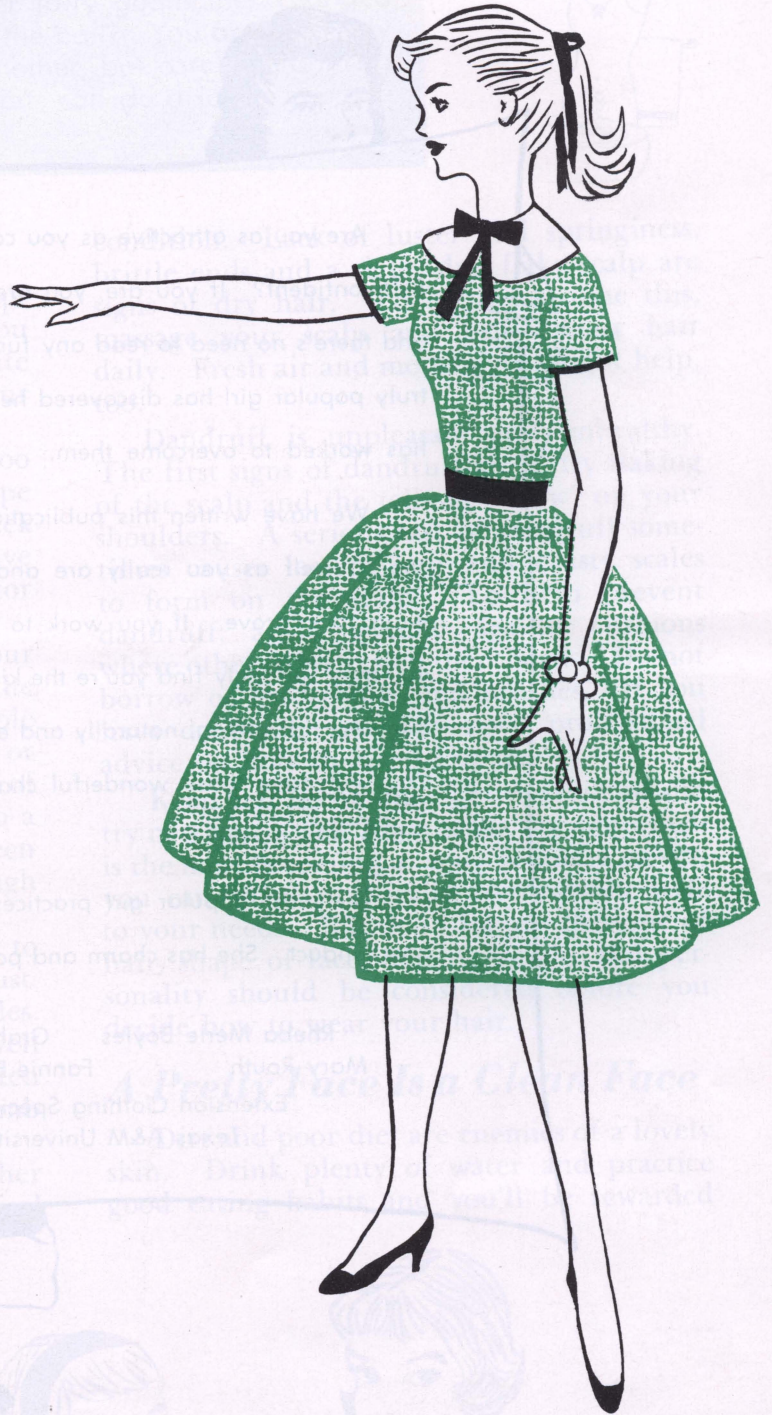


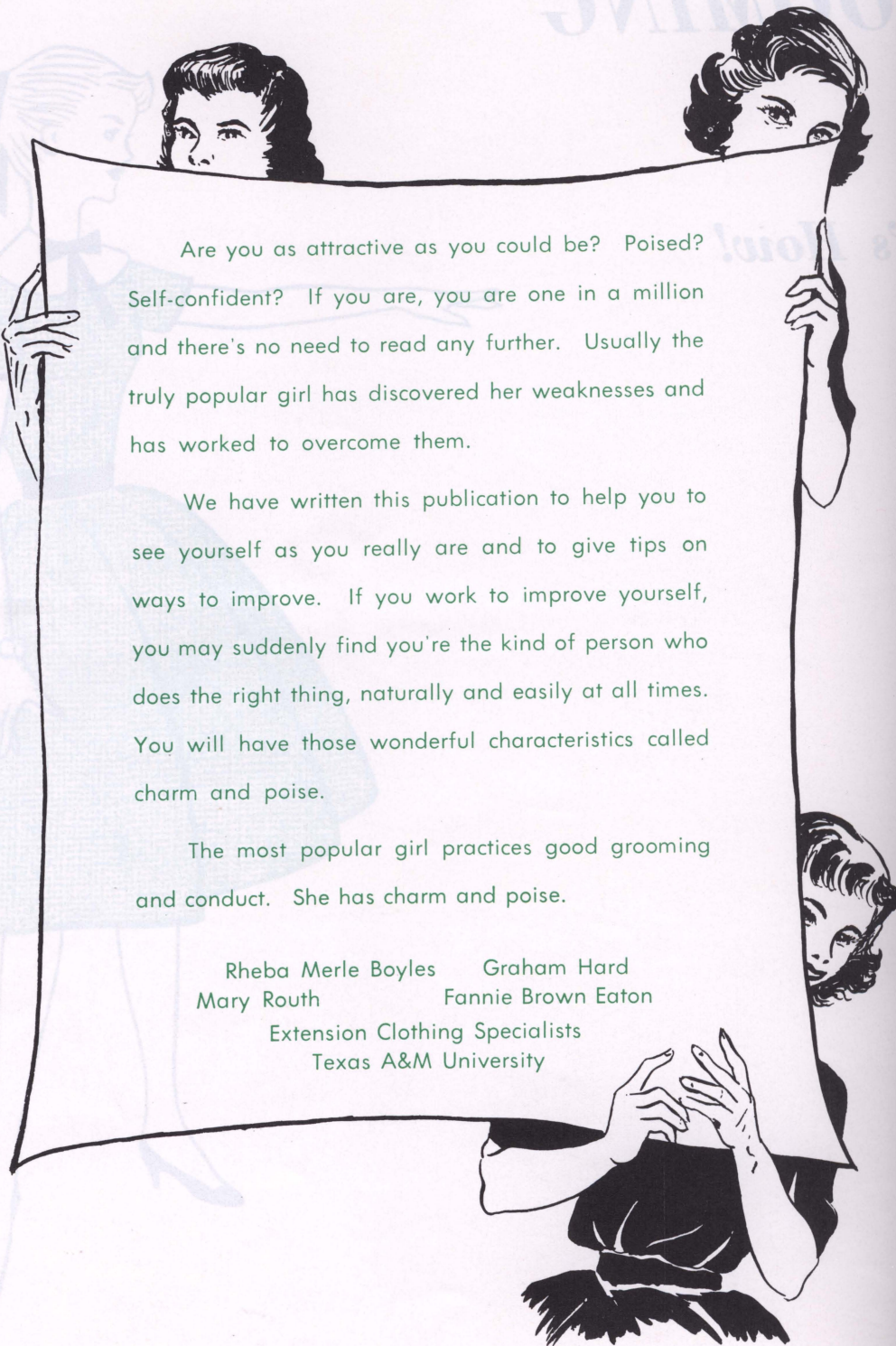
GOOD GROOMING

Here's How!



TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
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GOOD GROOMING



Are you as attractive as you could be? Poised? Self-confident? If you are, you are one in a million and there's no need to read any further. Usually the truly popular girl has discovered her weaknesses and has worked to overcome them.

We have written this publication to help you to see yourself as you really are and to give tips on ways to improve. If you work to improve yourself, you may suddenly find you're the kind of person who does the right thing, naturally and easily at all times. You will have those wonderful characteristics called charm and poise.

The most popular girl practices good grooming and conduct. She has charm and poise.

Rheba Merle Boyles Graham Hard
Mary Routh Fannie Brown Eaton
Extension Clothing Specialists
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GOOD GROOMING -- Here's How!

When you stand before a full-length mirror, do you see a neat, healthy, attractive person who stands straight and tall? Or do you look more like Cinderella before her fairy godmother changed her into the belle of the ball? You are not likely to find a fairy godmother, but careful grooming and good health habits can do a lot to improve your appearance.



Let's Begin at the Top

Can your hair take a daytime close-up? Does it have a healthy sheen? Even if you copied the latest hair style from your favorite magazine, your efforts would be lost if your hair is dull and dirty.

Keep hair clean. How often you shampoo depends on the time of year, your hair type and your activities. Normally, once a week is often enough. Lack of sheen, excessive oiliness and an itchy scalp are reminders for a needed shampoo.

Choose the shampoo best suited to your hair type—normal, oily or dry. Follow the instructions on the label. If you have trouble getting the soap out of your hair, lemon or vinegar may do the trick. Use the juice of one lemon or 2 tablespoons of vinegar to a gallon of water. Creme rinses may give sheen and manageability to hair, but thorough rinsing is necessary.

There's nothing like a brisk brushing to keep your scalp healthy and to banish dust. Use a brush with strong, flexible bristles. Brush up and out from underneath as well as over the surface. Wipe the bristles often on a clean towel. Wash your brush and comb each time you shampoo your hair.

Keep hair healthy. Your hair, like other parts of your body, reflects your physical

condition. Lack of luster and springiness, brittle ends and a tight, dry, flaky scalp are signs of dry hair. To help overcome this, massage your scalp and brush your hair daily. Fresh air and moderate sunlight help, too.

Dandruff is unpleasant and unhealthy. The first signs of dandruff are a dry flaking of the scalp and the tell-tale "snow" on your shoulders. A serious case of dandruff sometimes causes loss of hair and crusty scales to form on the scalp. To help prevent dandruff, avoid leaning against cushions where others have rested their heads. Do not borrow or lend combs and brushes. If you have dandruff, you may need professional advice on how to get rid of it.

Keep hair becoming. Let yourself go and try new hair styles. Then select the one which is the most becoming to you. If you're clever, you can adapt practically any current style to your needs. But don't forget—the type of hair, shape of face, height, weight and personality should be considered before you decide how to wear your hair.

A Pretty Face Is a Clean Face

Dirt and poor diet are enemies of a lovely skin. Drink plenty of water and practice good eating habits and you'll be rewarded





with a clearer complexion.

Cleanse your skin. Begin and end each day with a clean face. If your skin is oily or has blackheads, you may need to scrub with soap and water several times each day. Here's how:

1. Use a mild soap and warm water. Massage the lather with upward and circular strokes of the finger tips. Be sure to lather

well up to the hairline and in the crevices around the nose and mouth, since blackheads accumulate mostly in these areas.

2. Rinse your face with warm water, then cold. Dry thoroughly.

3. If your skin tends to be dry, pat on a little baby oil at night.



Go easy with the make-up. Add sparkle to your appearance by using make-up, but let it look natural and not painted. Very few young girls need rouge. If you use powder or rouge or both, use a good powder base. Spread it on very thinly and smoothly. Select a color of lipstick that blends with your skin and harmonizes with your clothing.

If browns and yellows are your best colors, look for a lipstick that has a slightly orange cast. If blues are becoming to you, your lipstick should have a slightly bluish tinge. Lighter shades are most becoming to young girls.

A bright smile should show sparkling teeth. To do justice to a well made-up mouth, your teeth must be clean and white. Brush your teeth at least twice every day to keep them clean and white. Dental floss helps to remove stubborn food particles lodged between the teeth. Have your dentist check your teeth every 6 months.

Don't Flunk the Figure Test

How do you "figure up" in a full-length mirror? Is your figure moderately slender and well rounded, with a flat back and abdomen, high chest and erect head? Your

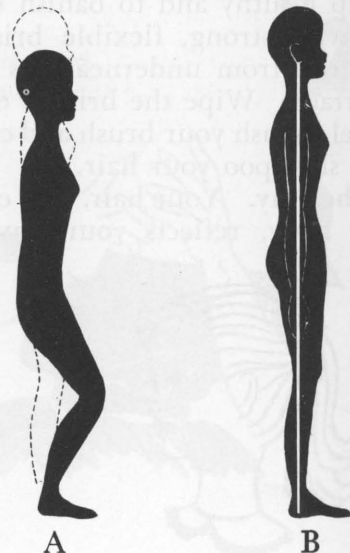
hip measurement should be approximately 2 inches more than your bust measurement. The too-thin figure is as unattractive as the too-fat one. Look for ways to improve your figure. Some causes of poor posture are:

1. General weakness of your body, perhaps due to illness, malnutrition or very rapid growth.
2. Poor mental attitude, which may be caused by unhappiness, lack of self-confidence, shyness or over-consciousness of height.
3. Improper shoes and arch troubles.
4. Improper diet.
5. Exhaustion due to lack of sleep and relaxation.

Posture and Poise Go Together

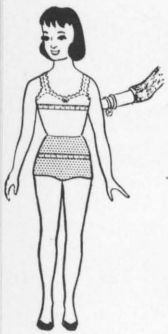
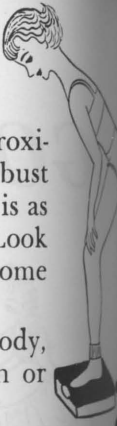
Have you ever heard someone remark, "She would be so pretty if she would stand up straight?" Does this apply to you? Smartness in dress depends on the posture and carriage of the body as much as on the garment worn. Study your posture while standing, sitting and walking.

Stand tall. Stand with your back against the wall with the back of your head, shoulders, buttocks and heels touching the wall. If you can place your hand between the wall and the small of your back, there is too much curvature. Move your heels forward from the wall. Gradually move your heels back to the wall, keeping the small of your back flattened as you do so. (See figure A.) When you walk, try to keep this position.



A

B



To test a side-to-side balance, have someone hold a yardstick or rod at your side and at right angles to the floor. If your body is well-balanced, the line should pass through the lobe of the ear, tip of the shoulder and slightly in front of the center of the hip, knee and ankle bones. (See figure B.)

Sit tall. Sit well back in your chair so the hips are against the back of the chair and the upper part of your body is held upright. Your feet should be flat on the floor with one slightly ahead of the other, and your knees together. Your sitting position is especially important when you are on a stage or having a group picture taken. When leaning forward, bend from the hips and keep your back straight. Don't be a slumper!



Avoid twisting your legs around each other or around chair legs. If you cross your legs, cross them lightly at the ankle or just above the knees so that your legs hang side by side. If you are fat or short-legged, don't cross your legs.

Practice good posture. Good posture has a place in all of your activities. Place the back of a chair so close to the wall that in passing between the wall and the chair, your body will feel as if it is squeezing through. See how you have drawn in your tummy and

tucked in your hips? Continue this line-up as you walk away.

When you stand, balance your weight evenly or stand with one foot slightly ahead of the other. Some models stand with the heel of one foot at an angle to the arch of the other. (See figure C.) Keep your knees close together, but relaxed and bent slightly.



Pick up your foot each time you take a step. Put your heel down first. Hold your weight high and rest your foot down lightly. Learn to pick up your feet and put them down again in a definite, precise movement. If you are taller than the average person, wear your height and make the most of it. You always look best when you stand straight and tall.

Learn to make a graceful turn. If you practice at home, it will be easy when you model your Dress Revue outfit. To make a pivot turn, do this:

With your right foot slightly in front of the left, toes pointing straight ahead, and weight on the balls of the feet, turn to the left. Turn your body and feet so that your toes are now facing in the opposite direction from which you started. Reverse the position of the feet for a right turn. (Study figures C, D, E and F.)



Groom your hands to be pretty as well as skillful. Train your hands to behave gracefully. Your hands need the same care as your face.

For your hands, use warm water, mild soap and a nail brush. Take time to remove the dirt from your skin. An orangewood stick or a nail-white pencil is good for cleaning under the nails.

Half-dry hands pick up dirt quickly and chap and redden easily. While drying your hands, gently push back the cuticle with the towel.

A hand lotion or hand cream after each washing helps keep hands soft and smooth. If your hands are particularly dry, rub in a little oily cream at night.



Manicure your nails once a week. Are you the type girl who wants to sit on her hands to prevent others from seeing them? Neatly trimmed and gently tapered nails that are clean go a long way in adding to the looks of your hands. Use an emery board to shape your nails. Shape toward the center of the nail. Conform the shape of that of your fingertips—slender, oval or round. The most appropriate length is that which follows the natural contour of the fingertips and extends only slightly beyond the fingertips. Very long nails are unbecoming to all hands. And don't you be the one to have nine long finger nails and one broken nail! Grooming is what makes nails lovely, not their length.

Harmonize your nail polish with your lipstick and the clothes you are wearing. Repair or remove the polish when it becomes worn or chipped.



Check Your Feet and Legs

You'll look better and have more fun if you have comfortable feet and pretty legs. During summer when bare legs, open-toed shoes and brief bathing suits are on the scene, good grooming of the legs and feet is a must.

For remodeling legs, you generally have to depend on exercise. If yours is an all-over thinness, a general buildup of food, rest and exercise may help your curves. If all-over heaviness exists, check your diet and exercise.

Keep feet and legs clean. Dry your feet and legs thoroughly after your daily bath, rubbing them briskly with your towel. If they tend to chap, keep them smooth with lotion or baby oil. If the hair is conspicuous, shave your legs. Use an orangewood stick to clean under your toe nails and push back softened cuticle with your towel. Toe nails should be trimmed straight across. Change your stockings or socks daily.

Wear the right shoes. Don't slight your feet by failing to choose the right fit and shoe styles. Your feet may hurt because you are not wearing the correct size or you may not be walking correctly. Be good to your feet and enjoy walking. It's fun and it's good exercise.

Stay Neat and Sweet

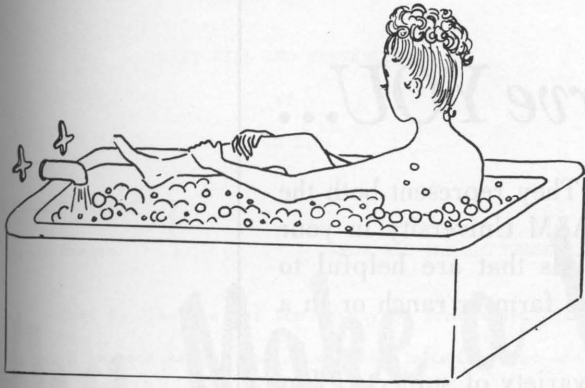
Let's face it. No matter how long your eyelashes, how shapely your legs, or how engaging your smile, if you are a mussy girl, your good looks suffer.

A daily bath is a must. It may be a brimming tub, a tingling shower or a sponge. Use a mild toilet soap and rinse the skin well. Then apply a deodorant or antiperspirant after your bath. Deodorants remove odor only; antiperspirants check perspiration. Some brands may irritate your skin; if



so, try another. Try these simple home deodorants:

Mix equal parts of soda and talcum powder. Soda also may be used by itself. Equal parts of boric acid (not borax) and talcum are effective as a deodorant, too. These may be used on your feet as well as underarms. Keep your underarms shaved clean.



Be Good to Your Clothes

Your personality is reflected in the manner that you wear and care for your clothes. Decide what you will wear before you begin dressing. Check to see that everything is clean, in good repair and well-pressed.

Put clothes on correctly. Before leaving your room, look in the mirror and ask yourself these questions:

1. Is everything about me pressed and clean?
2. Do my shoulders need brushing?
3. Is my blouse tucked in neatly?
4. Is my belt tight enough to stay in place, yet loose enough to be comfortable?
5. Are my shoulder straps adjusted so that I will not have to pull them up constantly?
6. Does my slip show? Does it come to or slightly below the top of my skirt hemline?

Wear your clothes with consideration. Your clothes will last longer if you are careful when wearing them. Some things to watch are:

1. Wear costume jewelry, especially pins, in such a way that they will not tear your clothes.
2. Do not stuff your pockets.
3. Take off your dress when you are lounging or napping.



4. Change your dress or wear an apron when you are doing housework.

5. Take off wet clothes as soon as possible. Shake clothes as dry as possible, place them on a hanger and dry them slowly.

Remove clothes carefully. When you remove your clothes, remember to:

1. Remove all jewelry and unfasten openings completely before removing your clothes.

2. Inspect each article for spots, ripped seams, torn places and loose fasteners. Remove spots and make repairs as soon as you can.

3. Brush your shoes before putting them away.

4. Put each article away neatly.

Keep clothes neat and orderly. Good grooming includes careful attention to the details of clothing. Set aside a certain time each week to go over your clothes and get them in good order. Some of your weekly chores should be:

1. Mend each garment before cleaning or washing.
2. Wash soiled garments.
3. Clean and polish shoes.
4. Press and iron garments.

From tip to toe, good grooming is important. Look again in the mirror. Where do you need to begin to improve your looks?





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