School Clothes Club

Second Year

4-H CLUB CLOTHING

# 4-H Clothing Club Requirements

## Home Clothes Club—First Year

**Construction**
- Hand towel
- Tea towel or pot holder
- Darn a pair of stockings
- Kitchen apron or a simple cotton dress

**Other Phases**
- Personal appearance
- Correct shoes and hose
- Care of clothing
- Clothing judging
- Record keeping

## School Clothes Club—Second Year

**Construction**
- School dress of washable material
- Slip and one other undergarment
- Hemmed patch
- (Pajamas—may be made if desired)

**Other Phases**
- Material selection
- Design and color
- Patterns and alterations
- Clothing account keeping
- Clothing judging
- Demonstration teams
- Record keeping

## Special Occasion Clothes Club—Third Year

**Construction**
- Afternoon or informal party dress
- Two appropriate undergarments
- One accessory

**Other Phases**
- Selection of accessories
- Pressing
- Dressing for the occasion
- Clothing accounts
- Clothing judging
- Demonstration teams
- Record keeping

## Wardrobe Club—Fourth Year

**Construction**
- Ensemble of at least four articles for street, school, travel, sports, or social wear

**Other Phases**
- Clothing inventory
- Personality study
- Plan wardrobe for year
- Clothing accounts
- Buying
- Tailoring and finishing methods
- Clothing judging
- Demonstration teams
- Record keeping
School Clothes Club
Second Year 4-H Club Clothing

Membership

Anyone over ten years of age who has completed the first year of 4-H clothing club work, or who, in the estimation of the local leader and County Extension Agent, can carry the work through to completion in a satisfactory manner, can enter the School Clothes Club.

Purpose

The School Clothes Club is planned for the purpose of helping girls:
1. To plan, select and make suitable and attractive school clothes economically.
2. To better understand color and design and its application.
3. To learn how to use commercial patterns and how to alter them.
4. To fit garments correctly.
5. To use correct seams and finishes for washable materials.
6. To select and make suitable types of undergarments.
7. To develop interest in clothing judging.
8. To demonstrate good clothing practices to the public.
9. To be good citizens and sound leaders.

Requirements of School Clothes Club

Each member enrolled in the School Clothes club is required to do the following:
1. Plan a complete costume of washable materials for school wear. (Or if not in school, a plain tailored, washable outfit).
2. Make a study of, and discuss at club meetings the following:
   a. Selection of materials for washable school dresses.
   b. Design and color for individuals.
   c. How to use patterns and how to alter them.
3. Take an inventory of clothing on hand (blank provided).
4. Make a washable school dress, a slip, and one other undergarment that will make a harmonious costume.
5. Make a hemmed patch.

Prepared by Myrtle G. Euren, Assistant State 4-H Club Leader, and approved by Josephine Pollock, Extension Clothing Specialist.
6. Learn how to fit garments correctly.
7. Keep an accurate account of all clothing expenditures on blank provided.
8. Participate in clothing judging and demonstrations.

SCHOOL CLOTHES FOR GIRLS

Before deciding on any garment, you must first determine what need this dress is going to fill in your wardrobe. Are you going to wear the dress to school, to church, for social wear, for sports wear, or where?

The dress you will make in second year clothing is a school dress. Keep in mind that going to school is your business, and your business dress must be simple in color and design, serviceable, and becoming to you.

The well-dressed girl never wears out her old afternoon and party dresses at school or at home, unless they are made over so that they will be appropriate for that use.

This school dress or general wear dress should be plain and tailored (or semi-tailored), serviceable, of a type easily cared for, and attractive.

In second year clothing, besides the school dress, you learn to make appropriate and well fitting undergarments for it.

Every club girl has the desire to be well dressed. She cannot be well dressed unless she wears simple, neat, inconspicuous, and dainty undergarments. Underwear is worn as a protection to the body and outer garments, and to form a foundation for outer garments. In selecting your materials and designs, and in making your underclothing, keep the following points in mind:

Undergarments Should Be—

1. Of materials which are inexpensive, launder well, and to which dresses will not cling.
2. Of white or dainty light colors which will look well after several washings.
3. Simple in design, harmonizing with the lines of the human figure.
4. Finished as flat as possible (Use flat fell seams wherever possible) since the undergarments are a foundation for the dress.
5. Designed for health and comfort.

PLANNING YOUR CLOTHES

If you want a dress that is becoming to you, you must study yourself before you will know what type of design and material to select. Because your friend, Mary, looks lovely in a certain dress, does not mean that you would look as well in the same type of dress.
First, remember that simplicity is the first essential. Simple designs, simple color schemes, simple trimmings and materials are always in good taste.

This is interesting to do—think over the dresses you have worn in the past year. Which one did you feel the most comfortable in, and which one did you like best? Decide why.

Answer the following questions about yourself before you decide on the type of your new dress:
1. What type are you?
2. What color is most becoming to you?
3. What clothes do you need?

What Type Are You?

When you are considering the type of person you are, remember that your characteristics are not completely definite at 12 or 15 years of age. You are at a formative stage when many characteristics are changing. What suits you now, may be entirely wrong for you at 22 because your interests, coloring, size, etc., may be entirely different.

Also some of you may have a difficult time putting yourself into any of the classes listed below. Perhaps you have qualities found in two or three of the groups. But by trying to classify yourself, you get a chance to analyze yourself and this will help you to dress more suitably.

1. The ingénue type of girl, who is dainty, feminine, and usually of light coloring, should select, soft, dainty materials, and can wear the less tailored kind of clothing. Quaint and unusual designs are usually becoming to her.

2. The athletic type—one who likes the outdoors, and is a strong, sturdy type of girl—should choose a simple, sport type of clothing; the kind that is easy to put on, easy to take off, and easily taken care of. Her clothing can be very smart and should follow tailored lines.

3. The dramatic or dignified type, with a rather outstanding personality—should select rich, but modest colors, plain lines, but more extreme than the athletic type wears. The dramatic type is usually tall, with good features and figure, who can wear graceful, modish lines.

The design and material for your dress must be selected too, according to your figure—To which class do you belong?

1. The tall, thin girl may wear lines which break her height. Horizontal effects in the use of belts, ties, or plaids, yoke effects, broad collars, and horizontal tucks are some means of breaking height. Large plaids may be worn. Narrow panels, lengthwise tucks, unbroken lines from shoulder to skirt hem, vertical stripes, or lines of any kind, tend to make her taller and more slender.
2. The tall, heavy girl should wear straight, simple lines. Plain materials are far better than figured or plaid. 
Avoid—Bulky trimmings, ruffles, or extreme designs of any kind.

3. The short, slender girl has no definite problem. Almost anything is becoming to her, except skimpy, extremely straight line garments.

4. The short, stout girl must wear straight up-and-down lines.
Avoid—Drapes and other bulky designs; horizontal effects of all kinds; figured materials (especially large figures).

In general, simple, clear-cut lines always are more becoming than designs in which the trimming makes a number of lines. The face is the logical center of interest, and no part of the costume should detract from it. Becoming colors will bring out your personality and good qualities.

What Color Is Most Becoming to You?

In some colors you may look drab and uninteresting. Other colors give color and depth to your eyes, shine to your hair, clearness and color to your skin. It is a shame to wear colors that detract from your appearance, when there are so many becoming colors that will bring out your good qualities.

Since your eyes, hair, skin, and size of figure have to be considered in selecting a color, there is only one way to do it. Study yourself in a looking glass in daylight, and hold various colors up to your face and notice the effect on hair, eyes, and skin. (This might be done at a regular club meeting). Since there are so many qualities and types of skin, eyes, and hair, and so many qualities of color, it is impossible to say definitely that a blond can wear blue, green, etc. Study yourself and the effect various colors have on you, and remember this—

1. Bright, light colors tend to increase the size of the wearer.
2. Bright colors are more tiring than the more subdued ones.
3. The selection of a color depends on the type of dress for which you are choosing it. “Dress-up” dresses may be of lighter, gayer, colors, while school dresses should be more neutral.
4. Bright colors can be worn by girls with clear complexions and good coloring. Bright colors bring out the bad qualities of a poor complexion.

Color surrounds us on every side. In order that you can make the best use of these beautiful colors, there are certain terms and classifications that you should know.

Primary Colors—From which all other colors are made—
Blue Yellow Red
Secondary Colors—Made by combining primary colors—
Green Orange Violet
Tertiary Colors—
Yellow Green Yellow Orange Blue Violet
Blue Green Red Orange Red Violet
Hue—The name of the color, as red, blue, etc.
Intensity—The brilliancy or amount of pure color which it contains.
Value—The lightness or darkness of a color. If light, it is called a tint; if dark, it is called a shade.
Neutral shades—Colors that have been combined with gray, white, or black, or other colors, to produce a grayed effect. Neutral or grayed tones are usually more beautiful and satisfying than the intense colors.
Warm Colors—Those that advance and give a warm effect, as yellow, orange, red, etc.
Cool Colors—Those that recede into the background, as blue, blue-green, violet, yellow-green, etc.
Color Harmony—The combination of beautiful and pleasing colors produces harmony. Our dress must be harmonious in color as well as design. This knowledge of good harmonies can best be acquired by observing the colors in nature, in beautiful pictures, and good textiles.

What Clothing Do You Need and Want?

Before buying any materials, or doing any sewing, every girl who is in the School Clothes club will plan her entire wardrobe.

If no plan is used, a girl is likely to make a dress of one color and type and find she has no suitable hat to wear with it—or she may buy material for undergarments that is far too expensive, and is inappropriate for the dresses with which they will be worn.

Planning your entire wardrobe will be just like a game. First you must ask yourself some questions:

What clothing do you have on hand? Using the blanks found in this clothing bulletin, list the clothes you now have—those which can be worn as they are, those that need renovating, and those that should be discarded.

What do you need and want? There are many things you may want, but cannot afford, and do not really need. So decide and list what garments you need most, and then be determined to have these garments so well suited to your necessities, your personality and type, that you will get real pleasure in wearing them.

In planning your school clothes keep these points in mind:

1. Consider what you already have before you buy anything new. Every article must be selected with the others in mind, from the standpoint of color, style, and type.
2. Decide on one or two becoming colors. Plan all garments and accessories to harmonize with these.
3. Buy only what you need.
4. Select simple, comfortable clothing of good quality.
PATTERNS

Although you buy a pattern which is supposed to fit you, it undoubtedly will need some alterations. Patterns are made according to average proportions of girls of different ages and sold according to age—as size 10, size 14, etc. Adult dress patterns are sold by bust measure. The only way to decide what size pattern to buy is to be measured carefully, then buy the pattern which is nearest your measurement. For example, a size 16 pattern has a 34 inch bust measure, so if you measure 34 inches bust measure buy a size 16 pattern, whether you are 12 or 20 years old. You, perhaps, are not exactly of average measurements, and the pattern must always be tested and altered to fit you.

How to Use a Pattern—

1. Read directions carefully on outside of envelope.
2. Open pattern and select the pieces you will use.
3. Study the direction sheet which comes with the pattern.
4. Place those pieces you will not use back in the envelope.
5. Test pattern and alter if necessary.
6. Pin entire pattern on material before cutting and arrange so as to prevent a waste of material. Usually there is a suggested "lay out" included with the pattern. Study these diagrams.
7. Note all marks indicating seam allowances, plaits, gatherings, notches, etc.
8. Mark notches and perforations with colored thread, or chalk. Never cut notches. After garment is cut, fold pattern pieces carefully and replace in the envelope.

Alteration of Patterns—

1. Decide whether pattern needs alteration or not by taking individual measurements, measure the pattern, and see how the two correspond; and by pinning the pattern on the individual.
2. If parts of the pattern have to be lengthened or shortened, or made wider or narrower, never just add or subtract material at outside edge of pattern. Make all adjustments as shown in the diagrams, by slashing the pattern in the center and spreading apart on the material, or by folding to make smaller. In this way the good lines of the garment will remain.
Altering Patterns: To shorten sleeve or body take small tucks in pattern (1) and (3); to lengthen, cut pattern and spread the required distance (2); to narrow pattern take lengthwise tuck (5) and slash to make wider (6). Figure (7) shows how a pattern may be altered for a large upper arm.
FITTING THE DRESS

To insure a garment that fits well, the garment being made should be basted together and then tried on for adjustment.

Helps in Fitting—

1. The straight, lengthwise thread of the cloth should run down center front and back. Straight crosswise thread should run straight across shoulders, chest, hips, and across top of arm. Lifting or letting out seams at shoulder and placing darts at underarm seam will bring these lines into position.

2. If garments swing to the front, a dart placed on the front piece under the arm will lift the side. Another dart placed right below the waist line will also help.

3. If armseye is too small, trim carefully. If armseye is too large, take underarm seam deeper, and possibly shoulder seam. Sleeve should join waist of dress in a line even with the point of the shoulder. The armseye line should not extend out over this point, as it detracts from the appearance of the garment.

4. Be sure the sleeve is cut on the straight of the goods. The way the sleeve is basted into the garment will determine how well it will fit. First, match notches in sleeve and in armseye. Hold the sleeve toward you while pinning and basting it in. If there is too much fullness to fit into the armseye, ease it by pushing it along with the thumb of the left hand while basting. Never allow the sleeve to be gathered if it is supposed to be a plain, smooth fitting sleeve. Much of the necessary fullness can be eased in so that it will never show. Sleeves fit better if they are put in with a plain seam (overhanded or a false French seam. A regular French seam should not be used in the armseye, as it makes the sleeve draw).

5. Shoulder seams should be on very top of shoulder except in following case: If shoulders are inclined to stoop, place shoulder seam back a little.

(For detailed instructions on fitting, see F. B. No. 1530 on Fitting Dresses and Blouses).
WASHABLE SCHOOL DRESS

Points to Emphasize—

1. Selection of an attractive piece of material suitable for a school wash dress.

2. Selection of a plain and becoming design of a tailored or semi-tailored type, suitable to the type of girl who is to wear the dress.

3. Careful construction — using seams* that are appropriate to the style of the garment and to the material used. Plain, open seams (stitched edges, or overhanded, or plain if material does not ravel) or French seams if material is sheer; or flat fell seams if garment is strictly tailored. Hem—first turn should be stitched on machine, then turned desired width and hemmed to dress by hand. If dress uses stitching as trimming, hem might be stitched on machine; sleeves put in smoothly with absolutely no gathers.

Material—

Use material of good laundering qualities, such as gingham, cotton broadcloth, percale, linen, pique, Indianhead, wash silk, good quality wash rayon, etc.

Making—

1. Use any pattern suitable to the individual. The design should be a plain and tailored type for school wear. This may be a one-piece or two-piece dress.

2. Seams and Hem—See above*
UNDERGARMENTS

A slip is a foundation for your outer garments. Therefore, it must be simple in design, and conform to the lines of the human figure. The shaped top following the rounded lines of the body produces a better effect and is also much more comfortable than the straight top slip.

Points to be Emphasized—

1. Simple design that will make a good foundation for present day dress styles.
2. Slips must be fitted as carefully as outer garments.
3. Adjust straps while slip is on. In applying strap to garment, slip it inside the top hem and stitch strap in with top hem stitching. Have straps fastened neatly and securely.
4. All finishes should be as flat as possible.

Material—

Use a soft undergarment material with a smooth finish, to which outer garments will not cling, such as nainsook, fine muslin, soft longcloth, slip-tex, pongee, good quality rayon, pure dye silk, etc. Get material which will not pull out in the seams.

The color should be delicate or of neutral tone, or white, depending upon with what it is to be worn. All undergarments should harmonize with the dress.

Making—

Any pattern simple in design may be used. Slip patterns are bought by the bust measure. The design should be one which follows the lines of the body, avoids bulkiness of any kind, but allows sufficient room for activity so that seams will not pull out.

Most second year clothing girls will want to make bloomers or modified step-ins of some kind for their second undergarment. They must be comfortably roomy, but not bulky and full, as this detracts from the trimness of the appearance of the outer clothes.

For school wear, bloomers with a fitted top, and perhaps band knee, will be more desirable than step-ins. Bloomers made at home from good materials will usually be more satisfactory than cheap, ready-made ones.

Points to Emphasize—

1. Selection of soft, smooth materials in delicate colors, or white.
2. Even, flat fell seams.
3. Seams meeting exactly at the crotch.
4. Cashings (if used) should not be more than ½ inch wide, and stitched at both edges. A buttonhole stitch should be used for opening in casing through which to run elastic.
Material—
Should be of good laundering qualities, with a smooth finish, such as nainsook, fine muslin, cotton crepe, fine sateen; mercerized cottons, good quality rayon, pure dye silk, etc., in white or delicate colors, to correspond with the dress or the slip.

Pattern—
Choose a pattern that avoids bulkiness. Smooth fitting tops, with band knees, are preferable to gathers at the waist and elastic at the knee. A reinforced crotch is more serviceable than the single.

Making—
Flat fell seams should be used, and should meet evenly in the crotch.

**HEMMED PATCH**

This patch is used for repairing cotton garments, as it will stand repeated launderings. It is suggested that, if possible, this patch be made on a garment that needs repairing.

Points to Emphasize—
1. Square corners.
2. Fine, even, inconspicuous hand hemming.
3. Stripes and plaids and thread of material matching.

Note: For exhibit purposes the patch may be made on a square of six-inch material.

Material—
A piece of the same material as the garment to be patched.

Making—
1. Cut away irregular, worn part around the hole, leaving a square or oblong. Cut the patch carefully (following the thread of the material) ¾-inch longer on all sides than the hole, which means that the patch is 1½ inches wider and longer than the hole.

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Hemmed patch. (Right and wrong side)
2. Baste the right side of the patch to the wrong side of the garment with all stripes or plaids evenly matched, and lengthwise threads in patch parallel to the same threads in the garment.

3. Turn garment to right side, and cut with diagonal slashes at all four corners ½-inch deep.

4. Turn edge of garment material under ½-inch all around hole; baste, hem to patch with hand hemming stitch. Take care to make square corners.

5. Turn to wrong side.

6. Turn under edge of patch ¼-inch all the way around, baste, hem to garment with fine hand-hemming stitches.

CLOTHING JUDGING

Before beginning to make any garment, it is suggested that you judge several garments according to the score card below. This will help you in making your own articles.

Judge each garment as soon as it is completed. For instance, when you complete the dresses have them all judged by the club members. It will help you to improve on the quality of your next garment, teach you what points to look for in buying or making garments, and will develop good judgment on the part of all club members, rather than just develop a team selected for competition.

Washable School Dress

1. Suitability ................................................................. 30
   To individual ......................................................... 15
   To occasion ............................................................. 15

2. General appearance .................................................. 25
   Design ........................................................................ 8
   Individuality ............................................................... 8
   Color combinations .................................................... 5
   Texture combinations .................................................. 4

3. Workmanship ............................................................. 25
   Cutting ....................................................................... 4
   Fitting ....................................................................... 5
   Appropriateness of finish .............................................. 8
   Quality of finish .......................................................... 8

4. Economic aspects ....................................................... 20
   Value in relation to cost in time and money ..................... 10
   Durability of materials and design ................................. 5
   Cost of upkeep ................................................................ 5

   Total ........................................................................... 100
SCHOOL CLOTHES CLUB

Score Card For Undergarments

1. General Appearance ................................................................. 30
   Design
   Color
   Cleanliness
2. Suitability .............................................................................. 25
   To outer garment
   Of materials
3. Workmanship .......................................................................... 25
   Appropriateness of finish
   Quality of finish
   Fitting
4. Economic Aspects .................................................................. 20
   Value in relation to cost
   Durability

Total ............................................................................................. 100

TEAM DEMONSTRATION

Why Demonstrate?

1. Demonstrations are a valuable method of teaching, since people learn by seeing. You, as a demonstrator, “show, by doing;” Thereby, you teach your community and others many valuable practices.

2. Demonstrations create additional interest in club work, and place the value of club work before the public.

3. Preparing and giving a demonstration, develop clear, concise thinking on the part of the demonstrator; develops skill; develops his speaking ability, his poise and personality; and his ability to think quickly and meet a situation readily.

What Shall You Demonstrate?

Demonstrate on a subject that is vital and helpful to your community, and is the result of a practice you have learned during the club year. The subject should contain only one main idea.

The following are suggested subjects that might be used for second year clothing demonstrations:
1. The convenient clothes closet.
2. The sleeve that looks well.
3. Fitting a dress.
5. Good posture essential to the well dressed girl.
7. Making new from old (renovating a garment).
8. Shrinking materials.
10. Removing common stains.

For further information on team demonstrations see your County Extension Agent.

EXHIBITS

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—not in winning prizes.

When you exhibit at a community, county, 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 neckline. Uniformity in placing labels will save time at fairs.