



UNDERWEAR

SELECTION AND CONSTRUCTION

Good dressing begins with the right kind of underwear. The right kind of underwear protects the body and acts as a foundation for the outer garments, improving their appearance without calling attention to what is underneath.

Underclothing should be in keeping with the outer garments and should conform to the lines of the body, be simple and attractive, and of good material and workmanship.

Underclothing contributes to the health by protecting the body from sudden changes in temperature. It should permit freedom of action and not retard circulation, be light in weight, yet warm in winter. Wearing too little clothing wastes the heat of the body, while too much may be just as objectionable by causing excessive perspiration, thus weakening the resistance to cold.

FOUNDATION GARMENTS

Girdles, brassieres, corsets, or corselettes—some form of figure control—will improve the appearance of everyone and is required at present by fashion. There are many types of foundation garments on the market and it is usually more practical to buy these readymade. To insure comfort, it is wise to be carefully fitted by a reliable fitter.

SLIPS

Since slips are important as foundations for many dresses, especially the sheer dresses, they should be simple in design and their construction lines should be similar to the dress worn over them. The smoother the slip fits the body the better the effect will be. Not a line or wrinkle should be visible when the dress is worn. Bias cut slips may be cut to avoid bulkiness, but often cling too closely to the body to serve as a foundation for sheer dresses. They have a tendency to hang unevenly and to twist on the body. Summer-time slips should be shadow proof.

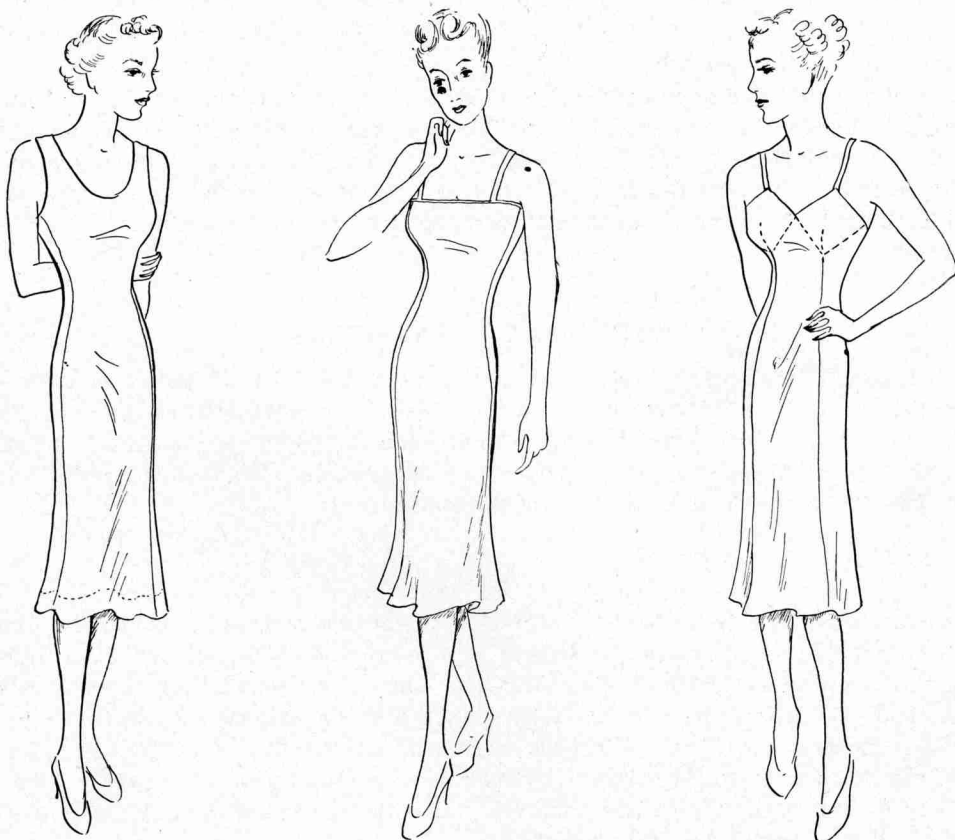
1. Material: Slip materials should be selected both for the effect under the dress with which it is worn and for serviceableness. Cotton fabrics such as cambric, longcloth, nainsook, slip sheen, sateen, non cling, muslin, and some sacks are very practical for everyday work slips. Silk or synthetic fabrics used for slips are usually of three types—crepe, flat finish, and satin. Of these, crepe usually wears best, flat finish irons most easily. A pure-dye fabric is preferable, although some pure-dye fabrics may be filled with a substance such as starch or gum which will wash out in the first washing, leaving a sleazy thin fabric. Choose a firm, heavy material so that there is less chance of it splitting or pulling out. Slip material should not cling and should not be bulky. The pattern will give the amount of material needed.

2. Colors: White is the most satisfactory for cotton work slips and for general use when the dress demands a white slip.

Light pink and delicate peach are the best general all purpose colors.

Dark colors are especially good when worn under dark porous or open work material. A dark lace, net, or eyelet dress looks much richer when worn over a slip of the same color than over a light slip.

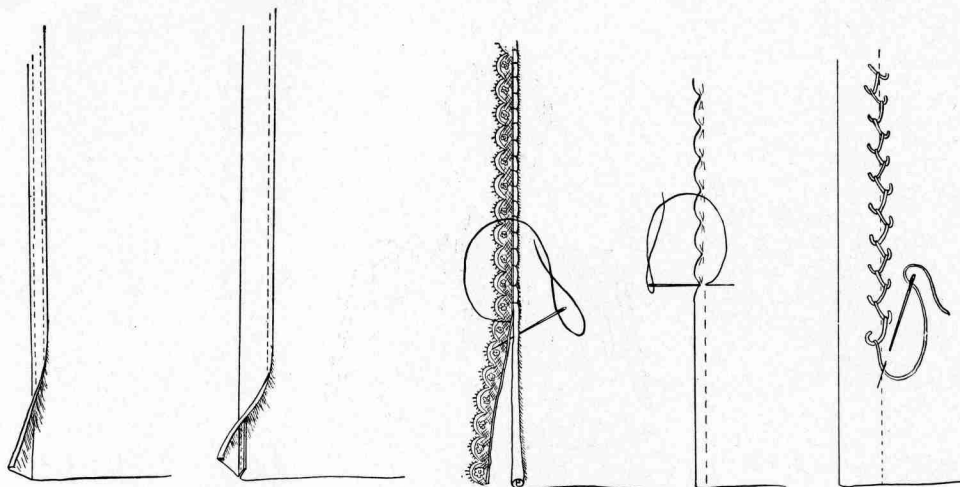
3. The Pattern: The styles given are cut on the straight of the material and are merely suggestions and similar patterns may be purchased at almost any pattern counter.



4. Construction: Cut accurately. Fit carefully. Use the best workmanship possible. Flat fell or french seams are the most durable. Use small even stitches. Finish the top with as flat a finish as possible.

Suggested finishes for edges, both top and bottom:

- a. Narrow hem, stitched twice.
- b. Narrow facing.
- c. Rolled and whipped and lace applied.
- d. Shell edge.
- e. One inch hem, feather stitched.



The slip should be one inch shorter than the dress with which it is to be worn and the width at bottom a little less than the width of dress.

PANTIES, BLOOMERS, AND BRASSIERES

Panties or step-ins have been more in demand than bloomers, but the latter is preferred by many, especially in cold weather. The crotch of either should be sufficiently long to allow for stooping with ease. Panties and bloomers should be made with as little fullness as possible so as not to give a bulky appearance to the outer garments. For this reason, the fitted pantie is the most satisfactory. This may have a narrow facing or yoke facing at the top and buttoned or hooked, or it may have a front yoke with elastic across the back. Durable material should be one of the first considerations.

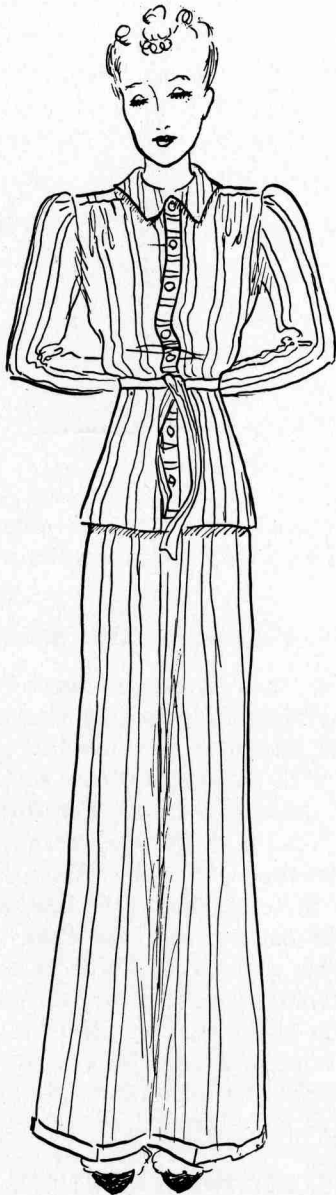
For brassiere, select any pattern you like that will support the bust and give a smooth line. Be sure that pattern will be comfortable and of correct size. Use material left from slip, other undergarments, or any good firm material. A piece of elastic in the back or pieces in the side seams will make the brassiere fit better. Brassieres that fit well are not always easy to find, therefore, it is often advisable to make them at home.

SLEEPING GARMENTS

Whether nightgowns or pajamas are used for sleeping, it is necessary that they be roomy and comfortable to give added health and enjoyment to the wearer. Always remove and air at night underclothing which you wear during the day, and air the sleeping garments during the day.

NIGHTGOWN

Although the nightgown as a sleeping garment has been replaced somewhat by the popular pajamas, there are many who prefer the nightgown. Both garments may be made sleeveless, with kimona sleeves, or set-in sleeves. The neckline and sleeves or armscye, may be cut any desired shape,



but should correspond in finishing. The seams are usually French for gowns, flat fell for pajamas.

SLEEPING PAJAMAS

Select pattern of correct size. One or a two piece pattern may be used. Remember that pajamas of this type are intended for sleeping and that they must be roomy and comfortable. Puffy sleeves and wide legs are not suitable for sleeping pajamas.



Material: Should be soft in texture, easily handled and easily laundered. Suitable materials are seersuckers, prints, muslins, percales, or other light weight cottons.



BED JACKETS

In connection with the sleeping garment, the bed jacket is a nice accessory to have. In case of sickness the bed jacket is almost indispensable; then, too, it is nice to slip on if one wishes to read in bed. The bed jacket is nice made of silk in pastel colors, or challis with dainty floral pattern.

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