Grooming Guide

Ruth Jensen
Iowa State College

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Grooming Guide

by Ruth Jensen

WHEN and how is a girl good-looking? Are good looks something you are born with or that you acquire? Most of us must be content with only fair regularity of features, but there are parts about good looks that you acquire. We can make the most of ourselves through good grooming.

Public secret number one is to start a time budget. Orderly improvements and regular upkeep are what you need if you are to look good all the time. This demands an intelligent, carefully kept up, good-looks schedule which includes all the well known chores.

Baths are, of course, the foundation of good grooming. If you like bathing in fragrance, try some of the bath salts and water softeners that come in lovely scents. Oceans of bland soap and warm water will help your complexion. However, if your skin does not react well to this treatment, try washing it with almond meal and water, which is a mild but cleansing treatment. Buttermilk and sweet milk have a pleasant effect on the face, especially buttermilk, which is mildly bleaching.

In making up your face there are a few tips to remember. Powders should be of good quality and fine texture and tinted as nearly like your skin as possible. Your eyelids look better a little shiny and dewy; therefore, vaseline rather than powder them. For powder application, inexpensive rounds or puffs of cotton are grand because they can be used once and discarded, thus banishing "soiled powder puff" for good.

Buy good cosmetics, manufactured by reputable houses. Lipstick, that flag of independence for girls, should be put on smoothly and neatly without musky edges. To make your lips appear moist and soft, apply a bit of cold cream before the lipstick.

If you wish to avoid talking or laughing lines around the mouth, try this simple facial exercise, which is nothing more than blowing. Close the lips almost tight, fill the mouth with air and puff hard against the inside of the cheeks, the upper lip releasing the air in small puffs.

In the way of hair pulling it’s a fact that hair holds a place in the spotlight of our good grooming. It should be becomingly arranged, of course, but above all it must be clean and healthy. The scalp should be flexible and easily moved. Daily massage accomplishes wonders. The cushion tips of your fingers should be used to massage the scalp, and proceed from the hair edges toward the center of the scalp using a rotary movement. Don’t cause people to say about you, “Why doesn’t she comb her hair?”

Look at your hands! Of all the grooming elements, none is any more significant than the care of the hands. Hands express the personality, character and taste of a woman. They may not be shapely, but if the nails are clean, properly manicured, and not covered with garish color, they indicate a refined sense of the appropriate. Good liquid polishes are available in soft shades that complement our fall wardrobes. One of the newer brands is advertised as nonchipable. A liquid which is to be applied after the polish to add days to your manicure is now available.

For the famous “last word” on the subject, learn your style. Your roommate can help here. Have her draw upon a piece of paper tacked to the wall your figure outline. Then scrutinize it frankly. Call upon your knowledge of line, texture, and color to emphasize your good points and minimize your bad features.

THE following is a score card for good grooming. Score yourself and see if you are making the most of your assets.

1. Becomingly dressed hair .... 10
2. Face correctly cleaned and flattering made up .................. 10
3. Clean and well trimmed finger nails ..................... 10
4. Clean body and hair .......... 10
5. Immaculately clean and pressed clothes ................... 10
6. Clean and polished shoes with straightened heels .... 10
7. No tears, breaks, loose buttons, ribbons or snaps ...... 10
8. Graceful carriage ............... 10

In addition, get a song in your heart for extra credit, and you’ll rank at the top; this is sense and it is also science.