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4-H Club First Year Clothing



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4-H CLOTHING CLUB PROGRAM

Minimum Construction Requirements

First Year

Assemble a sewing kit
Pot holder or kitchen apron
Learn to darn stockings
Simple cotton dress

Second Year

School dress of washable material
Slip
Other undergarment or sleeping garment
Hemmed patch

Third Year

Skirt and blouse or
Best dress and one undergarment

Fourth Year

Ensemble of three articles for home, school, sport, street
or social wear

Fifth Year

Ensemble of three articles for home, school, sport, street
or social wear

Other phases studied in the five years of Clothing

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

First Year 4-H Clothing

Membership

Anyone 10 years of age or over, who is interested in carrying the project to completion, may become a member of a First Year Clothing Club.

First Year Clothing is planned to aid the girl in:

Becoming well dressed.

Understanding that attractive clothes are simple, comfortable, neat and suitable for the place they are worn.

Putting into practice good habits of cleanliness.

Taking proper care of clothing.

Becoming a good citizen and leader.

Program Phases

Club members should study, discuss or demonstrate the following topics:

Improvement of personal appearance.

Selection of correct shoes.

Selection and care of hose.

Selection of materials, designs and colors.

Proper care of clothing.

Standards for healthful living.

Judging the articles made.

Requirements

Members, in order to complete the project, make the following articles:

Assemble a sewing box.

Pot holder or kitchen apron.

Stocking darn.

Simple cotton dress.

Attend club meetings regularly and participate in club activities.

Keep a record book, write a story of club work and submit it to the local leader, who sends them to the County Extension Agent.

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

Equipment

To do good sewing, a club member should secure the right kind of equipment.

Each girl needs a box large enough to hold her equipment, sewing materials and clothing envelope. A shoe box, large candy box, a marshmallow can, a basket, or something similar may be used.

The equipment to go in the sewing box is: (Consult Handbook,* pp. 3 and 4.)

Sharp pencil.

Package of needles (Sharps or Crewel 5 to 10).

Pin cushion and pins.

A thimble that fits.

Sharp shears long enough to do good cutting.

Tape measure.

White thread, 50 and 70.

The club girl who does good sewing always has clean hands and finger nails and is careful to wear clean clothes so the sewing will not be soiled.

Sewing position is very important. Sit erect and have good light which should come over the left shoulder if possible. Become familiar with the markings on the tape measure and the proper use of a thimble and other pieces of equipment.

Thread should be cut from the spool when the needle is threaded. Thread should never be cut with the teeth. It saves time and energy to use a short thread, the average length is from the finger tip to the shoulder.

Material should be cut accurately. Usually it is wise to pull a thread to straighten the end before beginning to cut. In case the corners are not even, pull the material from opposite corners until it is straight.

Each club member should read and follow the directions in her club books, as well as the directions given by her leaders.

In using the sewing machine, become familiar with the parts, then learn to treadle evenly. (This may be practiced before threading the machine. If an electric machine is used, learn to control the feed). Next learn to stitch straight. This is best done by using ruled paper with an old needle and the machine unthreaded. Then learn to wind the bobbin and thread the machine.

Other things which are essential to know about a machine are:

How to keep it in order.

How to adjust the stitch.

How to oil and keep it clean.

*The Handbook for Montana 4-H Clothing Club girls, which is supplied to every clothing club leader and first year clothing club members, contains detailed information on clothing construction, and should be referred to frequently.

Care must always be taken: first, that both threads are on top before starting to stitch; second, allow the feed to take the material naturally, (do not push or pull the material); and third, to turn square corners, have the needle down in the cloth, raise the pressure foot, turn the material, put pressure foot down and continue to sew. (See Handbook).

Clothes To Make

The Sewing Box

Select a suitable box and assemble the equipment needed for sewing. These articles should be kept in order. A pin cushion, needle case and an arrangement for holding spools of thread may be easily made and will save time.

To make the pin cushion:

- Cut two 4-inch squares of firm material. If a plain dark color is used the pins will show up better.
- Cut a 2-inch square of cardboard and lay it on one of the cover pieces.
- Place some filling of hair, wool or wool clippings on the cardboard.
- Lay on the top cover, baste and stitch the two together on the machine, stitching quite close to the cardboard.
- This pin cushion may be pinned to the dress when sewing.

To make the needle case:

- Cut a piece of attractive small patterned print 4 by 6 inches for the outside.
- Cut one piece of flannel, felt or sheet wadding 3 by 5 inches for padding.
- Cut two pieces of cardboard $2\frac{1}{2}$ by 3 inches for the covers.
- Cut one piece of plain paper $2\frac{3}{4}$ by $4\frac{3}{4}$ inches for lining. Gay art paper found in Christmas envelopes makes interesting linings, if they harmonize with the outside cover.
- Cut two pieces of wool material for the leaves.
- Lay the print right side down on the table, cover with the padding and place a pasteboard cover on either half, leaving one-half inch space between them.
- Paste the edges of the cover over the cardboard and miter corners. (See Handbook, page 20).
- Cover the inside with lining paper.
- Sew in the woolen leaves of the book which have been pinked or notched.

To hold the thread:

- Medium weight wire may be bent into loops and either fastened to the bottom of the box or pushed through cardboard fitted in the bottom.
- Nails punched through a piece of thin wood and fastened in the box will serve the purpose.

Pot Holder

Materials should be soft, durable, and not stiff. Gingham, percale, muslin or similar materials that are easily laundered, are suitable for the outside. The colors should harmonize with the kitchen and might add a bright, cheerful spot to the room. A piece of material 7x13 inches makes a convenient sized holder.

Outing flannel or pieces of an old cotton blanket or towel may be used for padding. For the above sized holder use a 6x12 inch piece for padding.

Tape, rings or pieces from old supporters may be used for hangers. Metal rings are handy, but care must be taken in putting the holder through the wringer.

To make the pot holder:

Turn one-half inch on the sides and ends of outside material.

Fold across making a six-inch square.

Baste around edges and baste in a simple design.

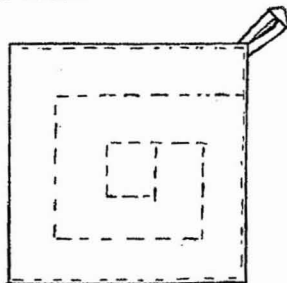
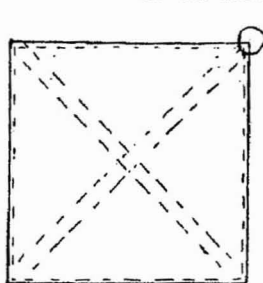
If a tape is used the tape should be folded with the two edges just meeting, forming a triangle on top. Stitch across top to hold loop in position. Insert tape in one corner.

Stitch along the edge—very straight and even.

Stitch along design bastings.

Tie threads, remove bastings.

If a ring hanger is used, attach firmly with over and over stitches or the buttonhole stitch.



Designs for Pot Holders

Loop of Tape

When the holders are completed, score them by the following score card, in order to improve the quality of work in the next article to be made.

Perfect Score

General appearance	30
Clean	
Well pressed	
Neat looking	
Materials used.....	30
Suitable for its purpose	
Strong enough to wear well	
Wash easily and well	
Workmanship	40
Seams, hems and finishes neat and even and suitable for the article and the material.	

Apron

Materials used for aprons are generally percale, print, gingham or other cotton materials of good laundering qualities. Small, simple designs and light, becoming colors are most suitable. The amount of material needed will depend upon its width and the apron pattern used.

Patterns should be simple—easy to launder as well as comfortable to wear. Avoid those which have straps to pull on the neck, slide off of the shoulder, or are uncomfortable when stooping over.

To make the apron:

Test pattern for size and make necessary alterations.

Fold material carefully with fold exactly on thread.

Lay all pieces of the pattern on, pin carefully.

Mark all perforations and notches with chalk or thread, or notches cut out instead of in.

Cut with long even strokes following the line of the pattern.

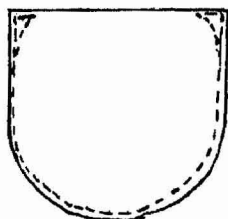
Baste all seams, fit apron and finish seams.

The outer edges may be finished with a narrow hem ($\frac{1}{8}$ to $\frac{1}{4}$ inch), faced or bound with bias tape. If bias tape is used, the color should harmonize with the material and a true bias joining should be made. (See Handbook—page 21). Rickrack or other finishes may be used.

When the pocket is made, turn edges first, then the hem, thus avoiding raw edges on top of the pocket. Place pocket on apron in correct position, baste, and stitch as shown in diagram.

If straps are used, fold them into the hem of the apron and baste. Then stitch them when stitching hem. Fasten securely and neatly.

After the apron has been finished, judge its quality by the score listed below:



Apron Pocket

Material used	30
Durability	
Suitability to purpose	
Laundering qualities	
Workmanship	30
Choice and neatness of seams, hems and finishes	
Perfection of stitching	
Design and color.....	25
Suitability to use	
Originality and individuality	
Color suited to individual and use	
General attractiveness	15
Cleanliness	
Pressing	

Darning

Select a pair of stockings with a small hole caused by actual wear. It is a good habit to darn holes when they first appear for they are then small and easy to darn. Secure darning cotton that matches the stockings, both in color and weight. A crewel or long eyed needle is best—one just heavy enough to carry the thread. A darner may be used.

To make the darn:

Turn the stocking right side out. Place darner inside and smooth stocking over it.

Trim off ragged edges with scissors.

Put in a basting stitch with colored thread in the form of a diamond shape as a guide line for your work. (See page 38 in Handbook for Montana Clothing Club Girls). The diamond shape darn is recommended because the strain of the darn does not come on any one thread of the hose.

With small running stitches fill in the worn area. Work for smooth, close, even weaving, making the stitches in line with the threads of the stocking. The darn should be smooth and flat, so do not stretch the hole as the work proceeds or draw the thread too tightly. When the darn is completed score by the following score card:

Inconspicuousness of darn.....55

Thread or yarn matches

material

Weaving even

Edges smooth on both sides

Durability30

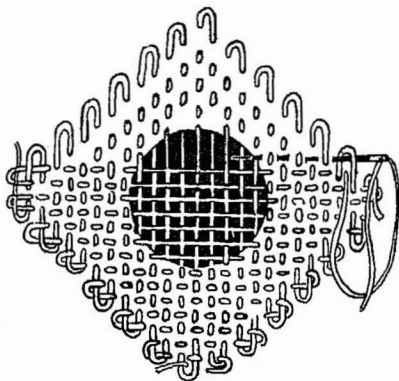
Weak places all strengthened

Woven part same thickness
as the stocking

Appearance15

Clean

Well pressed



Diamond Shaped Darn

Cotton Dress

Materials suitable for a cotton wash dress are light figured percale, print, gingham or broadcloth. A soft, firmly woven material that will not shrink or fade is best. A becoming color should be selected. Suitable colors will make a girl's skin appear more clear and intensify the color of her hair and eyes. Plump, short girls should avoid plaids and large figured materials as they appear to increase her size.

The pattern should be simple and suitable for a cotton dress with drop shoulder or easily set-in sleeves. The design of the dress should be becoming to the one for whom it is made. The tall thin girl should avoid a straight line dress. The short plump girl will want a dress that gives a feeling of height and slenderness. She should avoid circular designs. Fullness may be added by pleats; the plump girl should not use gathers. Neck lines are important. One should try on several, then chose the most becoming. V and oval shaped neck lines are becoming to most faces. The girl who is neither tall and thin nor short and plump, will have no trouble in selecting a pattern.

To make the cotton dress: (Leaders: see page 4 in Farmers Bulletin 1520—"Fitting Dresses and Blouses").

- Test the pattern by pinning the parts together. Alter if necessary. Study the instruction sheet. Place all of the pattern on the material, making sure that the fold of the material is on a thread.
- Pin pattern carefully to material.
- Mark notches as in apron.
- Cut around pattern with long even strokes.
- Baste the shoulder seams, easing the back on to the front.
- Baste the side seams.
- Try the dress on and make any changes that are necessary

A plain seam may be used for the shoulder and a French or plain seam for the side, depending upon material and pattern (See Handbook). If a plain seam is used, overcasting or edge stitching may be necessary on ravelly material.

Finish neckline and sleeves with bias, fitted facing or other finish appropriate for a wash dress.

Press seams and mark the hem. (See Handbook, page 84).

The hem is nearly always put in by hand. Turn edge $\frac{1}{4}$ inch. Stitch by machine, turn the hem the desired width and hem by hand. After the dress has been finished score it according to the score card used for the apron.

The Well Dressed Girl

The well dressed girl is the well groomed girl. Such a girl will:

Wear clothing that is simple and clean, suitable for the occasion, becoming to her type, comfortable and within her means.

Be clean about her person, have clean, well brushed hair and well-kept finger nails.

Have good posture.

Have a happy, pleasant personality, which is a result of good health and attitude.

Personal cleanliness adds more to the charm and attractiveness of a girl than any other factor. Baths should be taken frequently—once a day if possible, or at least twice a week.

All clothes must be clean and fresh. Change undergarments often enough so that there is no perspiration or body odors from them. Any outer garment which shows marks of perspiration should be washed or cleaned before wearing again. Hang clothing on the line frequently for airing. Stockings should be changed daily—it lengthens their life and tends to make the individual more comfortable. In case the feet perspire, stockings should be changed often and washed immediately, as perspiration rots fiber.

Careful grooming includes the care of the skin, hair, nails and teeth. Natural beauty can come only from within by personal hygiene, resulting in cheeriness, good color, clear skin, and healthy teeth and hair. A good, clear, healthy skin is not just "skin deep." It is the result of the kind of food eaten, exercise, sleep, water drunk, and care given the skin.

To keep the skin clean, wash it with mild soap and warm water and follow with a dash of cold water. Warm water opens the pores and cold water closes them. If cosmetics are used or the skin is very dry, cold cream may be rubbed in, working upward. Remove the cold cream with a cloth or cleansing tissue.

Pimples are usually due either to lack of cleanliness, to eating improper foods or to poor elimination. Health and beauty on the outside result from health on the inside. The inside of the body must be washed as well as the outside; by drinking several glasses of water the elimination of waste material will be aided.

Sufficient sleep is necessary to have a good skin. Ten or 11 hours, with a good supply of fresh air, for a growing girl is necessary for a clean healthy complexion. Active exercise in the fresh air each day is very important. Out-door activities stimulate circulation and help to make the skin rosy and clear.

Hair should be soft and glossy. Oily, lifeless looking hair detracts from one's appearance. Too many people expect the hair to take care of itself, and consequently, neglect brings about a poor condition. General health affects the hair. Lack of sleep, internal disorders, worry and faulty diet will make the hair very unattractive. A few general rules to follow are:

Brush the hair thoroughly each night with a stiff brush, this stimulates circulation and removes dirt or dust. Combs and brushes should be kept very clean. Frequent and regular massages give life to the hair.

Wash the hair every two weeks or as often as it becomes dirty. A shampoo is easier and more efficient if mild soap is melted in hot water before using. Rinse the hair several times—until no trace of soap is seen in the water. The last rinse water should be cold so as to close the pores and stimulate circulation.

Every one wants beautiful hands. Work may be done and still have well-kept hands. When drying the hands push the cuticle back with the towel. A little hand lotion applied after thoroughly drying keeps the hands soft and smooth. In caring for the nails remember to file them the shape of the finger. Do not bite the nails as the shape of the finger is spoiled, and it is unsightly as well as unsanitary. The nails should be brushed well and cleaned often with a dull, soft instrument, such as an orange-wood stick. The cuticle should never be cut; if vaseline or olive oil is put on regularly it will soften the cuticle and brittle nails and prevent hang-nails. Finger nails may be polished with a buffer or on the palm of the hand.

Good looking, clean teeth are an asset to a person's looks. If the teeth are not in condition to grind the food thoroughly the stomach will become over-worked. When teeth are dirty the food rubs off some of the dirt and carries it on into the body. Decayed teeth may cause headaches, abscesses, or other disturbances. Therefore it is most important to keep the teeth in good condition.

To keep teeth in good condition brush daily, visit a dentist once or twice a year, and eat bone-building foods such as milk, fruits and vegetables.

Posture means the carriage of the body in standing, walking, sitting, and lying.

A girl may wear attractive clothing but unless she carries herself well she will never look as well dressed as though she were erect and graceful. Posture affects health and efficiency, it shows mental attitude and a state of health. Ability and energy are judged by the posture of individuals.

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 feet pointed straight ahead, not toed out. **Learn to stand on two feet.** Correct posture not only makes an impression on other people but keeps the organs of the body in correct position.

Walk with an easy, graceful swing. Striding, tripping along, shuffling, or ambling are all very ungraceful ways of getting around. To be attractive, walk with ease and grace.

Since people spend one-third of their time in bed, sleeping posture has a great influence on the posture during the day time. Huge pillows should not be used nor should a sagging bed.

Think right. It is necessary to have a clean strong mind as well as a clean strong body. It might be said that the body is the house in which an individual lives; therefore, care must be taken to keep it clean and sanitary, thinking clean, happy thoughts. A cheerful, pleasant attitude is the best quality any girl can possess and the one which makes her attractive to other people.

Shoes And Hose For The Well Dressed Girl

The selection of becoming and appropriate shoes and stockings are as much a part of a 4-H Club girl's program as the making of an attractive dress. They should correspond to her general costume.

The type of stocking worn should be in harmony with the costume. With her school clothes a girl may wear lisle, cotton, silk or rayon stockings of suitable weight.

For her dress-up clothes a good grade of silk or rayon hose is suitable. Some girls have the idea that very sheer hose are so much "fun" to wear, but the more appropriate ones are cotton, lisle, heavy silk and rayon. If carefully selected they are better looking than the very sheer ones. Good judgment is not shown when a girl wears a heavy winter coat and thin, sleazy stockings on a cold winter's day.

Stockings should harmonize in color as nearly as possible with the garments as well as the shoes with which they are worn.

The size of the stocking is very important. Select them with care. They should be long enough to permit freedom of the toes, yet not so long that they wrinkle. If holes appear too quickly in the toes, it may indicate that the stockings are too short. Short stockings sometimes cause bunions and crooked toes.

If stockings are well cared for they will wear longer. In caring for them:

Wash new stockings before they are worn.

Wash them every time after they are worn.

Mend thin and worn places as soon as they appear.

Sew up runners immediately.

Keep inside of shoes and supporter fasteners smooth.

In putting on stockings be careful not to cause runs. Fold down and put toes in snugly first, then draw on the heel and then on up.

After washing see if they need mending. If the stockings are ready to wear, roll them up neatly and put them away.

Shoes that are best to wear for comfort and correct development of the foot are designed so that the inner edge of the sole is straight. When this edge is curved it crowds the toes.

Wear a sole which is flat or slightly rounded up in the middle to hold up the arch. A sole which rounds down under the ball of the foot and bends up at the side (a concave side) permits the front arch to drop.

Shoes should not have too flexible or too thin soles. Most people walk on hard pavements so it is necessary to cushion the feet against the shock of each step. This is why a moderately heavy sole is preferable to a light one.

Shoes should 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.

Shoes should have a substantial heel, that can properly carry the weight. High heels are sometimes responsible for poor posture, sore feet, aching backs and touchy tempers. Imagine 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. High heels cause the muscles at the back of the leg to grow short from lack of use. When one attempts to wear low heeled shoes, there is a tremendous strain at the heel cord. High heels tend to enlarge the calf of the leg and every girl aspires to have slender, shapely legs. Moderately low heels will help her.

Keep heels in good repair, straight and built up. Run down heels indicate slovenliness.

How can foot difficulties be corrected? Wear shoes that follow the line of the foot. The material of which the shoes are made should be comfortable on the foot. Learn to walk with the toes straight ahead.

If the feet are badly strained or weakened it is best to consult your doctor. Rest, massage and proper exercise will help.

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 cannot look well unless she keeps her clothes in good condition. A few clothes well cared for are better than many poorly kept.

The one thing everyone can be, whether rich or poor, is **clean and neat**. The girl should 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. She will look better, feel better, and save financially.

Here are a few "do's" every girl should follow until they become habitual:

Hang coats and dresses on hangers when they are not being worn.

Put hats away in a box or drawer.

Use shoe-trees in shoes.

Brush clothing—with the nap—to remove the dust.

Care for stockings as previously studied.

Wash underwear frequently and carefully.

Remove stains from clothes as soon as they appear.

Air clothing frequently.

Keep hooks, eyes, snaps, and buttons sewed on.

Keep wool clothes, when not in use, in moth-proof bags

Wear overshoes or rubbers when necessary to protect health and shoes.

Press clothes carefully. Wrinkles have no place in the well dressed girl's wardrobe. Learn to press fabrics correctly (See Handbook, page 8).

Care should be taken not to use too hot an iron on cottons as they will scorch. Materials should be dampened enough so they will press smooth.

In laundering fine cottons and linens—use only pure soap and enough for a lasting, bubbly suds. Wash in warm suds (for colored materials—do not soak, and use almost cool temperatures).

Do not rub or twist fabrics—squeeze suds repeatedly through the fabric.

Rinse thoroughly, twice in warm and once in cool water.

Dry quickly. If garments are delicate, roll tightly in clean towel.

To shrink cottons: (Consult Handbook—page 8).

Exhibits

Exhibits provide opportunity for comparing with the work done by others in order that all members may recognize standards and have help in improving their own work. Exhibits show to the people of the community and state what club members are accomplishing.

Standards are indicated by placing all articles in a class into three or four groups: blue ribbon standard should be the goal of all club members.

Exhibits will be more attractive if all articles are clean and well laundered. All articles should be labeled with name and address typewritten or neatly printed on a piece of stiff cloth or cotton tape (2 inches by 1 inch) and sewed securely to the article. Place label on the wrong side of an article or the back of center neck-line.

Style Revues

First Year Club girls may wear their aprons and dresses in the community and county style revues.

These revues, as well as the other club activities help the girls to practice the habits of health and beauty, understand that the well-dressed girl wears clothing that is simple, comfortable, suitable and neat, and gain a knowledge and appreciation of standards.

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