

# Should Women Cut Their Hair?

By Teresa Simmons  
Post Managing Editor

Apostle Paul wrote in 1 Corinthians 11:14 and 15: "Doth not even nature itself teach you, that, if a man have long hair, it is a shame unto him? But if a woman have long hair, it is a glory to her; for her hair is given her for a covering."

Does this mean that women should never cut their hair? Three cosmetologists polled feel that the female's hair can and should be trimmed and-or shaped into a style becoming that lady's facial features.

Benji Carpenter, owner of Shear Illusions Unisex Styling Salon, 728 Central Ave., states the following: "Hair is a woman's glory but that doesn't mean that she can't have it styled to enhance her appearance. All women don't look good with long hair. A stylist complements a lady with a style so the hair can be the glory...that includes taking care of it, trimming it, and-or giving a nice hair cut."

According to Carpenter, trimming hair eliminates damaged ends - "split ends" as they are most commonly called. "When the ends split they become like a rope unraveling down the hair shaft and the hair will get shorter and shorter. A trim will enhance the growth of the hair and is very important. Trimming hair is like topping your grass...because when you top grass, it becomes thicker...so does the hair when it is taken care of properly."

According to Eloise Ferguson, trimming is needed today because of pollution, chemicals used in the hair and blow drying. "In ancient time there was no styling of the hair like today. Times are changing."



Cosmetologist Mamie Jones (standing) has that special gift of making hair gleam. Her customer, Corine Wallace, is pleased with the finished result.

A good hair shaping becomes the foundation for a beautiful hairstyle, Mrs. Ferguson continued. "It's like building a house...without a good foundation the house will fall and so will a hairstyle." The cut Mrs. Ferguson continued, is the foundation of any hairstyle. Mrs. Ferguson is owner of Hair Original, located at 2020 North Graham Street.

Linsten Williams, owner of Exclusively Yours Hair Design, 1603 West Boulevard, feels that the cutting of hair keeps it healthy while it's growing. "Some people think that if you keep cutting the hair you

will keep it short. But hair grows one-fourth of an inch or more per month. If you trim someone's hair once a month or once every two months you won't trim one-fourth off. Trimming also guarantees less split ends and less breakage of the hair."

Sitting in a chair and entrusting a beautician to clip your ends or cut your hair into a style, is certainly up to the individual.

But cosmetologists agree that for the health of the hair as well as obtaining that special foundation for the latest hair fashions, cutting and shaping of the hair is essential for that complete, well-groomed look.

## Looking Good Haircare Highlights

Hairstyles for women are more varied this year than ever before, according to Lorraine Ewing, Clairol beauty specialist. But, whatever hairstyle you choose to express the real you, it won't really get your message across unless you follow these basic rules for good hair care.

- Start with a professional haircut and keep it up with regular trimmings.

- Remember that your hairdresser can't work miracles. Having beautiful hair requires your cooperation too, so give your hair tender loving care every day at home.

- Shampoo at least once a week, even if your hair is dry. Choose a shampoo formulated specially for your hair type, such as Clairol condition shampoo for dry, normal, oily or perm-color treated hair. After shampooing, rinse thoroughly, since any left-over shampoo will make your hair look dull.

- Most hairstyles require combing every day, but there are right and wrong ways to do it.



Trimming the hair gives the effect of smoothness as shown by Tamara McClain who models her just-completed hairstyle. Enhancing her hairstyle is complementary jewelry including necklace and matching earrings. (Photo By Bernard Reeves)

## Your Skin's Special Needs


By Jean Ford  
Avon Beauty Expert

Your skin needs special care to keep it looking beautiful every season of the year. The environment, including weather and pollution, can place special stresses on delicate skin.

The result can be unpleasant dryness and "ashiness" caused by dry cells on dark skin. Now, more than ever, be sure to take a few minutes morning and night, to take

these simple steps to lasting good looks.

First, cleanse to remove make-up, grime, pollution, and excess oil. Follow with a toner to refresh and stimulate your skin to remove the last traces of dirt and cleanser. Then, energize. This helps new cells reach the skin's surface faster, helping your skin to repair itself from the ravages of winter. Finally, moisturize to protect the skin.



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