

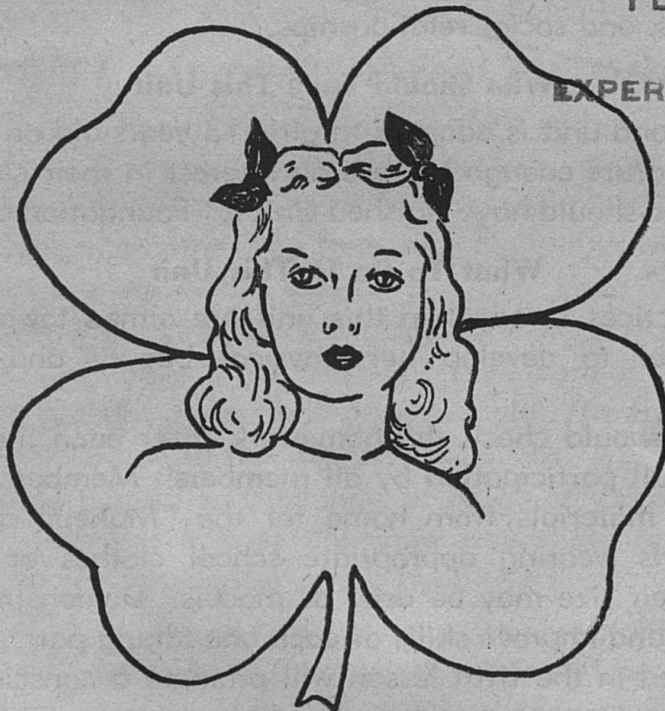
Good-Grooming Project for 4-H Girls

GROOMING FOR PERSONALITY

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UNIVERSITY OF KENTUCKY
College of Agriculture and Home Economics
Agricultural Extension Division
Thomas P. Cooper, Dean and Director

GOOD GROOMING PROJECT FOR 4-H GIRLS

This project is divided into two units of five meetings each. In the first unit, called "Foundation of Charm," emphasis is placed on posture, healthful eating, sleeping, body cleanliness, and care of hair, face, hands, and feet.

The second unit, "Grooming for Personality," stresses personal dress, habits, and social relationships.

Who Should Take This Unit

This second unit is adapted to girls 13 years old or over. They should be mature enough to have an interest in their clothing and behavior, and should have finished Unit I, "Foundation of Charm."

What To Do In This Unit

The practices to adopt in this unit are aimed toward helping each member to develop her physical beauty and grooming possibilities.

Leaders should check the homework after each meeting and encourage full participation by all members. Members may help by bringing materials from home for the "Makeup and Color" lessons. Girls wearing appropriate school clothes or becoming styles for their size may be used as models. Demonstrations will add interest and improve skills of each one taking part. The items to be checked in the fifth lesson will promote a consciousness of personal behavior and stimulate the desire of every girl to be her own best self.

GROOMING FOR PERSONALITY

Good-Grooming Project for 4-H Girls

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By Lois H. Sharp and Ruth Latimer

Every normal girl wants to be charming and popular with her friends. Her features need not be especially beautiful, nor does she need expensive clothes and accessories in order to shine in the eyes of her friends. Charm can be developed. It is a result of thought, desire, training, and care.

Practice good posture in order to wear your clothes well and gain good looks through grace and poise. Take a bath a day and use the needed deoderants and perspiration checks to be fresh and well-groomed. Keep your teeth white with daily brushing and use a mouthwash regularly. Be honest in checking your good and bad features and manners, and then decide to do something about them.

MEETING I. DAILY CARE OF FACE AND HANDS

Wash the face, neck, and ears every night with mild soap and lukewarm water. Dash cold water over the face, neck, and chest. Dry thoroughly. Do this every night whether you make it a part of the bath routine or whether you take your daily bath in the morning. Use your own washcloth and towel.

If you have a dry skin, work night cream or baby oil into the skin in circular motions. Wipe off the excess cream or oil, allowing only a small amount to remain on overnight. In the morning, gently apply cool water to the face and wipe dry.

Apply rouge by putting a triangle of rouge on cheek bone and blending so well that it does not show where the rouge begins and ends. Use only enough to give a healthful appearance.



Powder should be patted on lightly and just enough to take off the shine. Use a shade of powder suited to your complexion. Blondes with honey-toned skin usually use a light rachel powder that looks natural on the skin. A girl whose hair is medium brown and who has a somewhat rosy complexion needs a rose rachel powder. A brunette with an ivory type of skin may use either flesh or light rachel powder. She should select the one that most nearly matches her complexion. The brunette with a tropical type of skin may use a brunette powder with a peach tint; she should use the one that will bring out the olive undertones of her skin.

Your skin changes somewhat from year to year, so be watchful to see that the color of powder you use blends well with your skin. Don't have a "powdered" look. Keep your powder puff clean and your powder box closed except when you are using it.

Lipstick is popular with girls. When used with good judgment it can add much to your attractiveness. Your lips must be dry when you put it on. Apply lipstick in even strokes to the upper lip, keeping the edges clear and clean. Press your lips together and then check your lower lip to see that the coloring is even. If you wish lipstick to stay on a long time, powder it lightly and apply a second coat. If your lips are large and full, apply lipstick sparingly to make the lips look smaller.



The color of the lipstick is important. If you are wearing a yellow-red sweater or dress use a slightly yellow-red lipstick. If you are wearing blues, greens, browns, or such colors, you will most likely look best in a bright, true-red lipstick, or that red which has a bluish tone.

Clean, creamy skin is complimented by true-red lips. Sallow skin needs a darker red lipstick to look its best. Experience will be your best teacher as to just the right shade for your skin and color of clothing. Practice until you find the tone of red that suits your personal coloring and that which harmonizes with your clothes. Learn to apply lipstick skillfully.

Well-kept eyebrows are important to your good looks; however, it is no longer fashionable to wear them in a thin line. Keep them under control with tweezers if they are bushy and grow over too large an area. If they are not naturally arched, train them into a natural curve by brushing them. Keep them free from powder by applying a little vaseline. Don't make them look greasy.

Healthy-looking hair must be kept clean and well-brushed. Dress your hair in a becoming fashion to improve your looks. Pin curls may give you the best results. Roll the hair dry and dampen it slightly by patting the curls with wet fingers. Don't make the curls kinky.

Attractive hands are the result of daily care. Of course, you wash your hands, but



do you wash them really clean with warm water and mild soap? Do you scrub your nails regularly? Thorough drying is necessary to prevent chapping. To keep the skin smooth, use a hand lotion regularly. Push back the cuticle as you dry your hands.

Homework

1. Wash your face each night before you go to bed.
2. Try different shades of powder, rouge, and lipstick until you find what is most suitable for you. Learn to apply them correctly.
3. Practice arranging your hair for a more becoming style.
4. Make or buy 3 washcloths and towels and mark them for your own use.

MEETING II. DRESS FOR PERSONALITY

Dress so as to be your own best exhibit. Don't copy other girls, for they may not have your coloring or personality. Your clothing reveals your temperament, taste, and nature. Choose clothing that helps you to improve your general appearance.



If you are a small, dainty, quiet, and graceful girl, you will probably find that subdued colors and sheer, small-patterned materials are becoming to you. Ruffles and laces will add daintiness to your clothes.

If you are an athletic girl, very active on the school grounds, and much interested in out-of-door things, you will perhaps prefer and look well in simple tailored clothes, such as pleated skirts, and sweaters. Bright colors may be becoming.

Girls who are especially studious, dignified, and well-poised often wear conservative clothes well, with little dashes of brightness in jewelry or ribbons.



Becoming Styles for Your Size

Tall, slender girls usually find that prints and plaids are especially becoming to them. Such girls usually avoid vertical stripes for they tend to emphasize height and slenderness. Two-piece



dresses or suits, and sweaters and skirts of contrasting colors are suitable. Tall, slender girls can wear wide, colorful belts and peplums to good advantage.

Short, stout girls usually look well in clothes with vertical stripes and in plain or "all-over designed" materials. Subdued colors and one-piece dresses are most becoming. Bright or intense colors and coarse materials, peplums and other horizontal lines, emphasize stoutness. Belts should be narrow and of the same material as the dress or suit. Sweaters

should be waist length only and match the color of the skirt.

Girls of about average height and weight may select a greater variety of styles, designs, and colors.

Harmonious Colors for All

Your mirror is your best guide to help you choose becoming colors. Consider your hair, eyes, complexion, and figure in choosing the colors to wear. In general, girls with dark eyes and hair can wear becomingly more intense colors than girls with light eyes and hair.

For blond girls with light hair and blue or green eyes—pastel colors in blue, rose, and green; brown and purple also if complexion is light and fair.

For the brunette with dark brown hair, brown or dark eyes—medium to dark tones of all colors are better than the pale tones. If skin is sallow, avoid beige, gray, and blue-purple.

For the "dark-blond" with medium brown hair and blue, green, or hazel eyes—wine red, rosy tones of lavender, brown, blue-green, and aqua. Avoid gray.

For the redheads—coppery shades of brown, nearly all shades of green, medium blue, black with becoming accents. Avoid yellow-red. However, no definite rules for choosing colors can be made as all individuals are different. Each should study her own problems.

Clothes for School

School clothes should be simple in design, with plenty of freedom for all activities. Skirts should be full or with comfortable width, and of a length depending on fashion and the height of the person. Blouses should be long enough to stay tucked in. Sweaters are favorites for all school girls and can be most becoming if correct in length and size. A short, stout girl may wear a sweater as a blouse with her suit. The long-torso sweater is meant to be worn by the average or tall, slender girl.

Suits, jumper dresses, and all simple dresses are appropriate for school wear. A "simple dress" is one that is practical, that has no fancy and flimsy trimmings, such as satin ribbon or soft lace. Keep dressy clothes for dress-up wear. Start out with fresh, clean clothing each morning.

Jewelry needed to make your costume complete is always correct, but don't wear extra bracelets and rings to school.

Handkerchief—be sure to have a clean handkerchief every day.

Anklets should be clean every day and of a color to harmonize with your costume. A neutral beige is always suitable. Girls with thick ankles would do well to wear long hosiery or footies.

Coats, hats, and mittens should be selected with a great deal of care. Use practical as well as becoming colors in fabrics that wash or dry-clean easily. Buy coats the length of your dresses and keep your hats small and easy to care for. If you wear kerchiefs or scarfs be sure they are clean and fresh. Wear mittens in cold weather to keep your hands warm and attractive. Bright-colored mittens often add a touch of gaiety to your school costume.

Homework

1. Study styles to suit your personality and size.
2. Know your most becoming colors.
3. Learn to select appropriate clothes.
4. Know your good features and dress to emphasize these.

MEETING III. CARE OF CLOTHING



Start each morning with **underthings** that are clean, neat and fresh. Wash your panties and anklets each evening in mild suds and lukewarm water. Of course, wash the daintiest things first. Squeeze the suds through the fabric repeatedly and rub lightly if necessary. Rinse at least twice, once in warm water. Squeeze dry—do not wring as you may break the stitches, partic-

ularly in knit garments. Place clothespins at seams of panties and toes of anklets when you hang them to dry. Be sure they are thoroughly dry before you wear them. Fold up your underthings and anklets and place them neatly in dresser drawers that have been partitioned off into suitable spaces. A shoe box neatly covered with wall paper makes a good stocking box. Perhaps you can find some empty boxes and fix your dresser attractively. If dresser-drawer space is not enough you may have room on a closet door to hang a shoe and stocking bag that will serve the purpose.

Remove spots from clothing. General soil around the neckline and cuffs of coats, suits, and dresses may be easily removed with carbon-tetrachloride. This is a safe, noninflammable dry cleaner recommended for use in removing spots. First, brush the garment free from lint and dust. Work from the outside to the center of the soiled area with a soft cloth dipped in the dry-cleaning liquid. Repeat several times until spots are removed. A towel should be placed under the spot being cleaned. Hats, leather gloves, and suede shoes may be cleaned in the same way. U. S. D. A. Farmers' Bulletin on stain removal may be ordered from your Extension Agent. This circular gives methods of removing many difficult stains.

Clean smooth leather shoes by first dusting off all dirt; then wash them, using saddle soap. Dry thoroughly and polish with a soft cloth. If you do not have saddle soap, wash with a soapy cloth, rubbing well into all seams and creases. Dry thoroughly and apply a thin coat of matching paste polish. Between each coat rub with an old stocking. Two coats will be needed to keep the leather soft and water-repellant. Daily brushing will keep dirt from injuring the shoes. Shoe trees are needed for keeping shoes in shape.

White shoes need washing also, but application of the white shoe polish is just a matter of rubbing it in where needed. Do not whiten soles or leather trims which are supposed to be brown or black. Rub off the excess polish when dry. Keep the edges clean and neat so you will look well shod.

Homework

1. Wash your panties and anklets each night.
2. Learn to remove spots from clothing.
3. Clean and polish shoes correctly.

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MEETING IV. KEEPING CLOTHES SHIPSHAPE

Some 4-H girls always look neat and tidy. Do you wonder why? Do you suppose they take good care of their clothes? Do you think they hang up their clothes on coat hangers as soon as they are taken off? What are some of the things that you can do to keep your clothes neat and tidy?

Hang up every outer garment on a coat hanger, as soon as you take it off. Can you do this in school without coat hangers? Usually teachers are glad to have children bring hangers and label them with their names. Why don't you try this?

Shoes should be kept off the floor when not being worn. You may make a shoe shelf by placing an 8-inch board across the end of your clothes closet. Rest the board on the top of the regular baseboard already there. Paint it or finish it like the rest of the woodwork. Place your shoes on this shelf and they will not get as dusty as they would lying on the floor.

A shoe pocket-bag is another satisfactory way of keeping shoes clean. You can make one from feed sacks or other firm material. Stuff the toes of your shoes with paper or use shoe trees to keep them in good shape when not being worn.

Keep clothing in repair. Girls should know the value of keeping clothes shipshape. It is no disgrace to wear a neat, orderly patch or darn on your clothes, but you should be ashamed to wear clothes with holes and tears in them which could be repaired. Check your clothing on Saturdays and get them all in order for the coming week. Your mother or leader will be happy to help you if you do not know how to patch and darn them correctly. Every 4-H girl can sew on a button or snap. Don't be guilty of using pins where buttons or snaps should be.

Brush and air your clothing after school in the evenings. On Saturday is a good time to brush your coats, wool skirts, and dresses and hang them on the clothes line to air. Sweaters need airing also. Turn the sweater inside out, hang it on a padded hanger, and allow it to air for 2 hours. If the sun is shining very bright, find a shady place for your colored clothes, as they might fade in full sunlight. Learn to launder your sweaters; keep them fresh, clean, and in shape.

Homework

1. Hang up clothing each day.
2. Make shoe bag or shelf and keep shoes in it.
3. Mend clothing as needed.
4. Wash sweaters.

MEETING V. BE YOUR OWN BEST SELF

The girl who is well-groomed as far as cleanliness and appropriate clothing are concerned has a much better chance to be popular.

Be honest. The worst thing about lying and cheating is not that the other fellow does not believe you, but that you can't believe yourself! You lose your self-respect and the respect of others. Respect other people's property. Don't get into the habit of thinking "What's mine is mine, and what's hers is mine too." "Truth is your truest friend, no matter what may be the circumstances."—Lincoln.

Be a good sport. Play games well and fairly. Try to play all kinds of games. Leave out sarcastic remarks. They are cold and hard and do not have a place in a warm disposition that attracts people. Do not deliberately hurt people. If you want to be liked, hold your tongue. Be the kind of a girl who can receive and keep confidences. If you do, you will be trusted. Make up your mind about things and have opinions. Defend these opinions until you find better ones. Pointless arguing gets you nowhere; but an interesting exchange of ideas does. Don't let little things get you down; they are unimportant. Make up your mind you can do things and you'll do them. Girls appreciate a good try, and they will like you for it.

Be thoughtful. Be considerate of those who may not have the advantages you have. Be friends with the boys and girls you come in daily contact with. Return favors and courtesies.

"Seeking the best in the folks and the things about us develops the best that is in us."

Start now to check your manners and social relations. Be your own critic. Discuss the following personal check sheet in your club and then score yourself.

HOMework

1. Check your score on the "Personal Check Sheet" on the following page. Your score is excellent if every **odd** number is "no" and every **even** number is "yes."
2. Improve your habits, manners and social relationships.
3. Recheck your score sheet for improvement.

Do I —

1. B
2. C
3. E
4. W
5. B
6. A
7. L
8. T
9. D
10. A
11. C
12. B
13. U
14. A
15. U
16. S
17. I
18. A

Do I —

- 1.
- 2.
- 3.
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- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.

PERSONAL CHECK SHEET

Personal Habits and Mannerisms

Do I —

	Yes	No	Sometimes
1. Bite my fingernails?.....
2. Cough, sneeze, or yawn in a handkerchief?....
3. Eat and drink noisily?.....
4. Wash my hands before meals?.....
5. Blow food to cool it off?.....
6. Avoid gestures with knife and fork?.....
7. Lick my fingers after eating?.....
8. Take a bath daily?.....
9. Drop my clothes on the floor and leave them?..
10. Always adjust my slip the right length?.....
11. Chew gum with parted lips?.....
12. Butter only a small piece of bread at a time?..
13. Use too much make-up?.....
14. Avoid picking my nose?.....
15. Use slang?
16. Start out each day feeling neat and clean?....
17. Drum with fingers on table or desk?.....
18. Avoid loud and boisterous conduct in public?..

Social Relations

Do I —

	Yes	No	Sometimes
1. Boast about myself?.....
2. Listen when others are talking?.....
3. Shout in a loud voice?.....
4. Sit still and quiet in church?.....
5. Interrupt conversation without asking pardon?
6. Apologize when wrong?.....
7. Honk the auto horn instead of knocking on the door?.....
8. Appear on time at school, church, and for dates?.....
9. Tell confidences when friends confide in me?
10. Thank people for favors?
11. Sprawl in a chair when others are near?.....
12. Greet people in a friendly manner?.....
13. Start eating before everyone is seated?.....
14. Avoid gossip?

4-H GOOD-GROOMING RECORD

Name _____ Age _____

Address _____

What have you done to improve your complexion? _____

What have you done to improve your selection of becoming colors
and styles _____

How have you improved your care of clothing? _____

What have you done to improve your personal habits, manners,
and social relations? _____

Write a story about your work on a separate page and hand it to
your leader with this record.

Date _____ 19____

Approved: _____
Project Leader

Approved: _____
County Extension Agent

Lexington, Kentucky

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