ont demandé de parler d'elles. Parce que les gens sont intolérablement méchants à l'égard de ceux qui les intriguent et dont ils ignorent trop.

« On a tellement répandu de bêtises sur nous », soupire Marie-Claude, « nous souhaitons avoir enfin voix au chapitre. Répondre en face, contrairement à ce qu'on nous fait ».

C'est que s'est enfiée la rumeur graveleuse ou simplette : « On nous a attribué deux enfants, deux fillettes blondes qu'il ne nous a jamais été possible d'avoir. On a assuré que Jacques avait été opéré vingt fois aux U.S.A... »

### LES JEUNES LES PLUS CRUELS

C'est dans le dos que sont lancées les injures... et d'où

# I. Les injures et les coups Une femme et son épouse sempiternement

A Saint-Chamond (Loire)

Transsexualité



Le docteur Jacques Grenier auquel l'état-civil interdit de se prénommer Jacqueline. Et pourtant...

viennent les coups, qui ne sont pas que de téléphone (anonymes naturellement). Et les cailloux.

*On nous traite d'homosexuelles, de travelos, on nous a frappées plusieurs fois. On s'en prend à notre voiture...*

Les plus acharnés, les plus cruels sont les jeunes d'entre huit et vingt ans. Jacques et Marie-Claude l'ont constaté avec surprise et angoisse : *« Beaucoup semblent mûrs pour le racisme et le fascisme. Peut-être se montrent-ils comme leurs parents n'osent pas s'avouer ? »*

Au troisième âge on a par contre plus de compréhension : *« Caux et celles qui ont déjà longuement vécu sont pour la plupart admirables avec nous.*

*Peut-être se sentent-ils aussi rejetés. En général d'ailleurs les gens qui se heurtent au racisme nous admettent bien...*

Jacques et Marie-Claude nous ont reçus dans un des bureaux professionnels du couple à Saint-Chamond d'où elles

ne partiront pas malgré la vie qu'on leur fait : *« aller ailleurs ne serait que déplacer le problème »* (elles ont néanmoins pris la précaution d'habiter Saint-Etienne où les violences se déchaînent moins).

Jacques avait préparé un texte dont nous nous inspirerons pour essayer dans un prochain article d'expliquer — d'exorciser — le cas de ces deux femmes qui se sentent terriblement solitaires, mises à l'écart, sans paraître, le moins du monde paranoïaques : *« C'est pire que si nous étions contagieuses »*.

Ces deux femmes dont, pourtant, on a envie de devenir l'ami sans équivoque ni curiosité mal placée, quand on a eu l'occasion de les connaître un peu plus.

Parce qu'elles sont sensibles, intelligentes et cultivées. Et tellement directes et franches, mais jamais choquantes-justement.

Parce que ce sont deux femmes qui s'aiment et qui tentent désespérément d'aimer.

**GUY ROUGIER**

*« Contrairement à l'homosexualité qui est assez fréquente (5 à 10 % de la population), le transsexualisme est très rare (1 sur 100 000 naissances) »* précise Jacques.

*En France un transsexuel opéré conserve son état-civil masculin jusqu'à la mort. Il peut obtenir un prénom « neutre » (Dominique, Claude, ou Camille)... mais le sexe est mentionné sur les nouvelles cartes d'identité. Et cela suscite réactions et problèmes à la banque, à la poste, aux frontières, lors des contrôles routiers... e.t.c.*

*Depuis environ un an la jurisprudence est moins sévère pour les cas inverses (changement dans le sens femme-homme).*

*En Angleterre le changement d'état-civil a lieu avant l'intervention mais le mariage est totalement interdit.*

**Prochain article :  
Entre l'homme  
et la femme**

### Vers une association ?

Les transsexuels, « minorité non sexuelle » les définit Jacques, sont non seulement isolés dans la société mais aussi les uns des autres. Ils tentent actuellement de se regrouper (*« ce n'est pas facile car tous les cas sont différents »*). Jacques est de

celles qui œuvrent pour mettre sur pied une association européenne de défense qui a, semble-t-il, du mal à prendre corps : *« c'est que réunir des personnes aigries par une vie impossible... »* explique Jacques.

## WOMAN INSIDE MY BODY, PLUMBER SAYS

# Melanie begs for release



ALTHOUGH HE looks like your average plumber, transsexual Dan Keenan says there's a woman in his body who he will liberate with hormones and surgery.

By KATHY ENGLISH

Staff Writer

To all the world, the six-foot-two plumber, dressed in lumberjack shirt and jeans is a picture of macho.

In the eyes of the law and society, Dan Keenan is a man.

But in his own eyes, he's not. Keenan is a transsexual. Locked inside his man's body is a woman screaming for release.

And soon Melanie — the woman within — will be free. The Etobicoke plumber is undergoing hormone therapy to give him breasts and curves and plans to have a sex-change operation as soon as he can.

He'll continue at the Toronto plumbing firm he works for, but he'll be a secretary instead of a steam fitter.

"It's hard to make people understand I'm not what they see," Keenan, 28, said. "I'm basically the same as any woman, I just got the wrong parts."

How does Keenan know he's a woman? Because he knows he's not a man.

"It's hard to explain. All I can say is I'm a girl," he said. "In my thoughts, dreams and fantasies, I'm a woman."

"I know I'm not a male because I've tried it and failed. I hate my physical appearance. I look in the mirror and hate what I see."

He's made several suicide attempts, has been in and out of psychiatric hospitals, and been under constant psychiatric care.

Keenan prays the confusion will soon end. Next month, he'll legally change his name and identity and give life to Melanie. His life insurance agent has already sent away for a policy in Melanie's name.

The Ontario government allows transsexuals to change their identity and take out new birth certificates, although the old records must be kept on file.

Keenan will live totally as a woman for the next 1½ years and then psychiatrists will decide if he's eligible for the final surgery that will obliterate

all traces of his manhood.

He already wears a brassiere under his pink t-shirt to encase his developing breasts. Electrolysis is ridding him of face and body hair.

The road to a new gender is long, painful and expensive. Keenan estimates the whole procedure will cost \$14,000.

Surgery includes removal of penis and testicles, construction of an artificial vagina, hormone treatments and plastic surgery.

"It's just like being in prison."

Keenan, who's tall and slim, with chin-length red hair he plans to grow to his waist, once entertained as a drag-queen on the gay bar circuit.

It was solely an opportunity to put on his make-up, don the pink, frilly things he loves and appear as a woman.

Keenan stresses he's not a homosexual.

"The homosexual looks at a man and imagines making love as a man. I look at a man and imagine making love as a woman."

When the sex change is complete, Melanie wants to settle down and marry and she won't be a liberated lady. "I believe the man wears the pants," he said. "I want to be able to cook, clean and do laundry. I enjoy doing what I'm told."

Keenan is lucky. His 31-year-old boss fully supports his actions. He's even given him a choice of continuing as a steam fitter or working as a secretary at the same pay.

Others aren't as liberal. Keenan's widowed mother and an older brother can't accept it. Three other brothers and sisters do their best to understand, he said.

Keenan has two reasons for going public. He wants to gauge public reaction and clear the way for other transsexuals.

"I'm at the point now where I finally know what I'm doing. I'm not afraid to tell anyone who I really am," he said. "I'm not the only transsexual that's been hiding."

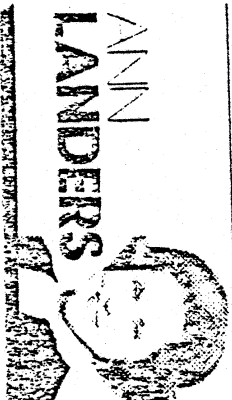
# Cross-dressing couple asks if it is

DEAR ANN: Having been readers of your articles for years, may we ask a question? Is it against the law for a man and wife to appear in public in opposite-sex clothing?

Here is how it started: I am much taller than my husband. We get along well together, and we are both normal sexually.

The problem: A few years ago I bought Bill a pair of platform wedges and asked him to try them on. He objected at first, but after awhile he began to enjoy them. This was psy-

chologically important and pleasant for us both. It makes us nearly the same height. From the wedges it was just



one step for him to try on my dresses. With makeup and a wig, Bill looks prettier than I. He now enjoys cross-dressing, and I think it's a lot of fun.

A few weeks ago Bill suggested that I wear male clothing, so when we go to a restaurant or to the theater we can be "a couple."

Our main worry: Is what we are doing against the law?

— Want To Be Legal

Dear Legal: The only law I know

of pertaining to clothing is that adults are not permitted to appear in public without any.

## On lui coupe l'aide sociale parce qu'il s'habillait en femme

SAN LUIS OBISTO, Californie (UPI) — Un ancien prisonnier qui a déclaré s'être habillé en femme en vue de subir prochainement une opération devant lui permettre de changer de sexe, a intenté des procédures pour obtenir l'aide sociale qui lui a été coupée parce qu'il ne pouvait trouver du travail en raison de son apparence.

Le juge de la cour supérieur William Fredman, qui a entendu la cause ces jours derniers, a déclaré qu'il rendra jugement dans les prochains trois mois dans le cas de la réclamation de «Diane» Saunders.

La réclamation de Saunders veut que le département des Affaires sociales ait cessé de verser les allocations lorsqu'on lui a appris qu'il n'était pas possible pour lui de trouver du travail. Saunders, qui a servi une sentence de quatre ans pour un kidnapping, a déclaré qu'il n'était justement pas «employable» en raison de son allure...

Saunders a soutenu devant le tribunal qu'il devait se vêtir en femme dans le but de se préparer psychologiquement à l'opération qu'il doit subir. Son métier est celui d'aide infirmier.

Saunders a perdu un emploi l'année dernière quand il s'est présenté au travail habillé en femme. Il a refusé de dire son nom véritable; se contentant de se présenter sous le prénom de Diane.

*Journal de Montréal Juin 1977*

## Rapist 'wore evening gown'

HAMILTON (UPC) — A man wearing a full-length evening gown and a bra climbed through an open window and raped a 25-year-old woman in her own bed, police said yesterday. Hamilton police believe it was the same rapist who took clothes from the closets of previous victims to try them on. As in more than a half-dozen assaults in the last six months, the masked, red-haired rapist threatened to kill his victim.

legal in public



for disaster — and you'll go over the cliff with him.

**DEAR ANN:** I would like to offer the following advice to the parents of the 13-year-old boy who enjoys wearing ladies' undergarments. The boy has a fetish that is firmly established. He will not "get ever it."

Fortunately, this proclivity is harmless, unless he is forced to steal feminine underwear.

My advice is to have a frank talk with him. If he admits a need for this kind of apparel, buy him what he wants and forget it. A few more pairs of panties in the wash won't make that much difference, but being arrested for petty theft can create a lifelong fear of embarrassment.

Believe me, I know what I'm talking about. I've had the problem for over 30 years. I also have a beautiful family and an understanding wife. My life would have been a lot easier if my parents had understood.

Even a juvenile arrest record is hard to erase.

— In the Moccasins And Know,  
The Path Well

**Dear Moc:** Your letter may be considered shocking to some, but the advice you have offered is solid. I endorse it.

**ACCEPTANCE AND understanding of Dan.**

for Sun  
Mar 20/81

Kennan's transsexual reality (Sunday Sun, March 22) requires human dignity education, rather than school smarts. Emerging as Melanie requires courage, but will result in personal freedom and peace of mind. Hopefully, society will be as generous of spirit as his boss. Closets are for storing things, not for entrapping people.

Duane Chapelle  
(Wonder if he'll find peace of mind)

by Lenny Giteck

REFRINTE

Fam 7145

ADVERSE

Would you rather go straight than sexual? Still prefer to be heterosexual and make your parents really proud? Relax, it's never too late. Modern science has devised myriad cures for homosexuality. Here are just a few:

1. **Death therapy.** First advanced in the Bible (by stoning), death therapy was updated by Adolf Hitler, who advocated curing homosexuality through death by gassing, death by firing squad and working to death. Death therapy has always been 100% effective in curing homosexuality; unfortunately, not one of the cured homosexuals has ever gone on to successfully lead a heterosexual life.

cured anyone of homosexuality, although there are now thousands of Americans who cannot get undressed in front of a full-length mirror without making a mess.

3. **Electroshock therapy.** While this may or may not be helpful, it is no longer a viable possibility due to current skyrocketing energy costs.

4. **Jesus therapy.** This school holds that homosexuality can be cured by praying to someone who spent much of his life touring Palestine with a band of twelve very lonely men. Need I say more?

5. **Psychotherapy.** In psychotherapy, you talk yourself out of being a homosexual. The trouble is, it takes a very, very long time. After having weekly sessions with the same psychotherapist for 53

years, Mr. Arnold Fribble of Great Neck, New York, has declared that he is finally cured of his homosexuality. But since Fribble, 78, has not had an erection in the past 11 years, the claimed cure is difficult to verify.

6. **Semantic therapy.** Put forth by the Bulgarian government, which announced in 1954 that "There are no homosexuals in the People's Republic of Bulgaria. Homosexuality is strictly a product of capitalist decadence." When queried on this subject, Viktor Voloshch, a hairdresser in Sofia, said, "It is true that there are no homosexuals in my country. There are, however, a great many men who 'know Doreleya.'"

7. **Music therapy.** In this treatment, invented by Dr. Homer Helmsley of Yale University, homosexuals listen to the song "I

Want a Girl Just Like the Girl That Married Dear Old Dad" over and over again. Unfortunately, the method was never adequately tested, since shortly after its creation Dr. Helmsley was jailed for molesting his 96-year-old mother.

8. **Ambulatory therapy.** Gays are shown movies of professional basketball players walking, thereby teaching them how to move like "real men." This seems to work only with homosexuals over 6-11" in height; a 5'4" man who was given the treatment is now reportedly sharing a one-bedroom apartment with a team member of the Boston Celtics.

9. **Discrimination therapy.** Homosexuals are subjected to job and housing discrimination, and are generally made to feel that they are the scum of the earth. Psychiatrists say they're sick, members of the clergy tell them

they're sinful, and the police insist they're outlaws. Discrimination therapy once had a chance of working, but ever since Stonewall—forget it!

10. **Immersion therapy.** Similar to children forced to puff on one cigarette after another as a way of dissuading them from smoking, homosexuals must engage in multiple sexual encounters with numerous partners. They have such a fine time, the theory goes, that they get fed up with a good thing and decide to switch to heterosexuality (?). The effectiveness of this is difficult to ascertain, since so many gays are unofficially engaged in a similar program.

If after considering all these treatments you still want to be cured of homosexuality, take two Quaaludes, find a nice place to rest—I just happen to have a waterbed—and I'll see you in the morning.

BOOK REVIEW- " DRESSING UP - TRANSVESTISM AND DRAG " by Peter Ackroyd, published Thomas and Hudson, London 1979

This distinguished book may not be generally available in book-stores in North America. I bought my copy in London. But it stands out right away as a very important contribution to the serious literature of Transvestism.

The author is literary critic of the distinguished London journal, " The Spectator ", and he has done a serious job of research - and assembled no less than 146 fascinating photographs. The area covered runs from " straight history " beginning with the Abbeé de Choisy, to modern-day drama, film, and literature. The chapter headings indicate the scope of the work:

- The Transvestite Community-theories and definitions
- Transvestism Accepted
- Transvestism Rejected
- The Famous Cases
- Transvestism as Performance
- Transvestism as Literature

This is pretty wide field to cover in 154 pages. Of necessity, some parts are somewhat abridged, for example, the discussion of shauaus, berdaches and other examples from primitive societies. Here, the author does not set out to be exhaustive, although there are plenty of fascinating practices that he could have discussed. Also, there are numerous references to the psychic and mental aspects of Transvestism, but this book does not set out to be a clinical or psychological treatise. That aspect of the subject is very well covered by Harry Benjamin (quoted in Ackroyd's bibliography) and in a more recent and highly recommended British book by Harry Brierly, consultant psychologist of Newcastle-Uron-Tyne General Hospital. I would suggest that Peter Ackroyd and Dr. Brierly between them cover the ground rather well though their books make a welcome change from the tedious drivel that makes up much of the literature pertaining to Transvestism.

All the same, my own longstanding interest in the subject has turned up all sorts of leads, not covered by Ackroyd. For example, Benvenuto Cellini, the famous artist who designed the great circular forecourt of St. Peter's in Rome, as well as much else, is stated to have started to raise a legitimate family when he was 65. I often wondered what he did before then. It turns out that he was a traditional and heterosexual transvestite. I am now reading his translated autobiography, but I have not as yet turned up any reference to that aspect of his life.

Maybe the autobiography is more on the subject and the only biographies I have ready access to are in Italian. Ah well. it will give me an impetus to brush up on both the language and on Benvenuto.

Ackroyd's survey of transvestism in film and drama is really excellent. What a pity no one has to my knowledge put on a festival of TV films. Perhaps the current success of La Cage aux Follies, Mark I and Mark II, and about to get into Mark III, will underscore the deeply rooted fascination of cross-dressing for very many people. La Cage aux Follies is of course comedy, and comedy of the highest order, but it is also immediately popular. Ackroyd's book brings out the enduring popular appeal of the theme, although he wrote before LaCage aux Follies appeared.

All in all, this is good stuff, and "improving literature" of the best sort.



CLASSIFIEDS

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(This has been referred by Tiffany Club)

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Janice Mitchell  
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(for Transsexuals or otherwise)

The ten commandments of:

" HOW TO GET ALONG WITH PEOPLE "

1. Keep skid chains on your tongue. Say less than you think. Cultivate a soothing voice. How you say it often means more than what you say.
2. Make promises sparingly and keep them faithfully, no matter what the cost.
3. Never lose an opportunity to say a kind word to or about somebody. Praise work well done, regardless of who did it.
4. Be interested in others, their pursuits, their homes and their families. Let everyone you meet, however humble, feel you regard him or her as important.
5. Be cheerful. Keep the corners of your mouth turned up. Hide your worries and disappointments under a smile.
6. Keep an open mind on all debatable questions. Discuss, but don't argue. It is a mark of a superior mind to disagree and remain friendly.
7. Let your virtues speak for themselves and refuse to discuss the shortcomings of others. Discourage gossip by changing the subject.
8. Have respect for the feelings of others. Wit and humor at the expense of a friend is never worth it.
9. Pay no attention to destructive remarks and personal attacks on you. Live so that no one will believe them. Remember, a common cause of backbiting is dissatisfaction with oneself.
10. Don't be concerned about your " just due ". Do a good turn for the sake of being helpful.

Ann Landers adds the following:

If you seek gratitude; look in the dictionary,  
it might be the only place you'll find it.