

UNDERWEAR FOR 4-H CLUB GIRLS



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UNDERWEAR FOR 4-H CLUB GIRLS

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Underwear for the girl of today is designed for comfort and for daintiness. Simple garments of good material and workmanship are distinctive and individual and are conducive to good health. The appearance of the top clothing is dependent upon the choice of the garments underneath; therefore, a well-dressed girl is always particular about her underclothing.

Even though underclothes are not so many and appearance as they once were, they are still needed for cleanliness. Worn next to the skin, where they absorb perspiration, they need frequent laundering, much more frequent than could be given to outer suits or dresses. Thus, underwear becomes a protection to the garment under which it is worn.

Attractive underwear does not involve complicated construction nor a great deal of time in the making. Underwear made at home can be just as attractive, will cost less, and last longer than ready-made.

A true 4-H girl always chooses simple garments beautifully made rather than tawdry, cheap underclothing. The straps and bands are adjusted so that there is no irritating pull or restriction.

Color: White and delicate shades of pink are the most satisfactory and by far the most becoming.

Materials: Undergarments should be of material that is durable, launders well, and to which dresses will not cling. The amount of material to buy will depend on the garment you wish to make, the pattern you use, your size, and the width of the material. The pattern will give the amount of material needed.

Trimming: A small amount of good trimming is far better than a large amount of cheap trimming. Undergarments should never be overtrimmed.

NOTE: For your note book (1) Secure samples of materials with their prices, suitable for underwear, (2) find pictures of desirable underwear, (3) samples of good, durable, dainty lace, and (4) make a list of the things which would govern your choice of undergarments. (5) How many undergarments of each type do you think it necessary for a girl of your age to have in her wardrobe?

THE SLIP

The costume slip is planned for the foundation of the dress. It should be comfortable, loose and light in weight. The lines of the outer garment give a fitted silhouette, therefore the undergarments should conform to these lines. They should be fitted so that not a wrinkle or a line in them would be visible when the dress is worn. The slip hangs from the shoulders and serves as an underwaist and petticoat. The slip length should be an inch shorter than the dress with which it is to be worn, and the width at bottom

should be a little less than width of dress skirt. The hem of the slip should be carefully taken an length all around. Nothing mars one's appearance more than a slip showing below the skirt.

I. Pattern: For Junior 4-H girls or beginners a two-piece slip is suggested:



Advance No. 778
Simplicity No. 1709.
Du Barry No. 916B.
McCall's No. 8728.

For Senior 4-H girls a pattern with four pieces is suggested:

Butterick No. 5880.
Simplicity No. 1560.
McCall's No. 332.

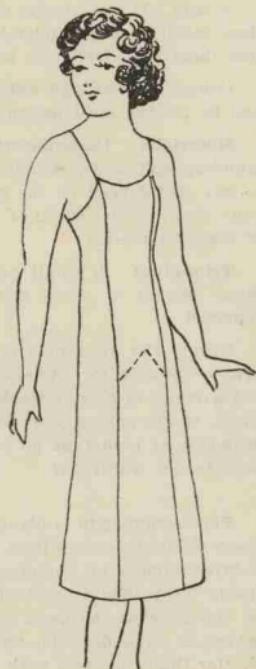
Each piece is cut on the straight of material. This gives an excellent fitting slip and one that wears well.

II. Construction:

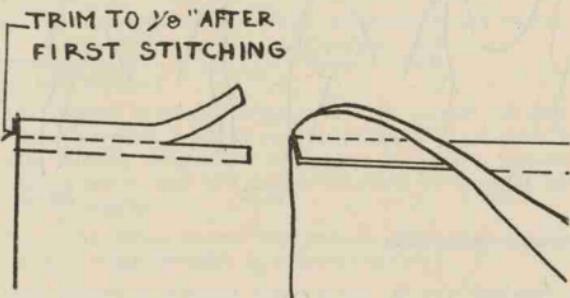
1. Study pattern, noting seam allowance, and notches for putting pattern together.
2. Check measurements with own to see if any alteration is necessary.
 - a. Bust.
 - b. Hip.
 - c. Waist.
 - d. Length.

Slip must be several inches larger than actual measurement for comfort in wearing.

3. Note where straight of pattern must go on 'straight grain of material.'
4. Straighten edges of material. Press material so there is not a wrinkle in it.



5. Place material on a large table, smooth out perfectly flat.
6. Place pattern on material, secure with pins.
7. Mark all notches with colored thread or mark and cut outward.
8. Cut with good sharp scissors right on the pattern line.
9. Remove pattern and baste.
10. Try on and make any necessary adjustment.



To make French seam:

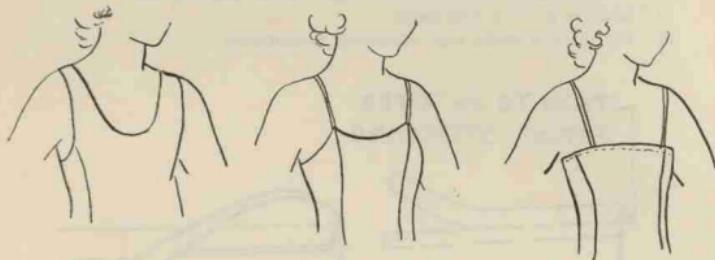
- (1) Pin the edges of the wrong sides together.
 - (2) Baste $\frac{1}{4}$ inch from the edge.
 - (3) Stitch against the bastings.
 - (4) Remove the bastings.
 - (5) Trim off the edge about $\frac{1}{8}$ inch from the stitching.
 - (6) Turn to the wrong side of the garment and crease the seam flat.
 - (7) Fold the garment so that the right sides are together, and crease.
 - (8) Baste about $\frac{1}{8}$ inch from the edge or just at the edge of the first seam (which is now enclosed in the second).
 - (9) Stitch against the bastings.
 - (10) Remove the bastings and press.
12. Straps: A double fold of material like slip, not over $\frac{3}{8}$ of an inch makes a nice strap. Place strap $3\frac{1}{2}$ - $4\frac{1}{2}$ inches from center of front and 3 - 4 inches from center back, according to size of person.
 13. Make slip shadow-proof by adding an extra piece of material on lower front panel of skirt.

III. Finishes for Slip:

1. Seams—French fell. See directions above.
2. Top of slip.
 - (a) Narrow binding or hem which may be featherstitched.
 - (b) Narrow hem with lace whipped on.

(c) Shell edge.

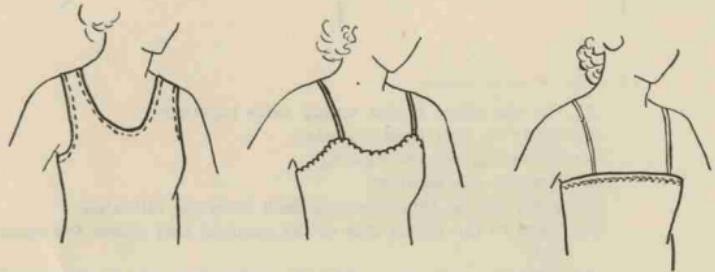
The top may be built up as illustration No. 1, pointed as in No. 2 with tiny straps, or straight across as in No. 3.



No. 1

No. 2

No. 3

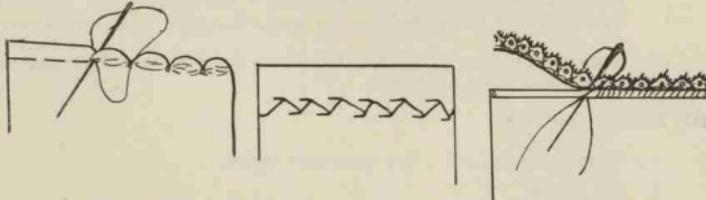
Finishes for top edge.

Narrow bias facing

Shell edge.

One-inch hem,
featherstitched.

The shell is easier made on a curved or bias edge than when it is on a straight. Baste a quarter of an inch hem. At regular intervals a little over $\frac{1}{4}$ of an inch apart bring the thread through to the top and take two stitches over to form shell.

Shell edge
No. 1Featherstitch
No. 2Rolled and Whipped
Lace edge.
No. 3

3. Lower edge of skirt—2 or 3 inch hem.

To get the hem length put the slip on and with a yard stick measure up from the floor the desired length. Mark the lines with pins and then trim off any unevenness. Turn up the hem and finish with hemming stitch.

SHORTS, STEP-INS OR FRENCH PANTIES

I. Pattern: Use a commercial pattern of suitable style and correct size.

Pictorial 8111	Simplicity 1923
Advance 906	Dubarry 1396B
Butterick 5456	

1. After pattern is selected study it carefully so that you will know what every mark, notch, or perforation indicates. Go over the pattern, studying every detail, being sure that you understand each piece of pattern and how it is to be placed on material, and how to put it together.
2. Check own measurements with pattern, make any alteration for length or width necessary in a practice pattern.
3. Place pattern on material, noting grain. Be sure that part of pattern that is due to be on straight grain is placed on the true grain.
4. Pin the pattern to material, taking up just as little of the material as possible with pin.
5. Mark all notches and perforations on material that will be needed.
6. Cut accurately right on pattern edge with keen sharp shears.

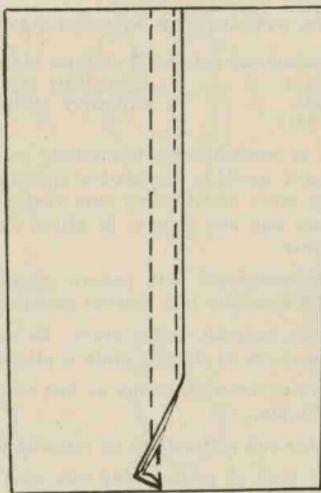
II. Construction:

1. Remove pattern and baste the seam of each leg. Join the two legs together as per directions on pattern.
2. Try on. Make any alterations necessary to secure a good fit.
3. Finishes:
 - (a) Seams—flat fell is preferred because of comfort and tailored effect.
 - (b) Top—use finish suggested by pattern.
 - (c) Placket finish as pattern suggests.
 - (d) Lower edge—a narrow plain hem or either of the finishes on bottom of page 6.

How to make a flat fell:

- (1) Pin the edges of the wrong sides together.
- (2) Baste $\frac{1}{2}$ inch from the edge.
- (3) Stitch against the bastings.
- (4) Remove the bastings and cut off the ends of the thread.
- (5) Press the seam open.
- (6) Hold one side of the seam back out of the way and trim off the other side to $\frac{1}{8}$ inch.

- (7) Fold the wide edge over the narrow edge, measuring $\frac{1}{4}$ inch from the stitching on the right side; turn the edges from you and baste as you turn.
- (8) Baste flat to the garment about $\frac{1}{16}$ inch from the edge.
- (9) Stitch on the edge.
- (10) Remove all bastings and press.



FLAT FELLED

NOTE: For your note book (1) cut from magazines, pictures of shorts and panties of different types, and (2) get samples of material suitable.

BRASSIERE

Brassieres that fit well, are not always easy to buy, therefore it would seem advisable for every girl to learn to make them.

For brassiere select any pattern you like, preferably uplift style. 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 side seams will make the brassiere fit better. Always baste and fit brassiere before stitching.

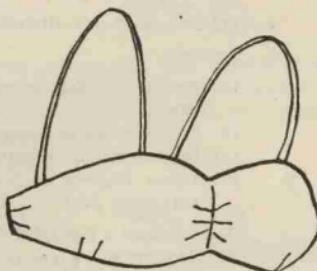
Seams—Flat fell.

Top and Bottom—Bind, hem, or face.

Straps—narrow fold or cloth $\frac{3}{8}$ inch wide.

Place $3\frac{1}{2}$ — $4\frac{1}{2}$ inches from center front.

Place 3—4 inches from center back.



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 finish. The seams are usually French for gowns, flat fell for pajamas. The gown may be made any length, governed generally by the popular style.

Making the nightgown:

1. Study pattern, observe directions for putting together, following directions. Open the pattern and observe that the neck is cut lower in the front than in the back and that the armscye, in the sleeveless style, is larger in front than in the back.
2. Cutting: Accuracy in straightening material, placing pattern on material and cutting. Mark all notches or perforations that will be needed while pattern is on the cloth.
3. Finishes:
 - a. Seams—French.
 - b. Neck—Fitted facing, color, or one of finishes on bottom of page 6.
 - c. Armscye—if sleeveless, use same finish as used at neck, otherwise kimona or set-in sleeve.
 - d. Bottom edge—Hem 2 or 3 inch hem.

To prepare and apply a fitted facing:

Place a piece of tissue paper over the edges to be faced. Outline the exact shape of the edge on the paper, then draw the outer edge of the facing the desired width and shape. Cut out the pattern, allowing 1 inch at seams. Place the pattern and cut the facing from the fabric, laying the center front and center back on a straight thread. Join seams with a plain seam and press open.

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.

Making the Pajamas:

1. Study the pattern and check with own measurements. The tall girl should be careful that the crotch is long enough.

2. Place all of the pieces on the cloth and pin them in place before cutting any part. Place the large pieces first.
3. Cut right on the pattern edge—indicate all notches, perforations, and seam allowances.
4. Assemble as directed in pattern guide sheet. Baste right on seam allowance.
5. Use the flat fell in making the pants of pajamas, (see directions on pages 7 and 8).
6. Other finishes as given in direction sheet.

JUDGING

After each group of articles is completed, set aside a definite time, and judge those garments. Judging your garments and those of other club members according to the score card below will make you familiar with the points of garments of high quality. Being familiar with these points will help you design and make better garments, and help you in selecting ready-made clothing.

*SCORE CARD FOR UNDERGARMENTS

	<i>Perfect Score</i>
Material used, including trimmings (30 points)	
Hygienic aspects	10
Durability of materials	10
Laundering qualities	10
Workmanship (30 points)	
Choice and neatness of seams, hems, finishes, etc.....	15
Perfection of stitching (hand or machine).....	15
Design (20 points)	
Suitability, including protection, modesty and comfort	10
Beauty in line and color	5
Originality	5
General appearance (10 points)	
Cleanliness	5
Pressing	5
Relation of garment value to cost in time and money (10 points)	10
	100

EXHIBITS

On completion of a unit all articles made should be exhibited either at a club, or an achievement day. Exhibits do much to bring up standards of workmanship. In an exhibit one girl sees how her work compares with another and just how it can be improved.

When exhibiting at a community, county or state event:

1. Have articles clean.
2. Have articles well pressed.
3. Have each article labelled with name, address, and name of club. This should be written on a piece of stiff cloth and sewed to the hem of the garment. Have edges 3 x 1½ inches.

*Miscellaneous circular No. 90, U. S. Department of Agriculture.

HOW MANY OF THE FOLLOWING QUESTIONS CAN YOU ANSWER?

1. What articles of wearing apparel are most likely to restrict the body in its natural movements?
2. What happens if you wear round garters that are too tight, or bloomers that have elastic which is too tight?
3. What is normal body temperature?
4. How does the body keep the same temperature in cold weather?
5. Which is warmer, knitted cotton material or woven cotton material? Why?
6. Why is cotton practical for underclothing?
7. How much body moisture is given off daily in the form of perspiration?
8. Why then is it necessary for our underclothing to be made of materials which will launder easily?
9. If you cannot have a bath every day, what is the minimum number of times per week you should bathe?
10. How often do you think we should change our underclothing? A daily bath will keep our underclothing clean.
11. What should we do with our underclothes at night?
12. Why should we not sleep in any garment at night which has been worn during the day?
13. Describe a comfortable, healthful garment for sleeping?
14. Why should our underclothing for every day be made of inexpensive materials and with simple decorations?
15. List all of the characteristics which you think material should have to be suitable for underwear.