

PLANS FOR HANDS & UPKEEP FOR FEET!

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BE HANDY!

Your hands are always on display and help to make you look well groomed when they are clean with nicely cared for fingernails.

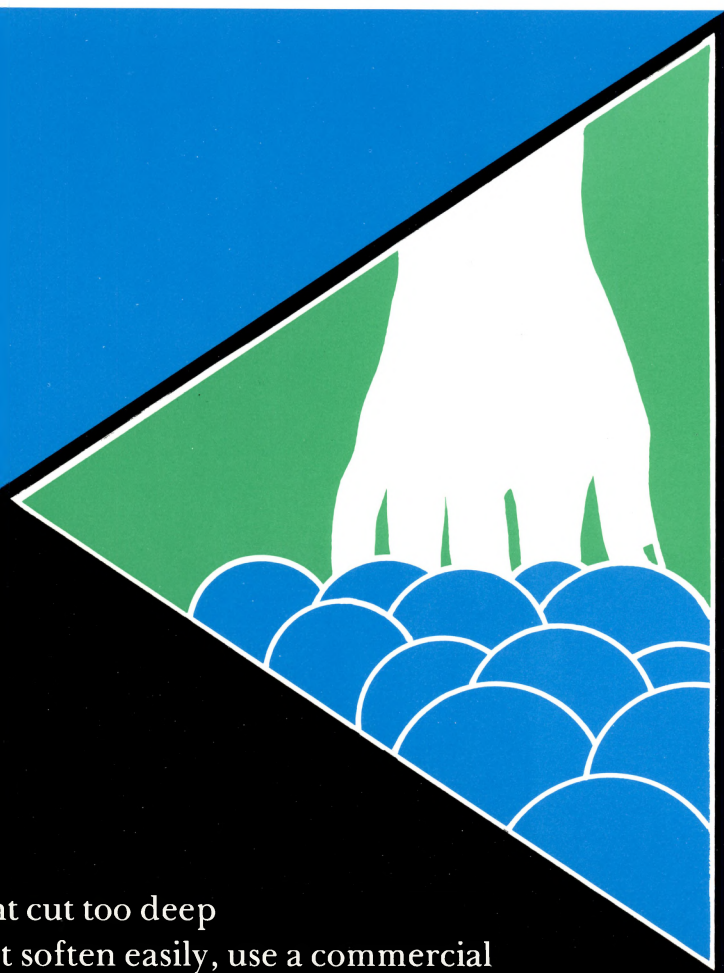
Healthy fingernails depend on your having good health in general. You may hear of all kinds of ways to prevent soft splitting fingernails, but a good diet is one of the best.

Food from each of the four basic food groups will contribute to your general good health, but foods from milk and meat groups will help the most in building strong nails.

Wash your hands often. Use plenty of soap and warm water and go in between your fingers and over your wrists. Rinse *all* the soap off. Wash your hands a second time if they are very soiled. Be sure to dry them completely, especially in cold weather, so they won't get chapped. A small brush is useful for scrubbing knuckles and around fingernails. After washing, you may want to use a hand cream or lotion, especially if you are troubled with dry skin. If your hands perspire so much that you are embarrassed by them, use a mild liquid antiperspirant product on the palms of your hands.



FOR WHAT AILS NAILS...



AT LEAST ONCE A WEEK or oftener you will need to give extra care to your fingernails. Soak your nails in soapy water for a minute or two to soften the cuticle around the edges of your fingernails. Use an orangewood stick to push the cuticle back so that it doesn't grow over your nails. Never cut cuticle because it is living skin and you might cut too deep and get an infection. If your cuticle does not soften easily, use a commercial cuticle remover. Clip your nails in a slightly rounded shape and smooth them off with an emory board or fine nail file. Be sure to take care of rough or broken nails at once.

Girls may want to go a step further and polish their nails with clear or colored polish. It gives your hands an extra nice look for special occasions. As soon as the polish begins to chip and wear off, remove it with polish remover.

Boys will find that fingernails will be easy to clean after a dirty job if, before they start the job, they will scrape their nails over a cake of soap so that some of the soap stays under the nails. This keeps dirt and grease from getting under the nails.



**SOAP...
ONE GIANT STEP
FOR MANKIND**

**BATHE YOUR FEET
AND WEAR CLEAN
SOCKS DAILY.**

Use an oil or lotion on your feet if you have dry skin, and use foot powder if your feet perspire a great deal.

Girls . . . you need to give attention to your legs as well as your feet. For a really feminine appearance, remove the hair from your legs as often as you need to keep them looking smooth. This can be done by shaving them or by using a depilatory (hair removal) product that you can buy at cosmetic counters. When you wear sandals, polished toenails help to make your feet look nice.

Wear shoes that give good support for school and work. Make sure your shoes really fit. The bones in your feet are growing and forming for the first 20 years of your life. Many foot problems begin at this stage and last a lifetime. The food you eat has a great deal to do with the growth of strong, healthy bones. Make sure you get enough calcium by drinking plenty of milk or eating milk products such as cheese. There will be some milk in other foods that are prepared for you, but you must drink milk each day to make sure you are getting as much as you need.

When you buy new shoes, remember that your foot has four dimensions. Check and make sure the shoes you are trying on fit in each of these ways:

1. Length — The proportion should be correct from heel to ball of foot, and from ball of foot to toe in relation to overall length. If your feet are longer than your shoes from heel to the ball of your foot, you will be able to feel extra space behind the ball of your foot. The shoe needs to be $\frac{1}{2}$ to $\frac{3}{4}$ inch longer than your longest toe because your foot becomes longer when you stand on it.

2. Width — When you are standing, your foot should rest on the bottom of the shoe. If it spills over the sides or the leather bulges, the shoe is too tight. The widest part of the shoe should be over the first joint of the great toe.

3. Depth — The shoe should be deep enough to allow your toes to move freely.

4. Shape — The shoe should be correct for your foot.

Doctors do not recommend wearing hand-me-down shoes. They probably won't be the correct size or shape because shoes become shaped to the original wearer's foot. Wearing improperly fitting shoes can lead to serious foot ailments.

Sneakers and tennis shoes have been improved in construction so that they do give good support although not as good as an oxford. They are softer and more elastic so they can aid muscle development. They have disadvantages — rubber soles puncture; they don't "breathe."

Take good care of your shoes. You may look great all the way down to your feet, then ruin the whole effect if your shoes need polishing or repair.



**Have
TWINKLE TOES!**