READY AND RIGHT CLUB
First Year
4-H Club Clothing

4-H CLOTHING REQUIREMENTS

Ready and Right Club
First Year

Construction
1. Make a hand towel or a breakfast cloth.
2. Darn one pair stockings.
3. Make a tea towel or a pot holder.
4. Make a kitchen apron or a simple cotton dress.

Other Phases
1. Shoes and hose for the well-dressed girl.
2. Personal cleanliness.
3. Care of clothing.

Summer Clothes for Girls
Second Year

Construction
1. Make a slip.
2. Make a hemmed patch.
3. Make a pair of bloomers or a combination suit, or a pair of pajamas.
4. Make a cotton school dress with set-in sleeves.

Other Phases
1. Plan summer wardrobe.
2. Line and design in relation to clothing.
3. Patterns and their alterations.
5. Clothing judging.
6. Demonstration teams.

Winter Clothes for Girls
Third Year

Construction
1. Make a wool dress or a wool skirt. (New or renovated).
2. Make a simple silk dress or a silk tailored blouse. (New or renovated).
3. Make one undergarment.
4. Make or select one accessory.

Other Phases
1. Plan winter wardrobe.
2. Selection of materials.
3. Alteration of patterns.
4. Correct fitting garments.
5. Selection of accessories.
6. Pressing.
7. Appropriate clothing for all occasions.
8. Clothing judging.
9. Demonstration teams.

Wardrobe Club
Fourth Year

Construction
1. Make a complete outfit consisting of four articles for traveling, school wear, social purposes, or home wear.

Other Phases
1. Plan complete wardrobe for year.
2. Clothing accounts.
4. Selection of hats.
5. Clothing judging.
6. Demonstration teams.
Ready and Right Club
First Year
4-H Club Clothing

By Myrtle G. Euren, Assistant State 4-H Club Leader*

Qualifications for Membership

Anyone ten years of age or over may become a member of the first year 4-H clothing club.

Aims of First Year 4-H Clothing Club Are:

1. To develop in the club members a desire to be well dressed.

2. To teach that simplicity, modesty, comfort, health, suitability, appropriateness and neatness, are essentials of attractive clothing.

3. To give working knowledge of simple hand and machine sewing, and the proper use of sewing equipment.

4. To develop high standards of personal cleanliness.

5. To teach members to recognize a well-made garment, by creating interest in clothing judging; and to create a desire to properly care for clothing.

6. To develop citizenship, and to train members in rural leadership.

*Approved by Hazel Kidder, Montana Extension Service Clothing Specialist
REQUIREMENTS

Each club member is required to do the following:

1. Make a hand towel or breakfast cloth.
2. Darn one pair stockings.
3. Make a tea towel or a pot holder.
4. Make a kitchen apron or a simple cotton dress.
5. Judge each group of articles as they are completed.
6. Make a study of, and discuss at club meetings the following, putting the ideas gained into everyday use:
   a. Shoes and hose for the well-dressed girl.
   b. Personal cleanliness.
   c. Care of clothing.
7. Attend club meetings regularly.
8. Keep a record and write a story, and, through the local leader, submit them to the county extension agent.

(The requirement for construction is to make the four articles. However, if a club member completes her work in time, she may make as many as she wishes of the other articles described herein).

SCHOLARSHIP

The State Board of Education will award a one-year scholarship to be used at any of the branches of the Greater University of Montana, to the most outstanding club member in any 4-H club project, provided there are ten members enrolled in the same phase of the project. To be eligible for a scholarship, a club member must have made an exhibit of her 4-H club projects at a local, county, or state contest, and must have sent to the county extension agent, through her local leader, the final report blank, and a story containing at least 200 words.

NOTE: The Sewing Handbook for Montana Clothing Club Girls, which is supplied to every clothing club member and leader, contains additional information on clothing construction.
General Directions

Sewing Equipment

A club member must have the following equipment before she can begin the work:

2. Thimble—thimble must fit the finger, and should always be used.
3. Tape measure.
4. Sharp scissors.
5. Pins and small pincushion or small box.
6. Thread—Nos. 50 and 70.
7. A box in which to keep sewing materials.
8. Pencil.

Suggestions for Sewing

1. Have hands and nails clean.
2. Wear clean garments, so they will not soil your work.
3. Sit erect, and have a good light (coming over left shoulder if possible).
4. Study your tape line, so that you will know the marks that stand for 1/4 inch, 1/2 inch and 1 inch.
5. In threading a needle, always break or cut the thread from the spool. Do not cut with teeth.
6. Use a short thread.
7. In selecting materials, select simple patterns and decorations.
8. Measure material and cut it accurately. If material does not fold evenly, pull from opposite corners until material is straight.
9. Learn to follow directions.
10. Do the best sewing of which you are capable—keep your standards high.
KNOW HOW TO USE THE SEWING MACHINE BEFORE YOU TRY TO SEW

A few things you should know about the sewing machine:

Parts Below the Table
1. Treadle.
2. Connecting rod.
3. Large wheel.

Parts Above the Table
1. Head—part above table containing stitch mechanism.
2. Arm—curved part of head containing the mechanism for driving the needle and handling upper thread.
3. Balance wheel—the wheel at the right of the head, driven by the belt.
4. Bobbin winder—mechanism for winding bobbins.
5. Stitch regulator—the parts which control the length of the stitch.
6. Upper tension—means for controlling the delivery of the upper thread from spool.
7. Lower tension—the spring or the shuttle or bobbin case which controls the delivery of thread from the bobbin.
8. Needle bar—the vertical bar to which the needle is attached and which carries the upper thread down through the fabric at each stitch.
9. Presser bar—the vertical bar to which the presser foot is attached.
10. Feed dog—the toothed part which projects upward through slats, carrying the fabric from the operator at each stitch.
11. Shuttle—the container in which the bobbin is placed.
12. Bobbin—the metal spool on which thread is wound to furnish the lower thread supply.

Things to Practice
1. Learn to thread evenly. This can be practiced before threading. If an electrical machine is used learn to control the motion.
2. Learn to wind bobbin.
3. Learn to thread machine.
4. Practice stitching—without thread, on paper. Draw lines with a ruler, and follow the line, in stitching.

Some Points to Be Careful About
1. Both threads must be on top before beginning to stitch.
2. Do not pull or push material when stitching.
3. To turn corners squarely, have needle down in cloth, raise presser foot and turn the work, put presser foot down and continue.

I

HAND TOWEL

Learn to select your own materials. Materials should be absorbent, easily laundered and soft.

Points to Emphasize
1. Selection of suitable material for a hand towel.
2. Neat, inconspicuous hand hemming.
3. Even, well turned hem with stripes and checks (if there are any) evenly matched.
4. Ends of hem should be finished with overhand stitch.

Material
Three-fourths yard of an absorbent quality of material which launders easily. Suggested materials: huck or crash (preferably of linen or part linen, as this has better absorbent and laundering qualities) or linen toweling.

Making
1. Straighten ends by drawing a thread and trimming uneven ends by this drawn thread.
2. Turn edges $\frac{1}{4}$ inch and baste.
3. Turn 1-inch hem, or in proportion to size of towel, and baste.
4. Hem with hemming stitch.

(It is suggested that when the towels are completed, the club members judge them according to the score card on page 30)
in order to raise the standards of work, and to gradually prepare the members for judging contests).

II

BREAKFAST CLOTH

Make the breakfast cloth of an attractiv material and design that will make more pleasant the meal at which it is used.

Points to Emphasize

1. Selection of suitable and attractive material.
2. Straight hems.

Material

The amount of material will depend upon the size of the table on which you wish to use it.

Suggested materials: Large flour sack, well bleached; unbleached muslin, linen, Indianhead.

Making

1. Straighten edges by drawing threads and trimming uneven edges according to this drawn thread.
2. Turn edges $\frac{1}{4}$ inch and baste.
3. Turn 1-inch hem (or in proportion to the size of cloth).
5. Hem with hemming stitch—it may be hemmed, using the mitered corners, or it may be faced or bound with harmonizing materials. (When cloths are completed judge according to score card on page 30).

III

DARNING

The diamond shaped darn is recommended, because the strain of the darn does not come on any one thread of the hose.
Points to Be Emphasized
1. Darning cotton of right weight and color for stocking.
2. Reinforcement of worn area around hole.
3. Smooth, close, even weaving.
4. Stocking and darn must not be stretched.
5. Darn must be smooth and flat.

Material
A pair of stockings with holes caused by actual wear; darter; needle just heavy enough to carry the thread; darning cotton that matches stockings, both in color and weight.

Making
1. Turn stocking right side out.
2. Place darter inside and smooth stocking over it.
3. Trim off ragged edges with scissors.

IV
SHOES AND HOSE FOR THE WELL DRESSED GIRL
The selection of becoming and appropriate shoes and stockings are as much a part of a girl's 4-H club program as the making of an attractive dress. They must correspond to her general costume.

Stockings
The type of stocking worn should be in harmony with the costume. Serviceable garments, such as a girl should wear to school, require lisle, cotton or heavy silk stockings of suitable weight.
For her dress-up garments, a good grade of silk hose is suitable. Some girls have the idea that very sheer hose are so much “fun” to wear, but the more appropriate hose are cotton, lisle, and heavy silk and rayon. If they are selected carefully, they are better looking than the very sheer variety. Girls who wear heavy winter coats and thin, sleezy stockings on a cold winter day do not show good judgment.

Stockings should harmonize in color as nearly as possible with the garments with which they are worn, and also with the shoes.

The size of stockings should be selected carefully. They should be long enough to permit freedom of the toes—but not so long that they wrinkle in the shoe. If holes appear quickly in the toe of a stocking, it may be an indication that the stockings is too short. Short stockings sometimes cause bunions and crooked toes, and should never be worn.

Stockings should be well cared for, or they become an expensive item of clothing.

1. Mend thin and worn places as soon as they appear.
2. Sew up runners immediately.
3. Wash new stockings before they are worn.
4. Wash stockings every time they are worn.
5. Keep inside of shoes and supporter fasteners smooth.
6. In putting on stockings be careful that you do not cause runs in them.
7. After washing stockings, see if they need mending. If stockings are ready for wear, roll them up neatly and put away.

**Putting Your Best Foot Forward**

Do your walk or do your hobble. Your feet are the foundation of your body and deserve the best treatment you can give them. Do you swim along gracefully, toes straight ahead, or do you turn your toes out and walk on the inside of your feet to avoid discomfort? Standing or walking with toes turned out is unnatural, very harmful to the feet and legs, and gives one an awkward appearance.
Construction of foot. The foot has 26 bones, connected by ligaments, and operated by many muscles and nerves. There are four arches in the foot—
1. The long arch at inside of foot from heel to toe.
2. Front arch, extending across ball of foot.
3. Arch at outside of foot from heel to base of small toe.
4. Arch across middle of foot under the instep.

Through misuse of the foot, lack of exercise of the leg muscles, wearing of badly designed or ill-fitting shoes, the arches may begin to sag and the bones slip out of place.

Distress is bound to follow. Pains caused by the feet may extend to various parts of the body, and cause headaches, backaches, continued fatigue, poor circulation, indigestion, bad nerves, rheumatism, etc.

What is your footprint like?

Since flattened arches cause so much foot trouble, each person should take an imprint of his foot. To do this, use large piece of blotter, or absorbent paper. Dip the foot in water and place on the blotter. Before it dries, draw around the imprint with a pencil. If it looks more like Illustration 2, you must do something to correct the flattened condition of the long arch. If it is like Illustration 1, with a deep indentation, you are assured that the arches are in good condition.

What Kind of Shoes Do You Wear?

For correct development of the foot:
1. Shoes should be designed so that the inner edge of
LIVE TOES!

By Toeing Straight ahead you are Saving

Out you are Losing

Time Energy Nerve Force Muscle Tone Posture

X Ray Picture of Poor Foot in Pointed Shoe

X Ray Picture of Normal Foot in Good Shoe

A-Deformity and weakness of toes
B-Allows natural strength and freedom of toes
sole is straight. When the inner edge curves, it crowds the toes.

2. Wear a sole which is flat or slightly rounded up in the middle, to hold the arch up. A sole which rounds down under the ball of the foot and bends up at the side—a concave sole—permits the front arch to drop.

3. Shoes should follow the natural line of the foot.

4. Shoes should not be too flexible or too thin-soled. If we could walk only on soft, springy earth as the Indian did, shod in soft moccasins, we should have no arch troubles. But, walking on hard pavements, as most of us do, we must cushion our feet against the shock of each step. That is why a moderately heavy sole is preferable to a light sole.

5. Shoes should be long enough and wide enough for the toes to lie straight and slightly separated. They should be roomy over the toes, and fit snugly around the heel and instep.

6. Shoes should have a substantial heel, that can properly carry the weight—high heels are responsible for poor posture, sore feet, aching backs and touchy tempers. Consider what would happen to a post, a foot square and six feet high, if it were raised two and a half inches from the ground at one side. High heels cause the muscles at the back of the leg to grow short from lack of use. Then when one attempts to wear sensible shoes, or tennis shoes, there is a tremendous strain at the heel cord. Did you ever know that high heels enlarged the calf of the leg. Every girl aspires to have slender, shapely legs. Moderate, sensible heels will help her have them.


How Can You Help Correct Foot Difficulties?

1. Wear shoes that follow the lines of the foot.
2. Wear shoes of material that is comfortable on your feet.
3. Walk with your toes straight ahead. It will strengthen muscles and arches.
4. If feet are badly strained or weakened, rest, massage, and proper exercise will help. A physician should be consulted.

5. Take simple exercises:
   a. Walk on tip-toes.
   b. Walk “toeing in.”
   c. Grasp with toes—barefoot (grasp a pencil or marble with toes, and take as many steps as possible without dropping it).
   d. Rising on toes (feet parallel, rise on ball of foot, twisting heels inward and trying to grasp the floor with the toes).

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V

TEA TOWEL

If flour sacks are used, be sure they are well bleached. To bleach: Soak towel in warm kerosene soapsuds. Rub until color disappears. Boil in suds, and expose to the sun for several days. If there is any trace of color left, chlorax may be used.

Points to Emphasize
1. Straight, even stitching (adjust length of stitch so that it looks well).
2. Stitch on very edge of hem.

Material
A bleached flour sack about 1 yard square, or linen tea toweling.

Making
1. Straighten edges by drawing threads, and trim uneven edges by this thread.
2. Turn an even ¼-inch hem. Baste.
3. Stitch straight on very inside edge of folded hem.
4. Finish ends securely by stitching back one inch and tying threads.
5. Do not hem selvages.
6. If all sides must be hemmed, turn corners squarely, and make them uniform.
VI

POT HOLDER

Pot holders are a kitchen necessity. So many people do not have enough pot holders conveniently placed and use tea towels instead, for lifting hot pans. This is a poor practice.

Pot holders should be heavy enough and large enough to be useful, but not stiff. They should be laundered often, so that they are fresh and clean. They should be of colors which harmonize with the kitchen, and which add a bright, cheerful spot to the room.

Points to Emphasize

1. Soft, but durable and attractive materials.
2. Heavy enough to be useful, but not stiff.
3. Even, straight, machine stitching.

Material

Two 8-inch squares of gingham, percale, unbleached muslin, or other practical material.
Two 7-inch squares of outing flannel, or pieces of an old clean blanket.
Material for loop.

Making

1. Turn a half-inch hem around edges of 8-inch square. Baste.
2. Place one square on table with hemmed edge up.
3. Lay padding exactly in center. Pin. Baste in position
4. Place second square on top, with hemmed edge down, keeping corners and edges even. Baste.
5. Stitch edges on machine, inserting loop in one corner before stitching.
6. Stitch diagonally, or in any manner desired, to hold padding in place.
VII
APRON

Every club girl helps at home and will need an apron. Since it is assumed that girls taking first year clothing have not sewed to any extent, it is suggested that a very simple type of apron be made.

Points to Emphasize
1. Selection of attractive materials that will launder well.
2. If bias is used as a finish, have it stitched on evenly and straight.
3. Pockets placed so that lengthwise thread of pocket coincides with lengthwise thread of apron; pockets stitched back at top, with triangular stitching.
4. Straps attached in a secure and neat manner.
5. All threads tied.
6. Straight machine stitching, with length of stitch adjusted properly.

Material
A cotton material of good laundering qualities, such as light figured percale, muslin, gingham, prints or other similar materials. Materials should be plain, or of small, simple design, in light, becoming colors. Do not select dark shades for your apron. The old idea of selecting colors that do “not show the soil” is not in accord with good habits of cleanliness and neatness, and also, dark colors are not cheerful and attractive. The amount of material required depends upon the width of material used. If 36-inch material is used, measure the finished length of the apron from chest to lower edge of dress. To this add 6 to 7 inches for hems, straightening of material, and shrinkage.

Pattern
Use any simple pattern which does not have straps, resting on the neck instead of on the shoulders.

Making
1. Fold material carefully.
2. Test pattern for size and alter accordingly.
3. Lay all pieces of pattern on material, and **pin before cutting**.

4. Mark perforations and notches with a pencil, or thread.

5. Cut, following lines of pattern.

6. Baste all seams first (if seams are necessary, use French seams).

7. Outer edges may be finished with a 1/4-inch hem; they may be faced, or bound with bias tape. If bias is used, it must harmonize with the material.

8. Stitch pocket around edge to top; turn and stitch a scant 1/4-inch toward center; turn and stitch diagonally about 1 inch joining the other stitching.

9. Straps may be made of material like the apron, or of cotton tape. They should be 3/4 inch to 1 inch wide when finished. It is well to fold the straps into the hem of the apron and baste. Then stitch straps in with the hem. Fasten them securely and neatly.

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**VIII**

**COTTON DRESS**

This dress should be of simple design, emphasizing selection of attractive and suitable material; straight, even stitching; neat
seams and hems; and a design suitable to the individual for whom it is made.

Material and designs should be selected according to the type of the one who is to wear the dress.

The short, plump girl looks best in plain materials, or materials with narrow stripes or small designs. She should avoid plaids and large figured materials, as they appear to increase her size; also avoid circular designs.

The tall slender girl looks well in plain materials, or in materials with fairly large designs. She should avoid stripes going up and down as they appear to increase her height.

Select becoming colors. Try various colors next to your face, and decide which ones make you look your best. Good colors are the ones that make your skin more clear, and intensify the color of your hair and eyes.

Points to Emphasize

1. Selection of attractive and serviceable cotton material suitable for a simple dress.
2. Design of dress becoming to the one for whom it is made.
3. Well constructed seams and neat finishes.
4. French or flat open seams may be used, depending upon the type of material used.
5. Hem may be stitched on machine or put in by hand, depending upon the type of material used, and the design of the dress.

Material

Select a cotton material such as light figured percale, gingham, cotton broadcloth, Indianhead, or other similar types, that are suitable to you in color and design, and that will launder well.
Pattern

A simple design, suitable for a cotton dress, *without the problem of set-in sleeves*. It may have a straight shoulder with no seams, or a slanting shoulder with a seam. Study your own figure, and decide what design of dress is most becoming to you. If you are tall and thin, avoid a straight line dress. The short plump girl will want a dress, that gives the feeling of height and slenderness. Fullness may be added by means of pleats, but the plump girl should avoid gathers. Neck lines are important. Broad, square, and round necks can be worn by people who have long, thin faces. V neck lines and oval ones are most becoming to the square or round face. Girls who are neither tall and thin, or short and plump, do not have as difficult a problem in selecting a pattern. Always remember to emphasize your good points, and do not wear designs in clothing that draw attention to your poorer qualities.
Making

1. Fold material carefully.
2. Test pattern and alter if necessary.
3. Lay all pattern pieces on material and pin before doing any cutting.
4. Mark notches and perforations.
5. Cut with long, even stroke.
7. Try dress on and "take up" or "let out" seams as needed.
8. French or flat open seam may be used. (Have no "whiskers," and have seams same width throughout).
9. Hem can be stitched on machine or put in by hand, depending upon type of material and possibility of dress shrinking. If dress is a tailored type of durable material, a machine stitched hem is best. If the hem is to be put in by hand, put it in as follows:

In taking hem lengths, stand straight with feet flat on the floor. Let someone measure with a yard stick or other stick the distance you wish the dress from the floor. Place pins horizontally at this place, and turn the hem on this line. Cut a marker of cardboard the desired width of hem (preferably at least 3 inches) and use a gauge in turning hem. Hem lengths must be taken from the floor up to give a straight hem line, even though shoulders might not be even, or one hip larger than the other. Make \( \frac{1}{4} \)-inch turn. Baste down and stitch on machine. Turn desired depth of hem, baste and hand hem.
The girl who is really well dressed must:

1. Wear clothing that is simple and clean, suitable for the occasion, becoming to her type, comfortable, and within her means.
2. Be clean about her person.
3. Be well groomed.
4. Have good posture.
5. Have a happy, pleasant personality, which is a result of good health and attitude.

Personal Cleanliness

Nothing will add more to the charm and attractiveness of a girl than a clean body. Baths should be taken frequently—once a day if possible. If this is not possible, not less than twice a week.

All clothing must be clean and fresh. Change undergarments often enough so that there is no perspiration or body odor from them. Any outer garment which shows marks of perspiration should be washed or cleaned before wearing again. Your clothing should frequently be hung on the line to air. Change your stockings daily—it lengthens the life of the stockings, and makes you more comfortable. If your feet perspire, be sure you change your stockings often, and wash them as soon as you take them off, as perspiration rots the fiber.

Careful Grooming

Good grooming includes the care of the skin, hair, nails, and teeth.

*In what Condition Is Your Skin?*

A good, clear, healthy skin is not only “skin deep.” It is a result of the food you eat, the sleep you get, the
water you drink, exercise and fresh air you get, and the care you give your skin.

Keep your skin clean. Wash it with mild soap and warm water. Then rinse it with cold water, because the warm water opens the pores, and the cold water closes them. If cosmetics of any kind have been used, cold cream should be rubbed in, working upward. Then remove the cream with a cloth.

Pimples are usually due either to lack of cleanliness or to the eating of too many sweets. Watch your diet and see if you are eating too much rich food as candy, cake, and pastry. Also, be sure that your eliminations are regular.

Sufficient sleep is necessary to a good skin. Ten and eleven hours with a good supply of fresh air for a growing boy or girl are necessary for a clear, healthy complexion.

The inside of the body must be washed as well as the outside. By drinking several glasses of water a day, you will aid in eliminating waste materials from the body.

Sleep with your windows open, and get some active exercise in the fresh air each day. Outdoor activities stimulate circulation, and help to make the skin rosy and clear.

Is Your Hair Soft and Glossy?

Oily, lifeless looking hair is certainly not becoming to anyone. Too many people expect the hair to take care of itself, and consequently neglect brings about a poor condition. Your general health also affects the hair—lack of sleep, internal disorders, worry, etc., will make the hair very unattractive. A few general rules are:

1. Brush hair each night with a stiff brush to stimulate circulation and remove dirt and dust.
2. Wash hair every week or two, or as often as it becomes dirty.
3. If the mild soap used is cut into small pieces and put into a pan with hot water and cooked until dissolved it is much easier to use as a shampoo.
4. Hair should be rinsed several times, the last rinse being cold, to stimulate circulation and close the pores.
5. Keep combs and brushes clean.
6. Frequent and regular massages give life to the hair.

Are Your Nails and Hands Well Kept?

You will want beautiful hands, especially when you become older. And to have pretty hands you must begin taking care of them now. Housework and dishwashing do not keep you from having well-kept hands. In drying the hands push the cuticle back with a towel. A little hand lotion applied after drying keeps the hands moist and smooth.

1. Do not cut your nails—file them.
2. File to a rounded shape.
3. Scrub nails well with a brush.
4. Clean them often.
5. Do not cut the cuticle.
6. Use a buffer or the palm of the hand to polish the nails.
7. If you have hangnails, or brittle nails, use vaseline or olive oil on them at night.
8. Do not bite your nails—it spoils the shape of your fingers, ruins your nails, and is very unsightly. If you get into the habit, it will be hard for you to stop.

Does Your Smile Show Teeth in Good Condition?

No matter what kind of teeth you have, you can improve them by—
1. Daily brushing.
2. Going to the dentist once or twice a year to check on condition of your mouth.

3. Eating bone-building foods (those containing the mineral, calcium).

Teeth kept healthy by early care may insure for you good looks, good health, efficiency, comfort and saving of money.

If the teeth are not in condition to grind the food thoroughly before it passes into the stomach, the stomach will become overworked.

If the teeth are dirty, the food will rub off some of the dirt and carry it to the body. Decayed teeth may cause headaches, abscesses, boils, nervousness, neuralgia, rheumatism, etc. So start now to keep your teeth in good condition.

Use a small toothbrush. Rinse it in clean water after you use it, and place it where the air and sunshine reach it. If the bristles begin to come out, get a new one, for the loose bristles may get under gums and cause pain.

Posture

Posture means the carriage of the body in standing, walking, sitting, and lying.

A girl may be attractively dressed, but unless she carries herself well she will never be considered well dressed. Posture affects our health and efficiency; it shows our mental attitude, and the state of our health; people judge our ability and energy by our posture.

A person should stand as tall as possible, with head up, chin in, shoulders squared evenly, chest out, abdomen in, knees straight, arms hanging naturally, and feet pointed straight ahead, not toeing out. Learn to stand on two feet. You make a better impression on the people about you, and you keep the organs of the body in correct position. Walk
with an easy, graceful swing. Do not stride, trip along, shuffle, amble, or the many other ungraceful ways of getting around. Learn to walk with ease and grace. You must exercise and think good posture.

Since one-third of your time is spent in bed your sleeping posture has great influence on your posture during the day. Huge pillows should not be used, and the bed must be firm with no sagging in the middle. Sleeping on the back and using no pillows is a good sleeping position.

Poor posture throws all the internal organs out of their natural position, and they can not possibly do their work properly.

Think Right

To have a strong clean mind you must have a strong clean body. The body is the house we live in, therefore, we must take care to keep that house clean and sanitary, thinking clean, happy thoughts. A cheerful, pleasant attitude is the best quality you can possess, and the one which makes you attractive to other people.

CARE OF THE CLOTHING

One of the aims of every club girl is “to be well dressed,” with as little expenditure of money as possible. She can not look well unless she keeps her clothing in good condition. A few clothes well cared for are better than many poorly kept.

The one thing we can all be, whether rich or poor, is to be clean and neat. If we would learn to make good use of dress and coat hangers, shoe trees, soap and water, a brush, a few simple cleaning fluids, and an iron, we would look better, feel better, and save financially.

What can you do to keep your clothes in better condition?
Here are a few “do’s” every girl should follow, until they become a habit—

1. Hang coats and dresses on hangers when they are not being worn.
2. Put hats away in box or drawer.
3. Use shoe trees in shoes.
4. Brush clothing “with” the nap, to remove the dust.
5. Wear freshly washed hose each day.
6. Wash hose as soon as you take them off, as the perspiration rots the fibers.
7. Sew up runs in hose immediately.
8. Darn stockings as soon as a hole or thin place appears.
9. Wash silk underwear carefully.
10. Remove stains from clothing as soon as they appear.
11. Air clothing frequently.
12. Keep hooks and eyes, snaps and buttons, sewed on.
13. Keep coats that are not in use in moth-proof bags.
14. Wear rubbers and overshoes when necessary, to protect your health, as well as saving the appearance and life of your shoes.

Check up on yourself, and if you are neglecting some of the “do’s” see that they become a part of your club program.

LAUNDERING

Cotton and Linens

1. Use only pure soap and enough for a lasting, bubbling suds.
2. Soak fabric in cool water.
3. Wash in hot suds (for colored materials, do not soak, and use almost cool temperatures).
4. Brush clothing “with” the nap, to remove the dust.
5. Do not rub or twist fabrics—squeeze suds repeatedly through the fabric.
6. Rinse thoroughly, twice hot and once cold. For colored fabrics, all rinses should be cool.

7. Dry quickly. If garments are delicate, roll in clean towel tightly.

Wool

Wool is not easy to launder because the fibre of wool is covered with tiny, horny scales. These overlap, and the overlapping edges are loosely attached and give a pine cone effect to the surface of the fiber. Hot water causes these scales to expand. If friction is then applied, by rubbing or wringing, the fibers mat together. This makes the fiber shrink, and gives the wool material a harsh effect.

1. Use lukewarm water for both washing and rinsing.
2. Use pure soap.
3. Do not soak, but squeeze in two lukewarm suds, keeping article under water.
4. Rinse thoroughly in two or more lukewarm rinses.
5. Squeeze out water. Roll between towels until loose moisture is absorbed.
6. Shape article and dry away from direct sun or extreme cold.
7. Press on wrong side with a moderate iron.

Silk

Keep in mind this—

1. Do not rub, wring, or pin on the line to dry.
2. Use lukewarm water and a solution of pure, mild soap.
3. Wrap garment in Turkish towel.
4. Press on wrong side with a moderate iron.

PRESSING

Wrinkled clothes have no place in the well dressed girl’s
wardrobe. Learn to press your own clothes, and to do it right. All fabrics can not be pressed in the same manner.

Wool—Cover with a thick damp cloth and press until cloth is dry. Hang garment up immediately to thoroughly dry. “Shine” is caused by wearing off the nap. A tablespoon of ammonia added to tepid water is good for sponging shiny material before pressing. Nap may be brushed up with a stiff brush, or a piece of very fine sandpaper may be used.

Silk—Do not use too hot an iron. Press on wrong side of material.

Cotton and Linen—Be careful not to use too hot an iron, so that material will scorch. Material must be dampened enough so that it will press smooth.
Why Exhibit?

To find out how your work compares with that of other club members; to help you to improve your work next time; to show the people of your community and state what you have accomplished.

Remember, when you are exhibiting, that only a few can win. The value in exhibiting is in the comparisons, which should raise the quality of work for another time. The value is not in winning prizes.

When you exhibit at a county, community, or state fair, or anywhere else, remember these points:

1. Articles must be clean and well laundered before you can expect a judge to consider them.

2. All articles must be labeled—preferably have name, age, and address typewritten or neatly printed, on a small piece of stiff cloth (paper cambric is good) and sewed securely onto the article. Label to be 2 inches by 1 inch.

3. On garments, place the label at the back, in center of neck line. Uniformity in placing will save time at fairs.
XII

JUDGING

Every girl should make every article the very best of which she is capable. It is interesting and worth while to score your completed articles according to the following score card, and to compare and discuss your results:

**Perfect Score**

<table>
<thead>
<tr>
<th>I. Materials used including decoration</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suitability to design, and purpose.</td>
<td></td>
</tr>
<tr>
<td>Durability of materials.</td>
<td></td>
</tr>
<tr>
<td>Laundering and cleaning qualities.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>II. Design and color</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suitability to occasion or use.</td>
<td></td>
</tr>
<tr>
<td>Individuality.</td>
<td></td>
</tr>
<tr>
<td>Beauty in line and color.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>III. Workmanship</th>
<th>25</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choice and neatness of seams, hems, finishes, etc.</td>
<td></td>
</tr>
<tr>
<td>Perfection of stitching.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>IV. General appearance</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleanliness.</td>
<td></td>
</tr>
<tr>
<td>Pressing.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>V. Relation of value to cost</th>
<th>10</th>
</tr>
</thead>
</table>

**TOTAL** 100

Suggestion: After each article is completed, set aside a few minutes and judge these articles. You will enjoy it, and it will make your work of better quality.

There are several methods of judging, but club members
must first become familiar with the points on which articles are judged before they can make accurate decisions. Therefore, the above score card should be used.

**How to Proceed with the Judging**

1. Completed articles should be laid on a table.
2. Number them A-B-C-D, etc.
3. Each club member should have a copy of the above score card and a pencil.
4. Leader should explain the points given on the score card.
5. Begin judging. Members should deduct from the perfect score whatever they feel should be deducted, keeping the deductions in proportion throughout. That is, one girl may take off 5 on material used on No. A, while another girl may take off 10, even though her opinion of the article would be no less than that of the one who deducted only 5. It is the relative value that counts.
6. Total up the scores and discuss the placings of the various articles: Why you placed B above A, etc.

When club members have had experience in judging the various articles, according to the above score card, they are then ready to make placings according to comparative rating cards. (These will be furnished by the County Extension Agent or State Club Office).

**Bibliography**

3. Extension Bulletins.
5. The Importance of Posture Metropolitan Life

6. Foot Health Insurance Co.

7. Good Teeth

(Additional information can be obtained from these sources).

"Simplicity is not plainness, stupidity, or poverty, but is the foundation of all that is beautiful"