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Clothing Project Guide for South Dakota 4-H Club Members

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Clothing Project Guide

FOR SOUTH DAKOTA

4H CLUB MEMBERS



AGRICULTURAL EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE
U. S. DEPARTMENT OF AGRICULTURE

A PLAN

Suggested for Beginners

Goal 1—To Learn Something About Clothing Care

1. Hang up your clothing.
2. Care for your shoes.

Goal 2—To Make Better Choices

1. Learn something about cotton materials.
2. Decide upon the garments you will make.
3. Learn to be a better clothing shopper.
4. Keep a record of all money spent for your shoes and hosiery for a year.

(Blanks are provided in the member's record book.)

Goal 3—To Learn to Sew and Save

1. Learn to use and care for sewing tools.
2. Organize sewing equipment for convenience.
3. Learn to run a sewing machine.
4. Make two of the following suggested articles:
A drawstring apron; a simple cotton skirt; a simple blouse; pajamas or nightgown; a simple cotton dress; a jumper.

Goal 4—To Know How to Look Your Best

1. Improve posture and carriage.
2. Work on personal grooming.
3. Carry out a personal health improvement program.

B PLAN

Goal 1—To Learn About Clothing Care

1. Air, brush and press your clothing when needed.
2. Do your own hand laundering, including sweaters.
3. Help with the family washing and ironing.

Goal 2—To Make Better Choices

1. Learn more about fabrics and finishes.
2. Learn to dress suitably for school.
3. Learn to be a better clothing shopper.
4. Decide upon articles of clothing which can be made and those which can be purchased ready-to-wear.
5. Keep a record of all money spent for your clothing for a year.

(Blanks are provided in the member's record book.)

Goal 3—To Learn to Sew and Save

1. Plan and make a school outfit.
2. Select a slip for your school outfit.

3. Make one or more additional garments or articles for yourself or other family members. Here are some suggestions:

Blouse	Coat
Pajamas or nightgown	Housecoat or duster
Skirt	Child's dress or suit
Jacket	Sport clothes

Goal 4—To Know How to Look Your Best

1. Improve posture and carriage.
2. Work on personal grooming.
3. Carry out a personal health improvement program.

C PLAN

The Wardrobe

Suggested for Advanced Members

Goal 1—To Learn Proper Clothing Care

1. Care for your own wardrobe.
2. Learn about the principles of stain removal.
3. Practice good seasonal care of clothing. For example: Protection of woolens from moths and other insects by proper storage.

Goal 2—To Make Better Choices

1. Continue study of fabrics and finishes.
2. Take a clothing inventory and decide on your wardrobe needs; keep clothing records and summarize what you have learned from this planning.
3. Learn to be a better clothing shopper.

Goal 3—

1. Make or improve your pressing equipment.
2. Plan, make and model a complete costume which you have decided you need in your wardrobe.
 - a. Choose suitable new or used material for the main garment.
 - b. Choose suitable undergarments to go with this main garment.
 - c. Select suitable accessories.

Suggested costumes:

Tailored outfit	Party outfit
School outfit	Dress outfit
Sports outfit	

Goal 4—To Know How to Look Your Best

1. To improve posture and carriage.
2. Work on personal grooming.
3. Carry out a personal health improvement program.

clothing project guide

by Anna D. Walker*

Part I

Before You Begin

Welcome to the 4-H Clothing project! You are about to begin or to continue your interest in a project which we hope you will find helpful and that you will enjoy.

By the time you have finished the clothing project cycle you will have learned more about clothing care and wardrobe planning. You will have learned to be a better clothing shopper. Good grooming will become more important to you because you will want to be your own best exhibit.

Sewing is part of the project. This will be fun because you will learn to make some article of clothing for yourself or family member to wear.

Part of the project is to share with others the things you have learned. This, you will have a chance to do, when you give a talk or a demonstration. When you wear a garment you have made or selected for others to see and admire you will be sharing, too.

Your interests will be different depending upon your age and experience.

This bulletin is divided into four sections. One for you younger girls who are just starting out in the clothing project; one for those of you who are in the intermediate group with some experience; and one for you

more advanced girls who are in the older age group and who are interested in wardrobe planning and perhaps more difficult construction. The last section on Care of Clothing applies to all age groups.

Introducing Your Sewing Tools

Shears with bent handles like the top one in this illustration are best for cutting out. Scissors are used for snipping threads.

Use a 60-inch tape measure made of tough material that doesn't stretch. It should be numbered from both ends.

A thimble, that fits, helps you to learn to sew by hand because it helps balance the needle.

Have patience! You will soon learn to use one!

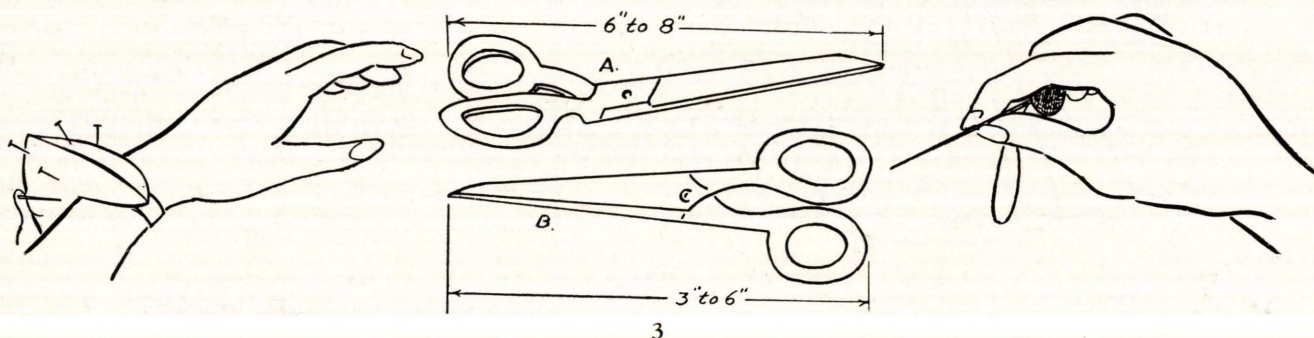
Dressmaker's pins which are made of brass and have real sharp points are the best.

A hem gauge is very handy for measuring. You can buy one like you see in figure 1.

A wrist pin cushion is handy. One may be purchased at little cost or your leader or mother can help you make one.

Have a box or basket to hold your sewing equipment.

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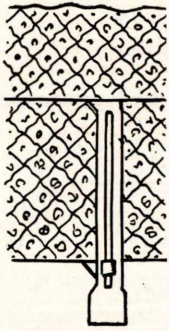


Figure 1.

Needles come in many sizes and lengths. The beginner can handle a long needle better than a short one. Choose a slender long needle with a long slender eye for easy threading. After you have more experience you will select various sizes and lengths of needles for different jobs.

Pins are helpful tools. They are used to hold the pattern on the cloth for cutting and to hold seams together for stitching.

The Sewing Machine

Your leader will give you a bulletin called "Know Your Sewing Machine." Follow the directions in this little book and you will find lots of helpful hints which will make it easy for you to learn how to run a machine. Ask your mother or leader if you need help.

After you have learned to run a machine you will want to try your new skill by sewing a simple garment.

Try These First

A Drawstring Apron. A drawstring apron or a colorful print would be a good first garment—easy to make and pretty to wear, too. Make it a little shorter than your skirts.

You won't need a pattern—just follow these simple directions. You will need a piece of print the length of your skirt plus 5 inches (for top and bottom hems). Take 3 inches off each side for the drawstrings.

The finished apron has a casing for a drawstring at the top and a hem at sides and the bottom. Your leader or mother will show you how to make the apron. (Figure 2.)

A Simple Skirt Is Easy to Make. If you enjoy wearing gay print skirts maybe you'd like to make one. An easy skirt to make and one that is fun to wear because it stays up so well, is one with elastic in the top.

It will look like figure 3. If you want to, you can

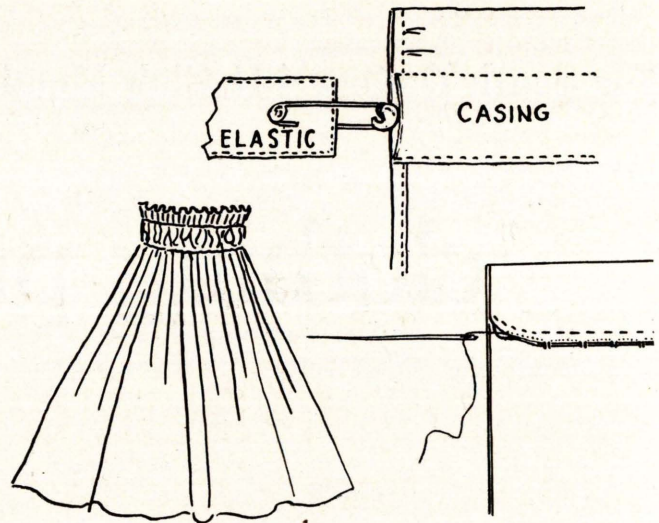


Figure 3. Making a skirt.

leave the heading off and put the elastic in a casing closer to the top and wear a belt with it.

Pick out a nice firm print. It will be easier to sew. It will take two lengths. Have your mother or leader measure from your waist to the length you want your skirt. Add 6 inches, on each length for the hem and heading.

You can leave the selvage on for seams if they are smooth and not bulky—they will act as a seam finish. Clip the selvages about every inch so the seams won't pucker.

Use matching thread when you sew the seams and hems. Use the seam guide on the machine so your seams will be nice and straight.

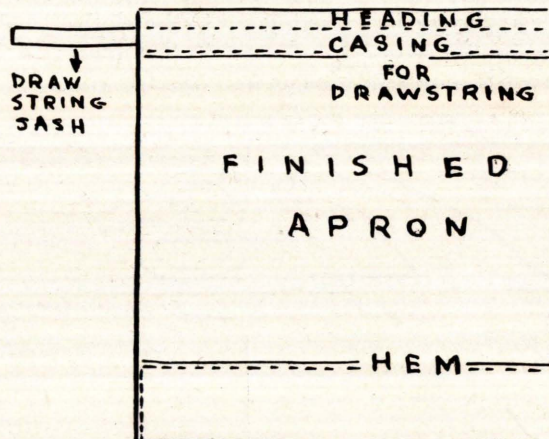
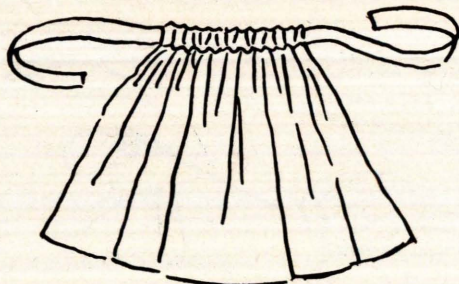
Your mother or leader will show you how to put the elastic in at the top shown in figure 3.

This is a good chance for you to learn how to put in a hem by hand. Your skirt will be prettier if the stitching for the hem doesn't show on the right side.

Make the hem this way:

Press the seams open. Now you are ready to make the hem.

Figure 2. Making an apron.



1. Turn the edge up $\frac{1}{4}$ inch and stitch quite close to the folded edge by machine. This holds the edge firm and makes a nice edge to stitch along.

2. Turn up the hem so your skirt is the right length. Pin it in place.

3. Now make a nice neat hand sewn hem by using a slip stitch (figure 3).

Your mother or leader will help you get started.

If you have a blind stitch attachment on your machine or have learned to make this stitch without the attachment maybe you'd like to use that. Ask your leader about it.

4. Press your skirt before you wear it for others to see.

A Gathered Skirt

You might want to try a gathered skirt. If you do—here are some directions for you. Ask your leader or mother to help you follow them.

When you buy the fabric, buy the thread and fastenings if you do not already have them at home. You will need a spool of mercerized cotton thread to match the fabric, and fastenings (hooks and eyes or a button) for the band.

Here's how to measure:

1. Decide how long you want the skirt to be and measure from the waist to this point and add $3\frac{1}{2}$ inches for hem and top seam.

2. You will need twice this length for your skirt. If you want it fuller—then maybe three times.

Here's how to cut your skirt:

1. Cut or tear a $6\frac{1}{2}$ inch strip off one side along the selvage edge. The strip makes the band and pockets.

2. Fold the rest of the cloth lengthwise and cut or tear along this fold. Now you will have 2 pieces: one for the back and one for the front.

If you make two side seams the skirt will hang better if it is made in this directions rather than from one long piece.

Here's how to make your skirt:

1. Pin the side seams together.

2. Put the seam guide on the machine and set it at $\frac{3}{8}$ inch so that one seam will be $\frac{3}{8}$ inch wide.

3. Now for the left seam—the side the placket is on. Set the seam guide for $1\frac{1}{4}$ inches. This wider seam will

be used for an easy placket. It will be on the left side when finished.

4. Stitch the side seam on the placket side from the bottom up. At a point 5 inches from the top, turn and stitch half way across the seam. Turn the seams toward the front section and press.

5. Stitch the other seam $\frac{3}{8}$ inch wide. Turn the seams this way:

Start at the bottom of the wide seam and trim it to $\frac{3}{8}$ inch up to the placket. Do not trim above this point.

6. Finish the placket like this: (Upper left, figure 4.)

a. Fold, pin and stitch a $\frac{1}{4}$ inch hem on the back edge.

b. Fold the front edge of the placket even with the seam line. Press. Now fold again to make a complete hem. Pin.

Stitch from the top to the bottom of the placket, turn and stitch to the end.

This is a strong, easy way to make a placket.

Here's how to make the skirt band: (Figure 4.)

1. Measure your waist. Add $2\frac{1}{2}$ inches to the length. This will be the right length for your skirt band. It should be about $6\frac{3}{4}$ inches wide.

2. Press a $\frac{1}{2}$ inch fold along one side. (This is a seam allowance.)

3. Divide the rest into thirds. This makes an extra thickness for inner lining. Press.

4. Stitch $\frac{1}{2}$ inch seam across both ends. Turn and press.

Gather your skirt like this: (Upper right, figure 4.)

1. Stitch one row of long stitching (6 or 7 to the inch) $\frac{3}{8}$ inch from the edge. (Don't gather the placket.)

Figure 5. Making a gathered skirt.

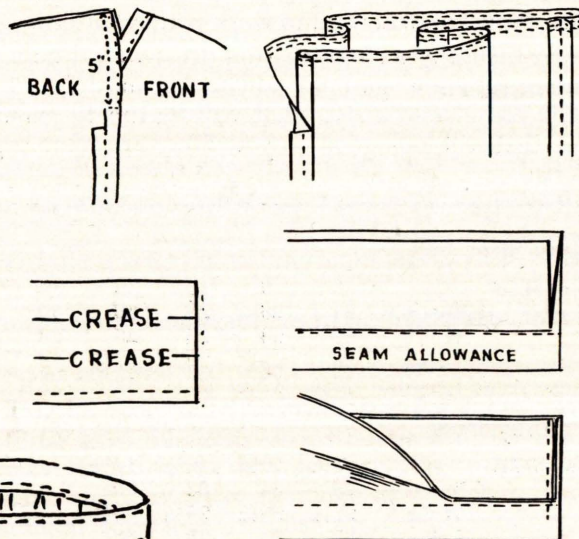
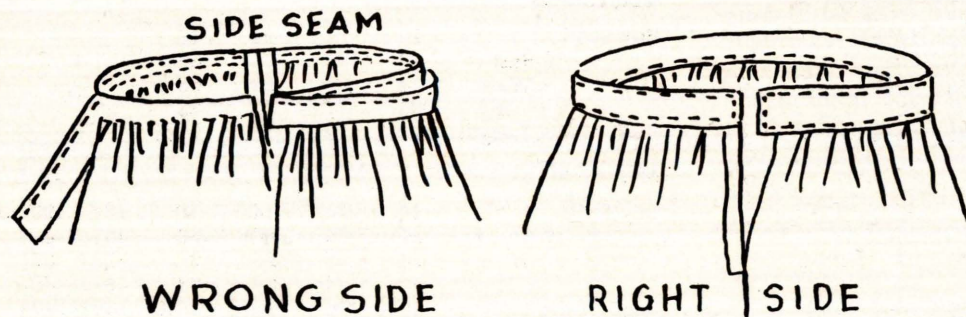


Figure 4. Making a placket and belt.

2. Stitch another row $\frac{1}{4}$ inch from this one.

Divide the skirt and belt into fourths and gently pull on the gathering threads from one fourth to the other. Fasten with a pin after each section is gathered to the belt section. (Your mother will show you how.)

Work the gathers until they are nice and even.

Now put on the band: (See Figure 5.)

1. Put the right side of the band to the wrong side of the skirt with the extension on the under side. Pin and stitch along the $\frac{1}{2}$ inch seam. Press.

2. Turn to the right side and stitch along the fold as close to the edge as you can.

Sew on the fasteners:

1. Sew a snap fastener in the center of the placket. Sew two hooks and eyes on the band or use buttons and buttonholes or grippers. You will not need a zipper.

If you use hooks and eyes, use the flat straight eye rather than the round loop type.

Hem the skirt: You allowed for a three inch hem when you cut out the skirt.

1. The first step in making the hem is to turn a $\frac{1}{4}$ inch fold, press or crease with the fingers. Stitch about $\frac{1}{8}$ inch from the folded edge by machine.

2. Now fold and pin the hem and sew it by hand using the slip stitch. Use matching threads. (See directions for skirt with elastic top. See figure 3.)

Part II

Sewing From a Pattern

You have learned to sew with the machine and have made some simple easy to sew garments without a pattern. Now you will want to work with a pattern.

A blouse or a simple cotton dress would be a good choice for a next garment. Have your mother or leader help you choose a style that will be fun to make and one that will look good on you. Here are some suggestions:

Choosing a Pattern

Choose a pattern size that suits your figure so your garment will fit nicely without too much changing; buy with these things in mind.

1. The right brand for your figure.
2. The right figure type for you.
3. The right size for you.

Although the pattern companies use a set of standard measurements for the different figure types, each develops them according to their own interpretation. After sewing a while, you will discover the brand that fits you best.

Measure accurately.

The right figure type and size is determined by accurate measurements. To get these measurements, ask someone to measure you. Follow these rules:

Wear a good fitting bra and girdle.

Measure over a smooth-fitting dress or slip.

Tie a string around natural waistline to measure.

Use a good measuring tape that does not stretch. **Figure 6. Measure accurately.**



Hold the tape snug—not too tight, not too loose.

Bust—measure around fullest part of bust..... inches.

Waist—measure at natural waistline, where the body bends inches.

Hips—measure about 7 inches below waistline inches.

Back waist length—measure from collarbone at back of neck to waistline inches.

The chart will help you find the right size pattern.

Girls' Sizes

Buy SIZE	6	8	10	12	14
If Breast is	24	26	28	30	32
Waist	22	23	24	25	26
Hip	26	28	30	32½	35
Back Waist Length	10½	11½	12¼	13	13¾

Chubby Sizes

Buy SIZE	8½	10½	12½	14½
If Breast is	29	31	33	35
Waist	27½	28½	29½	30½
Hip	32	34	36	38
Back Waist Length	12	12¾	13½	14¼

Junior Sizes

Buy SIZE	9	11	13	15	17
If Bust is	30½	31½	33	35	37
Waist	23½	24½	25½	27	28½
Hip	32½	33½	35	37	39
Back Waist Length	15	15¼	15½	15¾	16

Sub-Teen Sizes

Buy SIZE	8	10	12	14
If Bust is	28	29	31	32
Waist	23	24	25	26
Hip	31	32	34	36
Back Waist Length	13½	13¾	14	14¼

Teen Sizes

Buy SIZE	10	12	14	16
If Bust is	30	32	34	36
Waist	24	25	26	28
Hip	32	34	36	38
Back Waist Length	14¾	15	15¼	16½

Misses' Sizes

Buy SIZE	10	12	14	16	18	20
If Bust is	31	32	34	36	38	40
Waist	24	25	26	28	30	32
Hip	33	34	36	38	40	42
Back Waist Length	15¾	16	16¼	16½	16¾	17

Choosing a Fabric

There are many cotton fabrics to choose from. It is important to know what to look for before you shop.

Guides for choosing cotton fabric:

A. Read the label on the bolt of material. The sales person does not always know the information that will help you make a wise choice.

A good label will give the following information:

What the fabric is made from—Example—"Mercerized Cotton" has luster and is stronger than untreated cotton. "Combed Cotton" is lustrous and keeps its smooth feel through washing and wearing.

Color Fastness—Example—Vat dyes are colorfast.

Shrinkage Control—"Sanforized," "Rigmel" or "Will not shrink more than ____%," are terms frequently used.

Finish—Many fabrics today are given special finishes to make them more wrinkle resistant. "Crease-resistant," "Minimum Care," "Regulated," "Disciplined," "Wrinkle-Shed," are some of the terms.

Select to be wise:

Each season you see new fashions, new styles, new colors. You will find new fabrics, new fibers and new finishes. The question is, "What should you buy?" . . . Think before you go shopping!

Select fabrics for a purpose. Your pattern envelope lists kinds of fabrics suitable for the garment you choose. Use these as your basic guide. Different fabrics have a different feel to the hand, some firm and crisp, others soft and pliable. Patterns which have style features such as pleats call for crisper "hand." Draped or soft-gathered lines make up best in the softer fabrics.

Select fabrics for you and your wardrobe. Color and texture of fabric can add or subtract from your personality and body build. Rough-textured fabrics add weight, while the smooth-textured fabrics slenderize. Light, pastel colors add weight, while the darker and duller shades slenderize.

The softer colors and quieter patterns give personality to the shy person. The energetic, forceful person needs to choose firm, sturdy fabrics of clear, strong colors and geometric designs. The soft, lightweight fabrics with pastel tones and small prints are for the dainty type.

Select fabrics according to your skill in sewing. Judge your skill in handling fabrics. If you are a less experienced seamstress, select a plain color or small over-all print in a medium-weight cotton. If you are in the intermediate group, you might select plain color or small over-all print in a corduroy, wool, dacron, or blend. It takes an experienced seamstress to work with any skill on fabrics such as jersey, silk, velvets, sheers, plaids, and stripes.

Fabrics of some of our man-made fibers (like nylon and dacron) and cottons treated with special finishes are easy to care for. They do require skill in sewing and a careful selection of pattern. Here are some things to watch for:

1. They do not ease into place like other fabrics; select patterns without set-in sleeves or where one section eases to another.

2. They tend to wrinkle or pucker at seams, especially up-and-down seams; select patterns with sloped, bias, or crosswise seams.

Piled fabrics such as corduroy, velveteen, and velvet are beautiful and effective but require special handling and pressing.

Some printed fabrics are printed off the grain of the fabric. These cannot be straightened. Watch for this when you buy.

Check how much fabric you will need. Buy the amount of fabric listed on the back of your pattern.

Then—remember that you will need to allow for alteration; you will need extra fabric for napped or piled fabric; and you will need extra fabric when using plaids, stripes, or different patterns.

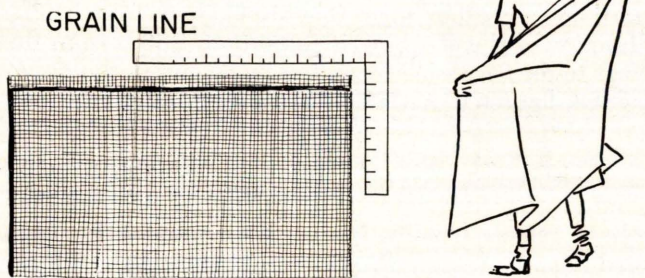
Straighten Your Fabric

Study your fabric. You will find there are threads running lengthwise (warp threads) with other threads woven in and out of these (crosswise or filling threads). Each of these threads should be straight, not curved or slanted. If the end of the fabric has not been torn, pull one thread near the end that will go all the way across the fabric. Cut along this line. Now if the ends of the fabric are not even, have your mother or leader help you straighten it by pulling the cloth on the bias. (Figure 7.)

Finishes often make it hard to straighten the cloth if it is crooked. You can wet the material in water and hang it lengthwise over a rod, pulling it so that it will dry straight. You may, instead, lay the fabric flat, smoothing it so that it is very straight with the ends lying at right angles to the selvages. Press, moving the iron back and forth over the lengthwise threads after the material is dry and straight.

The arrows printed on the patterns or the perforations indicate proper grain line for each pattern piece. (Figure 8). Measure from the selvage of the material to the grain line marks on the pattern, so that each end of the line is the same distance from the selvage. If you cut your garment pieces on the grain line, they will hang well, and the garment will fit better and be comfortable.

Figure 7.



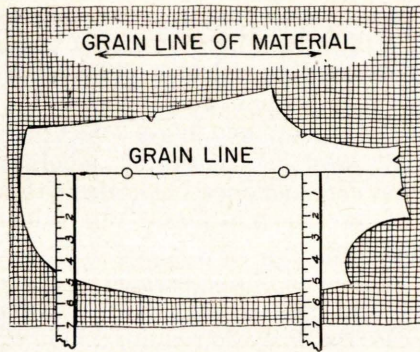


Figure 8. Measure from the marks that indicate the straight of the material.

Using the Pattern

When you have read through the instruction sheet, again check the section showing the various views and pick the one you will use.

Now look at the chart that shows all the pattern pieces. In some patterns different pieces are required for different views. Assemble all the pieces you will use for the view you are making. Fold up the pieces you do not need and put them back in the envelope.

Your leader or mother will help you check the pattern for fit and help you make any alterations needed.

Place and Pin on Fabric

Check the suggested cutting layouts on your pattern instruction sheet. Your leader or mother will help you choose the best one for: the view you are making, your size, and the width of your material. With your pencil circle this layout.

Lay your fabric on a table. Be sure it is pressed smoothly and the ends are straight.

Fold material right sides together. Following the circled layout with the instruction sheet, place all pieces of the pattern on the material long before pinning any.

Pin the pattern to the fabric. On the pieces not placed on a fold or selvage, notice the marks that indicate the straight of the material. Use a ruler or yardstick for measuring to be sure each end of that marking (indicating the straight of the material) is the same distance from the selvage of the fold (figure 8).

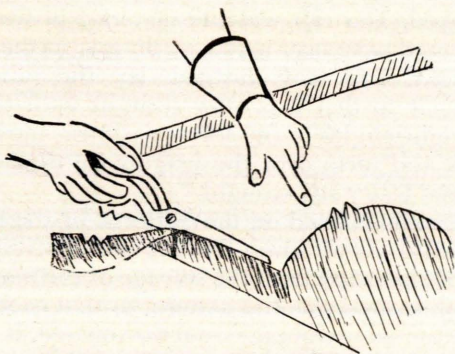


Figure 9. Cutting out the garment.

Pin all pieces on the fabric before cutting. Pin at right angles to the seam line. Use enough pins to hold the pattern securely to the fabric. Follow the pattern layout.

Cutting Out the Garment

Cut accurately around the pattern pieces with long firm slashes. Cut from the wide to the narrow part of the pattern. Do not place your hand under fabric when cutting. It is best to use cutting shears rather than pinking shears. It is difficult to cut accurately around curves and in corners with pinking shears.

The notches along the edges of the pattern are important. They show you how the pieces of the pattern fit together. When you come to the notch cut a little notch away from the pattern instead of toward it. (Figure 9.)

Leave the pattern pieces pinned to the fabric.

Marking Tucks, Pleats, etc.

Your leader or mother will show you how to mark the center front and back darts, tucks, pleats and any other necessary markings. This can be done with tailors tacks, chalk, or dressmakers carbon as in figure 11.

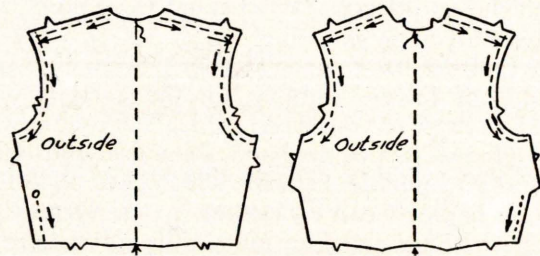


Figure 10.

Putting the Garment Together

Do not remove the pattern from any piece of fabric until you are ready to sew. Fold the pattern pieces carefully and place them back in the envelope.

Follow the directions on the instruction sheet in the pattern envelope for putting the garment together.

Stay-stitching

Cut-edges that are not on the thread of the fabric stretch easily. Before seams are stitched, a row of machine stitching close to the seamline and toward the outer edge of the garment will keep the material from stretching. This is called stay-stitching.

Stay-stitching is usually done at the neck line, shoulder line, armholes, waistline, on the edges of a flared skirt, and any other edges that are likely to stretch. The direction of the stitching is important. Stitch from the wide to the narrow as indicated by arrows in the drawing. See figures 10 and 11.

Seams

Finishes are used on seams to prevent their edges from fraying. Most cotton fabrics fray, some more than others. Seams usually fray a little more after each washing.

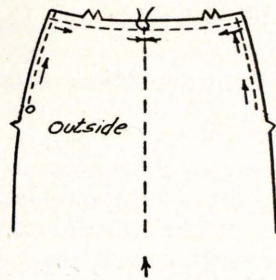


Figure 11. Stitch from wide to narrow.

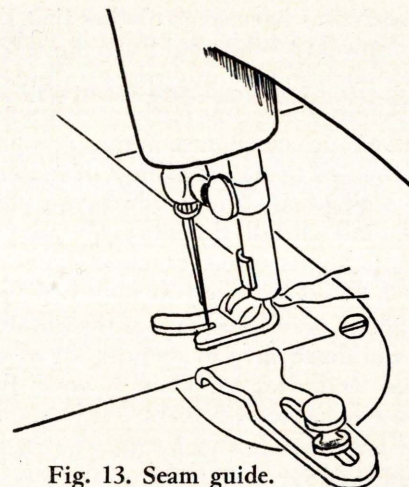
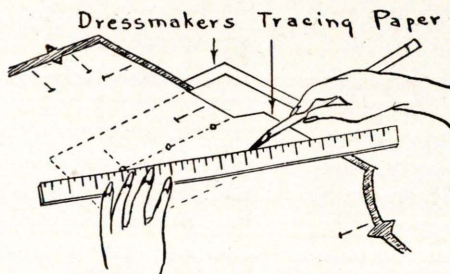


Fig. 13. Seam guide.

Choose the type seam finish that seems best for your fabric and the location of the seam. Finished seams should be one-half to five-eighths inch wide.

Check the Machine

Before you start to sew, check the machine stitch by stitching on double cloth on the bias. If the stitch is not perfect the seams will not hold. If the stitch does not look good on both sides have your leader or mother help you adjust the tensions. Watch how it is done.

Use the seam guide for straight and accurate seams (figure 13). If the guide is not available place a strip of colored scotch tape on the machine and mark it with $\frac{1}{2}$ " and $\frac{3}{8}$ " seam allowances. As you sew keep the edge of the cloth along the side of the tape or guide.

Arrange Sewing Equipment

A good worker knows that it is important to arrange her equipment for convenience. A U-shaped sewing area is very good. See figure 12. Choose a nice light place in the room for your sewing area. Put a chair or bench or small table on your left to hold the cut out pieces of the garment you are sewing. Place the sewing machine in front of you and the ironing board on your right. It will be so handy for you to just swing over to your right to press as you sew. Try this arrangement. You will like it very much because it will save you time and energy.

Your pattern directions are dependable and good. You may need some help in interpreting them. If you follow them faithfully you will have a good professional looking garment you will be proud to wear.

Press as You Sew

Good constructions calls for good pressing. Your garment will have a more professional look if pressing is done as you sew. No two seams should ever cross without being pressed first.

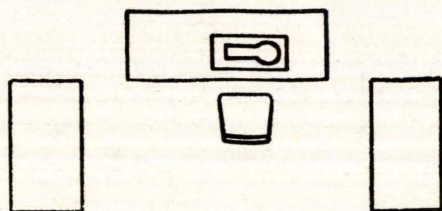


Figure 12. Arrange equipment properly.

Refer to Extension Circular No. 537, "The Art of Pressing" for complete information about pressing and pressing equipment. Your leader has a copy of this circular.

Now Check These

Now take a look at your finished garment and ask yourself these questions:

- Did you enjoy making your garment?.....
- Do you like your garment? Why?.....
- Is the color and design becoming to you? Why?.....
- Do you like the fit of your garment?.....
- What did it cost to make your garment?.....
- What would a similar garment cost ready-to-wear?.....
- What does your family think about your work?.....
- What does your leader think about your work?.....

You and Your Clothes

- Do you have that spic and span look?
- Is your body clean from top to toe?
- Is your hair shampooed and neatly combed? (Never go out in public with pin curls—not even if they are covered by a scarf.)
- Is your dress clean and well-pressed?
- Are your socks or stockings fresh and shoes polished?

Part III

Wardrobe Planning

For Advanced 4-H Members

To be happy in your clothes on all occasions you will need to give a lot of time and attention to your wardrobe. It takes careful planning to be dressed appropriately and attractively every place you go. Here are some suggestions that may help you to plan.

Begin planning your wardrobe before you shop. Ask yourself these questions: What clothes do I need for the coming year? What colors should I choose to tie in with those I have? Which clothes could I make successfully, and which should I buy? Do I have too many garments and colors that cannot be worn to-

gether? Do I have some clothes that I've outgrown and cannot wear? Who could use the things I cannot use? How much money was spent on my clothes last year?

Before going any farther with your clothing plans, think about your figure; and as you plan, keep reminding yourself to make the most of it. Learn to carry yourself well at all times; when you stand, sit or walk. Stand tall, sit tall, think tall, be tall. Check yourself on posture habits often. Practice those you feel self-conscious about so that you may become more graceful.

Spend only your share of the family clothing money, for you don't have to spend a lot of money on clothes to be well dressed. Plan to wear the garments you choose for at least 2 years.

Clothes do not make the girl, but they do have a decided effect on the impression you leave with others. Your clothes can show that you are careful and artistic, and the way you dress can express your thoughts and attitude toward life. Learn to use your own good taste in planning your wardrobe.

What Kind of Clothes

Make a list of your activities. You might start by jotting down the places you go, such as, church, school, town, picnics, ball games, swimming and movies. Now make a list of the clothing that you have on hand. List each garment under the activity for which it is best suited. You should have several garments that are suitable for more than one activity. For example, you probably will wear some of your church clothes for informal parties and travel, and some of your school clothes may be appropriate for play. Decide what you have that can be repaired or made over.

Now you are ready to plan what additional clothes you need. Plan to have at least one outfit for each activity. Assemble them one at a time.

If you are planning a dress outfit, work on that outfit until it is just right for the occasion. Your dress or suit, hat, shoes, bag, gloves and underwear make up one harmonious costume. Simple, conservative styles in dress and accessories are good choices for best wear. You will want to dress to look good as long as you wear it; so you should choose a good fabric for the dress. Pumps with medium-high, shaped heels or neat flats for the younger girls are best.

Avoid extremely high heels and cutout sandals for church wear. For best wear it is always in good taste to match your bag to your shoes, using the same simple lines, color and materials. You may want to match your gloves to your bag and shoes or to your dress. White or natural shortie gloves are always good.

If your shoes, bag and dress are of the same color, you may choose a hat of contrasting color. If your dress is a contrasting color to your shoes and bag, you may want your hat to match one or the other.

Your clothes for school will probably consist largely of sweaters, blouses and skirts. It is wise to have two or three blouses that will go with each skirt. The smartest

shopper may see that all her blouses, skirts and sweaters are interchangeable.

For school dresses, choose sturdy cotton fabrics of bright colors. If you have a figure for plaids, a multi-colored gingham dress will be a note of interest in your school wardrobe. Be sure that your school coat will go well with your other school garments. It should be easy to care for and simple in style. You may need a raincoat and rubbers or galoshes. Scarves may be a favorite headwear and one way to add color to your school outfit. Your school shoes should be comfortable for walking and running.

Consider where you will wear your party clothes. Perhaps in your community your best dress for church or even school would be adequate and appropriate for party wear. Be immaculately clean and well groomed. Wear costume jewelry that will give you an added sparkle. Sandals or plain pumps are in good taste for informal parties.

Perhaps you need a formal dress. Consider where you will wear this outfit: for graduation, junior-senior prom, banquets or dancing. You may be able to choose one dress that will be suitable for any of these occasions. Local customs will help you determine the type of dress to select.

Formal clothes are not worn as often as school clothes; so the sturdiness of materials is not so important. Attractive effects can be secured with little expense, especially if you, or your mother sew well.

You will need some clothes for play and work. List the active sports in which you take part—swimming, picnics, hiking, tennis. If any of your sports require special clothes, wear them for that occasion only. For example, wear your bathing suit on the beach or to the swimming pools, not on the street. Your shorts or blue jeans, with an appropriate blouse, may double for work and play.

Your school shoes may double for work and school. Do not wear old dress or party shoes for work and play. Your work clothes should be comfortable for the type of work you are doing.

The well-dressed look you want has to start from the skin out. Well-chosen undergarments are essential to a good appearance. The number of changes of undergarments you need depends on laundering conditions, but the modern girl who washes out her undies daily doesn't need a lot of everything.

For best and party wear you will want to include at least two nicely-fitted girdles or panty girdles and two or more petticoats or slips that are designed in accordance with the style of your costume. Petticoats for church should be less bouffant and softer in appearance than those for party wear. Perhaps you could add an extra petticoat for party wear. Two or more well-fitted bras will be needed. Choose hose to fit your needs, maybe sheer ones for dressy wear.

Your underthings for play and work should be simple in design and perhaps sturdier in construction, since these will be worn for more active occasions and

more often than your dress underwear. Even for work and play your bras should be well-fitted. You perhaps will choose panties instead of girdles for these occasions. For a better appearance you may want to wear girdles or panty girdles for all occasions. Your slips should be chosen according to the style of your outfit.

Before you buy any clothing articles, plan with the other members of your family to determine your share of the clothing allowance. The cost of upkeep should be a part of your clothing expenditures, and you should consider the upkeep cost of each item before you buy. The design, construction and fabrics determine upkeep cost. For example, the cost of cleaning a pleated skirt may be more than that of a plain skirt.

A dress that can be washed at home will be less expensive to keep than one that has to be drycleaned. In buying, look for trimmings that either will last the life of the garment or can be replaced easily.

When you know the amount you have to spend, determine the approximate amount you can spend for each item you need to buy.

Shall You Make or Buy?

As you assemble each outfit and list the things you need, decide on the things you will make and the things you will buy. If you sew well, you may want to make most of your clothes, even your clothes for best and sport wear. If you are just learning to sew, perhaps you will make only your sleeping garments, blouses and skirts.

Some garments which are more or less standard and are made in large numbers for sale ready-to-wear are often cheaper to buy than to make.

Choose a Basic Color

Color is the most important factor for making your clothes "becoming." If the color is good, other phases, such as fabric or line, may be improved. How can you know when a color is becoming? A color is becoming to you if: It makes your skin look clean and healthy, it is a pleasing contrast to your hair and eyes, it suits your figure, and it makes you happy. There are no hard and fast rules for individual color choice. Fashion experts say today, "Wear any color that is becoming." Give yourself the mirror test. Drape swatches of colored fabric about your shoulders and notice the effect each has on your individual coloring. Avoid any color that is not friendly to you. It is economical to plan your wardrobe around a single color or combination of colors. When you do this, you not only save yourself money, but you will have a better planned wardrobe.

It is a safe plan to choose one basic color for three of your accessories, that is, to have your shoes, purse and hat or to have your shoes, purse and gloves one color. If bright greens, blues and reds are your best colors, you will want black as your basic color in accessories. If the browns, dark greens, moss greens and blue greens are your best colors, brown would be a good choice for your basic color in accessories.

Plan Wardrobe Care

Develop a habit of orderliness in caring for your wardrobe. This habit will aid good grooming and make your clothes last longer. With the family's help, try to provide plenty of storage space for your wardrobe. This means plenty of closet space for hanging garments, drawer space for folded garments and shelves or drawer space for accessories.

Adopt a plan for keeping your clothes clean. Wash panties, bras, and hose after each wearing, other lingerie often. Instructions for care will be found on the tags attached to many items when purchased. These instructions should be followed carefully.

Plan a regular time to repair your clothes. Perhaps you should spend a part of Saturday morning sewing on snaps, mending bras and polishing shoes.

Part IV

Better Care Means Longer Wear

Learn to Hang Up Your Clothes. Perhaps one of the easiest ways to help keep your clothing in good condition is to always hang it up.

Hang up your dress and coat on a hanger the moment you take it off. Always hang garments squarely on the hanger. Use hangers as wide as the shoulders of the garment. Shoulders stretch out of shape if they slide off hanger ends.

Always fasten a dress or coat when you hang it up—at the neck—down to the front and at any other place that will help the garment to hang straight. Just hanging a garment straight will do a lot to keep it in press and shape.

Belts should be hung separately, away from the dress because their weight often pulls down on dress materials and stretches it.

Skirts should never be folded straight down the center. If the hanger is not wide enough to reach the full width of the skirt belt, fold both sides back leaving the center front and back free of folds.

Care should be taken in choosing clothes hangers so that they will serve the purpose for which they are intended. A few general rules for choosing a hanger are:

The heavier the garment the more important it is to have a wide properly shaped hanger, preferably wood.

If the garment is a coat or suit with a high collar choose a long necked hanger to prevent rubbing.

Choose a curved-down hanger for stretchy materials to keep shoulders from stretching.

Skirt hangers are fine to keep skirts in good condition. Snap clothes pins attached to a wire hanger make a good skirt hanger. Trouser hangers serve nicely, too, if the skirt is hung properly.

Have Tidy Dresser Drawers

Clothes can become shabby in drawers and closets if they have to be handled too much because they are in the way when you want to get something else. Well organized dressers and closets with suitable hangers for all kinds of clothes will keep clothes fresh and ready for the next wearing.

Keep sweaters, and garments that do not hang well in boxes or drawers.

A wise precaution is to put tissue paper in the shoulders of dresses to keep the hanger from marking them.

Hats Need Care

Hats, when they are not in use, should be placed where they will keep their shape. This might mean on hat stands but generally, most hats are better when the crown is stuffed with tissue paper and placed in a dresser drawer or box with enough space around the hat so as not to crush it.

Hints for Washing Sweaters

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

Mark the outline of sweater on paper for a guide to stretch it back to its 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 the sweater out of the water or dip it up and down. The weight of the wet sweater may stretch the yarn. Support the weight of the sweater in your hands.

Rinse several times in lukewarm water, until all soap is removed. Changing from hot to cold water shrinks wool and makes it harsh and stiff. Squeeze the water out gently.

Now lay the sweater between two bath towels and pat out the extra water.

Finally spread the sweater on the paper pattern and gently stretch it back to size.

Dry it in a warm place but not near a stove, radiator, or in the hot sun. Do not allow it to freeze.

Some sweaters look better if lightly pressed or blocked. This is done when the sweater is practically dry. Cover it with a dampened press cloth, then with a dry cloth. Barely touch a warm iron to press cloth to force steam into the sweater. Remove the press cloths and allow sweater to dry. A steam iron may be used.

Brush a napped sweater, when dry, to improve its appearance.

To Make Shoes Last

Your shoes will last longer if they are worn only for the occasion for which they are suited—sturdy shoes for work and play—dressy shoes for best wear.

Take care of your shoes every day. Protect them

when you are not wearing them by keeping them in a shoe bag—on a rack or in a box, never lying around on the floor. Good shoe trees help most shoes keep their new shape.

Get new heel lifts, toe protectors and soles as soon as they are needed.

Attention to small repairs will often save more expensive repairs. Check all stitching from time to time and have rips resewed.

Shoe horns are helpful in keeping heels and counters in good shape. Use a shoe horn in putting shoes on.

If you have two pair of shoes, wear one pair of shoes one day, another the next. A day of rest is good for shoes because it gives each pair a chance to dry and air inside.

Wet weather can easily spoil a good pair of shoes. So, wear rubbers or galoshes. Before you put on galoshes, make sure there is no mud or dust on your shoes. This will prevent the lining of galoshes from becoming soiled. Soiled linings leave marks on shoes and stockings later. If possible take off your galoshes as soon as you get inside. Galoshes worn inside the house cause feet to perspire and perspiration injures shoe linings and shoe leather.

Wet shoes should be put on good form-fitting shoe trees to dry. If you do not have shoe trees, stuff the shoes with soft paper and let them dry. Keep the shoes away from sunlight and heat as they dry. Soften smooth leathers with a little saddle soap after they are dry.

Different kinds of shoes call for special care. Ask your shoe dealer about this when you buy your shoes.

References

Here are helpful references which you may want to have in your club library. Ask your leader about them.

The Art of Pressing, S. D. Extension Circular 537.

Fabrics—Buying, Sewing, Laundering, S. D. Extension Circular 560.

Modern Home Sewing, S. D. Extension Circular 514.

A Look at Finishes, S. D. Extension Circular 532.

Modern Wear Needs Modern Care, S. D. Extension Circular 499.

Good Taste in Dress, S. D. Extension Circular 545.

Planning Plaids, Circular 232.

Shopping for Dresses, S. D. Extension Leaflet 146.

How to Tailor a Woman's Suit, H&G Bulletin 20.

Making Shirts for the Men of the Family, Extension Circular 576.

Clothes Moths and Carpet Beetles, H&G Bulletin 24.

Simplified Clothing Construction, H&G Bulletin 59.

3 bulletins on wool: Ask your leader about these.

Materials on modeling and construction provided by pattern companies and magazines available on news stands or pattern counters.

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