



No. 106

November, 1929

## THIRD YEAR 4-H CLUB CLOTHING



Montana Extension Service in Agriculture and Home Economics. J. C. Taylor, director. Montana State College and the United States Department of Agriculture, Cooperating. Acts of Congress May 8 and June 30, 1914.



# 4-H Clothing Club Requirements

## FIRST YEAR CLOTHING

### Construction

1. Make a hand towel or a break-fast cloth.
2. Darn one pair stockings.
3. Make a tea towel or a pot holder.
4. Make a kitchen apron.
5. Make a simple cotton dress or a nightgown.

### Other Phases

1. Shoes and hose for the well-dressed girl.
2. Personal cleanliness.
3. Care of clothing.
4. Clothing judging.

## SECOND YEAR CLOTHING

### 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. Color in relation to clothing.
2. Line and design in relation to clothing.
3. Patterns and their alterations.
4. Clothing judging.
5. Demonstration teams.

## THIRD YEAR CLOTHING

### Construction

1. Make a wool dress or a wool skirt.
2. Renovate some garment in wool or silk.
3. Make a simple silk dress or a silk tailored blouse.
4. Make a woolen darn.

### Other Phases

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

## FOURTH YEAR CLOTHING

### Construction

1. Make a complete outfit for traveling, or for school wear, or social purposes, or home wear.
2. Make five articles, one of which must be a renovation problem.

### Other Phases

1. Clothing accounts.
2. Buying.
3. Selection of hats.
4. Clothing judging.
5. Demonstration teams.

# Third Year Clothing

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## Qualifications for Membership

Anyone over ten years of age, who has completed the first two years of 4-H clothing club work, or, who in the estimation of the local club leader and county agent, is capable of doing the third year's work successfully, is entitled to become a member of the 4-H winter clothing club.

## Aims of Third Year Clothing Club Are:

1. To teach the selection and making of becoming, healthful, and suitable silk and woolen clothing, and the choice of appropriate accessories.
2. To teach the correct seams and finishes, especially applicable to silk and wool materials.
3. To emphasize the phases of garment fitting, and pressing of woolens and silks.
4. To develop in the club member the desire to dress well, but inexpensively, remembering that individual personalities, and activities govern largely what is appropriate.
5. To create a knowledge of high standards, through consistent practice in clothing judging.
6. To develop demonstration teams and judging teams.
7. To train club members in citizenship and rural leadership.

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Prepared by Myrtle G. Euren, Assistant State 4-H Club Leader and approved by Hazel Kidder, Montana Extension Service Clothing Specialist.

## REQUIREMENTS

### Third Year Clothing Club Members Are Required to Do the Following—

1. Make a simple wool school dress or a wool skirt.
2. Renovate some garment in wool or silk.
3. Make a woolen darn.
4. Make a silk dress or a tailored silk blouse.
5. Make a study of, and discuss at your club meetings some phase of each of the following:
  - a. Selection of materials.
  - b. Fitting of garments.
  - c. Pressing of woolens and silks.
  - d. Appropriate dress for all occasions.
  - e. Suitable accessories for the well-dressed girl.
6. Judge each group of garments as they are completed.
7. Develop judging and demonstration teams.
8. Attend club meetings regularly.
9. Keep a record and write a story, and submit these through your local leader to the county extension agent.

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## SCHOLARSHIPS

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 his or her 4-H club projects at a local, county, or state contest, and must have sent to the county extension agent, through his local leader, the final report blank, and a story containing at least 200 words.

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Note: The "Sewing Handbook for Montana Clothing Club Girls," which is supplied to every 4-H clothing club member and leader, contains additional information you may want on clothing construction.

## THIRD YEAR 4-H CLUB CLOTHING

Every girl has a desire and right to be well dressed. In your previous years of clothing activities, you learned that to be well dressed a girl 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 a good attitude.

Now that you are ready to begin third year clothing, stop and check up on yourself. Are you a **truly well-dressed girl**? If you have neglected some of the above points, make up your mind that you will observe and practice the suggestions given, so that you, too, can be "well dressed."

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## DRESS WELL

Before selecting materials or a design for a dress, or before selecting a ready-made garment, keep in mind that:

1. Simple clothing is most beautiful.
2. The dress must express your personality.
3. Your clothing should be planned in accordance with present style tendencies, but should never be extreme. Conservative, simple styles which are becoming to the individual may be worn several years and still be considered "in style."
4. You must select serviceable and becoming materials and those within your "pocket-book."
5. Your clothing must fit well.
6. The dress must be suitable in type and material for the occasions at which it is to be worn.
7. Accessories are an important part of your costume, and should be selected with care and good judgment.

### Simplicity

Simplicity is the foundation of all that is beautiful. Simple clothing is more girlish, and helps to express the personality of the one who wears the garment, in contrast to overshadowing the individual, as elaborate clothing does.

### Personality

What is personality? "Personality is the impression one makes on others." Everyone has an individual personality and charm which should be developed. Personality may be lost entirely by borrowing ideas in clothing from other people. Study yourself and find out what type you are, and then dress so that you bring out the best points of your own

individual type. Are you a dainty, feminine type, an athletic type, a serious, studious girl, or an animated type? Size, proportion, coloring, temperament, age and disposition are factors which determine personality.

### Selection of Materials

Texture, color and designs, should be considered in selecting materials. A stiff or shiny material makes a person appear larger, while soft, dull materials reduce apparent size.

Inconspicuous colors and plain materials are best for the large or stout girl. Plaids and figures attract attention and give added size to the wearer. Subdued colors always make one appear smaller than do bright colors. Intense colors can be used for trimmings.

In selecting material choose something which will not be too difficult to handle. Nothing is so discouraging in sewing as to work with material which ravel and frays, or which is too wiry to handle. Before deciding on a material, consider its cleaning qualities. Also, color and quality will determine whether you will get good service from it or not.

### Dress for the Occasion

One can be appropriately dressed at all times, even though one has very little money to spend on clothing. However, time and thought are required in planning and selecting the clothing, and care must be taken of the clothing after it is made or purchased.

Adopt one principle color for your entire outfit, and select all things to harmonize with this color. Select a color that is conservative and that will allow several different combinations.

At school, which is the "business" of most club girls, dress for your job. Tailored clothing, serviceable hosiery, low-heeled, girlish oxfords, are the type that make a girl attractive in the school room. Do not wear out old party dresses at school, unless you remodel them so that they are suitable to a school room.

Fine voiles and other inexpensive materials make lovely party dresses, and are better looking than cheap silks.

Remember that all parts of the costume should be in harmony and suited to the occasion. If this is observed, high-heeled slippers will not be worn at school or for street wear; beads and other jewelry will not be worn at school, but kept for social occasions; party dresses will not be worn to school, any more than you would wear a sport skirt and sweater to a nice party.

*"The keynote to distinctive  
dress is to KNOW yourself"*

## 1

**PLANNING THE WOOL SCHOOL DRESS**

You have such a quantity of lovely autumn and winter colors to select from, such attractive designs, that you should have a most fascinating time planning and making your wool dress. First, you must consider for what purpose you are making the dress. This is to be a school dress. If you plan your dress carefully, it will be suitable for almost any one of your many activities.

The style and design will depend a great deal upon your size—whether you are tall or stout, or thin or short, etc. Adapt the present day style tendencies to suit your figure. Do not accept a style as good for you, just because it looks well on someone else. Study yourself, and plan your clothes for you—don't borrow someone else's ideas.

The color you should choose should depend upon your hair, eyes and complexion. Select a color that will bring out the color in your hair; deepen and brighten your eyes, and make your complexion appear clear. Bright colors in whole dresses make one appear larger, and they also become very tiresome to the eye. Neutral or subdued colors are more desirable, with touches of color in trimmings. To find your best colors, try various colors next to your face, and see which values and shades bring out your best qualities.

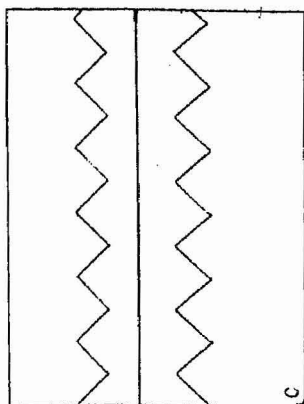
You will want your wool dress attractive in color, and individual in design, becoming to your type, within your means, well made, and possessing a certain amount of style.

**Material**

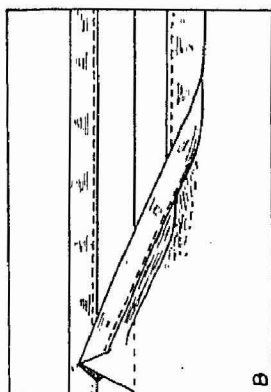
Flannel, wool crepe, challie, French serge, wool poplin, etc., are suggestive materials for the wool dress. Select colors that are in harmony with fall and winter, as navy and medium blue, henna, brown and tan, dull greens, dull rose, and others.

**Making**

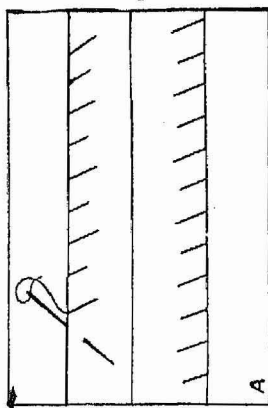
1. **Pattern**—The design should be simple and plain, becoming to the one for whom the dress is planned. A tailored type will be the most attractive. The dress may be a one-piece or a two-piece, with set-in sleeves.



Pinked Edge



Bound Edge



Overhanded Edge

2. Wool materials require a slightly different type of seams and finishes from other materials. Seams on wool garments should always be made open, finished in any of the following ways, appropriate to the type of material being used:
  - a. Open the seam and overcast both edges.
  - b. Open seam and pink both edges (if material is firm and heavy).
  - c. Open seam and bind both edges.
  - d. After the seam has been opened and finished, press flat, using a pressing cloth.
3. Be especially careful about the fit of the sleeve. The sleeve should fit smoothly, but easily. In basting the sleeve into the armseye, hold the sleeve towards you, ease in the necessary fullness, but do not allow any gathers. If the sleeve is larger than the armseye, try the dress on, and trim out armseye where necessary. The correct joining of sleeve and armseye comes in a line with the bone at the tip of the shoulder.
4. Armseye seam should be a plain open seam, overhanded or bound.
5. The hem may be finished in one of the following ways:
  - a. Sew edge of binding to raw edge of hem—catch stitch flat to dress.
  - b. Catch stitch hem to dress without binding (if material does not ravel).
  - c. Stitch first turn and catch stitch to dress (if material is fine and light).

## II

### WOOL SKIRT

If you made the tailored silk blouse, it would be well to make the wool skirt, making a complete costume.

#### Material

Fine serge, novelty suitings, wool poplin, tweed, etc., are suggested for the skirt. Select a color and material that will harmonize with your blouse.

#### Making

1. Any simple tailored type of skirt may be selected. Plaits are girlish and chic, and may well be considered in choosing the pattern.
2. **Seams**—Open seams, appropriately finished. (See illustration and explanation under wool dress.)
3. **Hem**—Must be put in by hand. (See hem under wool dress.)
4. If plaits are used, see that they are basted in straight. Use fine cotton basting thread, or silk thread, so that thread will not make marks when plaits are pressed. Use a heavy pressing cloth to keep plaits from showing where they overlap when they are pressed.

### GARMENTS MUST FIT WELL

Choose your patterns carefully; all patterns are made for average figures, and almost any pattern will need slight alterations.

An otherwise unsuitable pattern may be made to suit the individual by changing the neckline, by using a different type collar, by raising or lowering the belt, or by changing the type of trimming. Do not accept a design as it is unless it is becoming to you in every respect.

Buy a pattern nearest your size. Dress patterns are bought by the bust measure, skirt patterns by the hip measure. Test out the pattern, according to your own measurements. Perhaps the sleeve needs to be made larger or smaller; perhaps the waist pattern is not long enough, etc. The following sketches will help you in altering your patterns.

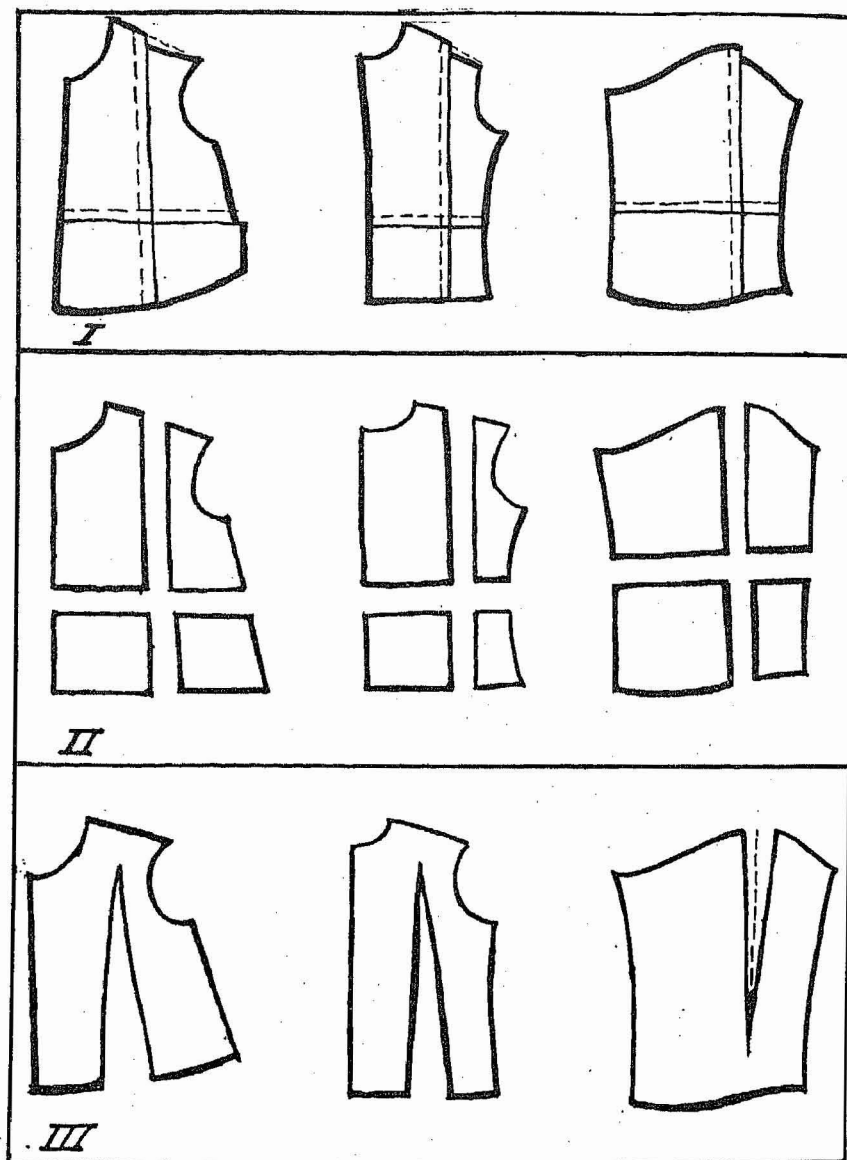
When the garment has been cut out, baste it together carefully, and try it on. Some alterations may have to be made.

#### Fitting Problems

Placing of seams—The shoulder seam of the waist should come just back of the top of the shoulder (unless person is round shouldered; then place seam slightly to the front).

The underarm seam should come directly below the shoulder seam and straight to the waist line.

The skirt seam should be straight, sloping neither to the front nor back.



- I. Decreasing length and width of back and front of waist, and sleeves.  
 II. Increasing length and width of back and front of waist, and sleeve.  
 III. Adding fullness across front and back without changing shoulder line; adding fullness at top of sleeve.

Placing of sleeve in armseye—sleeve must fit smoothly with no gathers. In placing sleeve in armseye, pin sleeve in first. Then baste, keeping the sleeve toward you, "filling in" extra fullness, but not allowing gathers. Joining of sleeve and armseye should be in straight line with tip of shoulder bone. Do not let this line fall out on the arm as it spoils the entire fit of the garment.

Shape necklines to suit your face and figure. V necklines for square and round faces, oval necklines for nearly all types, round necklines for long, thin faces.

### PRESSING WOOL AND SILK

Pressing seams and plaits as one sews, helps so much in keeping the garment from having that "home-made" look.

To press woolen garments use two pressing cloths, one heavy one and one lighter one. Wet the lighter cloth and wring dry as possible. Place the damp cloth on right side of garment and apply a heavy hot iron until material is steamed. Press. Keep iron in motion. Remove wet cloth and press through dry cloth, and do not press until woolen material is thoroughly dry, as this may make it shiny. Hang garment to thoroughly dry.

To press silk garments—press on the wrong side with a moderately warm iron. Silk burns easily, so do not use too hot an iron; or a pressing cloth can be placed over the silk on the right side, and then pressed.

### ACCESSORIES

What are accessories? They are those things which aid in completing the costume. Accessories can make or mar your appearance. Wearing a string of beads with a school dress, brilliant jeweled pins on cotton dresses, and many of the other indications of poor taste, are an evidence that good judgment has not been used in choosing the accessories.

The hat, shoes, and stockings should be in harmony with the rest of the costume in design, texture, and color. A good rule to follow is never wear jewelry of any kind unless it adds to your costume. Too much jewelry is worn merely for the sake of having the pleasure of wearing it. See to it that everything you wear is a harmonious and essential part of your costume.

Handkerchiefs, gloves, and bags are accessories that should be selected with the entire costume in mind.

### III

#### THE MADE-OVER GARMENT

This is your most interesting problem. What fun to take a dress or coat, supposedly beyond repair or use—and by careful thought and planning, make an attractive dress for yourself, or a coat or dress for some younger member of your family!

This is what you will want to do in getting ready to make over some garment:

1. Find a garment that is worth making over.
2. Draw a sketch of the old garment (you will want to compare the pleasing results of the new creation with the old garment).
3. Decide on your new design and plan of remaking.
4. Rip the old garment, and clean thoroughly.

#### Some Suggestions in Renovating

1. Do not renovate a garment unless the material is still good.
2. Do not use expensive materials or trimming with old cloth.
3. Piecings or worn places may be hidden by tucks, buttons, or other trimming.
4. A wool garment can sometimes be combined with a silk garment, making an attractive combination.
5. Be as careful about selection of design, trimmings, and general effect as if the material were new.

The made-over garment gives you a chance to exercise your imagination, individuality, and originality.

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### IV

#### THE WOOLEN DARN

The woolen darn should be made on a woolen garment that needs mending. If this cannot be secured make the darn on a 6-inch square of woolen material.

Directions are given in the Montana Sewing Handbook.

#### Points to Be Emphasized

1. Darning thread must match material in size and color. Ravelings from the material itself are most suitable.
2. No loose ends or threads.
3. Darn should be neither bulky nor stretched.

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### V

#### SILK DRESS

Each girl should have one dress that would be suitable for "social" wear. Why not plan and make this dress yourself? It should not be expensive, but to make it becoming and pleasing will require time and thought on your part.

### Points to Emphasize

1. Selection of suitable silk material for the style of dress, and the one who is to wear it.
2. Selection of a simple design in keeping with the present-day fashions, and becoming to the individual.
3. Neat and narrow French seams, or open seams appropriately finished (depending upon the kind of material used).
4. Snaps and other findings securely and neatly applied.
5. Hem must be put in by hand.
6. Dress must be well made, suitable to the individual, and possess a certain degree of style.

### Materials

In selecting material, do not choose something which ravel or frays easily, as this type will be very difficult to work with. Materials as pongee, shantung, wash silks, silk crepe, and silk poplin are suggested.

### Making

1. **Pattern**—select a simple design becoming to the individual who is to wear the dress.
2. Read pattern directions carefully.
3. Test pattern.
4. Alter pattern if necessary.
5. Lay all pattern pieces on material and pin, before doing any cutting, to be sure you will have enough material, and that you are cutting your dress to the best advantage.
6. Cut carefully—with long even strokes of the scissors. Mark notches and perforations with chalk or colored thread. Do not cut notches into the garment.
7. Baste garment together according to pattern directions.
8. Have first fitting of dress, and alter as necessary.
9. After necessary alterations have been made, and basted in, permanent seams may be made.
10. **Seams**—French seams or open seams, appropriately finished, shall be used. The type of seam will depend upon the kind of material used.
11. **Hem**—the hem must be put in by hand. After the hem length has been taken from the floor, make a small  $\frac{1}{4}$ -inch turn. Baste. Stitch. With the aid of a cardboard gauge, turn hem desired width. Pin. Basté. **Hand hem.**
12. The kind of finishes and trimmings will depend entirely upon the type of dress. If the dress is a plain, tailored type, choose similar types of finishes. If it is a "dressier" type, less severe trimmings may be used. Sew on any snaps or hooks and eyes securely and neatly.

## VI

## TAILORED SILK BLOUSE

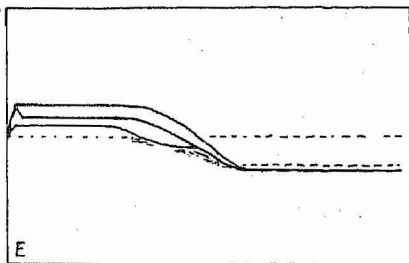
A tailored blouse, well made, is girlish, serviceable, and "chic." Worn with a sport skirt or a suit, it makes an attractive and appropriate school costume.

## Points to Emphasize

1. Selection of materials adaptable to tailored silk blouse.
2. Selection of a tailored type of design.
3. Neat seams and finishes appropriate for a tailored garment.
4. Snaps and other findings sewed securely and neatly.

## Material

Pongee, wash silks, shantung, silk poplin, silk madras, etc., are suggested as suitable blouse materials.



Flat felled seam

## Making

1. Select a simple, tailored type of design.
2. Follow pattern directions carefully.
3. Alter pattern if necessary.
4. Cut carefully, observing all perforation and notch indications. Mark with chalk or thread.
5. Baste blouse together according to pattern directions.
6. Fit and alter where necessary.
7. Seams—In most tailored blouses, the seams should be flat felled. In some, the design and type of material might require a narrow French seam.
8. Finishes—On tailored garments practically no handwork is done. Machine stitching itself often makes all the trimming necessary. All findings must be securely and neatly applied.

## SCORE CARD FOR JUDGING WOOL AND SILKEN GARMENTS

|                                                             |     |
|-------------------------------------------------------------|-----|
| I. Materials used, including trimmings .....                | 30  |
| Suitability to design and purpose of dress.....             | 15  |
| Serviceability of materials .....                           | 15  |
| II. Design and color .....                                  | 20  |
| Beauty of design and color combination.....                 | 5   |
| Suitability to occasion and individual.....                 | 10  |
| Individuality .....                                         | 5   |
| III. Workmanship .....                                      | 30  |
| Choice and neatness of seams, hems, etc.....                | 15  |
| Perfection of stitching (hand or machine).....              | 15  |
| IV. General appearance .....                                | 10  |
| Cleanliness .....                                           | 5   |
| Pressing .....                                              | 5   |
| V. Relation of garment value to cost in time and money..... | 10  |
| Total score.....                                            | 100 |

## SCORE CARD FOR REMODELED GARMENT

|                                                      |     |
|------------------------------------------------------|-----|
| I. General success of problem .....                  | 30  |
| Originality shown .....                              | 10  |
| Economical use of material .....                     | 5   |
| Suitability of result to purpose.....                | 10  |
| Durability of result .....                           | 5   |
| II. Design and color .....                           | 30  |
| Beauty of design .....                               | 10  |
| Color combination .....                              | 10  |
| Texture combinations .....                           | 5   |
| Textile design combinations .....                    | 5   |
| III. Workmanship .....                               | 30  |
| Choice and neatness of seams, hems, etc.....         | 15  |
| Perfection of stitching .....                        | 15  |
| IV. Relation of value to cost in time and money..... | 10  |
| Total score.....                                     | 100 |

After each group of articles is completed, set aside a definite time, and judge those garments. Judging your garments, and those of other club members, according to the above score cards, will make you familiar with the points of garments of high quality. Being familiar with these points will help you design and make better garments, and help you in selecting ready made clothing.