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CHILDREN'S CLOTHING

by

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EXTENSION SERVICE

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Cooperative Extension Work in Agriculture and Home
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CHILDREN'S CLOTHING

Program

1. Call to order by Chairman.
2. Song.
3. Roll call answered by some helpful suggestion regarding children's clothing.
4. Minutes of last meeting.
5. Report of committees
6. Unfinished business.
7. New business.
8. Demonstration - Children's Clothing
9. Adjournment.
10. Social Hour.

SUGGESTIONS FOR DEMONSTRATORS

1. Divide the work and explanation about equally.
2. Prepare an exhibit of simple and attractive children's clothing. This should include undergarments, hose supporters, night gowns, stockings, shoes, slippers, dresses, hats, bonnets, coats, capes, mittens and gloves.

Very often many of these may be borrowed from your local stores.

3. Prepare posters showing children's clothes. Select from current fashion books attractive garments which are simple and easy to care for.
4. Samples of suitable materials with prices may be mounted on cardboard board.
5. Women should be asked to bring any child's garment which they have found to be practical, also the pattern, so that others may cut them off.
6. Decorative stitches or trimmings should be exhibited.
7. The following patterns are available.

Baby bonnet
Child's hats
Booties
Mitten
Stocking

Boy's suit
Child's dress
Boomers
Middy

8. A layette may be exhibited. The following is about the simplest, cheapest layette possible, -
 - 1 doz. diapers - outing flannel or old soft flour sacks.
 - 3 shirts - carefully made of soft silk and wool underwear, or purchased ready-made.
 - 2 flannel bands
 - 4 slips or dresses of outing flannel
 - 3 petticoats - flannel or outing flannel
 - 3 yard square blankets in which to wrap baby - may be of any soft washable material.
 - 3 pair stockings - may be made at home.

For a more elaborate layette we may add cotton petticoats, flannel petticoats, flannel or knit jackets, coat, bonnet, cotton dresses or slips, booties and more of each garment mentioned in the first list.
9. Have each woman bring the following to the meeting.
 - Paper for cutting off patterns
 - Shears
 - Pins
 - Tape measure
 - Needles
 - Cloth and colored floss for taking off decorative stitches.

Time should be given at the close of the demonstration for cutting off patterns and taking off decorative stitches.
10. Results of demonstrations should be.
 - a. Better knowledge of suitable materials for children's clothing.
 - b. A clearer understanding of selection from a health standpoint.
 - c. The importance of simple and artistic clothing.
 - d. The economy of making garments at home.
 - e. New ideas for trimming.
 - f. Some new patterns.
11. Literature on Children's Clothing should be given to each member.

" The body of a child is like a tender plant; its bones, muscles and organs are easily bent and molded, cramped and dwarfed, as the shoots and tendrils of a plant."

A child's clothes should allow freedom, help regulate the body temperature and should possess the qualities of absorption.

Unsuitable clothing may interfere with circulation and digestion. Garments that irritate or strain, effect the nervous system.

Union Garments supported from the shoulder should be used instead of tight bands at the waist.

Waists and dresses should have soft loose neck bands and loose sleeves properly fitted at the shoulder. Trousers and bloomers should be long in the crotch.

Winter undergarments should reach the ankles, wrists and neck. Union suits are warmer and less bulky.

Stockings should be long in the foot and leg. Short stockings cause cold feet and bunions. Stockings should fit the foot. They should be held by supporters that cause the pull to come in hollow of shoulder. If the pull comes on point of shoulder round shoulders often result. Round garters interfere with circulation.

Shoes should be made on proper lines. They should fit snugly at instep and heel. There should be a rather low heel under entire heel of foot. The arch of the shoe should support arch of foot. Front of shoe should be large enough and shaped so that the great toe will retain its normal position on inner border of sole and so that all toes can have freedom.

Sleeping garments should be loose and comfortable. For cold weather a sleeping garment which covers the feet as well as long sleeves and high neck should be worn. Uniformity of bodily heat is maintained in this way.

Hats and caps should be large enough in headsize to permit freedom of circulation. The hat should be medium or small and light weight and should shade the eyes.

Outer garments should not be bulky or clumsy. Wraps should be of such weight, quality and texture that will permit heat regulation. Closely woven, rough-surfaced materials are best for winter.

Clothing should protect and help regulate the heat of the body. Too heavy clothing causes perspiration. This takes the Child's strength and makes them liable to colds. Lack of clothing results in food being used to maintain the normal temperature when it should go for tissue building.

Clothes should absorb the perspiration and oily substances that are constantly being thrown off by the body through the skin in such a way that the skin is kept in a healthy condition. The moisture should evaporate and not chill the body.

Wool is a good absorbant, but retains moisture and oil and is hard to clean. Underwear of all or part wool loosely woven is good for winter.

Cotton, in loose soft weave is warm, disposes of bodily moisture and is easily laundered.

Cotton is cheap, firm, takes dye readily and easily laundered. Linen more expensive, does not hold dye well, loses its freshness quickly, but wears well. Wool shrinks too easily to stand frequent laundering, which is necessary for children's clothes.

Loose weaves do not wear as well as the firm weaves. The cotton materials best for children's clothes are the plain, twill and satin.

Yarn dyed materials such as gingham, chambray and kindergarten cloth hold color well.

Galatea is piece dyed. It fades, as dye does not reach all the threads.

Calico, percale and figured lawns are most common printed materials. The figure is stamped after the material is woven. It is not economical to buy cheap piece of goods if it will not wear well or if it fades soon.

Dresses should be of material that can be easily cleaned. Cleanliness is necessary for hygiene. Materials should be selected with this in mind. Fast dyes are especially desirable in children's clothing, because of the need of hard and frequent washing and their exposure to strong sunlight.

The style of the garment should be simple, attractive, easily made and easily laundered. Remember that simplicity and beauty of dress go hand in hand with health. A child's clothing should be simple, genuine, and substantial. This keeps the child from being self-conscious and develops the quality of simplicity and genuineness.