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Look Your  
Best  
At Any Age

# LOOK YOUR BEST At Any Age ... It's Worthwhile

Vivian Simmons\*



Your mirror agrees with the calendar. Today, you are not 18 or 39, but you are attractive. You have the beauty that only years of living can achieve.

Clothing plays an important role in meeting your social and psychological needs of belonging, self-confidence and self acceptance. Looking and feeling attractive can boost your morale, give you a sense of security and help you have more self respect. Clothing is a continuous center of interest in the lives of all people regardless of their age bracket.

This is the time in your life to wear what you really like and what makes you feel great. However, keep in mind the principles of design, personal coloring, good fit and the importance of good grooming.

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\*Extension clothing specialist, The Texas A&M University System.

## SELECTING STYLES THAT ARE BECOMING

A flattering style is the ultimate goal of each individual. Garments have the power to make you more attractive, even though your figure may not be perfect. Analyze your problems and good points when selecting garments. Keep current with fashion and try new styles if you have the figure for them.

### Suggestions for the Fashion Conscious Woman

- Dresses without a waistline are becoming and attractive.
- Princess lines or narrowly spaced panels carry the eye up and down and give a slenderizing effect.
- Dresses with sleeves which cover the arms to a point below the elbow are more attractive than sleeveless dresses.
- Colorful scarves and soft collars give a softening effect around the face.



- Slightly flared skirts sit well without bagging or wrinkling.
- Straight hanging or semi-fitted suit jackets or dress and jacket ensembles are comfortable and attractive.



- Pant suits are warm and can be slenderizing.
- Wrap-around dresses or diagonal lines cut the figure and carry the eye up.



- Front closures make garments easy to put on and take off.

## COLOR

Choose colors that make you feel good. Colors can brighten everyday living and boost your morale.

Stand in front of a mirror and examine the coloring of your skin. Then experiment with different colors placed next to your face. Some colors will be more attractive than others.

- Soft pastel colors are generally more becoming than strong, aggressive colors.
- Blue, green, pink and violet are the favorite colors of many women over 60.
- Navy blue is a good basic color because it is flattering to the face and figure.
- If black or gray is a favorite color, soften it with touches of white, a pretty color or jewelry near the face.

## FIT

A good fit in clothing is important in being attractively and comfortably dressed. A well-fitted garment conforms to the figure and has adequate ease for body movement. The lines are not strained or changed by the body. A wrinkle is an indication that either the garment is too long, too short or too narrow.

Fashion plays a part in the way the garment fits. The amount of ease or the control of fullness will change with current fashion.

## GROOMING

Keep your age a secret through good grooming. It may take a little longer, but the time spent on grooming will be well spent. Develop good beauty habits.

## Make-up

- Soften the effect of your make-up.
- Keep your face and hands youthful by using lubricants and moisture creams.
- Analyze ads for products claiming faster results. They help, but do not transform.
- Keep your hair well styled and healthy.

A becoming wig is fun to wear occasionally.

## Exercise

- Do some exercise. Walking can be an enjoyable form of exercise.

## Posture

- Make an effort to sit, stand and walk as straight as you can. Good posture is an asset at any age.

Enjoy each day to its fullest. Grow, change and expand your interests as you gain in years and stature, always remembering that a truly successful person lives in her own way.

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