<table>
<thead>
<tr>
<th>Year</th>
<th>Projects</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Year</td>
<td>Assemble a sewing kit, pot holder or kitchen apron, learn to darn stockings, simple cotton dress</td>
</tr>
<tr>
<td>Second Year</td>
<td>School dress of washable material, slip, other undergarment or sleeping garment, hemmed patch</td>
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<tr>
<td>Third Year</td>
<td>Skirt and blouse or best dress and one undergarment</td>
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<tr>
<td>Fourth Year</td>
<td>Ensemble of three articles for home, school, sport, street or social wear</td>
</tr>
<tr>
<td>Fifth Year</td>
<td>Ensemble of three articles for home, school, sport, street or social wear</td>
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**Other Phases Studied in the Five Years of Clothing**

- Personal appearance
- Shoes and hose for health
- Care of clothing
- Material selection
- Design and color
- Patterns and alteration
- Selection of accessories
- Dressing for the occasion
- Clothing inventory
- Planning wardrobe for year
- Clothing accounts
- Buying
- Tailoring and finishing methods
- Pressing
- Personality study
- Clothing judging
- Clothing demonstrations
- Record keeping
Second Year 4-H Clothing

Membership

Anyone eleven or more 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 may become a member of the Second Year Clothing Club.

Purpose

Second year clothing is planned to aid the girl in:
Learning to wear appropriate and attractive clothes.
Planning and selecting becoming designs and colors.
Using and altering commercial patterns.
Fitting garments.
Constructing garments for service and attractive finish.
Spending clothing money wisely.
Recognizing good standards in clothing.
Demonstrating good clothing practices.
Becoming a good citizen and leader.

Requirements of Second Year Clothing

In order to complete the project, members should plan, select materials and make:
A slip.
One other undergarment or sleeping garment.
School dress of washable material.
A hemmed patch.

Keep a clothing plan and cost record for the entire year.
Attend club meetings regularly, participate in club activities and keep a record book. Write a story of your club work and submit it with the record book and health summary to the County Extension Agent, through the local leader.

Program Phases

Club members should study, discuss and demonstrate the following topics:
Selection of materials, designs and color.
Use of commercial patterns.
Fitting garments.
Clothing inventory and costs.
Improvement of personal appearance.
Posture in relation to clothing.

Prepared by Pauline Bunting, Assistant State Club Leader and approved by Martha Hensley, Extension Clothing Specialist.
SCHOOL CLOTHES FOR GIRLS

Planning—A well-planned costume is a good start toward being well dressed. Every clothing club girl should take an inventory of her clothing before planning her year's work. Use the Clothing Plan and Cost Record provided in the club outfit. The clothing plan is a list of all garments and accessories and gives an idea of the wearable garments on hand, those needed to be made and purchased during the year and how they will fit into the wardrobe.

How much does a girl spend on clothes in a year? This is a question every club girl should be able to answer. On the personal clothing cost sheet keep a record of money paid for all articles of clothing for a year. This account serves as a basis for making a clothing plan or budget the next year.

Give a summary of your clothing costs to the County Extension Agent. Averages of the money spent for the various items by a large number of girls will be interesting and helpful to the leaders and members all over the state.

The school or sport costume is important in the club girl's wardrobe. In order to be well dressed the school girl will wear clothing that is simple and serviceable, suitable for the occasion, becoming in color and design, comfortable and within her means. Undergarments are a protection to the body and to the outer garments, and form a foundation for the outer clothing. It is better to have a few well chosen clothes than many poorly chosen. A study of what one needs and one's personality, color and figure will help in planning an attractive school costume.

Select a design which is in style and is suited to the individual. The girl's individual characteristics should be studied so that the good points of her personality may be enhanced. Personality may be called the sum-total of all one's characteristics as expressed through one's features, size, coloring, carriage, disposition, the way one walks, and everything about one. These characteristics help to determine the design best suited to a person.

The design can make the figure appear taller or shorter, broader or narrower, as well as bring out the good features and hide the undesirable ones. Every dress has certain lines made by the seams used to join the
parts of the dress and lines made by trimming, including pleats, flares, facings, buttons, belts, collars, and cuffs. If most of these lines are lengthwise of the dress, the apparent height of the figure is increased. If all lines seem to be crosswise, such as in a fluffy, wide collar and flaring sleeves, flounces at the waistline and flared skirt the figure appears shorter and wider.

The average girl will have little difficulty in selecting a becoming design from the prevailing styles. The very slender or stout girl should study herself, then select and adapt the style which will help her appear at her best. For the school dress, then, select a pattern that is attractive, simply made, comfortable, durable and easily cleaned. Elaborate or fussy designs are out of place for school wear and difficult to care for. The pattern also must be suitable for the color and texture of the material to be used.

Select a color which is becoming and fits in with other colors in the wardrobe. Girls usually have a wide choice of color when the skin is clear and healthy. Paleness, sallowness or high coloring may limit the colors one may wear well. The best method of selecting becoming colors is to try them next to the face, using dark, light, dull and bright tones. It has been said that “The color of a costume is becoming when it causes the skin to appear fresh, clear and healthy; the hair to have luster or vitality and depth of color, and the pleasing color of the eye to be intensified. It is becoming when the figure does not appear very large or very thin, and when pleasing characteristics of the personality are brought out.”

Select material for wash school clothes that is durable and easily laundered because of the constant hard wear. These materials are usually firm and closely woven. Better service will result from a guaranteed color-fast material of as good quality as possible. Cotton and linen are obtainable in “sanforized” or pre-shrunk qualities. Cotton materials, for the average second year clothing club girl, are the most easily handled, inexpensive and attractive.

Select a commercial pattern of the desired style and size nearest one’s measurements. Some alterations may be needed after testing and studying the pattern. Directions for alterations are given in the Clothing Handbook pages 6 and 7. Good results may be expected if care is taken in laying out the pieces on the cloth, observing the markings on the pattern, and using the guide sheet for steps in putting garment together.
BUYING COTTON MATERIALS

Every girl likes to go shopping. A girl who knows what she wants and how to buy it spends less money and dresses better than a girl who has no knowledge of how to buy fabrics or clothing. When buying yard materials or ready-to-wear garments, decide first what type of garment is needed. A material is then chosen which is beautiful in appearance, the latest style, becoming in color and design and of good wearing quality. It is also well to determine if the cloth will spot, wrinkle or rough up, if it will stay clean, if it is easily cleaned or laundered, if the color is fast, and if it is comfortable in weight.

As all these qualities are required in fabrics, it is essential to study the factors which influence selection of fabrics. It is interesting to know the kinds of fibers used in making cloth and something of the way cloth is made, how it is dyed and the effect of texture. By studying samples, by looking at and handling fabrics and by asking questions, learn to judge materials. In a circular on Clothing Economics, the Bureau of Home Economics at Washington, D. C., gives the following information on buying fabrics:

Thread Content—First of all look at the cloth to see how close the threads are together. The closer they are, the less likely the fabric is to shrink. From 80 to 88 threads to the inch for most cotton prints denotes a good fabric which will shrink but slightly. The words “pre-shrunk” stamped on the selvage or on the label means the fabric has been shrunk by the manufacturer, but does not guarantee it will not shrink some more when laundered. However, less shrinkage can be expected from such fabrics than from those not so labeled.

Do not buy a cotton fabric that seems to be “filled” or “loaded” with starch, clay and similar substances. This will wash out leaving a sleazy fabric or it will “gum up” in an unsightly manner. Sometimes (but not always) this excessive sizing can be detected by rubbing the material between the hands. It will dust out as a fine powder. Close examination of the fabric will also show that the spaces between the yarns have been filled with chalky-looking substances.

Balanced Weave—Next examine the weave. The simpler it is, the more durable the fabric is likely to be. Novelties in weaves, in kinds and sizes of
yarns, and in combinations of different fibers are usually poor buys. A plain over-and-under weave with yarns of equal size both ways results in a balanced cloth. If the yarns one way are heavier than those the other way, the fine yarns may break sooner. Uneven yarns also break readily. Heavy places in yarns and heavy cords wear through the finer yarns quickly.

The yarns of a strong, well-made fabric are not easily drawn out of place. Pull the material between your hands and note the strength and the slippage of the yarns. Sleazy fabrics will pull out at seams and are not durable. Yarns that are not firmly fastened in the fabric or "float" across a number of yarns will catch and snag easily.

More labels are placed on fabrics and clothing now than ever before. Read these and use the information they give. Sometimes they tell what fibers the material is made of; often they give valuable facts about the construction of the fabric. Sometimes they warn that special care must be taken in laundering or cleaning the garment. Look for labels that give definite facts. If terms are used that are new, inquire their meaning, or better still, borrow a book on textiles from the nearest library and look them up. Do not be misled by general statements on labels which merely say that the fabric is the best or finest one made; these mean nothing.

Color Fast Fabrics—Cottons must be washed. If they will not wash satisfactorily, they are not worth buying. This means the color must be fast and they must not shrink. Fabrics with fast colors cost very little, if any more than those that fade. Look for a color-fast guarantee on the fabric being purchased. If it does not have such a label, take home a sample and wash and iron it. If possible, expose it to the sunlight for a few days.

If the fabric has been decorated with printed figures, stripes or checks, be sure the design is with the thread of the material. It is impossible to make a satisfactory, good looking garment out of material with designs not on the "straight" of the goods.
Clothes to Make

UNDERGARMENTS

Underwear forms the foundation for outer garments. Present day styles demand carefully selected and good fitting undergarments as an essential for a well-dressed appearance. The style should permit freedom of movement. Straps and bands should be adjusted so as not to pull or bind. The design should correspond to the type of dress and age of the girl.

Use a washable material of white or pastel, fast color of a closely woven, smooth, non-clinging quality. Some of the suitable underwear materials include Berkeley cambric, nainsook, dimity, special slip materials, good quality rayon and pure dye silk. Before making the undergarments, observe and score some ready-made or hand-made articles to see the types and finishes. Score the finished articles by the score card.

Slip

Select a pattern of the correct size of a simple or tailored style, with built-up or a semi-built-up neckline. The slip should be close fitting, smooth at the hips, waist and bust, yet wide enough at the hem to allow freedom in walking and active sports. The design should fit in with the style of the dress and the size and activity of the girl. Darts at the waist and underarm seam for fitting will be satisfactory for the average size girl. Bias cuts are suitable, and more difficult to make.

Adjust straps while the slip is on; fasten neatly and securely, preferably stitch in with the facing, binding or hem finish.

All finishes should be flat and smooth. Flat fell or french seams may be used. Make the seams narrow and of equal width.

Pantie

Panties or shorts may be made from the same material as the slip. Select a pattern which is comfortable and roomy, but not bulky. Flatness and smoothness are essential in all underwear. Styles that have been found satisfactory by many girls are those with a yoke in front and elastic in the back and the fitted top with a side fastening. A suitable edge finish for the leg, as a facing, hem or band, is more desirable than elastic.
Sleeping Garment

Pajamas or nightgown may be made. Simple designs and plain tailored effects are more easily made and laundered, and are more appropriate and attractive. The pajama may be made of light, cool material, with short legs for summer wear, or of warmer material such as outing flannel. Cotton broadcloth, muslin, nainsook, percale, cotton crepe and other soft materials are suitable.

Flat fell seams are used on pajamas, unless the material is very fine and soft, then French seams may be used. Some type of reinforced neckline, as a fitted facing or binding, is recommended.

WASHABLE SCHOOL DRESS

Select an attractive piece of material suitable for a wash school dress. There are many attractive, colorful, guaranteed color-fast, inexpensive cottons, linens, rayons, and silks that are appropriate for the wash dress.

Select a simple, up-to-date pattern the correct size, in a one or two-piece style. A simple sleeve is a wise choice and is easy to make.

The choice of seams will depend upon the material and the place used. A flat finish is desired, so choose a seam that will give a smooth, tailored appearance on the right side. A French seam may be used on very fine materials that fray easily, but never for heavy materials. A plain seam overcast, pinked or edge stitched is satisfactory on most materials, depending on how easily the material ravel.

The first turn of the hem is usually stitched on the machine, then the hem turned the desired width and stitched to the dress by hand. If stitching is used as trimming, the hem may be stitched on the machine; but the dress is not as easily lengthened.

In finishes and trimmings simplicity is the keynote, with attractiveness and individuality as additional watchwords. Pleats and tucks may form the decoration. Other finishes and trimmings include bindings, bound buttonholes, buttons, facings, pipings, bound or patch pockets, machine stitching, ties or decorative stitches. Directions for most of these finishes will be found in the Clothing Handbook.
Clothing Judging Score Card

<table>
<thead>
<tr>
<th></th>
<th>Perfect Score</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
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<tr>
<td>Materials Used</td>
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<td></td>
<td></td>
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<tr>
<td>Workmanship</td>
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<tr>
<td>Design and Color</td>
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</tr>
<tr>
<td>General Attractiveness</td>
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</tr>
<tr>
<td>Relation of Value to Cost</td>
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<td></td>
<td>100</td>
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Points in Clothing Judging

Materials Used—30
- Suitability to Design and Purpose—15—Material should be suitable for the pattern selected, and appropriate to the purpose of the garment.
- Durability of Materials—10—Material which is strong enough to give the service for which it is intended.
- Laundering Qualities—5—Article should launder well and easily.

Workmanship—30
- Choice and Neatness of Seams, Hems and Finishes—15—Seams, hems and finishes suitable for the article on which they are used.
- Perfection of Stitching—15—Even, straight machine stitching, with length of stitch varying according to the weight of material used; stitching close to edge. Hand stitching should be inconspicuous.

Design and Color—20
- Originality and Individuality of Design—5—Design of garment should show originality.
- Beauty of Line and Color—5—There should be harmony in color and pleasing color combinations.
- Suitability to Use—10—Design and color suitable to use of the particular article.

General Attractiveness—10
- Cleanliness—5—Article should be immaculately clean.
- Pressing—5—Entire garment or article well pressed. Seams should all be well pressed.

Relation of Value to Cost—10
- The cost in time and money should be in keeping with the value of the garment.
HEMMED PATCH

The hemmed patch is useful in repairing cotton garments, as it will stand repeated launderings. If possible, this patch should be made on a garment that needs repairing. If made on a sample, use a six-inch square of material. If patch is made on figured material experience in matching figures is gained.

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.

Baste the right side of the patch to the wrong side of the garment with all stripes or plaid evenly matched, and lengthwise threads in patch parallel to the same threads in the garment.

Turn garment to right side, and cut with diagonal slashes at all four corners ¼-inch deep.

Turn edge of garment material under ¼-inch all around hole; baste, hem to patch with hand hemming stitch. Take care to make square corners.

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

Score the patches on general appearance 35 points and workmanship 65 points.

Hemmed patch (Right and wrong side).
LOOKING YOUR BEST

Being well-dressed depends as much on good grooming and care of clothing as on selection and construction of clothes. Everyone wishes to appear attractive. Natural beauty is enhanced by practicing good health habits. Care of clothing includes mending, laundering, removal of stains and proper storage.

Every girl is judged by her personal appearance. Observing the “do-s” suggested in the First Year Clothing club bulletin will help a girl to be well-dressed. Thoughtless neglect and improper handling and cleaning are the most frequent reasons why clothing becomes shabby-looking and out of shape. It is important and easy to take care of clothing, by putting it on properly, wearing it right and removing it carefully.

The well-groomed girl is careful to have a clear skin; clean hands; nails well manicured; clean, well brushed hair; clean teeth; neatly shined shoes; clothes brushed, pressed and mended; and both a good sitting and a good standing posture.

The habits which help one to be good-looking include:

A good soap and warm bath two or three times a week to keep body clean and free from odors.

Cleanse face, neck and ears with warm water and soap, and rinse thoroughly each night. Lotion or cold cream may be applied and the excess wiped off if the skin is dry.

Keep hands clean at all times. Push back the cuticle at the base of the nails with the towel, when drying the hands. File nails the shape of the finger tip.

Brush hair well each day to free it from dust and to stimulate circulation in the scalp. Keep brush and comb clean.

Stand “tall” and maintain a natural, straight posture at all times.

Good habits of sleep, rest and food help one to be healthy, happy and attractive.

Be Your Own Best Exhibit.
CLOTHING JUDGING

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

Judge each garment as soon as it is completed. It will help one to improve on the quality of the next garment, teach what points to look for in buying or making garments, and will develop good judgment on the part of all club members. Members to represent the club in district or county contests are usually selected at a club judging tryout.

DEMONSTRATIONS

Why Demonstrate?

Demonstrations are a valuable method of teaching, since people learn by seeing. The demonstrator "shows by doing." Demonstrations should be a part of each regular club meeting.

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

Preparing and giving a demonstration develops 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 to Demonstrate?

Demonstrate on a subject that is vital and helpful in the community, and is the result of a practice 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, either team or individual:

- Fitting a dress
- Commercial patterns and their alteration
- Good posture essential to the well-dressed girl
- Care of clothing
- Suitable undergarments
- A school girl's clothing plan
- Suitable trimmings for school dresses
Appropriate accessories for the school outfit
How to cut, join and apply bias bindings or facings
Use of sewing machine for making decorations
Care of the sewing machine
Seams and finishes for cotton garments
Shrinking cotton materials
Dyeing cotton materials
Removing common stains

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

EXHIBITS

Why Exhibit?

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

Remember, the value in exhibiting is in the comparisons, which should raise the quality of work for another time—work for blue ribbon standards

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

Articles must be clean and well-laundered.

All articles must be labeled—have name 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.

On garments place the label at the back, in center of neckline. Uniformity in placing labels will save time at fairs.

Attach to dresses a statement giving: color of girl's hair and eyes, complexion, height, weight, age, type of figure, cost of materials and picture of girl wearing the dress on a small card provided by the County Extension Agent.
DRESS REVUES

School Clothes Club girls should participate in community and county dress revues. These revues, as well as other club activities, help the girls to practice the habits of health, good posture and grooming; understand that the well-dressed girl wears clothing that is simple, comfortable, becoming and appropriate; and gain a knowledge and appreciation of standards.

"Choose wisely, consider carefully, construct beautifully, judge intelligently, and decide impartially."