GOOD HEALTH IS Beauty

OH, THAT AIR IS SWEET!

YOUR REQUIRED AMOUNT OF SLEEP IS NECESSARY FOR HEALTH AS WELL AS FOR THAT SPARKLING, VIBRANT LOOK.

FOLLOW THE RULES OF GOOD HEALTH RIGHT TO BEAUTY! YESTEREVE’S CONCEPTION OF BEAUTY WAS A FRAIL FIGURE AND PASTY COMPLEXION... TODAY, BEAUTY IS BASED ON FIRM SKIN, CLEAR EYES, LUSTROUS HAIR AND A WELL-PROPORTIONED FIGURE!

FRESH AIR AND ACTIVE SPORTS ARE ABOUT THE BEST BEAUTY TREATMENT POSSIBLE. SO, EVEN IF YOU ONLY TAKE A WALK, GET THAT FRESH AIR!

AM I HUNGRY?

THAT MAKES IT IS-LOVE, MY FAVOR!

A WELL-BALANCED DIET INCLUDES BROILED MEATS, GREEN VEGETABLES, EGGS, MILK AND FRESH FRUIT. "BETWEEN MEAL SNACKS" SHOULD BE AVOIDED UNLESS YOU’RE TRYING TO GAIN WEIGHT. FRIED FOODS ARE HARD TO DIGEST. SO KEEP THEM TO A-MINIMUM!

WHY DOES THAT SOAP ALWAYS LAND IN MY EYES?

100 STROKES A NIGHT IS STILL A GOOD RULE. BRUSHING STIMULATES THE HAIR ROOTS-KEEPS THEM HEALTHY-AND HEALTHY HAIR IS PRETTY HAIR!

97.98.99...

GOOD LOOKS WILL NEVER SHINE THROUGH SLOTHY SKIN OR DULL HAIR! MAKE SOAP AND WATER WORK FOR YOU!

HE’S GOING TO PROPOSE TONIGHT... I KNOW IT: MAYBE I’M NOT A RAVING BEAUTY, BUT I’VE GOT MY MAN ANYHOW!

YES, CONSTANT BEAUTY AND HEALTH CARE ALWAYS PAYS OFF!
Hold That SMILE!

When a girl poses for a picture, she wants to look her best... and so she smiles! Isn't that a hint to smile as much as you can?

Ann: If Ann could see herself now, why does she make such a face?

We're so right! How unattractive this girl looks, arching her eyebrows and twisting her mouth! All her features are distorted!

Your turn, Lynn!

Really, it's not as important as all that! Relax!

What a party this is! I haven't danced once!

Neither have I! What's the matter with the boys here?

My girl is more charming—more attractive with a smile. And a smile is contagious, too! So, if you face the world smiling, chances are it will smile back!

Sorry, chum! It's my turn! Line forms on the left!

Could be the fault lies on the faces of the girls, frowning and scowling... they don't appear to be very pleasant company for anyone!
SMART TALK

I won't know many people at Ann's party so I'll wear my red dress. A bright dress always stands out above blacks and navies!

Select a dress that is specifically designed not to be lost in the background!

Be sure you get to the party on time—before all the couples are paired off!

Hi, Babs, you look lovely! Thanks Ann, you do too! I came early in case you need some help.

Sure you get to the fellow is to flirt with others when you're with him! So watch your manners!

One sure way to get rid of a fellow is to flirt with others when you're with him! So watch your manners!

A party is not the place for serious discussions! Keep your conversation light and amusing.

Tell me about yourself, Babs. I'm a senior at Central High—A pop-lover from away back... I have two! But my hobby is dancing.

Avoid getting off to a corner with a boy you've only just met. Mix with the crowd, join in the games and you'll have a much better time!

If your folks expect you home early, let's go! I don't want them to dislike me before we've even met. And incidentally, if you're not busy next Saturday night, May I see you?

Never overstay your welcome at a party, and remember to thank your hostess!

Ann, I don't think we've met before. How about parking that on the table and dancing with me?

Yes, you may! This certainly was a lovely party, Ann—thank you!

Circulating among the guests with a tray of hors d'oeuvres is a wonderful way to meet people.

Would you like one? Hi! I don't think we've met before. How about parking that on the table and dancing with me?

Looks like I was lucky to see you first. Seems you've made a hit with Bill and Joe, too!
HOW TO MEET HIM!

Daydreaming about meeting 'the man you love' accomplishes nothing! If you're anxious to meet some new men, forget the dreams... just get busy with a good working plan!

I'm joining the school band this year, Jane? What's your club?

Hilldale High Bulletin

The stamp society, Millie? Ralph Thompson is a stamp collector, and if I want to date him, I'd better have something to talk to him about!

Joining clubs, following the hobbies that interest boys is an excellent way of interesting those same boys... in you? Be subtle about it, though. Don't start being an expert on a subject that scares boys away.

Gosh, am I glad Laura dragged me out to play tennis today! I wouldn't have met Stan otherwise... and something tells me he's my guy!

You needn't be a champion athlete to enjoy sports, but you'll be a smart girl if you learn a few! Most men love sports... they're most apt to love a girl who cares for the same things, too. And of course, you know how a casual meeting at a ball game can develop into something wonderful.

How's my favorite receptionist today?

Fine, Mr. Cummings.

Gosh! Am I glad I took this job! I meet so many people!

That's a fact! Some jobs do offer more social opportunities than others. Choose yours carefully. Yes, the wise girl finds many ways to meet new friends, to enjoy life. But one word of caution... after you've met, let 'him' do the pursuing...

Right to the altar!
1950’s Women’s Magazine
Directions: Read through the magazine and examine what makes an ideal woman in the 1950s. Fill in the chart below with the characteristics and ideal woman should have in the 1950s according to the magazine.

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<th>Quote from the magazine or describe the image to cite your characteristic.</th>
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Women’s Labor Statistics: What can you learn about the changing role of women from these graphs?

Graph #1:

Graph #2: