The well-dressed woman realizes most actually the limitation of her figure and selects choice and becoming clothes despite the latest fashions. She is full aware which colors make her look paler, or plumper, and by the correct posture knows how to wear them well.

One of the frequently misused facilities available to woman is that of makeup. Stress should be made on the importance of using good makeup preparation. In bleak weather, powder act as a protection for the skin, but care should be taken to ensure it is the right shade.

Face cream left on overnight will open the pores. One of the most repellant things to other is bad teeth. The odor from decayed teeth is most unwholesome and their appearance will mar the effects of the most pleating outfit. Regular cleaning and periodical visits to the dentist provide the best safeguard against decay.

Moderation in diet takes the part in a female’s looks. The woman who taken this care, and enjoys fresh air with regular exercise, regular times for rising in the morning and retiring at night, is the one who will possess that attractive fresh appearance with, the sparkling eyes. The town dweller is at slight disadvantages compared with female living in open area.