Betty's drink? A Rum Driver; Diane's, Rum with ginger ale; Alton's, with bitter lemon; Hubert's, a Rum Mary; Evelyn's, with grape juice; Harry's, on-the-rocks.

They're re-discovering rum all over Dee Cee!

The Rums of Puerto Rico

- Trigo
- Trader Vic's
- Ron Superior
- Ronrico
- Palo Viejo
- Ron Merito
- Ron Matusalem
- Llave
- Hudson's Bay
- Granado
- Ron Extra Fino
- Don "Q"
- Ron Carioca
- Boca Chica
- Ron del Barrilito

Rum's getting around Capitol Town. Folks there know a good drink when they taste one. That's why they're re-discovering rum. The light, smooth rum they used to know and love.

Rum's a natural mixer. It's aged so it's smoother than gin or vodka. It makes everything you already like to drink taste even better. Like fruit juice, any kind. Collins mix, ginger ale, tonic.

In Silver Spring, Rum Collinses are the thing. Out Columbia way, it's Rum Marys and heavy on the lemon.

But everybody agrees, the only rums worth coming back to are The Rums of Puerto Rico. The best-tasting, best-selling rums made. We'll drink to that. And so will you. Because when it comes to rum, we know how to make some good things too. Like the 15 great brands listed here.

Try it for yourself. Re-discover rum! It's time you got in on something good.

Come to rum again-and taste it for the first time.

For free recipe booklet, write: Puerto Rican Rums, Dept.DN-7, 1290 Ave. of the Americas, N.Y., N.Y. 10019. © 1974 Commonwealth of Puerto Rico

Personal Touches

By Marie P. Cooke

The majority of the letters received from "Personal Touches" readers tell of unhealthy hair and skin disorders, both of which appear to be the primary concerns of black teens and women. This is not to say, however, that ALL black women have these same problems, but they are subjects well worth looking into.

Combining the two — (looking at the situation as a whole or in total) — the problem could well be caused by a poor and insufficient diet. In so many words, the hair is unhealthy because the hair shaft is being inadequately supplied with the protein it so vitally needs; the skin which is excessively oily, causing blackheads, pimples and, eventually scars, is receiving TOO MUCH oil from the body.

Oil glands may be working overtime or the body is consuming too much fat in the diet. There is a saying, "You are what you eat," and this especially holds true in this situation.

A poor diet can cause problems with the hair and skin, but moreover, it can lead to serious illnesses such as heart disease, high blood pressure, obesity and malnutrition — these are just some examples.

So, if you're wondering why your fingernails just won't grow or you can't understand why your skin has a dull, lifeless look, the first thing you need to do is to make a close study of what you're feeding yourself.

You have probably heard this a million times: Your daily diet should consist of choices from the Four Basic Food Groups — meat, fish, eggs, poultry and legumes; bread-cereals; milk and milk products, and fruits and vegetables — many or all of the needed nutrients come from these foods.

Group I, meat, fish, etc., refers to protein. These food items supply all eight essential amino acids and high quality protein. Since hair is mainly comprised of protein, it is of the utmost importance that you have plenty of it in your diet. (Non-meateaters, either vegetarian or lacto, can use substitute protein found in nuts and cheese.)

REMEMBER: Good nutrition alone does not insure good health, but good health cannot be achieved without good nutrition!

"Personal Touches" is your column; comments and questions are welcome. Write: PERSONAL TOUCHES, c/o DAWN Magazine, 1800 11th St., NW, Washington, D.C. 20001. Your questions will be answered in this column or personally if you include a self-addressed, stamped envelope.

Q: I have been wearing a wig now for three years and I have noticed that my hair is a total mess! It's dry and brittle, the ends are broken and it's thinning around the temples. H-E-L-P!

C. T.
Los Angeles, Calif.

A: Be on the lookout for next month's "Personal Touches" when we will go into the advantages and disadvantages of wig-wearing. Practically everything you want and need to know on the subject will be discussed.

Q: I read Dawn Magazine often and was attracted to a hairstyle that was featured in the July edition. Although it was not exactly the type of style I want, it did come close. The style I am seeking can best be described as follows:

Hair is curly all over with sort of an Afro shape, but has longer sides and like a shag in the back. I do not want my hair in a kinky natural and I don't want it straight either. Could you recommend a good hair stylist I can go to? I have a permanent (relaxed hair) which will soon be worn out.

S. L. A.
Clairton, Pa.

A: Sorry, I can't recommend a hair stylist for you to visit since I am not familiar with your area and don't favor one hair stylist over another (unless one has a bad reputation or is incompetent). To achieve the style you want, you will have to have it "cut in" and will probably need a MILD chemical relaxer, one that will not strip your hair of its natural wave pattern.

Once you have found a hair stylist who specializes in cutting, try to give him (or her) an actual picture of what you want. Look at the fashion magazines, newspaper advertisements and women's pages and clip out a style that comes close to what you want.

That way the stylist should be able to cut your hair according to your instructions.

Women In America Revolution

During the battle for American's freedom, many women distinguished themselves as fighters and patriots. Some were inclined to follow their husbands to battle and would engage in the fighting when their men were shot down.

MOLLY CORBIN became a cannon loader at Fort Washington when her husband fell, and Mary Hayes — known as MOLLY PITCHER because of her water carrying duties—also, became a cannon loader when her husband fell in the battle at Monmouth.

In the Tory-ridden South, NANCY HART fought Tories, and two West Virginia women — BETTY ZANE and MAD ANNE BAILEY — displayed courage in obtaining gunpowder to save their forts from attacking Indians.

Other prominent women were PHILLIS WHEATLEY — the first black and the second woman in America to have a book published — who exchanged correspondences with George Washington; BETSY ROSS, who, according to history, was commissioned by George Washington to make the first American flag that had stars and stripes; and, there was MARTHA WASHINGTON, who supported her husband and experienced hardship, victory and defeat during the years that George was Commander in Chief of the American Army.

Mind Matters

Today many people need help to develop their full potential and to cope with the increasing complexities and demands of our society. In this day and age of rapid changes, of dehumanization of our society, of serious environmental threats to our survival, of unemployment and hunger, we all come face-to-face with problems we have to master.

Since none of us is exempt from the pressures of living, we can help each other by sharing our knowledge and experiences.

Beginning with the November issue, the professional staff of the North Baltimore Center, Inc., of Baltimore, Maryland, a state-funded Community Mental Health Center, will provide an educational service concerning mental health issues to the readers of DAWN Magazine.

To do this, we are asking you to send us the questions you may have about your emotions or other mental health issues. Since our space will be limited, not all questions can be printed. However, we will send a reply to as many of your letters as we can. Your questions will be printed without revealing your name.

Please address your questions to: Mind Matters, The North Baltimore Center, Inc., 100 East 23rd Street, Baltimore, Maryland 21218

Be sure to include your name, address and zip code if you wish to receive a reply to your questions.

Phyllis A. Diggs, M.A., M.P.H.
Executive Director

Emilio J. Dominguez, M.D.
Medical Director