

Women's Fashion & Society Page

FASHION CORNER

YOUR HAIR

Whether your hair is straight or curly, long or short, dry or oily, thick or thin, black, brown, blonde, red, or gray, the same three rules apply if you want it to look its very best. Here they are, in order of importance:

Rule 1. Keep it healthy.
Rule 2. Keep it clean.
Rule 3. Find the hair-do most suited to you.

You'd be surprised at the number of women who worry about Rule 3 only. Maybe you're one of them. Or maybe you rely entirely on a hairdresser. Every week or month you go to your hairdressers, and you let it go at that. Don't get me wrong, I'm all for hairdressers. They're a must for most haircuts, for thinning and straightening, for drastic color changes, and for professional advice about the style most becoming to you. They're also fine for scalp treatments, sets, and/or permanents on a regular basis - if your budget permits.

But even if your budget does permit - hairdressers themselves are the first to say that without a big assist from you between visits, what they can do for your hair is strictly limited.

So learn to care for your hair yourself, and to care for it from the roots out - the only way to real hair beauty.

A word of caution first. You must seek medical help for persistently bad dandruff, scalp irritations, bald spots, or an unusual amount of falling hair (some 20 to 25 hairs normally come out when you brush or comb; what matters is not how many at a time but whether the rate of fallout keeps going



Sondra Reid

up). Here are the things you'll need to work with: Hairbrush, large comb, fine comb, bobby pins, hairpins.

If you wash your hair yourself on occasion - you'll need: Shampoo preparation, towels (soft), hair-setting fluid, your choice of rollers, clips, clamps, plastic picks, tissue paper, hair net, and hair spray. Of course you can't do without an electric hair-dryer.

Rule 1. Healthy hair means a healthy scalp. This means that you stimulate it by brushing and massage. There is no set rule about the amount of brushing needed, the big point is daily regularity. The other chief method for stimulating your scalp is to massage it with the fingers.

Rule 2. Regular shampooing is the only way to keep your hair and scalp really clean. Once a week is a safe average, for dust and dirt have a special yen for oily hair. Some people can shampoo every two weeks depending upon their hair but never, never go beyond two weeks. The kind of shampoo again depends upon you. There are shampoos for oily, dry and normal hair. Be sure that you pick the one that is right for your hair only. Rinse hair in warm water at least three times with a final rinse in cool water. Add lemon juice or vinegar to final rinse.

Rule 3. The object of a becoming hair-do is to draw attention away from your less attractive facial

PEOPLE, PLACES AND THINGS

Here we are again. We really didn't get out very much this past week. Just too many things to do. Also, too many people were ill. Edith Abington

was down and out for a couple of days. She got up, so Onward thought he would get sick for awhile. Understand he's back in business, but the grand-

child is ill. It seems that you just can't win... Mary Bishop thought she'd get sick and took an \$80 ride to the hospital. It seems that the price of oxygen and riding in meat wagons has gone up this year. Sidney, her hubby, felt sick too, but thought he'd better keep on working after he saw the bill.

Many of Billy Daniel's

friends were out to catch his closing show and to wish him a successful opening in the Broadway play "Golden Boy" starring Sammy Davis Jr. Christine "Around the World in 80 Days" Chapman opens at Ruben's on Thursday, Jan. 23... Della Reese is still living up to her past performances nightly in the Flamingo Lounge.

Got a new arrival in our town, Earle White, who is with the Southwest Gas Company. More hot air about him next week.

Our vote for the "boldest man in town" goes to the cat peddling heroin outside the courtroom door during a narcotics trial.

That's it for this week. See you next issue.



Pictured are the members of the Alpha Rho Chapter of Gamma Phi Delta Sorority, Alpha Rho Chapter. Top - Left to right, Sarah Ann Knight, Natalie Arrington, Sondra Reid, Ruby Garland and Debbie Moore. Seated - Left to right, Edythe Abington, Dottie West-Parliamentarian, Mabel Hoggard-Financial Grammatufus, Thelma Toms-Bascillus, Nora Wilson-Tamias, Anna Bailey-Editor-In-Chief and Margie Collins. Seated on Pillor-Virgil Fitzgerald. Not pictured-Marjorie Elliott, Nina Keller and Lubertha Johnson.

features. Ask the help of your favorite hairdresser and follow her suggestions. Also, on some leisure evenings, experiment with different hair styles. You will be surprised at what you can do with your hair. Another hint is to look at the hairstyles in Fashion Magazines. Find a face type that is similar to yours and try to copy the hairstyle. Remember, nothing beats a failure but a TRY.

SUPPORT the BOY'S CLUBS

Coming Next Week

Story of the Boys Clubs

Alpha Rho Chapter of Gamma Phi Delta Sorority represents the first nationally recognized Greek Letter Sorority for Business and Professional Women in the State of Nevada. Plans are presently under way for the second annual Founder's Day Luncheon, February 23, 1964 at the Tropicana Hotel. Preparations to bring a prominent women speaker from San Francisco and also a well known Milliner Designer who will present an extensive line of Spring Chapereaus will be apart of the affair. Watch for more details and where tickets may be obtained for this gala event.



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Hints for Homemakers

by SONDRA REID

CLEANLINESS-BEST PROTECTION FOR CHILD

Babies and children have less resistance to bacteria than older persons. Extra care must be taken, therefore, to keep their food and utensils clean. It is important for you to take special care in the handling of food and utensils. Clothing must be clean, and before handling food the hands must be washed with soap. Washable clothing should be worn if possible. All utensils should be kept sanitary; after being used they should be washed with hot water and a good cleansing agent and rinsed thoroughly. Bottles for the baby's milk must be sterilized before they are filled, and the nipples must be kept sterile until they enter the baby's mouth. All water given to the baby must be boiled. Every precaution must be taken to protect children against bacteria.

Before a child eats his meal, toilet needs must be attended to and his hands and face washed. A stool in the bathroom will enable him to reach the wash basin, the soap, and his own towel. In his own room a mirror hung low helps him to make a presentable job of combing his hair. Given this independence, he is likely to enjoy getting ready for his meal. If you follow these precautions for yourself, as well as for your young charge, you should feel confident, under ordinary circumstances, that his food is adequately protected from harmful bacteria.

Unless it is really necessary, you should not care for a child when you are ill. If you have a cold or have been exposed to a contagious disease, and must, nevertheless, care for the child, you should protect him in every possible way. Wearing a cloth, mask over your mouth and nose will help, and you must take extra care in washing your hands and in handling dishes and foods.

Remember keep cleanliness in front and Doctor bills out.

FRACTURED and FRAIL

Here lies Lester Moore Two shots from a 44 No less, no more

Mary had a little lam, A hunter shot it dead, Now it goes to school with her, Between two hunks of bread.

Spring has sprung, Fall has fell, Winter is here, And it's cold as usual.

Wine is fine, And ice is nice, But liquor is quicker.



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