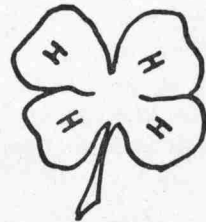
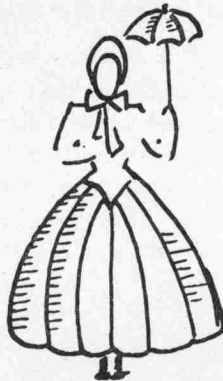
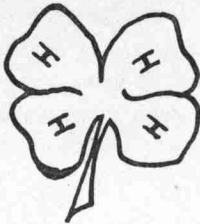
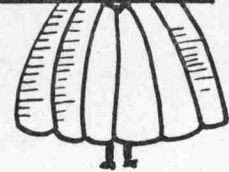
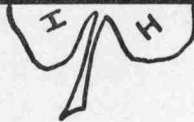
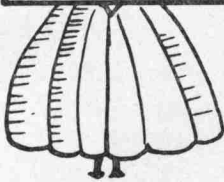
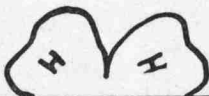


# The School Costume



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KCM

# THE SCHOOL COSTUME

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The school outfit is the most important outfit in a Club girl's wardrobe. For eight or nine months, five days out of every seven, she will wear a school dress. It is only reasonable then, that she will want her school clothes to be her most serviceable, becoming, and comfortable clothes.

The Club girl, now, has a foundation of the principles of sewing which should carry her through many difficult problems. But in this year, her main problem will be to select and make for herself an attractive school costume, with a wise selection of materials both for the dress and under garments.

In this year's work, she will be confronted with these three questions:

1. What should be the characteristics of a school outfit?
2. What should be avoided in a school costume?
3. Why is cotton especially suited for school?

If she answers correctly, her answers will go something like this: "Going to school is a business and a business dress must be suitable in color and design, serviceable and becoming to the wearer. The well-dressed girl never wears her old afternoon or party dresses at school or home, unless they are made over so that they will be appropriate for that use. She cannot be well-dressed unless she wears simple, neat, inconspicuous, and dainty under garments. Cotton is desirable for the school dress because it is less expensive, easier to sew, and cleans easily."

## THE SCHOOL DRESS

### A. Material:

Materials are usually judged by the appearance and feeling. Examine the cloth by holding it up to the light to determine if the weave is even and close, and if the material is even-sized. Compare the lengthwise and crosswise threads. A fabric in which the sets of thread are almost equal in size generally wears well.

1. Use material of good laundering qualities, such as gingham, cotton broadcloth, percale, linen, pique or indianhead. Cotton is very appropriate, but should be shrunk before making.

#### *Shrinking of cotton material:*

One of the most satisfactory ways of shrinking cotton material is to place the folded piece of material in a tub of luke-warm water and leave for several hours. The material must be thoroughly wet. If the material is not wrung in any way, but hung in folds, it will dry without wrinkling

and requires little or no pressing. The more care taken in hanging the material evenly the better condition it will be in and the less pressing it will require.

In ironing, see that the iron always follows the threads of the material straight across, or up and down the selvage. It is important to keep the warp and woof threads straight to prevent difficulties in placing a pattern on the grain of the material.

2. Weave:

The weave should be close and firm. Fancy weaves are inappropriate for school.

3. Color:

Select colors which are most becoming to the wearer. Everything that surrounds us has color. Often it is color which makes an object attractive or displeasing. This is especially true of clothing. Therefore, in order to be well-dressed, a person needs to analyze her own coloring and the color of materials; to choose and combine materials which harmonize and are appropriate and becoming to her type.

Bright light colors tend to increase the size of the wearer. There are colors which give depth to eyes, shine to hair and clearness and color to skin.

(See lesson sheet on color.)

4. Design of Material:

Dots, figures, checks, stripes, plaids, etc., make the design or pattern on the cloth. Large checks and plaids and other large designs tend to make the person appear larger, while stripes have a slenderizing effect. (See lesson on line and design.)

NOTE: For your scrap book:

1. Find samples of materials and colors suitable for a school dress.
2. Find a picture of a girl with dress that would increase one's height.
3. Find a picture of a girl with dress that would make her appear heavier.

**B. Pattern:**

1. The pattern should be suited to the material, occasion and wearer. It should be simple and becoming. Fancy, fluffy designs, fragile trimmings and materials are out of place at school. A simple one- or two-piece pattern, sleeveless or with set-in or raglan sleeves is desirable.

2. Study of dress pattern:

- a. Study of pattern envelope.
- b. Select pieces to be used, put others back in envelope.
- c. Identify all marks on the pattern such as,
  - (1) Placing on fold.
  - (2) Placing on straight of material.
  - (3) Darts, seam allowances, notches, pockets, buttons, etc.

d. Shapes of various pieces of pattern.

- (1) What is the difference in back and front of pattern. Which is wider?
- (2) How does the front of armseye differ from the back of armseye? Measure around armhole of dress and around top of sleeve. Are the measures the same? Why should the sleeve be larger than the armhole?

3. Testing Pattern.

a. Pin pattern together, try on, and see:

- (1) Is the width of pattern correct across the bust?
- (2) Is the width of shoulder correct?
- (3) Is the pattern right size at hip line?
- (4) Is the pattern long enough to have a hem?
- (5) Do all dimensions, seams, tucks, belts, pockets, etc., come at right place on figure?
- (6) Are the sleeves long enough when the arm is bent at elbow?
- (7) Is shape and depth of neck correct?

b. Test pattern with own measurements.

4. Steps in Making.

- a. Make all necessary alterations on pattern, straighten material. If necessary press material and pattern to free from wrinkles.
- b. Place all of pattern on material before cutting, following chart in pattern envelope. Be careful to note grain of material on each piece of pattern.
- c. Pin all of pattern on material, so as to save all material possible.
- d. Cut, using long even strokes with scissors. Follow exact line of pattern, do not allow nor take from.
- e. Mark notches and all indications with white thread or one of contrasting color.
- f. Basting: Start with waist,
  - (1) Baste in all darts, hems, or closings.
  - (2) Baste all up and down seams.
  - (3) Baste skirt, pin up lower hem.
  - (4) Baste skirt and waist together.
- g. Fit the dress and make necessary alterations.

**Helps in Fitting—**

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, and possibly shoulder seam. 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 the thumb of the left hand while basting. Never allow the sleeve to be gathered if it is supposed to be a plain, smooth fitting sleeve. Much of the necessary fullness can be eased in so that it will never show. Sleeves fit better if they are put in with a plain seam (overhanded or a false French seam. A regular French seam should not be used in the armseye, as it makes 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.
6. Stitch and finish seams in manner best suited to material. (Leader or home agent will give instructions with this.)
7. Hem by hand.
8. Remove all bastings, tie threads, press the dress and hang on dress hanger.

#### **Undergarments:**

Undergarments should be:

1. Of materials which are inexpensive, launder well, and to which dresses will not cling.
2. Of white or dainty colors which will look well after several washings.
3. Simple in design, harmonizing with the lines of the human figure.
4. Finished at flat as possible, since the undergarments are a foundation for the dress.
5. Designed for health and comfort.

Steps in Making: (See underwear lesson sheet.)

NOTE: Find pictures and samples of materials suitable for school underwear, and paste in scrap book.

#### **ACCESSORIES**

##### **School Hat:**

A simple, durable sport hat is suited for school. The hat should harmonize with the school coat. Felt hats for winter are found to be very satisfactory. Fabric hats, such as tams, berets, are easy to make and often can be made from scraps left from dresses and coats. These are becoming to most girls. A hat is a frame for the face and becomingness is essential.

### **School Shoes:**

The fit of shoes has much to do with a good disposition and work done at school. Therefore, care and thought should be given to the selection of shoes. The color of shoes should harmonize with the school coat. They should have a straight inner line, with toe broad enough to let the toes rest flat on the sole, and long enough not to cramp the foot, and medium heel with a good base which allows one to stand in normal position.

Dark leather oxfords of black or brown are good selections. If shoes are bought for service, it does not pay to buy cheap ones.

Find illustrations which show effect of shoes on posture.

### **Stockings:**

When buying stockings, it is economical to purchase at least two pairs alike. If one of each pair wears out, there will still be two to make a pair which may last for some time. In buying silk hose one often pays more for appearance than for service. For example: chiffon hose cost more than the service weight, and do not last so long.

Frequent and careful washing is the surest way to lengthen the life of hose. Perspiration and soil injure the fiber; therefore, stockings will last longer if washed after each wearing. They should never be put away soiled.

In case of pulled threads in stockings, the loop should be drawn to the wrong side and tied. As soon as a hole or worn place develops, it should be darned at once. Many runs in stockings can be prevented by drawing them on with care.

NOTE: Find pictures of school shoes and hose with prices for your scrap book.

### **Gloves:**

Gloves should be simple in design, as over-decorated ones which have insets or ruffings of contrasting colors, fancy cuffs, and extreme stitchings may be faddish, but not correct for school or general wear. They may be chosen to be good-looking, and at the same time to keep the hands warm, give service, and harmonize in style, color and texture with the rest of the ensemble.

### **The Purse:**

In selecting the purse consider the purpose for which it is to be used and then choose one which will harmonize with the dress or coat in color and fabric, or with the hat, shoes and gloves. It is a good plan to select a fabric, such as leather, and a color, such as tan, beige, brown or black, that can be carried with most of a girl's school or dress clothes.

*Check the construction processes you have used or learned this year:*

#### **SEAMS:**

Self-finished plain  
Fake French  
French  
Flat fell  
Standing fell  
Welt

#### **DARTS**

#### **PLACKETS**

#### **BANDS AND YOKES**

#### **BOUND BUTTONHOLES**

#### **SEWING ON BUTTONS**

**FACINGS:**

Bias  
Straight  
Fitted

**PATTERNS:**

Buying  
Fitting  
Altering

**PREPARATION OF MATERIAL:**

By shrinking  
Applying lace and  
embroidery

**POCKETS:**

Set-in  
Patch

**SHIRRING**

**TUCKS**

**PLEATS:**

Side  
Box

**SLEEVES:**

Kimono  
Raglan  
Epaulet  
Set-in

**Assignment for Scrap Book:**

1. How many school dresses does a girl of your age need per year?
2. How many protective garments, such as coats, sweaters, rain coats, does a girl need per year?
3. How many undergarments?
4. What accessories and how many of each?

Find illustration of each of the above and mount in note book, with estimated cost of each.

In selecting coats, hats, shoes and other accessories, remember that they will have to be worn with more than one outfit, and that colors must be chosen with much care.