

How To Look Your Best

To look your best, you must be well-groomed all the time. Here are some tips on grooming for the well-dressed young man:



. . . HAIR

Is your hair smooth or shaggy? Wash your hair at least once a week to look your best. Have your hair cut regularly every two weeks. Keep it combed neatly all day every day.

. . . TEETH

Clean, white teeth are a "must" for the well-groomed young man. This is important for health as well as good looks (and pleasant breath.) Brush your teeth at least twice a day and see your dentist twice a year.

. . . FACE

Your skin should be clear and clean. Good health habits will help your skin stay clear. Shave as often as necessary to be neat. Use a soothing lotion after you shave.

. . . HANDS

Use plenty of soap and water to scrub your hands often. Keep your nails clipped short and clean.

. . . CLOTHING

Your clothes should be clean and well-pressed. Suits should be aired after every wearing to be sure they will not hold odors. Shirts, socks, and underwear should be changed daily.

. . . FEET

Change your socks every day for sure. Wear well-fitting shoes and keep them polished. Don't let the heels run down.

. . . POSTURE

How do you stand? Hold your shoulders back, your chest out, and your head high. Good posture is a "must" for your health as well as your good looks.

. . . CLEANLINESS

A daily bath or shower is essential to make you look and feel your best. And a good scrubbing is so important for popularity! Use a deoderant every day after your bath.

Prepared by:

Martha Ann Hurt, Extension Clothing Specialist





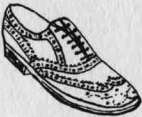


Published by

THE NORTH CAROLINA AGRICULTURAL EXTENSION SERVICE

North Carolina State of the University of North Carolina at Raleigh and the U. S. Department of Agriculture, Cooperating. State College Station, Raleigh, N. C., George Hyatt, Jr., Director. Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

July, 1963

The Young Man's Guide To Being Well-Dressed

	SCHOOL	SPORTS AND CAMP	4-H ACTIVITIES, RECOGNITIONS STATE 4-H CLUB WEEK	INTERVIEW	BANQUETS	INFORMAL DANCES AND SOCIALS	SHOPPING IN A SMALL TOWN	SHOPPING IN A LARGE TOWN	TRAVEL	CHURCH	WEDDINGS	FUNERALS
 SHIRT	sport shirt or dress shirt	open-neck or pull-over sports shirt	white shirt with 4-H emblem	white shirt	white shirt	dress shirt	sport shirt	dress shirt	dress shirt	dress shirt	white shirt	white shirt
 SUIT OR TROUSERS	slacks (suits for special occasions)	slacks, jeans, or bermuda shorts	dark green slacks, black belt	dark suit, conservative belt	dark suit conservative belt	matched suit or sports coat and slacks	slacks	sport coat and slacks or suit	conservative sports coat and slacks or suit	dark suit, conservative belt	dark suit, conservative belt	dark suit, conservative belt
 TIE	dress shirt requires a tie; sports shirt does not	not necessary	dark green	dark, solid color is best	dark, solid color is best	dark color, plain or with small design	not necessary	dark color, solid patterned	solid color or a small design is best	conservative color, solid or with a small design is best	dark color solid or with a small design	conservative color, solid or with a small design
 SHOES	leather loafers (lace for special occasions)	sneakers or leather loafers	dark leather lace	dark leather lace	dark leather lace	dark leather lace	dark leather loafers or lace	dark leather loafers or lace	dark leather loafers or lace	dark leather loafers or lace	dark leather loafers or lace	dark leather lace
 SOCKS	sports socks, solid or with small design	sports socks, solid or with small design	solid dark color or black	dark, solid color	conservative color, patterned or solid	dark color, solid or with small design	conservative color, solid or patterned	conservative color, patterned or solid	conservative color, patterned or solid	conservative color, patterned or solid	dark color, patterned or solid	dark solid color is best
 HAT	not necessary	not necessary	not necessary	may be worn or not	not necessary	may be worn or not	not necessary	may be worn or not	may be worn or not	may be worn or not	may be worn or not	may be worn, but not in church