BEAUTIES are TRAINED... not born!

Freda Record
Associate Clothing Specialist
A 4-H girl must always look
Her very best, you know.
No matter whether ten or twelve,
She's neat from top to toe.

Each morning when it's time to rise
She knows just what to do.
She takes a bath and washes well
Until she shines like new.

Around the neck the wash cloth goes
And picks up all the dust.
The valleys in the ears are cleaned,
She knows this is a must.

Her hands and knees and elbows, too,
Need special scrubbing care;
For work and school and playtime do
Cause chap and other wear.
Her nails are cleaned and filed real smooth;  
It is a treat to see  
Those cared-for hands so clean and soft  
Do tasks for you and me.

After mealtime she must brush  
Her teeth so carefully;  
To keep them strong and free from germs  
Her dentist she must see.

A thorough check-up twice a year  
Will keep her teeth real nice;  
No cavities or aches or pains  
Or teeth to sacrifice.

To keep her crowning glory neat  
She’ll comb and brush real well.  
Each hair will have its proper place  
For her own style — do tell!
Her shoes are shined or buffed each day
To give that well-groomed look.
Her clothes are pressed and spotless, too,
As pictures in a book.

Each week-end there are tasks to do
Because she has more time.
Her hair needs washing, clothes need care,
But Mom will help, I bet a dime!

To shampoo hair and rinse it well,
Takes time and skillful hands.
But every effort that you make
Pays off in dividends.

Now check each dress and skirt and blouse
For rips and tears and such;
And mend them well and hang them up
As this will help so much.
The proper hanger for each piece,
With drawers neat and clean,
Add much to every member's room.
And makes her like a queen.

Each day you'll want to do the things
You know you need to do
To look your best and feel your best,
And please your family, too.

By: Mrs. Freda Record
Associate Clothing Specialist
## HOW DO I LOOK?

| 1. Take a tub, shower, or sponge bath daily. | Never 0 | Sometimes 1 | Usually 2 | Always 3 |
| 2. Wash my face, neck, and ears well daily. | | | | |
| 3. Change my underclothing daily. | | | | |
| 4. Brush my hair daily. | | | | |
| 5. Clean my nails daily. | | | | |
| 7. Hang up my clothes when I take them off. | | | | |
| 8. Buff or brush my shoes daily. | | | | |
| 9. Shampoo my hair once a week. | | | | |
| 10. Polish my shoes once a week. | | | | |
| 11. Repair my clothes when needed. | | | | |
| 12. Visit my dentist twice a year. | | | | |
| 13. Look my best at all times. | | | | |

### YOUR SCORE EACH WEEK

- 35-39 Excellent
- 30-34 Good
- 20-29 Fair
- Below 20 Needs to Improve