

ESSENTIALS OF GOOD GROOMING

The ideal program for personal grooming includes these essentials:

For Women

1. Daily bath or shower --- a nice lathery one to remove all traces of dead skin and dried perspiration.
2. Deodorant used regularly. After every bath; in the morning and in the evening before going out.
3. Underarms shaved frequently --- a real help in discouraging odor.
4. Teeth brushed carefully and gums massaged at least twice daily --- with a good tooth paste.
5. Makeup carefully selected and applied sparingly to give a wholesome effect. Use a spotless powder puff.
6. Fresh stockings every day. Cream deodorant to soothe and protect perspiring feet.
7. Fresh underclothes every day --- at least bra and panties. Wash girdles frequently.
8. Hair brushed thoroughly every day and washed every 10 days to 2 weeks. Keep brush and comb clean. Brush shoulders after each combing.
9. Nails kept clean with nail brush and manicured at least once a week. Redo chipped nail polish between times.
10. Clothes brushed for each wearing. Pressed frequently.
11. Dresses always aired overnight before hanging in closet.
12. Dresses washed or cleaned frequently.
13. Accessories --- collars, gloves, handkerchief, kept crisply clean. Buttons and snaps sewed in place.
14. Shoes cleaned, brushed or polished. Heels never run over.

For Men

1. Daily bath or shower --- a nice lathery one to remove all traces of dead skin and dried perspiration.
2. Deodorant used regularly. After every bath; in the morning and in the evening before going out.
3. Underarms shaved frequently --- a real help in discouraging odor.
4. Teeth brushed carefully and gums massaged at least twice daily --- with a good tooth paste.
5. A clean-shaven face is especially important and few men can present this impression without shaving daily.
6. Fresh socks every day. Cream deodorant to soothe and protect perspiring feet.
7. Fresh underwear every day.
8. Hair kept well in place. Brush daily. Have trimmed and shampoo frequently. Keep brush and comb clean. Brush shoulders after each combing.
9. Nails kept clean with nail brush. Trim them at least once a week and push back cuticle after each washing.
10. Clothes brushed for each wearing. Pressed frequently.
11. Suits always aired overnight before hanging in closet.
12. Suits cleaned frequently.
13. Fresh shirt and collar daily; tie spotless and well-pressed.
14. Shoes kept polished and heels never run over.