



## Dress Code Guidelines – 2010-2011

### A supplement to the Oregon Job's Daughters Dress Code

Proper attire is the responsibility of each Bethel and should be discussed and addressed. Please remember that when you are representing Job's Daughters our Order is in the spotlight. **Appropriate behavior and proper attire will display a positive image for Job's Daughters.** If you are unsure about your outfit, please ask your Bethel Guardian for clarification or approval!

#### General Guidelines

- Your beautiful smile and personality should always be more noticeable than your nails, hair color, make-up, piercings, etc. If in doubt, check with a friend or your Bethel Guardian for approval.
- Clothes should be appropriately fitted to your *current* size – be especially careful not to wear clothing that is too small, too short, or too tight.
- No holes in clothing or tattered clothes should be worn at any time, generally no cut-offs.
- Bellies and belly-buttons should be covered up (no bare midriffs).
- Take care to avoid fashion “no-no’s” – such as muffin top (too small pants), VPL (visible panty line), slips showing through dress slits, see-through clothing, bunching up (solved with control top or Spandex), jiggle cleavage, over the top cleavage and the like.
- Flip-flops/Sandals: If your flip-flop is NOT rubber, it may be worn as a sandal with day dresses.
- Tiaras shall be worn only by Daughters who are current HQs or PHQs (and women who are PHQs). They may be worn with day wear and formal wear, not casual wear. Tiaras should never be worn in an automobile!
- Modesty is important: Show me a little, I'll imagine a lot... Show me a lot and I'll know what you've got!



#### Grooming

- Hair should be neat, tidy, clean and non-distracting in style and color.
- Makeup should be as natural as possible and non-distracting; “less is more” is an appropriate approach.
- Nail polish should be tidy (not chipped) and appropriately match outfit; when in robe nails should be nude or clear polish.
- Fragrances should be limited and applied sparingly. Many people are sensitive to scents.

#### Underwear

- Your underwear should NOT show. Underwear hanging out or creating a visible line under your clothing is inappropriate. Clear bra-straps are okay.
- If you are developed enough to wear a bra (“A” cup or larger) you should wear one (except for sleeping or swimming). Shelf-bras built into clothing do not count as bras. Visible cleavage should be kept to a minimum. Be sure to bend forward in front of a mirror to see what others will see if you lean forward. This will prevent you from being embarrassed.

#### Sporting Events

- The dress for sporting events may be less casual than casual wear, as defined below. For example, jeans, shorts, sweatpants / sweatshirts, t-shirts and polo shirts may all be acceptable
- Footwear should be comfortable and appropriate for the event. Flip-flops would not be appropriate for events where the foot or toes could be injured if not covered by a shoe. Tennis shoes are very appropriate. No heels.
- All clothing should be clean, in good repair and without holes. Proper undergarments should always be worn and not visible to others.

- Hair should be clean and neat. Be careful not to wear jewelry if there is a chance it will get caught in someone else's hair, clothing or sporting equipment.
- Be safe, dress safe, take care of yourself with proper hydration and nutrition, use sun screen when outside, and offer assistance to others if they are injured.

### Casual Wear

- For All: Sport or nice casual wear – Khakis and NICE jeans are acceptable.
- Tank tops should be worn with a bra and have no visible bra straps (clear straps are ok); "cami" style tank tops should not be worn alone, but may be worn underneath another top.
- Shorts or skirts should be at least "finger tip" length, preferably within 3" of kneecap
- Footwear may include flip-flops, tennis shoes, sandals and casual shoes; NO platform sandals

### Day Wear (including Casual Meeting Attire)

- For Women & Daughters: Dresses or skirts and nice shirt; shirt should cover midriff and your bra completely; skirts within 3" of kneecap. Dress pants and pant suits with nice shirt or sweater.
- For Men: Trousers/khakis and shirts; NO jeans. Coats and ties are not necessary.
- For All: NO casual t-shirts (except look-a-likes when deemed appropriate)
- Footwear may include sandals, flip-flops and casual shoes; NO tennis shoes or platform sandals



### Regular Meeting Attire

- For Women & Daughters: Dresses or skirts with a nice shirt; shirt should cover midriff and your bra completely; skirts within 3" of kneecap; business suits (including pant suits).
- For Men: Trousers with button down shirts; NO jeans. Coats and ties recommended.
- For All: NO casual t-shirts (except current look-a-likes when deemed appropriate). Sweatshirts and hoodies should be removed before the meeting.
- Footwear may include sandals, flip flops, and casual shoes; NO tennis shoes or platform sandals
- Tattoos should not be visible. Facial piercings should be removed.

### Formal Wear

- For Women & Daughters: Tea-length or floor length formal dresses (see definitions below) with appropriate undergarments and accessories; skirt slits should be no higher than 3 inches above the knee. Dresses with sheer overlay, the non-sheer layer must meet length requirements. Sweatshirts and hoodies are NOT acceptable. Sweaters and shawls are a nice addition. Remember, no gloves or hats in the Bethel room.
- For Men: Tuxedos, two or three piece suits, or coats and ties
- Footwear may include dressy shoes and sandals; No flip-flops or tennis shoes. Footwear must be worn with formal wear at all times; if your shoes are not comfortable enough to wear all night, pick a pair of shoes that will be comfortable all evening.
- Tattoos should not be visible. Facial piercings should be removed. Pierced earrings are fine.



### Swim Wear

- Swimwear must be held in place elastically or with secure fasteners; NO suits that features ties allowing the suit to come off if untied
- Swim tops should cover and support your breasts, and keep your bellybutton covered (a tank top over a bikini is an acceptable "homemade" tankini)
- Swim bottoms should cover your whole bum (both cheeks!)
- Cover-ups and footwear are required while going to and from the pool area

### Official Bethel Regalia for Daughters

- Clean and pressed robe (hemmed 3" from the floor with a 4" hem) with a long slip (slip should be 4"-6" from the floor), and cord attached securely to within 6" at the center front (3" from center in each direction) unless a cape is proper.
- Appropriate *white* or *nude* undergarments, not visible through your robe
- Clean hosiery and clean white shoes that fit (knee-highs ok). NO "fluffy" slippers.
- Headband or crown over clean and tidy hair with white or hair-colored barrettes, bobby pins, or elastics. "Non-natural" colored hair should be blended into hairstyle so that it is not noticeable.
- Jewelry may be worn in accordance with the Manual of Rules and Regulations (*B-Bethel 5, Article VI, Section 2, (b) No jewelry shall be worn with a Bethel robe except a Job's Daughters' ring, watch or other ring, Grand Bethel and/or Supreme Bethel Medallion.*)
- Facial piercings should be removed or replaced with piercing retainers (unless specific arrangements have been made with your Bethel Guardian). Earrings should be the only visible pierced jewelry. No jewelry for Ritual competitions.
- Tattoos should not be visible.



### Dress Length Definitions:



**Day & Meeting Wear:** Dress and skirt length should be longer than 3 inches above the knee.

**Floor Length:** Dress is just off of the floor; hem typically falls between your ankle and the floor. This length is appropriate for all formal occasions and "black-tie" events. Strapless and spaghetti strap dresses are okay with well-fitted strapless bra underneath.

**Tea Length:** Dress typically falls mid-calf in length; must fully cover knee even when sitting. This length is appropriate for all formal occasions, except black-tie (see above).

**Party Length:** Dress typically falls right at the kneecap or just above; does not cover your knee when sitting. This length is appropriate for casual, day wear or regular meeting wear, NOT for formal wear.

### Doubting Your Outfit? Questions to Ask Yourself:

- Is the most noticeable part of my outfit where I want people to pay attention to me most?
- If my friend wore this outfit, what would I say to her about it?
- Would my grandmother be proud of me in this outfit?
- If people subtracted the amount of my cleavage showing from my IQ, would I be okay with that?
- Have I included all of the appropriate undergarments? Are they properly hidden from view?
- Can I sit down and be comfortable in this outfit?
- Can I wear this all day without needing to adjust something every 5 minutes?
- Will I have to adjust this dress by pulling it up to keep it up?
- If I run from the car to the building to avoid the rain, will everything stay in place and not bounce around?

### Helpful Hints:

- Respect yourself and respect others. Dress so that you are pleased and proud of your appearance.
- If a clothing adjustment is necessary, please be discreet and respectful. Privacy is important.
- Take time to brush your hair, brush your teeth, apply deodorant, and check the mirror before you walk out of the house.
- When travelling, remember to take your toiletries, including brush, shampoo, toothbrush, toothpaste, deodorant, etc., as well as PJ's that cover you completely.
- Remember to compliment one another and most importantly, smile and enjoy yourself!