The Picture you Present: Extension Circular 4-02-68

Gerda Petersen

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Petersen, Gerda, "The Picture you Present: Extension Circular 4-02-68" (1968). Nebraska 4-H Clubs: Historical Materials and Publications. 118.
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THE PICTURE
YOU PRESENT
THE PICTURE YOU PRESENT

By Gerda Petersen
Extension Home Economist (Clothing)

The picture you present includes your total appearance. It's your face, your hair, your figure - in fact, your whole physical appearance.

What you say and do is also a part of the picture you present. The clothes you wear complete the picture.

There is an old Chinese Proverb that: Three-tenths of a good appearance is due to nature; seven-tenths is due to dress. Your clothes express your personality and taste.

Your appearance affects the impression you make on others just as you form impressions of others from their appearance.

What kind of a picture do you present?

Picture a Well-groomed Girl

Clean from head to toe.

Hair neatly and becomingly styled.

Make-up carefully applied to complement your own personal coloring.

A smooth "defuzzed look" - no hair on legs or underarms.

A deodorant used and perspiration shields sewed in your outfit.

A well-fitted bra worn for appearance and comfort.

A girdle worn to give your outfit a "smooth" look.

A slip or petticoat suitable to your outfit.
Picture Your 4-H Costume

A style suited to the occasion.
A style in fashion and complementing your personality.
A fabric of beauty and quality.
A fabric suited to the pattern.
Colors harmoniously combined.
Accessories adding to the overall effect.
Sewing well done, giving the outfit a professional look.
Outfit carefully pressed.

Picture Yourself in Your 4-H Costume

Becoming to you and emphasizing your best features.
A smooth, fashionable fit.
Accessories suited to you in style and type, expressive of your personality.
Skirt length suitable for the occasion and becoming to you, and allowing you to sit gracefully.

Picture Yourself as a Model

Standing straight and tall.
Listening for your cue to enter
Moving gracefully.
Smiling in a friendly way.
Facing the audience.
Practicing makes you a graceful model.

You Are Seated

Rise from your chair, by placing one foot behind the other and pushing on it.
Use your leg muscles to bring you up from the chair.
Keep your body erect.
You Are Standing

Stand straight and tall to give your body balance. If your body is well balanced, an imaginary line could be drawn through the lobes of the ears, the tip of the shoulder, and slightly in front of the center of the hip, knee and anklebone.

Hold your head high and your chin in.

Carry your chest high and your stomach in, with your buttocks tucked under.

Relax your shoulders, knees and arms.

Place one foot slightly ahead of the other. Your weight is on the back foot but your body is inclined forward slightly. You are ready to move.

You Move Gracefully

Keep your body erect and in a straight line.

Relax your knees.

Let your legs swing rhythmically from the hips.

Point your toes straight ahead and move your feet along two straight lines about two inches apart.

Face the audience as much as possible and smile.

Pause with your feet in the arched position. That is, with the heel of the foot at an angle to the arch of the other.

Take a few steps forward, then start a turn with a backward glance at a point over the heads of the audience.

Pause a moment to show any back interest in your outfit. Complete your turn and face the audience again.

When you turn, for example, when walking across the stage, you may want to do a pivot or turn. Here is one way to do it: Point toes straight ahead, one foot ahead of the other. Put your weight on the balls of the feet with heels off the floor, and turn your feet half way around. Then move the one foot back while completing the turn on the ball of the other foot. This is a complete pivot or turn. You may want to make a half shift or turn. Sometimes a combination of this pivot and a few steps in a circular motion may be most graceful.

Keep moving. Pause. Turn again. The amount of room you have on the stage determines how much moving and turning you will need to do.

Follow directions of the commentator.

You Sit Down Again

Keep body in a straight line, arms relaxed.

Place one foot back of the other and slightly under the edge of the chair.

Bend knees forward.

Use leg muscles and lower yourself to the chair seat.

Slide back in your chair so the lower part of your back is supported and your weight rests on your sitting bones.
As You Sit

Keep your knees together.

Slant the legs a bit, one slightly behind the other.

Arrange your skirt nicely.

Sit with feet flat on the floor most of the time. If sitting for a long period of time, relax and change your position (if you are wearing a full skirt) by crossing your legs well above the knee (so calves of legs don't flatten). If you are wearing a tight skirt it might be best to cross your ankles.

Picture Yourself in the 4-H Dress Revue

The 4-H Dress Revue is similar to an examination given at the end of a semester. The picture you present should show that you have learned to choose something that is just right for the project in which you are enrolled; that is appropriate for the occasion or activity for which it is planned; and that is becoming to you. Your personality blends with the personality of the fabric and garment style.

Each outfit creates a mood. Be a bit of an actress and follow this mood. As you model play clothes you might move briskly and with confidence.

A long formal requires slower and more graceful movements that show elegance and dignity. Some fabrics such as chiffon require movement to be shown to best advantage.

Practice modeling in the garment you have made, wearing the shoes planned for the outfit. Watch yourself in a full-length mirror. Practice sitting, standing and walking until you feel comfortable and at ease in your outfit.

Show Your Fashion Details, Coats, Jackets & Accessories

Call attention to fashion detail by gently touching it with the hand.

Emphasize a pocket by placing half of your fingers in it with the thumb out. Keep your hand flat.

Show off an unusual lining in jacket or coat by holding the front edges outward.

When removing a coat or jacket, drop it off the shoulders. Reach back and pull off the left sleeve with the right hand, and the right sleeve with the left.
Hold the coat or jacket by the collar, fold it so the two shoulders are even and put it casually over your arm.

Sometime during your showing, you might push back the front of the jacket or coat and put your hands on your hips.

Small clutch bags or envelope purses are held in the hand parallel to floor, slightly back and fairly close to the body.

If your bag has handles, slip your wrist through the handles, arm bent. Carry very large bags (tote) by the handles and slightly back of your side.

If your costume requires gloves wear them as you enter. Wear either uncuffed snug gloves that won't stick in the sleeves or remove the gloves before starting to remove the jacket. If it is necessary to remove the gloves, pull each finger a little at the tip. If possible do this while your back is to the audience. Place the two gloves together, palm to palm as when new. Hold them lightly in your hand with the cuffs up or forward.

Picture Yourself With an Escort

When modeling with an escort, walk close enough to take his arm. Let him help you remove your coat and carry it.

The boy should look at you.
You look at the audience.
Stand erect and walk gracefully.
Be relaxed and smile.
Be as natural as possible.
Don't use gestures unless they are smooth and graceful.

"The Picture You Present" Everyday

You've considered the "Picture You Present" at the dress revue. How about the "Picture You Present" everyday - at school - at church - at a party? This is important, too!

Practice the suggestions in this circular until they become a habit or a part of you. You will then present a picture of a girl who is well-groomed, who is becomingly and suitably dressed, who has good posture and who sits, walks and moves gracefully.
"Rule of 14" or Less

A Paris designer has said that no outfit should total more than 14 points. Fewer points, such as 10 to 12, may be even better. However, merely keeping the number of points within limits does not assure a well accessorized costume. All accessories must be harmonious and right for the costume.

Score your outfit, using the following guide:

<table>
<thead>
<tr>
<th>Articles of Dress</th>
<th>Point Value</th>
<th>Your Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dress, Suit or Coat - solid color</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>figured</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>decorative stitching</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>contrasting belt or buckle</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>contrasting buttons</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>contrasting collar and/or cuffs</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>other trim</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>Blouse - plain (if showing)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>other color or trim</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>Shoes - plain</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>heels or toes out</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>buckle, bow, strap</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>Hose - plain</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>texture, decoration added or contrasting color</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>Hat - plain color</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>each additional color, veil, ribbon, flowers, feather</td>
<td>1 for each</td>
<td></td>
</tr>
<tr>
<td>Gloves - plain</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>decorative stitching</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>other trim</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>Purse - plain</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>clasp, trim, different frame</td>
<td>1 additional</td>
<td></td>
</tr>
<tr>
<td>Scarf</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Handkerchief (if showing)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Necklace</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Earrings</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Bracelets (single or group of small ones)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Clips or pins</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Rings (wedding and engagement as one)</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Glasses</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Flower</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

--Adapted from Elinor King's book
"Glorify Yourself"