

CLOTHING CLUB I

4-H CLUB CIRCULAR 21

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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS

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THE COUNTRY GIRL'S CREED

By JESSIE FIELD

I am glad that I live in the country. I love its beauty and its spirit. I rejoice in the things I can do as a country girl for my home and my neighborhood.

I believe I can share in the beauty around me; in the fragrance of the orchards in the spring, in the weight of the ripe wheat at harvest, in the morning song of birds, and in the glow of the sunset on the far horizon. I want to express this beauty in my own life as naturally and happily as the wild rose blooms by the roadside.

I believe I can have a part in the courageous spirit of the country. This spirit has entered into the brook in our pasture. The stones placed in its way call forth its strength and add to its strength a song. It dwells in the tender plants as they burst the seed cases that imprison them and push through the dark earth to light. It sounds in the nestling notes of the meadow lark. With this courageous spirit I, too, can face the hard things of life with gladness.

I believe there is much I can do in my country home. Through studying the best way to do my everyday work I can find joy in common tasks well done. Through loving comradeship I can help bring into my home the happiness and peace that are always so near us in God's out-of-door world. Through such a home I can help make real to all who pass that way, their highest ideal of country life.

I believe my love and loyalty for my country home should reach out in service to that larger home that we call our neighborhood. I would whole-heartedly give my best to further all that is being done for a better community. I would have all that I think and say and do, help to unite country people near and far in that great kingdom of love for neighbors which the Master came to establish—the Master who knew and cared for country ways and country folks.

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Clothing Club I*

The object of the 4-H Clothing Club I is to help girls in planning, selecting and making simple, becoming, healthful clothes; teaching them to select materials for undergarments and cotton dresses that will be suitable to wear together; giving them some knowledge of construction processes and teaching care of health and personal appearance.

REQUIREMENTS

There shall be five or more members in the Clothing Club I who are 10 to 21 years of age and who are meeting regularly, with their own officers in charge, under the direction of a local club leader.

Work Required.—Each member is required to make three articles: a wash dress, sleeveless or with short sleeves cut with the waist, of cotton material; to make one undergarment to wear with the dress; to make a laundry bag, a shoe pocket or a dress cover; to darn two pairs of stockings; to patch two garments; and to keep her clothing neat and clean.

Records Required.—Each member is required to keep a record of the cost of materials and to write a story of the club activities for the year.

Expense.—Each member is required to furnish all materials used in making articles, and any sewing equipment necessary.

Time Required.—The time required is for attendance at the regular club meetings, for making articles and garments, and for attendance at a local achievement program at the close of the club work.

Organization.—The Clothing Club I may be organized any time during the year, with a preference for September or October, for winter clubs.

I. Organization

A standard club is composed of a group of five or more girls from the same community between the ages of ten and twenty-one years who are working upon the same project under the direction of a local club leader.

Meetings.—Standard 4-H clubs are required to hold at least six regular meetings during the club year. These meetings may be held as often as the local club leader and members desire; however, the

*Prepared by Miss Mary E. Robinson, Clothing Extension Specialist, in collaboration with Miss Jane Hinote, State Club Agent.

meetings usually are held once each month, and twice each month during the summer.

Below are subjects suggested for a number of club meetings. It may be necessary to devote two or more meetings to some of the subjects. It is suggested that these subjects be followed in the order named. *Local club leaders and clubs are expected to adapt these subjects to local community conditions.*

SUGGESTED PROGRAMS FOR MEETINGS

I. Organization of the Club (See Club Secretary's Record Book).

1. Business meeting.—The local club leader in charge.
 - (1). Explanation of the duties of the club officers and members. (See the Club Secretary's Record Book)
 - (2). Election of officers President, Vice-President, Secretary, Song Leader, and Reporter.
 - (3). Selection of a time and place for regular club meetings.
 - (4). Selection of a name for the club. (It is suggested that the name be selected so as to identify the club and the project.)
 - (5). Appointment of a program committee.
 - (6). Adjournment of the business meeting for project instruction.
2. Instruction.—The local club leader in charge.
 - (1). Distribution of club literature with an explanation of its use.
 - (2). Explanation of the standard club requirements. (See Secretary's Record Book.)
 - (3). Explanation of the project requirements for Clothing I.
 - (4). Discussion of the main club events for the year.
 - (5). Setting of one or more goals for the club, as
 - a. Every member attend every meeting of the club.
 - b. Every member learn to judge, to demonstrate, to exhibit.
 - c. Every member complete the project.
 - (6). Assignment for the next meeting.
 - a. Bring samples of material for articles to be made.
 - b. The National 4-H club pledge to be learned by all members before the next club meeting. (See the pledge in the suggested outline for the second club meeting.)
3. Social hour.

II. Club Meeting.—Use of Sewing Machine

1. Business meeting.—The club president in charge.
 - (1). Meeting called to order by president, who leads the club members in repeating the National 4-H Club pledge, as follows "I pledge my **head** to clear thinking, my **heart** to greater loyalty, my **hands** to larger service, and my **health** to better living, for my club, my community and my country."
 - (2). Roll call by the secretary.
 - (3). Reading of the minutes of the last meeting by the secretary which should be adopted as a permanent record by the club when approved.
 - (4). Unfinished business
 - (5). New business.
 - (6). Songs led by the song leader.
 - (7). Adjournment for work.
2. Instructions.—The local leader in charge.

Discussion and demonstration. Selection of sewing equipment. Use of Sewing Machine. Selection of material for laundry bag, shoe pocket and dress cover and amount to purchase. Girls practice using sewing machine.

Assignment of work. Bring materials, patterns, measurements for making articles, necessary sewing equipment and record blanks to next meeting. Topic for roll call. One article of sewing equipment needed by 4-H club girls.

3. Social hour.

III. Club Meeting.—Care of Clothes

1. Business meeting.—The club president in charge. (Follow suggested outline for Club meeting II.)

2. Instructions.—The local club leader in charge.

Discussion and demonstration. Care of Clothing. Explanation of score card. Members score one garment. Demonstration Making laundry bag, shoe pocket or dress cover. Girls make bags, pockets or dress covers.

Assignment of work. Finish articles. Bring garments and materials to patch and darn and samples of materials for undergarments to be made. Topic for roll call. One thing that I have done since the last meeting to care for my clothes.

3. Social hour.

IV. Club Meeting.—Repair of Clothing

1. Business meeting.

2. Instructions.—The local leader in charge.

Discussion and demonstrations Repairing garments. Darning stocking. Patching a garment. Selection of materials for undergarments. Girls darn and patch. Girls score one undergarment.

Assignment of work. Finish darns and patches. Bring material and pattern for undergarment. Topic for roll call. One material suitable for underwear.

3. Social hour.

V. Club Meeting.—Undergarments

1. Business meeting.

2. Instructions.—The local leader in charge

Discussion and demonstrations. Score card. Cutting, making, fitting and finishing undergarments. Girls make undergarments.

Assignment of work. Subjects for individual demonstrations. Finish undergarments. Bring record blanks to next meeting. Topic for roll call. One healthful requirement of an undergarment.

3. Social hour.

VI. Club Meeting.—Grooming and Posture

1. Business meeting.

2. Instructions.—The local club leader in charge.

Demonstration and discussion. Grooming. Posture. Finishes for undergarments. Girls give individual demonstrations. Overcasting, making a hem gauge, a French seam, use of machine, care of shoes, care of hose, care of dresses, darning, patching or cutting an undergarment. Girls judge four bags, dress covers or shoe pockets.

Assignment of work. Practice good posture daily. Bring samples of dress materials. Topic for roll call. One change made in personal appearance due to changed habits in grooming.

3. Social hour.

VII. Club Meeting.—Planning Wash Dress

1. Business meeting.

2. Instructions.—The local club leader in charge.

Discussion and demonstration. Score card. Colors, materials, trimmings and patterns for dresses. Leader helps each girl plan dress. Individual and team demonstrations. Judge four undergarments.

Assignment of work. Bring material and pattern for dress and record blanks to next meeting. Topic for roll call. One reason for selecting pattern, color or material for dress.

3. Social hour.

VIII. Club Meeting.—Making the Dress

1. Business meeting.
2. Instructions.—The local club leader in charge.
 - Demonstration. Cutting and making a dress. Girls cut dresses and start making.
 - Assignment of work. Work on dresses. Topic for roll call. What has interested me most in this 4-H Clothing club.

IX. Club Meeting.—Making the Dress

1. Business meeting.
2. Instructions.—The local club leader in charge.
 - Team demonstrations. Girls finish dresses. Leader looks over record blanks and girls' dresses. Make plans and arrangements for the achievement program.
 - Assignment of work. Bring record blanks. Teams come prepared to give demonstrations. All members prepare and bring exhibit.
3. Social hour.

X. Club Meeting.—The Achievement Program

The achievement program should be held at the close of the work for the club year. Each member should hand in to the local leader the completed record books so that the results of all the work of the club may be summarized in the back of the Secretary's Record Book.

Only members who make a complete report or have their records up-to-date should be eligible to take part in county, district, state, interstate, or national contests, club camps or take achievement trips.

The results of the club work for the year should be carefully prepared and offered to the local newspapers for publication.

Suggested Program

1. Typical club meeting.
2. Exhibit of garments and articles.
3. A talk on 4-H Club Work.
4. Individual and team demonstrations.
5. Awards. Each member who completes the work is eligible to receive a 4-H Club achievement pin, if given.
6. Songs.
7. Plans for the following year.

II. Use of Sewing Machine

The book of directions that belongs to the machine should be carefully studied to learn the correct method of threading the machine, the names of the various parts of the machine, where and how to adjust the tension and regulate the stitch.

Necessary points to remember.

1. Always have the machine clean and well oiled. If it becomes sticky or if it has not been used for some weeks, oil it with kerosene. This will clean it. Then run the machine so that the oil will get to every part, then wipe it carefully. After thoroughly cleaning it, oil it with a good quality of machine oil. Never use the machine without first carefully wiping it.

2. The book of directions will tell the size of needle to use with the size of thread and both should be chosen to suit the material to be

stitched. The length of stitch should be regulated to suit the material.

3. The machine must always be threaded carefully above and below, else it will not make tight, even stitches or the thread may break. Needles are sometimes blunted by wrong threading or improper setting of the needle and should never be used then, as a blunt needle draws the threads of the material.

4. Keep the belt tight, for when it is too loose much energy is wasted.

5. Until the beginner learns the proper direction to turn the wheel and the art of treadling with both feet, the machine need not be threaded, but it can be run in this manner until treadling becomes a habit and until starting and stopping easily and exactly have been learned.

6. The bulk of the material should be kept to the left of the presser foot.

7. Practice in making straight stitching can be done on striped goods so the stripes may serve as a guide.

SEWING EQUIPMENT

1. A package of 4 to 10 needles takes care of any size thread needed.
2. Cotton sewing thread comes in Nos. 8 to 200 white and Nos. 30 to 90 colored.
3. Thimble should be of silver, celluloid, or aluminum and should fit snugly. It should always be worn when sewing, for no girl can ever become a good seamstress if she does not use a thimble.
4. Scissors should be sharp and should cut on the point. For efficient cutting they should be 7 inches long or longer.
5. Pins should be of good quality. A pin cushion of cloth stuffed with curled hair, cork or sawdust is useful.
6. Tape measure should be 60 inches long, $\frac{3}{8}$ to $\frac{1}{2}$ -inch wide, and stitched on both edges. Those tapes that are marked on both sides with inches numbered from opposite ends are most convenient to use.
7. An emery bag is useful for smoothing the needle when it becomes rusty or rough from the perspiration or oil of the hand.
8. A small piece of wax which can be used to smooth silk thread when the hands are rough and to keep thread from kinking and knotting is desirable.

SCORE CARD FOR JUDGING CLOTHING CONSTRUCTION

In compiling this score an attempt has been made to give the proper value to such items as the design of the garments and the selection of materials. While workmanship is important, there is no doubt but

that too much emphasis has been given to it in the past at the expense of other equally valuable considerations.

Undergarments	
Selection.....	50
Materials used (including trimmings)	
Color	
Durability	
Hygiene qualities	
Laundering qualities	
Design	
Suitability to wearer and purpose	
Suitability to material	
Comfort	
Beauty in line	
Originality	
Workmanship.....	40
Cutting correctly	
Choice and neatness of seams, hems, finishes, etc.	
Perfection of stitching (hand or machine)	
General appearance.....	10
Cleanliness	
Pressing	
	100

III. Care of Clothing

Care of clothing not only adds to the life of a garment but gives the wearer that satisfaction and assurance that her clothes are right, which tends to result in poise, happiness and better work.

Underclothing.—The underclothing should be as clean and fresh as the outer garments. The ideal for undergarments is fresh, clean underwear every day. Underclothes should be changed at least every other day even if they appear to be clean because they absorb the body secretions.

Stockings.—The stockings which a club girl wears should correspond to her general costume. A simple, serviceable costume does not call for silk hose. A cotton or lisle stocking of serviceable weight for the season is appropriate. Stockings to be comfortable and wear well should be long enough to permit freedom of the toes but not so large as to wrinkle in the shoes. New hose should be washed before wearing to remove excess dye and to set the weave more firmly. Stockings wear better if washed often because the perspiration from the feet rots the fiber, this is particularly true of silk stockings which for best service should be washed out after each wearing.

Lukewarm water, and mild soap or soap flakes should be used. The fibers should never be roughly rubbed together but gently squeezed.

Silk stockings should not be hung near heat as they will wear longer if always dried slowly. Stockings should be repaired as soon as a break appears.

Shoes.—Shoes should stand the test of suitability, simplicity and service. Well cared for shoes add to a girl's personal appearance. Shoes will appear at their best if kept clean and well polished with oil or waterproof polish.

Care in fitting shoes in childhood and girlhood will do away with serious foot trouble in later life. Carefully fitted shoes wear longer than poorly fitted ones. Straightening heels when needed helps to hold the shape of the shoe and adds to the appearance and comfort of the wearer. For choosing comfortable shoes see page 17.

Shoes will be kept cleaner and in better condition if kept in a shoe bag than if kept on the floor where they collect the dust and may be stepped on and damaged.

Dresses.—Pressing a dress that is clean but wrinkled will make a decided change in the appearance of the wearer, but the avoidance of wrinkles instead of frequent pressing should be the aim. Dresses may be kept pressed and unwrinkled by hanging on hangers and putting away carefully.

Since girls need a place and means of caring for their clothes, a laundry bag, shoe pocket and dress cover have been included in this project.

LAUNDRY BAG

Laundry bags have hard wear so they should be made of durable material that can be easily washed without fading or becoming limp. A sample should be washed before purchasing to test for fading. The material should be suitable in color and design. Interesting designs or plain colors are good when they harmonize or repeat the colors in the room. Pleasing effects may be obtained by making the drapes or cushions in the room and the bags in the closet of the same material. Small all-over designs are to be preferred to large floral ones. Some suggested materials are chambray, gingham, denim, cretonne, cotton or linen crash or other cotton wash materials.

The amount of material needed will vary with the size of the bag desired. About 20 inches wide and 27 inches long is a very good size for a finished bag. For this size $\frac{5}{8}$ of a yard of 40-inch material is needed to make the bag with the woof threads lengthwise of the bag. If the bag is made with warp threads lengthwise $1\frac{3}{4}$ yards of 30-inch material will be needed. Stitch with thread which harmonizes in color with the material used.

Laundry Bag with Double Draw String.—To make this bag, straighten the cut ends of the material. Stitch and overcast seams. Make $3\frac{1}{2}$ inch hem, stitching $\frac{3}{4}$ to 1 inch above the bottom of the hem

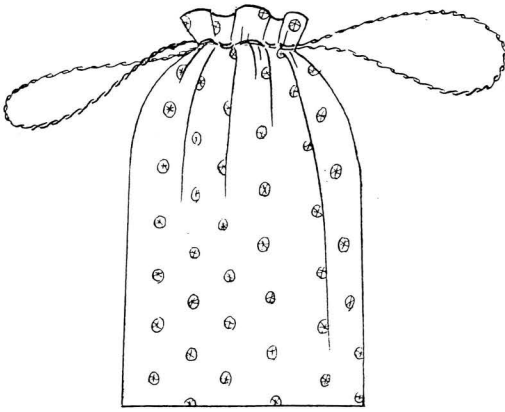


Fig. 1.—(above) Laundry Bag, with a drawstring.

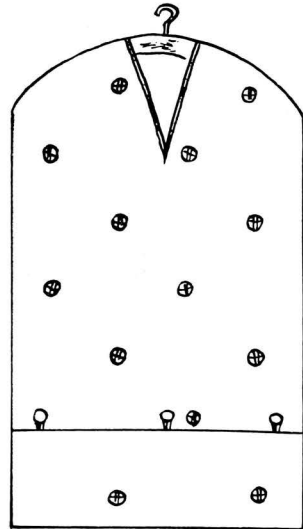


Fig. 2.—(right) Laundry Bag, on coat hanger.

to form casing for the tape which will thus have a heading above it. At each side of the bag just on the outside of the casing, rip the seam or if necessary cut a slit about $\frac{3}{4}$ inch long for putting in the tape to draw up the bag. If a slit is cut, make buttonhole stitches over the cut edges. Cut two pieces of tape or cable cord each 4 inches longer than twice the width of the bag. Insert one piece of tape in each opening, running it completely around the bag and bringing it out through the same slit by which it entered. Tie ends of tape or sew with a flat felled seam.

Laundry Bag on a Coat Hanger.—A laundry bag may be shaped at the top to fit a firm strong coat hanger. If this bag is for individual use, it may be about 17 or 18 inches wide and 30 inches long with a flap, 7 to 9 inches wide turned up at the bottom. This flap can be fastened up with loops made of bias tape to buttons on the bag. It may be necessary to use a strip beneath to reinforce the buttons. The opening at the top may be made as a V shaped dress neck and bound with bias tape.

To remove the clothes from the bag, the flap is unbuttoned and the clothes will fall out easily.

SHOE POCKET

A shoe pocket will keep the shoes out of the dust on the floor and may also furnish a place for shoe cleaning equipment and other articles that a girl needs to keep in her room.

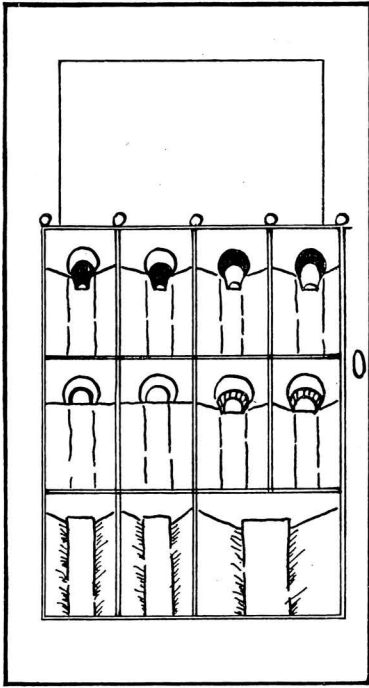


Fig. 3.—Shoe Pocket.

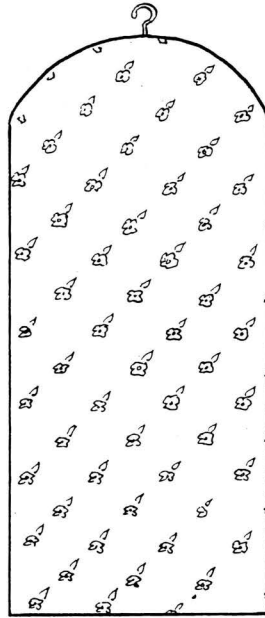


Fig. 4.—Dress Cover.

Material.—The shoe bag should be made of firm durable material as cretonne, linen crash, almanac cloth, or denim. If the material is patterned or of medium dark color it will stay good looking longer. One may want to repeat the design or the colors predominant in the room in the dress covers, laundry bag, and hat boxes used in the closet. The amount of material needed will depend upon the size of the pocket. After deciding upon the number of pockets needed the amount of material can be determined. Material sufficiently long and wide for a foundation on which to sew the pockets is necessary.

The place for each shoe should be 9 or 10 inches from top to bottom, with a width of 7 inches. Each pocket should have 2 inches folded under into a box pleat making the bottom of each pocket 5 inches wide. This allows sufficient fullness for the shoe to be put into the pocket and yet remain upright. Each row of pockets should be 3 inches below the other.

Shoe pockets may have eight to thirty pockets. The one with thirty pockets will completely cover the door and can be used to hold various articles.

After the piece of material making the pockets has been bound at the top with a bias binding, this piece can be put on the foundation ma-

terial. The division between each pocket should be stitched on the machine and a bias binding sewed flat across the bag over the raw edge at the bottom of the row of pockets. Bias binding can then be sewed over the raw edge all around the foundation of the bag and between the divisions for the shoes.

This pocket may be fastened to the closet door by several small brass rings which are sewed to the top of the bag and some at intervals along the sides if the bag is very long. Loops made of bias binding which has been folded and stitched together may be used instead of brass rings.

DRESS COVERS

Covers will protect one's best dresses from dust and from contact with other clothes.

Material.—A dress cover can be made from some closely woven material as print, percale, madras, cretonne, and sateen. The cover should be made 20 to 22 inches wide and 6 inches longer than the garment it is to cover. A satisfactory curved top can be made by marking around a coat hanger. The bag can be seamed at the bottom to keep out the dust and open on one side or down the front. The open side can be hemmed, faced back or finished with a bias binding and fastened with snaps. The open side can be seamed down from the top and up from the bottom 6 to 10 inches. An eyelet or a small opening bound with tape should be left at the top for the hook of the clothes hanger as shown in the picture.

A plain seam about $\frac{1}{2}$ inch wide may be used for the top, one side and the bottom. The raw edges of the seams can then be overcast.

Overcasting.—Overcasting is making a large stitch over a raw edge to keep it from raveling. Hold the raw edges slantingly across the first finger of the left hand. Bring the needle through from the back of the goods each time about $\frac{1}{8}$ inch down and $\frac{1}{4}$ inch from the last stitch, letting the thread fall over the edge of the cloth. Begin and end by taking small fastening stitches $\frac{1}{8}$ inch down from the raw edge.

IV. Repair of Clothing

It is just as important to keep garments in good condition for wearing as it is to make new ones. Clothing which is repaired promptly and neatly can be worn much longer, and means a saving of time and money. Neat mending and proper care of clothing are necessary if one desires to always make a good appearance.

Stocking Darn

Darning is used for mending tears, worn places and holes.

SCORE CARD FOR DARN

(Prepared by Bureau of Home Economics, U. S. Department of Agriculture.)

The type of darn (stocking, running, diagonal, etc.) shall be stated by the rules of the contest

	Points
I. INCONSPICUOUSNESS OF DARN.....	60
Choice of thread or yarn used.....	20
Size and position of stitches.....	20
General neatness of work.....	20
II. DURABILITY OF RESULT.....	30
III. GENERAL APPEARANCE OF EXHIBIT.....	10
Cleanliness.....	5
Pressing.....	5
Total score.....	100

In darning the thread used should be as nearly as possible the weight, color, and texture of the material to be darned. A darning ball makes stocking darning easier, and if a rather stiff piece of paper is basted under the place to be darned on the garment or in a stocking leg the work will be done better and with more ease. A crewel needle which has a long, slender eye helps to make darning more satisfactory.

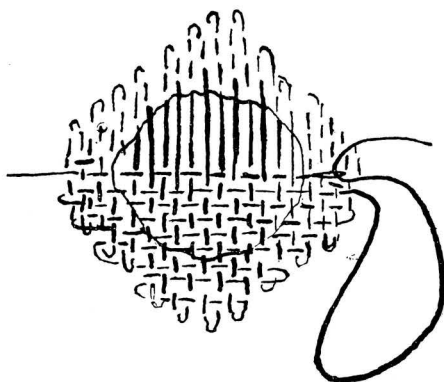


Fig. 5.—Darn.

It is better to use two single threads of darning cotton in the needle instead of using a double thread. Small running stitches are made along the worn places above and below the hole on both sides and when the hole is reached threads are carried across the hole, and those going in the opposite direction are woven in and out in a regular basket weave. See Figure 5. The thread should not be pulled too tightly but a small

loop left each time the thread returns. The thread should be carried several stitches below the hole so there will be no ridge at the edges and so the darn will be strong. In a good darn the stitches will be made closely enough together so the part that is darned is the same weight as the garment. In darning knit material, particularly where there is a runner, the needle should be put through the loop at the end of the runner or hole.

A thin place that has not been worn into a hole may be prevented from doing so by closely placed running stitches. In a garment that will receive hard wear, placing a piece of material under it and catching it down with the darning stitches as they are made will strengthen the darn.

PATCHES

There are two types of patches which may be used, the hemmed patch and the overhand patch.

The Hemmed Patch is the stronger patch and is always used except for patching outer garments where the patch will show. To make this patch, cut straight along the first continuous thread on each side of the hole so that as small a square or rectangle as possible results.

If the material around the hole is badly worn, however, the worn place had better be cut away. Cut each corner diagonally in about $\frac{1}{8}$ inch. Turn each side of the square back once or cut opening back once, so that the crease comes to the end of the cut corner and makes a square corner. Be careful to make the crease along a thread of the goods. Place the material which will form the patch underneath the hole, matching the warp and woof and, if figured, the design; baste the folded edge down carefully to the patch, and hem or stitch. On the wrong side cut away the part of the patch not needed to reinforce the garment. Turn edge once and hem patch to the garment. Patches are better looking if the distance between the two rows of hemming stitches is not more than $\frac{1}{2}$ inch.

The Overhand Patch is used a great deal on outer garments where there is little strain because it shows less. As in the hemmed patch, the worn part is cut away along a thread on each side, the corners snipped diagonally and the edges turned and basted. The cloth for the patch is carefully matched in patterns, and threads, and is creased to fit the hole exactly. Then it is folded back on the material of the garment, and overhanded on all four sides, being careful to strengthen the corners with additional stitches. The patch is trimmed on the wrong side and the corners are cut away diagonally so the patch will be smooth. To prevent raveling, the raw edges on the wrong side are overcast.

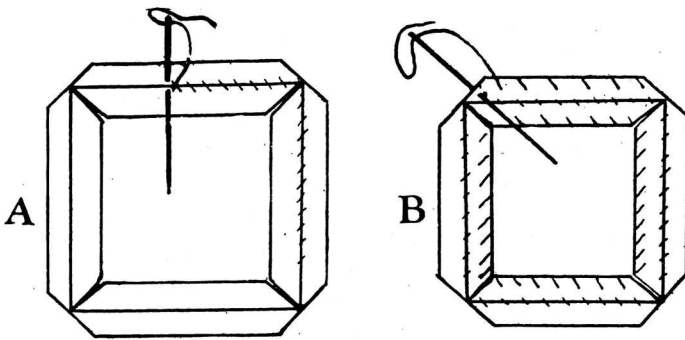


Fig. 6.—A Wrong side of overhand patch with seams turned back and folds of seams being overhanded. B. Overcasting of raw edges of seams of overhand patch.

The main purpose of a patch is to replace worn parts in order to get further wear from the garment and one usually wants the worn place to show as little as possible. Due to this fact the inconspicuousness of the patch is given 40 points on the score card. If the material of the patch is of the same material, the same degree of color, the design perfectly placed, the patch kept smooth, and small inconspicuous stitches taken with a thread of the proper color and weight, the patch should be inconspicuous.

SCORE CARD FOR PATCH

(Prepared by Bureau of Home Economics, U. S. Department of Agriculture.)

The type of patch shall be stated by the rules of the contest.

	Points
I. INCONSPICUOUSNESS OF PATCH.....	40
Choice of material and thread for patch.....	10
Placing of patch.....	10
Size and position of stitches.....	10
General neatness of work.....	10
II. SUITABILITY OF TYPE OF PATCH TO ARTICLE AND FABRIC.....	20
III. DURABILITY OF RESULT.....	30
IV. GENERAL APPEARANCE OF EXHIBIT.....	10
Cleanliness.....	5
Pressing.....	5
.....	—
Total score.....	100

Whether the patch is hemmed or overhanded depends on the fabric and the garment on which it is to be used.

Durability of the patch gets 30 points on the score card. The durability will be determined by the quality of the material in the patch, the size and kind of patch, the condition of the material surrounding the patch, and the stitches used in patching.

General appearance gets 10 points which are divided into cleanliness and pressing, all darns are greatly improved by pressing.

HEALTH IN RELATION TO CLOTHES

A girl's clothing should contribute definitely to her health and thus to her efficiency and happiness. Healthful clothing is that which:

1. Protects the body from sudden extremes of heat and cold, and from dampness.
2. Permits freedom of action and does not retard circulation.
3. Is light in weight.
4. Is sanitary or easily cleaned.
5. Is loose and porous enough to allow evaporation of perspiration to take place readily.

No matter how healthful a garment is when selected however, it will not remain a healthful garment unless it is frequently cleaned.

A girl's clothing may not permit freedom of action if it is too tight or if supporters are fastened too snugly. Shoes and year-old garments are sometimes worn so tight or short that they bind and irritate.

It is best to make as many garments as possible hang from the shoulder. Bloomers or skirt buttoned or sewed to a separate waist or other garment makes the pull come on the shoulder. Slips, underwaists or other undergarments, if cut quite high at the back of the neck and with shoulder straps wide, will not fall off the shoulder and will be more comfortable to wear because the pull will come near the neck rather than on the tip of the shoulder. However, such garments are somewhat warmer in hot weather and will look more clumsy under a thin dress. Girls with square shoulders have less trouble with shoulder straps falling off than do girls with sloping shoulders.

Supporters for the stockings can be fastened to the underwaist and should be just tight enough to keep the stockings smooth. If too tight they may make a pull on the shoulders that will cause stooped shoulders, while, if too loose, they may irritate to the extent that the wearer hunches her shoulders in an effort to pull up her stockings.

If round garters or bloomers with elastic at the waist are used, the elastic should be wide, loose and have plenty of rubber in it.

Girls often get a mistaken notion of what is good looking in a shoe. Just as no American thinks the tiny shoes Chinese ladies used to wear are good looking, so today many girls are beginning to think that high heeled shoes which cause ugly corns, lines in the face and prevent a graceful carriage are not beautiful. They realize that the girl who swings along happily is much more attractive than the girl who minces along on high heels. Since girls are swimming so much more than they used to they are interested in having feet of a nice shape without bunions or corns, and wear comfortable shoes in order to secure them.

Shoes should be so comfortable that the feet can be forgotten. A good shoe has a straight inner line, round toe, sufficient depth for the thickness of the toes, a shank that is flexible enough to exercise the muscles in walking, and low, broad heels. They should be $\frac{1}{2}$ to 1 inch longer than the foot, and wide enough to be comfortable. They should fit snugly at the heel, have a smooth lining and not be stiff or heavy. Calf, kid or canvas are good materials for the club girl's shoes. Patent leather holds the moisture, so the feet perspire more in these.

V. Undergarments

Brassiere—Princess Slip—Bloomers or Shorts

Undergarments that are smooth and without bulk are necessary for a well fitted, becoming dress. Underclothing that is too full or too scanty, too long or too short for the dress with which it is worn spoils the effect of the whole costume.

Material.—Longcloth, non-cling muslin, cotton pongee, and English broadcloth or other smooth finished cottons are suitable. It should be preshrunk so that it may be fitted more exactly. Since much strength is required of all undergarments, the cloth should be tested by pulling firmly both ways of the cloth. If the threads slip, it is not a suitable material.

White material is preferred for undergarments to be worn under light dresses, however, colored underwear is permissible if it is dainty, serviceable and forms an inconspicuous foundation for the outer clothing.

Pattern.—Any commercial pattern which is simple in design may be used.

A pattern which has been successfully used at home may be used instead of purchasing a new one.

The size of the pattern should be selected according to age if the girl is of average size. If she is large or small for her age, it should be purchased according to bust and hip measure. To take the bust measure, stand behind the person whose measure is to be taken, place a tape line loosely about the fullest part of the bust and straight across the back over the lower part of the shoulder blades.

BRASSIERE

Brassieres are worn by girls for support and modesty. A brassiere should be snug enough to give support, but not tight enough to interfere with breathing or exert pressure that causes discomfort.

One-fourth yard of material 36 inches wide should be enough for a girl whose bust is not more than 36 inches. About $\frac{1}{4}$ yard of hooks and eyes, fastened to a tape, the amount depending upon the width of the brassiere at the back, and a roll of $\frac{3}{8}$ inch bias binding will be needed. Narrow stitched straps can be made of cotton material like the brassiere.

Making.—Fit the brassiere, baste, try on again and stitch the darts. Use flat felled seams for the two-piece brassiere. Pin the brassiere around snugly without lapping the ends and mark along lines of pins on both sides. Remove brassiere and turn the hems to wrong side. Stitch the taped hooks on right hem so the edge of the tape comes to the folded edge of the hem and the row of eyes extends on the opposite side so when fastened the folded hems come together, thereby protecting the back from the hooks and eyes. Bind top and bottom of brassiere and sew straps in with the binding or on securely with flat felled seams.

PRINCESS SLIP

A princess slip is a necessary foundation for wear with cotton dresses. To be a good foundation for dresses the princess slip must be quite plain and good in design and conform to the lines and curves of the figure. The curved top follows the round lines of the head and thereby produces an artistic effect and aids in concentrating the attention upon the face, which is always the center of interest in thoughtful dressing.

Straight severe lines that go across the figure do not conform to the curves of the body and the attention is attracted to the place where the straight lines come together. Round ones are preferred also because they do not slip off the shoulders so easily if properly cut.

The amount of material needed is twice the length from the shoulder to the bottom of the dress adding the amount needed for the hem.

Cutting.—The pattern should be tried against the figure before cutting so that the straps will fall at the right place on the figure. If they are cut too high in the neck they may show above the dress and if they are too near the shoulder they will slip down over the arms. The older girls may prefer narrower straps than are desirable for younger girls. The neck line should not be too high in front, yet should cover the brassiere. The width of the hem desired plus 1 inch for making should be added to the length of the front and back. The slip should be pinned together and fitted before it is seamed. Hems are usually from $2\frac{1}{2}$ to 4 inches wide. The wider one is recommended for girls who are growing rapidly.

Finishes.—The French seam is usually used because it is durable, leaves no raw edges and if carefully trimmed before turning to stitch

the second time, will be neat. French seams $\frac{1}{8}$ to $\frac{1}{4}$ inch wide when finished are most attractive.

Plain finishes which lie flat such as fitted facing, bias binding, feather or briar stitching, plain or shell hem, or hand scalloping, may be used at the neck and armseye.

Shell hem.—A narrow hem about $\frac{1}{8}$ inch is turned, hand hemming stitches made for about $\frac{1}{4}$ inch, then the needle put over the hem and the hem caught down tightly with two stitches. This draws the hem down in scallops $\frac{1}{4}$ inch to $\frac{1}{3}$ inch long and the depth of the hem.

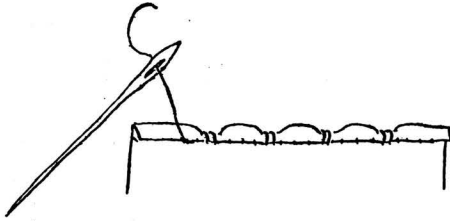


Fig. 7.—Shell Hem.

Feather or Briar Stitching.—Feather or briar stitching makes an effective trimming and wears better than lace and may be used on a plain hem, bias binding or fitted facing, the edges of which are first basted. The stitch may be varied by putting the needle straight or slanting, and by taking one, two, or three stitches on one side before working on the opposite side. The stitch is made toward the worker.

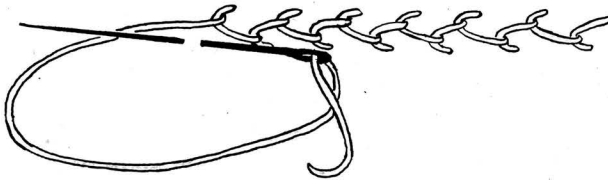


Fig. 8.—Feather or Briar Stitch.

Bring the needle through from underneath; hold the thread down with left thumb; put the needle in $\frac{1}{8}$ inch or less to the right of where the thread came out and bring it through, making a stitch about $\frac{1}{8}$ inch long. Bring the needle out over the thread so that a blanket stitch is formed. To make the stitch at the left the thread must be thrown to the left so that it will be underneath the point of the needle when the stitch is taken.

Hem.—The garment should be tried on before the hem is turned, and the edge of the slip straightened by holding a yard stick perpendicular to the floor, and measuring the shortest distance and placing pins at this distance all around the edge. Cut on this line. Turn hem so slip will be 1 inch shorter than dresses with which it will be worn. The hem is turned $\frac{1}{4}$ inch and pressed before turning the second time. It may be put in by hand or on the machine. The hand stitches are easier to take out if the slip has to be lengthened. If hemmed by hand, the true hemming stitch is used because that is the strongest one. The needle is held so that it slants, making the stitches slant on both sides of the goods.

Cut gauge for making the hem in the skirt out of cardboard according to illustration below.

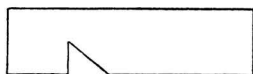


Fig. 9.—Hem Gauge.

Using the gauge, mark the hem evenly, holding the gauge at right angles to the edge of the hem. Cut on the marks. Place the skirt in the lap with the hem on the table. Make a $\frac{1}{4}$ inch turning on the edge. Baste hem down carefully, taking out the fullness by small darts turning to the right to make stitching of the hem easy.

BLOOMERS OR SHORTS

These garments should be selected from a design that is close fitting and comfortable.

The bloomers may be made with band or elastic at waist and knee or a combination of the band and elastic. If using band at knee, do not use a tight band, but make bloomers short enough and with a loose enough band so they will hang straight and not show or catch when the knee is bent. If elastic is used it should be measured so it will not bind or hinder circulation.

Making.—Follow the directions given on the pattern. Make flat fell seams with two rows of stitching showing on either the right or wrong side and make the casing to fit the elastic. Openings in the casing for the elastic may be buttonholed to prevent fraying or tearing.

If the seat is to be reinforced, lay pieces on wrong side of goods and cut size and shape desired. Baste, turn all edges except along seams of bloomers, baste, and stitch. Be careful to have cut edges of reinforcing pieces come exactly to cut edges of bloomers.

If bloomers are to be made with a band around the waist, bound or bound and faced plackets should be used.

If bloomers are to be made with a fitted yoke in the front and an elastic in the back, no plackets are necessary. Bloomers with a front yoke fitted loosely enough to hang on the hips give a flat effect.

Place the two back seams together and make a flat felled seam $\frac{1}{4}$ inch wide. The flat fell seam may be made on either the right or the wrong side. Sew the front together in a flat fell seam. Match these seams and sew the legs up with flat fell seams.

Make a hem or facing around each leg, or gather bloomer into a cuff at the knee. The cuff may be made $1\frac{1}{4}$ inches wide finished and loose enough to slip comfortably on the figure when seated.

Before stitching the bands or hems at the bottom try on bloomers to see that the length is correct and that they fit comfortably.

If an elastic is used, the hem or facing should be stitched at the top as well as at the bottom so the casing will fit the elastic more closely and prevent the elastic from twisting.

Shorts for girls have been adapted from boys' track pants and are tighter and shorter than bloomers with elastic. They usually are made with a fitted yoke in the front and an elastic at the back and of the same material as the brassiere.

VI. Grooming and Posture

A girl's happiness depends largely upon her personal appearance which can be acquired to a great extent through grooming and proper selection of clothing.

The term "well groomed" means to have a clean body, well cared for hands, nails and teeth, clean, well brushed and carefully arranged hair, well kept shoes and clean well pressed clothes.

Cleanliness is within the reach of every girl and constitutes the foundation upon which all girls must build to be well dressed. Personal cleanliness is both internal and external. Internal cleanliness is dependent upon a proper diet which includes at least two servings of fruit and two servings of vegetables and some whole cereals each day. One must drink from six to eight glasses of water each day if she is to keep the digestive tract in good condition with a daily movement of the bowels which is necessary to internal cleanliness. A girl should take at least two baths a week for external cleanliness because the body gives off a large amount of water daily in perspiration and oily secretions. A good sponge bath is within the reach of every girl and is satisfactory when a tub bath or shower is not convenient. All girls should

form the habit of washing the face with warm water and a mild soap and dashing with cold water before retiring as this will greatly aid in producing a good complexion.

Hands.—It is always a joy to have well cared for hands. Ragged or dirty nails detract from a girl's appearance. Once a week the nails should be filed to a rounded shape that repeats the curve of the finger tips. If the hands are well dried after each washing and the cuticle at the base of the nail is gently pushed back with the towel, the nails will stay in good condition and one will be less likely to have hang nails.

Hair.—A well dressed girl will have clean hair with a sheen or luster that can be secured by brushing from three to five minutes each night. The hair should be washed as often as necessary to keep it clean, healthy and attractive.

Teeth.—Since well cared for teeth are necessary for good appearance, the teeth should be brushed before breakfast, after each meal, and before retiring. A good paste or powder or salt may be used in brushing the teeth.

Sound teeth are dependent upon a diet that contains tooth building materials which are found in a quart of milk a day, a liberal quantity of either orange juice or tomato juice and plenty of sunshine directly on the skin.

POSTURE

Girls in Clothing Clubs are interested in trying to secure good posture for three reasons. The girl who has excellent posture has a more symmetrical figure and is much easier to fit. If the body is graceful and well poised, after the clothes are made and fitted the dresses will seem to have more style. The chances are the girl who wears her clothes well will be better looking because the internal organs will have sufficient room to do their best work and so can make a clearer skin and brighter eyes.

On the other hand good posture is very much a matter of good health and correct food. A quart of milk a day, oranges or tomatoes every day, and out-of-door activities in the sunny weather, so arms, legs, chest and back are tanned will aid in the growth of strong, hard bones and firm muscles which will help hold the body in a correct position. Cod-liver oil is called bottled sunshine and is given as a food to babies and to older persons who need it. Girls who are up to weight can attain a better posture with less effort than thin girls. Thin girls need additional rest, correct food in adequate amounts, physical defects corrected and well chosen exercises for improving the muscle tone.

The formation of correct postural habits, is necessary if there is to be the proper balancing of the various parts of the body, with no strain or stress on any one part. Posture patterns change from time to

time. A few years ago people considered good posture a matter of throwing back the shoulders, the farther back the better, and turning out the toes. Today only comedians of the Charlie Chaplin type turn out the toes and strut about with a cocky "shoulder-back" walk. The ideal style of posture today is toes straight ahead and weight on the outer borders of the feet. Have the knees relaxed but do not let them sag. Neither the chest nor the shoulders should be raised or forced backward, because the body is made too tense and top-heavy in this position and the weight-bearing portion of the body is shifted up to the small of the back instead of centering on the large, bony, pelvic girdle which is adequately constructed to bear the entire weight of the upper trunk. The back should be flat and the spine as long as possible but the lengthening should be felt in the lower part of the spine rather than at the top. The ribs in the front should not protrude as they do when the shoulders are thrust back and the abdomen should be perfectly flat. The head should rest easily on the top of the spine. If the upper chest is forward and the upper back flat the head will be in the correct position.

Check the posture in front of the mirror at least three times a day. There is no quick and easy road to perfect posture. It takes patience and persistence to break the old habits of posture and to train the body to its new positions.



Fig. 10.—Good Posture.



Fig. 11.—Out-of-date Posture.

When walking the person should have a falling-forward feeling and a feeling of buoyancy, the position being somewhat the same as in skating.

When seated the hips should be well back in the chair with the weight of the body resting on the full length of the thighs. All bending forward should be done from the hips. The feet should be placed so that the weight is resting on the outer edges of the feet, never on the inside edges. If reading or sewing the book or material should be raised to prevent drooping the head and acquiring a bump on the back of the neck.

When standing, stand with the weight on two feet or all on one. Never stand slumped on one, if the hips are to be even.

The illustrations show the old-fashioned posture and the new.

VII. Planning the Wash Dress

Every girl likes to look her very best. It should not be expensive to be well dressed if clothes are planned and selected carefully. There is no reason why a simply made, well selected wash dress should not be as becoming as any dress.

Most young girls have skins that are fresh and clear enough to wear almost any *color*. But if girls are not sure of their best colors they may bring pieces of materials in various shades and try them on each other. A color should be chosen because it is becoming to the wearer. The color which looks best is the one which makes the hair, eyes and complexion appear to the best advantage. If the eyes are blue, the right shades of blue enhances them. Soft shades of red emphasizes the pinkness of the skin, or duller tones make a too vivid skin more pleasing. Coppery glints in the hair are made more pronounced if the same color is repeated in the dress. Dainty girls with delicate coloring should select materials with dainty patterns. The large girl can wear a larger design but if she wishes to slenderize her appearance she will not choose bright colors or designs in which the figure stands out from the background.

A sleeveless dress or one designed with short sleeves cut with the waist is easily made and is comfortable to wear during the warm months. Young girls of little sewing experience should make rather plain dresses. Girls of more experience may add pleats, gathers or circular skirts or vary the pattern in other ways.

Material.—Wash cotton materials, as percale, gingham or print, suitable in color for the individual and for home wear, are always attractive. They are also firm in weave and easy to handle. The amount of material needed for the plain dress is twice the length from the top of the shoulder at the neck to the bottom of the dress, plus twice the hem allowance, 1 inch for waste in cutting and about two inches for shrinkage. If the goods is very narrow, it may be necessary to allow more if a belt is used. For color or neck facing, the amount is estimated by the length from front to back.

Shrinking.—Some materials shrink more than others. To shrink cotton materials, place the folded material in a large pan of hot water and allow it to stand for at least one hour. Then remove the material without wringing and allow it to drip dry over a broomstick or line. When the material has not been wrung, very little pressing will be necessary.

Fitted Neck Bands.—To make a pattern for a fitted band, first be certain that the neck opening of the dress is a satisfactory size and shape; then fold dress lengthwise. Fold a piece of paper once and place fold of paper underneath dress and even with fold of dress. Cut paper pattern following neck opening of dress.

Remove paper, placing it on top of the dress. Decide upon attractive depth of band in front, which may be greater than at the sides and back; measure accurately from neck opening, allowing for two $\frac{1}{4}$ inch seams. If a fancy shape is desired, experiment by cutting or drawing scallops or other shapes for outside edge until a desirable one is found.

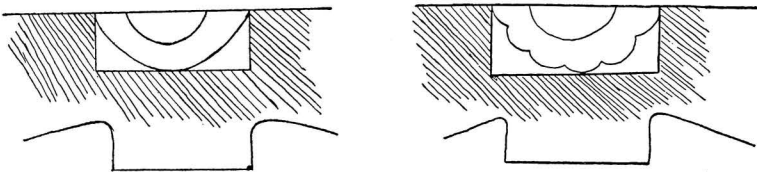


Fig. 12.—Fitted Neck Bands.

The shape of neck band or collar and sleeve finish should conform in line with each other, any other trimming, and with the print of the dress itself. An example of this is, a collar with a scalloped edge suitable for use on a print with a design that has curved lines.

If a different material from that of dress is used for the finish at the neck it should repeat one of the colors of the dress, or if the dress is of plain material, the collar may be white or cream.

Hem.—The dress should be tried on and the length taken from the floor. The hem may be from $2\frac{1}{2}$ to 4 inches wide, and a tuck may be made under the hem to allow for growth. Turn and baste the hem in place and finish with the slip stitch.

Slip stitch hemming is used when it is desirable to have the stitches inconspicuous on the right side. Bring the needle out of the fold and take a very small stitch opposite this place. Insert the needle in the folded edge a few threads to the left where it came out, and slip it through the fold for $\frac{3}{8}$ inch.

JUDGING

Judging is a method of teaching standards of quality. The first step in judging is to study the score card and get clearly in mind the proportionate amount of the score that applies to materials, workmanship, design and general appearance.

After the club members have learned to understand and use the score card in evaluating individual articles and garments, they are ready to learn to judge by comparison. They are to lay aside the score card, keeping the main items of the score card and their proportionate percentages in mind, and compare the garments in a given class.

Four garments of the same kind constitute a judging class and the garments may be marked A, B, C, and D. The girls then compare the garments, placing the letter that represents the best garment in the space marked First, the letter representing the next best Second, etc.

In judging by comparison, club members should compare the garment placed first with the one placed second, the second with third, and the third with the fourth. Reasons which should be given orally to the leader or judge should be given in a similar way. There is a tendency for beginners in judging to describe garments rather than to give comparisons. Comparisons are made by taking up the essential points in the logical order as they appear on the score card.

In order that girls may have a variety of words in giving reasons for their placings, the following list is given: firmer, finer, better wearing qualities, fast color, launder more satisfactorily, daintier, more character, more distinctive, simple, greater unity or harmony in design or color, more attractive, more desirable line, wear longer, loosely woven, sleazy starch filled, more appropriate, narrower, cheap, coarse, poorly made, more even, straighter, stitched with well adjusted tension, more practical, more economical, more uniform stitching, smaller stitches, no raw edges showing, more suitable, better selection, better shape, more accurately cut, more durable, etc.

In giving reasons the girls should say, "I placed the class of dresses B, C, D, A.

I placed B over C because.....
 I placed C over D because.....
 I placed D over A because....."

Give a conclusion as, "For the reasons given I placed the class of dresses B, C, D, A," or "Therefore, I placed this class of dresses B, C, D, A."

DEMONSTRATIONS

In so far as possible, all club members should be instructed in the regular club meetings by the demonstration method. By this method, the leader saves time by teaching all of the club members at one time.

As a usual thing, one or more members can begin redemonstrating useful phases of the project work to the club soon after the processes have been demonstrated to the club by the leader or by some other successful person of the community or county.

After an opportunity has been given for individual demonstrations, a team of the best demonstrators (two members to be preferred) should then be selected from the membership of the club, either by individual try-outs, by vote of the club, by mutual consent of the members or by designation of the leader.

All teams should have the opportunity of demonstrating before their home community, and the best teams may demonstrate approved practices to other community groups and to county groups.

Suggested Subjects for Team Demonstrations

Care of shoes

Making a princess slip.

Different finishes for the neck of a wash dress.

Making a shoe bag.

Mending garments.

Any practical problem of importance regarding the Clothing I project which lends itself to demonstration purposes, may be given.

MAKING A SHOE POCKET

(Suggested Demonstration Outline)

Team.—Two members from one club designated in this outline as “A” and “B”.

Reference.—4-H Clothing Club I Circular and Boys’ and Girls’ 4-H Club Leader’s Manual.

Equipment Needed.—Table, yardstick and tape measure, thread, needles, two thimbles, scissors, pencil, pins, cardboard gauge, material for shoe pocket including yard goods, tape and rings, a complete pocket and some shoes to show in the pocket.

Time.—Fifteen to twenty minutes.

Procedure

<p style="text-align: center;"><i>“A” Speaks</i></p> <p>Leads in repeating 4-H club pledge; gives a brief history of the club; introduces the team; and states the problem which the team will demonstrate and the reason for selecting this subject. Explains and gives reasons for</p> <ul style="list-style-type: none"> Selection of material. Size of pocket Amount of material <p>Demonstrates the cutting of the material for the pocket.</p> <p>“----- will show you how we make the shoe pocket.”</p>	<p style="text-align: center;"><i>“B” Assists</i></p> <p>Joins in repeating the pledge. Stands at attention until introduced, and then quietly gets materials ready for making the shoe pocket. Assists.</p>
<p style="text-align: center;"><i>“A” Assists</i></p> <p>Assists with making of pocket.</p>	<p style="text-align: center;"><i>“B” Speaks and Demonstrates</i></p> <p>Makes bag showing each process</p> <ul style="list-style-type: none"> Binding Measuring Attaching pockets Putting on tape Finishing edges Attaching rings. <p>“----- will show you how we use the bag in caring for our shoes.”</p>
<p style="text-align: center;"><i>“A” Speaks</i></p> <p>Shows how to use the pocket. Summarize the points brought out in the demonstration. Asks for questions. “This concludes our demonstration. We thank you.”</p>	<p style="text-align: center;"><i>“B” Assists</i></p> <p>Stands at attention and answers questions on her part of the demonstration.</p>

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