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FIRST 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 breakfast 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.

First Year 4-H Club Clothing

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 them that simplicity, modesty, comfort, health, suitability, appropriateness, and neatness, are essentials of attractive clothing.
3. To give them a working knowledge of simple hand and machine sewing, and the proper use of sewing equipment.
4. To develop in them high standards of personal cleanliness.
5. To teach them to recognize a well-made garment, by creating interest in clothing judging; and to create a desire to properly care for it.
6. To develop citizenship, and to train members in rural leadership.

Prepared by Myrtle G. Euren, Assistant State 4-H Club Leader, and 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.
5. Make a simple cotton dress or nightgown.
6. Judge each group of articles as they are completed.
7. 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.
8. Attend club meetings regularly.
9. Keep 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 five articles. However, if a club member completes her work in time, she may make as many of the other articles as she wishes.)

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 his 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.

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

GENERAL DIRECTIONS

Sewing Equipment

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

1. Needles—sharps—5-10.
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 your 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, with good light (coming over left shoulder if possible).
4. Study your tape line, so that you will know the marks that stand for ¼ inch, ½ 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 your sewing the very best that you are capable of—and 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 tread 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. Turn corners squarely: Have needle down in cloth. Raise presser foot and turn the work. Put presser foot down and continue.

I

HAND TOWEL

Remember that directions and descriptions given are for a standard article, and although you must follow these instructions, try and make your hand towel individual, so that all the towels in your club do not look alike. Learn to select your own materials.

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.

Making

1. Straighten ends by drawing a thread and trimming uneven ends by this drawn thread.
2. Turn edges ¼ 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 in the back of this book, in order to raise the standards of their work, and to gradually prepare them for judging contests.)

II

BREAKFAST CLOTH

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

Points to Emphasize

1. Selection of suitable and attractive material.
2. Straight hems.
3. Neat, inconspicuous hand hemming.

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 ¼ inch and baste.
3. Turn 1 inch hem (or in proportion to the size of cloth).
4. Make mitered corners (page 28—Sewing Handbook for Montana Clothing Club Girls).
5. Hem with hemming stitch—it may be hemmed, using the mitered corners, or it may be faced or bound with harmonizing materials; a decorative stitch might be used.

(Judge, according to the score card in the back of the book, when cloths are completed.)

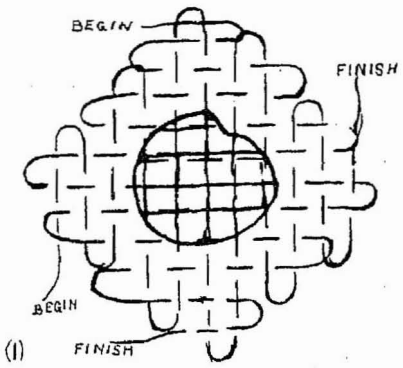
III

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. Reenforcement 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.



Diamond shaped darn

Material

A pair of stockings with holes caused by actual wear. Darner and 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 darner inside and smooth stocking over it.
3. Trim off ragged edges with scissors.
4. Put in basting stitch with colored thread in form of a diamond shape as a guide line for your work (page 47, Sewing Handbook for Montana Clothing Club Girls).

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 a stocking worn should be in harmony with the costume she is wearing. Serviceable garments such as a girl should wear to school, require lisle or cotton stockings of suitable weight. They are nice looking and inexpensive. For her dress up garments, a good grade of silk hose is more suitable. Some girls have the idea that very sheer hose would be so much fun to wear, but the more appropriate hose is cotton, lisle, and heavy silk and rayon. If they are selected carefully, they would find them 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 garment 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, this may be an indication that the stocking 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 part of our 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. Be careful in putting on stockings—so 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

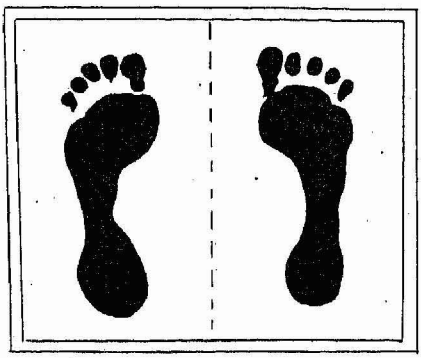
Do you walk or do you hobble? Your feet are the foundation of your body and deserve the best treatment you can give them. Do you swing along gracefully, toes straight ahead, or do you turn your toes out and walk on the inside of your feet to avoid discomfort? Standing or walking with your toes turned out is unnatural and very harmful to the feet and legs, and very awkward looking.

Construction of foot—the foot has 26 bones, connected by ligaments, and operated by many muscles and nerves.

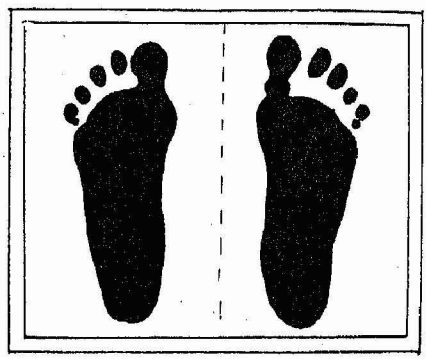
There are four arches in the foot—

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, or the wearing of badly designed or ill-fitting shoes, the arches may begin to sag and the bones slip out of place. Then distress is bound to follow. These pains extend to various parts of the body, and cause headaches, backaches, continued fatigue, poor circulation, indigestion, bad nerves, rheumatism, etc.



1. Strong, healthy arches



2. Flat foot—weak arches

What is your foot print like?

Since flattened arches cause so much foot trouble, everyone should take an imprint of their foot. To do this, have a large piece of a 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 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, shoes should—

1. Be designed so that the inner edge of the 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

LIVE TOES!

By Toeing

Out you are Losing

Straight ahead you are Saving



X Ray Picture of Poor Foot in Pointed Shoe



X Ray Picture of Normal Foot in Good Shoe

Time
Energy
Nerve Force
Muscle Tone
Posture





A—Deforms and weakens toes



B—Allows natural strength and freedom of toes



of the foot and bends up at the side—a concave sole—permits the front arch to drop.

3. Follow the natural line of the foot.

4. 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. 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. Have a substantial heel, that can properly carry the weight it necessarily has to—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. Unless prevented, it would fall. Consequently, when we wear high heels, the muscles at the back of the leg will grow short from lack of use. Then if one attempts to wear sensible shoes, or tennis shoes, there will be 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.

7. Keep heels in good repair—run down heels indicate slovenliness.

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 exercises will help. A physician should also 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 toes, and numerous other exercises).

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 inside 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, that they 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.
4. Neat loop, securely fastened.

Material

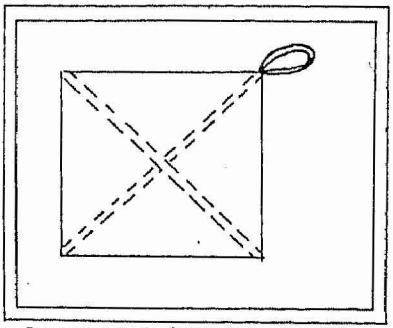
Two 9-inch squares of gingham, percale, unbleached muslin, or other practical material.

Two 7½-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 9-inch square. Baste.
2. Place one square on table with hemmed edge up.



Suggested design for pot holder

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. Put rows of stitches 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.
4. Straps attached in a secure and neat manner.
5. All threads tied.
6. Straight machine stitching, with length of stitch adjusted properly.

Material

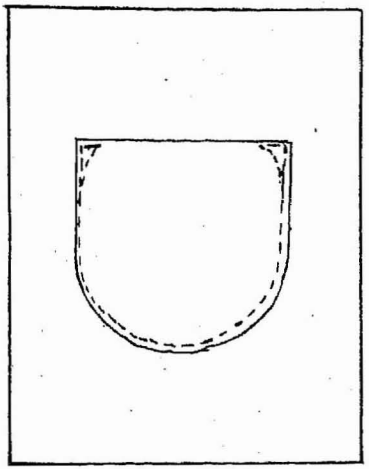
A cotton material of good laundering qualities, such as light figured percale, muslin, gingham, prints, or other similar materials. Material should be plain, or of small, simple designs, in light, becoming colors. Do not select dark shades for your apron to fulfill the old idea of "not showing the soil." This is not in accordance with good habits of cleanliness and neatness, and also, dark colors are not cheerful and attractive. The amount of material will depend 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 ¼ 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 ¼ 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 ¾ 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.



Apron pocket

VIII

COTTON DRESS

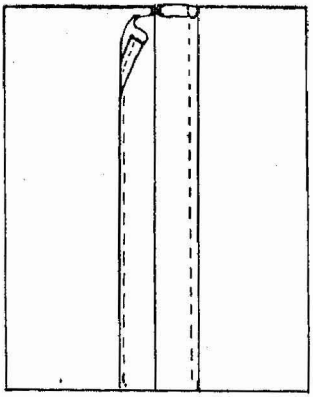
This dress should be of simple design, emphasizing selection of attractive and suitable material, straight, even stitching, neat seams and hems, and a design suitable to the individual for whom it is made.

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

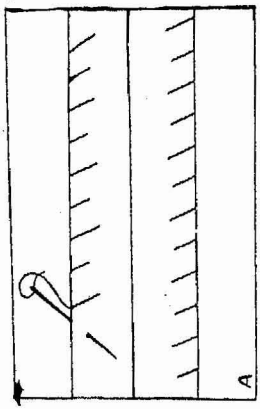
The short, plump girl looks best in plain materials, or material with narrow stripes or small design. She should avoid plaids and large figured materials, as they appear to increase her size; also avoid circular designs.

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.

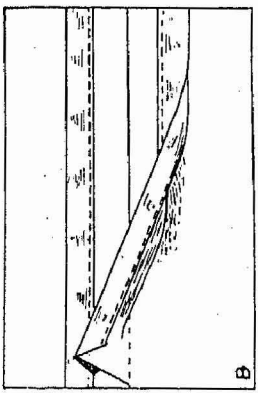
Select becoming colors. Try various colors next to your face, and decide which ones make you look your best. Good colors are the ones that make your skin more clear, and intensify the color of your hair and eyes.



Open seam—stitched edges



Open seam—overhanded edges



Open seam—bound edges

Points to Emphasize

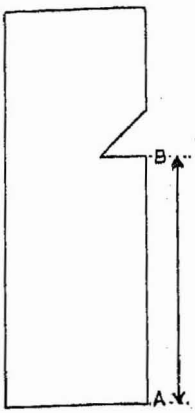
1. Selection of attractive and serviceable cotton material suitable for a simple dress.
2. Design of dress becoming to the one for whom it is made.
3. Well constructed seams and neat finishes.
4. French or flat open seams may be used, depending upon the type of material used.
5. Hem may be stitched on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

Material

Select a cotton material such as light figured percale, gingham, cotton broadcloth, Indianhead, and 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. The straight, plain kimono dress pattern is neat and simple in design. However, it is not very becoming to the average girl. For this reason you should study your own figure, and decide what design of dress is most becoming to you. If you are *tall and thin,* this dress will look better if it is cut at the waist line and a few gathers added. The *short, plump girl* will want a straight line dress, with an inconspicuous belt. 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



Hem gauge

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.
6. Baste underarm seams. Then baste shoulder seams.
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:

Make ¼-inch turn. Baste down and stitch. Turn desired depth of hem and baste, and hand hem. 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 as a gauge in turning hem. Hem lengths must be taken from the *floor up*—which will give a straight hem line, even though shoulders might not be even, or one hip larger than the other.

IX

NIGHTGOWN

Points to Emphasize

1. Soft, dainty material.
2. Narrow, even French seams.
3. Hem stitched on very edge.
4. Neat, attractive finishes.

Materials

Light weight, soft materials in white or delicate colors—such as nainsook, muslin, longcloth, and cotton crepe.

Making

1. Any simple pattern may be used.
2. *Underarm seams*—narrow French seams should be used. Place the two pieces of cloth with wrong sides together, and edges even; baste and stitch. Remove basting, trim edges, turn to other side; baste and stitch. (Pressing the seam open after the first stitching helps to make a neater French seam.) Seam should not be more than a scant ¼ inch when finished—⅛ is better.
3. *Hem*—slightly curve bottom of gowns at seams, so that sides will not sag. Make a two-inch hem, using a measuring gauge when putting it in. Fullness at the bottom, if there is any, should be laid in very small pleats. Baste in hem. Stitch along the very edge of the hem.
4. *Finishes*—dainty, but durable. Narrow lace edges, simple decorative stitches, bias binding, shaped facings, are suggested finishes.

X

THE WELL DRESSED GIRL

The girl who is really well dressed must:

1. Wear clothing that is simple and clean.
   Wear clothing that is suitable for the occasion.
   Wear clothing that is becoming to her type.
   Wear clothing that is comfortable.
   Wear clothing that is 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 stocking, 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. Some zinc steerate dusted into the shoes before putting them on, often helps to relieve perspiration.

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 opened the pores, and the cold water will close 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 two or three weeks 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 massage gives 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 the 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 looking. 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 could be very attractively dressed, and unless she carried herself well she would never be considered well dressed. Our posture tells those who see us what type of a person we are. Posture affects our health and efficiency; it shows our mental attitude, and the state of our health; it is a quick way for people to judge our ability and energy.

To stand correctly 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 the 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 each 24 hours, your sleeping posture has great influence on your posture during the day—habitual lying on one side allows a sidewise sag in the spine. Huge pillows should not be used. The body should not be bent, and should be stretched as straight as possible. Sleeping on the back and using no pillows is a good position to take.

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.

XI

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 one 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 cool. 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 could 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.

XII

EXHIBITS

Why Exhibit?

To find out how your work compares with hat 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 only 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.

XIII

JUDGING

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

Perfect Score

		A	B	C	D	E	F
I. Materials used, including decoration ..... 25 Suitability to design, and purpose. Durability of materials. Laundering and cleaning qualities.							
II. Design and color ..... 25 Suitability to occasion or use. Individuality. Beauty in line and color.							
III. Workmanship ..... 25 Choice and neatness of seams, hems, finishes, etc. Perfection of stitching.							
IV. General appearance ..... 25 Cleanliness. Pressing.							
TOTAL.....100							

Suggestion: After each article is completed, set aside a few minutes and judge these articles. You will enjoy it, and it will help 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 might explain the points given on the score card.
5. Begin judging, members deducting 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 materials 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 values that count.
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, as they complete them, 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.)

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1. Sewing Handbook for Montana Club Girls.
2. Manual of Family Sewing Machines—Singer Sewing Machine Co.
3. Extension Bulletins.
4. Stain Removal—F. B. No. 1474.
5. The Importance of Posture
6. Foot Health
7. Good Teeth

} Metropolitan Life Insurance Co.

(Additional information can be obtained from these sources.)

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