I don't like gray. Or peroxide. Somebody, please come up with another idea.

I've got a sinking feeling. It's just dawned on me that the grays are coming in faster than I can pluck them out.

Another day. Another gray.

The grays keep coming while I consider the alternatives. Becoming the first girl in my class to make it as a gray haired lady. Or using a haircolor and having people say, "What a pretty color your" hair is now," as if it were a new dress or a new lipstick instead of something that is part of me. The thing is, I like my natural color and don't want it changed.

Another day. Another gray. I'd better do something. Quick. But I'm scared. I think all haircolors have peroxide.

Just in time, the nice woman in the drugstore tells me about Clairol's Loving Care® lotion. It has absolutely no peroxide. So it works differently from most other haircolors. It

covers only the gray without changing your natural color. And Loving Care comes in 15 shades to make it easy to find yours.

I like the idea.

Better still, now that I use Loving Care, I like what I see. And feel. Crazy as it sounds, Loving Care is actually good for my delicate hair. It makes it softer, yet gives it more body than it had before.

Now, let the grays come. I won't see them. Neither will anybody else.

Thank you.





It's good for your hair.



By Marie P. Cooke

Ask any man how he wants his woman to look and he will answer, in most cases, natural.

Natural meaning not an overabundance of make-up, brassylooking hair, unbecoming hairstyles and clothes. Black men want their mates to look like what black females stand for the utmost in womanhood not cartoon characters.

So, here's how you can look your natural self without looking just plain p-l-a-i-n:

First, check out your hair. Does it need some extra special attention? A new style, cut and

If you're talented in the hairstyling area, create your own hair style.

color could make an unbelievable difference in the way you look. Finding the right hairstyle for you is a job.

Look through fashion magazines, newspapers, advertisements — wherever fashion models (black, of course) are shown. Sisters, you'll see what's "in" this year. Or you can ask your beautician to suggest a new style. If you are talented in styling hair area, create your

Hair coloring can do wonders for drab-looking hair or for a face that needs reviving. For women who are over 30, a lighter shade gives a more youthful appearance.

Graying? Consider using a semi-permanent hair coloring close to, your natural color. It will color the grey only and doesn't require professional assistance. It can be applied at home. One thing you must remember when using hair coloring: Read the package directions and follow each step

Women from various parts of

the country wrote to "Personal Touches' last month seeking advice on their hair problems. Dawn found the answer:

Q: I have sores on my scalp. I was told that rollers (hair rollers or curlers) touch my scalp and irritate it. Can you help?

Los Angeles, Calif. A: Your scalp situation could possibly stem from a number of problems. It could be the type of shampoo, hair oil or con-

ditioner you are using, in addition to the materials hair rollers are made of. I suggest you see a dermatologist or scalp specialist and let him determine exactly what your

condition is.

In the meantime, consider wearing a hairstyle that does r not require rollers, perhaps a natural which can be braided or twisted. In addition, use a mild shampoo and massage scalp nightly to distribute natural oils through hair shaft.

Q: I would really like some advice on how to grow my hair. What is the best hair product on the market? Do you think keeping my hair in cornrows all summer would help it to grow? J. R. B. Detroit, Mich.

A: The best advice I can give I you on growing hair is to watch your diet very closely. You see. hair is mainly protein. It needs vitamins and nutrients in order to survive and stay healthy.

Fresh fruits, vegetables and protein-rich foods like cheese. fish, poultry and some meats are what hair needs to grow. Beware of products which advertise "quick hair growth" and do not use hair oil or spray too heavily. Cornrows prevent hair from "kinking." thus making it easier to comb and style.

Hair is mainly protein, watch your diet if you are trying to grow hair.



From Art Dyson's collection of hairstyles for black women comes this one for the sophisticated woman. Hair is swept to the front and ends with a soft cluster of curls. Mr. Dyson is president of the Soul

Scissors chain. Q: I am a black woman, 24 years old, and for some time I have been having trouble with my hair. It's very thin, lifeless, dull in color, over relaxed and very thin around the temples

and back. I tried the natural

A new style, cut and color make an unbelievable difference in the way you look.

hairstyle but it did more damage than good. I then used the bush rods that caused me to have split ends. I now wear my hair straight with a hairpiece in the back.

I also have a girlfriend with the same problem. I used a hair product to try to correct my problem but it only caused me to stay awake at night with that awful smell. I'm too embarrassed to go to a beauty salon. Is there any help?

Mrs. A. D. H. Baltimore, Md.

A: You need to put your pride aside for a while and seek professional care. I suggest you first see a dermatologist or scalp specialist who can tell if you have a serious problem.

Again, your diet is of the utmost importance. Watch it



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