

Braids not for the schoolgirl

Braids anyone? Area hair styllists report a new interest in the fashion, braids in the movie "1,0" So they are braids in the movie "1,0" So they are learning the age-old art of braiding at special seminars. Cornrowing is not the only braid wave of the future. According to braid specialist Carl Wiles of Grace Scalia's Headline salon in Birming-ham, "just plain braids are winning over the high fashion crowd." Wearing braids, however, is not a matter of a quick visit to your favorite hairdresser, who for a regular "do" can get you in and out in about an hour.

Braiding can take as long as eight

emulate the Bo Derek Cornrows.

Eight hours to get a head of hair braided is all in a day's work for

Wiles.
"I've been doing three or four braid jobs a week since the movie "10" skyrocketed the braid to popularity," said the award-winning styl-

INCLUDED in his braiding skills are the less time-consuming, popular braid styles called French braiding, fish-tailing and the combining of braids with weaving, curls and rolls or twists. These less complicated braidings only take about two

hours from start to finish.

The time it takes, and the cost, depend on the type of braids — from the simple, long, straight braid like Grandma wore, to set waves in her hair while she slept, to the corn-row style of up to 75 tiny braids all over the head.

the head.

The hair need not be long to be braided, said Wiles. Even very short hairdo's are boasting a few locks of hair braided together and pulled back at the temple or over one ear.

For does the braid effect have to be created entirely of one's own hair,' said Wiles. "Pin-on braids can

hair," said Wiles. "Pin-on braids can be used to dress-up a chignon or dis-guise a short cut."

Today's busy woman will find the braided look a practical one, Wiles said, because there is almost no up-keep between visits to the hair control of the property of the reserve when the control of the reserve when the glamour style with the addition of a hair accessory.

THE NEW braided styles, according to Wiles, can last a long time between appointments.

"After all," he said, "if you've spent the best part of a day and up-

Pat Flanagan wears a long rope of braided hair twisted around a knot of her own blond

nulled softly over the ears.

ward to 475 to get the job done, you hardly wish to keep an appointment the following Tuesday."
"Wash the hair through a nylon stocking pulled on like a cap," he said. "The braiding will last a month or longer. Try it, you can even do he squeak test for cleanlines."
Since the braids will hold their orderly loveliness for two weeks or longer and considering what they eliminate, they seem not so expensive, after ail. You need no person the said of the said of

roots.

Frosted or highlighted hair can be very interesting braided because of the blending of light and dark in the strands.

the nending of figure and water. We strands.

"But," cautions Wiles, "it is most important that the hair be braided by someone who knows what he or she is going. Great damage can be done to the hair at the hands of an amateur who may twist and break off delicate hairs."



The French braid is back in this day of renewed interest in styling by plaiting the hair.

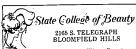


It took eight hours to braid Donna Ducett's long hair into this Carl Wiles design with 75 tight little cornrow braids.

Gas for travel

The old advice to travelers about making reservations in advance holds true doubly in this summer of gasoline accommodations. It also saves gas by more rainties.

Calling ahead to hotels and motels and motels are the past you might otherwise waste driving around and looking for accommodations. It also saves gas by more accommodations. It also saves gas by more accommodations and for your destination by the most direct route.



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(Newcomer:



Here's a new guide to good nutrition

S.J.S.

Thank you, thank you for the cook-book, "This Can't Be Healthy, I Like It." It has been a great help in getting my two junk food addicts on the right track. In fact it has us all interested in

S.J.S.

The perfect refrigerator pin-up for the nutrition-conscious family has been provided by Fredealle Fealk, nutrition-st. If the name sounds familiar to you its because Ms. Fealk wrote the introduction to "This Can't Be Healthy, I Like It." "Know Your Sources" a food guide, provides a simple and clear picture of foods and the valuable vitamins and nutrients they provide. To receive a free copy of "Know Your Sources," send a stamped, self-addressed envelope to Conern, Inc., Detroit, 1 North-field Plaza, Troy 48098.

My daughter came home from school with a project that looked a let like a commercial for a cereal company. Do achools have the right to push name brand products".

Most public schools do not intentionally endorse commercial products. However schools do accept material from business that is supposed to be of

consumer mailbag

an "educational nature." Much of this free information does double as advertising, according to Shella Harty of Ralph Nader's Center for Study of Responsive Law. Ms. Harty said that studies show schools spend only 1 percent of their budgets on instructional matrials and cannot afford cultum.

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