Cues for Teens

Mary Lyle

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Cues for teens

Agricultural Extension Service
SOUTH DAKOTA STATE COLLEGE
U.S. DEPARTMENT OF AGRICULTURE

JUNE 1954
Cues for teens

Prepared by Mary Frances Lyle
State 4-H Club Agent
With assistance from
other members of the
State 4-H Club Staff

A courteous, well-groomed person is truly a joy to meet. All of you can be such a person. To develop into a courteous, well-groomed person is part of growing up, and in this circular, you will find some ideas which will help you be the kind of a person that you admire.

Many times, it is not that you don't know the correct thing, but that you do not do the correct thing. You may know how to take care of your clothing, but just don't take the few minutes a day to keep your clothing in proper repair and clean. You may know what foods you should eat for proper health, but you may not eat them. You may know what good posture is, but do not develop good habits of posture for yourself.

Why not take stock of yourselves to see how you look to others? Are you doing that which you know to be the right thing to do in any particular situation? Remember your home is the place where you have the opportunity to learn to do the proper thing—learn to practice those proper things not only in your homes but every place that you are.

How you appear to others is the sum total of what you are. Make a good appearance to others at all times—then you truly will be a courteous, well-groomed person on all occasions.

In this circular you will find some help for you, not only in your homes, but in the other places in which you spend time. This circular does not cover the field entirely—you can easily find other material in the current magazines and newspapers, as well as in books, that will help you and other club members to learn how to be a courteous, well-groomed person.

COURTESY

Because your home is the place in which you spend most of your time, it is the place where you not only learn what is correct, but also, practice what you learn. Your parents are the most important persons in your life, and as such should be treated with respect in a courteous manner. Many little things that you do around your homes, which you might not even think of, can make the difference between whether or not you are courteous. Some of these little things will be discussed so that more of you can be conscious of them to help you be a more courteous person.

The courteous person never makes work for another member of the family. Such a little thing as keeping your own clothing picked up and taken care of properly is your responsibility. Every member of a family has his own towels, toothbrushes, combs, brushes and the like to use. Such personal items should be used only by the person for whom it is intended.

The care of a home is a big job, and as a member of a family, each of you should take certain responsibilities so that the load will never be too heavy on one person, usually your mothers. Replacing magazines on the shelf, folding up the newspapers, leaving the bathroom picked up after you have finished with it, and the like, are little things for you to do, but help so much to a person who must see to it that things are in order.

Many tasks about the home are really no one person's respon-

sibility, but each member of the family can be courteous about sharing such duties. Maybe doing the dishes is a girl's job, but have you ever noticed that it never hurt the boys of the family to know how to do dishes, and to help out when situations arise in which they are needed? The same can be said of mowing the lawn—either boys or girls can do that little task satisfactorily, and without grumbling.

Family members are considerate of the other members of the family. Diaries and letters are personal, and are not read, except by the person to whom they belong. Those who come into the home, after other members of the family are in bed, are quiet.

A courteous boy and girl can understand the family's finances so that they will be cheerful, if they can't have new clothes when they are wanted but not needed.

The key to the answers of the following questions will be found on page 8.

How Do You Rate at Home?

1. Do you hang up your clothes?
2. Do you say a grouchy good morning?
3. Do you use someone else's towel?
4. Do you insist on listening to your radio program when the family wants to listen to another?
5. Do you eat the food before you without grumbling?
6. Do you leave the newspaper in a state of disorder?
7. Do you wipe your shoes before entering the house?
8. Do you borrow things without asking?
9. Do you growl when Mother asks you where you have been?
10. Do you smile when you can't have a new dress or suit for a special occasion?
11. Do you throw a temper tantrum if you are not allowed to go to a party?
12. Are you willing to help Mother with the dishes?
13. Do you leave the bathroom in a state of disorder?
14. Do you have to be urged to study?
15. Can you laugh when your family teases about your girl or boy friend?
16. Are you careful of your table manners?
17. Would you read your sister's diary?
18. Do you always appear neatly dressed in the house?
19. Do you praise a member of the family when he does something well?
20. Would you be proud to show your clothes closet?

95-100—Joy to the family 70-80—Not so good or not so bad
90-95—Grand 60-70—Slipping
80-90—Nice going 0-60—Very, very bad

Meal times can be so pleasant in homes and in most homes they are. You have been in homes where every member of the family eats some of everything that is on the table. That is pleasant for the Mother who has prepared the meal. You know, it takes so long to prepare food for the family, and such a short time to eat it. Meal time is pleasant whenever every member of
the family has good table manners. Examples are: when food is asked for with a “please” in the request; or a “no, thank you,” when the person requested does not care for the special item in question; and when members of the family excuse themselves, if they must leave the table before every member of the family is through with the meal. Meal times are pleasant in families when favorable subjects of conversation are discussed at the table. Happy meal times aid not only in the digestion of the food of the members of the family, but also are pleasant memories that you can have of your childhood.

How Are Your Table Manners?

1. Are you prompt for meals?
2. Do you make a nice appearance?
3. Do you sit down quietly?
4. Do you grumble about the food?
5. Do you put your elbows on the table?
6. Do you try to start a cheery conversation?
7. Do you dip your spoon away from you when eating soup?
8. Do you spread a whole piece of bread at a time?
9. Do you hold your knife and fork as a child?
10. Do you place your knife and fork together on the plate when you have finished?
11. Should you dunk in public?
12. Should the silver be placed in order, starting with the outer edge of the cover?
13. Should the woman guest of honor be served first?
14. Would you push back your plate when finished?
15. Would you eat breakfast bacon with your fingers?
16. Should you use the zig-zag method of eating?
17. Should the waitress serve you from your left?
18. Would you serve hot tea on a hot day?
19. If you knew your guest was fond of chocolate cake would you serve it?
20. Are you disgusted when guests are late?
21. Do you fail to introduce a new acquaintance to some congenial people?
22. Do you wear your newest outfit to your party?
23. Would you provide sweaters or coats for your guests if the furnace suddenly went off?
24. When the party becomes dull, do you give up in despair?
25. Are you ready to greet guests when they arrive?
26. Do your parties run smoothly?
27. Do you talk about the food you are serving?
28. Do you enjoy your own parties?
29. Do you try foods on your guests which you have never served before?
30. Are you disgusted when guests are late?

How Do You Rate in Public?

1. Do you say good-bye to your friend’s mother when you leave her house?
2. Do you elbow your way through a group?
3. Do you cross the street only on a green light?
4. Do you walk the streets four or five abreast?
5. Do you talk in the movies?
6. Do you listen when a classmate is reciting?
7. Do you blow the horn of your car furiously when calling for a friend?
8. Do you laugh at a dance?
9. Do you jump and shout at a football game?
10. Do you give old friends as much attention as new ones?
To live a long, happy life, one must observe safety rules.

11. Do you tip sufficiently for services received?
12. Do you carve your initials on objects which do not belong to you?
13. Do you take souvenirs from public places?
14. Do you give your seat to an older person on the bus?
15. Do you stand up when an older person enters the room?
16. Do you turn down or tear out pages from books which you borrowed from the library?
17. Do you obey the school rules of quietness?
18. Do you skip school?
19. Do you dance gracefully?
20. Do you obey the school rules of quietness?

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Do Girls Like You?
1. Do you like to brag?
2. Do you honk the horn to announce your arrival?
3. Are your table manners always correct?
4. Do you comb your hair in public?
5. Are you prompt for a date?
6. Are you considerate of your escort's pocketbook?
7. Do you giggle for no reason at all?
8. Do you make your escort feel important?
9. Do you telephone him constantly?
10. Do you stick to one boy on a date?
11. Do you hand them a line?
12. Do you gossip about other people?
13. Can you keep a secret?
14. Do you break dates at the last minute?
15. Do you entertain at home sometimes instead of going out?
16. Do you admit you are wrong when you are?
17. Do you have an even temperament?
18. Do you like to talk about last night's date?
19. Are you a good mixer?

Do Boys Like You?
1. Do you fix your make-up in public?
2. Are you a good dancer?
3. Do you ask your escort to carry your vanity and other gadgets in his pocket?
4. Do you comb your hair in public?
5. Are you prompt for a date?
6. Are you considerate of your escort's pocketbook?
7. Do you giggle for no reason at all?
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16. Do you admit you are wrong when you are?
17. Do you have an even temperament?
18. Do you like to talk about last night's date?
19. Are you a good mixer?

GROOMING

Everyone is interested in his weight—just look around at the scales in restaurants, drug stores, hotel lobbies as well as other places. Girls are usually interested in finding out if they have lost weight; boys to see if they have gained. Boys, however, are becoming more conscious that it isn't just the right thing to be overweight. Generally speaking, young folks are a little better off with a little extra weight. When your weight varies more than

90-100—You must be popular
80- 90—Don't slip any further
70- 80—Pass, but isn't good enough
60- 70—A little push and you would pass
50- 60—Just too bad
You strive for good health so you can enjoy living, work hard, and be of service to others. Be interested in the health of others and help them improve. You can do this effectively by giving talks and demonstrations at your club meeting, at community meetings and at your local 4-H achievement day.

Cleanliness is vital to good grooming. A minimum list of toilet articles for boys and men include: a good toilet soap, hair brush and comb, nail file, hand brush, tooth brush, tooth paste or powder, some type of razor, shaving cream, shaving brush and after shave lotion. For girls, bobby pins, and lip stick would need to be added. Of course, many other things might be considered as necessary by some people, but the number of toilet articles in your possession is not the answer to how well you will look—but how carefully you use the toilet articles that you do have. The person who has a good hair brush, but uses it only before washing his hair, or never, will never have well-groomed, good looking hair.

All-over cleanliness via a tub bath or shower needs to be a daily habit the year around. Those who like a tub bath often find it relaxing just before bedtime. Morning bathers frequently prefer the shower for the stimulation of the water peltting the skin and as a time saver. But vigorous exercise at work or play and hot weather respect no schedule and require extra baths for comfort and social acceptability.

Control of perspiration is special phase of the good grooming habit. These products come in a variety of forms. Deodorant creams and talcum neutralize odor but do not interfere with the flow of perspiration. Protection of the clothing, with underarm shields and back protectors, thus is necessary.

Antiperspirants both deodorize and temporarily stop perspiration. In general, liquid antiperspirants are stronger than those in cream or stick form. But concentrations vary among brands, so it is well to experiment with different ones if effective control is a problem. Antiperspirants need to be used according to directions and preferably when it is possible to be quiet for a while. Whether used daily or every two or three days depends upon personal needs.

A healthy skin does not depend entirely upon outside cleanliness. Blackheads, pimples, excessive oiliness may be due to the kind of foods you eat and your general health habits. In general, eating plenty of fruits, vegetables and milk; getting sufficient rest and plenty of exercise; drinking 6 to 8 glasses of water daily, and guarding elimination habits will do much toward a healthy skin.

Complete facial cleanliness is a must for a good complexion. The face should always be clean before retiring for the night. Usually the best method of keeping the face clean is to use a mild soap with warm, soft water and a soft washcloth. Rinsing is important, because no matter how mild the soap, if left on the skin, it will irritate the skin.

Shaving For Boys

To the teen-age boy comes the problem of shaving. Too often his “first time shave” is put off too long, giving him an unkept appearance. Sometimes it happens that he begins too soon in life, thus encouraging a premature beard growth. It’s a daily lifetime process and should not be started until necessary.

Selection of the razor is important. Any of the many easily cleaned safety or electric razors available on the market are recommended.

In selecting a shaving cream or soap, three types are available: brush cream, brushless cream, and soap. The aerosol shaving cream in cans is very convenient, especially for traveling. The creams are more expensive to use than soap and this should be taken into consideration.

Select a shaving lotion that will cause little or no skin irritation. Try several different ones before selecting one that you will use over a long period of time. The application of a shaving t alc is
very refreshing and removes the shiny appearance from the face.

Keep all shaving articles clean and carefully arranged in a shaving kit or cabinet. Don't make a practice of loaning your equipment to others. Skin diseases such as "barber's itch" can be contracted through the practice of loaning or borrowing shaving equipment.

Grooming Aids

Your eyes can tell others much about you. Eyes that appear strained, tired looking, blood shot, or red, detract from how well you appear to others. There are many times when it is difficult to avoid getting dust in your eyes, but there is no excuse for the person who does not give first aid to his eyes to assist them back to normal. Boric acid solution is a very good eye wash. Most homes have an eye cup, and with an eye cup, it is a simple matter to wash one's eye if it is necessary. Many times putting a soft pad soaked in water over one's eyes for five minutes will relax them and remove that strained, tired look from one's eyes.

If possible, avoid the following things to keep your eyes looking well:

- Glare, dust and harsh winds
- Overworking the eyes
- Bad lighting
- Small, difficult printing
- Going without needed glasses
- Poor sun glasses
- Reading in moving trains or busses
- Reading in bed

Since your hands do so many things for you, and since other people always notice hands, they need special care. As a protection to your health, your hands need to be washed before each meal, and when returning from the toilet. Hands always need to be washed with soap, a mild variety, and dried well. Soap can be irritating to the skin on one's hands.

Having clean hands and well-kept nails does not mean an exaggerated manicure but rather definite and regular care. Boys who have farm work to do or who are around machinery find it difficult to keep their hands clean, but usually a good scrubbing with warm water, mechanic's soap or powdered pumice and a hand brush will remove the grime.

In cold weather and when doing work that will roughen your hands, wear gloves or mittens to keep the hands from chapping. Always be sure to dry the hands well after washing. Some skins are very sensitive to soap. If the hands become rough and chapped from soap, water, or wind, use a good hand lotion.

The nails should be kept clean and fairly short; nails filled to conform to the shape of the finger tips are in best taste. The cuticle at the base of the nail should be kept pushed back and loose from the nail to prevent hang nails which may be very sore as well as unattractive. Pushing back the cuticle should be attempted only when the skin has been softened by water. Every time you dry your hands, push back the cuticle with the towel.

The habit of biting nails can be broken by giving them regular care and taking pride in their improved appearance.

Nail polish should be used only if the person using it will always have a neat coat of polish on her nails in a shade that is both appropriate to the occasion and to the costume worn by the girl.

Teeth and bones depend on right foods properly assimilated for their strength. Calcium is needed to make them strong. Milk is the only food that can supply the person with enough calcium daily to provide for strong teeth and bones.

Teeth need brushing night and morning, and after meals, if possible. A small brush with firm, well-spaced bristles should be used. Commercial tooth pastes and powders as well as home made tooth powders may be used.

A mild soap, soft water, a good brush and a comb will keep your hair attractive. The condition of your hair, your activity, and the amount of dust in the air determines how often to shampoo your hair. For in-between cleansing, brush thoroughly each night using firm, upward strokes. Brush through the hair from the scalp to the ends of the hair rather than just the top.

Make a practice of washing your comb and brush in warm soapy water as often as you wash your hair. It is important that you have your own comb and brush.

Most fellows choose to use hair oil. If you do use hair oil, choose a good grade of hair oil, and use it only when your hair is clean.

Special care is required for your feet. You might think your feet have nothing to do with your appearance, but they do. There is nothing so important to you as sound healthy feet. A person who must be on his feet all day for his job depends on his feet. His job is even made more difficult if his feet hurt. Ordinary care of keeping feet clean and free from infections of any kind needs to be supplemented with the practice of buying shoes for the job that are not only well made but practical.

As for appearance, shoes that are well cared for add much to the way you look to other people. If five minutes were spent on your shoes each day, your shoes would have that well cared for look.

Care of clothing is a special subject, but one closely related to the grooming of one's self. Lingerie which is dingy or has an odor, counteracts personal cleanliness. Modern fabrics and detergents make nightly sudsing of hose and lingerie no chore at all. Dresses, sweaters, blouses, shirts and the like need to be protected from perspiration stain and/or odor. Color fading often is permanent and odor clings stubbornly to non-washable garments.

Collars, cuffs, dickey's, gloves, and white or pastel blouses need frequent, if not daily, laundering to be an asset. Non-washable blouses, sweaters, skirts, trousers, and dresses require daily brushing and inspection for spotting treatment. Frequent and thorough cleaning is a necessity.

With so many man-made fabrics used in garments at the present time, it is wise to select those which can be washed, even though many need to be washed with care in order to have clean, fresh clothing at all times.

Girls should always remember that cosmetics are used to enhance their natural beauty, and there is nothing so beautiful as a young person with clear skin, rosy cheeks, bright eyes, sound teeth, glossy hair and a sparkling personality. "To keep up with the gang, the only type of cosmetic a high school girl should use is lipstick. There may be occasions when other cosmetics may be used sparingly."
Carefully kept hands are your show window. Take care of them.

Are You Well Groomed? (Girls)

1. Are the heels on your shoes run over?
2. Do you let your shoes show?
3. Are the seams of your stockings straight?
4. Are you held together with safety pins?
5. Do you stuff your pockets?
6. Do you hitch your girdle?
7. Are your shoulder straps secure on your shoulders?
8. Do you wear clean white shoes?
9. Are your skirts long enough so that you can sit down with ease?
10. Do you huddle up in your coat collar?
11. Are you careful to keep your coat from dragging on the floor while you are sitting at a table?
12. Do you fill your pocket-book until it bulges?
13. Would you like to have me look at your bureau drawer?
14. Are your white gloves clean?
15. Do you wear a dress with a hem that was partly out?
16. Have you a dress with a button off?
17. Do you brush the band of your hat to keep it free from powder?
18. Is your hat suited to your costume?
19. Are there any buttons off your clothes?
20. Are your trousers too long or too short?

90-100—Excellent grooming 70-80—Pass in a pinch 60-70—Better get busy 0-60—Just awful

How Is Your Polish? (Boys)

1. Are you careless about making regular appointments with your barber?
2. Are your hands and nails free from stain?
3. Is your suit neatly pressed?
4. Is your linen immaculate?
5. Are your shoes polished?
6. Are your socks wrinkled around the ankles?
7. Are your heels run-over?
8. Do you wear a neatly knotted tie?
9. Are your gloves clean?
10. Is your hat suited to your costume?
11. Are your pockets stuffed with junk?
12. Does your suit fit you perfectly?

90-100—I would like to know you 70-80—Could be better 60-70—Fine, keep it up 0-60—You’ve a long way to go
### How Do You Rate at Home?

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### How Do You Rate in Public?

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### Are You a Good Host or Hostess?

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### Do Girls Like You?

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### How Is Your Poise?

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