

By Harriett Muhammad

**DEAR HARRIETT:** This problem of mine that has recently developed is making me very disgusted — in fact I'm angry. I have a five year old sister, and she has gotten so she tells mother everything I say and do. I have nothing to hide, understand, but there are some things a girl of my age (15) just doesn't want known.

My mother is not giving any attention to correcting my sister, but she really is paying attention to what she tells her. So Harriett, please let me know what to do about this situation.

**Me and My Problem**

Norfolk, Va.

Dear Miss: About the only thing you can do about your little sister is be patient and try to understand her. Your mother is probably not too concerned because she realizes this is just a stage and besides, she is being supplied with information that lets her know what stage you're in also.

Children in the three-to-six year stage learn by identifying with someone. They pick out a model to watch and learn from. In this situation it could be you are that model, and that is why you are of so much interest and rate such "attention". Through this process of identification, your little sister is acquiring a whole set of values.

**BY SET OF values,** I mean; if you like a certain food, so will she — if you dislike something, so will she, etc. She is in the process of picking up adult attitudes and behaviors.

You can help her by setting a good example. Let her see you at your best and try to hide your bad habits, if you can't break them. Of course, if something is very personal, you should know by now that it will only remain personal if you keep it from the little one. Don't worry, she won't be a "fink" for much longer.

**DEAR HARRIETT:** I'm writing you for information on how I can get my hair to grow back. Ever since I was a little girl I have had shoulder length hair. Now my hair has begun to break off, it's getting thinner and

the ends are splitting.

Not too long ago I had the ends of my hair clipped. My grandmother told me that I shouldn't have my hair clipped at any time, but according to the moon or a special time of the month. Is this true? Can you recommend a hair oil to use to help my hair grow? Are there any foods that are good for the hair? Thank you.

**MRS. P. A. NEW YORK,  
NEW YORK**

**DEAR MRS. P. A. First,** see your doctor for a check up as thinning hair may be caused by diet deficiency, glandular imbalance or a blood disorder. Then, be sure that you care for your hair with daily brushing and frequent shampoos. Where you live, geographically, can have a damaging effect on your hair if you don't take precautions against the atmosphere and climate.

It doesn't make any difference when you clip your hair. This is just one of the many tales that has been passed down from mother to daughter to explain away a situation that heretofore couldn't be explained.

**THERE ARE MANY hair conditioners** on the market that can improve a condition, but nothing has been invented to make hair grow. If you want the right thing for your particular problem — check with a beautician. By all means eat the best of ALL foods if you want a healthy head of hair, and eat it consistently. Your hair like the rest of you is the product of your health.

Something on your mind? Write and tell me about it.  
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