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EC1192 Personal Development

Leona S. Davis

Mary E. Runnalls

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Extension Circular 1192

September, 1937



REGIONAL
DEVELOPMENT

The University of Nebraska Agricultural College Extension Service
and United States Department of Agriculture Cooperating
W. H. Brokaw, Director, Lincoln

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Personal Development

LEONA S. DAVIS AND MARY E. RUNNALLS

HOMEMAKING occupies the attention and efforts of more people than any other job or profession. Nebraska homemakers are interested in the scope of their work and are conscious of many of the problems which arise in the business of being a homemaker. In Extension Circular 5522, "The Important Job of Homemaking," an analysis of homemaking responsibilities was included. It is interesting to observe that several of the problems listed have to do with family relationships and child training, with personality and character development of the children within the family, and with the importance of an attractive and wholesome personality on the part of the homemaker herself.

Homemakers in the project clubs have asked for assistance in analyzing their own personalities, so that they may have greater satisfaction in their personal relationships and success in meeting situations as they arise. This circular has been prepared to help the homemaker study the relationship of her own personality to that of her family and to her community, and since good grooming is one of the many factors involved in a well adjusted personality, one section of this circular is devoted to this phase of personal development.

What Is Personality?

THE WORD "personality" has an appeal for everyone, because all of us are interested in our own selves. This interest is normal and natural, an outgrowth of nature's law of self-preservation. Interest in one's personality, and its relationship to other people and to one's environment, means growth and progress. Undisciplined, selfish interest in oneself may mean a warped or stunted personality. A well adjusted person is one who is outward growing; one who can think beyond self.

Human beings may be alike chemically; they are similar from a physiological standpoint; but from a psychological viewpoint they differ greatly from each other. In other words, personality is individuality. There are as many different personalities in the world as there are people, and no two of them are alike.

People are different because of the variations in heredity and environment. The relation of heredity to environment is complex, but heredity always works and environment always works. The question of greatest concern to us is, What environment and what training help to develop a well adjusted personality?

Personality may be said to include both what you are and what you do. The ways in which these are expressed are the yardstick by which personality can be measured.

When Is Personality Developed?

ANY MOTHER is familiar with the physical growth of the baby, which is swift and dramatic. Likewise, she is conscious of the mental growth of the child. When a baby stares at a light, waves a rattle, or smiles, he

is enjoying an experience. In his exploration of the universe about him he is constantly seeking new experiences. His mental life proceeds by degrees in an orderly fashion. Throughout his growth, his physical and mental development are unified. He works as a unit, because his nervous system is so closely knit into his body organs, and he develops new behavior patterns from day to day that become more complex as he grows older. At first he may be able to make only simple movements with his head, arms, and legs, but he soon learns to feed himself with a spoon. His mental growth is this progressive adjustment to his environment. Thus a child of a few months may be rightfully said to have a personality. Personality development takes place along four different lines all at the same time—physical, intellectual, social, and emotional.

Human life is complex. It takes Nature a long time to organize the adult human brain. It takes time to grow and during this growth period habits are formed, attitudes are acquired, and education is in progress. The progress is gradual, but definite. Each baby has a different pattern of mental growth and is just as much of an individual as either of his parents.

As physical and mental growth proceed, personality development is also taking place. Psychologists tell us that the foundation of human personality is laid down in early childhood. While heredity may limit the individual's capacity for certain development, his experiences, opportunities, education, in other words his environment, are helping to shape his personality all through the growing years. It is well to realize that many of our individual traits would never have been developed had we grown up in some other home, gone to other schools, or lived in other communities.

Why Is the Homemaker's Personality Important?

IT HAS been discovered that training can develop personality as well as physical body and mind. The homemaker, as a parent, has a significant role to play, for she is the child's first teacher. The future personality of the child depends largely upon example. If the mother is tense, her tension is transferred to the child, perhaps unconsciously. If she is unhappy in her environment, the child is quite apt to acquire some of the same attitudes. In a research study of 8,000 school children, it was found that the best adjusted children came from homes where their parents were never or seldom "nervous".

Aside from this influence that the mother's personality has toward shaping that of the children in the family, there is another equally important reason for the homemaker to strive for a well adjusted personality. The amount of satisfaction that she achieves from life itself is dependent on successful adjustment to her environment. Success in one's life work, whether it is marriage and parenthood or a business career, is largely based on one's ability to solve personal problems effectively. Only after one has learned to live peacefully with oneself and with others, does she achieve the freedom which is possible.

How Old Are You?

A SATISFACTORY journey through life from birth to death depends upon one's opportunity to live each period completely and satisfactorily. There are certain experiences and attitudes that belong to childhood. As the journey continues, these may be enlarged upon, while others are relinquished and discarded. Temper tantrums, for example, are sometimes found among young children, and one is not unduly alarmed over them at that stage, although the intelligent mother looks about for the reason and helps the child to overcome this undesirable reaction. A temper tantrum in the adult, however, is a much more serious problem. It means that the adult has not grown up mentally. Unfortunately there is not necessarily a correlation between chronological age and psychological age.

The tendency in the past has been to give so much special attention to maladjusted personalities, that it seems almost as if they are the only ones who have problems. However, every normal, healthy individual has choices and decisions to make, and many personal problems arise from living with ourselves, our families, and our communities. Some of our difficulties, of course, grow out of problems of society and the whole social order, and we must not overlook the limitations and economic pressures that affect our efforts to develop ourselves.

Homemakers vary just as other people do. Some are happy in their attitude toward life. These are the ones who are able to get along well with other people and who meet life situations wholesomely and positively. Others have personality traits which hinder their progress and make a pleasant relationship with others difficult.

The woman who has achieved mental maturity is a happy individual—poised, mature in her viewpoint, flexible in her judgment, and rational. To be able to accept responsibility and to get along well with people is a test of one's maturity.

What Are the Conditions for Normal Growth?

THERE ARE three basic factors needed in every one's life if she is to develop a well adjusted personality. These are security, success or achievement, and social opportunity.

Security means more than just the assurance of things necessary for physical life, such as a place to live, clothing to wear, and food to eat. Everyone needs to feel that she is needed in the world, that she is important, and that she is wanted. Everyone has the right to life, a job, and a place in the common life. Both physical and emotional security are necessary.

Success or achievement is necessary for personal satisfaction in living. Everyone is competent in a number of ways. No one is an absolute failure, neither is anyone a perfect success. People usually are more successful in some things and less successful in others. A person who has to work and put forth effort for accomplishment develops a better personality than the one who has things done for her, because everyone needs the feeling of being a useful and necessary part of the life going on about her.

Social opportunity is needed, too, for the growth of personality. A large factor in one's conduct is the approval of other people. In the home, love and affection of various members of the family will help to develop a pleasant warmth of feeling for those about us. An individual who reflects this social atmosphere as a part of her personality will not quarrel with those about her. All that is best within her unfolds, and she develops good will and an acceptance of friends and neighbors. The home provides an important opportunity for this kind of development because of its warmth of human relations.

Emotions are so strong in the human make-up that they influence our basic attitudes toward our environment. There are three ways of looking at environment—to shrink from it, to fear it, and to cooperate with it. The primary emotions back of these attitudes are fear, anger, and love. If a person has acquired many fears through her experiences with life, she tends to shrink from living life to the fullest. Fears and prejudices prevent one from using one's best judgment in analyzing personal problems. Possibly we are unconscious of many of our fears, and we cannot see them clearly until we know what they are. Sometimes we can rid ourselves of fears by making an effort to understand them. We can replace fear with positive and understanding behavior. If the homemaker's experiences have produced anger and antagonism, she tends to fight or reject her environment. If her experiences have been satisfying and pleasant, she has learned to love her environment and tends to cooperate with it. Probably a person reacts in all of these ways and in combinations of them in some phases of living, but whatever the predominating emotion—fear, anger, or love—it tends to determine the keynote of the personality.

Are You Growing Older Gracefully?

ONE OF the natural facts of life to be faced is that all of us have to grow old. Infancy is one period of life. This is followed in turn by transitions from one stage to another—childhood, adolescence, early maturity, middle life, and old age. What the last of life holds for us depends largely upon the preparation we have made for it. With adequate preparation, old age can be a period of satisfactory completion.

The mother soon faces the need for adjustment to children who no longer need the detailed child-care which she can give so well. Children must be free to live their own lives, and the mother must make this possible. Outside interests, opportunities to meet other people and to promote other activities and hobbies will help the mother develop new resources. The modern woman has a wide range of choice in activities which will help her to develop herself.

One of the most insistent fears of old age is the fear of becoming useless and a burden. Useful work is the boon of old age. Too much leisure time in which one can think about oneself is a dangerous thing.

The satisfaction of later life should be found in the success of the activities started in earlier life rather than through direct personal achievement.

Parents often feel this satisfaction of lives well spent by reflecting upon the contribution to the world which their children are making.

The mother of today will be the grandmother of tomorrow and she will find many satisfactions in her new role. The grandchild often finds in his grandmother, because of her experience and lack of direct responsibility, the understanding which he cannot find at home in his own parents.

Later years are not to be endured, but to be looked toward with anticipation. Browning expresses it in this way:

“Grow old along with me.
The best is yet to be—
The last of life, for which the first was made.”

Can Adult Personality Be Changed?

OUR PERSONALITIES are constantly being changed by life itself. Experiences of various kinds all help to influence and modify our attitudes. Changes in the adult are slower than in the young personality, because behavior patterns are more firmly set. If a person has an intense desire to change or modify some trait, she probably can; the important factor is to have the real passion for change. The reading of personality books may give information of value to one, but unless a person does something about it, no change takes place. Understanding of yourself and knowing what you want most in life are values worth developing.

Suggestions for Practice

Positive health is necessary for an abundant vitality. Look to your health and spend time and thought toward being your own best example of health.

Good posture and graceful carriage indicate poise and self-confidence.

Good grooming indicates personal esteem and respect for other people.

Take friendliness for granted and speak first.

Practice doing the little things which others like.

Assume your share of the responsibilities both in and outside of the home.

Practice self-control.

Learn to look for and understand the other person's viewpoint and avoid definite opinions.

Suggest rather than command.

Be a good listener and develop real interest in people.

Try to project your personality outside of yourself and develop a social consciousness of the world about you.

Good Grooming as a Personality Factor

OF THE many factors which enter into personality development, none are more interesting than good grooming. It is a wholesome, normal desire to want to look one's best. A person who is well groomed knows it, and therefore feels better because of the poise, self-respect, and self-con-

fidence that result. To be well groomed at all times also implies respect and consideration for those who have to live with us and look at us. Good-grooming information for everyday living and for those occasions when the homemaker goes forth from the home is presented here.

The information regarding cosmetics is presented for the homemaker who is a consumer of these products. Some she may wish to prepare at home and reduce her money expenditure, while others she may prefer to purchase ready for us.

The Consumer Looks at the Cosmetic Industry

A QUICK scanning of the pages of history reveals that from the earliest of days women have resorted to various cosmetic artifices. Preparations to prevent wrinkles and gray hair and to preserve youthful skin were used by the early Egyptians. Cold cream is not as new as one might believe, for the invention took place nearly 1800 years ago.

The desire of the modern woman to beautify herself has caused a tremendous growth in the cosmetic industry in the past few years. The average consumer is amazed by the great number of preparations awaiting her selection and is often confused by the complexity of the situation. Labels tell little or nothing about the contents and the consumer is encouraged to put much faith in cosmetics as curative agents or improvers of complexions.

Cold cream is one of the chief cosmetics on the market, and its function is to lubricate and cleanse. It is prepared from a vegetable or mineral oil such as almond oil, beeswax, or liquid paraffin, to which a small amount of borax is added. Spermaceti is sometimes used and produces a very white cream.

Vanishing cream serves as an adhesive surface to hold powder. It tends to take moisture from the skin and may be too drying for some skins. It is an emulsion of stearic acid in water containing soap, while cold cream is an emulsion of water in oil containing wax. For this reason, vanishing cream if used at all should be thoroughly removed at night, as it tends to clog the pores.

Many creams on the market have fancy names labeled on the beautiful containers. For the most part they are cold creams, to which have been added certain odors and colors, and are then sold at a price in keeping with the elaborate claims. In evaluating these claims one must keep in mind that the skin is fed by only one means, the blood stream, and that it cannot be fed externally. Perhaps the complexion can be made to appear more attractive under a coating of cosmetics, but the skin is merely hidden and not nourished. Creams tend merely to lubricate the skin and keep it soft.

Powders are used primarily to improve appearance, to cover skin defects, and to protect against sun and wind. A good face powder never irritates the skin, but cools and soothes. Some of the ingredients used are kaolin, which is a finely powdered clay, talcum, rice starch, calcium carbonate,

zinc oxide, magnesium stearate. Reputable manufacturers do not use lead, mercury, or bismuth in face powders.

Lipsticks are a composition of wax or fat which have been melted, colored, and poured into a mold. A pomade stick which aids in preventing chapped lips is made of pure cocoa butter or white petroleum commonly known as vaseline.

Rouges are white face powders to which coloring matter has been added.

The consumer is surely interested in a pure food and drug bill which will protect her interest in cosmetics. Today there is no provision to prevent manufacturers from including poisonous and dangerous substances; neither does the law require the manufacturer to state ingredients on the label. Consequently the consumer frequently pays extravagant prices for inexpensive materials.

The Foundations of Good Grooming

TO ATTAIN and keep a well groomed appearance, attention must be given to many details. Good health is the foundation for attractiveness. Fresh air, sunlight, exercise, good food habits, good posture, plenty of water to drink, adequate rest and sleep are all included in one's beauty box of secrets.

To be well groomed means to have a clean healthy body; clean, well brushed and carefully arranged hair; teeth which receive daily care; clean, well-cared-for hands and nails; well polished shoes; and clean, carefully brushed and pressed clothing. The underlying principles of good grooming are health, cleanliness, and neatness. "She is immaculate" is one of the finest compliments which can be paid to a woman.

The skin is a highly specialized organ which covers the entire body and performs many functions necessary to life and health. It is complex in structure because of its many functions. A simple, wholesome, well-balanced diet will help to keep the skin in good condition. One important fact to remember is that the skin can be fed by only one means—the blood stream. Therefore, diet cannot be ignored if one wishes to have a lovely skin. Some skin disorders may be traced to improper food habits, especially when large amounts of fats and carbohydrates are consumed and fruit, vegetables, and milk slighted. Good elimination and freedom from constipation are essential for a clear skin.

Aside from general good health, the next factor in preserving a good skin is cleanliness. Since individual skins vary, all types of skin do not respond in the same way to the same care. The skin of the average person, however, responds to a daily cleaning with warm water and mild soap. The skin is constantly pouring out perspiration; therefore frequent cleaning is necessary to remove the waste materials from the skin and to prevent rancid odors. The frequency of the cleansing bath depends upon one's activity, type of skin and climatic conditions. Where facilities for the tub or shower bath are not convenient, the daily sponge bath should be used. Excessive bathing with hot water and soap tends to make the skin dry, especially in the winter time, and tends to produce roughened or chapped

skin. For skins which chap easily, cold cream or hand lotion may be used after bathing to lubricate the skin. To soften hard water, a small amount of borax may be used.

Special Care for the Skin

TO SAFEGUARD against unpleasant odors, baking soda may be used in the bath water. To protect clothing and to prevent odors, an astringent to check perspiration locally may be used. It is not considered harmful to check perspiration in small areas. Simple yet effective deodorants may be made at home.

To check underarm perspiration, use a solution made of:

1 T. (one-half ounce) of aluminum chloride, dissolved in
6 T. boiling water

Use before retiring. Wash the underarm pit thoroughly, dry, and apply the solution with the finger tips or with a small piece of cotton. Allow to dry before putting on clothing. Rinse the underarm with cold water the next morning. If the solution causes irritation, dilute with more water.

Keeping the underarm free from hair helps to maintain cleanliness. A safety razor is an inexpensive yet effective method of removing the hair. Apply alcohol after shaving. Astringents may be applied before shaving, but should not be applied after shaving for at least twelve hours.

To check excessive perspiration of the feet, one of these powders may prove helpful. Wash the feet daily and before putting on fresh, clean hose, dust the feet thoroughly.

1 part powdered alum		1 part alum
3 parts boric acid (not borax)	OR	1 part talcum
Mix well.		Mix well.

Special Care for the Face

PERSONAL loveliness is based on personal cleanliness. The face requires frequent cleansing because it is exposed to dust and grime. A few minutes of daily care will bring a reward worth while. A daily schedule for a busy woman who has an average normal skin might be something like this:

At night.—Remembering that there is no substitute for soap and water, either as an antiseptic or as a cleansing agent, one should wash the face and neck with warm water and a mild soap, such as a pure castile or a benzoin type. Rub gently with a wash cloth, which tends to stimulate circulation. If the skin is very dry, a cleansing cream might be used before the soap and water. Rinse well and dry thoroughly.

This suggestion may be used by those who have tender skins. Prepare a small cheesecloth bag of bran or oatmeal and use for a wash cloth. Rinse the face in warm water to which has been added a few drops of tincture of benzoin. A good cold cream may be applied to lubricate the skin; the excess may be removed with facial tissue or a soft clean cloth.

In the morning.—Sponge the face with warm water without soap and rinse with cold water. Apply a thin film of cream for a powder base and apply the daily make-up.

If the skin is especially oily, it may be necessary to wash the face with soap and water twice daily, and to apply a drying lotion such as a 50 per cent solution of alcohol or even pure alcohol if the skin is very oily. Skins which are oily are not benefited by oily applications. The additional fat only adds to the supply in the pores and tends to enlarge them and produce blackheads.

Blackheads and acne may be treated with the following:

Granulated soap
Almond meal (cornmeal, oatmeal or bran may be substituted)
Mix in equal parts.

Use a small amount and mix to a soft paste with warm water. Spread on the face and work into the skin well with finger tips. Rinse thoroughly with warm water, then cold water.

Green soap is a soft soap and is quite strong. It is frequently made into a tincture of green soap solution which has an alcohol base. This is good to use for cleansing oily skins and to help clear up blackheads and acne. Wash the face thoroughly. Rinse in warm water, then cold water.

Dry skin may be improved if special attention is given to the diet to insure a good supply of vitamin B. If the skin seems exceptionally dry, check on dietary habits and make sure that whole grain products, fresh vegetables, and fruits are used regularly. For the most part the greatest function of any cream is to cleanse and lubricate. A dry skin will be benefited by a generous use of an oily cream containing lanolin. Lanolin is made from wool fat and is an excellent emollient. Most so-called "nourishing creams" contain lanolin.

Hydrous lanolin may be secured from the drug store and used as an ointment for chapped skin or it may be made into a good cold cream.

Lanolin Cold Cream for Dry Skin

- 2 parts lanolin (hydrous)
- 1 part of expressed oil of almonds or coconut oil
- A few drops of perfume (oil of rose, synthetic oil of rose, strong rose water, lavender or geranium)

Melt over hot water and stir until thoroughly mixed. Strain through a thickness of cheesecloth if necessary. Label and store in a covered jar. This is also good to use for a hand cream.

Cold Cream

- 5 oz. oil of sweet almonds (olive oil or mineral oil may be substituted to reduce cost)
- ½ oz. white wax (beeswax bleached)
- 1 oz. lanolin (hydrous)
- 1 ¼ oz. spermaceti
- ¼ c. water (soft or distilled)
- 10 drops perfume (oil of rose, synthetic oil of rose, or geranium)

Thoroughly melt the wax and spermaceti first in a double boiler. Heat the oil and lanolin to 176° F. or until the lanolin melts. Add the oil and heat to same temperature, and then add the water, which has been heated to this temperature also. Pour the mixture together and beat with a whisk or an egg beater until it cools. Add perfume and pour in jars before entirely cool. This may be used after washing the face, as a lubricant, or used sparingly as a foundation cream.

Skin Tonic

A skin tonic is sometimes used to remove cleansing cream before applying make-up and to make the skin glow. Plain bay rum may be used for this purpose, or a solution made as follows can be used:

- | | |
|-------------------|-----------------|
| 3 oz. rose water | ½ oz. glycerine |
| 2 oz. witch hazel | 1 t. borax |

For an oily skin, ½ oz. of grain alcohol may be added.

Astringents

Astringents are refreshing and when slapped on will stimulate and exercise the skin. Their purpose is to tighten the pores. Bending over the wash basin is helpful, for it forces the blood to the skin surface and stimulates circulation. Cold water is a good astringent and helps to close the pores. Witch hazel is a simple astringent, or another may be made as follows:

- | | |
|---------------------|-------------------------------|
| 3 ½ oz. rose water | ½ oz. camphor water |
| 3 oz. witch hazel | 1 dram of tincture of benzoin |
| 3 oz. grain alcohol | ¼ dram boric acid |

Perfume if desired

Bleach for Superfluous Hair

This may be used on the face to bleach superfluous hair and to make it less noticeable.

$\frac{1}{2}$ t. hydrogen peroxide

3 drops household ammonia

$\frac{1}{2}$ t. precipitated chalk

Apply the paste and allow to remain a few minutes. Rinse. Use every other day. If this seems to be irritating to the skin, apply cold cream. Apply a thin film of cream for a powder base and apply the daily make-up.

Care of the Hands

HANDS which are clean and well kept are always attractive. The homemaker's hands are busy ones that are engaged in many different tasks, many of which are not conducive to good grooming. This is the better reason why they should receive special attention. To keep them looking well, avoid excessively hot water and strong soaps as much as possible, as these tend to dry the skin and make it chapped and reddened. If strong soaps or washing powders have been used, a vinegar solution (half vinegar and half water) may be used to counteract the soap action.

After washing the hands, dry them thoroughly. It is a good plan to have a bottle of hand lotion conveniently located in the kitchen and to use it frequently. An orange-wood stick or a toothpick may also be kept near to clean under the nails. A pair of loose cotton gloves worn for outside work and some types of inside work will protect the hands from undue exposure to the weather and excessive grime. Some women find it helpful to dig their nails into a bar of soap before beginning some particular task which will soil under the nails.

At night badly roughened hands will benefit from a generous application of an oily cold cream or lanolin. Gloves may be worn at night to protect the bed clothing. Cold cream, vaseline, or lanolin may be massaged into each fingernail to soften the cuticle and to prevent hangnails. With a small amount of daily care, hands will keep their flexibility and good appearance.

Nails are important.—Once a week, a homemaker may treat herself to a home manicure. To do this:

File the nails to an oval shape with a file, finishing with an emery board. Remove the old nail polish if polish has been used.

Soak the fingers in a bowl of warm soapy water. Clean under the nails. Wrap a piece of cotton around the end of an orange wood stick or a toothpick and push the cuticle back around the base of the nail. A cuticle remover will help to remove the dead skin at the base of the nail.

Wipe the hands dry and burnish nails in palm of the hand. If a nail polish is used, apply. When using liquid polish begin at the outline of the moon and brush toward the tip of the nail. Wipe off the tip of the nail with cleansing tissue.

Massage the hands well with hand lotion.

General Purpose Lotion

2 oz. glycerine

20 drops tincture of benzoin

2 oz. rose water

$\frac{1}{4}$ oz. powdered gum tragacanth

2 oz. alcohol

1 pt. soft water

Place gum tragacanth in warm water and let stand over night. Strain into a large bowl. Add other ingredients and beat thoroughly with an egg beater. A small amount of vegetable coloring may be added if desired. Place in bottles. This may be used as a shaving lotion or as a powder foundation.

Healing Hand Lotion

$\frac{1}{2}$ oz. gum tragacanth

1 oz. boric acid powder

1 qt. soft water (distilled, rain, melted snow or boiled water)

4 oz. glycerine

6 oz. alcohol (95%)

$\frac{1}{2}$ oz. powdered alum

Perfume and coloring if desired

Pour water on gum tragacanth and allow to stand for two days or heat in a double boiler until water is absorbed. Beat well and strain. Then add other ingredients. Mix thoroughly and add enough water to make a lotion of the desired consistency. Use sparingly and massage hands thoroughly.

Nail Polish Removers with Oil

If liquid nail polish is used, good polish removers may be made inexpensively. The active substance is acetone. Oil may be added to prevent dryness of the nails. Mix one ounce of acetone and five drops of castor oil. Or, mix equal parts of acetone, amyl acetate, and olive oil. Moisten a small piece of cotton and wipe the old polish from the nails. Rinse before applying new polish.

Cuticle Remover

To facilitate the removal of old cuticle around the base of the nail, a cuticle remover is helpful. One of these may be included in the manicure.

1 t. lanolin or vaseline	2 drops perfume if desired
1 t. powdered pumice	Tinted pink with paste rouge

Apply with an orange-wood stick wrapped with cotton. Work around the base of nails until the nail is smooth.

Stains.—Stains on the hands may be removed by using vinegar, lemon, tomato or rhubarb juice, peroxide and ammonia, powdered pumice stone, or cornmeal moistened with buttermilk. An abrasive soap may be used to remove excess soil and grime.

Abrasive Hand Soap (Paste)

1 lb. soap	1 pt. hot water
1 t. borax	1 oz. light mineral oil
1 lb. powdered pumice stone	

Shave the soap and melt in the hot water. Add the borax and mineral oil and stir well. When cool, work in the pumice stone. Store in tightly covered jars or cans to prevent evaporation. Use to cleanse the hands and follow with a hand lotion to prevent roughness.

Care of the Teeth

TEETH are precious as far as both beauty and health are concerned and should be kept in as good state of preservation and repair as possible. Dental decay is closely associated with malnutrition, so attention to a well balanced diet is necessary if teeth are not to suffer. A generous amount of dairy products, fresh fruits, vegetables, and sunshine make for favorable tooth health. Brushing of the teeth at least twice daily is an excellent practice.

Salt, soda, or a mixture of both may be used as a satisfactory dentifrice. Water solutions of these make good mouth washes. Precipitated chalk is the basis of most tooth powders and may be used plain if desired. An excellent tooth powder may be made as follows:

Tooth Powder

95 grams of precipitated chalk	1 gram oil of wintergreen
3 grams powdered castile soap	½ gram oil of peppermint
½ gram powdered saccharin	One or two crystals of menthol, if desired

Sift the dry ingredients thoroughly and rub the flavoring oils into the powder. Sift several times through a very fine sieve.

Care of the Hair

SINCE the hair is "woman's crowning glory," it is well to direct some attention to its care. Cleanliness and stimulation are the key words for hair and scalp care. Hair responds to good treatment and there is a close

sides and not letting it come lower than the middle of the ears. A long face can be shortened by parting the hair in the middle and wearing it long at the sides, covering the ears. Strong facial features can be softened by framing the hair delicately around the face. Simple becoming lines are always smart, and are easy to arrange. If one has short hair, a waving fluid is helpful in training the hair.

Waving Fluid

1 T. borax

8 oz. hot water

½ T. gum arabic

Mix together and when dissolved, strain through cheesecloth. Add a half ounce of alcohol and mix thoroughly. Keep in a corked bottle. Wet the hair with the solution and set the waves with fingers or combs. The resulting powder is easily brushed out when the hair is dry.

Choice of Cosmetics

COSMETICS are used to enhance one's natural beauty. There is an art in their use. To make the most of them, study features, coloring, and personality; then apply the chosen cosmetics with skill.

A powder foundation applied sparingly helps to make powder stay on and to give the face a smooth, even finish. A bit of cold cream may be used for this purpose.

Next apply the rouge sparingly also. Either dry or paste rouge may be used. More skill is required in applying paste rouges. Rouge should look natural and is applied to make the face look oval. Apply high on the cheeks and softly blend outward according to the shape of one's face. Notice where the natural coloring comes and apply the rouge to imitate nature. Rouge, if skillfully used, can help to change the apparent shape of one's face.

After the rouge is blended carefully and there are no edge lines, powder the face and neck thoroughly, using a clean powder puff or brush. Lightly pat the powder on. Powder bad features last and lightly, as heavy powdering calls attention to them. A brush is convenient to remove the excess powder from the creases, eyebrows, and lashes. In choosing powder, the coloring of the skin should be the guide. Powder should perfectly match the skin. Women as a rule are inclined to choose a powder which is too light. The purpose of powder is to remove the shine, cover skin imperfections, and to improve texture. One should not be aware that powder has been used.

The final touch may be the lipstick. When applying lipstick, have the lips dry and the mouth open. Apply sparingly to the upper lip, following the curve carefully, beginning in the center of the lip and shading off toward the corners. Press the lips together. The outline of the upper lip is then transferred to the lower lip. Remove the excess lipstick by placing a piece of tissue between the lips and pressing firmly.

Rouge and lipstick should be the same color. Some women use a paste rouge for both purposes. In choice of color, the coloring of the cheeks, lips, and eyes should be the guide.

Personality Habits of a Homemaker

THE purpose of this check sheet is to stimulate interest in analyzing your own personality from four viewpoints: physical, mental, social and emotional. Indicate somewhere on this relative scale your best estimate of yourself as you generally are:

Physical Development

- Neglect health..... ————— Take good care of health
- Have poor posture..... ————— Have good posture
- Neglect personal appearance..... ————— Have attractive personal appearance

Mental Development

- Dislike my job..... ————— Like my job
- Wasting my effort..... ————— Believe my job is worth while
- Never get through..... ————— Complete my work
- Worry constantly..... ————— Seldom worry
- Careless in use of money... ————— Resourceful in use of money
- Seldom read..... ————— Improve outlook through reading
- Talk only about neighbors and weather..... ————— Converse about many things of general interest

Social Development

- Avoid people..... ————— Enjoy people
- Change friends frequently..... ————— Keep friends a long time
- Intolerant of other people's opinions..... ————— Willing to accept other people's views
- Seldom keep promises..... ————— Can be depended upon
- Easily offended..... ————— Not sensitive
- Dictate to others..... ————— Consider desires of others
- Let the other person do it... ————— Cooperate readily
- Have no outside interests... ————— Have outside interests
- Seldom smile..... ————— Smile readily
- Talk continuously..... ————— Am a good listener

Emotional Development

- Lose temper frequently... ————— Practice self-control
- Frequently jealous..... ————— Free from jealousies
- Do not enjoy my family... ————— Enjoy my family
- Undemonstrative..... ————— Demonstrate affection in my family
- Have embarrassed attitude toward sex..... ————— Have wholesome sex attitudes
- Have religious conflicts... ————— Have satisfying religious experiences
- Think only of self..... ————— Have developed social consciousness

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