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Your Own Best Exhibit : Extension Circular 4-13-2

Gerda Petersen

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Your Own Best Exhibit

EXTENSION SERVICE
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE
AND U. S. DEPARTMENT OF AGRICULTURE
COOPERATING
W. V. LAMBERT, DIRECTOR
"Mirror, mirror on the wall, who is the best exhibit of all." Have you ever looked at yourself in a full length mirror? Did you like everything you saw? Your mirror may not show you a glamorous model but it can show you a clean, healthy, well groomed 4-H girl, who stands straight and tall.

Do you remember the demonstration teams you saw at the State fair? They were perfectly groomed and had such pleasant manners. Do you remember the dress revue winner? Her outfit brought out her best features and she seemed to glide rather than walk. Then there were the girls who showed their dairy calves. They were immaculate in their white slacks. And at the party, weren't you proud to be one of this group of well-groomed young people. Healthy, happy 4-H members are the best exhibits of all. How do you measure up in this exhibit?

Let’s Judge Ourselves From Top to Toe

<table>
<thead>
<tr>
<th>Ex.</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
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<tbody>
<tr>
<td>1. Do you have good health, with normal weight, a spring in your step, a sparkle in your eye?</td>
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<tr>
<td>2. Is your hair clean, glossy, neatly and becomingly arranged?</td>
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<td>3. Is your skin clean, glowing, free from pimples and blemishes?</td>
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<td>4. Do you use just enough &quot;make up&quot; to make you look vivid and alive but not artificial?</td>
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<td>5. Are your teeth clean and your smile bright?</td>
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<td>6. Do you use deodorants and remove the hair from armpits and legs?</td>
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<td>7. Are your hands soft with clean oval-shaped nails?</td>
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<td>8. Do you stand straight and tall?</td>
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<tr>
<td>9. When you walk, do you keep your back straight, chest up, chin in and move smoothly from the hips?</td>
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<td>10. Are you relaxed and poised?</td>
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<td>11. Are your shoes neatly polished with straight even heels?</td>
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<td>12. If you are wearing hose - are the seams straight?</td>
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<td>13. Is your slip the correct length or does it show under your dress and are your shoulder straps in place?</td>
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<td>14. Is your clothing clean, well pressed, with the necessary fasteners (not pins)?</td>
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<tr>
<td>15. Are your thoughts happy and pleasant and reflected in your bearing and expression?</td>
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If you can rate yourself excellent on each of these 15 questions you are a purple ribbon exhibit. If you rate fair or good let's strive to make our best better. If you rate poor on any of these - improvement is a must if you are going to be a happy 4-H girl.
YOUR HEALTH

Start with Good Health

Your health is good if:

1. Your weight is in the normal range for your age and size. If you are not sure, consult a 4-H height-weight chart, E. C. 0-26-2.

2. Your hair has a healthy sheen and gloss.

3. Your eyes are bright and clear.

4. Your skin is clear, rosy, and free from blemishes.

5. You feel peppy and ready to go when the rest of the crowd is going out for fun.

6. You are busy, feel happy, like and enjoy most people so you have many friends.

7. Your teeth are in good condition.

If your health is not the best, see a doctor and follow his advice. If your health is good, keep it that way by:

1. Getting plenty of sleep and rest - 8 to 10 hours each day.

2. Exercising out-of-doors - there's nothing like fresh air to bring the roses to your cheeks and exercise to help you acquire that smooth looking figure.

3. Checking on your diet - get some of the basic 7 everyday. Your 4-H foods manuals will tell you about the foods you need for good health.

4. Drinking from 6 to 8 glasses of fresh water a day.

5. Keeping regular habits.

6. Wearing well fitting, comfortable clothes. Be especially sure that your shoes fit well.

7. Carrying yourself well when you sit, stand, or walk.

8. Having a hobby.

9. Being interested in many things and many people.

Cleanliness Is Next

Cleanliness is the one most important factor in being a well-groomed girl. Cleanliness of skin, of hair, of teeth, of clothing and of thought and mind makes you attractive to see and pleasant to be with.
Let's Start at the Top

YOUR HAIR

Hair is one of the things we remember most about a person - "remember that attractive blonde". You can change your hair style to emphasize your best features. Hair, unlike a nose, can be cut, curled, pinned up, or left loose to the four winds. Lifeless hair will not respond, so first it must be healthy - then it must be clean hair.

1. Wash your hair once a week or perhaps every ten days. If your hair is very oily or if you are out-of-doors a great deal you may need to shampoo it more often.

2. Try different kinds of shampoo until you find the one that does the most for your hair. You can make your own shampoo by dissolving a bar of good, mild soap, as a piece of Castile, in 1 quart of hot water. Keep this in a jar and use as you would any shampoo. Never rub bar soap on your hair. It may form a soap film that will be hard to rinse off to the hair.

3. Brush the hair thoroughly with a clean stiff brush to loosen the dandruff before shampooing. Put your head down and brush from the roots down to the tip of the hair. Then brush back, away from the face. For daily care, 100 strokes will help to exercise the scalp and keep it healthy.

4. Wet the hair with warm water, apply shampoo or soap solution and work the lather into the scalp with the pads of your finger tips (not the nails). Massage the scalp thoroughly, using a circular motion. Rinse out this first lather in warm water, then lather a second time.

5. Rinse three times or until the hair "squeaks" between your fingers. A rinse of the juice of 1/2 lemon (for blonde hair) or 1/4 cup of vinegar (for dark hair) to 2 quarts water for the next to the last rinse water may be used to soften the hair and add luster. More lemon may be added if desired.

6. Dry the hair with a clean towel. Blot the moisture and lightly massage the scalp. Then brush the hair dry in the sunlight, if possible. Be sure your comb and brush are clean.

7. If you have very dry hair, oil treatments may be helpful. Apply warm pure oil, such as olive oil, to your scalp. Massage it well into the scalp and allow it to remain for an hour or two, or even overnight if possible, before your shampoo.

8. Set your hair when it is dry or only slightly damp. Wrap your head turbanwise with a towel that has been wrung out in hot water. Steam for about 5 minutes to dampen. If you set your hair when it is very wet it will be tight and kinky. After the hair is set, wear a net until it is thoroughly dry. Short hair may be put up in pin curls - long hair on rag curlers.

To make an average-sized pin curl, part off an inch-square strand of hair and comb it smooth. Then holding the strand with one hand, place the forefinger of the other hand in front of the strand about an inch away from the scalp. (If your hair style calls for curls that turn away from your face, place the forefinger in back of the strand). Now, wrap the hair over the finger and wind it around and around. The curl will be easier to slip off if you keep the turns of hair between
the knuckle and tip of your finger. Then, turn your finger so it forms a right angle with the scalp, the tip just touching your head. Tuck the hair ends in on the scalp-side of the curl and slip it off your finger. Secure the curl with two crossed hair pins, bobby pins or curl clips. See figure on following page.

Styling your hair - Your hair can form a beautiful frame for your face. Have a beauty operator help you analyze your face - study your features - and consider your personality. Your hair-do should be in keeping with the size of your features. If you have large features, wear your hair in smooth, loose, generous waves and rolls. Smaller, softer curls are for your small-featured friend. Lines in your hair-style which repeat lines of your features emphasize them. When you wear your hair back away from your face, your features appear larger. If you wish to make your features less prominent wear a loose soft hair arrangement. A low side part makes your face seem wider, a high part adds length.

Round Face: Generally makes the neck seem short and chunky. Hair should be worn short or back from ears to give a narrow, high line. Avoid fluffiness at side.

Pointed Face: Avoid heavy bangs and fullness at temples. Hair can be worn longer, with fullness around the jaw line.

Square Face: Keep hair close to face, covering the ears, and long enough to follow the natural hairline down the side - with fullness back and below ears. Never wear hair on a straight line with the jaw or parted in the middle.

Now... Look at the Back of Your Head... A two-way mirror is needed for the best analysis job. Look at your head from the side and the back.

A. If it's flat in the back, hair needs to be fluffed out a little to fill in that flat line. Have it shaped so the first line of cutting is about five or six inches below the crown, then cut and taper down to the neckline.

B. If your head is rounded in back, keep hair long and smooth, hugging the head. Turn the ends under in page-boy fashion.

YOUR FIGURE

If you have figure problems, and what girl doesn't sometime in her life, then watch your calories. Remember those extra snacks between meals add weight too. That chocolate bar, the coke after school, peanut butter and jelly sandwiches before bed all add extra pounds around your waist and hips. But don't skip breakfast - you'll be
hungry before noon and will start to nibble again. Be strong when you go to the school lunch counter. Walk right past jelly doughnuts, chocolate cake, and pie, and help yourself to salads and fruit. Say "no" to gravy. If you really want to watch your diet you can lose that surplus weight, but it will take will power. Exercise is important too. It will help to make your figure trim by tightening those flabby muscles and making them firm. Now you thin girls, don't go overboard on chocolate and heavy pastries. You may gain weight but you'll lose your clear skin and probably have some blemishes instead. Use the natural foods - potatoes, butter, milk and fruits. Don't get the nibbling habit, but have an extra meal if you need it.

Don't ever try products advertised to help you reduce or gain weight without a doctor's prescription. Your health is too valuable.

To make your figure look really trim and smooth wear a good light-weight girdle as a foundation for your 4-H dress.

YOUR POSTURE

You've made a lovely dress in your clothing project. Are you worthy of your dress? Smartness in dress depends just as much on design and carriage of the human body as on the garment itself. The human design extends from the top of the head to the tips of the toes. It includes your posture while moving, standing, and sitting. Good posture is good body balance. It means that healthy muscles and well-shaped bones are working well together.

Test your posture to see if you are standing straight and tall.

1. Stand with your back against the wall with the back of your head, shoulders, buttocks and heels touching the wall. If you can place your hand between the wall and the small of your back, there is too much curvature. Move your heels forward from the wall. Flatten your back against the wall. Gradually move your heels back to the wall, trying to keep the small of your back flattened as you do so. When you walk, try to keep this position.

2. To test a side to side balance, have someone hold a yard stick or rod at your side and at right angles to the floor. If your body is well-balanced, the line should pass through the lobe of the ear, the tip of the shoulder, and slightly in front of the center of the hip, knee, and ankle bone.

If your posture doesn't measure up, try to find out what is causing the trouble. Here are some causes of poor posture:

1. General weakness of the body. This may be due to illness or to very rapid growth.

2. Poor mental attitude. This may be caused by unhappiness, lack of self-confidence, shyness, over-consciousness of height.

3. Improper shoes, and arch troubles.

4. Malnutrition, due to lack of the proper foods.

5. Over-tired, due to lack of sleep and relaxation. Posture is usually better in the forenoon than late afternoon when the individual is tired.

6. Habit and carelessness is the most common cause.
If your posture problem is caused by weakness or poor health, your doctor will be your best friend again. If bad habit or carelessness is your ugly enemy, you'd better set out to conquer it.

Here's how:

1. You must really want to do something about it. You must make up your mind to train your muscles out of old bad habits into new good habits. It's not easy and it can't be accomplished in a short time.

2. You must become conscious of your posture and carriage and work on it all the time. Watch your reflection in store windows. Is it improving? Are you standing tall, walking tall? Are you getting the feeling of good posture - the feeling that your body is in as straight a line as if you were suspended from above by the upper back part of your head? Take a deep breath now and then. It will help to pull you into line.

3. Practice. Practice. Practice good posture in all your daily tasks. No more sliding down in your seat at school. No slumping over your desk. Place the back of a chair so close to the wall that in passing between the wall and the chair, the body has the feeling of squeezing through. Notice how the abdomen is drawn in and the hips seem to fold down under you. Continue this line-up as you walk away.

4. Exercise to build up your muscle tone. Exercise also gives muscles practice in adjusting the various parts of the body so they can balance one another. It's a model's muscle control that makes her look so straight and tall. Work to control your muscles.

Now, when we are on exhibit - and when aren't we, except when we're asleep - it's the little things that count. When you are working on your habits, work on these:

1. When you stand, balance your weight evenly or stand with one foot slightly ahead of the other. Some models stand with the heel of one foot at an angle to the arch of the other. (See illustration at right). Keep your knees close together but relaxed and bent slightly forward. This will give you an appearance of gracefulness and lightness. Be relaxed but don't slouch.

2. When you walk, keep your perfect body balance. Swing your legs from the hips (smooth as a pendulum of a clock). Point your toes straight ahead. Your knees should be slightly flexed.

   Each time you take a step, pick up your foot. Put your heel down first. Hold your weight high and put your foot down lightly. Don't shuffle. Your posture and carriage greatly affect how well you dance, so learn to pick up your feet and put them down again in a definite precise movement. If you are taller than the average, you will still look tall if you slump. You will also look awkward. There is nothing you can do about your height except to wear it and make the most of it. Remember, you can show your clothes to better advantage than your shorter friends, but you must stand straight and tall. Keep your body erect when walking upstairs, don't lean with your head.
3. When you turn, as for example, when you walk across a stage, you may like to practice a pivot or turn. This is one way of doing 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 and body so that your two toes are now facing where your heels were when you started (see figure). This is a complete pivot or turn. Often times you might want to make only a half shift or turn. Sometimes a combination of this pivot and a couple of steps in a circular motion may be most graceful.

4. When you sit, sit well back in your chair so the hips are against the back of the chair and the upper part of the body is held upright. Your feet are flat on the floor with one slightly ahead of the other. Your sitting position is especially important when you are on a stage or having a group picture taken. When leaning forward bend from the hips and keep the back straight, not slumping.

When sitting, avoid positions in which the knees spread apart. Avoid twisting your legs around each other or around the chair legs. If you cross your legs, cross them lightly at the ankle or just above the knee so your legs hang side by side. (If you are flat or short-legged don't do this.)

5. When you sit down, you will need good muscular control to be graceful. Have one leg barely touching the front of the chair and the other foot slightly advanced. Bend through the knee and hip joints, letting the muscles in the calf of the leg and thigh lower you. Keep head and chest erect. To arise advance one foot, bend the trunk slightly forward, and push up with thigh and leg, letting these muscles do the work. Unless the chair is unusually low and soft, ignore the aid of chair arms when rising.

6. When you enter a room, enter slowly. Pause at the door to get bearings. Look the situation over, decide where you will sit. Then enter slowly and gracefully and take the chair you noticed was empty.

**YOUR SKIN**

*Keep Your Skin Clean and Dainty*

A bath is a must in your daily grooming routine. It may be a tub, a shower, a sponge or towel bath, as the facilities in your home permit. Use a mild toilet soap and rinse the skin well. Use a deodorant or antiperspirant as soon as you have bathed. Then you won't have a hint of perspiration odor at any time. Deodorants remove the
odor only; antiperspirants check perspiration, diverting it to other body areas. Some brands of deodorants or antiperspirants may irritate your skin; if so, try another brand. Here is a simple home deodorant that you might use: Mix equal parts of soda and talcum powder. Soda may also be used by itself. Equal parts of boric acid (not borax) and talcum is also an effective deodorant. This may be used on your feet as well as underarms.

Keep your underarms shaved clean. Keep your legs smooth too. Shaving is quick and easy. You might use a commercial depilatory for removing that excess hair if you choose.

YOUR FACE

A lovely face is a clean face. Two big trouble makers to lovely, clear skin are dirt and diet. Watch your eating habits and remember that rich foods, like jelly doughnuts, add pounds and pimples. Keep free from constipation and drink plenty of water. You will be rewarded by a clearer skin.

Keep your skin absolutely clean. If your skin is oily you may need to scrub with soap and water several times each day. Here's how to cleanse your skin thoroughly.

1. Pat on cleansing cream. Remove with cleansing tissue. Dirty wasn't it? Did you ever guess there are so much grime on your face?

2. Use a mild soap and warm water. Massage the lather with upward and circular strokes of the finger tips. This helps to stimulate the circulation of the blood. Be sure to lather well up to the hair line, and in the crevices around the nose and mouth. Here is where you will have most trouble with blackheads.

3. Rinse off soap with warm water.

4. Rinse with cold water to close the pores. Sometimes use ice cubes. They feel wonderfully cool.

Follow this routine at least twice a day. Always cleanse the skin before applying fresh make-up. If skin is very dry, a cream at night or a small amount of baby oil (because it is pure) is helpful.

If blackheads have begun blossoming, wash more often, the pores are clogged. Use a wash cloth wrung out in very hot water to steam open the pores. Avoid picking at blackheads. Alcohol will act as an antiseptic and help to dry them. Never squeeze hickies or pimples. Don't be discouraged if your skin is oily and has a few blemishes. This may be caused by changes taking place in your body patterns and in the functioning of your glands. Keep trying proper measures will help counteract this condition. If any irregularity persists, consult your family doctor.

Make-up, The Glamorous Touch

Make-up will add dash and sparkle to your appearance if you aim for a natural look. Be, oh, so careful that you don't look painted, it cheapens instead of enhances your appearance. When your face is thoroughly cleaned:

1. Start with a good powder base - one that lets the pores breathe. A mild hand lotion may be used.

2. Powder is next. Use a clean puff and powder that matches the color of your skin to give your skin a smooth, even surface and dull the shine.
3. Very few teenagers need rouge. A small amount goes a long way even at night.

4. You can be more lavish with lipstick. Select a color that blends with your skin. A beauty operator can help you select a color. The colors of red that you wear in your costume should harmonize with your lipstick. If browns and yellows are your best colors look for lipstick that has a slightly orange cast. If blues are most becoming, your lipstick should have a slightly bluish tinge.

   Apply your lipstick carefully, get a smooth line. Blot off the excess with a tissue so the lips will look more natural. Take another look in the mirror to be sure you haven't smeared any outside of the outline of your lips and that you haven't gotten some on your teeth.

5. Avoid all eye make-up. The eyes are such a delicate organism - don't trifle with them. Young eyes have enough life and sparkle of their own. You will probably want to remove the few stray hairs in your eyebrows that fall out of line - but only a few, not the whole eyebrow. A tweezers is effective for this. If you feel that you need more eye glamour, try a little vaseline or cream on each eye lid before that big party.

6. Don't make cafe's and public places your private dressing room. Put on your make-up and comb your hair at home or in rest rooms.

**YOUR HANDS AND NAILS**

Your hands need special care - they have a hard life. They will need an extra lubricant to keep them soft, especially in winter. Always dry them carefully. Use a lotion after doing dishes and at night before going to bed. There are many good commercial lotions on the market. You can make your own by combining equal amounts of glycerine and bay rum. Add a dash of rose water for perfume. A solution of equal parts of glycerine and witch hazel is also effective. These are very inexpensive. Don't forget your elbows, they often need attention too. Now for your nails:

1. Everytime you dry your hands push back your nail cuticle until your finger nail "half moons" show. This may be done with an orange stick or the thumbnail of the other hand. A soft cloth is helpful.

2. Shape your nails to an oval with an emery board. Always shape toward the center of the nail. Shape all the nails alike and keep them the same length. Remember it's the grooming that makes them lovely, not the length. Toe nails should be cut straight across.

3. Clean your nails everytime you wash your hands. Nail white applied under the nails serves as a bleach.

4. Natural nail polish will be best with casual clothes. If you use a red polish it should harmonize in color with your lipstick and the clothes you are wearing. A hairline left at the sides makes your nail more slender. If you paint the entire nail your hand will look longer.

**And Back Again to Those Little Things That Are So Important:**

1. Don't bite your nails. This is a nervous habit. Try hard to overcome it.
2. Don't peel the polish off of your nails in public. Either wear enamel on all of your nails, or wear none at all. When the polish becomes chipped, remove it and apply a fresh coat.

3. Keep your hands relaxed and quiet, either in your lap, on the arms of the chair, or on the table in front of you - but keep them quiet and not nervously fidgeting. You might rest your hand lightly in your lap with the fingers curved upward and relaxed and the thumb of one hand in the palm of the other.

YOUR TEETH

A well made-up mouth should be a frame for your teeth. Be sure those teeth are clean. Brush them at least twice every day. An excellent homemade tooth powder is made by mixing equal parts of soda and salt. Dental floss is helpful in removing some stubborn particles lodged between the teeth. Have your dentist check your teeth every six months. It's marvelous what braces can do to make teeth straight and even.

More of Those Little Things That Count:

1. Be sure your clothes are clean and well pressed.
2. Mend your clothes and sew in fasteners instead of using safety pins.
3. Shields in your dresses will prevent ugly perspiration stains.
4. Have a fresh handkerchief. Use cleansing tissue when you have a cold.
5. Adjust your slip length so it is just shorter than your dress. Keep your shoulder straps in place.
6. Heavy perfumes are not for youth. Light floral or spicy colognes are meant especially for you.
7. Keep your hose pulled up smoothly and the seams straight.
8. Keep your shoes well-polished and not run over at the heels.
9. If you wear glasses keep them sparkling and clean.

YOU, YOURSELF

You are a very special person - an individual. No one is like you. There are some things you cannot change, so make the most of what you are. Emphasize your good features. Don't envy the other girls. You have some good points that they don't have. Be a happy girl, interested in many things. Your eyes and smile will reveal your interest and friendliness. Have a hobby. Take part in some active sport for the fun, fellowship, and exercise. Work hard to become very good in one or two things. It will give you confidence which will be reflected in your bearing.

Be so well groomed that you gain poise and forget yourself. Then you can give your whole attention to the interesting things around you.