

MAKE THE DISCOVERY

BIG 8 MARKET & LIQUORS

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OX
TAILS
\$1.39 lb.

CHICKEN
WINGS
5 lb. box
\$4.39

Rath's
CANNED
HAMS
3 lbs.
\$4.99 each

Fresh
BEEF
LIVER
59¢ lb.

BREAD
1 lb. loaf
3 for \$1.18

Sun Glow
CHEESE PUFFS
½ lb. pkg.
99¢

COOR'S
BEER
12 oz. can, 12 pak
\$5.49

Newport
GIN
750 ml
\$3.39

Markov
VODKA
1 liter
\$4.99

EARLY
TIMES
1.75 litres
\$12.99

Rothschild BRANDY 750 ml \$7.95

Mariner LAPOSTOLLE COGNAC 750 ml \$10.99



Skin Care Vegas Style

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Skin and Beauty
Care Consultant



BLACK HAIR CARE

The dry, arid heat of Las Vegas can cause hair to become dry and brittle, and break very easily. Gentle combing is very necessary.

If you are wearing the natural or curly style, there are preventive measures that you can take against dryness and breakage:

First, apply moisture cream or gel; work well into the hair.

Second, use a rubber pick or rubber bristled brush to stimulate the scalp. Also, fingertip massage is another excellent way to stimulate the scalp and bring the hair's natural sheen to the surface.

Many black women feel that because the hair is dry, the scalp must be, too. Not so. The scalp naturally produces its own oils. Applying hair-dressing directly to the scalp for healthier looking hair is a common misconception and practice, because they often clog pores, retard hair growth and cause dandruff, itching or irritation.

Use a good protein shampoo frequently and a protein conditioner afterwards. Protein gives the hair elasticity, so that when it is pulled during combing and styling, it stretches rather than breaks.

Oily hair can be just as vulnerable to breakage, due to the complex structure of the curls. For this problem apply the protein shampoo to the hair while it is dry, work it into the hair and scalp

and then add water. Shampoo, rinse and then shampoo again. Use a shampoo for normal hair, since a shampoo for oily hair may be too harsh and drying.

Another more frustrating cause of excessive hair breakage in black women is PILO TARDA, better known as Short-hair syndrome (SHS). It occurs in women who otherwise appear to be healthy, yet whose hair will grow to only a few inches in length before it breaks off. Dermatologists believe poor nutrition may be a major contributing factor to this condition, since it often shows up within families. A thorough nutritional checkup is advised to try to determine and correct any harmful dietary habits. We also recommend sleeping on soft fabrics like silk or satin, since cotton sheets and pillowcases may be too abrasive for the hair.

Many black women who prefer to wear tight hairstyles like cornrows, ponytails and chignons may experience temporary hair loss around the edges of the hairline. These fine hairs are particularly delicate and extreme tension can pull them right out of the scalp. To avoid such loss, styles that stress the hairline should be avoided.

Excessive brushing can also lead to breakage.

Easy does it until next week, when we'll talk more about perming and coloring black hair.

Our success depends upon how well we satisfy you

NELLIS (702) 649-4200
FURNITURE

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