Itemized Contents

Page	Skill Title	Page	Skill Title	
I. Hygiene		I. Hyg	I. Hygiene (Cont.)	
1.1	TOILETING: Introduction	18.1	CLEANING TOENAILS	
1.2	TOILETING FOR FEMALES	18.2	TRIMMING TOENAILS	
2.1	TOILETING FOR MALES: Use Of Toilet	19.1	SHAVING: Introduction And Materials	
3.1	TOILETING FOR MALES: Use Of Urinal		Recognition	
3.2	NASAL HYGIENE	19.2	ELECTRIC RAZOR SHAVING FOR	
3.3	ADJUSTING WATER TEMPERATURE		MALES	
	ON DIFFERENT TYPES OF FAUCETS	20.1	SAFETY RAZOR SHAVING FOR	
4.1	HAND WASHING		MALES	
5.1	FACE WASHING	21.1	AWARENESS OF MOUSTACHE CARE	
6.1	BATHING: Introduction And Materials	22.1	AWARENESS OF BEARD CARE	
	Recognition	22.2	ELECTRIC RAZOR SHAVING FOR	
6.2	BATHING: Bath		FEMALES	
7.1	BATHING: Shower	23.1	SAFETY RAZOR SHAVING FOR	
8.1	USE OF DEODORANT		FEMALES	
9.1	ORAL HYGIENE: Teeth Brushing	24.1	FEMININE HYGIENE: Basic Menstrual In-	
9.2	ORAL HYGIENE: Awareness Of Denture		formation	
	Care	24.2	FEMININE HYGIENE: Use Of Beltless	
10.1	ORAL HYGIENE: Denture Cleaning		Sanitary Napkins	
11.1	ORAL HYGIENE: Use Of Dental Floss	24.3	FEMININE HYGIENE: Use Of Belt-Type	
11.2	ORAL HYGIENE: Use Of Mouthwash		Sanitary Napkins	
12.1	HAIR CARE: Shampooing Hair	25.1	FEMININE HYGIENE: Use Of Tampons	
13.1	HAIR CARE: Drying Hair With Hand-	26.1	FEMININE HYGIENE: Care Of Menstrual	
	Held Blow Dryer		Needs Away From Home	
13.2	HAIR CARE: Combing And Brushing	26.2	FEMININE HYGIENE: Advanced Men-	
	Hair		strual Information	
14.1	HAIR CARE: Comb And Brush Cleaning	26.3	CARE OF EYEGLASSES	
14.2	HAIR CARE: Use Of Curling Iron	27.1	CARE OF HEARING AID	
15.1	HAIR CARE: Setting Hair With Electric	28.1	USE OF COSMETICS: Foundation	
	Rollers	28.2	USE OF COSMETICS: Blusher	
15.2	HAIR CARE: Use Of Barber And Hair-	29.1	USE OF COSMETICS: Face Powder	
	dresser	29.2	USE OF COSMETICS: Eye Liner	
16.1	CLEANING FINGERNAILS	29.3	USE OF COSMETICS: Eye Shadow	
16.2	TRIMMING AND FILING FINGERNAILS	29.4	USE OF COSMETICS: Mascara	

30.1 USE OF COSMETICS: Lipstick

17.1 CARE OF HANGNAILS

Itemized Contents (Cont.)

Page	Skill Title	Page	Skill Title
I. Hygiene (Cont.)		II. Und	dressing And Dressing For Females (Cont.)
30.2	USE OF COSMETICS: Fingernail Polish	42.3	SHOES: Buckle Shoes
30.3	USE OF COSMETICS: Perfume	43.1	SHOES: Tie-Shoes
		43.2	SHOES: Zipper Boots
II. Undressing And Dressing For Females		44.1	PURSE AND WALLET
31.1	PANTIES	44.2	KEYS
31.2	BRA	45.1	WATCH
31.3	SOCKS	45.2	COATS: With Snaps
32.1	PANTY HOSE	46.1	COATS: With Buttons
32.2	HALF-SLIP	46.2	COATS: With Separating Zipper
33.1	FULL SLIP	47.1	HATS
33.2	T-SHIRT	48.1	MITTENS
33.3	BLOUSES: With Front Buttons	48.2	GLOVES
34.1	BLOUSES: Button Cuffs Only	48.3	UMBRELLA
34.2	BLOUSES: Collar Button Only	49.1	SLEEPWEAR: Nightgown
34.3	PANTS: With Elastic Waistband	50.1	SLEEPWEAR: Pajamas With Button Top
35.1	PANTS: With Zipper And Waistband Fas-	50.2	SLEEPWEAR: Pajamas With Pullover Top
	teners	51.1	SLEEPWEAR: Bathrobe With Zipper
36.1	SKIRTS: With Elastic Waistband	51.2	SLEEPWEAR: Bathrobe With Buttons Or
36.2	SKIRTS: With Zipper And Waistband Fas-		Snaps
	teners	52.1	SLEEPWEAR: Bathrobe With Tie Belt
37.1	TUCKING IN A BLOUSE	53.1	SLEEPWEAR: Slippers
37.2	DRESS WITH LONG BACK ZIPPER	53.2	RING
38.1	BUCKLE BELT	53.3	NECKLACES: With Spring-Ring Clasp
38.2	TIE BELT: With Square Knot	54.1	NECKLACES: With Slide Clasp
39.1	SWEATERS: Crew-Neck And V-Neck	54.2	NECKLACES: With Snap Clasp
	Pullovers	54.3	NECKLACES: With Barrel Clasp
39.2	SWEATERS: With Short Back Zipper	55.1	BRACELETS: Without Clasp
39.3	SWEATERS: Turtleneck	55.2	BRACELETS: With Spring-Ring Clasp
	SWEATERS: Cardigan With Buttons	56.1	BRACELETS: With Slide Clasp
40.2	SWEATERS: Cardigan With Separating	56.2	BRACELETS: With Snap Clasp
	Zipper	56.3	BRACELETS: With Barrel Clasp
	SWEATERS: Cardigan With Tie Belt		EARRINGS: Clamp-On Type
	SWEATERS: Folding Cuffs Only	57.2	EARRINGS: Screw-On Type
42.2	SHOES: Slip-On Shoes	57.3	EARRINGS: Pierced Type

Itemized Contents (Cont.)

Page	Skill Title	Page	Skill Title
II. Undressing And Dressing For Females (Cont.)		III. Undressing And Dressing For Males (Cont.)	
58.1	PINS: Stick Pin	70.2	TIES: Clip-On Tie
58.2	PINS: With Open Catch	71.1	TIES: Long Necktie (Four-In-Hand)
58.3	PINS: With Safety Catch	71.2	COATS: With Snaps
		72.1	COATS: With Buttons
III. Undressing And Dressing For Males		72.2	COATS: With Separating Zipper
59.1	UNDERSHORTS	73.1	HATS
59.2	UNDERSHIRT	73.2	MITTENS
59.3	SOCKS	74.1	GLOVES
60.1	SHIRTS: With Zipper At Neck	74.2	UMBRELLA
60.2	SHIRTS: With Front Snaps	75.1	SLEEPWEAR: Nightshirt
60.3	SHIRTS: Snap Cuffs Only	75.2	SLEEPWEAR: Pajamas With Button Or
61.1	SHIRTS: With Front Buttons		Snap Top
61.2	SHIRTS: Button Cuffs Only	76.1	SLEEPWEAR: Pajamas With Pullover Top
61.3	SHIRTS: Collar Button Only	77.1	SLEEPWEAR: Bathrobe With Tie Belt
62.1	SHIRTS: Rolling Shirt Sleeves	77.2	SLEEPWEAR: Slippers
62.2	PANTS WITH ZIPPER		
63.1	TUCKING IN A SHIRT	IV. Clo	othes Appearance And Appropriate Dress
63.2	BUCKLE BELT	79.1	KNOWING WHEN CLOTHING IS IN
64.1	SWEATERS: Crew-Neck And V-Neck		NEED OF WASHING
	Pullovers	79.2	HANGING CLOTHING AFTER USE: In-
64.2	SWEATERS: Turtleneck		troduction
	SWEATERS: Cardigan With Buttons	79.3	HANGING CLOTHING AFTER USE:
6 5 .1	SWEATERS: Cardigan With Separating		Shirt Or Coat On Hanger
	Zipper	80.1	HANGING CLOTHING AFTER USE:
	SWEATERS: Folding Cuffs Only		Pants On Hanger
	SHOES: Zipper Boots	80.2	HANGING CLOTHING AFTER USE:
	SHOES: Slip-On Shoes		Pants On Pants Hanger
	SHOES: Buckle Shoes	80.3	HANGING CLOTHING AFTER USE:
VE102 (E100)	SHOES: Tie-Shoes		Skirt On Skirt Hanger
	WALLET AND COIN PURSE		FOLDING CLOTHING AFTER USE
	KEYS	81.1	STORING CLOTHING IN APPROPRIATE
	WATCH		LOCATIONS AFTER USE
	RING		UNLACING AND LACING SHOES
70.1	TIES: Bow Tie	82.2	SHOE POLISHING

Itemized Contents (Cont.)

Page	Skill Title	Page	Skill Title
IV. Clothes Appearance And Appropriate Dress			ing Skills And Table Manners (Cont.) USE OF FORK: Spearing Food
(Cont.)			
	SHOE WATERPROOFING		USE OF FORK: Cutting Food
84.1	RECOGNITION OF SOILED AND WRIN-		USE OF KNIFE: Spreading
	KLED CLOTHING	93.2	USE OF KNIFE AND FORK: Cutting Veg-
84.2	RECOGNITION OF CLOTHING IN NEED		etables And Other Non-Meat Food
	OF REPAIR OR REPLACEMENT	95.1	USE OF KNIFE AND FORK: Cutting Meat
85.1	RECOGNITION OF COORDINATED	96.1	USE OF SOUP SPOON
	DRESS FOR FEMALES	97.1	DRINKING BEVERAGES: From Glasses
85.2	RECOGNITION OF COORDINATED	98.1	DRINKING BEVERAGES: From Cups
	DRESS FOR MALES		With Handle
85.3	RECOGNITION OF APPROPRIATE	99.1	DRINKING BEVERAGES: From Bottles
	DRESS FOR THE WEATHER	100.1	DRINKING BEVERAGES: From Cans
86.1	RECOGNITION OF APPROPRIATE	101.1	DRINKING BEVERAGES: Through Straws
	DRESS FOR THE SITUATION	103.1	USE OF DRINKING FOUNTAIN
86.2	KNOWLEDGE OF CLOTHING SIZES	103.2	EATING ORANGE
		105.1	EATING BANANA
V. Eating Skills And Table Manners		106.1	EATING HARD BOILED EGG
89.1	USE OF NAPKIN	107.1	POURING BEVERAGES
89.2	USE OF TEASPOON: Scooping Food	108.1	EATING SKILLS AND TABLE MAN-
90.1	USE OF TEASPOON: Cutting Food		NERS SYNTHESIS: Complete Meal
91.1	USE OF FORK: Scooping Food	110.1	EATING SKILLS AND TABLE MAN-
			NERS SYNTHESIS: Sack Lunch