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Look Your Best

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EXTENSION SERVICE, OKLAHOMA A. AND M. COLLEGE

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## LOOK YOUR BEST

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"Pretty is as pretty does," is an old saying, but there is more truth than poetry in it.

Every girl would like to be popular with her school mates and for that reason the impression we make on them by our appearance is so very important. Do you particularly admire a girl whose petticoat is always showing, her nails are dirty, or her sweater or dress soiled and wrinkled. Although we think of our personality as coming from within we do know that feeling we look just right gives us a happier outlook on life. "Looking just right" means that special attention must be given to your clothes, manners, posture and grooming. Each one of these is so very important in the development of a personality you would like to have and that your friends would enjoy.

Watch people go by and see if you can judge their character. We judge them by the way they stand, sit or walk; in other words, by their posture. Your mental attitude will do much to improve your posture, an erect bearing and quick step give the impression of confidence and poise. A slouchy walk certainly doesn't add to your appearance, no matter how well dressed you are.

With today's straight lined dresses and suits, the youthful attractive girl must have good posture. The girl who is conscious of looking her best also is health and posture conscious. Poor posture may be due mainly to physical weakness, if that is so, the first thing to do is to improve your general health. Avoid over exertion and get plenty of rest. Correct exercises will help a great deal to improve certain faults.

Proper posture does not mean a rigid body, stiffly straight. Naturalness and ease, especially shoulder balance is the key to good posture. Train yourself until correct posture and graceful movement become a habit.

If you are overweight, don't go on a rigid reducing diet but watch carefully that you do not eat an excess of the fattening foods. Correct exercise will help work off bulges. If the hips are large, watch the leg position when you walk and sit. If it's a "spare tire," watch the position of your backbone and hips. If it is large ankles, watch how you point your toes.

## STANDING POSTURE

Stand so that you have a sense of balance, giving an impression of poise and alertness. Stand as tall as possible. The following parts of the body should have special attention. (Figure 1.)

*Feet*—The toes should always point straight ahead and the weight should fall directly through the anklebones, being supported by the arches of the feet. You can tell if you are standing correctly on your feet, if you can raise either your toes or heels slightly from the floor.

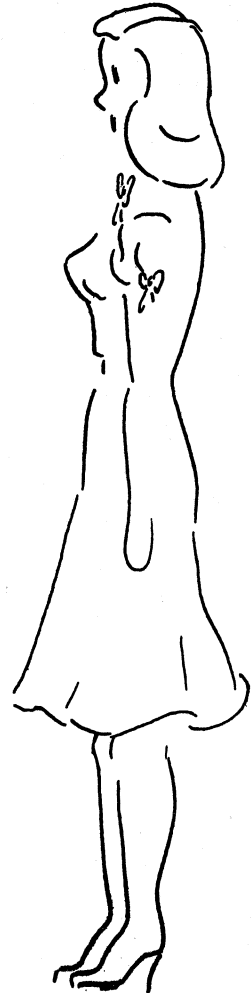


Fig. 1—Good Standing Posture

*Knees*—Stiff knees ruin posture, flex the knee slightly while standing and notice the difference in your posture. Keep knees relaxed and your body out-of-line, making both hips and stomach protrude.

*Hips*—Sway back is a common defect, for the average person thinks that to have good posture they must throw the hips back; instead try to pull the spine down and forward. Pretend you are trying to slip through a narrow space. The muscles of the abdomen should be kept firm. The girdle is only to form a smooth surface for your close fitting garments. (Figure 2.)



**Fig. 2—Poor Standing Posture**

**Shoulder and Chest**—If you stand “tall” your chest will automatically fall into the correct position. The fit of the most beautiful dress can be ruined by the way you carry your shoulders. Keep them level. Don’t let a hump develop at the back of the neck as that gives a middle aged look. If you carry books constantly under one arm, try alternating as this will help keep the shoulders even.

**Head**—Carry your head erect. Try walking about with a book balanced on the head.



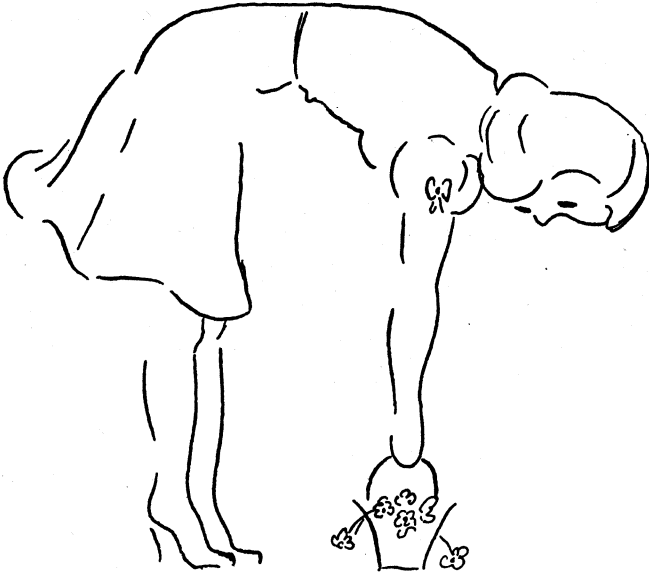
**Poor Standing Posture**

**STOOPING**

In bending over or stooping, whether it is just to pick up something or a more *protracted* bend, remember to keep your head and back upright and close the knee and thigh joints until you can reach the object you want. It is easier if you have one foot ahead of the other. Come up the same way—by straightening out the knee and thigh joints.



**Good Stooping Posture**



**Poor Stooping Posture**

### **WALKING POSTURE**

Stand so that you are ready to move quickly and gracefully. The movement of walking should all come from the hips, legs swinging freely with little bending at the knees. Suit your stride to the length of your legs. A tall person should take longer steps than a short person. Avoid jerky movements, step lightly but do not bounce. Comfort and ease are important in maintaining good posture.



**SITTING POSTURE**

Very few people know how to sit correctly. Practice sitting, observing the following points.

1. Walk conveniently close to a chair, stopping with one foot slightly in front of the other.
2. Swing easily on the balls of the feet until your back is to the chair.
3. Bend knees and lower your body well back into the chair.
4. When seated bring feet closer together. Legs may be crossed above the knee.



**Good**



**Bad**

Some "don'ts" while sitting:

Don't slip your shoes off or let them dangle.

Don't be restless.

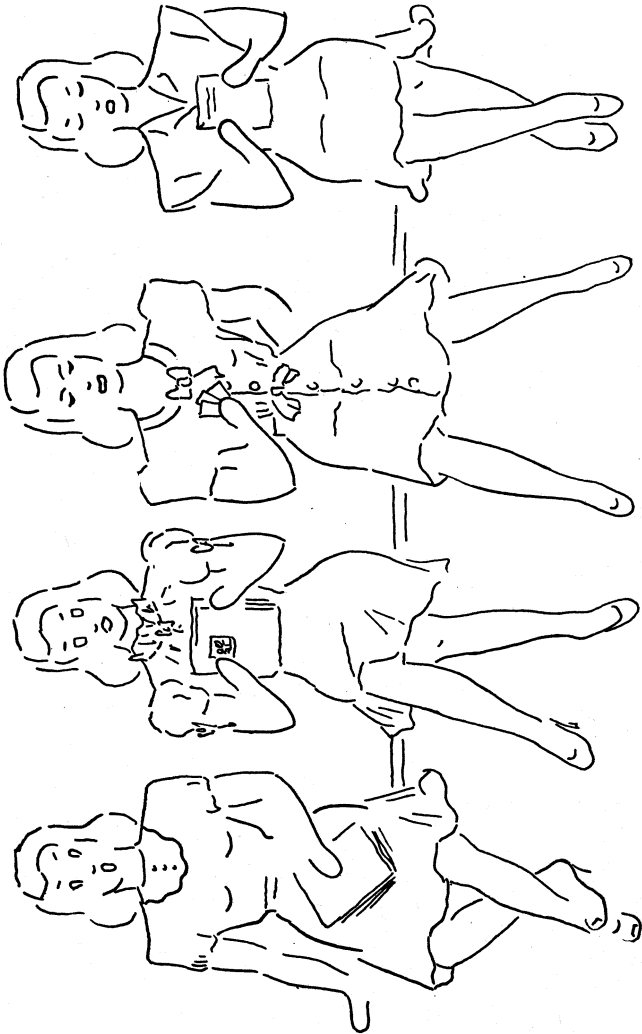
Don't tuck your foot under you when you sit.

Don't sit with your feet wide apart.

Don't wrap feet around chair or table legs.

Don't twist your legs around each other.

Don't cross your legs and swing your foot.



Check your Sitting Posture

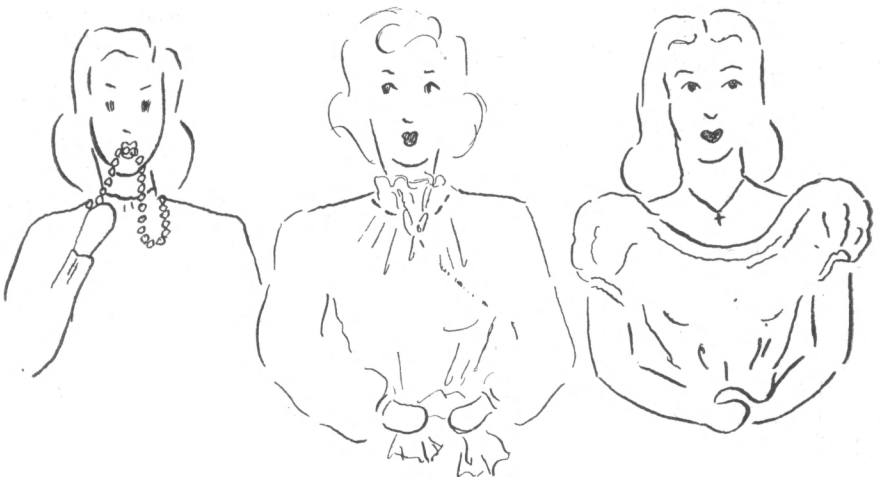
Hands can tell our story and some people cannot seem to talk without using their hands. Don't be a twiddler, fingering every object in sight. Don't wear out handkerchiefs or napkins, don't pull at your ears, don't put beads in your mouth or toy with a button. Keep your hands relaxed in your lap as much as possible. When you shake hands, never offer a limp indifferent hand, but don't squeeze until it hurts. (Figure 5.)

Graciousness and sincerity are aids to Charm. Good habits come to your aid when you want to appear at your very best. It doesn't cost much to say thank you with a sincere smile, so say it often. It is easier to form habits than to break them.

### GROOMING

Good grooming means careful thought given to your entire appearance from head to toe. It means the care you give your body as well as your clothes. Even a clean body and good posture will be unattractive if the girl is careless in allowing her slip to show, shoes to go unpolished or run over, her dress to be soiled or wrinkled. These may sound like minor details but they all add up to giving her a fine appearance.

The first essential for good grooming is cleanliness. Nothing can take the place of good soap and water. As important as the daily bath and change of underclothing is, it is not a guarantee of personal daintiness, therefore, it is advisable to use a deodorant and a mouth wash as a part of the toilet.



Don't Be a Twiddler

Perfume should never be used as a "cover up" for an unpleasant odor. It should be used on the skin or on clothing that can be washed. Buy good perfume or cologne and use very little.

Your clothing needs attention every day. At the close of the day, when you remove a wool dress or coat, brush it before an open window and allow it to hang for a short while in an airy room. Careful washing of underwear, socks or hose after each wearing adds to the life of the garment as well as to your personal daintiness.

### CARE OF HAIR

The hair "do's" of today are so simple and lovely that every girl can do much for her appearance by the care she gives her hair. No matter what color, it can have a distinct luster or it can be dull, lifeless and unattractive. First of all, it should be kept clean by frequent washing, with much brushing in between shampoos. As a general rule, normal hair should be shampooed every ten days or two weeks. Excessively oily hair may have to be washed as often as once a week. A very good shampoo can be made by dissolving soap in water, for soap should never be rubbed directly on the hair. Hard water often contains minerals that, when soap is added, gives a dull, sticky appearance to the hair. Lemon juice or vinegar added to the next to the last rinse water will aid in cutting this film.

Our grandmothers brushed their hair a great deal because they didn't wash it as often as we do. Brushing is good for the hair, and it not only removes the dust and dirt from the hair itself and the loose skin flakes, but stimulates the nerves and glands. A great many are afraid to brush their hair after it has been freshly set for fear of disturbing the wave, actually, brushing in the direction of the wave is helpful. Before going to bed, brush your hair vigorously, then arrange in whatever manner you prefer for the night. A good stiff brush is better if the best results are to be obtained.

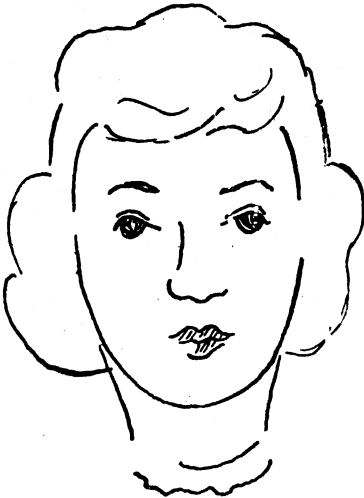
Brushing your hair can be good for the figure as well as the hair. Bend over at the waist so that you can easily get at any part of your head. Start by brushing out from the crown all around. Then place your brush underneath the hair and stroke up from the hairline until your hair stands on end. A few strokes won't do much good but five minutes brushing will do wonders.



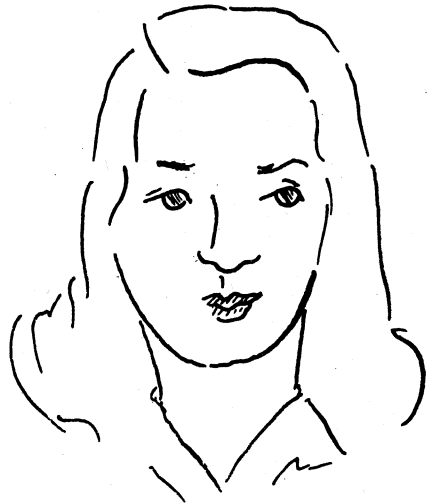
Bad



Good



Bad



Good

The style of your hairdo should be adapted to the shape of your face, your good and bad features, your clothes, height and figure. The girl with the thin, long face should have curls or fluffiness at each side of the head. While the girl

with a round face will want to add length to her face by drawing the hair up from the forehead and temples and arranging on top of her head. (Figure 8.) The girl with the oval face is the fortunate one as almost any hair style will be good for her. If the hair has a fine gloss, any simple hairdo will be attractive.

## CARE OF HANDS

Your hands are a means of expression, so should have excellent care. Giving yourself a manicure should be a part of your regular grooming habits. Wearing an old pair of gloves while doing work that will soil the hands a great deal, is a helpful hint. A good hand lotion used regularly is an aid to lovely hands.

If your nails split or break badly, look to your diet. Chances are that you are not getting enough calcium and minerals. If you are eating carefully balanced meals, the use of cuticle oils, cream or lotions will help. A steel file, too energetically used, may break down the layers of the nail.

Fingernails should be cleaned with a dull, soft instrument, the cuticle around the nails should be kept pushed back so that it does not become broken and form hangnails.

File the nails making the curve rather blunt and shallow, so that it repeats the curve at the base.

Don't tap your fingers, pick at your polish or chew your nails. These nervous tricks are ugly to look at as well as bad for the nails.

Don't try to be oxetic by wearing nails too long or too pointed, particularly if your fingers have a tendency to be square or stubby.

Avoid the bright shades of polish, if hands are stubby. Unless the hands are beautiful, and you want to call attention to them, brilliant polish should be avoided.

A good nail brush, soap and water does much for the appearance of the hands.

## CARE OF THE SKIN

Care of your skin is so important that very careful thought should be given it. Maybe washing your face with a good, mild soap is best, or it may be that your skin needs a good

cleansing cream, but do find the best cleansing method and use it thoroughly, especially at night. Use your powder, rouge and lipstick wisely, for too much is worse than none.

### CARE OF TEETH

Dull, dingy teeth certainly detract from one's appearance. A dental checkup every six months or a year is important, but the daily care you give your teeth is more important. In brushing, begin at the gums, brushing up or down. A good mouth wash will help keep the breath sweet.

### FOOTWEAR

For both good grooming and posture, shoes must be the right size. They should hug the heel and support the arch. With the limited number of shoes each individual may have, great care should be taken in the selection of them. Buy for comfort but comfortable shoes can have beauty. Keep shoes cleaned and polished. For school wear, socks are preferable for most girls but this does mean that the legs should be given special care, such as shaving and using a good lotion.

It is the duty of every girl to make herself just as attractive and interesting to others as she can. If you are willing to put forth the effort you can make yourself just what you sincerely want to be.

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