



Look Your Best

Grooming

Your Skin

Clean, clear
Smooth, fresh
Healthy
Free from odor
Natural make-up
if any

Page 4

Your Teeth

Clean and sparkling
In good repair
Brushed twice a day
Examined by dentist
regularly

Page 5

Your Hair

Clean and neat
Glossy and healthy
Not too oily nor too dry
No dandruff
Attractively arranged

Page 5

Your Clothes

Clean
Becoming
Suitable
Comfortable
Properly fitted
Well pressed
In good repair

Page 10

Your Posture

Stand
Hips tucked under
Abdomen flat
Ear, hip, knee, and ankle
in straight line
Shoulders loose and natural

Walk
Chest lead body into motion
Toes straight ahead

Sit
Well back in chair

Page 8

Your Hands and Nails

Hands
Clean, soft and smooth

Nails
Clean and filed to shape
of fingertips
Cuticle
Soft, pushed back daily

Page 7

Look Your Best

4-H Club Activity¹

*"Oh, wad some power the giftie gie us,
To see oursel's as ithers see us."*

—ROBERT BURNS

How do you look to others? When you are well groomed you feel at ease and have more poise and self confidence. It is also a compliment to your friends to always look your best. When you are having your picture taken, even just a snapshot, you want to look your best. Really, your picture is taken every minute of the day, when anyone looks at you.

Grooming is keeping the body, teeth, hair, and clothes clean and in tip-top condition.

Your Looks and Your Health

Any boy or girl can be attractive with good health, good thoughts and by being neat and clean. Health and good looks go together. The things you need for health and for good looks are:

- A well-balanced diet
- Cleanliness inside and out
- Plenty of sleep with a window open
- Good posture
- Correction of physical defects
- Neat well pressed clothes
- Exercise in fresh air and sunshine
- Cheerful disposition.

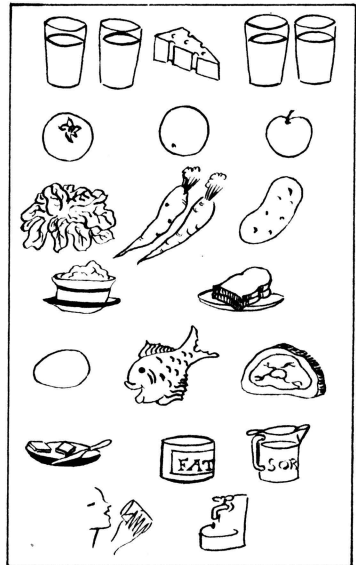
Do you eat wisely? Your health requires that you have each day²:

- Three or four cups of milk; and cheese occasionally.
- Two fruits, one fresh and raw, one citrus or tomatoes.

Three vegetables—one green or yellow.

Two servings of whole grain cereal or bread.

One egg and one serving of meat.



Some fat and some sweet—the amount will vary with the physical work done.

Six to ten cups of liquids including water, milk, other beverages and soups.

¹Compiled by Jane Hinote, State Club Agent.

²Flora Carl and Josephine Flory, Nutrition Specialists.

Tools for Good Grooming

Soap
Tooth brush
Tooth paste or powder
Nail file
Comb and brush
Clothes brush
Deodorant
Polishing kit for shoes
Spot remover
Pressing equipment

Your Skin

A soft smooth skin depends on good health, a balanced diet, plenty of drinking water, exercise, fresh air, proper elimination, external cleanliness, and 8 or more hours of sleep and relaxation.

Everyday habits of cleanliness, keep and improve the beauty of the skin. Regular baths are necessary for an attractive pleasing appearance and for every-day comfort. Bathing removes dirt, oil and perspiration from the skin and is refreshing and relaxing. Good grooming demands a minimum of three baths each week, or better still, a bath each day. A shower bath is refreshing and stimulating but must not be too quick and casual to be cleansing. Soap and vigorous rubbing with a wash cloth or brush are needed for a good bath, whether a shower, tub or sponge bath.

Bathing does not control perspiration odor for any length of time. A harmless deodorant may be put on at night and rinsed off in the morning, so it will not injure the clothes. The creamy type deodorant prevents odors, is easy to apply and does not stop perspiration. Frequent washing of feet and stockings, changing and airing of shoes and using deodorants add to your satisfaction and comfort and that of others.

Always go to bed with a clean face. Use a mild soap that agrees with your

skin, warm water and a wash cloth. Wash thoroughly then rinse well with cold water. This will keep the pores clean and help prevent blackheads. The face can then be washed with cold water in the morning. Few skins are too sensitive for soap. Launder the wash cloth frequently. When washing and drying the face remember to use upward strokes—up the neck, up the sides of the cheeks, up from the chin. The habit of upward strokes is less likely to pull the muscles of the face downward.

If you use generous amounts of fresh fruits, vegetables, plenty of milk and water, your face will surely be fair and clear. Eating an excessive amount of fats, sweets, or chocolate often causes skin eruptions. Pimples should be touched with alcohol, which is healing and antiseptic. *NEVER* squeeze or pick at a pimple. It may become infected and leave a scar or have more serious results. If pimples come and stay, consult your doctor.

Smart teen-age girls should use little if any make-up and that should be natural. In selecting powder, or lipstick, be sure each one is related to your own skin tones. If you use lipstick take time to apply it carefully in a well-lighted place and not in public. Keep powder puff spotlessly clean or use bits of absorbent cotton to apply powder. A dirty puff rubs the dirt into the face. "Neither a borrower nor a lender be" applies not only to powder puffs, but to lipsticks, compacts, combs and other personal toilet articles.

Acne is a skin disease shown by excessive oiliness, blackheads and pimples appearing on the face, chest and back. Ignoring it or hoping to outgrow it may leave a marred skin. If acne persists, see your doctor and follow his instruc-

tions carefully. Mild cases of acne sometimes react to simple treatment. A good scrubbing *twice* a day with soap and warm water and a rough wash cloth followed by cold water may help. You may be able to improve this condition by:

1. Drinking 8 to 12 glasses of water daily.
2. Eating plenty of fruits and green vegetables.
3. Going easy on sweets and greasy food and eating *no* snacks between meals.
4. Exercising regularly.
5. Having regular elimination.
6. A daily bath.
7. Being in the sunlight each day.

An oily scalp, oily hair and dandruff usually go with acne. The hair should be shampooed at least once a week and in some cases, twice a week. If you have acne, keep your hands clean and away from your face.

Your Teeth

Your smile should show clean well-spaced, even teeth. Three things that will help you have good teeth are daily care, proper food, and regular dental care.

Do you drink 3 or more glasses of milk each day? Milk is a tooth and bone builder and is important for attractive, healthy teeth. Plenty of colorful fruits and vegetables also furnish necessary materials for strong teeth.

Bad breath may be caused by improper cleaning of the teeth, decayed teeth, a poor diet or poor elimination. If your breath is unpleasant, find the cause, then correct it.

Picking the teeth in public is not good taste.

The dentist may recommend a tooth powder or paste for cleaning your teeth.

A tooth powder can be made at home by using table salt, baking soda, or a mixture of salt and soda.

Do you know how to brush your teeth properly? Ask the dentist what type of brush to buy, and how to brush your teeth. One simple way is to place the brush at the gum line and brush downward on the upper, and upward on the lower teeth so the bristles work between the teeth toward the cutting edges. Brush the teeth both inside and outside, being careful to remove all food from the spaces between the teeth. Rinse the mouth thoroughly with clear water, or salt water. Brush the teeth at least twice a day, every night before going to bed and every morning. Brushing your teeth after each meal is good mouth hygiene.

Keep your tooth brush in good condition by rinsing it in clear water, then hang it up in a well ventilated place.

Do you have your teeth examined and cleaned twice a year? If the dentist finds even a small decay in the enamel, you should have it repaired. Decay not only may cause bad breath and eventual loss of the tooth but if not corrected may carry infection to other parts of the body.

Your Hair

Beautiful hair is clean hair. Good health and active circulation of blood in the scalp are necessary for glossy, beautiful hair.

To make the most of your hair:

1. Eat well.
2. Shampoo frequently.
3. Brush daily.
4. Arrange simply and becomingly.

Wash your hair often enough to keep it clean; once a week or at least once every ten days. Use liquid or cream shampoo. Never rub the cake of soap

on your hair. The cake leaves a deposit on the hair that is hard to rinse off.

Liquid shampoo can be made by shaving $\frac{1}{2}$ cup of mild soap into 5 cups of hot water. Heat the soap and water at a low temperature until soap has melted. When cool, it will form a jelly. Warm water may be added to a small amount of the soap jelly when ready for the shampoo.

If it is necessary to shampoo with hard water, the hair may be given a vinegar or lemon juice rinse to remove the soap deposit. *Vinegar rinse* may be made by using: 1 part vinegar and 6 parts water. Do not leave this acid in the hair but rinse it out thoroughly with clear luke warm water.

One way to shampoo:

Wet the head well with warm water. Apply the shampoo. Work it up into a foamy lather.



Scrub hair and scalp hard with finger tips.

Rinse with lukewarm water by spraying or pouring water over the hair.

Repeat lathering and scrubbing.

Rinse with 3 or 4 waters or warm running water.

Wrap a warm lintless towel about the head to absorb as much water as possible. Rub hair and scalp with the towel.

Massage the scalp with the finger tips, moving the scalp not the fingers. Toss the hair about so the air can get to all of it. Drying in fresh air gives the hair more luster.

Brush and arrange the hair becomingly.

Brushing gives the hair that much desired sheen, stimulates the scalp and makes the hair strong and more easily



managed. Brushing distributes the natural oil and is good for both excessive oiliness and dry hair. Use a firm brush with strong flexible bristles, long enough to get through to the scalp. Brush through the hair from the scalp to the ends of the hair with long even strokes. Brush up and out from underneath as well as over the top.

Brushing for 5 minutes *every night* with a clean brush shows results. The comb and brush should be washed in warm soapy water at least once a week.

Massaging the scalp improves the circulation, brings the blood in and about the cells where the hair growth begins and puts life and luster into the hair. Press the fingers hard against the scalp and gently but firmly move the



scalp in a rotary motion. Start at the back of the neck and move upward from the hair edges to the crown.

Dandruff usually shows up in small

flakes of skin. A mild case, where the hair sheds dry flaky scales, can be treated with regular brushing and massage. A severe case of dandruff needs the attention of a doctor.

Combing hair is a personal thing and should not be done by boys or girls in public. Brush the shoulders after combing or wear a protector. Boys should not use lotion on the hair unless it is needed to make it lie down. But if needed, it should be used sparingly.

Clean glossy hair, simply and becomingly arranged, is always attractive.

Your Hands and Nails

All hands can look well if they are carefully groomed. A small brush, soap, water, and a good lotion are your hands' best friends.

Wash the hands and nails well in warm, not hot water, with mild soap and a nail brush. Scrub the knuckles. Rinse well and dry thoroughly. Gently push back the cuticle when it is soft and pliable. The cuticle is the skin around the nail. *Never* snip and force back the cuticle *when it is dry*. This causes splitting and ragged cuticle edges. Keep the cuticle soft by regular use of cuticle oil or oily cream around the nails, and push it back gently with the towel at least once a day after washing your hands.

Wear your nails fairly short. *Never* bite your nails.

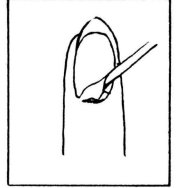
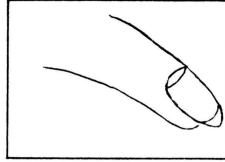
You may be able to keep your hands from chapping by thoroughly drying after washing, using creams and lotions and wearing gloves. A hand lotion replaces the natural oil, helps keep the skin soft. Protect your hands from dirt, callouses and scratches by wearing cotton gloves.

To manicure the nails:

Wash the hands and dry them well.

If the nails have polish on them, remove the old polish completely with cotton soaked in polish remover.

File the nails in one direction, from sides to center and *never* file the corners deeply. Nails should be filed to a nicely rounded oval shape. Boys should file their nails fairly short.



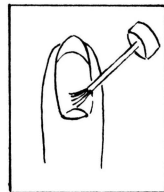
Soak the finger tips in warm soapy water for 4 to 5 minutes.

Apply cuticle oil with an orange wood stick to the base and sides of the nails and leave on for a few minutes.

Gently press the cuticle back with an orange wood stick that has the tip wrapped in cotton. Do not cut cuticle if you can help it. Cutting spoils your chance for good cuticle, and may cause infection.

Wash nails again in soapy water and gently press back the cuticle with the towel.

If you use polish, select the color carefully. Apply polish with a curved stroke across the base of the nail and follow this with 3 quick lengthwise strokes.

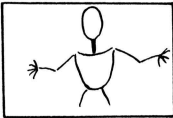


With an orange wood stick remove from the edges any excess polish before it dries. Remove a fine line of polish at tip of each nail with the thumb or

finger of the other hand to keep polish from chipping. To keep the hand steady in applying polish, rest the arms from the elbow down on the table.

Let polish dry thoroughly—at least 20 minutes. Nail polish is not necessary for well groomed hands. NEVER wear chipped nail polish.

If your hands are to be graceful, they must be relaxed and inconspicuous when in repose and flexible when in motion. Keep fingers still. Fiddling with silver or other objects does not give a poised appearance. In moving the hands let the wrists lead. You can relieve the tenseness in your wrists and fingers by letting the hands go limp



and shaking them from the wrists. Practice sitting quietly with your hands relaxed in your lap.

Your Posture*

Of course you want to make a good appearance. Then watch your posture. For good posture is necessary for good looks. Attention to improving your posture can yield surprising results. Watch how you stand, walk, and sit--you are forming posture habits.

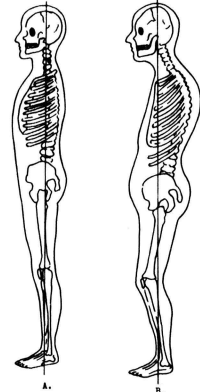
All parts of the body must "pull together" for harmonious movement and good posture. If the pelvic or bony structure below the waist tips up too far in the back and down too far in the front it not only increases the apparent size of the hips but disturbs the body balance and makes all movements more awkward and difficult. Muscles and joints that should be flex-

ible become tense and stiff. When the hips are forced so far back, the whole body becomes rigid, and the knees and backs of the legs become so taut that they bow backwards.

Loosen and relax the knees. Let the hips come under the body which will put a broader better balanced base directly under the organs of the body. The muscles of the pelvic region work somewhat the way a swing seat tilts. When the pelvis is lowered in the back and tilted upward in the front, the muscles and spinal column can be slightly stretched in the back, while the abdominal muscles are in a more contracted or shortened state.

When the chest leads the body in motion the head more readily stays back where it belongs and the arms hang loosely at the sides. *Do not raise the shoulders and tense all the muscles around the shoulder girdle.*

To improve the posture:
Correct the pelvic tilt.



Good Posture Poor Posture

Keep the shoulders loose and natural. Let the arms hang naturally and easily by your sides.

Let the upper part of the chest lead the body into motion.

*Approved by Mae L. Kelly, Associate Professor of Physical Education.

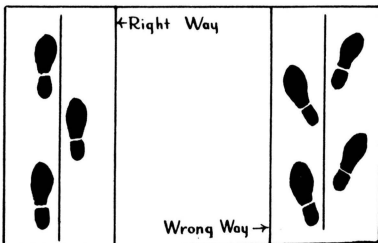
Head posture needs no consideration if the pelvic and shoulder girdles have always maintained the correct relationship. If the head and shoulders are stiff, the head will drop forward. When the pelvic and shoulder girdles reach the right relationship, the head can gradually be brought back into alignment with the rest of the body.

To get some idea of the feeling of correct alignment, lie on the back on a hard surface; bend the knees, and with shoulders pulled down and the point of the breast bone in, try to make the back at the waistline touch the floor. Next, try it with the legs nearly straight, the knees just slightly bent. When you succeed with these two positions, try to retain the same position of the trunk as you rise into a standing position in front of the mirror. Repeat until you can do it.

A good way to test your standing posture is to see if the lobe of the ear, the shoulder, hip, knee and ankle are all in a straight line. (See Good Posture, page 8.)

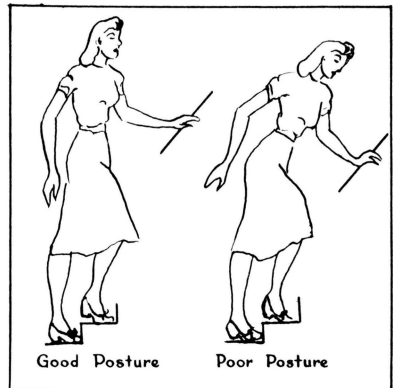
Walking

Walk with the chest! The chest starts you into motion. The chest is like the bow of a ship majestically slipping its way through water. Try it before a mirror. Watch the side view. Do not push yourself into a walk or reach out for it. Let your chest lead you. Imagine it is March. You walk



leaning against the wind, and your chest draws you through it. It is well to know how to use the feet. But your feet can work much better if your chest, not your chin, stomach or knees but the upper part of the chest leads your body when you move. Your footprints should look as if you were walking a chalk line.

Do You Toe the Mark? When the toes "Toe the mark," watch your mirror like a hawk to see that there is not one wiggle left. Walk upstairs in the same erect manner.



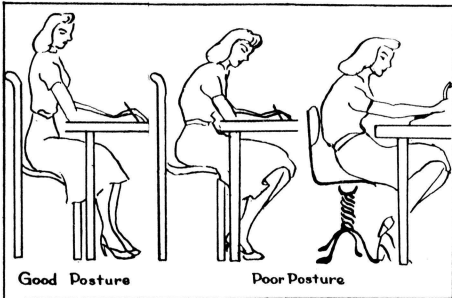
Sitting Down and Sitting Up. When in front of the chair and with one foot advanced a little more than the other, bend your body forward from the hips and lower yourself into the chair.

Sit with the lower end of your spine as far back on the seat as possible. If you need to bend, bend from your hips.

One of the most attractive ways for a girl to sit is with her ankles crossed. Knee crossing makes you look awkward, slows down circulation and cuts off the nerve circuit.

How Do You Sit When You Study? When getting up from the chair put one foot in front of the other, use the

foot nearest the chair to raise the body upward and gradually shift the weight of the body to the forward foot.



Good posture depends on physical fitness, enough rest and sleep and good posture habits. For further information see 4-H Club Circular 64—Posture.

Your Clothes*

Plan, select and buy your clothes so the style, color and material are becoming and suitable. It is more important that your clothes look well when worn together than that you have many of them. Your dresses, blouses, skirts, sweaters, coats, hats, scarves, purses, gloves, and shoes will look better together if you consider the clothes you have when buying new ones. If you are to be well dressed you must plan before buying clothes or accessories.

Boys too, should think of color and the material in shirts, ties, suits, socks, handkerchiefs, hats, shoes and overcoats so the clothes that are worn together will look well.

Give your feet a chance to carry your body properly by choosing well fitted shoes and hose. Get them large enough and long enough. You can't look or be at your best if your feet hurt.

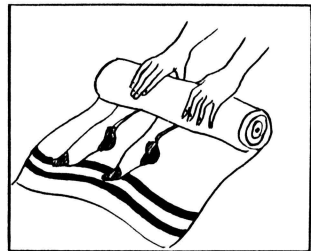
Club boys and girls, who exhibit livestock at shows, will need work clothes

and a suitable exhibitor's outfit. The exhibitor, as well as the animal is a part of the exhibit! This includes health and appearance too. Girls, remember high heels and other dress-up clothes *do not* belong in the show ring.

Taking care of your clothes is just as important as selecting them. Clothes that are spotlessly clean, in good repair, well pressed and brushed suggest a person who "cares". Every button and fastener should be firmly in place. Use your clothes brush often, especially when wearing dark clothes.

Clean undergarments, socks and hose every day do much to give that "fresh, clean look". Garments worn next to the body should be changed daily. Clothes to be worn again should be hung up so air may circulate through them to help remove odors. The habit of hanging clothes on hangers will save much pressing.

Hose will last longer and look better if washed after each wearing. Wash hose in lukewarm suds, squeeze the suds through and through the hose, then squeeze out the water. Do not rub, twist or wring the hose. Rinse in lukewarm water. Gently squeeze. To hasten drying remove excess moisture by rolling the hose in a turkish towel.



Knead out the moisture before hanging up. Dry in the shade and away from artificial heat.

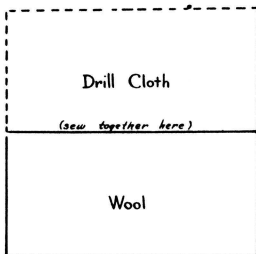
*Approved by Mrs. Helen Barnard, Clothing Specialist.

Wash and dry rayon garments as you wash hose. Rayon materials are weakened when wet and must be handled carefully so the threads will not stretch or break. While still slightly damp, press on wrong side with a warm—*NEVER* hot iron.

Spots are much easier to remove when fresh. Grease and dust spots should be removed with a good cleaning solution, such as, carbon tetrachloride. *All cleaning fluids are more or less inflammable and should be kept away from fire.* Use a sponging cloth that will not fade or leave lint on the garment cleaned.

To remove spots, put the spot over a turkish towel or blotter. Dampen the sponging cloth with the cleaning solution. Pat the spot with the cloth, rubbing lightly with a circular motion toward the center of the spot. Repeat applications until the spot disappears. Before *pressing* a suit or dress, it should be brushed and the spots, if any, removed.

To steam press: Use two clean press cloths, one of wool 18" by 36", and one of drill cloth or other firm cotton cloth 18" x 36". Or use one of the new treated press cloths and follow directions on the package.



Cover the wool garment *first* with the dry wool press cloth, then with the cotton press cloth dampened in warm

water. Press by setting down then lifting a warm iron; don't slide the iron back and forth. Press down just enough to force steam through the wool. Do not press until cotton cloth is dry. Lift the press cloths and beat out steam left in the wool with your hand or a wood block. The bags in the knees or trousers will shrink back into place and the whole job will look more like a tailor's pressing.

To press trousers:* Use a moderately hot iron. Press on right side of trousers. Separate the pockets from the trousers to prevent the outline of pockets from showing.

1. Press top of trousers first.
2. Put leg of trousers on board with crease up. Steam press the bulge out of knees.
3. Press wrinkles out of crotch.
4. When a former crease cannot be seen, fold legs so that the seams stay together until near the crotch.
5. Press inside, then outside of right leg.
6. Press left leg inside, then outside.
7. Steam cuffs on both sides.
8. Hang trousers on a pants hanger to dry thoroughly.

A make-shift pants hanger may be made by wrapping heavy paper around the bar of a wire coat hanger.

To sew on buttons: Buttons will stay on longer and be less likely to pull a hole in the material if sewed on with a shank. Fasten the thread with 2 or 3 small stitches where the center of the button will be. Put button in position with a pin on top. Sew back and forth through button and material and over the pin several times. Remove the pin. Wind thread several times around the

*Prepared by Eldon Williams, State Club Agent.

threads that are between the material and button. Fasten thread with 2 or 3 small stitches.

To care for shoes: Be sure the heels of your shoes are even for safety as well as for appearance. A shoe rack or bag, to hold several pairs of shoes off the floor, keeps the shoes in better condition.

Equipment for taking care of the shoes may be kept together in a box that can be used as a foot rest when polishing shoes. Things needed to care for the shoes include:

- Good paste polish
- Cloth or brush for applying polish
- Cloth or sheep's wool brush for polishing
- Liquid polish for edges of soles and heels
- Good boot grease for work shoes or boots

A place for everything and everything in its place is a joy when dressing. Partitions made of cardboard or boxes

may be fitted into dresser drawers to hold tie clasps, jewelry, handkerchiefs and other accessories. Instructions for making boxes can be found in 4-H Club Circular 80, "Small Articles for the Girl's Home".

Take time to put your clothes on right. Remember it isn't alone what you wear, it's how you wear it that counts. Slips out of sight, from shoulder straps to hem and the dress hanging evenly all around are needed for an attractive appearance. Straight seams in hose and polished shoes are also important for good grooming.

A clean handkerchief or tissues in the pocket or purse is an easy habit to acquire. A crumpled, dirty handkerchief pulled out of a pocket is an unpleasant sight.

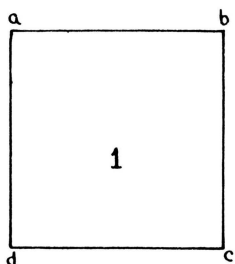
Dinners and banquets mean a coat and tie for boys.

To fold handkerchief for a pocket:* A plain white handkerchief for boys will be suitable for most occasions.

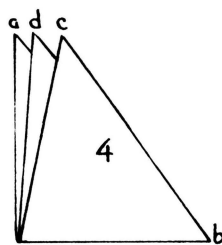
Score Card for Grooming

Personal Care	30
Skin—Clear, smooth and body free from odor	
Hair—Glossy, neat and attractively arranged	
Teeth—Clean and in good repair	
Hands—Clean, soft and smooth—nails filed	
Clothing	30
Appropriate and becoming	
Well fitted	
Clean, well pressed and in good repair	
Posture	30
General Impressions	10
Attitudes	
Wholesomeness	
Poise	

*Material on handkerchiefs and ties prepared by Eldon Williams, State Club Agent.

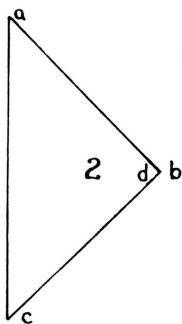


Note corners of handkerchief—a, b, c and d.

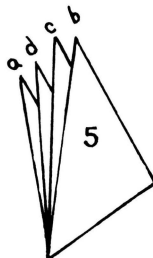


Lift corner (c)—fold (c) in half. Crease from point downward about 6 inches.

Place folded (c) to right and higher than (d).



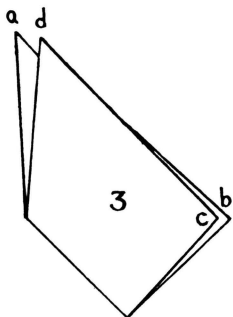
Fold in half so (d) will cover (b). Crease point with fingers at (a) downward about 8 inches, along line (a-c).



Crease at (b).

Bring (b) over (c).

Place to right and higher.



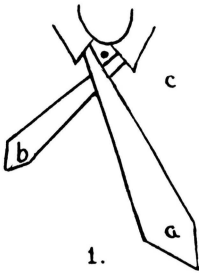
Lift corner (d) and fold in half so crease is toward you.

Place to right and higher than (a).



Fold under dotted portion (e). Amount turned under will vary as to size of pocket.

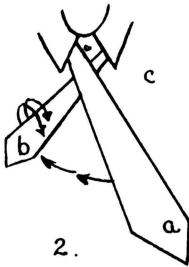
Fold under dotted portion (f). Adjust to fit depth of pocket.



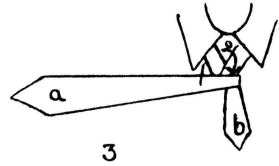
To tie a fore-in-hand:

Insert tie under collar with end (a) a little more than twice the length of (b). (Figure 1).

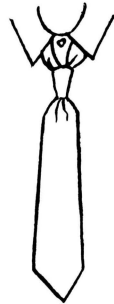
Hold the two ends firmly at point of crossing (c) with forefinger and thumb.



With free hand grasp end (a) and wrap around short end (b). Bring fore-finger to top of this loop and hold. Make one more complete wrap bringing end (a) over finger. (Figure 2).



Continue to under side with end (a). Bring up from under side through the neck "y". Push end through loop where finger is. Remove finger and pull tight. (Figures 3 and 4).



Adjust knot so tie fits snugly to shirt. Center knot between points of collar.

The ends (a and b) should be about the same length when tie is in place.

Ideas for Roll Call

1. Some thing that I like about a friend's appearance.
2. What I need to be better groomed.
3. One change I made in caring for my skin.
4. A way to keep hair looking well.
5. One way to give my hands good care.
6. What I do to improve my posture.
7. A way to keep clothes at their best.
8. My new grooming habits.
9. What I do to have my shoes look their best.
10. How I overcame an undesirable habit.

Exhibits

Legends and sometimes a slogan are needed to give meaning to an exhibit. The slogan might be "Well dressed means well pressed". Some suggestions for exhibits follow:

1. Pressing equipment, such as, pressing cloths, pan of water, soft sponge or cloth, iron, ironing board and clothes showing the effect of pressing.

2. Equipment for care of clothes with garments showing the effects of good care.

3. Equipment needed for care of the hair.

4. Equipment needed for good personal grooming.

"YOU TELL ON YOURSELF"

You tell what you are by the friends you seek,

By the very manner in which you speak,
By the way you employ your leisure time,

By the use you make of dollar and dime.
You tell what you are by the things you wear,

By the spirit in which your burdens bear,

By the kind of things at which you laugh,

By the records you play on the phonograph.

You tell what you are by the way you walk,

By the things of which you delight to talk,

By the manner in which you bear defeat,

By so simple a thing as how you eat.

By the books you choose from the well filled shelf,

In these ways, and more, you tell on yourself,

So there's really no particle of sense,

In an effort to keep up false pretense.

—Author Unknown

Club members can dramatize "You Tell On Yourself". It may be done by several members of the club taking part in acting out the poem. It may be used at a club meeting, parents' night or community achievement program.

What Boys and Girls Can Do

As a Group

1. Vote to select grooming subjects in which the majority is interested.
2. Answer roll call with grooming ideas. (Page 14)
3. Give demonstrations.* (Page 16)
4. Write and give skits on Looking your Best.
5. Have a man from a boys' clothing department give a talk or demonstration on selection of suits, ties, socks, etc., or how to buy well.
6. Have question box.
7. Have talk by a well groomed person, a nurse, doctor, dentist, physical education or home economics teacher.
8. Conduct a panel-discussion on "Why I Want to be Well Groomed."
9. Talk over your impression of the posture of people in pictures, such as, "Blue Boy," "The Flower Girl of Holland," "Whistler's Mother" and others.
10. Take trip to laundry and dry cleaning shop or clothing store if you can previously get their permission.
11. Have Grooming Parade or Revue at the community achievement day.

*After the demonstrations are given, divide the group into twos or small groups and practice the instructions.

As Individuals

Improve 5 or more grooming habits that each member selects such as:

Wash hair at least every 10 days

Brush hair 5 minutes daily

Improve sitting posture

What the Leader Should Do

1. Emphasize the good qualities of the members.
2. Give constructive suggestions to a member alone.
3. Watch carefully that no personal criticism of another member is given.

Some Things to Demonstrate

Making a liquid shampoo.
Shampooing your hair at home.
Brushing your hair.
Massaging the scalp.
Arranging hair in a becoming way.
Washing and drying the hands.
Manicuring the nails.
Good care for the hands.
Good standing and walking posture.
"Sitting pretty".
Selecting neckties and socks.
Washing socks and hose.
Pressing trousers.
Pressing a wool skirt.
Pressing rayon garments.
Removing a grease spot.
How to sew on buttons or snaps.
Polishing shoes.
Tying a tie.
Folding a handkerchief for a pocket.