

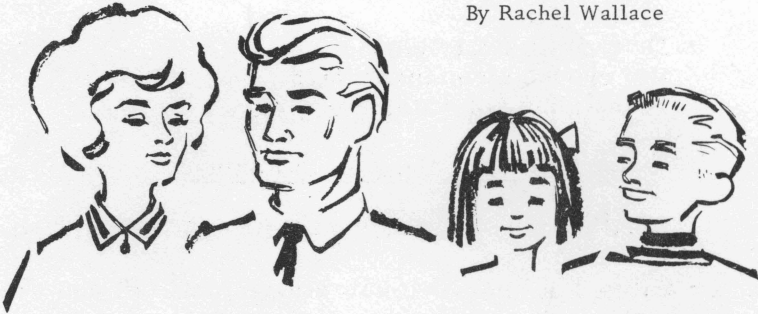
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LOOK your BEST

By Rachel Wallace



The way we look tells people about us. The way we act tells people about us. What can people tell when they look at you?

Can they tell ---

That you have good health?

That you have respect for yourself?

That you try to look nice?

That they would like you?

Yes, the way we look and the way we act tell things about us. Are you happy with the way you are now? Most of us are not.

Let this booklet help you.

TEXAS AGRICULTURAL EXTENSION SERVICE
TEXAS A&M UNIVERSITY

J. E. HUTCHISON, DIRECTOR, COLLEGE STATION, TEXAS

What About Your Health?

When you have good health you feel better. And you look better. Some ways to make your health better are to:

Eat meat, fruits, vegetables, bread, and cereals every day.
Drink milk every day.
Get enough sleep every night.
Drink plenty of water every day.

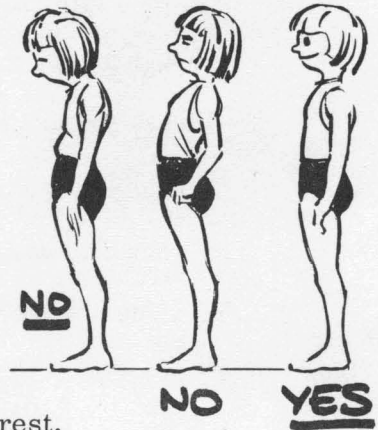
What About Your Posture?

Good posture -- standing up straight -- helps you look better and feel better. See how straight and tall you can stand. Stand against the wall -- have your feet about 4 inches from the wall. Try to touch the wall with your back, all the way up and down. Hard to do? That shows your posture needs to be better.

This is the way to stand:

Head high.
Chin in (but not down).
Chest up.
Shoulder blades flat.
Tummy in.
Knees not stiff.

Each day try to stand tall,
walk tall, and sit tall. Do this
while you work. Do this while you rest.



Clean Clothes, Clean Body

When you put on clean clothes after taking a bath, you feel better and you look better.

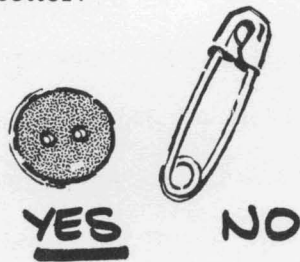
Take a bath every day if you can.

Keep your clothes clean -- underwear, too.

Wash your hair every week.

These things will help you look better:

1. Sew up torn places in your clothes.
2. Sew on buttons -- don't use safety pins.
3. Have your dresses the right length. Not too long, not too short.
4. See that your slip doesn't show beneath your dress.
5. Polish your shoes often.
6. Keep your head scarf clean and pressed.
7. Hang coats, suits, and dresses on hangers.
8. Wear clean, neat clothes.



Be Pleasant

We enjoy being with pleasant people. We can all become more pleasant if we:

1. Show an interest in other people.
2. Don't talk about our troubles all the time.
3. Try to see the bright side of things.
4. Try to find good things to say about people.
5. Work hard to make things turn out better --
for our family, for our community.
6. Forget ourselves -- try to make other people
feel good.



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