

Look Your Best In What You Wear

Make sure you look your best every day, not just for special occasions. Check yourself every morning to be sure you are well-groomed.



. . . HAIR

Is your hair neat or messy? Wash your hair at least once a week or as soon as it becomes oily. Have your hair trimmed in a becoming style. Keep it combed neatly all day every day.

. . . SKIN

Your skin will look best if it is smooth and clear. Good health habits help keep your skin clean. Use a medicated cream if you have troubles with unwelcome bumps.

. . . TEETH

Clean, white teeth are a "must" for the well-groomed girl. 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.

. . . MAKEUP

Your skin will look its best if you use only a little powder. Pink or light red lipstick is prettier than the darker shades. Follow your natural lip outline when you apply lipstick. Save mascara and eye shadow for formal dances or other special evenings.

. . . HANDS

Use plenty of soap and hot water and wash your hands often. Smooth on lotion to keep your hands soft. Trim your nails neat and keep them spotlessly clean.

. . . CLOTHING

Keep your clothes clean and well-pressed. Blouses, socks or stockings, and underwear should be changed every day.

. . . 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 deodorant every day after your bath.

. . . POSTURE

Do you always stand and sit like a lady? Hold your head erect, your shoulders back, your tummy in, and tuck your hips in firmly.

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Clothes For The Places You Go

	SCHOOL	SPORTS AND CAMP	4-H ACTIVITIES, RECOGNITIONS, STATE 4-H CLUB WEEK	INTERVIEW	LUNCHEONS, TEAS AND RECEPTIONS	INFORMAL DANCES AND SOCIALS	SHOPPING IN A SMALL TOWN	SHOPPING IN A LARGE TOWN	TRAVEL	CHURCH	WEDDINGS	FUNERALS
 DRESS	casual dress or skirt with blouse or sweater	blouses with casual skirt or shorts	official 4-H skirt and blouse	tailored dress or suit of conservative color	dress-up dress, may be frilly for teas or receptions	dressy dress or dressy skirt and blouse	simple dress or skirt with blouse or sweater	simple tailored dress, suit, or jacketed dress	simple tailored dress, suit or jacketed dress	simple dress or suit, avoid sleeveless and low-neck dress	dressy dress, avoid white	dark simple dress or suit
 HAT	not necessary	not necessary	not worn	small tailored hat such as a pillbox	frilly hat	not worn	not necessary	small plain style such as a pillbox	small hat, simple style	always wear a hat, not too fancy	frilly hat	small dark tailored style
 GLOVES	not necessary	not necessary	wear short white gloves for special occasions	gloves of neutral color that looks well with your costume	gloves of neutral color that looks well with your costume	short white gloves; or no gloves	not necessary	gloves of neutral color that looks well with your costume	gloves of neutral color that looks well with your costume	gloves of neutral color that looks well with your costume	gloves of neutral color that looks well with your costume	gloves of neutral color that looks well with your costume
 HANDBAG	simple style	sporty style, such as straw	small clutch style, black or white	tailored style with handles	small dressy style	small clutch style	simple, casual style	simple style with handles	simple style with handles	tailored style	small dressy style	dark tailored style
 SHOES	loafers or flat-heeled casual style	tennis shoes or flat-heeled casual style	plain flats or pumps, black or white	pumps with medium heels	pumps with medium or high heels	sandals or pumps	casual style, low or medium heels	plain pumps with medium heels	plain pumps with medium heels	plain pumps with heels	pumps with heels	dark, plain style
 JEWELRY	very plain, not over 1 or 2 pieces	very sporty or none	may wear strand of pearls with collarless style	simple style, not over 2 pieces	dressy jewelry, avoid rhinestones	simple style, few pieces, may have some sparkle	small simple style, few pieces	simple style, few pieces	simple style, not over 2 or 3 pieces	simple style, avoid rhinestones	dressy jewelry	simple style, pearls are a good choice