

#101
4-H CIRCULAR 139

JANUARY, 1957

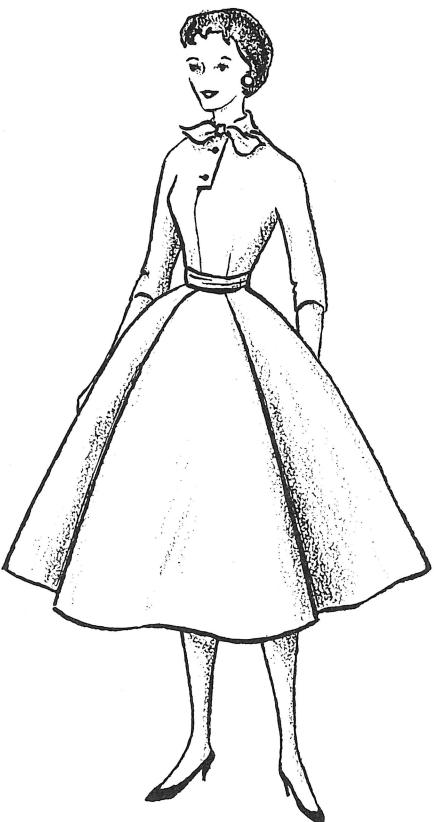
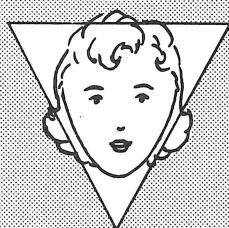
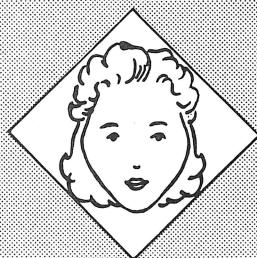
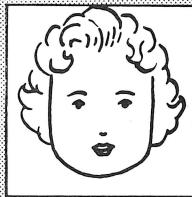
UNIVERSITY OF MISSOURI

COLLEGE OF AGRICULTURE

AGRICULTURAL EXTENSION SERVICE

COLUMBIA, MISSOURI

CLOTHING 4



CLOTHING IV

ORENE COWAN

WHAT YOU WILL DO

In this project you will:

Make a Clothing Plan

Select and construct three of the following:

Unlined suit

Skirt and blouse, or weskit

A fall or winter best dress (other than wool)

A formal

A tailored dress for fall or winter

Complete 4-H uniform

Two accessories

HOW TO PUT YOURSELF TOGETHER

You'll need to follow a good plan to choose clothes that go well together and are right for you and the occasion. Haphazard buying is expensive and disappointing.

Make a careful study of yourself so you can choose clothing that is becoming.

FIGURE TYPES

The average figure is well proportioned and may wear a wide choice of styles.

The short, plump figure should choose up and down lines, simple shoulders and sleeves, smoothly fitted skirts, self material belts and keep frills to a minimum. She should avoid color contrasts, wide belts and any lines around the hips.

The tall, slender figure may choose styles that cut height. Full gathered skirts, wide belts, and contrasting colors are good choices. She will need to avoid clinging fabrics, long severe lines, straight skirts and tight fitting clothes.

The small figure will look well in garments with features scaled down in size such as small collars, cuffs and pockets. Avoid extremely bright colors for complete costumes. Avoid rough textured fabrics. Styles that fit smoothly and accent the waistline are flattering to the petite figure.

COLOR

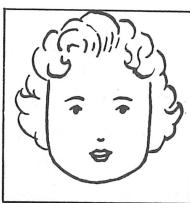
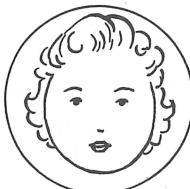
The skin, hair and eyes should be enhanced by the colors you wear. Drape different colors around your shoulders to help you decide which are best for you. Perhaps the members of your club can bring swatches, scarves or sweaters to provide a variety for all to try on.

If you are large, it is best not to wear bright or light colors in an entire garment, but use an accent of a becoming color near the face.

Choose a basic color or combination such as black-gray; brown-beige; or navy. When you add anything be sure it fits in with the things you own. No suit or dress should be bought without considering the accessories to make it just right.

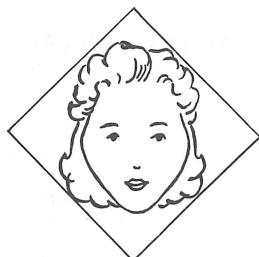
SHAPE OF FACE

An oval face is the ideal. The girl with an oval face will find many becoming hair styles and necklines. Arrangement of hair and choice of clothes can do much to give the impression of an oval.

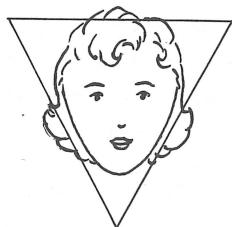


For the round face, V necklines and hair arrangements that are built up will add length to face.

The square face needs to be softened. Avoid severe lines such as a square neckline or a dutch bob. Hair fullness above ears, and V necklines are good.

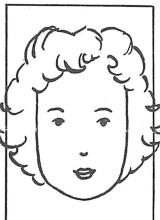


The diamond shape face will need the hair arranged for fullness above and below the widest part of the face to give balance.



Triangle—Hair fullness around the lower part of the face, and wide lapels will help give the appearance of an oval.

The long face may wear bangs with fullness at sides. High necklines, and chokers help cut apparent length of face and neck.



PLANNING YOUR CLOTHES

What Do You Have?

Take a good look at the clothes you have. Use the chart on page 8 to help you. If you find clothes in your closet that haven't been worn in a long time, decide what should be done with them. Can they be made wearable? Need mending? Can they be made over? Maybe they should be given away.

What Do You Need?

Your activities will determine the clothes you will need. Talk it over with your family and perhaps you can decide the amount to be spent.

WHAT TO WEAR

Occasion

Church—Dress up dress or suit—dressy shoes, hat, bag, and gloves. Costume should be coordinated. If a coat is to be worn, plan your outfit to go with it.

School—Attractive, durable, comfortable, easy-to-keep skirts, sweaters and blouses. Cotton and other casual clothes in warm weather. Saddles or loafers.

Shopping—Custom will determine appropriate dress for local shopping trips. For city shopping a tailored dress or suit, hat and gloves. Dark clothes look well in the city.

Travel by train, plane or bus—Tailored suit or dress, hat and gloves. Choose fabric that will not wrinkle. Skirts with some fullness are more

comfortable than the very straight skirt.

Sport Clothes—Blue jeans, slacks, shorts, etc. should be worn only for work and play—inappropriate for school or street wear.

SEW A FINE SEAM

Most garments you made in Clothing I, II and III were of cotton or other easy-to-sew fabrics. In this project you will have the opportunity to work with fabrics that require more skill.

After you make your clothing plan, decide what you will make and what you will buy.

Construction Pointers You Should Know

Do you know how to do the following? If you are not sure ask your leader to go over them with you.

1. Know your fabric. Read labels.
2. Determine pattern size by measurement.
3. Prepare material for use. Straighten.
4. Alter pattern.
5. Work with grain of material.
6. Use guide sheet of pattern.
7. Transfer markings accurately.
8. Adjust machine tension and stitch length.
9. Stay stitch.
10. Use unit construction.
11. Use interfacing where needed.
12. Choose seam according to material and pattern.

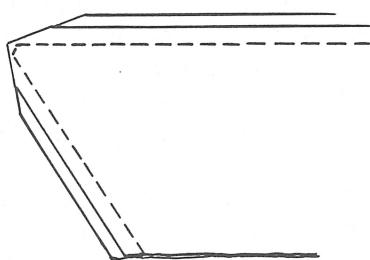


Fig. 1—Seams must be trimmed for best results

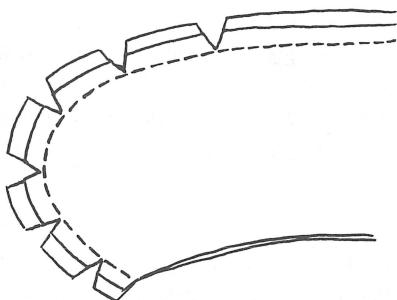


Fig. 2—Excess fabric should be removed.

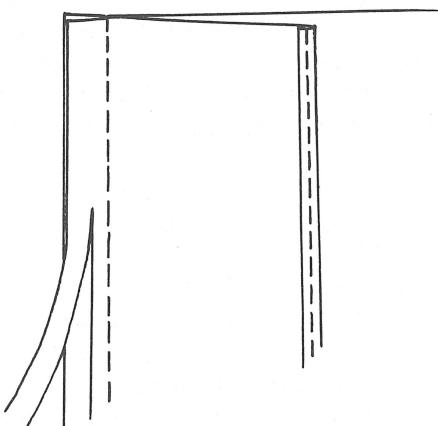


Fig. 3—Grade or blend seams

Other Construction Details

Trim and Clip Seams

For best results, trim and clip seams in cuffs, collars and facings. For heavy materials, trim seams to different widths. This is called grading or blending of seams.

Trim seams to remove bulk.
Trim corners. (Fig. 1)

Cut out small wedges on curve.
(Fig. 2)

For grading or blending of seams, leave widest seam next to outside.
(Fig. 3)

Taped Waistline

A tape sewn in the waistline seam will prevent stretching and helps retain the shape and fit of your garment. This is especially important with better garments made of materials that stretch.

FALL OR WINTER BEST DRESS

If you make a fall or winter best dress in this project you may choose rayon, acetate, silk, cotton, synthetics, a blend or any suitable material. Wool requires different handling and is used in Clothing V. Velveteen, faille, crepe, shantung, taffeta are some fabrics you may use.

For this dress you may choose a basic style and color so it may be changed with different accessories. Some characteristics of a basic dress are:

1. Simple lines—uncluttered.
2. Self-material belts and buttons.

3. Brown, beige, navy, black or gray are good color choices.
4. Solid color.
5. Can be worn with different accessories —jewelry, flowers, collars.

Your choice may not be a basic dress since another type may be what you need, but in either case you will need to ask several questions before buying the material, and pattern. *Always read the labels and hang tags to learn about shrinkage, color fastness, finish and care required:* In choosing, keep in mind:

1. Will it look well on me?
2. What accessories will be needed?
3. Does it fit with the clothes I own?
4. What care will it need?
5. Will it serve several purposes?

Pile, Napped Materials, Twills

In working with napped, pile, fleece, some plaids, twills or any fabrics that have an up and down, special care must be used to lay all the pattern in the same direction. These include corduroy, velvet, velveteen, some flannels, fleeces, gabardines, unbalanced plaids and material printed with a one way design. (Cut pile fabrics so the color will look brightest or with the nap pointing up; cut fleece with the fleece or nap running down.) Check before buying, since extra material may be needed.

Buttons

1. Buttons may be selected to add a decorative effect or may blend with the garment.

2. Decorative buttons should be used only with plain fabrics since the effect is lost in a print.

3. Decorative buttons may limit the accessories that may be worn with the dress.

4. Stripes, plaids, and checks usually require a tailored button.

5. One type of trim on a garment is usually sufficient.

6. The weight of the fabric and the style will determine the size button needed. Use lightweight buttons on sheer materials.

7. Buttons need to be large enough and close enough together to hold the garment in place, but not so many as to overweight the garment.

Belts

1. Self material belts are usually appropriate. This is especially true of the person who is on the plump side.

2. Contrasting belts should be worn only by the tall and slender or the average figure.

3. Fabric belts need an interfacing or backing to prevent crumpling. This may be belting, grosgrain ribbon, non woven interfacing or any material that serves the purpose. Shrink before using.

SKIRT AND BLOUSE

Choose any skirt style that will look well on you. Plan before you buy so the things you add will go with the clothes you own.

Use chart on page 7 to check the mix and match possibilities of your separates.

Plaid or checked skirts require plain blouses. Printed, plaid or checked blouses should be worn only with plain skirts. Dressy blouses should be worn with dressy or in-between skirts.

A weskit of the same material as your skirt or one that may be worn with different skirts may be made in place of a blouse.

UNLINED SUIT

Your unlined suit may be all of one color or a skirt with a contrasting jacket. The jacket may be fitted or boxy. For a versatile outfit, choose a style and color that can be worn with or without a blouse. Plan a jacket that can be worn with other skirts. Suiting, corduroy or sharkskin are suggestions for fabrics but others may be used.

TAILORED DRESS

A tailored dress is appropriate for city shopping, travel, spectator sport events and other occasions where you want to be well dressed, but not over dressed. Choose simple, uncluttered lines and accessories. Frills and ruffles are for dressy or party clothes. Suitable fabrics are corduroy, gabardine, tweeds, suiting or similar materials of winter cottons, acetate, rayon, synthetics or blends.

COMPLETE 4-H UNIFORM

Materials for your official 4-H uniform may sometimes be obtained at local stores or you may order it directly from the National Committee on Boys and Girls Club Work. Patterns are available at pattern counters.

List skirts at left, blouses and sweaters across. Check those that can be worn together.

WHAT DO I HAVE?

Garments	Fall-Winter	Spring	Summer	Need
Coats				
Dress-up				
Dress or Suit				
Purse				
Gloves				
Hat				
Shoes				
Dresses				
Skirts				
Sweaters				
Blouses				
Umbrella				
Raincoat				
Galoshes				
Party Clothes				
Play Clothes				

FORMALS

Since the life of a formal is short, choose one that is attractive, but invest the larger part of your clothing dollar in the coat or suit that you will want to look well for repeated wearings. It is possible to make a becoming formal for a small amount of money and time.

ACCESSORIES

Accessories are extremely important. The right ones can do much to give a good appearance. The wrong ones can mar the effect of the most becoming garment.

If carefully chosen they may be worn with different garments for different occasions. Some are suitable only for casual wear — others are appropriate only for dress up. In between accessories are adaptable and practical.

Accessories To Make

With careful planning and good workmanship, you can add spice to your wardrobe by making accessories. Collar, cuffs, scarf, dickey, belt, hat, purse, gloves, overskirt, jacket, stole are accessories that may be made.

It is extremely important that collar and cuffs sets be washed starched and ironed to perfection.

Hat and Gloves

1. Choose a hat that may be worn with different dresses. A simple hat in your basic color or a neutral will be a good choice if you have only one.

2. A pair of gloves in your basic color and one in white or a neutral shade will probably meet your needs.

3. Gloves and hat are worn to add to the completeness of a costume for a well-groomed appearance.

4. Choose those in keeping with your outfit. Some are suitable for casual wear. Those with decorative details are appropriate only for dress up. Simple cotton gloves can be worn for most occasions.

5. Hat and gloves are worn for church, teas and other dress-up occasions. For casual wear, gloves are sometimes worn when a hat is not worn.

6. Gloves may match or contrast with your coat, suit or dress. The over-all picture you make must be considered.

Purse

When choosing you will need to consider:

1. What you plan to carry it with
2. Color and fabric
3. Style and size
 - a. According to your size
 - b. Small bags for evening
 - c. Dressy bags for dressy clothes — casual bags for casual occasions
 - d. If your wardrobe is limited, choose a purse in your basic color that will go with either dressy or casual clothes.

Choose your purse to go with shoes and other accessories so they will make a set. They do not necessarily need to "match".

Shoes

1. COLOR—For dress-up, choose a shoe that can be worn with several garments. A shoe in your basic color is a good choice.

2. STYLE—Oxfords are a good choice for every day wear. For dress-up occasions, a plain pump with a medium heel is versatile. High heeled dress shoes may be worn for *short periods* without injury to the foot or to posture.

3. FIT—For comfort and health of the foot a good fit is of utmost importance. A foot injured by ill-fitted shoes may be permanently injured. Points to check for fit:

- a. Shoes should conform to the shape of the foot. Toes should lie long and straight. Choose shoes with a straight inner line. Avoid pointed toes.
- b. Shoes should be $\frac{1}{2}$ in. longer than the foot.
- c. Width of shoe same as foot.
- d. Ball of the foot over widest part of the shoe sole.
- e. Heel should fit snugly.
- f. Soles should be flexible and thick enough to cushion the foot against shock.
- g. Shoes should allow for evaporation of perspiration.

Hose

For dress up occasions you will probably buy hose. Choose a color that will blend with your clothing.

Buy hose that are about $\frac{1}{2}$ inch longer than your foot. Hose that are too short may injure the foot. Hose are made in short, regular and long

leg lengths. You will need the length that will fasten comfortably to your garter belt or girdle.

Girls with average or small legs may choose seamless hose. Seams help to slenderize and they usually fit better. Fancy heels or clocks usually detract from the over-all effect.

Gauge and denier are hosiery terms you will need to know. Gauge is the number of needles per $1\frac{1}{2}$ inch on the needlebar that makes full fashioned hose. A 51-gauge stocking has 51 stiches per $1\frac{1}{2}$ inch, a 60-gauge has 60 stitches per $1\frac{1}{2}$ inch. Fine stitches usually do not snag as easily.

Denier is the term used to indicate the fineness of the yarn. The lower the denier, the finer the yarn. A 30 denier yarn is twice as heavy as a 15 denier. Very sheer hose should be worn only for dress, since they should not be expected to be durable.

Any precaution you can take to prevent snagging will mean quite a saving. Ragged fingernails and rough furniture are among the worst offenders. Use care when washing, wearing, or storing hose. Wearing gloves when handling hose will prevent snagging from hands or nails.

UNDERGARMENTS

Girdles

A well balanced diet and exercise are important in developing a good figure, but as an aid to nature you will need some well chosen undergarments. Most girls will need one or two girdles or panty girdles to

wear under dress-up clothes to refine the figure and improve the fit of the outer garments.

Laundering

Launder girdles frequently to keep body oils from penetrating to the rubber threads causing them to deteriorate. Daily wear is harder on a garment than daily washing.

Read the label on the new foundation garment carefully for step by step instructions on care.

When information on label is not available or complete, follow these steps.

1. Close zippers or other fastenings and turn wrong side out.

2. Soak *no longer* than 10 minutes in *mild luke warm suds*.

3. Squeeze suds gently through the garment with a cupping motion. Use soft brush or soaped turkish towel to rub soiled spots.

4. Rinse *several times* in clear tepid water.

5. Roll in turkish towel to absorb moisture. *Never twist or wring* a foundation garment.

6. Shape garment and dry on turkish towel or over bathroom rod or clothesline. Girdle may be hung by its garters, but avoid using clothespins.

7. Fold bust section of corselet or brassiere and stretch thoroughly toward point to shape.

8. Dry away from direct heat or sunlight. Both weaken the fibers.

9. Iron only the fabric parts. Use warm iron. *Never touch elastic part with iron.*

10. Iron brassiere on wrong side and work from outer area to center of cup. It is generally considered unnecessary to iron nylon bras.

11. One last tip on care of foundation garments. If you launder them in machine enclose garments in a net bag, use luke warm water and never let washer run longer than 10 minutes.

Discoloration—One of the yet unsolved problems. Rubber in elasticized portions sometimes turns gray, yellow, or pink. Sometimes due to atmospheric fumes, sometimes to improper laundering and sometimes to action of body acids.

Bra

A correctly fitted bra is needed for good appearance, comfort and support of delicate tissues. A few minutes in the fitting room will be time well spent, only by trying on can you be assured of the right fit.

1. Select garments for your figure and needs.

2. Read labels.

3. Try on.

Slips

1. Choose straight slips for straight skirts.

2. Opaque slips with shadow panels are needed for sheer dresses.

3. Be especially careful to wear modest and dainty underclothing with sheer dresses or blouses.

4. Slips of nylon, dacron or other chemical fibers are easy to care for, but since they are non-absorbent, cotton, acetate, rayon or blends may be more comfortable for summer wear.

5. Check fabric construction and trimming to see that it will look and wear well.

GROOMING AND POSTURE

Good posture and grooming are of utmost importance to your appear-

ance. The following check sheet may help you know where you need to improve.

* * *

(See 4-H circulars 89 and 132 on these subjects)

HOW DO YOU RATE?

Score 5 if you rate high, 4-3-2-1 points as you deserve. 0 if you do not rate.

1. Do you know the lines that are best for your figure type?
2. What are your 3 best colors?
3. Is your wardrobe well coordinated?
4. Do you wear a well fitted bra?
5. Are you neat? Straps stay in place? Slip right length? Do you use safety pins to hold your clothes together? Ripped seams?
6. Do you bathe often? Use a deodorant? Dress shields, if necessary?
7. Is your hair clean, neat and becomingly arranged?
8. Do you usually have at least 8 hours sleep daily?
9. Do you eat a balanced diet?
10. Do you need to lose or gain weight?
11. Are your shoes comfortable? Clean and in good repair? Suitable with dress?
12. Are your teeth in good condition? Did you visit the den-

tist in the last 6 months?

- 13-14. Do you have good posture? (Score on the basis of 10 points)
15. Score your hands and nails.
16. Are you usually cheerful and optimistic?
17. Is your make-up right?
18. Are you careful to be properly dressed for the occasion? (Blue jeans are appropriate only for certain occasions as picnics, hiking, work.)
19. Never wear hair "pinned up" in public.
20. Are your clothes well pressed?

95 or 100—Excellent (too good to be true)

80, 85, or 90—Good (Nice work, keep going)

70 or 75—Fair (pass in a pinch)

60 or 65—Poor—(Better get busy)

0 to 55—Bad—(Just awful, no excuse)

If you rate below 80, better start working on improving your appearance.

If you rate 80 or above, you will, like Alice in Wonderland, have to "run like everything to stay where you are."

UNIVERSITY OF MISSOURI COLLEGE OF AGRICULTURE AND THE UNITED STATES

DEPARTMENT OF AGRICULTURE COOPERATING

J. W. Burch, Director, Agricultural Extension Service

Distributed in furtherance of the Acts of Congress of May 8, and June 30, 1914

PROJECT RECORD

CLOTHING IV

(Use with 4-H Circular 139)

Clothes for the Occasion

Member's Name _____ Age _____

Address _____ County _____

Name of 4-H Club _____

Project Leader _____

THINGS TO DO IN THIS PROJECT

Make a clothing plan

Select and construct 3 of the following:

Unlined suit

Skirt and blouse or weskit

A fall or winter best dress (other than wool)

A formal

A tailored dress for fall or winter

A complete 4-H uniform

Two accessories

Select and do 2 of the following:

Select and buy accessories

Select and buy undergarments

Assist with sewing for others

SUMMARY OF GENERAL CLUB ACTIVITIES

1. How many project meetings did you attend? _____

2. Did you demonstrate at club meetings? _____ Community events? _____

County Achievement day? _____

3. Did you judge at the following events? _____ Local: _____ County: _____

District: _____ State: _____ .

4. Did you exhibit in the community? _____ County? _____ District?

State? _____ .

5. List Exhibits

Article	Local	Ribbon Won	County	Ribbon	District	Ribbon	State	Ribbon

6. Sketch and Label the garments you made

7. What sewing did you do for others? _____

8. What difficulties did you encounter in Clothing IV? _____

9. List better ways of doing things that you have learned this year; _____

GARMENTS MADE OVER

Garment	What Was Done	Cost	Value

MY CLOTHING STORY FOR 19 _____

University of Missouri College of Agriculture and the United
States Department of Agriculture Cooperating

J. W. Burch, Director, Agricultural Extension Service

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