

LET'S be NEAT and CLEAN

By Rachel Wallace



Our friends and family like us for what we are. But what about other people? They judge us pretty much by the way we look and the way we act.

Don't you feel good when you know you look nice? And you like yourself more, too. It really is true -- you feel better when you know you look nice.

**TEXAS AGRICULTURAL EXTENSION SERVICE
TEXAS A&M UNIVERSITY**

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To look nice, we must be clean -- that means clean clothes on a clean body.

1. Take a bath every day.

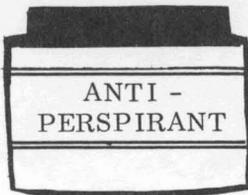
Bathe your body with soap and water every day if you can. Wash in a pan of water if you don't have a tub or a shower. Bathing washes off dust, dirt, and sweat.

Each person in your family should have his own towel. You can hang towels on nails on the wall. Wash the towels often so that they are clean.



2. Use a deodorant.

Keep sweat stains and smells out of your clothes -- use a deodorant or anti-perspirant. You can buy these at a drug store or a ten-cent store. Read the directions. A deodorant keeps your underarms from smelling. An anti-perspirant keeps your underarms dry. Get the kind you want. Put it under your arms the way the directions say.



3. Brush your teeth.

You want your teeth to stay good for a long time. Brush them when you get up. And, also, before you go to bed. Brush after each meal if you can. If you can't brush after meals, rinse your mouth with water. Brush your teeth up and down -- not across. You can make a good tooth powder for brushing your teeth.

TOOTH POWDER

Salt and soda - one spoonful of each.
Mix well. Keep in a clean jar. To use, put a small amount in your hand.
Dip your wet tooth brush in it.

● DON'T FORGET



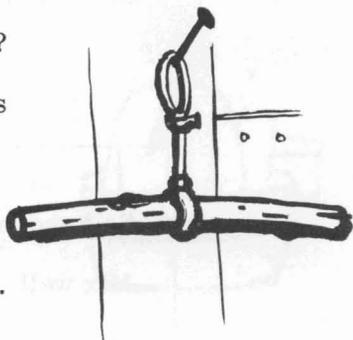
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BRUSH
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Take Care of Your Clothes

When you put on clean, well pressed clothes, you look better. You feel better, too.

Keep your family's coats, suits, and dresses looking neat. Hang them on hangers. Don't hang them on a nail.

Do you need more clothes hangers? You can make some from small tree limbs or sticks. Cut them about one foot long. Tie a string in the middle of each stick. Make a loop in the string to hang on a nail. Put your clothes on these hangers.



Pin skirts and pants to a hanger with two safety pins. Sew up torn places in your clothes. Sew on buttons -- don't pin your clothes with a safety pin. Save buttons from old clothes to use again. Wash your underwear often.

Clothes last longer and look better when you:



Keep them clean.
Iron or press them.
Sew up torn places.
Hang them on hangers.

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