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Summer Clothes For Girls

Second Year

4-H CLUB CLOTHING



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4-H CLOTHING CLUB REQUIREMENTS

Ready and Right Club

First Year

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 or a simple cotton dress.

Other Phases

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

Summer Clothes for Girls

Second Year

Construction

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

Other Phases

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

Winter Clothes for Girls

Third Year

Construction

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

Other Phases

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

Wardrobe Club

Fourth Year

Construction

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

Other Phases

1. Plan complete wardrobe for year.
2. Clothing accounts.
3. Buying.
4. Selection of hats.
5. Clothing judging.
6. Demonstration teams.

Summer Clothes for Girls

SECOND YEAR CLOTHING

Qualifications for Membership

Anyone over ten years of age, who has completed the first year of 4-H clothing club work, or who, in the estimation of the local leader and county agent, can handle the work of the club satisfactorily, can enter the second year clothing club.

Aims of the Summer Clothes Club Are:

1. To create an interest in planning and making becoming summer clothing that will add to the girl's attractiveness, and lessen the expense of her clothing costs.
2. To choose suitable materials for undergarments and cotton outer-garments, keeping in mind appropriate colors and types of materials, utility, and health.
3. To gain a knowledge of the various types of seams and finishes for cotton garments—how to make them, and where to apply them.
4. To gain a working knowledge of the use and alteration of commercial patterns; and how to fit garments correctly.
5. To know something of the principles of color, line, and design, and be able to apply this knowledge to the garments made.
6. To develop continued interest in the judging of clothing.
7. To develop demonstration teams that will demonstrate a worthwhile practice to the public.
8. 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 Porter, Montana Extension Service Clothing Specialist.

Requirements

Each club member is required to do the following:

1. Plan summer wardrobe.
2. Make a slip.
3. Make a hemmed patch.
4. Make a pair of bloomers, or pajamas.
5. Make a cotton school dress.
6. Make a study of, and discuss at a club meeting, some phase of each of the following.
 - a. Color in relation to clothing.
 - b. Line and design in relation to clothing.
 - c. Patterns and their alterations.
 - d. Correct fitting of garments.
7. Judge each group of articles as completed, and help develop a club judging team.
8. Give some type of demonstration.

(The club member is required to make four articles. If she completes all her work in time, she may make the alternating articles).

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 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.

SUMMER CLOTHES FOR GIRLS

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

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

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

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

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

In planning your summer clothes keep these points in mind:

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

SUMMER UNDERGARMENTS

One of the problems in second year clothing is the making of attractive and appropriate undergarments.

Every club girl has the desire to be well dressed. She can not be well dressed unless she wears simple, neat, inconspicuous, and dainty undergarments.

Underwear is worn as a protection to the body and outer garments, and to form a foundation for outer garments.

In selecting your materials and designs, and in making your underclothing, keep the following points in mind:

Undergarments should be—

1. Of materials which are inexpensive, launder well, and to which dresses will not cling.

2. Of white or dainty light colors which will look well after several washings.
3. Simple and plain in design, harmonizing with the lines of the human figure.
4. Constructed so that all seams and finishes are as flat as possible, since the undergarments are a foundation for the outer garment.
5. Designed for comfort and health—which means they must fit well.

I SLIP

A slip is a foundation for your outer garments. Therefore, it must be simple in design, and conform to the lines of the human figure. The curved top following the rounding lines of the neck produces a better effect, and is also much more comfortable than the straight, severe lines of the "strap" type of slip.

Points to Be Emphasized

1. Avoid bulkiness in design, processes of construction, and trimming.
2. Adjust straps (if used) while slip is on. In applying strap to garment, slip it inside the top hem and stitch strap in with top hem stitching. Have straps fastened neatly and securely.
3. Casings, if used, should be not more than $\frac{1}{2}$ -inch wide.
4. Fullness (if used) should be finished down flat. Slips should fit smoothly through the bust and waist line.

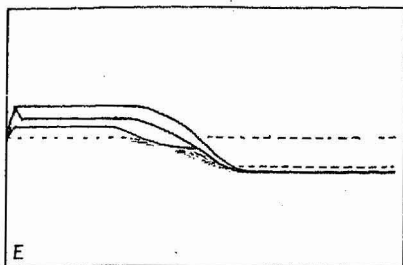
Material

Use a soft undergarment material with a smooth finish, to which outer garments will not cling, such as nainsook, fine muslin, longcloth, slip-tex, pongee, etc. The color should be delicate or of neutral tone, or white, depending upon with what it is to be worn. All undergarments should harmonize with the dress.

Making

Any pattern simple in design may be used. Slip patterns are bought by the bust measure. Fullness in the skirt may be obtained by placing an inverted plait toward the back, rather than directly on the hips. Gathers may be used, but are not recommended for people with large hips. Slips may be fitted through waistline and slightly gored to give desired fullness. Slips should be fitted at the top, rather than having fullness and using a draw string. Fullness at the sides should be finished flat (preferably bias tape applied flat) with no raw

edges. A slip should be at least one inch narrower and one inch shorter than the dress with which it is to be worn.



Flat felled seam

Seams—Flat fell seams or narrow French seams should be used. To make a flat fell; place pieces together with one edge extended $\frac{1}{4}$ inch. Stitch $\frac{1}{4}$ inch to $\frac{3}{8}$ inch from inside edge. Trim. Turn the wider, or outer edge over the narrower edge and stitch flat to the garment.

Hem—A slip should have at least a two-inch hem. A shadow hem is a deep hem to prevent transparency when a thin dress is worn, and should be put in if slip will be used with this type of a dress. Determine the hem length by putting on the slip and having the length taken by measuring with a yardstick, from the floor up. Stitch hem on very edge.

Finishes—Neck and armholes may be finished with binding, rolled edges, hemstitching, simple decorative edges, etc.

II

BLOOMERS

Bloomers are more desirable than step-ins or teddies. They must be roomy and comfortable, but not bulky. Bloomers that are made from heavy materials and have too much fullness detract from the trimness of one's appearance.

Points to Emphasize

1. Selection of soft, smooth materials in delicate colors, or white.
2. Even, flat fell seams.
3. Seams meeting exactly at the crotch.
4. Casings not more than $\frac{1}{2}$ inch wide stitched on both edges.
5. Buttonhole stitch used for opening in casing for admitting elastic.

Material

Should be of good laundering qualities, with a smooth finish, such as nainsook, fine muslin, longcloth, cotton crepe, fine sateen, mercerized cottons, etc., in white or delicate colors, or colors to correspond with the dress.

Pattern

A style suitable to the one for whom it is made. Band or elastic

knee may be used. A reinforced crotch makes the bloomers more serviceable.

Making

Seams—Flat fell seams shall be used in bloomers. Seams must meet evenly in the crotch.

Casings—Shall be of even width, carefully stitched on both edges, and just wide enough for elastic. Opening in casing for admitting elastic should be finished with the buttonhole stitch. Casing should not be more than $\frac{1}{2}$ inch wide, and elastic should fit exactly into the casing. (The loose bands may be used at the knee, instead of elastic).

III

PAJAMAS

If you do not need a pair of bloomers, the pajamas may be made instead.

Points to Emphasize

1. Suitable, attractive material.
2. Even, flat fell seams.
3. Seams must meet evenly in crotch.
4. Casings around waist not more than $\frac{1}{2}$ inch wide.

Material

Soft, light-weight materials such as cotton crepes, sateen, cotton broadcloth, muslin, nainsook, percale and others.

Making

1. Any simple pattern may be used, suitable and practical for the one who is to wear it.
2. **Seams**—Narrow, even, and flat fell seams. Place pieces together with one edge slightly extended. Stitch $\frac{1}{4}$ inch to $\frac{3}{8}$ inch from inside edge. Trim. Turn the wider or outer edge over the narrower edge and stitch flat to the garment.
3. If casings are used for elastic, the casing should be stitched on both edges and be just wide enough for the elastic.

IV

HEMMED PATCH

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

Points to Emphasize

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

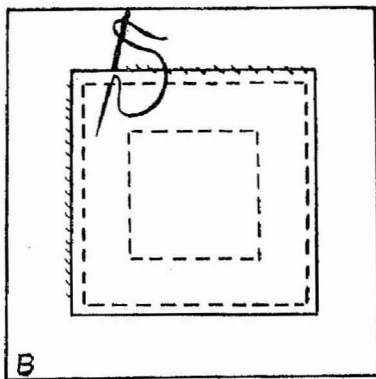
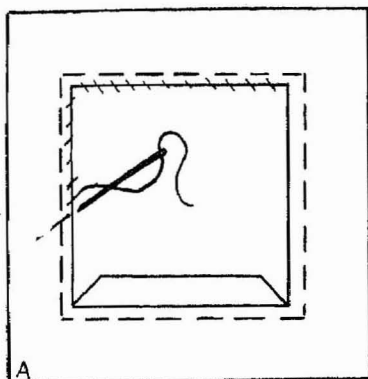
Note: For exhibit purposes the patch may be made on a square of six-inch material.

Material

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

Making

1. Cut away irregular, worn part around the hole, leaving a square or oblong. Cut the patch carefully (following the thread of the material) $\frac{3}{4}$ -inch longer on all sides than the hole, which means that the patch is $1\frac{1}{2}$ inches wider and longer than the hole.
2. Baste the right side of the patch to the wrong side of the garment with all stripes or plaids evenly matched, and lengthwise threads in patch parallel to the same threads in the garment.



Hemmed patch. (Right and wrong side)

3. Turn garment to right side, and cut with diagonal slashes at all four corners $\frac{1}{8}$ -inch deep.

4. Turn edge of garment material under $\frac{1}{8}$ -inch all around hole; baste, hem to patch with hand hemming stitch. Take care to make square corners.
5. Turn to wrong side.
6. Turn under edge of patch $\frac{1}{4}$ -inch all the way around, baste, hem to garment with fine hand-hemming stitches.

V

PLANNING YOUR DRESS

If you want a dress that is becoming to you, you must study yourself, before you will know what type of design and material to select. Because your friend, Mary, looks lovely in a certain dress, does not mean that you would look as well in the same type of dress.

First, remember that simplicity is the first essential. Simple designs, simple color schemes, simple trimmings and materials are always in good taste.

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

Answer the following questions about yourself, before you decide on the type of your new dress:

1. What type are you?
2. What color is most becoming to you?
3. For what occasion will you wear the dress?

What Type Are You?

1. The ingenu type of girl, who is dainty, feminine, and usually of light coloring, should select soft, dainty materials, and can wear the fluffy, more extreme kind of clothing. Quaint and unusual designs are usually becoming to her.
2. The athletic type, one who likes the out-of-doors, and is a strong, sturdy, type of girl—should choose a simple, sport type of clothing; the kind that is easy to put on, easy to take off, and easily taken care of. Her clothing can be very smart, and should follow tailored lines.
3. The dramatic or dignified type—with a rather outstanding personality—should select rich, but modest colors, plain lines, but more extreme than the athletic type wears. The dramatic type is usually tall, with good features and figure, who can wear graceful, modish lines.

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

1. The tall, thin girl should wear lines which break her height. Horizontal effects in the use of belts, ties, or plaids, yoke effects, broad collars, and horizontal tucks are some means of breaking height. Large plaids may be worn.

Avoid—Narrow panels, lengthwise tucks, unbroken lines from shoulder to skirt hem, vertical stripes or lines of any kind.

2. The tall, heavy girl should wear straight, simple lines. Plain materials are far better than figured or plaid.

Avoid—Bulky trimmings, ruffles, or extreme designs of any kind.

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

4. The short, stout girl must wear straight up-and-down lines.

Avoid—Drapes and other bulky designs; horizontal effects of all kinds; figured materials, especially large figures.

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

What Color Is Most Becoming to You?

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

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

1. Bright, light colors tend to increase the size of the wearer.
2. Bright colors are more tiring than the more subdued ones.

3. The selection of a color depends on the type of dress for which you are choosing it. "Dress-up" dresses may be of lighter, gayer colors; the season determines the color — in winter darker, more subdued shades are used; in summer lighter, gayer colors
4. Bright colors can be worn by girls with clear complexions and good coloring. Bright colors bring out the bad qualities of a poor complexion.

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

Primary Colors—From which all other colors are made

Blue	Yellow	Red
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Secondary Colors—Made by combining primary colors.

Green	Orange	Violet
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Tertiary Colors—

Yellow Green	Yellow Orange	Blue Violet
Blue Green	Red Orange	Red Violet

Hue—The name of the color, as red, blue, etc.

Intensity—The brilliancy or amount of pure color which it contains.

Value—The lightness or darkness of a color. If light, it is called a **tint**; if dark, it is called a **shade**.

Neutral shades—Colors that have been combined with gray, white or black, or other colors, to produce a **grayed** effect. Neutral or grayed tones are usually more beautiful and satisfying than the intense colors.

Warm Colors—Those that advance and give warm effects, as yellow, orange, red, etc.

Cool Colors—Those that recede into the background, as blue, blue-green, violet, green, yellow-green, etc.

Color harmony—The combination of beautiful and pleasing colors produces harmony. Our dress must be harmonious in color as well as design. This knowledge of good harmonies can best be acquired by observing the colors in nature, in beautiful pictures, and good textiles.

For What Occasion Will You Wear the Dress?

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

If the dress is to be used for home, school, work, street, or sports wear, it should be plain, serviceable, of a type easily cared for, and attractive.

The dress for social wear will, of course, be of finer materials and more daintily made.

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

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

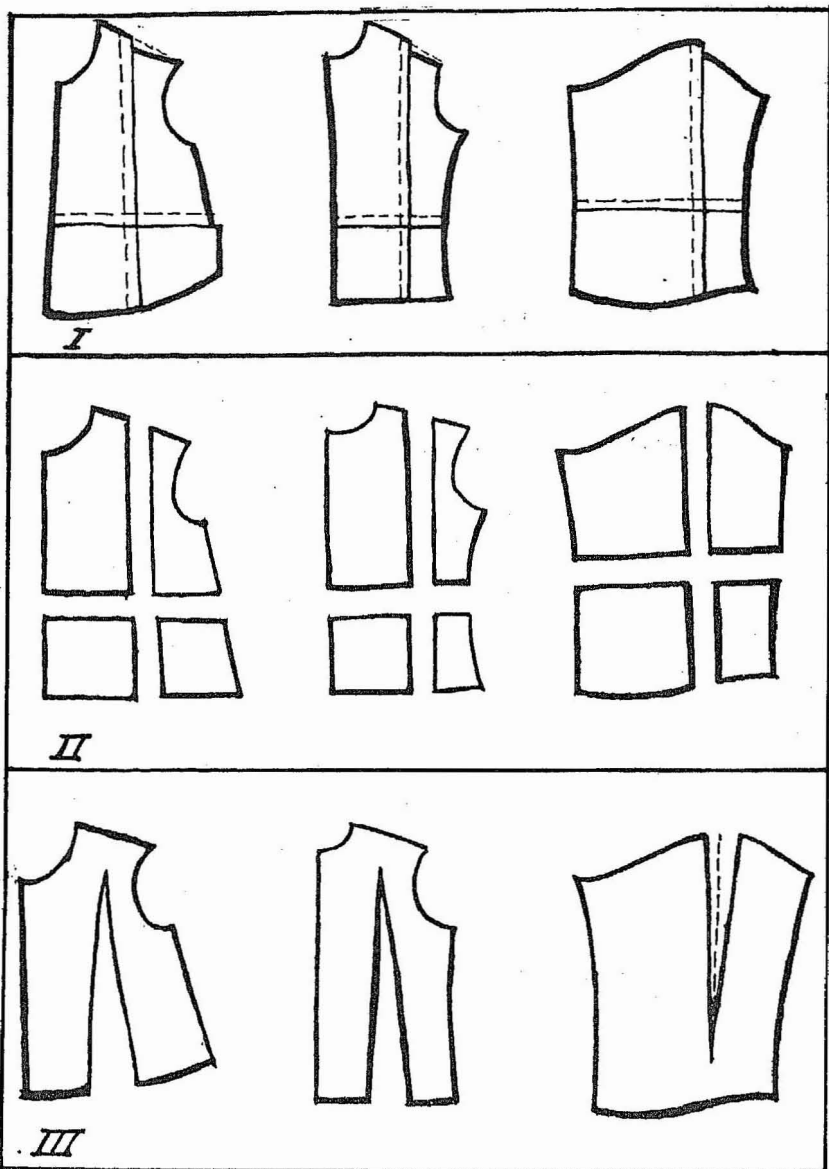
VI

PATTERNS

Although you buy a pattern which is supposed to fit you, it undoubtedly will need some alterations. Patterns are made according to average proportions of girls of different ages. (Buy a girl's pattern by age, and an adult dress pattern by the bust measure). You, perhaps, are not exactly of average measurements, so the pattern must be tested, and altered to fit you.

How to Use a Pattern

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



- 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.

Alteration of patterns

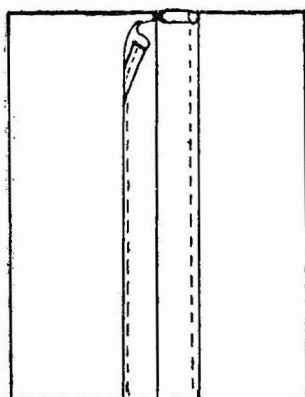
1. Decide whether pattern needs alteration or not, by taking individual measurements, and measure the pattern, and see how the two correspond.
2. In order to allow for ease, add the following to the individual's measurements and use for testing pattern:
 - Bust measure plus at least six inches.
 - Width of back plus at least $\frac{1}{2}$ inch.
 - Width of front plus at least 1 inch.
 - Upper arm plus at least 3 inches.
 - Lower arm plus 2 inches.
3. If changes are necessary in pattern, the above explanations and diagrams will be of help.

VII FITTING THE DRESS

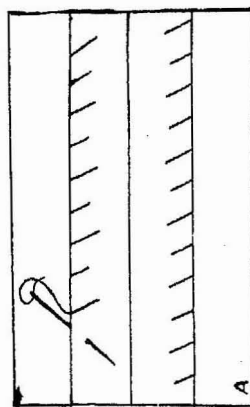
To insure a garment that fits well, the garment being made should be basted together and then tried on for adjustment.

Suggested Helps

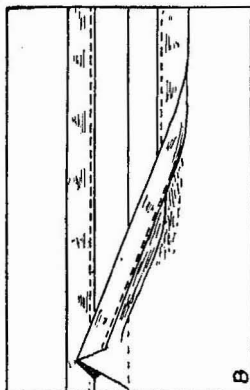
1. The straight, lengthwise thread of the cloth should run down center front and back. Straight crosswise thread should run straight across shoulders, chest, hips, and across top of arm. Lifting or letting out seams at shoulder and placing darts at underarm seam will bring these lines into position.
2. If garments swing to the front, a dart placed on the front piece under the arm will lift the side. Another dart placed right below the waist line will also help.
3. If armseye is too small, trim carefully. If armseye is too large, take underarm seam deeper. Sleeve should join waist of dress in a line even with the point of the shoulder. The armseye line should not extend out over this point, as it detracts from the appearance of the garment.
4. Be sure the sleeve is cut on the straight of the goods. The way the sleeve is basted into the garment will determine how well it will fit. First, match notches in sleeve and in armseye. Hold the sleeve toward you while pinning and basting it in. If there is too much fullness to fit into the armseye, ease it by pushing it along with a thumb of the left hand while basting. Never allow gathers—a great deal of necessary fullness can be eased in. Sleeves fit better if they are put in with a plain seam, false French seam, overhanded, or bound. French seams should not be used. They make the sleeve draw.
5. Shoulder seams should be on very top of shoulder except in following case: If shoulders are inclined to stoop, place shoulder seam back a little.



Stitched Edge



Overhanded Edge



Bound Edge

VIII SCHOOL WASH DRESS

Points to Emphasize

1. Selection of an attractive piece of material suitable for a school wash dress.
2. Selection of a plain and becoming design of a tailored type, having set-in sleeves, suitable to the type of girl who is to wear the dress.
3. Careful construction — plain, open seams, well-finished, or neat French seams, hem may be stitched by machine, unless the material is very fine for the type of dress (then a hand hem would be more attractive) sleeves put in smoothly with absolutely no gathers.

Material

Use material of good laundering qualities, such as gingham, cotton broadcloth, percale, chambray, linen, poplin, beach cloth, Indianhead, etc.

Making

1. Use any pattern suitable to the individual which has the problem of set-in sleeves. The design should be plain and tailored, a type for school wear. This may be a one-piece or two-piece dress.
2. Seams—Open, flat seams with no raw edges. Edges may be turned under and stitched, or bound, or overhanded, depending upon the type of material used. French seams will be suitable on thinner materials.
3. Hem—3-inch hem should be made, if a hem is used. Machine stitch for a tailored cotton dress. If material is rather fine, or if there is a possibility that the length will have to be changed soon, it should be done by hand. If hand-hemmed, make the first turn $\frac{1}{4}$ inch and stitch on the machine, and the second turn should be put down by hand.

IX CLOTHING JUDGING

Score Card for Undergarments

	Perfect Score
I. Materials used, including trimmings	30
Hygienic aspects	10
Durability of material	10
Laundering qualities	10
II. Workmanship	30
Choice and neatness of seams, etc.	15
Perfection of stitching	15
III. Design and color	20
Suitability	10
Protection and modesty	
Comfort	
Beauty in line and color	10
IV. General appearance	10
Cleanliness	5
Pressing	5
V. Relation of garment value to cost in time and money.....	10
Total	100

Score Card for School Dresses

I. Materials used, including trimmings	30
Suitability to design and purpose of dress	15
Durability of materials	10
Laundering and cleaning qualities	5
II. Design and color	20
Suitability to occasion	10
Individuality	5
Beauty of line and color	5
III. Workmanship	30
Choice and neatness of seams, finishes, etc.	15
Perfection of stitching	15
IV. General appearance	10
Cleanliness	5
Pressing	5
V. Relation of garment value to cost in time and money.....	10
Total	100

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

EXHIBITS

Why Exhibit?

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

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

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

1. Articles must be clean and well-laundered before you can expect a judge to consider them.
2. All articles must be labeled—preferably have name, age, and address typewritten or neatly printed, on a small piece of stiff cloth (paper cambric is good) and sewed securely onto the article. Label to be 2 inches by 1 inch.
3. Place the label at the back in center of neckline (on garments). Uniformity in placing labels will save time at exhibits.

TEAM DEMONSTRATION

Why Demonstrate?

1. Demonstrations are a valuable method of teaching, since people learn by seeing. You, as a demonstrator, "show, by doing," Thereby, you teach your community and others many valuable practices.
2. Demonstrations create additional interest in club work, and place the value of club work before the public.
3. Preparing and giving a demonstration, develop clear, concise thinking on the part of the demonstrator; develops skill; develops his speaking ability, his poise and personality; and his ability to think quickly and meet a situation readily.

What Shall You Demonstrate?

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

The following are suggested subjects that might be used for second year clothing demonstrations:

1. The convenient clothes closet.
2. The sleeve that looks well.
3. Fitting a dress.
4. Commercial patterns and their alteration.
5. Good posture essential to the well dressed girl.
6. Seams and finishes for cotton garments.
7. Making new from old (renovating a garment).
8. Shrinking materials.
9. Dyeing cotton materials
10. Removing common stains.

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