

1948

Victory For Vicky

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Recommended Citation

Breckenridge, Jo Ann (1948) "Victory For Vicky," *The Iowa Homemaker*: Vol. 28 : No. 4 , Article 9.
Available at: <http://lib.dr.iastate.edu/homemaker/vol28/iss4/9>

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Victory For Vicky

VICKY HAS decided now to begin a Christmas present for herself. While other women knit argyles in the hope of finishing them for the man of the moment by Christmas, Vicky is going to work on making herself a smoother, more popular woman by December 25.

Vicky goes after health . . .

So, step number one for Vicky is to follow a basic health program. She knows that there are three fundamentals to good health: correct, habitual diet, adequate rest, fresh air and exercise. Iowa State's dietitians supply the first, providing hot fudge sundaes, Union malts and cokes aren't substituted for regular meals. If she'd budget her time, Vicky is sure she could get in 8 hours of beauty sleep most nights. Waving dumbbells may bore Vicky, but getting plenty of exercise will be easy while she helps her dorm or house win the volley ball tournament.

It takes good posture . . .

The dress Vicky is making in textiles and clothing will be finished just in time for holiday parties and Vicky wants to look as attractive as the dress. Knowing that her shape is the frame on which she hangs her clothes, and that they take their form from hers, Vicky is determined to make sure hers is the very best diet and exercise can produce. The days of walking, standing and sitting curled up like a pretzel went out with the flapper. Vicky's decided to hold herself correctly. . . feet together, toes forward, weight on the ball of the foot, knees slightly flexed, abdomen up and in, chest high. Each day she'll check her posture against a wall—head, shoulders, and heels should touch. Standing straight, she's discovered, is as effective toward looking slimmer as shedding 10 pounds.

With her roommate and the woman across the hall, Vicky is going to spend 15 minutes each day on special exercises to reduce a few bumpy spots. These bumps-in-the-wrong-places woes will be easily solved by religiously grunting and groaning through a set of exercises Vicky got from her physical education teacher.

Cleanliness counts . . .

The saying that beauty is but skin deep is but a skin deep saying. Vicky believes that there is no substitute for a fine skin and no really effective camouflage for a poor one. Vicky keeps her oily skin scrupulously clean with night and morning scrubbings with soap and water, using a complexion brush to increase circulation. Her dry-skinned roommate cleanses with cream. Either method, used regularly, will remove leftover makeup or campus grime which might clog and eventually enlarge the pores. Vicky has discovered that she doesn't need a medicine chest full of creams, lotions and freckle removers to have

a beautiful skin. The value of cosmetics lies not in the number that are used, but in the regularity with which they are applied.

Tell-tale hands . . .

Vicky thinks it thrilling and romantic to have her palm read by the gypsy in the circus. Although she is doubtful about the five red-headed men the gypsy sees in her future, Vicky knows that much is revealed through her hands. Besides, a soft pretty hand might help snare one of those red-heads. Hands, like faces, can be made up to look much more handsome. Vicky will wash her hands often and use lotion or cream afterward. Hand cream is applied the same way she strokes her fingers into a new glove. If she follows this season's latest in nail fashions, Vicky will use a lighter polish and leave half-moons and tips white.

One important point . . .

When Vicky was a little girl, the symbol of a big girl was make-up. The day she smoothed the first rosy color over her lips, she became a woman, as far as Vicky was concerned. Since that first tube of lipstick, guaranteed kiss-proof because that too sounded grown-up, Vicky has learned that a woman's make-up can make or break her. The college look is the natural look. Whether she uses pancake powder or cream foundation, she'll choose a shade near to her own coloring and apply with the light touch. In make-up it's the little things that count. A lipstick brush is used for a clean cut outline. Vicky brushes her eyebrows into a line so that they frame her eyes attractively. Powder that dusts over eyelashes, brows and hairline makes a face seem vaguely untidy, so she brushes it off.

Right ways with hair . . .

Shining, neat, attractively styled hair can lift a plainly dressed girl into the queen class, while the beautifully dressed girl becomes just another coed if her hair is untidy and lacks luster. Hair, Vicky thinks, is worth considerable trouble. She shampoos her hair when it needs it, and is sure that it is clean and free from every bit of soap. Vicky copies Grandma and holding her head forward over her knees, brushes 100 long, deep strokes or until her scalp tingles. Above all, Vicky is sure she doesn't fall into the trap of having too much hair.

You, too . . .

Once in the swing of practicing good grooming, Vicky finds it doesn't take half the time she thought it would. Maybe she'll have time to knit some green argyles for that red-head in her future yet.