

GROOMING FOR 4-H BOYS AND GIRLS

(A 4-H Club Activity)

4-H CLUB CIRCULAR 67



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Grooming for 4-H Boys and Girls*

(A Supplementary Activity for Community Clubs.)

“When carelessness comes in at the door, beauty goes out the window”—Anonymous

INTRODUCTION

This circular is prepared for the use of clubs which select “Grooming” as part of their community club program for several consecutive meetings.

The subject matter found herein is not necessarily all the information to be found on grooming. It is suggested that more material be gathered by each member preparing demonstrations, talks, etc. If the club has an “apple box” library it is possible that grooming helps will be found in it.

Good posture is essential to a neat appearance, and because it is of such importance a complete supplementary activity on the subject is available in 4-H Circular 64.

A well groomed person is more comfortable and at ease with other people. In turn, other people enjoy him. Appearance may indicate to others a person’s ideals and standards. Everyone likes to be well thought of and to have a large number of friends. Good grooming will help show people that you are an orderly, neat, systematic person that they would like to know.

METHODS OF PRESENTATION

The methods of presenting this material are varied. A few suggestions are made below.

Individual Demonstrations (5 minutes)

Care of brushes and combs.	A pole for the closet.
Washing silk socks and hose.	Making a hand lotion.
Care and tying of neckties.	Cleaning white shoes.
Making a shoe rack.	Care and storage of shoes.
Sewing on a button.	Packing a bag.
Arranging a dresser drawer.	How to press silk and rayon
	A home shampoo.

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Removing grease, candy and blood stains from silk and wool.
 Cleaning and shining black shoes.
 Equipment to use and how to press wool.
 How to brush teeth and choosing a tooth brush.
 How to brush hair and choosing a hair brush.
 Arranging a boy's or girl's hair.
 Keeping nail cuticle in good condition.
 Correct method of filing nails.
 Keeping a hat in good condition.
 Making a deodorant.
 Covering wooden garment hangers.

Illustrated Talks

A well fitted suit.	Matching neckties and shirts.
Equipment for pressing.	Handkerchief boxes and cases.
Buying a necktie.	Buying socks and stockings.
The best shirt for the money.	A kit for shoe cleaning and
Good and poor nail brushes.	shining.
Explanation of chart on fitting shoes.	Crush resistant fabrics.
Boy or girl ready for club party or banquet (a person, other than one who models, points out details of dress and grooming.)	

Talks

Good grooming may give you more friends.
 Grooming and getting a job.
 The grooming score card (use a chart)
 A description of the neatest person I ever knew.
 How neatness reflects clothing, care and grooming habits.

GAMES

True or False

Make a check sheet for each member, giving one point for each statement that is right.

1. Hair needs a good combing twice a day or brushing 3 times a week. (False) Should be brushed every day.
2. Neutral soap flakes are best for washing rayon and silk socks and hose. (True)

3. Clothes make the man. (False) Grooming, manners and ideals also make the man.
4. Wool fabrics must not be pressed by placing canvas or wool over them. (True)
5. A well-constructed garment of beautiful material even if poorly fitted is attractive. (False)
6. Black shoes should not be washed with heavy soapsuds before shining. (False) Washing is necessary to remove grease and dirt.
7. When sewing on a button, it should be held away from the material so a thread shank can be made. (True)
8. Nail polish is absolutely necessary to a well groomed hand. (False)
9. A good hair brush has stiff bristles which hold their stiffness after washing. (False)
10. Clean teeth never decay. (False) Cleanliness aids in appearance and may help in preventing decay, but a balanced diet builds teeth and helps to keep them healthy.

Supply the Missing Word

1. Rayon should be pressed with a (**warm**) iron.
2. A coat (**lapel**) should not be pressed back.
3. A good safe spot remover for grease spots is (**carbon-tetrachloride**).
4. When shoes are removed from the feet (**shoe trees**) should be placed in them.
5. An (**inexpensive**) hand lotion can be made at home.
6. A (**clean**) and (**healthy**) body is the basis for all good grooming.
7. Good (**posture**) makes our clothes fit and look well on us.
8. Clothes will look better and last longer if they have good (**care**).
9. Both outer garments and (**undergarments**) must be clean if we are to be well groomed.
10. Hats not worn every day should be kept in a (**box**).

Community Club Activities

Previous to the county achievement day, the club might hold a grooming revue. A blue ribbon group could be chosen and from this group the boy and girl entrants in the county grooming contest could be selected.

The following is to help in preparing the foregoing program suggestions. There is a wealth of grooming information in magazines and booklets. This material may be collected and placed in the club library box.

YOURSELF

Cleanliness

Soap and water must be used **every day** if a person is to be well groomed. A good wash cloth should be used on the face and body. Clean skin will assist in keeping a clear complexion free from blackheads. It is true in some cases that poor health and irregular habits may cause a bad skin condition. More water and vegetables may help correct this condition.

Clean undergarments are necessary for comfort as well as appearance. The number of changes per week will vary with the type of work and the skin condition of the wearer. One complete change a week should be the minimum and most persons feel a change more often is advisable.

Hosiery and socks should be changed daily for foot comfort and cleanliness. Foot and body odors are no social asset and everything possible should be done to avoid them.

Underarm Perspiration

Arm pits should be bathed often and a deodorant used as often as needed. Strong soaps do not cover up perspiration odors. Good commercial deodorants are available or they may be made.

Homemade Deodorant

$\frac{3}{4}$ oz. (2 tablespoons) aluminum crystals dissolved in 1 cup soft water. If used in the day-time, dry before putting on clothing.

The Teeth

Plenty of milk, fruits and vegetables are necessary to build and keep teeth strong. People who have teeth missing or do not keep their teeth in good repair are not attractive. Bad teeth may also affect the health.

Clean teeth are attractive and everyone can have them with daily care. A person with a bad breath is shunned by everyone. Bad health may be responsible for the latter, but

keeping the teeth and mouth clean may eliminate this condition, if it is due to uncleanness.

Teeth should be brushed thoroughly with an up and down stroke night and morning. A good tooth brush is made with firm, stiff bristles. A good brush must be given good care. After brushing the teeth, the brush should be rinsed thoroughly so no paste or powder remains in it as this will weaken the bristles and also keep the brush from drying thoroughly. It is best to hang the brush so it can dry rather than place in a case.

Tooth pastes and powders are available at small cost. Those containing harsh abrasives should be avoided. Your dentist can tell you how to make an inexpensive tooth powder.

Tartar should be removed and the teeth cleaned and examined at least once a year and twice, if possible.

The Hair

The hair reflects good care and good health. Everyone admires clean, glossy hair, nicely arranged. Good care is necessary to keep healthy hair in good condition. Daily brushing with a brush of fairly stiff bristles stimulates the circulation of the blood and improves growth and oil distribution. Even people with permanents find that brushing is not only advisable but necessary. Divide the hair in large strands and brush each thoroughly from scalp to tip. Massaging a few times a week will also aid in keeping the scalp clear of dandruff and make the hair shiny and vigorous.

The following are some abuses to be avoided:

1. Wetting to keep in place, because it makes the hair brittle and encourages dandruff.
2. Combs with sharp edges may split the hair.
3. Heavy greases used to slick back the hair catches soot and dust and prevent distribution of the natural oil.

The Shampoo

Since scalp conditions vary as do occupations and the amount of dirt and soot in the atmosphere, it is difficult to say how often hair should be given a shampoo. Most folks find it necessary every two weeks and others with oily skins need a thorough cleansing oftener.

Here are a few "do's" in shampooing:

1. Use a liquid shampoo. This may be made from a neutral

soap or soap flakes. Hair has a scaly surface and when cake soap is rubbed directly on it, it is difficult to rinse off.

2. Brush hair thoroughly.
3. Moisten hair with warm water, work in some liquid soap and work into a lather.
4. Work it into the scalp with the finger tips for several minutes.
5. Rinse out the soap.
6. Repeat numbers 4 and 5 once or twice, or until the hair seems clean. Clean hair will be slick and sort of "squeak" when a wet strand is pulled through the finger tips.
7. The last rinse must be very thorough. It will take many quarts of warm water. If running water is at hand, a small spray attachment for the faucet may be used.
8. When water is hard, $\frac{1}{4}$ cup vinegar or the juice of one lemon may be used in next to the last rinse water. Be sure to rinse again after vinegar or lemon juice has been used.
9. Hair may be brushed slightly while wet and the scalp massaged while drying.

Hair Arrangement

Boys and girls both need to pay attention to the hair as a frame for the face. Whether curly or straight, it is well to experiment with hair arrangement to see how it may modify or change the lines of the face.

A few other things to consider in hair arrangement:

1. Center parts may emphasize uneven features.
2. Side parts are more generally becoming.
3. A pointed face requires soft fluffy arrangement.
4. If forehead is high, hair should not be combed straight back.
5. A square jaw may call for hair back of the ears.
6. Consider the personality. Girls, particularly, may be active, athletic types or quiet and small featured. The former can wear their hair plainer with large waves and few curls.

The Hands

Girls, and boys as well, need to give attention to the hands. The hands often tell tales about the person. Of course, dirty

jobs may excuse the appearance of the hands at times, but even so, care will add to comfort and attractive appearance when not at the job.

Nails should be filed to conform to the shape of the fingers. Boys should file theirs just in line with the finger tips, but girls like them a little longer. Extremely long claw-like nails are not beautiful. A long, pliable, fine-grained file is best. Use long, curving strokes starting at the side of the nail. Correct filing rather than cutting prevents horny cuticle at the sides of the nails and makes smooth shapely edges.

A good nail brush is needed. The bristles should not become soft with ordinary use. Of course, if left on the edge of the wash basin in a moist place, one could not expect even a good brush to remain in good condition. Get one with a handle and encourage all family members to hang theirs up.

Soap and warm water and the nail brush should be used on the hands and nails daily. The cuticle may be pushed back with the moist towel. An orangewood stick wrapped in cotton, dipped in a cuticle remover and used once or twice a week will prevent hang nails and give a nicely groomed appearance to the nails. The cuticle should not be cut. Wash thoroughly after using the cuticle remover.

Rub oil into the cuticle at night if it is dry and tender. Boys who wish to clean the hands when grease and dirt has lodged in the skin may apply vaseline at night and then scrub with warm soapy water and brush in the morning.

A Good Hand Lotion

3 oz. glycerine	1 oz. camphor
3 oz. bay rum	1 level teaspoon oxalic acid

Mix all together and bottle.

Another Good Hand Lotion

1 qt. soft water	$\frac{1}{2}$ pt. witch hazel
1 pt. bay rum	$\frac{1}{2}$ pt. glycerine
$\frac{1}{2}$ c quince seed (or flax)	

Boil water, pour over seed and let stand over night. Strain and add the other ingredients, stirring constantly. A few drops of red or other fruit coloring may be added to improve the appearance.

The Feet

Correct shoes and proper fit are important to posture, foot comfort and grooming. The former is discussed in 4-H Circular 64. Very few young persons will have foot trouble if the shoes are properly fitted. However, if arches are weak and feet are tender, cleanliness, massaging and oiling will soothe tired feet.

After the daily foot bath and exercises, massage with glycerine, olive oil or vaseline.

Toenails should be cut straight across with a clipper. This will help prevent ingrown nails. The nail cuticle should be pushed back with a damp towel.

Do not step directly on the floor with the bare feet even at home! Fungus spores which cause athlete's foot may have been brought into the house on the soles of shoes. If these lodge in any open places in the skin they will grow and cause athlete's foot which is difficult to get rid of. If itching spots are found between the toes or on the foot over any period of time, a doctor should be visited to stop the disease before it spreads too much. Drying carefully between the toes after bathing is one way of preventing athlete's foot.

Foot perspiration may be checked by using a good foot powder. In case of excessive perspiration it is well to consult a physician.

YOUR CLOTHES

"Walk worthy of your clothes—many a fine garment goes shambling along".—Lita Bane.

The Fit and Proportion

A garment may be made of beautiful material and the finishing construction may be perfect, but if it fits poorly it can never look well. Here are some points to check for correct fit.

1. In a normal shoulder, the armseye seam at the front of the garment lies on the shoulder bone. See Fig. 1.
2. In a garment with fitted lines, the fitting in at the waist should come at the normal waist line.
3. In general, the warp or weft of the material runs straight around the figure at hips and chest and at the largest part of the arm when a set-in sleeve is used. If the garment or sleeve twists while it is being worn it will be uncomfortable and will never look right.

4. It is better to have garments a little too loose than too tight.
5. If the sleeve is too short and must be shortened or lengthened, it is important to correct the location of the fullness for the elbow.
6. Suit coat lengths will vary with the build and height of the individual. A general rule for jackets and short coats is that they should be between $\frac{1}{3}$ and $\frac{1}{2}$ of the entire length of the garment. When buying or making garments, it is a good plan to study the proportions in a full length mirror. Try different length sleeves and coats to see which look best on the individual.
7. Boys as well as girls can experiment with hats in regard to size and line. Large hats often make short people more squatty appearing. Turned up brims may accent pug noses or other poor features. Watch the change in the shape of the face with various shaped hats.

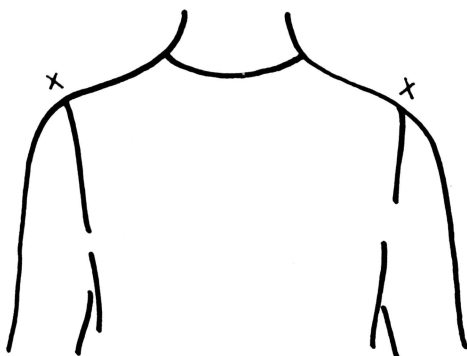


Fig. 1 Shows correct location for armseye seam.

Keeping Clothes Clean

Clothes wisely and well chosen deserve good care. Good care means that clothes will look well when worn and last longer. A little care from time to time will mean less cleaning and repairing troubles later.

Have a good stiff clothes brush and use it daily. Clothes should also be aired regularly. Hang them on hangers on a shady porch or on the outdoor clothes line and brush thoroughly before airing. Heavy wool garments should be brushed inside and out. Pockets and cuffs should be turned and brushed.

Check garments for spots. These should be marked with a thread which will show up on the material so spots can be located from the wrong side.

Removing Spots

Only the general directions for removing spots will be given here. Secure U.S.D.A. Farmers' Bulletin No. 1474, "Spot and Stain Removal", from your County Extension Office for details in removing all types of spots.

1. Place spot right side down on a blotter, bath towel or heavy cloth pad.
2. Wet sponging cloth with the cleaning solution.
3. Pat the spot on wrong side with the sponging cloth. Work from the center of the spot to the outer edge.
4. Short repeated applications are more effective than on long application. Repeat until the spot has disappeared.
5. Rub spot briskly where the spot was with a dry, rough, woolen cloth.

Note: Where spot is a combination of sugar and grease, apply grease solvent first then water.

Care in Hanging, and Pressing Aids in Neatness

Hanging garments carefully on hangers when they are not in use will save a great deal of pressing. Some materials will be wrinkle free after twelve to twenty-four hours of hanging. The better garments, made of materials which are firm and closely woven of well twisted fibers, usually require less care. Every day more crush resistant fabrics are being perfected and it is well to buy or make garments of this material.

Clothes hangers are of many types. Covered wood hangers are perhaps best. This can easily be done at home by padding with sheet wadding and then making a little slip cover out of scrap prints. Of course, the inexpensive enameled wire ones can be used if others are not available.

If garments worn during the day can be hung near a window at night, it is better than placing them in a closed closet immediately after removing from the body.

The clothes closet is much more satisfactory if it has a pole rather than coat hooks. Boys and girls could do a real service to the family if they would assist in modernizing the clothes closet. Years ago, coat hooks were placed on a board molding five feet from the floor in the closet. These may be removed, then secure some inexpensive pole holders at the dime store.

An old broom stick, if long enough, may serve as a pole. A water pipe might also be used. This will assure a straight sagless pole. Be sure the pole is of such diameter as not to be too wide for the hooks on the coat hangers.

It is well to remember that a little carelessness, such as throwing clothes in a heap, will mean more work later and less life to the clothing. Garments should even be buttoned or fastened at the neck and above all placed straight on the hanger when not in use. Cultivate the hanger habit!

Pressing Equipment

Iron—The household iron, if fairly heavy, is satisfactory.

Ironing Board—It must be well padded. Three or four thickness of old heavy cotton blanket or other heavy but fairly soft materials are needed to have a board well padded. It should have a standard which permits the "slipping on" of garments.

Pressing Clothes—A yard square of canvas ticking or drill; a yard square of wool material. Sponge and bowl for water.

Pressing Wool and Silk

Each wool fiber has a rough surface, which when seen under the microscope appears to consist of tiny overlapping layers. When a hot iron is used directly on a wool fabric, these overlapping layers of the fibers are flattened and the fabric may become shiny. When a wool fabric is subjected to a great deal of wear and friction, these shingle-like layers may be broken off.

A wool garment requires careful pressing. When it is possible it should be placed on the board, wrong side out. A dampened wool pressing cloth is placed on top of the garment and a cotton one on top of that. Press until both cloths are dry. For suits and heavy worsted garments, a heavy canvas is more satisfactory. This is laid over the right side of the trouser leg or coat lapel or any part and moistened with a sponge. The iron is then moved slowly over the canvas until it is almost dry. The surface may then be brushed with a clothes brush. Follow with a few strokes with the back of the brush to restore the surface of the fabric.

Silk should be pressed with a **warm** iron on the wrong side of the garment. If pressed on the right side, place a thin cotton material between it and the iron. Rayon should be treated like silk. Wash rayons and silks are nicest when ironed on the wrong side.

Pressing Collars and Cuffs

1. Press on wrong side.
2. Press corners first.
3. Do not press too heavily on seams.
4. Be careful not to touch buttons with iron as this may mar them.
5. Do not press lapels back against garment.

Pressing Sleeves

1. For girls' garments, turn sleeve inside out. Place on board and press down center of sleeve. Be careful not to press creases at the fold edge. Refold and press another portion, again being careful not to press in a crease.
2. For boys' coats, lay sleeve flat, the fold coming just at the lower edge line of buttons. Press out wrinkles but avoid making a hard crease at each edge.

Pressing Shoulders

1. For girls' garments, turn sleeves inside out and hang over small end of the board with neck to your right. Turn the armseye seam in the proper direction. How the seam is turned depends on the fashion. If turned away from neck, a broader shoulder effect is given. For a smoothly fitting shoulder, the armseye seam may be pressed open.
2. For boys' coats, place the shoulder over the small end of the board. Turn collar up out of the way, press.

Pressing Trousers

1. Press upper part first. Place waistline over wide end of board and press each part as it is moved around end of board.
2. Lay one leg on board with crease on top. Moisten and press over knee bulge with canvas as suggested above. This removes bagginess at knee. Repeat for other leg.
3. Lay trousers on board with original creases in place. Press inside and outside of each leg. How far the crease extends up toward the waist is dependent upon the fullness at the waist and the preference of the person who wears the trousers. Usually it ends about in line with the crotch or a little above.
4. Take trousers from board, hold cuffs together and lay them on board. With wet canvas and hot iron steam outer surfaces.

5. Suspend from cuffs with trouser hanger until thoroughly dry.

Washing Silk and Rayon Garments

Stockings, socks, rayon vests and undergarments must be handled with care when being washed. The following method will make them fresh and clean and preserve their wear.

1. Turn to wrong side.
2. Prepare a warm suds of neutral soap flakes.
3. Squeeze garment, socks or hose in the suds. Then spread garment in the suds and squeeze again. Repeat until garment is clean. Do not rub or twist as this may break the fine yarns.
4. Repeat in second suds and a third if garment does not seem entirely clean.
5. Repeat rinse water of same temperature (warm) and rinse, using same squeezing motion. Use two or three rinses.
6. Squeeze water from garment by crushing between palms. Do not wring.
7. Wrap in a bath towel and squeeze again.
8. Dry in warm place but not in hot sun or over a radiator.

Care of Shoes

Boys and girls wear such a variety of leathers and colors of shoes that it will be necessary to show the care of several kinds at the community club meetings. This information can be obtained in detail from the U.S.D.A. Bulletin No. 1523. This should be available at your County Extension Office.

Care of Hats

Many hats are so poorly taken care of that we have a feeling that they have been sat on or kicked about on the floor. A good hat brush used regularly is one aid in preserving the appearance of a hat. When not in use over a continued period, a hat should be left in a hat box out of the dust. When not kept in a hat box, they may be placed on a hat rack. Girls carrying the home furnishing project can show the community club how to make various kinds of hat racks.

Dresser Drawer Arrangement

Since clothes which have been stored carefully appear better when worn, it is a good plan to consider the drawer space. Most dresser drawers can be used to better advantage if several compartments or partitions are provided. This can be done very simply. Find firm cardboard boxes of the size and number

needed and thumb tack into place in the bottom of the drawer. If desired, these may be covered with scraps of print or chintz. One set of boxes will be for hose or socks, another for handkerchiefs, others for small articles such as jewelry and others for small undergarments.

Sewing on Buttons

Missing buttons are almost as unattractive as missing teeth. Anyone can sew on a button so there is little excuse for wearing garments without all the fastenings on them. We all need to know how to sew on buttons so they will stay on well. Girls need to be very careful in keeping snaps sewed on also, particularly at side plackets.

If there are no clothing club members in your community club who have a Clothing I project circular, refer to your county extension agents for the correct method of sewing on a button.

The 4-H Club Well-Groomed Score Card

Personal Grooming	30
Hair—clean, neat and attractively arranged	
Skin—clean	
Hands—clean and nails clean and filed	
Teeth—clean and in good repair	
Body—free from odor	
(Girls—consider cosmetics properly used)	
Clothing Ensemble	45
Dress	15
Appropriate to occasion	
Becoming in style and color	
Design suited to material	
Clean, well pressed and in good repair	
Undergarments	5
Clean, appropriate, and in good repair	
(For girls give attention to fit)	
Shoes and Hose	15
Properly fitted	
Appropriate to costume and occasion	
Well shined	
In good repair	
Accessories	10
Suited to individual	
Suited to occasion	
Suited to ensemble	
Posture	15
General Impressions	10
Attitude	
Wholesomeness, etc.	