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4-H Club: Clothing Project "A" Plan

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4-H CLUB
CLOTHING PROJECT
"A" PLAN

AGRICULTURAL EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE, BROOKINGS
U. S. DEPARTMENT OF AGRICULTURE COOPERATING
Clothing “A” Plan
By Anna Walker, Clothing Specialist

Goals for Completion of “A” Plan

The Wardrobe
Suggested for Advanced Girls

GOAL 1. TO LEARN PROPER CLOTHING CARE

Care for and repair your wardrobe.
Remove three or more different stains.
Improve storage in one or more ways.
Practice control of moths.

GOAL 2. TO MAKE BETTER CHOICES

Learn to know all fibers.
Take an inventory; decide on clothing needs; keep a clothing account; and summarize what you learned from this planning.
Learn the essentials of a complete costume.
Do judging work.

GOAL 3. TO LEARN TO SEW AND SAVE

Make a piece of pressing equipment or a kit of cleaning and pressing supplies.
Make over a garment for yourself or another member of the family. (Take before and after pictures where possible.)
Plan, make and model a complete costume needed in your wardrobe.
   a. Choose suitable new or used materials for the main garment.
   b. Suit undergarments to the main garments. (Undergarments other than slips may be selected ready made if desired.)
   c. Accessories may be made, selected or ones already in wardrobe which have been cleaned, renovated or restyled.

Suggested costumes:
School outfit   Tailored outfit   Best outfit   Party outfit   Work outfit   Play outfit
Make one other garment or article for yourself or another member of the family.

GOAL 4. TO KNOW HOW TO LOOK YOUR BEST

Improve posture and carriage.
Check up on personal grooming.
Carry out a health improvement program.
Plan Your Clothing Expenditures

Have you ever been unhappy and probably disagreeable because you couldn't have a certain dress, shoes or hat that you thought you just had to have? Most girls, and sometimes grown people, at one time or another have felt this way. Usually these girls would not have felt unhappy about being unable to have a certain dress if they had made a study of their clothing expenditures and had spent their money wisely.

How Do You Plan?

When one begins to plan clothing expenditures, the first question that is usually asked is, "How much money should I spend for clothing?" This, of course, is difficult to answer until you have questioned yourself further. Ask yourself the three questions which follow and see if you can find the answers. Probably you will have to do some studying in order to answer some of them and have a conference with your family about other problems.

1. What is my family's clothing allowance?
2. What is my share of the clothing allowance?
3. How can I best spend this money for real satisfaction?

No doubt you are now in search of further information on these questions. A clothing allowance, you should know, is that part of a family's income which is spent for buying clothes and keeping them in order. This allowance should be consistent with the family's income. Families of average income spend 12 to 15 per cent of their income for clothing. On a very low income, 10 to 12 per cent is spent for clothing. If a family has an income of $1,000 and 12 per cent is set aside for clothing, the amount would be $120.

Are You Sharing?

The next question asked was, "What part of this clothing allowance should I spend?" Your part depends upon the number of persons in the family and the individual needs of each member. A 10-year-old sister may need less of the clothing allowance than her mother who must dress for her work and has social engagements. A father who is a day laborer may not need as much money for his allowance as his daughter in high school. Consider the special clothing needs of each member of your family and decide how the money for clothing should be divided.

After checking records of clothing costs kept by girls in various parts of the country, the girls showed a marked similarity in habits of spending.

Hosiery costs almost one-half as much as shoes. This figure seems large and here is probably a place where the average girl could accomplish quite a saving. The secret may be for her to select hosiery as she does other garments in the wardrobe, based upon the occasion to which they are to be worn. It is reasonable to believe that very sheer hose worn for sport and school wear will have to be replaced very soon.

"Economy is late at the bottom of the purse"—SeneCa

Many girls may find that they must do expert planning in order to be well dressed on the amount of money set aside for them. The best thing to do before spending any money is to make a plan for spending. This usually is called a budget. When a clothing budget is carefully planned and followed, you will avoid disappointing and useless purchases and have the things most wanted.

Few persons can have as many clothes as they think they want; but some are such good planners, buyers, and sewers that they give the appearance of having all they want.
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Such good planning means getting just enough but not too many things. It means careful thinking as to how, when, and where to get them. It means getting a garment at a price which is suited to its value.

How many garments of each kind you will need depends upon what you will be doing, where you will go during the next year, your living habits and the amount of your allowance. If you attend many parties you may need more than one party dress, but if you go to only a few parties you will need only one best dress. If you wash your own undergarments you may need less than if you put them in the family wash. Some girls can wear their clothing longer than others because they do not wear out their clothing so quickly. What clothing you will have to buy depends upon the clothes you now have and how much longer they will give satisfactory service. Check your wardrobe and see what articles you have that are satisfactory for another year. Use the following form as an example in listing these garments you have. It will be interesting to see the picture on paper.

4-H Girl's Clothing Inventory
of Usable Garments on Hand

<table>
<thead>
<tr>
<th>Outer garments</th>
<th>Footwear</th>
<th>Hose</th>
<th>Undergarments</th>
<th>Accessories</th>
<th>Care—Repair and Grooming Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kind Value in wear</td>
<td>Kind Value in wear</td>
<td>Kind Value in wear</td>
<td>Kind Value in wear</td>
<td>Kind Value in wear</td>
<td>Kind</td>
</tr>
<tr>
<td>Coat (sample)</td>
<td>Slippers 1 year</td>
<td>Slip 3 months (rayon)</td>
<td>Gloves 3 months (summer)</td>
<td>Darning cotton Hand lotion</td>
<td></td>
</tr>
</tbody>
</table>

Now Use Your Inventory

Using your inventory as a guide, make a list of new garments necessary to complete your wardrobe. If you have kept an expense account, it will be a great help in showing you the amounts you will need and approximate prices. It may also suggest to you good or bad buys you have made and so help you to save money on future purchases.

If you find that your allowance does not seem large enough, do not give up in despair, but:

(1) Check over your list and see if there is anything you can possibly omit.
(2) See if you can save money by making the garment.
(3) Look over old clothes for possibilities of makeovers and accessories.
(4) See if you can improve your buying habits by buying more wisely.
(5) Always remember the words of Helen Keller, "We can do anything we want to do if we stick to it long enough."

The chart below will be helpful in listing clothing needs.
My Clothing Needs Based On Inventory

On page 5, I will list the number of garments and articles needed to be purchased in addition to those found usable in present wardrobe (based on inventory). Check which are to be homemade (H.M.) and readymade (R.M.).

Stretch Your Dollars by Careful Planning

If you have kept a record of your clothing expenditures for the past year, you will be interested in seeing how your expenditures check with the allowance you have. If you haven’t kept a record, you will want to begin at once, for every 4-H girl wants to do the right thing and be happy and satisfied with her share of the family’s clothing allowance. If you are unable to find out the approximate amount of money that may be your share, make your clothing plans as carefully as possible and keep careful check of the amount spent for clothing.

Real satisfaction comes from knowing how well the money we have to spend for clothing was spent which is, of course, determined finally by the attractive well-dressed appearance of the girl.

Use the chart on page 7 to keep this interesting record of your clothing expenditures this year. Your club record book will furnish a list of these expenditures.

"Beware of little expenses, a small leak will sink a great ship."—Benjamin Franklin.

When You Buy Ready-to-Wear

Careful selection of ready-to-wear garments which the 4-H club girl has in her wardrobe is an important phase of the 4-H clothing project. Use the following chart as a guide to good selection. Add to the information on the chart your personal experience in buying, since experience is a good teacher in buying and selection. Read informative labels. They are a great help as they tell something about the fabric, its care, color fastness, shrinkage, etc.

What To Think About When Buying Dresses for School or Street

School dresses should be simple in line and reasonably serviceable; easily cleaned, pressed or laundered; without much trimming; of a color dark enough to go to school the year around if necessary. Good construction which includes even stitching of a length to suit fabric, durable seams, adequate hem, good buttons and buttonholes or suitable other fastenings. Good cutting—watch grain of cloth, check for possible wrinkles, uneven flares or wrong position of seams. Check belts and buckles to see that they will stand up under cleaning or laundering. Always try on. Check width across chest, around thighs, sleeve and skirt. Check length of sleeve and skirt when reaching, standing and sitting. Notice if color, texture and line are becoming to you and suitable for occasion. Does cost fit your clothing budget?

Best Dresses

Check all of construction points mentioned for school dresses. Best dresses may be more elaborate in design and trim than school dresses. However, care in selection with a view to ease in cleaning or laundering and general upkeep should be considered. Simplicity in line and trim generally makes for a more attractive garment as cost goes into good material and construction and not into fussy trimming, etc.

Coats

Choose color to harmonize with other garments in wardrobe. Watch style—be conservative enough so coat will wear more than one season.

1. Examine weave of fabric: Is it firm and close? Are the yarns even in size? Does that wool have a springy feel?

2. Check lining: Will it wrinkle, is it smooth? Has it been preshrunk (see label) and is it of firm quality and colorfast? Is it a good color?
### My Clothing Account for This Year

**Number on hand at beginning of year (based on inventory)**

| Month | Items Purchased | Kind | Cost | No. | Kind | Cost | No. | Kind | Cost | Kind | Cost | Kind | Cost | Kind | Cost | Kind | Cost | Kind | Cost |
|-------|----------------|------|------|-----|------|------|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|       |                |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |

**Totals**

| No. on hand at end of Year | Kind | Cost | No. | Kind | Cost | No. | Kind | Cost | Kind | Cost | Kind | Cost | Kind | Cost | Kind | Cost | Kind | Cost | Kind | Cost |
|----------------------------|------|------|-----|------|------|-----|------|------|------|------|------|------|------|------|------|------|------|------|------|
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |
|                            |      |      |     |      |      |     |      |      |      |      |      |      |      |      |      |      |      |      |      |

**Total Cost of Clothing**

**Source of Money:**

- Amount Earned in other ways
- Amount Earned from Club Project
- Allowance
- Gifts
3. Examine information on label about interlining: Is it light in weight and not linty? Is it of good quality?


Hats
Choose a hat to fit your wardrobe in color, texture. Think of the places to which you will wear it. A good felt hat may be worn for many occasions in all seasons. Spend less money for hats to be worn on fewer occasions. Again simplicity in style is preferred to elaborate trims. Veils on hats are seldom suitable for girls of 4-H club age as they give too old an appearance to the costume.

Gloves
Buy gloves to fit in color and material with rest of wardrobe. Think if you want a glossy, smooth finish, or the dull velvety appearance of suede or unfinished leather or fabric. Washable gloves are practical. Look at workmanship. Seams should be well stitched; clasp, button or zipper closing well reinforced so it will not pull out; if lined is the lining well fitted and of good quality. It is a good idea to have gloves fitted at the store and checked for size, ease of fastening, etc.

Shoes
Check the following when buying shoes: Where and with what clothes will these shoes be worn? For sport, for street and school or for dress or party wear. Shoes should always be in keeping with the rest of costume both in color and in style. Do not buy shoes which are extreme in color or style. Simplicity means ease in upkeep. Shoes for school and street wear should have heels which are comfortable and permit a natural walk and good posture. A broader heel, not over one and one-half inches in height, is the best support for the natural heel of the foot. Select these for school, sport and street wear. Higher heels may be worn for dress and special occasions if costume calls for them. (See scorecard on judging shoes for other points in selection.)

Slips
Check design. Will it fit smoothly under the dress? Does top design fit design of dress, is it low enough for neck line, high enough, etc.? Check kind and quality of seam. Check stitching quality. Will trim, if any, wear as long as slip? Will material stand up under repeated washings? Check for yarn slippage. Plain tailored slips made of good material and of good workmanship are generally preferred to lace trimmed slips as they will look better after laundering and wear.

Try on slip and test for: Length—be sure to test while sitting for bias slips. Grain of material. Check for diagonal wrinkles, crooked seams, uneven hem line in front, back or sides.

Brassieres
A bra should be long enough for comfort, with the right sized cup, adjustable shoulder straps and elastic in the back. It should be of firm enough material to offer the right support. It is advisable to try on a bra before buying it to check for fit.

Foundation Garments, Girdles
If you need a foundation garment to give your outer garments a smooth appearance, choose one with the following points in mind: The garment should be of a design which is right for your figure type; long enough to give a good hip and waist line. Material that is firmly woven or knitted. Fastenings that are comfortable and inconspicuous. Garters that are flat and firmly attached. If boned, with boning that is
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Well fastened. Top and bottom securely finished. Seams which are smooth and well stitched. Straps (if full length garment) that are securely and comfortably attached and adjustable.

Hosiery

Check length. Short, medium and long hose are available. Check gauge and denier. Very sheer hose are more suitable for dress and party wear as they are less durable. Look for reinforcements at heel, toe and foot and good garter stops. Check for elasticity from heel to instep. (Skimping will weaken hose at these points.) Check closeness of stitches in back seam. Cheaper hose have fewer stitches per inch and are less durable. Does color harmonize with wardrobe? Look for shaping.

Full fashioned hose generally fit better. Full fashioned hose can be recognized by the fashion marks, where stitches have been dropped to narrow the part under the toes, heels, sides of heels, calf of leg and under the knee. They also have a seam down the bottom of the foot.

Circular knit hose have no seam in bottom of hose. Because they are not shaped in knitting, they do not fit as well and are apt to shrink and not hold their shape.

Anklets

Check elasticity around the top, also from heel to instep. Some anklets are knit with too little yarn at these points and they break at these points due to strain. Anklets knit in one piece are generally better than those with cuff attached by a seam. Look for reinforcement at toe and heel.

Pants

Is the cut of the garment generous enough to be comfortable? Are seams well made with even machine stitching and proper weight thread used. The seams should be generous enough to give good service. Are the seams in the crotch in the right position to give comfort and not bind. Are the legs a comfortable shape and length for you?

Will the garment fit smoothly and without wrinkles. Generally, elastic in back with fitted front fits smoother than the garment with elastic all around. Choose garment in which elastic may be easily replaced if necessary. Is material firm enough to give good service? Is trim, if any, the right weight and texture to wear as long as that of the garment? Is the material colorfast and easily laundered?

Keep Clothes Clean

Washability is the first consideration in buying a garment if your budget does not provide for dry cleaning.

Because any garment regardless of how attractive it may be, loses its attractiveness when worn spotted or soiled, every club girl should know how to remove common spots and stains. Of course unusual stains on your best silk or wool dress should be taken to a competent dry cleaner. Be sure to tell him what the stain is so he will be able to take care of it successfully.

Perhaps the following general guide may prove useful in removing the stains you may wish to work on yourself. Remember to try out the method on a scrap of the material or a seam before working on the spot.

This is a General Guide for Stain Removal

(See U. S. Bulletin No. 1474 for more information)

Carbon tetrachloride: Grease, oil, tar, asphalt, ice cream, chocolate, salad dressing, gum, egg, fly paper, adhesive tape, paint, varnish, enamel, soot, stove polish, lead pencil.

(This solvent may be purchased at a drug store by the ounce.)

Alcohol: Shellac, alcohol paints, mud, grass stains, tomato vine, some medicines, indelible pencil.

Hydrogen peroxide: Coffee on non-washable fabrics, dye or running color on white silk or wool, perspiration stains on white materials, scorch on white material.

Acetic Acid (10%) : Ultramarine bluing, fresh fruit, glue, metallic stains.
Javelle water: Running colors or dyes on white cotton or linen, fresh fruit stains on white cotton or linen, ink on white cotton or linen, medicines on white cotton or linen, mildew. Javelle water is a bleach.

Some Rules To Follow in Treating Stains

1. Learn what kind of stain it is if possible.
2. Know the kind of fabric stained because:
   a. Strong alkalies dissolve wool and silk.
   b. Strong acids destroy cotton and linen.
   c. Strong acids are not to be used on rayons. Alkaline solutions destroy rayons. Bleaching agents are often harmful to rayons.
3. Work from the back of the stain with stain on a blotter or towel so as not to spread the stain.
4. Sponge with water or other solvent using a small amount and working from the outside toward the inside of spot.
5. Apply chemicals cautiously and quickly.
6. Neutralize or rinse after each application of chemical.
7. Sponging with dilute alcohol solution after the spot is removed may remove a ring but do not use strong alcohol on colored material as it may remove the color.
8. Dry quickly.
9. If the garment is soiled, it may be necessary to clean the entire garment to remove rings.
10. Some stains require more than one stain remover. Example: Ice cream requires solvent for sugar and grease.

Protect Garments from Insects

It is a shame to have a good woolen or fur garment ruined so that it is no longer wearable because it has not been protected from moths and other insects.

A few precautions taken at the right time will save garments from this kind of damage. Moths grow and develop in such breeding places as lint in cracks and crevices, cold air shafts and furnace pipes; in unused poorly stored woolens, furs, skins, silks and feathers in attics, basements or closets. Check over these possible breeding places and get rid of all articles that show any signs of moths. A good clean up job should be the first step.

Now consider proper storage of all woolens and furs.

1. Articles or garments to be stored should be clean. If the garment has not just recently been cleaned or washed, hang it on the line in the sunlight and brush it well. Don’t forget the seams and pockets where lint gathers.
2. Store away in tight garment bags, trunks, boxes or chests. If boxes are used it is a good idea to seal them tightly with gummed paper tape. If the garment is absolutely clean and if the box is sealed tightly to prevent the moths from getting inside it is not necessary to use any moth crystals. However, if you wish to be doubly sure of protection, crystals of paradichlorobenzene may be sprinkled generously between the layers of clothing in the chest or trunk. Use one-half to one pound of crystals to the average size trunk or chest.

Cedar chests etc. will not halt the work of moths if the clothing has moths in it when stored.

If paper garment bags are used, tie paradichlorobenzene crystals in a cheese cloth bag and suspend it from the hanger. To be doubly sure of protection, seal the bag with gummed tape.

It is a good practice to spray the walls of drawers, trunks and closets with a five per cent DDT solution once every three months.

Silverfish are insects which are injurious to rayon fabrics especially. A five per cent DDT oil solution or emulsion, or dust containing five per cent DDT may be used in drawers and closets where silverfish have been seen.

Caution: Care should be employed when handling DDT solutions. Do not inhale
the dust or spray, and store remaining spray in containers labelled “poison” in a place inaccessible to children and pets. Oil emulsions, oil solutions and other sprays are not recommended for use on wall paper because they may cause spots. Also remember to use any oil spray away from fire.

**Repair With Care**

Often it is possible to extend the life of a favorite garment in your wardrobe through careful mending. The suggestions which follow may help you do a better mending job.

**A Mending Basket is Handy**

Fine needles, different sizes and colors of thread, darning cotton, scraps for patching, bits of net, tape, press-on patches to mend some materials, and buttons, hooks, eyes and snaps should all find their place in the mending basket.

**Rules for Patching**

The secret of a successful patch may be found in the following rules:

1. Cut the patch on the “straight” of the material. Be sure that crosswise and lengthwise threads are in line with those of the material.

2. If the material has a pattern, match each detail perfectly to make the mend inconspicuous.

3. If the garment to be mended is old and faded, try to get a matching patch from a hem or some spot where a piece of old material can be spared.

4. Always shrink new patch material to be used to mend a wash garment.

**Rules for Darns**

Except for very small holes and worn spots, darns are seldom used on any material except wool or materials with a wool-like texture.

Successful darns depend upon the following:

1. Use thread that blends with the material. Yarns pulled from a scrap of the same cloth or from straight seams where they may be spared are best. Always use length-wise threads for darning length-wise, and crosswise yarns for crosswise darning.

2. If self yarn is not available, dull matching sewing thread that blends with the fabric is next best.

3. Repeat the weave of the fabric as closely as possible.

4. Use a fine needle and short thread. Long threads pulled back and forth across a tear or hole tends to pull and stretch a darn out of shape.

5. Work for flatness. See that the tension on the yarn is neither too tight nor too loose.

6. Run stitches unevenly into the cloth around the edge of the darn so that the line where the darn starts is as invisible as possible.

7. Be sure that all raw edges of the hole or tear are on the underside of the darn.

8. Darn on the right side of the material so as to see that the darn is blending in well with the material.


**Mend Should Fit the Break**

If there is a question as to whether a darn or a patch should be used, consider:

1. The shape of the place to be mended. Snags often call for a different type of mend than a straight tear.

2. Does the material have a nap, or is it smooth? Is it light or heavy weight? Is it washable or must it be dry cleaned? Does it fray?

3. Is the hole large? Some mends are more successfully done on a small scale, others on large.

4. Where is the hole? The sturdiness of the mend depends upon whether the spot will be subject to strain or not.

**Re-Weave Patch**

An excellent method to use in repairing a hole in a good wool garment will be found in the re-weave patch. This patch is used where a hole or group of holes are too hard to darn. It is more easily done in
coarsely woven materials, but can also be done in finer materials with the use of a reading glass.

To make this darn:
1. Mark with four pins a square or rectangle the size of the patch you wish to make. Clip one yarn from pin to pin and pull out.
2. Cut a matching patch one inch larger all around. Ravel threads on the patch on all sides until the patch is the exact fit. Push a small crochet hook through where the yarns were pushed out of the garment and pull the ravelled yarn of the patch through to the inside. When all the yarns are pulled through, press flat. If necessary, hem by hand on the wrong side along the lines where the threads were pulled through.

**Stayed-in Patch**

Darned-in patches, sometimes called stayed-in patches, may be used where a plain darn or patch might not look right. It is quite inconspicuous on thick wool.

To make this patch:
1. Trim the hole so that it is either a square or a rectangle.
2. Cut the patch so that it fits the hole exactly and also matches the pattern and grain of the cloth.
3. Baste the patch to a piece of net or rayon material large enough to extend past the hole at least one half inch on all sides. Fit the hole down over the patch and baste. This will reinforce the patch and hold it in place while the work is being done.
4. Use dull matching thread and darn each of the four sides of the patch, letting the darns overlap at the corners.

**For Corduroys and Velveteens**

For dresses and coats of pile materials, a stayed-in darned patch is satisfactory. In this case, work the darn from the wrong side of the material instead of the right. Then brush well on the right side to lift the nap when the patch is finished.

**Inset Patch for Silks and Rayons**

Most silks and rayons which are to be dry cleaned are best mended with an inset patch. To make this patch:
1. Trim damaged place to form a square or rectangle.
2. Clip the corners, turn the edges under evenly and exactly with the grain of the material all around. Press, do not crease with fingernail because soft material might stretch.
3. Place the patch in place so that threads and design match. Pin in place.

To finish this patch, the first way is as follows:
1. Check the exact size patch that fits the hole. Then turn and press. Trim all extra fabric and leave a small seam allowance. If material frays readily, leave more seam.
2. Check again to make sure the patch fits the hole exactly.
3. From the wrong side, overhand the patch into the hole with tiny stitches, caught through the two folded edges. When finished, press flat and press seams open.
4. Overcast raw edges to keep from fraying.

The second method of finishing an inset patch. After matching the patch to the hole, proceed as follows:
1. Baste the patch to the garment with small stitches in contrasting thread. Stitch on the very edge of the fold.
2. Turn the garment inside out and on the line of basting stitches. Stitch by machine, thus seaming the patch in.

Care should be taken to baste the patch exactly to fit or it will pucker or look drawn.

**Inset Patch for Light Weight Wools**

Follow directions as for machine stitched inset patch. Then hide the seam line as follows:

On the right side, pinch the seam line between the thumb and forefinger. Then stitch back and forth over the seam, pulling the threads up closer. When steam pressed, this patch is very inconspicuous.
Three Cornered Tears

The best mend for a three cornered tear depends upon the material and the size of the tear.

For all materials except wool, patch as you would a straight tear, trimming to form a square or rectangle. Then make a hemmed patch. For larger three cornered tears, a hemmed right angle patch may be used. This patch may also be used on smaller three cornered tears where patching material is scarce. Except for its shape, this patch is made the same as a plain hemmed patch. For neat corners, clip the corners.

Wool: Perhaps a three cornered hand darn is the most satisfactory mend for a three cornered wool break. Darn with matching threads. Darn as though each side were a straight tear. At the corner the two straight darns will lap over each other. This gives extra strength where it is needed. Like a straight darn, this one may be worked over net or over a piece of matching cloth laid on the underside for strength. Work with special care where the darns meet at the corner or the mend may be bulky and show there.

Machine Stitched Patches

A good sturdy patch and one that is quickly done, but is more noticeable, is the machine stitched patch. It is well suited to garments such as overalls, work shirts and childrens play clothes. It can be used on any sturdy wash material.

1. Cut the torn spot to make a circular hole.
2. Lay a matched piece of fabric under the hole. Baste it securely in place.
3. Stitch by machine on the right side. Stitch back and forth over the cut edge until it is firm and secure with no rough edges.
4. Trim away any extra material on the underside so the patch will not be bulky.

Cut With Care and Sew With Skill

This section of your “A” plan circular will help you in the actual construction of the school dress you have decided to make.

Cut With Care

Remember that the key to good sewing is careful and accurate cutting. Do not skimp on the time you spend in preparing the cloth. If the garment is cut “off grain”, there is no magic which will change it into a good garment.

You have learned that cloth is woven with warp and filling threads at right angles to each other. Along both edges of the length of cloth is a finished edge which is called a selvage.

When the piece of cloth is taken from the bolt it is often torn. If it is, it is straight on the ends. Sometimes it is not torn or cut straight, so a thread must be pulled across both ends to straighten it. Cut along the pulled thread.

All washable cotton materials should be shrunk before cutting. Even if very little shrinkage is expected the folded material should be put in warm water for at least half an hour, hung over the line to dry and ironed on the wrong side when still slightly damp. When ironing, be sure that the ends and the selvages make a perfect right angle. In this way you can be sure the threads of the cloth are perfectly straight for cutting.

Although wools are generally pre-shrunk it is advisable to shrink all wools before cutting. Pressing and cutting will be more satisfactory if this is done.

To shrink woolens at home, proceed as follows:
1. Unfold the fabric and clip selvages every two inches.
2. Straighten both ends by pulling a thread.
3. Wet a sheet in cold water, wring it out nearly dry.
4. Lay the fabric smoothly on a sheet.
5. Roll the sheet and fabric together and let stand twenty-four hours.
6. Unroll fabric and lay it out on a flat surface to dry. Make sure it is perfectly straight, and if it is necessary, press on wrong side with a moderate iron following the grain of the fabric. Use a pressing cloth and press until the cloth is nearly dry. Watch the threads as you press to keep them straight. Do not press the cloth completely dry as too much pressing will cause the material to shine. Allow to dry first folding the fabric with the right side inside, the selvage edges together and the ends together so the ends and sides form a perfect right angle. It is important that the threads are straight for cutting.

No shrinking or sponging at home is necessary before cutting rayon unless it is pressed crooked and needs to be straightened before cutting. Then it should be sponged and pressed. It is a good idea to wash rayon slip material or any washable rayon before cutting.

**Fold Cloth with Right Sides In for Cutting**

When laying out the cloth, fold it with the right sides folded in. This is a good idea because the wrong side of the cloth is up for marking and seams which are supposed to be sewed together are all ready for pinning or basting. This is a good way to save time in your sewing.

**Place Pattern Accurately**

Patterns are all marked with arrows or large round holes to show how to place the pattern on the cloth. Study your pattern and the pattern chart to find them. When placing the pattern on the cloth, use the tape measure and measure out from each hole to the selvage and see that the number of inches is the same for every one. Only by measuring, can you be sure that the piece of pattern is exactly straight with the thread. See Figure 1. When you are sure that each pattern piece is placed just right, pin them to the cloth. Always pin first along the marks which show the straight of the material or the fold. Then place pins at right angles to the edge. Use plenty of pins to hold the pattern firmly in place for cutting.

**Follow These Good Sewing Habits!**

1. Choose a comfortable chair. Work on a table, not in your lap. Sit where the light is good, without glare or shadow.
2. Keep your sewing clean; fasten all ends and cut off all loose threads. Cut threads with scissors.
3. Use a thimble.
4. Remove bastings as you sew.
5. Use matching thread for stitching.
6. Do your own work. Ask for advice and if help is given, watch and learn.
7. Always sew with clean hands and nails.
Keys To Good Sewing

1. Before cutting a garment, be sure the fabric is perfectly straight or "grain perfect." The ends and sides should form right angles.

2. Place the right sides of the cloth together so that the wrong side is out for marking and so the seams which belong together are ready for pinning and basting.

3. Mark all construction details accurately. Use ruler for darts. One of the easiest methods of marking for darts and other construction details is to use dressmakers tracing paper which can be purchased at notion departments in some stores and is also listed in some mail-order catalogues.

To use, place first sheet of tracing paper, tracing side up, on the table under area to be marked. Place second sheet of tracing paper, tracing side down, under pattern area to be marked. See Figure 2.

4. Use machine gauge, Figure 3, if you have one. It will be much easier to sew straight and with the right seam allowance if you use one.

Be sure you follow the exact seam allowance marked on the pattern envelope.

5. Cut, baste, sew and press all slanting seams from the wide to the narrow (for example, from hem to waist). In this way, seams will not be stretched out of shape.

6. Fasten stitch at beginning and end of seam darts, etc., by stitching backwards and forwards or raising the presser foot and stitching two or three times in the same place to lock threads.

7. Clip all threads at ends of seams, etc., to keep sewing "clean."

8. Any seam which is cut at all slanting or curved (off grain) should be staylined if there is any chance of the edge stretching.

Staylines are especially necessary on necklines, armholes, the top of the skirt, shoulder seams and from the fullest part of the hips to the waist line on skirts with slanting side seams.

To stayline, means to stitch through the single thickness of the cloth about one-fourth inch in from the cut edge. The stitching should always be done from the wide to the narrow end to keep the grain in place and keep the edge from stretching.

See Figure 4. The arrows will show you the direction to stitch.
Test for direction of stitching that holds the grain of material in correct location. Maybe, as is true in necklines and waistlines, the off-grain line varies from the average. See Figure 5. In these cases brush your finger along the line and see how the grain runs, Figure 6, and stitch in the direction which holds the grain in correct location.

All seams should be stitched with the grain of the fabric in mind. Stitch from the direction indicated by arrows in Figure 7 to hold grain threads in correct location, that is, from the hemline to the waistline, from the neckline to the armhole and from the under arm to the waistline.
More Sewing Helps

Seams. The kind of seam used for your dress will vary with the kind of fabric. Choose the one which will give the smoothest effect and still be durable. Firm cottons and some wools and rayons which do not ravel may be pinked. Figure 8a. Seams on rayons and wools which may ravel may be finished with a row of stitching through the single thickness of the seam on both sides. The stay-line stitching will take care of this finish.

Some seams are bound with seam binding ribbon, but this seldom seems necessary unless, for example, the seam is in an unlined jacket. For very light sheer wools and light weight rayons, the edges of the plain seam is sometimes turned under and stitched on the machine to make a clean stitched seam. Figure 8c.

Flat-fell seams are often used on tailored blouses, pajamas, etc. Figure 8d.

French seams are still used on sheer cottons such as voile and organdie when the seam shows through.

Thread Loops and Belt Carriers

Every dress that has a belt should have some kind of a carrier to hold it in place. Made of thread, it can be inconspicuous and durable.
The carrier should be the width of the belt plus a few extra stitches for ease. They are placed half above and half below the waist line seam and just back of the opening on the placket side. To make thread loops:

1. Thread a needle with a double strand of matching thread. For heavier loops, cut a length of thread, double it and put the two strands through the eye of the needle and tie a knot in the ends of the four strands.

Fasten the thread on the wrong side and in the seam. Push the needle through to the right side. Now pull the needle through the fabric forming a loop. Figure 9.

2. Holding the thread from the needle in the left hand, reach through the loop. Figure 9

3. Pull thread from the needle through the loop, forming a new loop. Pull on the thread attached to the garment. Repeat until the chain is long enough. You will notice that this is just like crocheting only it is done by hand.

4. Slip the needle through the last loop and pull to form a knot. Sew the end of the chain to the desired location and fasten securely on the wrong side.

To Set In Sleeves

Press open sleeve seams—press open blouse seams.

Stitch with a long machine stitch (machine basting) between the notches at the top of the sleeve almost on the seam line. This is to be used in gathering up the ease or fullness.

With right sides of material together, on the sleeve side, pin sleeve seam to underarm seam, perforation marking at the top of the sleeve to the shoulder seam of the dress and the notches on the sleeve matching with the notches on the armhole.

Now pull up the machine basting (long machine stitching) so as to distribute the fullness evenly and correctly. You should remember that there is more ease over the sleeve cap than there is just above the notches.

When the fullness is correct, pin or baste on the seam line running the pins parallel to the cut edges. Stitch on the sleeve side (sleeve up) around the armhole. Begin to stitch at the underarm seam. You may stitch the sleeve in with a machine basting if you are not sure about the fit. If the sleeve does fit, then you may stitch right over it with the regular length stitch. Check the grain line in the sleeve, it should run as in Figure 10.

If the sleeve is without gathers be sure that the ease is distributed evenly so no fullness is visible in the sewed in sleeve. In wool fabrics, the seam should be pressed
well to shrink out the fullness at the edge of the seam.

Hems. Before you hem your dress press the entire dress carefully, making sure to press the seams flat, always pressing from the wide to the narrow end, i.e., hem to waist line as in skirt etc. This will keep the seams from being pressed out of line and insure a better hanging skirt.

When you are ready to put the dress on for marking the hem, be sure you have on the same kind of shoes and underclothes you will be wearing with the dress.

Have someone measure with a ruler, yardstick, or skirt marker the distance from the floor you want the skirt to be. Figure 14. Have her mark the line with pins all around the skirt, about three inches apart. Or use one of the markers that you can work yourself.

Turn up hem on this pin line. Pin. Try on dress to be sure skirt hangs evenly and the length is right.

Baste hem at the bottom, take out the pins, and press the fold.

Even off turned up part of hem to about 1½ or 2 inches all around.

If the garment has been cut and sewed carefully, there will be very little evening-up to do.

Turn cut edge under one-fourth inch. Press. Machine stitch about one-sixteenth of an inch from the turned under edge. If the skirt is circular, use a longer stitch in the machine stitching so that the fullness may be adjusted by drawing up the thread. This is better than using pleats. Press hem in an up and down direction. Crosswise pressing may stretch the hem.

Use slip stitch, Figure 11, to sew hem in place.

For heavier wool materials and some rayons which are not washable, a ribbon seam binding may be used. Baste lower edge of seam binding to the cut edge of the hem, overlapping the binding and the hem about one-fourth inch. Machine stitch the binding to the hem edge as close to the edge of the ribbon as possible. To finish, one of the most satisfactory methods is to slip stitch along the ribbon, tipping the ribbon back enough so that the stitching is entirely concealed under the edge of the binding. See Figure 12. Some prefer to catch-stitch the ribbon to the skirt but this method is less desirable because the stitching is apt to be too tight and thus make the hem line show on the right side. The hem line stitching should not be seen at all on the right side.

For very circular skirts in heavier wool or rayon fabrics, fit a bias strip of muslin inside the hem letting the muslin extend a scant one-half inch beyond the raw edge. See Figure 12. Pin the muslin to the edge of the hem, stretching the bias as you pin. When
the bias strip goes back into shape it will carry the fullness with it. Stitch the muslin strip to the hem edge. Leave the bias in and trim off enough so that the hem edge can be covered with ribbon tape applied as described.

This is an excellent method to use on a jacket or coat hem. In that case the lining will cover the muslin and it is not necessary to use the ribbon binding.

Darts. Darts usually are used to take up fullness at such places as the under arm seam, at the shoulder, at the hip in order that curved surfaces such as bust lines and hip lines will fit well. They are sewed on the wrong side of the garment with a fold and tapering to nothing.

To make a satisfactory dart:
1. Mark the dart with a ruler and dressmakers carbon paper. Figure 13. Draw the line through the middle of the perforations. Be accurate! A line drawn across the end of the dart will help you know where the dart ends when the stitching is being done.
2. Fold the dart through the center and pin the two right sides of the material together along the marked dart line. Baste. Try on the garment to make sure that the fullness is correct.
3. Stitch the dart, always beginning at the wide end. Stitch about the distance of one thread from the edge. Taper the stitching to the line which indicates the end of the dart so there is no bulge where the dart ends.
4. Fasten the thread by back stitching carefully or by lifting the foot of the machine, holding the cloth firmly and stitching up and down in the same stitch for a few stitches. This is better than tying a knot.
5. Press the dart over a curved surface such as a tailor's cushion or pressing mit. In thin materials, darts are pressed to one side. In heavier materials, cut the dart down from the folded end. Figure 14. Do not cut clear to the point. Cut only as far as you can cut and still leave half an inch on each side of the stitching. Then press the dart open making a box pleat in the uncut portion.

Slide Fasteners

See Figure 15.

To put in slide fastener at side seam:
1. Baste-stitch by using a long sewing machine stitch left side seam at placket opening closing the entire placket opening. This
stitching is ripped out after the final stitching is done.

Press seam open.

2. Stitch seam binding to front edge of seam.

Extend back of side seam one-eighth inch and press flat.

3. Place this fold on right side of slide fastener close to slide as illustrated and stitch.

4. Snip fold at ends of stitching.

Open seam, with slide fastener placed flat against front seam allowance.

5. Hold flat and pin or baste parallel to metal slide.

If pinned, place pins on outside (dress side).

On outside, stitch parallel to basting, allowing space at top for lock.

Remove baste-stitching.

This method is used in both skirt and dress plackets.

Caution: Remember to always do all sewing from the bottom to the top of the zipper to avoid stretching the grain out of line.

Plackets. A placket is an inconspicuous opening which is placed in a garment which makes it easier to put on and take off the garment.

Placket—continuous lap. Cut a strip of cloth two inches wide and twice as long as placket. Sew one edge of strip to edges of opening, right sides together. Figure 16 (a) (b).

Turn strip to inside, fold, baste, and hem other edge to position. Figure 16c.

Front of garment laps over the back and finished lap of the front will be folded back as seen in Figure 19d. The lap on the back extends forward as seen in illustration. Fastenings are applied.

Placket with underlap. This is used in heavy materials. Sew a strip one inch wide to front edge of opening. Cut a strip 2½ inches wide for under lap. Sew one edge to back of opening, right sides together. Fold
Snake proof plackets are made by sewing a rectangular piece of cloth into the placket opening. The rectangle is sewed across both ends making the placket appear as a set in pocket.

Snaps, Hooks and Eyes—Buttons and Buttonholes

Buttonholes. If buttons are used suitable buttonholes should be provided for them unless of course, they are small buttons used only for trim. Snap fasteners are never placed under buttons. Good buttonholes contribute a lot to the attractive appearance of your dress. Make them with care. They may be worked by hand which is probably the easiest—most suitable kind for a wash dress. They may be made by a machine attachment and if it is handled with skill these buttonholes are practical on some fabrics. Bound or cored buttonholes may be made. Corded and bound buttonholes are good in some wool and rayon fabrics and are also sometimes used in the heavier cottons.

Directions For Worked Buttonholes:

Pattern markings for the buttonholes may not be right for you so try on the waist, pin center fronts together, and mark with a pin the place where you want the top button. Take off the dress, lay the buttons on the right front with the top button on the pin to work out an attractive spacing for the buttons. Make sure that they are an equal distance apart and an equal distance from the front edge of the dress. Mark the place for each on the center front.

Next, decide on the length of buttonholes. Measure the button and add about one-eighth inch for thickness of button. Never make the buttonholes before you buy your buttons. Usually it's a good idea to make trial slashes in scraps of goods and slip the button through to be sure the size of the buttonhole is right.

Mark buttonholes with chalk, pencil, or basting. Start buttonholes one-sixteenth inch from the center front toward the front edge of the dress and measure back the length of the buttonhole. Figure 18. Then when your dress is fastened, your buttons will be exactly at center front. Be sure to mark the buttonhole line along the thread of the material. This is the cutting line for the buttonhole.

To keep the material firm and to form a guide for working the buttonhole, machine-stitch about one-sixteenth inch from each
side of the chalk or basting line. Cut along the chalk or basting line the length of the buttonhole and overcast the cut edges. Figure 18-2. Work the buttonhole, using buttonhole stitch. Figure 18-3. Make stitches long enough just to cover machine stitching. Strengthen ends of buttonhole with several small stitches in a fan or bar. Figure 18-4.

Try a few buttonholes on scraps of material first. Then make them on your dress after you finish the front edges and facings. For most fabrics use ordinary mercerized sewing thread. Buttonhole twist makes a heavy buttonhole and is suitable only for heavy woolens.

Bound buttonholes sometimes called tailored buttonholes are made using a number of methods. By using the following method you can make a bound buttonhole very successfully.

First mark the location for each buttonhole. For fabrics where it is not practical to use a mark, stitch with a long sewing machine basting on the two lines indicated on the pattern for the width of the buttonhole. Then stitch again across the two lines for the placing of each buttonhole. Figure 19.

1. Cut lengthwise strip one and one-half inches wide and twice the length of total number of buttonholes. Fold strip one-half inch and stitch tuck one-eighth inch from fold. Figure 20.

2. Repeat on other edge keeping cut edge of first tuck free. Result: two one-eighth inch tucks one-fourth inch apart. Figure 20.

Cut into sections twice the marked buttonhole size.

3. Shorten machine stitch. Place fold of tuck on location line which has been marked grain perfect. Stitch marked length of buttonhole on original tuck stitching, securing at each end by making several stitchings in the same spot. Figure 20.

4. Bring cut edges of tucked strip together with strip laying flat and repeat stitching on the other tuck forming a parallel line. Figure 21.
5. On the wrong side, cut between parallel lines of stitching to three-eighth inch from each end. Figure 22.

   Clip diagonally to each end of stitching.

6. Turn the tuck strip to the wrong side. Pull ends of strip to square the corners. Figure 23.
7. Holding the garment away, stitch back and forth over triangle and strip at end of buttonhole. Figure 24. Repeat at other end.
8. For finishing, slash material under buttonhole in the same manner as for the buttonhole. Turn in cut edges and slip stitch in position. Figure 25.

Better Care Means Longer Wear

Clothing which is selected and constructed carefully can be kept in perfect condition by following a few simple rules for washing, cleaning and pressing. Remember that dirt, dust and perspiration can cause unnecessary wear if they are allowed to become imbedded in the fabric. It is better to wash a garment often so that hard scrubbing is not necessary to remove soil. Follow these special laundering suggestions for successful laundering of cottons.

- Test new fabrics for color fastness and shrinkage on an unnoticeable part of the garment.
- Remove any trimmings, buttons and buckles that may be damaged in the laundering.
- Mend, brush and sort as to the soil and color and remove stains.
- Make a heavy suds with a mild neutral soap, even for cottons, in lukewarm water or cooler water.
- Do not soak garments. Handle colored fabrics or prints as quickly as possible. White cottons only may be soaked 10 to 15 minutes. Overnight soaking is not recommended as dirt may be set in the garment.
- Immerse entire garment and squeeze through suds, never rub or scrub delicate fabrics or garments. Squeeze out, don’t wring or twist.
- Rinse well in two or three waters. The first rinse should be the same temperature as the wash water; the next rinse may be cooler. Cold water hardens soap and makes it stick to the fabric. Soap left in fabric may cause yellowing or weakening of the fabrics.
- Rayons, sheer cottons or delicate garments should be rolled in towels with one towel between folds of the garment, one above and one below.
- Hang white clothes in the sun; colored in the shade. Try to avoid letting clothes freeze on the line. This weakens the fiber.
- Use lukewarm water for sprinkling as it penetrates the fabric more quickly. A whisk broom or a bottle with perforated top or a vegetable brush aids this job. Clothes may mildew if sprinkled and left over night in warm weather.
- Press with warm or moderate iron. Iron single thickness when possible. Iron one section dry before starting on the next. Always iron with the grain of the fabric up and down or across, not on the bias, to avoid sagging seams.
Too heavy or too frequent pressing may take the life or newness from many fabrics.

**Washing Rayons**

Rayons in general, are washable. However the design of the dress, its trimming or weave may make dry cleaning advisable. Read the label on the garment to see what the manufacturer advises.

When you buy a dress think about how you will clean it. Is it colorfast? Will it shrink so it will not fit? Will it be easy to iron? Will the trimming wash?

Dry cleaning at home is always a risk. Never use explosive solvents for home dry cleaning. It is never safe to use gasoline in home dry cleaning.

When washing rayons it is well to remember that rayons are weakened when wet. Some rayon dresses and undergarments can be washed in the washing machine but hand washing is easier on clothes. Good quality fabrics stand the wear of the washing machine better than sleazy fabrics.

To wash rayons by hand follow these suggestions:

- If you are in doubt about shrinkage, take measurements of garment.
- Remove trimmings that may be ruined or stain the fabric.
- Wash before garment is too badly soiled.
- Turn satins wrong side out to prevent fuzziness caused by one part rubbing against another.
- Wash quickly and carefully.
- Use lukewarm water and mild soap; make into thick, active suds.
- Do not soak—even for a short time.
- Squeeze suds through garment. Do not rub, twist, or lift garment high out of water. Support the weight of cloth by your hands.
- Use soft brush on collars, cuffs to take out extra soil.
- Wash in second suds if clothes are very dirty.
- Rinse several times in lukewarm water.
- Do not rub, wring or twist.
- Roll in a turkish towel to knead out excess moisture.
- Remove from towel, shake out, place on a hanger or hang up. Stretch back to size.
- Quick drying is important. Do not hang near the stove, radiator or in the hot sun. Avoid whipping in the wind. If garment is to be ironed damp, roll in a towel when almost dry.

Some rayons may be ironed soon after rolling in towel; others iron better if almost or entirely dry. The secret of ironing rayons is that of learning the right amount of dampness in the cloth. You will need to experiment to get best results. A fabric ironed when too damp will look over-ironed.

General rules for dampness: spun rayon—dry; crepe—damp enough to stretch to size; crisp, smooth weaves—definitely damp. Sharkskin must be quite damp. Roll, then put in refrigerator or cool place for several hours before ironing.

Iron satins, slightly dampened, on wrong side.

**Hints for Washing Sweaters**

Wash gently—sweaters can be easily shrunk or pulled out of shape.

Mark outline of garment on paper for guide to stretch it back to original size.

Wash by hand with lukewarm water and heavy mild suds. Work quickly. Do not rub, twist or rub soap on sweater.

Use several suds if the sweater is very dirty.

Do not lift out of water or dip up and down. The weight of the wet garment will stretch the yarn. Support weight of sweater in your hands.

Rinse several times in lukewarm water, until all soap is removed. Changing from hot to cold water shrinks wool, makes it...
Clothing Project “A” Plan

harsh and stiff. Squeeze water out gently.
Lay between two bath towels and pat out extra water.
Spread on paper and gently stretch back to size.
Dry in a warm place but not near a stove, radiator, or in hot sun. Do not allow to freeze.
Blocking—some sweaters look better if lightly pressed or blocked. To block—when the sweater is practically dry, cover with a dampened press cloth, then with a dry cloth. Barely touch a warm iron to top press cloth to force steam into the sweater. Remove press cloths and allow sweater to dry.
Brush napped sweater, when dry, to improve the appearance.

When You Iron or Press
No matter how old a garment may be, if carefully and well pressed it will have a much better appearance. In order to do good pressing, a well padded ironing board is required. Good pressing cannot be done on either a hard board or a board which is too soft. A commercial pad may be used or several thicknesses of an old blanket is excellent. Some people like to use cotton for padding. The pad should be fastened on firmly and fit over the edges and end. A cover that can be taken off and washed easily may be made at home from an old sheet or muslin, as follows: Draw the shape of the board on a piece of paper, then allow three inches all around this and cut out. Use this as a pattern and cut out material. Make a three-fourths inch hem all the distance around and insert elastic in this casing so that it will pull tightly on the board. Place tapes on each side of the cover at the wide end about 12 inches from the end and use these to tie it firmly in place. Figure 26.

Press Cloths
Should be smooth, lintless, all sizing removed. No one press cloth will work on every fabric. The kind used makes a lot of difference. In general, most fabrics look better pressed on the wrong side. Hem, seams, collars, and pleats may need to be finished on the right side.
Silk and Rayon—Cheese cloth: (1) Dampen slightly; lay over garment; press until dry with warm to moderate iron. (2) Tissue paper: Dampen paper with sponge, press; or press without moisture. Good for top pressing; also good on cottons that shine easily, as gabardine.

Wool—If a wool press cloth is used, wool is less apt to water spot or get hard and shiny. To make: Size 12 by 24 inches. Firm wool, men’s wear; cotton drilling or heavy unbleached muslin. Both pieces must be fully shrunk. Cut one inch smaller on all sides and stitch the two pieces together on the outer raw edge of the wool. Figure 27. Place the cloth over the garment wool side down. With a sponge moisten the cotton
Lift and lower the iron, forcing the steam into the garment. Two double press cloths may be used: one fastened on the board, wool side up, the other used over the garment, wool side down.

Treated cloths are available, some chemically treated to use on wool.

Wrapping paper, card board. Place strips under seam edges, pocket flaps, collar edges to prevent marking right side.

Sponge—to dampen press cloth. Cellulose sponges are very good—hold water evenly.

Shallow pan for water—place near ironing board, convenient for wetting sponge.

Whisk broom or stiff brush—to brush up nap on wool.

More Pressing Aids

Pressing mits are useful for small seams such as armhole seams or shoulder seams.

To make a pressing mit cut two pieces of heavy muslin 10 inches long, eight inches wide and a third piece eight by eight inches. Curve one end of each of the three pieces. Place the short length between the two long pieces. Stitch one-half inch seam along the sides and around the curved end. Lay cotton two inches thick on one of the long pieces, tack to the seam. Turn right side out. Sew the edges of the longer pieces together. Hold the mit over your left hand when it is used in pressing.

A Tailors Cushion, sometimes called a tailors ham, is handy to use in pressing curved seams such as armholes, shoulder seams, darts, sleeves, coat lapels, etc. See Figure 28. To make a tailors ham, cut two pieces of heavy unbleached muslin or canvas 20 by 9 inches. Curve the ends making one end five inches. Sew pieces together with a small sewing machine stitch leaving an opening on one side for stuffing. Stuff with fine wool clippings or new wool. Wool makes the best filling. If you do not have wool, cotton or even sawdust may be used; but these materials will make a heavy cushion. Stuff evenly and tight because it will flatten with use.

Pad for Sleeve Top—good for pressing smooth sleeve tops. To make: Pattern—cut a triangle 11 inches wide at base; sides nine inches long; height at center seven inches. Curve sides slightly. Place the 11 inch side on bias fold of heavy muslin or drilling. Stitch one-fourth inch seam to within one inch of folded edge on each side. Leave a three inch opening on one side for filling. Fold the inch opening back so seam is exactly in middle. On each side of the seam stitch diagonally from center of edge to the fold, about one-half inch from the top. This boxes the corner. See Figure 29. Turn and fill with wool clippings. Pad may be held in one hand while pressing or used on end of sleeve board. Figure 29.
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Guard Your Grooming

Good grooming is the keynote to feeling and looking your best. It starts with either a sponge bath or tub bath taken at bed time or before dressing in the morning. When bathing, use plenty of mild soap and water. Follow with a good deodorant to remove the odor of perspiration. Dusting powder gives a good fresh clean feeling after the bath but should not be substituted for a deodorant. There are many kinds of deodorants and non-perspirant powders and creams for sale. Find the one you like best and use it every day to keep you fresh and dainty all day.

Have Teeth That Sparkle

It is ideal to brush the teeth after each meal and before going to bed at night. If this is not possible, a thorough brushing night and morning will help keep healthy teeth that are in good condition, clean and sparkling. You may have a commercial dentifrice which you like or you may wish to use soda and salt, which many dentists recommend. Have a good type tooth brush with plenty of space between the tufts of the bristles to aid in keeping the brush clean.

Have Hair That Shines

Well-groomed hair requires frequent shampooing to be clean, and daily brushing with a good type stiff brush to have luster. Roll brush slightly, lifting the hair away from the scalp as you brush, holding your head down to stimulate the circulation of the blood in the scalp. Continued brushing helps to distribute natural oil. Be sure to wash your brush and comb each time you shampoo your hair, and as often between shampoos as is needed.

Cover Your Shoulders When Combing

If you comb your hair after you dress, be sure and protect your dress. A good dress protector can be made from print or chintz or plastic material and would be well worth the time spent in making it because it will save your dress. Cut a circle of material about 27 inches in diameter. In the exact center of this large circle of material draw around a saucer. This is just the right size for the neck opening. Cut from the edge of the large circle to the edge of the small one. Hem all around. Bind neck opening and allow enough for a tie. Figure 30.

Protect Necklines From Lipstick

Close your lips when putting on or taking off a dress if you wear lipstick! If lipstick gets on your wash dress it will come off more readily when washed if it is sponged with carbon tetrachloride. Carbon tetrachloride will remove lipstick from a non-washable fabric too.

Have a Skin That Glows

A healthy skin not only requires proper care but also depends upon a balanced diet, fresh air, exercise, and the right amount of rest. A natural clean, scrubbed look is the basis for that smooth and smart appearance. A beautiful complexion is more dependent on rest, diet, exercise and water inside and outside than it is on cosmetics. The best cleansing agents are mild soap and warm water, plenty of clear rinse water, and a soft washcloth. Wash gently, working lather into the skin, rinse thoroughly in warm water and then in cold water; blot dry with a towel. Creams are not necessary to the proper care of the normal skin. If your skin needs extra protection from winter winds and summer heat, use a lotion or light cream especially made for that purpose.
Ask your doctor for advice if you are bothered with stubborn skin blemishes, and then follow his advice.

**Posture Pointers**

Good posture will help you look your best, will help you improve your health, will give you self-confidence, and will help you look better in your clothes. It is the basis for that smart, smooth look. Walk toward a full-length mirror. Do you walk with your toes pointed straight ahead as if you were walking along a narrow board in the floor? Do you walk lightly with your legs swinging from the hips in an easy, graceful stride? Is your head held high as if you were trying to touch the ceiling with the top of your head or were trying to keep a book balanced there? Is your stomach pulled in where it belongs so that it is flat? Are your hips tucked under in the back so that you have a smooth line? Sit in a straight chair in front of the mirror. Are you sitting gracefully? Are your hips back against the back of the chair? Is the upper part of your body straight without being stiff? Remember that you have to stand tall, walk tall, sit tall and think tall in order to have good posture.
1. Feet parallel—distribute weight evenly.

2. Knees unlocked and at ease.

3. Hips tucked under and note what it does to your tummy.

4. Arms relaxed—be at ease and let hands be comfortable.

5. Chest held high.

6. Shoulders held straight but not stiff.

7. Ear—directly above shoulder lines.

8. Chin in—be friendly.

9. Head held high.