8 days since I colored it. Love the shine. And the way it wears! It's really new!

Even after 3 weeks, when I catch myself in the mirror, I like what I see.

It's 14 days for me. And the color's practically the same as the day I did it.

Natural Wear™ Miss Clairol®

Now! Miss Clairol shampoo-in hair color has been improved to keep that wonderfully natural, soft look, week after week. That's why we call it *Natural Wear Miss Clairol* shampoo-in hair color.

We've also added a rich conditioning base, so sudsy it needs no after shampoo. Leaves hair even livelier, shinier, with a beautiful touch—whether you wear it natural or straight.

So now, there's one thing less for you to think about while you're making the best of yourself and your day!

To know you're the best you can be.™

©1973 Clairol Incorporated

Personal Touches

By Marie Phillips Cooke

How many times during the past year did you gaze at a picture of a gorgeous black fashion model in a magazine or saw an exceptionally beautiful woman in a store or on the street and said to yourself, "I'd like to look like her?" Did the thought take you back to your childhood when you wanted to become a movie star?

Surprisingly, most of us are not made to be those high fashion models you have seen in picture books or movie stars on the screen, however, we can enhance our God-given beauty (we are *all* beautiful) with a lot of pampering and a few make-up tricks. That's what the models do.

A healthy diet, regular (daily) exercise, healthy hair and proper make-up, if all conscientiously applied, can turn a woman from just plain "ho-hum" into a tempting "ah-ha" . . . you'll feel and look good *all over!* Beginning *today*, spend a few minutes with yourself. Stand before a full-length mirror (in the nude) and take a long, hard look. Couldn't you use a little pampering. . . couldn't we all?

Remember, "Personal Touches" is *your* column, for, by and about black women. Your questions and comments are welcome.

Healthy diet, regular exercise and proper makeup can turn a woman into an 'ah-ha.'

Write: "Personal Touches," c/o Dawn Magazine, 1800 11th St., NW, Washington, D.C. 20001.

Dear Personal Touches:

What can strengthen or fortify the texture of weak, breakable and brittle hair? Also, what can help dry, snagging cuticles and fingernails that peel like onion skin. Please help.

R. K.
Macon, Ga.

A: Weak hair is a condition most of us have to deal with. But it can be corrected provided it is treated regularly with the right products and care. If your hair is chemically straightened (relaxed) make sure it is not over-processed. Your beautician should only apply the straightener to the *new* hair growth and *not* the entire head.

Do you wash and set your hair at home? If so, use a mild shampoo, preferably one that is PH-balanced. Use water that is cool to warm . . . never hot! Always condition your hair and comb small sections at a time. *Do not rake.*

Once a month you should get a professional conditioning treatment. Such treatments are generally sold to professionals only, not over the counter. However, Clairol makes an excellent product called Condition.

Your nails reflect your diet. You know they are made up of protein, like your hair. Manicure them *every* week. You need not buy expensive products. I've found that the inexpensive products carried in drugstores work just as well as those which are carried in more expensive stores.

You'll need some cuticle remover, nail brush, emory boards, nail file, nail clippers, base coat and nail polish. Follow the cuticle remover package directions carefully, step by step. Trim and shape nails. Apply the base coat for protection and then paint nails with polish. It's simple once you get the hang of it.

BICENTENNIAL NOTES

'Black Men Distinguished Themselves In Revolutionary War'

Even though black men were denied enlistment opportunities, many black persons distinguished themselves in the Revolutionary War.

Some fought in exchange for freedom, others voluntarily fought for patriotic reasons, while others were forced to fight in place of their battle-shy masters. In any case, Blacks made their presence known in all phases of the revolution.

Crispus Attucks was one of the major participants in the Boston Massacre. Being the first to die at Boston, made Attucks, according to many, the first to fall for America's freedom.

After playing important roles in the initial stages, black men were up front in practically every major battle. POMP FISK, PRINCE HALL, CUFF HAYES, PETER SALEM and SALEM POOR, all fought at Bunker Hill; LEMUEL HAYES was at Lexington;

PRIMAS BLACK and EPHERAM BLACKMAN were two of the famous Green Mountains Boys with Ethan Allen at Ticonderoga; and PRINCE WHIPPLE crossed the Delaware with George Washington.

Some fought for freedom; others forced to fight in place of masters

Dear Personal Touches:

I have oily skin, causing me to get blackheads and pimples. What should I do to remove them? I am 22-years-old.

C. A.
Los Angeles, Calif.

A: We have been led to believe that when we are no longer teenagers we will not have skin problems. *Ain't so.* I know middle-aged women who still have acne and blackheads. Sure, the breakouts do not occur as frequently as they did during their teen years, but they are still confronted with flare ups.

Stay away from excessive fatty foods. Eat plenty of fresh vegetables and fruits. Drink lots of water, it helps wash away impurities.

Wash your face frequently with warm water and a good cleanser.

Stay away from excessive fatty foods and drink lots of water; it helps

Always follow with a skin freshener or astringent. Use a light moisturizer (it will help replace those vital oils you washed away and protect the skin). Also, you can remove those blackheads with an extractor or blackhead remover. A facial mask applied weekly will pull blemishes to the surface and tighten pores.