

DOES YOUR HAIR SCARE?

One of the first things other people notice about you is your hair, so you'll want to keep it looking great all the time. Nice-looking hair has gloss, body, and springiness. Two things that will help you to have nice hair are good health and giving your hair good care.

Hair is made of living cells that need to be nourished for strength and growth. What you eat is important in hair health since eating the right food contributes to your general good health. Remember to eat foods from each of the four food groups — milk, bread and cereals, fruits and vegetables, and meat — each day. Also drink plenty of water and get plenty of rest and exercise.

Good care of your hair includes regular brushing, frequent washing, and protection from damage by permanents, bleaching and coloring, straightening, and overexposure to sun and wind.

BRUSHING...How often you brush your hair will depend on your hair style. If you don't want to have to reease or rearrange your hair every day, then give it a good brushing before you shampoo. If you have a simple style, daily brushing will help to remove dust, distribute oil, and help the blood to circulate through your scalp. Brush your hair with a firm but not too stiff brush. Don't brush so hard that it injures your scalp.



WASHING HAIR

1. Get together all the things you need — shampoo, a clean towel, your comb and brush. Girls may also want their bobby pins and rollers nearby.
2. Wet your hair with warm water and pour a little shampoo on it. Work up a good suds all over your head with your fingers.
3. Rinse your hair, then pour on more shampoo and suds your hair all over once again.
4. Give your hair at least two rinses if you wash in a sink or pan, so all the soap is out of it. If you wash it in the shower, let the water run through it until all the soap is gone. Cover your hair with a towel.
5. Wash your comb and brush in soapy water and rinse them.
6. Rub your hair until it is dry or just damp enough to set.
7. Comb your hair and get out all the tangles. If you set your hair, set it in your favorite style with rollers or pin curls. If you don't set it, let it dry and brush and comb it in place.

**PROBLEM
BIG? (WEAR
A WIG)**



Boys with longer hair styles will find they need to give their hair more care than is needed for short hair. It will need to be washed oftener than once a week and combed several times a day to keep it in place. Be sure to have a trim at the back of your neck as often as possible.

Washing hair once a week is often enough for most teenagers. If you have oily hair, you will need to wash your hair more often.

SHAMPOOS . . . come in two kinds, soap and detergent. Detergents can be used in either soft or hard water without special rinsing.

Soaps are good in soft water but not in hard.

If you use soap, use either vinegar or lemon with the last rinse water. They are both mild acids and cut the alkalinity of soap so that it can be removed from your hair. Look at labels on the shampoo container and get one for either oily hair, dry hair, or normal hair, depending on what your hair is like.



**DO
YOUR
BIT ... BUT
KNOW WHEN
TO QUIT!**

CREME RINSE . . . is used after washing your hair to free it of tangles and make it easier to comb.

HAIR CONDITIONERS . . . are used to replace natural oil and to add body and highlights. They are very good if your hair is damaged or has split ends. Use hair conditioner after you have washed your hair; some conditioners call for an extra rinse. Follow the instructions on the container.

HAIR SPRAY . . . is used to hold your hair in place after combing and styling. Select one for your type of hair — dry, oily, normal, or damaged hair. Don't use hair spray too often because it accumulates and dulls your hair.

HAIR

STRAIGHTENERS...are available in three types: sprays, hot metal combs and chemical products. Sprays are not effective on tightly curled hair. A metal comb must be used with great care so that the scalp is not burned or the hair damaged. You can buy chemical straighteners to do the job yourself, but for a really good job, go to a professional beautician. Chemical straightening makes hair dry and brittle so use a hair conditioner to keep your hair shining and prevent breaking. Hair straighteners should not be used oftener than about once every three months.



**OR COMB IT
LIKE IT IS!**

HOME PERMANENTS...

contain chemicals that work on the basic structure of your hair and can weaken it. You may need to have your hair reconditioned with oil or other treatments if it is not in good condition before you get a permanent. There are many good home permanents on the market. Choose the brand and type best suited for your kind of hair — easy-to-wave, hard-to-wave, normal-to-wave, bleached, etc. Follow the instructions that come with the kit.

BLEACH AND COLOR — a large variety of products for bleaching and coloring your hair are available for home use. Follow directions that come with them very carefully. Overuse of bleach and color can cause your hair to become dry and brittle and break easily.