

CLOTHING CLUB II

Summer Clothes for Girls

4-H CLUB CIRCULAR 23

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CLOTHING CLUB II

Summer Clothes for Girls

The object of the Clothing Club II is to organize girls into groups for the purpose of teaching the selection and making of attractive, healthful and suitable summer clothes for girls, and of developing community spirit and rural leadership.

Work Required.—Each club member is required to make a tentative clothes budget for her summer wardrobe, to make a study of materials, trimmings, and finishes for undergarments according to suitability, laundering and wearing qualities, to make a study of the principles of good design and color for dress and apply these in choosing material and pattern for the dress she makes for herself, to make a summer outfit for herself consisting of three undergarments and a wash dress that are appropriate to wear together and to remove five stains. The undergarments may be bloomers or shorts, brassiere, princess slip or petticoat. It is required that the dress have set-in sleeves, except only in seasons when set-in sleeves are not worn by girls. In case a girl wears a combination garment this may be substituted for the bloomers and brassiere. A nightgown or pajamas may be substituted if other garments are not needed; but it is recommended that an outfit consisting of bloomers or shorts, brassiere, slip, and dress that can be worn together be made.

Records Required.—Each club member is required to keep a record of the cost of materials, and to write a story in the record book provided by the Extension Service of the Missouri College of Agriculture.

Expense.—Each member is required to furnish all materials used for garments and any sewing equipment necessary.

Time Required.—Time necessary for work on some of the garments at home.

Time for attendance at six or more club meetings.

Time for help with a local exhibit.

Time for attendance at an achievement program at the close of the year's work.

Organization.—The Clothing Club II may be organized at any time during the year, with a preference for January, February and March, for summer clubs.

It is recommended that the Clothing Club II be composed as nearly as possible of members who have had Clothing I.

I. ORGANIZATION

A standard club is composed of a group of five or more boys and girls from the same community between the ages of ten and twenty-one years who are working upon the same club 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 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 from the membership of the club; 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 committee to work up or select an appropriate song for the club.
 - (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 II.
 - (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). Discussion of materials and trimmings for underclothes, page 14.
 - (7). Discussion of types and kinds of dresses. (Tailored, semi-tailored, etc.)
 - (8). Assignment for the next meeting:
 - a. Bringing samples of material for bloomers, pattern and material for brassiere.
 - 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.)
 - c. Topics for roll call, as:
 - (a). Characteristics of a well dressed girl.
 - (b). Things to consider in planning the wardrobe.
3. Social hour.

II. Club Meeting.—Care of Clothes

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 clearer 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, the members responding by reporting on the previously assigned topics.
 - (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:
 - a. Report of the committee on club songs.
 - b.
 - (5). New business:
 - a. Appointment of a social or recreational committee.
 - b.
 - (6). Songs led by the song leader.
 - (7) Adjournment for work.
2. Instructions.—The local leader in charge.
 - (1). Discussion:
 - a. The well dressed girl, page 7.
 - b. Planning the wardrobe, page 12.
 - (2). Explanation of how to keep the record book.
 - (3). Explanation of score card, page 23.
 - (4). Leader demonstrates the cutting of a brassiere.
 - (5). Girls cut brassieres.
 - (6). Assignment for the next meeting:
 - a. Bringing of record book, material and pattern for bloomers to meeting.
 - b. Individual demonstrations, as cutting a brassiere or seam finishes.
 - c. Bringing of budget for summer clothes made out by the club girl and her mother.
 - d. Work on brassiere at home.
 - e. Topics for roll call, as, suggestions for intelligent buying or standard club requirements.
3. Social hour.

III. Third Club Meeting.—Bloomers and Shorts

1. Business meeting.—The club president in charge. (Follow suggested outline for II club meeting.)
2. Instructions.—The local club leader in charge.
 - (1) Demonstration: Cutting and making bloomers, including seams, hems, and other finishes.
 - (2). Girls cut bloomers or shorts and start the making.
 - (3). Leader looks over and discusses record books, budgets, and brassieres.
 - (4). Individual demonstrations.
 - (5). Assignment for the next meeting:
 - a. Finishing of garments before next meeting.
 - b. Bringing of record books, materials and patterns for the next garments.
 - c. Topic for roll call, as, suitable materials for undergarments.
3. Social hour.

IV. Fourth Club Meeting.—Princess Slip

1. Business Meeting.—(Follow suggested outline for II club meeting.)
2. Instructions.—The local club leader in charge.

- (1). Discussion: Materials, trimmings, and style of garment for princess slip.
- (2). Demonstration: Cutting a princess slip.
- (3). Girls cut garments.
- (4). Girls judge bloomers and shorts.
- (5). Individual demonstrations on assigned subjects.
- (6). Assignment for the next meeting:
 - a. Bringing of record books, materials, and trimmings to meeting.
 - b. Individual demonstrations, as, cutting and making a buttonhole, tests for sun fading, or tests for laundering.
 - c. Topics for roll call, as, trimmings for undergarments.
3. Social Hour.

V. Fifth Club Meeting.—Princess Slip

1. Business meeting.—(Follow suggested outline for II club meeting.)
2. Instructions.—The local leader in charge.
 - (1). Demonstration: Finishes for slips.
 - (2). Leader looks over record books.
 - (3). Girls finish garments.
 - (4). Individual demonstrations, as, pressing and folding for exhibit, or making garments.
 - (5). Girls judge bloomers.
 - (6). Assignment for the next meeting:
 - a. Each girl to bring dresses or materials of several different colors so that the girls may try different colors to see if they are becoming; also samples for wash dresses.
 - b. Topics for roll call, as, materials suitable for wash dresses.
3. Social Hour.

VI. Sixth Club Meeting.—Planning Wash Dresses

1. Business meeting.—(Follow suggested outline for II club meeting.)
2. Instructions.—The local club leader in charge.
 - (1). Discussion: Becoming clothes, page 27.
 - (2). Demonstration: Girls try different colors on each other and find becoming colors.
 - (3). Plan color, line, pattern and material for wash dresses.
 - (4). Study score card for clothing construction.
 - (5). Demonstration: Removal of stains.
 - (6). Assignment for the next meeting:
 - a. Bringing of record books, materials and patterns for dresses.
 - b. Topics for roll call, as, My Becoming Colors and Why.
3. Social Hour.

VII. Seventh Club Meeting.—The Wash Dress

1. Business meeting.—(Follow suggested outline for II club meeting.)
2. Instructions.—The local club leader in charge.
 - (1). Girls cut and start sewing on dresses.
 - (2). Girls judge princess slips.
 - (3). Club divides into teams.
 - (4). Assignment for the next meeting:
 - a. Girls come prepared to give team demonstrations.
 - b. Work on wash dresses.
 - c. Topics for roll call, as, lines becoming to my figure, how the apparent proportion of the figure can be changed, or standard club requirements.
3. Social Hour.

VIII. Eighth Club Meeting.—The Wash Dress (Continued)

1. Business meeting.—(Follow suggested outline for II club meeting.)
2. Instructions.—The local club leader in charge.
 - (1). Team demonstration, page 42.
 - (2). Finishing of wash dress.
 - (3). Discussion of accessories.
 - (4). Leader looks over record books and girls' dresses.
 - (5). Make plans and arrangements for the club achievement program.
 - (6). Assignment for the next meeting:
 - a. Bringing of record books.
 - b. Teams coming prepared to give demonstrations.
 - c. Finishing of washdresses.
3. Social Hour.

IX. Ninth Club Meeting.—The Achievement Program

The club 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 book so that the results of all the work of the club may be summarized for the year in the Club Secretary's Record Book.

Suggested Program

1. Exhibit of garments made.
2. Judging contest.
3. Typical meeting by the club.
4. Talk on the club's achievements by a club member or by the local club leader.
5. Team demonstrations.
6. Dress revue—girls wear dresses.
7. Plans for next year.
8. Adjournment.

Suggestions

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

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

II. CHARACTERISTICS OF A WELL DRESSED GIRL

Grooming.—No girl is considered well dressed, no matter how beautiful her clothes are, unless she is well groomed. 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 one 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 a daily bath 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.

Care of the Face.—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 maintaining or producing a good complexion. It will be better for the skin to apply powder with clean bits of absorbent cotton than with a soiled powder puff. It is also the daintier, nicer thing to do.

Care of the Teeth.—Well cared for, clean teeth are essential to a good appearance. Brushing the teeth and gums before retiring, before breakfast, and after each meal will help keep the teeth and mouth in good condition. A good tooth powder or paste may be used for cleaning the teeth. A simple but effective tooth powder is made by combining soda and salt in equal amounts. Brushing the gums down and up, not across, with salt will harden them so that they will not bleed easily. Everyone should have his teeth examined by a dentist every six months to check up on teeth and mouth conditions.

Care of the Hair.—The care and arrangement of hair is such an important item in good looks that every girl should spend some time and thought in keeping her hair at its best. Hair with a sheen or luster 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. This may be once a week or every two weeks, depending upon the hair itself and living conditions.

Any good soap and soft water can be used for shampooing the hair. Beauty parlors wash the hair in two or three suds, rinsing once after each suds. The last rinsing is as important as the washing and several waters should be used. A vigorous massaging of the scalp with the fingers will stimulate circulation and promote the health of the hair. Clean comb and brush are necessary to well dressed attractive hair.

Care of the Hands.—Daily care of the hands and nails will add much to one's appearance. The hands can be washed in warm water and a mild soap and the dirt from under the nails removed with a small nail brush. The cuticle can be gently pushed back at the base of the nails with the towel when drying the hands. An orange wood stick used after washing the hands will aid in cleaning under the nails. Care should be used to rinse all soap from the hands and to dry thoroughly to prevent roughness of the skin.

Once or twice a week the nails can be filed to conform to the shape of the fingers. A bit of olive oil, vaseline or cream rubbed around the nails at night will prevent hangnails. Biting the nails is a bad habit, spoils the appearance of the hands and should be overcome. For health and charm the hands should be kept away from the mouth, nose and face.

Posture.—Good posture is easy posture. It is easier for girls to maintain good posture who are up to average weight and who drink three or more glasses of milk, eat tomatoes, citrus fruit or other raw fruits or vegetables daily and who get a good sun tan. Long hours of sleep on a bed with firm springs and a rather hard mattress, with a small pillow or no pillow at all are also helpful in maintaining good posture. One should sleep long hours with windows open.

10-12 years—12 hours sleep needed.

12-14 years—11 hours sleep needed.

14-18 years—10 hours sleep needed.

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.

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. 1.—Good Posture.



Fig. 2.—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 tall on one. Never stand slumped on one, if the hips are to be even.

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

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 "shoulders-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.

General Points In Selecting Clothes

Girls are judged by their appearance and their appearance is determined very largely by the clothes they wear. The appearance of clothes is governed in a great measure by the amount of intelligent thought that has been put into the careful selection of lines, design, and colors for the type of individual and the appropriateness to the occasion and to her age, occupation, and income.

Clothes are an expression of personality and can give the wearer a feeling of dignity, poise and self confidence or a self-conscious, uncomfortable feeling. The appropriately, becomingly dressed girl adds to the pleasure of those who see her, and she has greater self-respect, and ability to work and play with others. Clothes should be so suited to the wearer, to the time, place, and purpose that they can be forgotten and all of her thought and interest concentrated upon her work or pleasure.

The truly well dressed girl will wear clothing that is:

1. Simple and conservative.
2. Appropriate to the time, place, and purpose when worn.
3. Suited to the type and personality of wearer.
4. Becoming in color.
5. Becoming in line, bringing out good points and covering up less attractive lines of face and figure.
6. Clean and well cared for.
7. Modest and comfortable.

In addition, the girl who gives the appearance of being well dressed carries herself well so she shows her clothes to good advantage.

Simplicity in Dress.—The most stylish and expensive dresses and hats are often those that are the simplest, with little or no trimming. They do have good lines, however, and are carefully fitted and well made. Trimming has a place, of course, but there should never be so much of it nor should it be so elaborate that the dress instead of the wearer is emphasized. It is a mark of good breeding as well of good taste to wear simple inconspicuous clothes in public places.

Appropriate Clothes.—Girls need washable, easily ironed dresses with short sleeves or sleeves that roll up for house work, rather plain cotton or wool dresses for school, inconspicuous cotton, wool, or silk dresses for church and street, but for parties they may wear less serviceable clothes. The school room is a work room, and girls should wear clothes appropriate for this work. Shoes for every day should be durable and comfortable with broad heels, while those to be worn with silk dresses may be of lighter weight, although they should also be sensible and comfortable.

Clothes Suited to Type and Personality of Wearer.—Clothes may express dignity, simplicity, youth, comfort, boyishness, elegance, frivolity, quaintness, freakishness, and other personal characteristics. Each girl should make an effort to choose clothes that give as true a picture of her personality as possible. Clothes should be to a person what a picture frame is to a picture,—they should increase the attractiveness of the wearer and should concentrate the interest on her rather than upon the clothes.

Modest, Healthful Clothes.—Modesty is perhaps the most charming characteristic of girls of club age and no true 4-H club girl will want to attract attention to herself by the kind of clothes she wears. She will be careful to choose clothes and so wear them that she is not unpleasantly conspicuous.

At the present time modesty requires that bloomers and brassieres be worn by all girls, and that dresses are not made conspicuously short or tight, and are not too low in the neck.

Clothing is healthful if it does not bind, rub or pull in any way that causes discomfort, if it is clean, provides for ventilation of the body, and protection from cold and dampness.

Comfortable clothing that does not interfere with the free movement of the body makes girls graceful and attractive. A girl who wears shoes that may be fashionable, but which hurt, can never appear at her best because too much of her attention is needed by her aching feet. The correct shoe is made as follows:

1. The inner line of the shoe should be straight, following the outline of a normal foot.
2. The outside curve of the shoes should follow the line of the toes so as to allow room for their free movement. Roomy and comfortable shoes prevent ill humor resulting from pinched toes, aching corns, and bunions.
3. A shoe with a flexible shank is desirable for most young persons as it exercises the foot muscles and thus helps them to develop and become strong.

4. The heel of the shoe should be practically the same size at the top and bottom, thus giving a firm foundation upon which to walk.

5. A properly fitted shoe will be long enough if the joint of the great toe lies over the widest part of the sole of the shoe. It will be wide enough if the toes can lie flat when standing and a free gripping motion of the toes is permitted.

6. A low-cut shoe is preferable to a high shoe in that it allows the muscles of the ankle to exercise freely and does not interfere with the circulation.

Comfortable, serviceable shoes mean bodily comfort and safety. Select shoes that permit standing, walking, and quick turning in comfort and safety, with no danger of slipping, turning the ankle or falling.

It is usually better economy to pay a medium price for conservative well fitted shoes of good leather, to give them good care, and to have them repaired several times, if necessary, than to buy cheap shoes. Very cheap shoes wear out quickly, do not keep their shape, and often are not perfectly comfortable. Any shoes are a poor investment unless they fit perfectly and are of a style in which one can stand and walk comfortably. It is easier to prevent than cure foot troubles. Therefore, to keep the feet in best condition, it is necessary to buy shoes that are well made and which fit perfectly.

Planning the Wardrobe

A list should be made of the smallest number of different garments and articles of wearing apparel that a girl of club age will need in order to be suitably dressed for school, church, parties, and entertainments to which she may go in the community. One will want to look over the clothes left from last summer, including shoes, stockings, underwear, dresses, hat and wrap, to see which can be used and which will need remodeling. New clothing can then be listed that should be made or purchased to complete the summer wardrobe. One can go to the stores to find the cost of articles and materials for new clothes and for remodeling the old ones. If this is not possible the cost may be estimated from previous purchases. When the cost of the needs has been totaled this matter should be talked over with one's mother to see if that amount is more than the club member's share of the amount that can be spent for clothing for the whole family. As a rule families spend about one-seventh of their total incomes for clothing, which for a farm family might be about one-fourth of the income available, since part of the farm income is in the form of food, house, and wood for fuel for which money is not paid out as cash. Since clothing is less essential than food, however, when farmers have a bad year they may not spend as much as this. The amount which the family can spend for clothing must be

divided among father, mother, brothers, and sisters so that even though a girl likes pretty clothes very much she will not be selfish enough to insist upon having more than her share. Instead she will enjoy seeing other members of her family look well dressed. Girls of 12 to 14 years of age living on farms spend about \$52.00 on all of their clothes for summer and winter, while those 15 to 18 years old average \$82.00. With her mother's help she can decide upon an approximate amount that can be spent for summer clothes and make a budget or spending plan for the summer wardrobe, using the following plan:

Clothing needed	Clothing and materials on hand. Give kind and color.	Clothing and materials to be purchased. Give kind and color.	Estimated cost

Few persons follow budgets exactly, but nevertheless it is worth while to make them because they help one to buy more carefully. Often girls and women buy on the spur of the moment or buy extreme things that they do not need or that do not go with the other clothes that they have. As a consequence they may not have enough clothes for certain occasions, while for others they have several garments that could be worn, or they may spend so much for outer clothes that show that there is not enough left for a sufficient supply of appropriate underwear.

Wash dresses if well planned in material, color and design can be worn for church, street, school and party use. Each girl should determine the purpose for which the dress is to be used before deciding upon the kind and color of material needed.

The following list may be used in planning undergarments:

Bloomers or bloomer combination.

Corselet, supporter belt or corset and brassiere.

Slip or petticoat.

Older girls, who are plump, wear a supporter belt, corselet, or corset in order to improve their appearance.

Hose, of course, are worn with street, school or party clothes by all except very young girls. Socks may be worn for active sports, as tennis or baseball, in camps and for housework by some girls. A girl makes a better appearance when her stockings are fastened by supporters. The gap of bare skin which is often seen above a rolled stocking or one worn with garters and shorts is not attractive. When stockings are rolled too tightly or worn with tight garters so that a deep ridge is left, circulation is interfered with which, if extreme, may result in varicose veins.

When garters are worn they should be about $\frac{3}{4}$ inch wide and loose enough not to make a decided mark on the leg.

Materials for Undergarments

Materials that wear well have the following qualities:

1. Warp, or lengthwise threads of the cloth, and the woof, or crosswise threads of the cloth, of about the same weight and both threads strong enough for the purpose for which material is to be used.
2. Firm weave. If any hand work is to be done on the article it should be soft and fine.

To find out if the warp and woof threads are equally strong, the goods may be raveled a bit and the weights of the thread compared. Cambric may have warp and woof threads of different strengths. If there is any difference in the weight of the warp and woof threads, the warp should be the stronger. Dimities woven of fine threads with an occasional heavy thread or cord going one way do not wear well.

If a piece of goods is firmly woven, the threads will not move or slip when the material is drawn in both directions between the finger and the thumb and the wrong side of the cloth is rubbed by the middle fingers with an upward pressure.

Some cotton materials are sized, or treated with starch, glue, or clay to make the material seem firmer, finer, or better than it really is. This can be found out by holding a thin material to the light when the filling between the thread can be seen. It may also be detected by a hard, chalky feeling when the material is rubbed with the finger and thumb tips, or by scratching it with the finger nail or rubbing across the knuckles and observing whether such places seem less firm and whether white powder comes from the material.

It is quite necessary before making any garment to study materials suitable for it and the best ways of making it and trimming it. The materials most used for white cotton undergarments are muslin, cambric, longcloth, nainsook, pajama cloth, barred dimities, lingerie sateen and cotton crepe.

Muslin wears best of these materials, but it usually is heavier, warmer, and harder to launder. If muslin is used it is wise to buy a firm, light-weight fabric.

Longcloth probably wears next best to muslin as its warp and woof threads are usually of equal weight. It makes a better appearing undergarment than muslin.

Cambric, which is now usually sold for underwear, as Berkeley cambric, is an unusually pretty, smooth, nicely finished material. As a rule it does not wear quite so well as longcloth, because its warp and woof threads are seldom of the same weight and it is apt to split.

Nainsook is the finest and softest of the underwear materials. The wearing quality of nainsook depends upon the weight of its threads but usually these are finer than in any of the other underwear materials.

Pajama cloth, which is a rather coarse, fairly heavy cross-barred dimity, is a fancy weave. Its wearing quality depends very largely upon the grade of the goods. If the weave is open, or if the cord is much heavier than the other thread the pajama cloth will not wear well. Being of somewhat more open weave it is considered cooler than the other underwear materials, and is a good choice for summer bloomers.

In addition to these, there are a large number of soft fancy materials which are sold for underwear, some of which are mercerized, while others are of fiber silk or combinations of fiber silk and cotton.

White is usually used for summer underwear because it is practical, dainty and looks better after repeated washings. The pretty colored materials that look so well when new are apt to grow dingy and faded looking after repeated washings.

Trimmings for Undergarments

Simply trimmed underwear is usually dainty and easily laundered. Hemstitching, or very simple decorative stitches, as feather-stitching, machine couching, French knots, French stitch, shell stitch, or catch stitching in white make the nicest and daintiest trimmings.

Machine Couching.—It is usually made on a machine which has a rotary bobbin. The bobbin is filled with the color and weight of embroidery floss desired. Usually a very heavy floss is chosen in order to secure a cord-like effect. The machine is threaded with ordinary sewing thread,



Machine Couching.

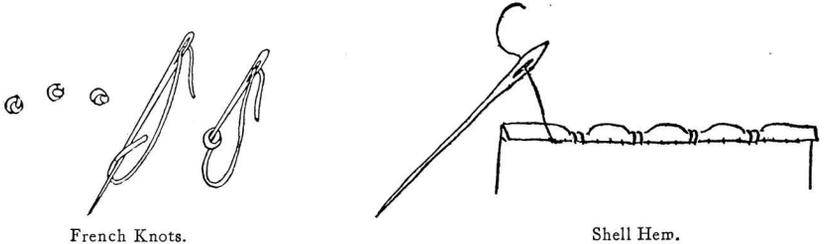
the tension loosened, and the stitch of the machine lengthened. The garment to be decorated is stitched on the wrong side of the hem—or facing. It is not as easy to do machine couching on a machine with a shuttle. The colored thread may be put on top if a large needle is used.

French Knots.—A French knot is made by bringing the needle through the material where the knot is desired, wrapping the thread around the point of the needle or the thumb one or more times while holding the thread tight, and putting the point of the needle down into the cloth very near where it came through before. The twist of the thread is pushed down close to the cloth and held there while the needle is pulled through to the wrong side.

Shell hem.—A narrow hem, about $\frac{1}{8}$ inch is turned, hand hemming or running stitches are made for about $\frac{1}{2}$ inch, then the needle is put

through the edge of the hem and the hem is caught down tight with two stitches or a buttonhole stitch. This draws the hem down in scallops one-half inch long and the depth of the hem.

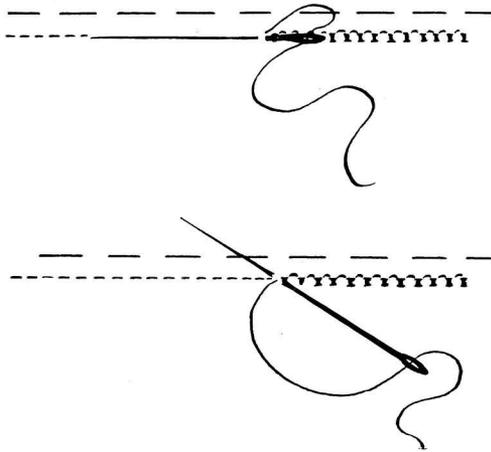
French Stitch.—The French Stitch makes an attractive finish for the neck and armhole of slip or gown, the hems of shorts, the tops of brassieres or it may be used to outline a decorative pattern for dresses or undergarments. It gives the effect of dainty hem stitching and is made the same way except that no threads are drawn. Consequently, it can be used for curved hems or finishes as well as straight ones. Turn a hem or facing the desired width and baste in place. Use a coarse needle with thread which corresponds in weight with the material on which the work is done. Insert the needle under the hem and secure the thread with a tiny knot. Bring the needle out on the right side just above the hem.



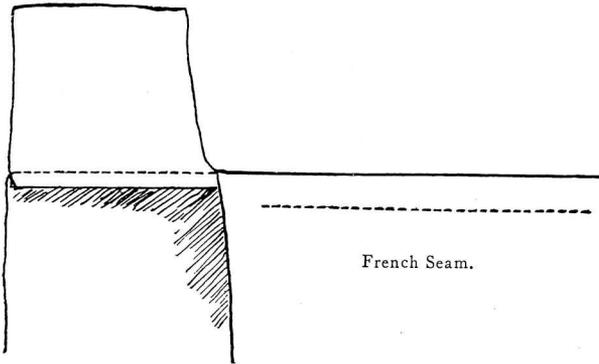
Holding the material over the forefinger of the left hand as for hemming and with the right side of the material next to the worker, take the first stitch over four threads along the edge of the hem pointing the needle straight down. Bring the needle back over the same threads, point it to the left and catch the folded edge of the hem which is underneath. Continue these stitches to the end. Fasten with two back stitches in the hem.

Seams.—French seams or felled seams are used in making wash undergarments. Garments that fit loosely, as nightgowns and princess slips, may be made with French seams. If thin waists or dresses are to be worn over underwear, the French seam is preferred for the underwear. For closely fitting undergarments such as bloomers, or shorts, flat felled seams are used. Seams on undergarments should not be more than $\frac{1}{4}$ inch wide when finished, and $\frac{1}{8}$ inch is better.

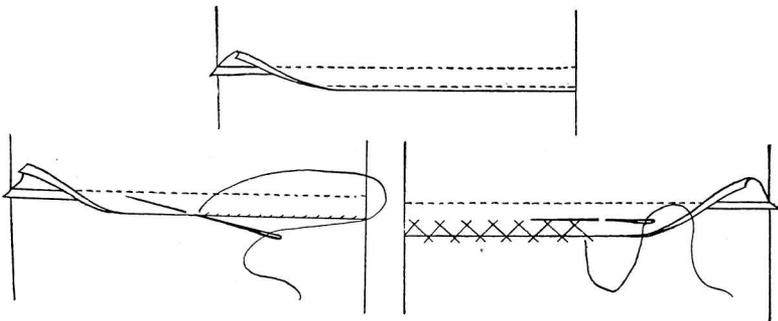
French seams.—The French seam is used in making princess slips petticoats and night gowns. In making this seam, $\frac{3}{8}$ inch is allow for materials which do not ravel, and $\frac{1}{2}$ inch for materials which ravel. The materials are pinned and basted together and the first stitching done on the right side of the material $\frac{1}{8}$ to $\frac{1}{4}$ inch from the edge. The seam is trimmed to $\frac{1}{8}$ inch and pressed flat on the right side, then re-



French Stitch.



French Seam.



Felled Seams.

versed and folded so that the seam edges are within the folds, creased and stitched from $3/16$ to $1/4$ inch from the edge. This row of stitching should cover all raw edges from the first stitching.

Felled seams.—A flat fell seam is used where a flat finish is desired as in bloomers. A felled seam is made by stitching a seam about $3/8$ inch wide on the garment. The underside of the seam is trimmed from $1/8$ to $1/4$ inch; the upper side from $1/4$ to $3/8$ inch. The wide edge is folded down about $1/8$ inch over the narrow edge, both edges are turned down flat to the cloth, and the folded edge basted down. The material must be pushed back carefully as the folded edge is basted, so as to prevent puckering on the right side. There are several kinds of felled seams.

Hemmed fell is stitched on the wrong side and the fold is hemmed down by hand.

Stitched fell is made like the hemmed fell except that all stitching is done by machine. On tailored garments such as shorts, the stitching is always done on the right side.

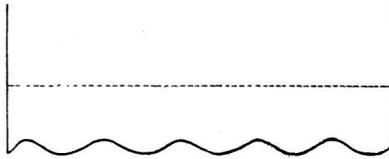
Finishes.—The top or neck of underwear and circular or flared skirts may be bound, faced, or hemmed. If the garment is gathered, the neck is bound, otherwise it should be faced with bias binding or bias edging so that the finished facing is $1/4$ inch wide or narrower.

Feather stitching, machine couching, chain stitching, or other decorative stitches may be used on the right side to fasten down the bottom of the facing.

Facing or false hems.—Facings or false hems may be used in finishing undergarments and outer garments at neck and sleeves, in finishing the bottom of a circular or two-piece skirt and for lengthening skirts. Material used to face a garment is usually cut bias. Bias bindings may be purchased by the bolt or cut from the same material of which the garment is made. Unless bought bias binding is of very good material, the facing which is used should be cut from the same material as the garment. To apply a facing, the right side of the facing is laid to the right side of the edge that is to be faced, and is then basted, and stitched, turned to the wrong side and finished as a hem. The facing is usually turned exactly at the seam.

When a wide facing is needed on a circular edge, as a round neck, circular skirt, etc., a fitted facing is usually used. Before cutting such a facing, the edge to be faced is trimmed as it should be when finished, plus $1/4$ inch for the seam; the right side of this edge is laid to the right side of the facing material so that the garment lies flat and smooth. The facing is then basted and cut exactly along the edge which is to be faced. The width the facing is to be finished, plus the turning, is measured up on the materials, marked with a pencil, and cut; stitched along the bottom of the facing; turned to the wrong side, and finished as a hem.

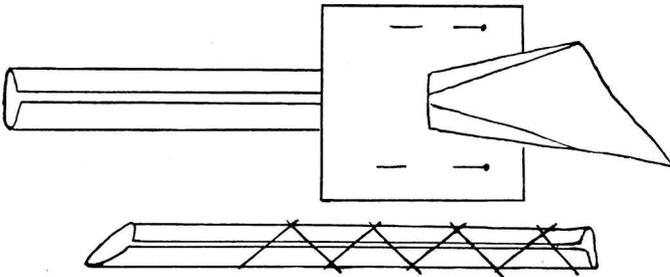
The shaped hem.—The shaped hem is used in finishing undergarments. To make this hem, the material is turned up on the right side after the desired length has been taken. Then the scallops are marked the desired shape and size, stitched, and cut around $\frac{1}{4}$ inch below the



Shaped Hem.

seam. The hem is turned so that the scallops will be right side out. The edge of the scallops is basted securely and stitched, and basted and stitched again at the top of the hem.

Cutting bias.—Bias material which is used in trimmings, facings, or bindings should be cut on the true bias; that is, the material should be cut in strips diagonally across the warp and woof threads. To do this



Two easy methods of folding the edges of a bias binding.

a corner of the material is placed at right angles to itself so that the warp and woof threads are parallel. This fold is creased; then the material unfolded and a line drawn along this crease with a pencil or tailor's chalk and yard stick. The width desired for bias strips is measured at right angles to the line, at intervals along the strip and marked with chalk or pencil. A line is drawn through the marks with the aid of a ruler. This is repeated until the required number of strips have been measured, and then cut. The bias strips are joined by hand or machine, according to the material used.

Folding bias strips.—Sometimes it is impossible to secure commercial bias in the desired material or in the proper width; hence the following suggestions for folding bias may be helpful. On the ironing board cover

make a row of catch stitching across a strip of cardboard that is as wide as the desired width of the finished fold. Pull out the cardboard and use the stitches as a guide in folding the bias. Cut the bias twice the width of the guide thus allowing each edge of the strip to fold to the center as it passes under the catch-stitches. Crease the strip for an inch or two then pull it through the catch stitching from right to left. Pull the strip slowly through the guide pressing with an iron the part that is included by the catch stitching.

In folding bias binding a slit may be cut in a card the desired width of the finished binding and the bias strip pulled through the opening. Pin the card to the ironing board so that a hot iron may be used in the right hand, to press the binding as it is pulled through with the left hand.

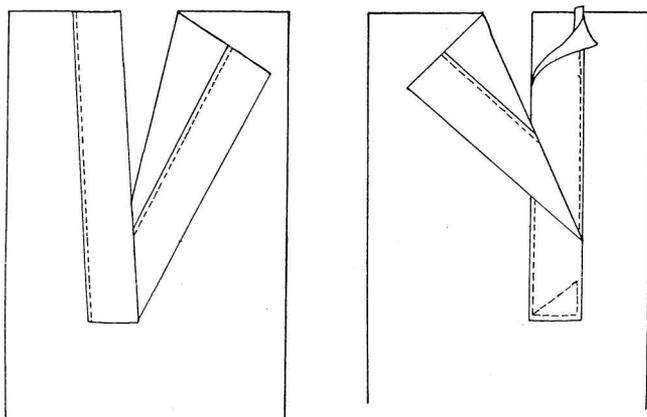
Binding.—Bindings are used for finishing separate collars and cuffs, arm holes, and some other seams, especially those on heavy materials, and for decoration. Bindings used for decoration may be tailored in effect as in wash or woolen materials. Bias materials should always be used in bindings. Cut the binding twice the depth of the finished fold, plus $\frac{1}{4}$ to $\frac{1}{2}$ inch for seam. When the strips of bias material have been joined, baste them to the right side of the garment or seam. Stitch or run by hand, according to the material, then fold down the other edge once and turn to the wrong side so the folded edge just covers the first stitching, and blindstitch or stitch by machine, according to the effect desired.

Plackets.—(a) A bound placket may be used for both under and outer garments. This placket is made by cutting a lengthwise strip of material twice the length of the placket and twice the desired width of the finished binding plus the seams. One and one-half to two inches is usually the width for this strip.

The right side of the binding is placed to the right side of the garment and basted with a narrow seam around the entire opening, stitched by machine, holding the garment on top to avoid stitching in folds of the material. A $\frac{1}{4}$ inch turn is made on the other edge of binding by bringing this fold just to cover the stitching, basting and stitching. After the stitching is done, the binding is turned on right hand of the placket back against the wrong side of the garment and caught with the band.

(b) The bound and faced placket is used for undergarments. To make this placket, start just the same as if making a bound placket. When the binding has been stitched around the first time make a $\frac{1}{4}$ inch turning and bring the fold back to the stitching and crease just as if a bound placket were to be made. Before basting cut out the underneath part of the binding on the right hand side of the placket leaving $\frac{1}{8}$ inch inside of the crease at the side and bottom. Face the right-hand side of the placket with the binding which has had the extra thickness cut out,

and bind the left-hand side of the placket. Stitch diagonally across the lower end of the right side of the placket upward from left to right.



Plackets.

Bands.—Cut bands lengthwise of the goods twice the desired width plus seams, and the length desired, plus seams. If the band laps, the amount that is to be lapped must be added. Find the middle of the band and middle of the edge which is to be banded. If edge to be banded has a placket which extends an inch or more, move the pin, marking the middle of the band an inch farther over. Place right side of band to wrong side of garment and pin together at center and at ends, allowing bands to extend $\frac{1}{4}$ inch beyond ends. If there are gathers distribute them evenly. Baste and stitch. Turn the upper edge of the band down once $\frac{1}{4}$ inch and the ends in, turn the band to the right side and baste the fold so that it just covers the stitching. Stitch in place and stitch or overhand the ends. If bands are hemmed down by hand they are first stitched on the right side, then turned to the wrong side to be hemmed.

Buttonholes.—The buttonhole should always be made on double material on the right side of the garment. Use silk twist for making buttonholes in wool or silk and heavy thread suitable for the weight of cotton material. Always use a long enough thread to complete all steps in the working of a buttonhole.

Buttonholes should be cut so that the pull comes in the end rather than on the broad side of the hole. For instance, buttonholes in the band of bloomers that button on to a loose waist should be cut up and down while buttonholes on bloomers that button around the waist should be cut crosswise, which will be lengthwise on the band. Buttonholes in the hem of a waist that buttons behind are cut crosswise. The only exception to this rule is when buttonholes are made in the pleat of a man's

shirt or a woman's tailored blouse. Since there is no particular strain on buttons in such a pleat the buttonholes are cut up and down so that the button can be slipped into the buttonholes more easily without mussing the pleat.

Select the size of the button to be used and cut the hole accordingly. Buttonhole scissors are very convenient for cutting the hole. If these are not at hand cut the hole in the following way: Fold the material and with a pin, mark half the width of the button from the fold of the material. Then holding the folded material firmly make a short cut just long enough to insert the point of the scissors. Release the fold and cut in each direction exactly along the thread and a little past the pin holes. A buttonhole needs to be about $1/16$ inch longer than the width of the button.

Buttons.—When the buttonhole is made, find the place to sew on the button by lapping the end of band or pleat as it should be and sticking a pin at the outside end of the buttonhole. Remove the pin and fasten a double thread at this place with several small stitches or a knot. Put the needle through one of the holes, placing a pin on top of the button and sew back and forth across the pin. Remove the pin, then wind the end of the thread several times around the loose thread between the button and the cloth and fasten the thread on the wrong side and underneath the button. Sewing over a pin helps to prevent the button from pulling off in the wash and tearing the cloth, and makes it easier to put the button into the buttonhole.

Brassiere.—Brassieres are needed by practically all girls. A well fitted brassiere gives a trim appearance and a feeling of being well dressed.

A brassiere that is darted or fitted underneath so that it supports the bust is more healthful and is a later style than the brassiere that presses the bust flat into a boyish effect.

Materials.—Muslin, madras, or any plain firm medium weight cotton material, heavy coarse net or lace may be used. The amount of material needed will be $1/4$ yard of 36-inch material, 1 yard of $3/4$ inch cotton tape for straps, hooks and eyes fastened to a tape that will be the length of the brassiere in the back and a roll of $3/8$ inch bias binding.

Pattern.—A commercial pattern or a brassiere which fits satisfactorily may be used for a pattern.

III. BLOOMERS OR SHORTS

Bloomers are a more desirable garment than teddies or step-ins. They are comfortable and easily laundered.

Materials.—Muslin, nainsook, or other undergarment material, or same material as wash dress may be used. For wear in the summer

thin material as nainsook, or cross-barred dimity, makes cooler bloomers.

Pattern.—Commercial patterns may be used.

When using elastic for the waist or knees, the casing should be made to fit the elastic so the elastic will not turn when the garment is laundered.

If a fastening is needed on bloomers or shorts, buttons and button-holes should be used.

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	
Hygienic 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

Note: There has been much difference of opinion among clothing specialists as to the advisability of certain practices in the construction of undergarments. Since, in many cases, this has operated unfairly against competitors trained under leaders holding opinions contrary to those of the judges, the following decisions are given, not necessarily as ideal, but in the interest of fair competition:

Elastic or bands of the material will be equally acceptable at the knee and waist.

Flat felled seams shall be considered as the most desirable type of seam for bloomers and other similar garments.

Colored underwear is permissible if it is dainty, serviceable, and forms an inconspicuous foundation for the outer clothing.

Rayon and silk undergarments will be accepted but not encouraged in club girl's contest.

IV. AND V. PRINCESS SLIP

Princess Slip.—A princess slip is a necessary foundation for wear with most wash or silk dresses. To be a good foundation for dresses the princess slip must be simple and good in design and conform to the lines of the figure. The curved top repeats the round lines of the head and thereby follows good art principles and aids in concentrating the attention upon the face, which is always the center of interest in thoughtful dressing. The curved or shaped neck line or bodice top shaped under the arm stays in place and is comfortable to wear. 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. If the bodice top is used, narrow shoulder straps $\frac{3}{4}$ to 1 inch wide are desirable. Straps on princess slip should be enough shorter than those on brassiere or corsellette in order to cover the undergarment.

Material.—A soft material to which dresses will not cling should be used. The amount of material needed is twice the length from the shoulder to the bottom of the dress plus the amount needed for the hem.

Pattern.—Any commercial pattern which will give the dress a good foundation may be chosen. The size of the pattern should be purchased by age if the girl is of average size. If she is large or small for her age it should be bought 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 shoulder blades.

Making.—A slip is made at least 1 inch narrower and 1 inch shorter than the dresses with which it will be worn. If there is fullness it must be pleated so that it will not detract from the appearance of the outer garment. The bottom of the slip may be finished with a plain hem, a shaped hem, or a shadow hem. A shadow hem is a deep hem used to prevent transparency when a thin dress is worn. A 4-inch hem is preferred for club girls because it is easier to handle.

The slip should be tried on and the neck and armholes trimmed. The neck and armholes may be finished with the shell hem, facing, machine couching, feather-stitching, or other decorative stitch.

In turning the hem the slip is tried on and the length measured the desired distance from the floor with a yard stick held upright to the floor. It is marked with pins placed about one inch apart and straight in the goods parallel to the floor. If a plain hem is desired, the skirt can be creased on the line that is marked with the pins in getting the length and then basted. Side seams should be carefully folded back on themselves so that the seams match. A gauge for marking the hem in the skirt can be cut out of a card board about an inch wide and several

inches longer than the width of hem. Measure from the end of the cardboard the width the hem, will be cut in at right angles and then cut a wedge shaped piece above the straight cut.

Using the gauge, the hem may be marked evenly, holding the gauge at right angles to the edge of the hem, then cutting on the marks. The skirt is placed in the lap with the hem on the table and a $\frac{1}{4}$ inch turning made on the edge. The hem is then basted down carefully, and the fullness taken out by small darts which are turned to the right to make stitching of the hem easy.



Hem Gauge.

Petticoat.—A petticoat may be worn instead of a slip if the material is not transparent or if the dress is not designed in a style which requires a slip. A petticoat requires less material than a slip, is cooler to wear in warm weather and requires less time to launder. Petticoats made with yolks or fitted tops are desirable for many girls since there is less fullness at the waist line.

Kimono Nightgown.—Kimono nightgowns are very simple to make and if one uses some hand stitches for decoration they cost very little. A commercial pattern may be bought or one cut from a gown that is liked. (For girls who prefer to make pajamas instead of a nightgown, it is suggested that the jacket be made without sleeves.)

The neck and armholes may be trimmed by making a simple fancy stitch such as feather-stitch, chain stitch, or outline stitch, on the right side. If a fancy stitch is used, the bias binding can be fastened down by it and will not need to be stitched. Another way of trimming the neck of a nightgown is to make a fitted, shaped facing, about two inches wide in some places when finished, and curving down wider in one, three, or five points or scallops in the front. The sleeves or armholes may be trimmed in the same way.

Sew underarm seams, making French seams.

Make a two-inch hem at the bottom.

Press and fold garments after they are finished.

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.

All clothing club girls should be taught to judge; and the two best judges should then represent the club in the county contest, if one is held.

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.

Placing Card Used in Judging Contests

Placing..... Reason.....
.....Judging Contest

Contestant's Number.....

Class.....

Placings:

First..... Second..... Third..... Fourth.....

In judging by comparison, club members should compare the garment placed first with the one placed second, the second with the 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 contests, club members usually are judged on the combined results of both placings and reasons on the basis of 50 points for correct placings and 50 points for correct reasons.

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."

VI. PLANNING WASH DRESSES

Each girl before making her undergarments decided upon the purpose for which her dress was to be used. Now it is time to decide on the color, material and pattern which will be needed in making the dress.

Choosing Becoming Colors.—The girl who wears garments of becoming color adds to her own and others' happiness, while the girl who wears colors that may be beautiful in themselves, but which are not becoming to her, does not appear at her best.

There is no absolute rule which can be followed in determining colors to be worn, but much depends on the following:

1. The type of the individual; size, color of hair, eyes, and complexion.
2. The age of the individual.
3. The use for which the garment is intended.
4. The season.

The very large girl does not like to appear larger, so the subdued or neutral colors are most desirable, such as grayed blue, navy, taupe, brown, gray and black, and of these blue is the best. Bright colors are hardly ever worn because they attract attention and make the figure stand out and so seem larger. The very small person may wear a bright color, but one soon tires of it if it must be worn for a very long time. The best way to decide the colors that are becoming is to try them and see what the members of your club or your family agree looks best. There are so many variations of every color that not all tints and shades of even one color could possibly be becoming to one person.

In selecting the color for a dress one needs to decide for what the dress is to be worn. School dresses and street clothes should be dark

enough for service but colorful enough to be interesting. School dresses should be of a color that launders well, although if fast dye materials are bought any becoming color can be used. Daintier dresses or "dress-up" dresses may be of a lighter color as they are not laundered so often and light bright colors express gaiety and informality. The season and kind of material used will also help one to determine the color. For summer wear white or light colors of thin materials are preferable, in the winter heavier weight materials and darker colors are chosen.

As a rule, softened or grayed colors and those which are blended of several colors are more becoming than bright pure colors and their use expresses better taste. For instance, a soft blue green, is lovelier for dresses than grass green; peach or apricot than bright pink.

Bright pure colors can be worn for some occasions such as sports wear or for evening party dresses, by girls who have clear complexion and decided coloring, but in general are not satisfactory for anything except small spots of decoration as scarfs and beads. Such colors are so much more vivid than the coloring of most persons that they make all except brunettes look "washed out".

Many girls may be classified into cool types, warm types and intermediate types, falling into groups according to the coloring of the hair, the eyes and the skin.

The cool type may have light or dark hair but usually does not have golden or reddish tints. The skin is pale cream or a tint of red orange tinged with blue with the flush of the cheeks suggesting red purple. In the cool type, the pink color of the cheeks is tinged with blue, while in the warm type the pink is tinged with yellow. The eyes are blue, gray, green or hazel. The typical blond and the Irish brunette with blue black hair are examples of the cool type. Light and medium colors are best for the cool type. Blues, greens, some rose shades, and soft browns are attractive for her delicate coloring.

The warm type has strong warm coloring with golden brown or red in the hair, brown eyes and a skin of more or less deep yellow orange tint, with red orange showing in the flush of the cheeks. The strong coloring of the warm type calls for strong and deep colors in costume. The oranges, reds, rich browns, bright yellows and strongly contrasted colors are flattering to her warmth of color.

The intermediate type, although possessing both warm and cool characteristics, does not have a striking amount of either. She may choose the colors that she prefers which bring out the color of her hair, eyes or skin.

In choosing colors for herself a girl should try to select colors that emphasize her most attractive coloring, whether this be in eyes, hair, or skin, unless the use of this color at the same time emphasizes a coloring,

perhaps in her skin, that is not attractive. For instance, a girl may have lovely blue eyes and may wish to emphasize them by wearing blue. But if she has an olive or tanned skin, blue may make her skin look very yellow or orange. Colors reflect not only their own color, but the contrasting or complementary color on the face. Colors containing some of the same colors as are in the skin, or contrasting colors, emphasize the coloring. The girl with a yellow-pink skin or the warm type will emphasize her coloring by wearing peach and soft greens while the girl of the cooler type who has more blue in the skin will wear shades of rose and blue greens. The girl with a sallow skin may wish to avoid greens, yellow greens and red violet or fuchsia shades and tints. Cream, egg shell and oyster white are becoming to more skins than pure white. In choosing blues or greens to emphasize the color of the eyes, select softened or grayed blues or greens, as bright colors make them look faded. Skins which have a tint of tan or orange will appear more yellow if bright blue is worn.

Every girl who wishes to be attractively dressed but has a limited amount to spend for clothes, should carefully study the colors that will emphasize becomingly the color of her skin, eyes and hair. She should try shades and tints of these colors that are suggested as becoming, and then decide upon a color scheme of one color with related harmonies for her season's clothes. If she does this she will not waste money by following fads in color, and the same shoes, stockings, hat and gloves will look well with all of her dresses.

Materials for Wash Dresses.—Every season brings a great variety of new materials on the market. Every girl should be familiar with a few kinds of cloth that are suitable for dresses as:

gingham	madras	dimity	voile
chambray	poplin	broadcloth	organdie
prints	pique	cotton charmeuse	tissue gingham
suiting	linen	Indianhead	dotted swiss

Some of these materials are white, some dyed, some heavy, some thin. Colored cotton material may be printed, yarn-dyed or piece-dyed. The right and wrong sides of some colored cotton materials can be compared and raveled to see how they were dyed.

Yarn-dyed materials are those which have the yarns dyed before they are woven into the piece. Piece-dyed materials are those which are dyed after the weaving is done. In the yarn-dyed materials the dye penetrates the yarn and colors it more thoroughly than when the material is piece-dyed. Sun fading may be tested by covering part of the goods with cardboard or a book and leaving it in the sun for a week or

more. Laundering test may be made by washing with hot water and strong soap.

It is a good plan to get a sample of the wash material that one is considering for a dress. Wash it to see whether or not it runs or fades in laundering. It is particularly important to do this if two materials are to be combined, as the whole dress is spoiled if one color fades into the other.

Manufacturers are now making wash goods that they guarantee against fading in the sun, from laundering or from perspiration. These materials cost slightly more a yard, but are usually an economical purchase.

To wear well the warp and woof threads must be of equal weight, and the goods must be firmly woven so the threads do not slip when rubbed between the fingers. When buying dress goods one may need to notice whether there is anything on the goods that can be picked off or pulled out. Some dotted dress, for instance, is made by pasting dots on, or by pulling the thread of the dot through but once, and often these dots come out in washing.

Linen is cool and attractive for dresses and launders well, but it is more expensive than cotton and unless guaranteed it wrinkles and fades more easily than does cotton.

To shrink material, place the goods in cold water without unfolding it, but be sure the water dampens all the material. Allow it to soak for 12 hours in enough water to cover it completely. Remove it from the water and place it on the line to dry, without unfolding or wringing out the water. Press when nearly dry.

Clothes Becoming in Line.—When a girl is planning clothes it is necessary for her to study herself critically. Then she will choose her dresses and hats, the lines of which repeat or strengthen the good lines of her face or figure and apparently cover up or lead the eye away from the unattractive ones, and will have clothes becoming in design.

Lines that make the design of the garment are formed by the cut of a garment, the placing of the seams, belt, tucks, folds, braid, buttons or other trimming, the length of the skirt, sleeve, tunics, etc. the cut of the neck and collar. These have an effect on the apparent proportions of the figure. The cut of the neck and collar has an effect on the shape of the face.

General Rules to Remember in Choosing Dress Designs.—As in all art the design of the dress will be good if it follows to some extent the lines of the figure. Straight lines with seams on the top of the shoulder, directly under the arm, straight down over the hip, around the top of sleeve where the arm joins the body, etc., are always good. Simple de-

signs with definite clear-cut lines are usually more successful than designs in which there are a number of lines made by the trimming. In selecting a design from a fashion magazine, it is unwise to choose a skirt from one design, a sleeve from another and a collar from still another, as this rarely results in an attractive dress. High priced, experienced artists have planned the costumes and better results are usually obtained by using a complete design as planned by the artist, if one that will be becoming in every respect can be found.

The face is the logical center of interest and no part of the dress should be so conspicuous or interesting as to lead the eye away from the natural center. Round necks, collars of a different color, flowers and bright ties provide a means for making the face the center of interest.

Clothes must be designed so they will be becoming when one moves as well as when one stands still. For instance, a tunic dress that has nice slenderizing lines when the wearer stands still, may flare out and give apparent width when walking; or a very narrow skirt on a large girl may draw in at the bottom when she walks and make her look larger.

The charm of one's personality can be emphasized by choosing clothes suitable to the individual type, the athletic girl chooses the bob and types of clothes of a boyish or tailored type; the feminine girl appears her best in clothes that emphasize her daintiness such as: thinner softer fabrics, smaller designs, and less severe lines.

Most girls have no special difficulty in choosing clothing suited to their type. Some girls may even wish to emphasize tallness or shortness to bring out their individuality rather than observing the following suggestions for special types of figures:

Tall thin.—The tall thin girl may emphasize lines that carry the eye around the figure. Full skirts, short skirts, smocked or other soft full dresses, drapes, yokes, circular flounces, deep hems, tunics, scarfs, capes, broad collars, soft wide belts, cuffs that are wide, flaring or of different color, and decorated sleeves have a tendency to give the figure a wider appearance. The tall thin girl may wear plaids but not most striped goods, unless it is well designed.

Short thin.—Full blouses, skirts and sleeves, wide belts of the same color of the dress are good, but horizontal lines must be used with care or omitted if the wearer does not want to appear shorter. Bright, light, lustrous material will increase the apparent size of the short, thin person. If figured goods is desired, the design must be small and dainty.

Short stout.—The head and the face may be made the center of interest by choosing hats, arranging the hair becomingly and finishing the neck with a contrasting note of color so that the body will be kept inconspicuous.

Emphasize vertical lines by using panels, narrow vest openings, long or pointed rather narrow collars, long, straight skirts, and long, straight sleeves. The dress at the waist must not be too snug. If a belt is worn, it should be narrow and loose so the curves of the bust and hips will not be emphasized. Shoulder seams should be well fitted and not too long. Extreme short skirts, deep hems of contrasting material, cuffs or trimmed sleeves should be avoided.

Tall stout.—Same lines as for short, stout person except that skirt can be slightly shorter, and long straight tunics that do not come to the bottom of the underskirt can be worn to reduce the apparent height. A person of this build must choose dignified looking clothes and avoid baby colors, frivolous lines, ruffles, etc. The one-piece dress is usually best. Stout persons should wear plain, non-lustrous materials as crepes, voiles, serges, and other materials in dark or neutral colors, and avoid satin, large plaids or figured goods.

Pattern.—Girls should select a pattern that will be becoming in line and that is simple enough so that it can be made successfully. The pattern can be bought by bust measure or by age, if the girl is small. The pattern states how much goods to buy for the size of pattern and width of goods.

Trimmings.—The trimming should be selected according to the pattern and material which is used. For printed material use a plain material which repeats some color of the print becoming to the wearer or repeats the color of the hat or stockings to be worn with the dress. The material may form its own trimming or contrasting material may be used.

Trimmings which are good to use are collars, cuffs, bands, belts, frills, pipings, bindings. Contrasting jackets are sometimes good with printed or plaid dresses. The textures of the materials should be similar; for example, a pique or linen is more appropriate on tailored dresses of heavy cotton material than lace or organdy; white gingham or material in similar weight is attractive when used with print or gingham dresses. Flaxon may be used with dotted Swiss. Batiste is more suitable as trimming for wash dresses than organdy because it does not curl at the edges. The collar may be made to seem part of the dress by using devices such as trimming the collar with a bias binding of the dress material, and by using decorative stitches on both the collar and down the front of the dress.

VII, VIII.—MAKING THE WASH DRESS

It is the wisest plan to buy a dress pattern that is the right size and make the dress according to the pattern.

When using a pattern that has not been fitted to one's own measurements the pattern should be tested. The front should be held carefully

against the body with the shoulder seam along the top of the shoulder and the center of the front in place to see if the pattern is long enough on the shoulder, and wide enough through the bust. The desired length of the dress should be marked on the pattern. The back can be tested in the same way. The length of the sleeve is tested by placing the top of the underarm seam in the hollow under the arm. If the sleeve is to be long the sleeve pattern should come to the wrist bone; if a short sleeve is desired, the pattern should be marked for the sleeve length.

Full directions for cutting and making the dress will be found on the pattern and these should be read carefully before cutting the goods.

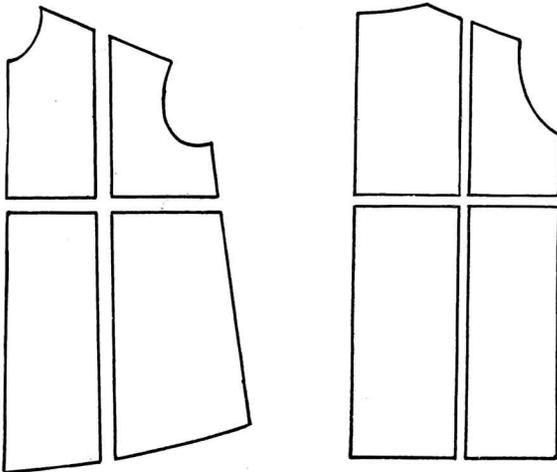
Making a dress is simplified to a greater extent and one sews with greater confidence and better finished product if the seams and various finishes are pressed as they are completed.

How to Enlarge or Decrease Patterns.—Experienced dressmakers can cut garments larger or smaller from a pattern that is not the correct size without first making a new pattern but it is desirable that those less experienced in dressmaking should first make a new pattern before cutting the cloth and thus avoid possible mistakes.

To Make Blouse Pattern Larger

Wider

1. Fold front and back of pattern midway down the shoulder line, parallel with the center.
2. Cut along this fold and slip the pattern apart as much as needed. Allow one-half of the increase in the front and one-half in the back.



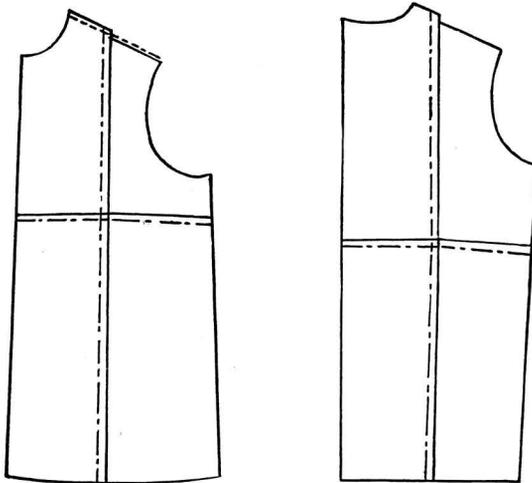
To make blouse pattern wider and longer.

Longer

1. Fold front or back crosswise below the arm hole by turning straight on itself.
2. Cut along this fold and slip apart.

To Make Blouse Pattern Smaller

1. To make the waist pattern narrower or shorter, fold pleats where cuts were used to make it larger, removing one-half of the amount to be decreased from both the front and the back.
2. Make the edge of the pattern even where the pleats are folded.



To decrease front and back.

Sleeve Alterations

1. Make a lengthwise cut in pattern from highest point of shoulder curve.
2. Spread pattern one-half the necessary increase.
3. Add one-fourth of the increase to each of the under-arm seams.
4. Correct top of sleeve by laying original pattern on and recutting.

To Make Sleeve Narrower

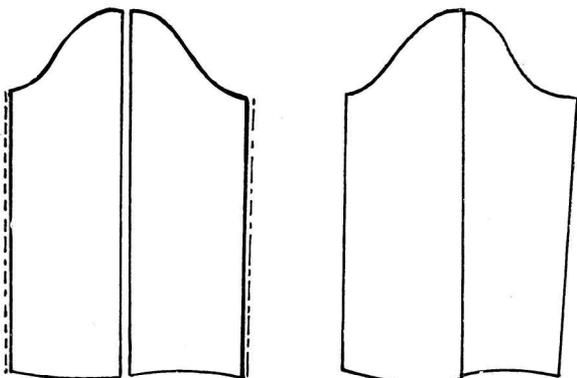
1. Remove one-half of the increase by laying lengthwise pleat through center of sleeve.
2. Remove one-fourth of the increase at each under-arm seam of the sleeve.
3. Correct top of sleeve by laying original pattern on and recutting.

To Make Sleeve Longer or Shorter

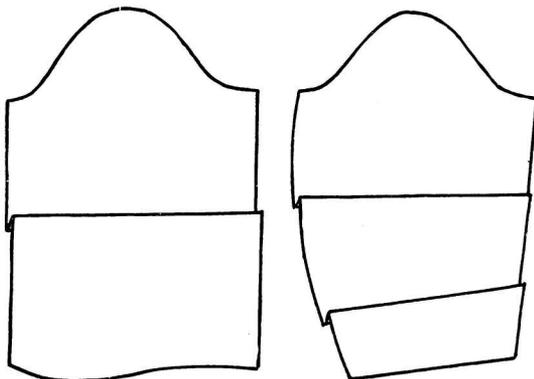
1. For close fitting sleeve, add or remove one-half of the increase or decrease about half way between the shoulder and the elbow; and the other half between the elbow and bottom of sleeve.

2. For loose sleeve, all alterations can be made at elbow.

Dress patterns are shortened by turning up the pattern at the lower edge, unless this will make the skirt too narrow, when a fold can be laid below the hip line.



To make sleeve wider or narrower.



The folds indicate where alterations can be made to change length of sleeve.

Straighten the edge of the material before the pattern is laid on. Fold the material if it is wide enough to cut the pattern double. Place all pieces of the pattern on the material as illustrated by the pattern chart before cutting. Pin the pattern to the cloth. Mark all notches and perforations with chalk or thread. Do not cut notches in the material.

Fitting the Dress.—The seams of the dress should be carefully pinned every 4 inches with pins at right angles to edge of the seam, then basted before the dress is tried on right side out. In fitting, it is important that seams should be placed correctly. The normal shoulder seam should be a straight line from the highest point at the neck to one-half inch back of the highest point on the tip of the shoulder. The shoulder seam should not be seen from either the front or back. Underarm seams should be directly under the shoulder seam and should fall straight down to the waist line, sloping neither to the front nor to the back. The shoulder and underarm seams should be turned to the front of the wash dress.

The seam which joins the sleeve to the waist should fall from the bone of the shoulder at the top down around the crease formed by the joining of the arm to the body.

The skirt should fall in straight folds and not swing forward. If it does, the front of the dress can be lifted at the seam by putting a dart at the bust line or at the belt line.

Seams for Cotton Dresses.—The seams will set and hang much better if a simple finish is used for finishing the seams. For seams in firm materials such as prints and gingham a second row of stitching may be made about $\frac{1}{4}$ inch outside of the first stitching and the raw edges trimmed close to this stitching. In heavy cotton and linen materials the seams may be finished with a plain seam $\frac{3}{8}$ inch to $\frac{1}{2}$ inch wide. In order to keep the material from raveling, the edges of the seams may be overcast or pressed open, each edge turned under separately $\frac{1}{16}$ to $\frac{1}{8}$ inch and stitched so that stitching will not show from the right side. In light weight thin materials such as voiles, a false French seam may be made by trimming the seam to $\frac{3}{8}$ inch, turning edges in and stitching or running edges together by hand.

Hems.—After the seams have been finished, the dress should be tried on, and the length taken from the floor by holding a yard stick perpendicular to the floor. Before marking, the belt should be put on if one is to be worn. The hem may be from $2\frac{1}{2}$ to 4 inches wide in a pleated or gathered skirt. A tuck may be made under the hem to allow for growth. A hem in a circular skirt should not be wider than one-half inch.

The hem can be folded and basted in place and finished with a 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 in the skirt. Insert the needle in the folded edge a few threads to the left of where it came out, and slip it through the fold for $\frac{3}{8}$ inch and catch again with a very small stitch into the skirt. Continue this stitch, fastening the threads at the end with two or three back stitches.

To be certain that the skirt hangs evenly the dress should be tried on before stitching or hemming. It is recommended that hems in dresses be put in by hand.

Putting in sleeve.—The fullness in the top of the sleeve should be eased in between the notches and pinned into the armhole with the notches matching and the right sides together. The slight amount of fullness allowed should be eased in on the sides of the sleeves where the bias threads slant. There should be no gathers at the top. The sleeve should be held toward the worker as it is basted into the dress. The waist should be tried on to see if the sleeve hangs well and the grain of the material is straight.

If the sleeve draws, see if it is large enough around the upper arm. The armhole may need to be cut out lower if the sleeve is made wider. The seams in the armhole should be overcast. A felled seam is used only on middy tailored blouses and is finished with two stitchings on the right side.

The seams on many patterns join at the underarm seam of the waist. When they do not, the seam is brought forward on the front of the waist about $1\frac{1}{2}$ inches. In any case, pin at the shoulder so that the threads of the sleeve will run straight from the shoulder down the arm to the elbow, being certain that the seam made by basting the sleeve to the dress is in the right place.

Accessories.—The beauty of a dress is often emphasized by using the right accessories. If a dress needs a tie or ribbon to finish the neck, use a crepe de chine tie, as it will wash, or a narrow tie made of the material if it is appropriate.

If beads are worn they should be of a harmonizing color. A touch of interest may be added by using a handkerchief of harmonizing color to match the trimming or dress. Any jewelry worn should be carefully chosen to add definitely to the appearance of the dress. Each girl should consider her own type in selecting her accessories. The dainty, retiring type will select small accessories of dainty design and the large, more athletic type will find her best choice in the more colorful and larger designs.

STAIN REMOVAL

Stains and spots are always unpleasant to see and no well dressed person ever wears clothing that has them. Everyone at some time gets stains and spots on her clothing. The directions given below will be useful.

General Rules

Treat promptly.—A fresh stain comes out more easily than an old one.

Find out what made the stain.—Some stains are set by treatment that would remove others.

Consider the material.—White and colored goods, cotton, linen, silk and wool can not always be treated in the same way.

Try simple methods.—They often do the work and are not likely to harm the material. If stain is unknown, use lukewarm water.

Work carefully.—Experiment on a sample. Rub gently. Haste makes waste in taking out spots.

Keep all stain removers together in a special place and properly labeled. Mark "Poison" on the poisonous ones.

TYPES OF STAIN REMOVERS

Absorbents.—Absorbents are useful in removing fresh spots from materials upon which solvents cannot be used. They will seldom entirely remove stains.

Cover grease spots with powdered absorber such as talcum, French chalk, fuller's earth, starch and bolted meals, let stand several hours, then brush carefully, repeating if needed. A second method is to lay the material on white blotting or unglazed paper and cover with powder or paper until the stain is removed. Cover dry blood and ink stains with starch paste; when the paste dries and discolors, brush off and repeat until the stain disappears. Cover freshly spilled liquids with powder, meal, or bits of blotting paper to prevent liquid from spreading and sinking into the material.

Solvents.—Watersoak washable goods in cold water and wash with cold or tepid water and white soap. Use hot water in the same way or stretch the stained goods over a bowl and pour boiling water from a height.

Note: Hot water sets some stains such as blood, meat juices, milk and egg.

Place non-washable materials over a pad of white cloth or absorbent paper and sponge, using very little water at a time. Change the pad as it becomes soiled or wet. Rub gently until dry. Caution: Water spots some materials; experiment with a sample.

Other solvents, such as alcohol, benzine, carbon tetra-chloride, and gasoline, can be used on materials that water will spot. Place the stained goods over a pad of cloth, apply the solvent, and work from the edge of the stain to the center. Change the under pad frequently.

Bleaching agents.—Remember, a number of short applications of dilute bleaches are safer than long applications of strong bleaches. Sunlight, lemon juice, sour milk, borax, sulphur, oxalic acid, hydrogen peroxide, potassium permanganate are commonly used bleaches.

Place the stain, such as fruit, ink, iron, etc. over a bowl of hot water and apply the bleaching agent a drop at a time. When the stain changes

color, dip it into the water. If the potassium permanganate leaves a pink stain, remove it with dilute oxalic acid.

Oxalic Acid—poison.—Dissolve a teaspoon of the acid crystals in a cup of hot water.

Potassium Permanganate.—Dissolve one teaspoon of crystals in one pint of water.

Hydrogen Peroxide.—Add a few drops of ammonia just before using to make it work more quickly.

DIFFERENT KINDS OF STAINS

Blood and Meat Juice.—(1) Rub with naphtha soap, soak in warm water and wash. (2) A paste of raw starch mixed with cold water can be applied to stains on flannel and blankets and heavy goods. Repeat if necessary.

Bluing.—Boil the stained material for about twenty minutes, adding vinegar if a bleach is necessary.

Chocolate and Cocoa.—Soak in cold water, and borax or soda and wash in warm water with mild soap. Bleach if necessary with potassium permanganate or oxalic acid.

Coffee.—If coffee is clear use boiling water. If cream has been added remove as chocolate or cocoa.

Egg.—Wash in cold water, then in warm water and soap.

Fruit and Fruit Juices.—Use boiling water, applying bleach if necessary. Repeat the application of boiling water, poured from a height.

Grass.—(1) Wash with cold water and soap; bleach if necessary. (2) Use grain or wood alcohol applied by sponging.

Grease and Oils.—Use absorbents as listed above in materials liable to be injured by water. Use carbon tetra-chloride or benzine on delicate fabrics. Use warm water and soap on wash goods.

Indelible Pencil.—(1) Soak in alcohol and wash with water and soap. (2) Wash with soap and water and apply potassium permanganate. Remove ordinary pencil marks with a rubber eraser.

Ink.—(1) Soak fresh stains in sour milk or buttermilk or apply an absorbent. (2) Soak stain with oxalic acid solution, rinse in water to which a few drops of ammonia are added. (3) Use commercial ink eradicator according to directions on box.

Iodine.—(1) Soak or sponge with ammonia. (2) Prepare starch as for laundry purposes, cover stained material and boil. (3) Wash with alcohol.

Iron.—(1) Cover stain with salt, moisten with lemon juice, hang in sunlight. (2) Boil stain in solution of cream of tartar water made in proportion of four teaspoonfuls of cream of tartar to one pint of water. (3) Apply undiluted oxalic acid or dilute hydrochloric acid. Rinse thor-

oughly in hot water to which has been added borax or a few drops of ammonia.

Kerosene.—Use soap and warm water.

Machine Oil.—(1) Use soap and cold water. (2) Sponge with turpentine.

Medicine.—Soak in alcohol, dilute oxalic acid or apply boiling water.

Mildew.—(1) If fresh, wash with soap and cold water. (2) Soak in sour milk, place in sun without rinsing. (3) Bleach old stain with potassium permanganate followed by oxalic acid solutions.

Mud.—(1) Allow to dry and brush. (2) Sponge with alcohol.

Paint and Varnishes.—(1) Sponge with turpentine. (2) Boil white cottons and linens in solution of washing soda (three teaspoons to each gallon of water.) (3) Use carbon tetra-chloride on delicate goods.

Perspiration.—Use soap and warm water; bleach.

Pitch, Rosin, Automobile and Wagon Grease.—(1) Rub with fat, as lard, and wash. (2) Sponge with benzine, gasoline or carbon tetra-chloride.

Scorch.—Wet and bleach in sunshine.

Shoe Polish (Black).—Rub with grease then make thick suds and wash. Use turpentine on wools and silks. (*Brown*) Use soap and water; sponge wool with alcohol, then wash in soap and water.

Soot.—Brush lightly, then use absorbent powders, as fuller's earth or corn starch.

Stove Polish.—(1) Soap and water, followed by lemon juice bleach. (2) Sponge wool with alcohol.

Tea.—(1) Soak in borax solution and rinse in boiling water. (2) Boil in strong soap solution. (3) Lemon juice and sunlight for several days. (4) Potassium permanganate.

Tomato Vine.—(1) Bleach with sunlight and lemon juice. (2) Sponge stain with alcohol. (3) Bleach with oxalic acid solution.

Vaseline.—Treat as grease. Soak old stains in turpentine.

Wax or Paraffin.—Treat as grease, using absorbents. Bleach.

Further directions can be found in Farmers' Bulletin 1474, Stain Removal from Fabrics. This can be obtained free from the Division of Publications, U. S. Department of Agriculture.

Score Card for Judging

4-H Dress Revue.—The person for whom the costume has been selected shall appear wearing the complete costume including all accessories. The garments are to be made by the contestant, and an itemized statement of the cost in both money and time used in making the garments must be submitted.

I.	General Appearance.....	50
	General design and color combination	
	Originality and interest	
	Posture and carriage	
	Personal neatness	
	Fit of garments	
	Effect of underwear	
II.	Suitability of costume.....	40
	To individual	
	Artistic aspects	
	Becomingness of color	
	Suitability of design	
	Health aspects	
	Comfort; Protection	
	To purpose	
	Occasion	
	Time of year	
III.	Economic factors.....	10
	Durability of materials and design	
	Value in relation to cost	
	Judgment shown in distribution of cost among various articles	
	Cost of upkeep	

 100

DEMONSTRATIONS

So far as possible, all club members should be instructed in the regular club meetings by the demonstration method. As a usual thing one or more members of each club can begin doing useful phases of the work program before the club soon after the processes have been demonstrated by the club leader.

After two or three months of practical experience, all mature club members should be able to give public team demonstrations. The scope of the team demonstration usually should be limited to the essential processes of some phase of the club work of the current year on one subject. A team of two or three of the best demonstrators, according to the number needed, should be selected from the membership of one club, either by mutual consent or by competition. All teams should have an opportunity to demonstrate before the local club group and the people of the home community, and the championship team should represent the local club at the county round-up.

Suggested Subjects for Team Demonstration

1. Making and putting in sleeves.
2. Alteration of patterns.
3. Fitting the dress.
4. Selecting and making suitable accessories for a dress.
5. Selecting our becoming colors.
6. Collars and cuffs for a dress.
7. Making an undergarment.
8. Materials and trimming for a wash dress.
9. Making and using bias tape.

Suggested Outline of a Demonstration

Making and Putting in Sleeves

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

Reference.—4-H Clothing Club II, Circular 23, Summer Clothes for Girls.

Equipment Needed.—Table, 2 pairs of scissors, thread, needles, pins and cushion, thimbles, yard-stick, tape measure, paper for patterns, patterns, materials, trimmings, findings, and some finished sleeves.

Time.—Fifteen to thirty minutes.

Procedure

A

B

A. Speaks and demonstrates
Leads in giving the pledge; gives brief history of the club; introduces team-mate and self, and states what the team is going to demonstrate.

B. Assists
Joins in giving pledge. Stands at attention while being introduced.

A. Assists

B. Demonstrates and Explains
Styles of sleeves. Long, short, etc. Full, fitted, two piece, etc. Suited to individual, material and style of dress.
Testing pattern—Width, Length
Changing pattern
Cutting sleeve.

A. Speaks and demonstrates
Making and putting in sleeve.
Summarizes points made in the demonstration. Asks for questions.
Thanks audience.

B. Assists
Stands at attention.

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