

Young Man----

**"dress right/
look right"**

Personal Appearance

4-H Manual and Record Book - 1

YOUR REWARD FOR DRESSING RIGHT

The well-put-together look does a great deal for the appearance of young men. In today's society everyone wears clothes—the difference is in what we each wear and how we wear them. You do not need a huge clothing budget to show good taste in clothes if you choose your clothes carefully, learn how to put them together to have attractive outfits, and learn what styles and colors are best for you.

Anything worthwhile takes time, and the time you devote to making the most of what you have is well spent. Just remember, a good appearance pays off in giving you self-assurance and the satisfaction of knowing that you look your best.

Twelve activities from which to choose plus record sheets begin on page 13.

DRESS RIGHT/LOOK RIGHT

Stop! Where are you going? The answer you may give is "up the ladder of success." Everywhere you turn today, people are telling you to be a success. "Study hard and you'll be a success," they tell you. "Be nice." "Learn good manners," and on and on the list goes with suggested do's and don'ts for becoming a successful young man.

Here's another "do" for you. Do be well-groomed and neatly dressed and use this manual for help in wardrobe planning and buying.

The Right Clothes

Do clothes play a very important factor in the first impression people get of you? Have you ever stopped to think that 90% of what people see when they look at you is clothes? Does your appearance make a pleasing picture for others? Do they **really see** what you want them to see when they look at **you**?

It is not how many or how expensive your clothes are that counts, but how well-coordinated, styled, neat, clean, and appropriate they are. The way you dress tells whether you are careful or careless, confident or ill-at-ease.



Each one in this illustration is well-dressed but for different occasions. Confidence and being well-groomed go hand in hand.

Dressing Appropriately

What is dressing appropriately? It means choosing the correct apparel to fit the occasion. The same boy will strive for a different look when reporting to work than when going to church. Later he learns to dress one way for a construction job, another way for a business interview, and he becomes more sophisticated as his experience grows. If he is not sure what to wear for a social occasion, he checks with a friend or his hostess.



Which
young man
looks
confident and
businesslike
?

Which one
is most likely
to be you
?



Would
YOU
Get the
Job?

Price is not the only key to dressing appropriately. More important is developing good taste and knowing good fashion. Taste and judgement spell the difference and can prevent wasting money in poor clothing investments.

In order to practice taste and judgement, you need to know the meaning of certain terms—style, fashion, and fad.

Style refers to the type, form, or outline of the garment: An example would be the Ivy-League look.

Fashion is the style that is "in." These usually recur every few years. You are familiar with fashions as the wing tip shoes for dress wear, blue blazer and gray flannel slacks, and weejuns.

Fad is a fabric, color, or other specific clothing item which gains rapid and short-lived acceptance—sometimes a few weeks or maybe a season. (You can think of many examples as the Beatle or composer sweat shirt.) Usually the high school students tend to copy the college student fads. Be cautious in buying fads so that you will not invest your money unwisely.

Make A Plan

You do not need a lot of clothes to have an all-occasion wardrobe. Make out a plan for buying and let it be your guide. Analyze the clothes you have, the condition they are in, the wardrobe you'll be needing immediately and your long-term wardrobe requirements. A few questions are:



Yes No

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Are casual clothes suited to all my needs? |
| <input type="checkbox"/> | <input type="checkbox"/> | Are there any occasions for which I really need a suit? |
| <input type="checkbox"/> | <input type="checkbox"/> | Do I have slacks and jackets that could be worn together to take the place of a suit? |

Coordination of Colors and Accessories

Mix, match, and harmonize are three words with which teen-age boys should be familiar. To show you how to mix, match, and harmonize, imagine you have a suit and a sport coat and a pair of slacks.

You could wear the **dark suit**, white shirt, black shoes, medium blue or black socks, neatly patterned tie to match and have a good dress outfit, or one which you could wear to a dance. You would want to place a handkerchief in the pocket.

You would wear the **gray flannel slacks** and the dark coat from the suit. Add a white or soft blue shirt with gray or black socks and striped tie.

Another possibility is to wear the **sport coat** with the **dark slacks** from the suit.

There are other ways for you to change this basic wardrobe. You can select ties to express your mood—brightly colored ties and some dark, figured, or plain ones. The tie should complement the color of the suit and shirt. The ties may be bow ties, bolo ties, or four-in-hand ties.

Remember these basic pointers as you plan your wardrobe:

- ... A key wardrobe color will help you select new clothes and combine separates (slacks, jackets, and shirts) into pleasing color harmonies.
- ... Go easy using patterned fabrics such as plaids, stripes, and prints. Too many patterns will limit your combinations. A few will add interest and variety to your wardrobe.
- ... Your tie should harmonize or complement your suit in color. If the jacket or suit is patterned, the tie should be plain.
- ... Socks should be selected to match the shoes or trousers in color. They should not be lighter than the suit. Plain socks are better with a patterned or dressy suit. Patterned socks are good for sportswear.
- ... The texture of your accessories (tie, handkerchief, and socks) should be in keeping with your garment and the occasion. For example, fine gauge socks should be worn for business occasions and heavier casual socks are good for sportswear.

You can look well-dressed with a **minimum** quantity of clothes but **maximum** use of mix-and-match shirts, jackets, and slacks.

How do you know what colors to wear together? The chart below from the American Institute of Men's and Boys' Wear will give you some suggestions.

DRESS RIGHT COLOR GUIDE

B U S I N E S S W E A R	Suit	Shirt	Tie	Socks	Shoes	Hat	Coat	Gloves	S P O R T S W E A R	Jacket	Slacks
	Blue	White Blue	Blue Maroon	Blue Black	Black Brown	Gray Brown	Blue Camel	Gray Tan		Blue	Gray or Light Blue
	Gray	White Blue Gray	Blue Maroon Black	Blue Maroon Black	Brown Black	Gray Brown	Tan Gray Blue	Tan Gray		Gray	Blue or Dark Gray
	Brown	White Tan	Maroon Blue Green	Maroon Blue Green	Brown	Brown	Brown Tan Camel	Tan		Brown	White Tan or Light Blue
		Light Blue	Brown Blue	Brown Blue							

To be sure that you have good coordination of your shirt, tie, and other clothes:

1. Wear a one-color combination—suit, shirt, and tie can be in varying shades of blue, gray, or brown, or select a two-color combination—black suit, blue shirt, black and blue tie.
2. Wear two plains and one patterned design—plain suit, plain shirt, patterned tie, or a plain suit, patterned shirt, and plain tie.



Not this



But this or This



Effect of Body Build on Styles of Clothing

Your body build is one of the first guides to help you decide what styles look best on you. Stand before a full-length mirror and "size yourself up." Are you short and stocky, short and slim, tall and heavy, tall and thin? The lines in your clothes play an important part in your appearance. Lines can make you appear to be what you are not or may help to hide posture or other defects.



Horizontal lines (which run crosswise) give you the appearance of being heavier. If you are slender, then you could wear these lines well. For other horizontal lines, wear suits with tailored shoulders, moderate spread and button-down collars, and horizontally patterned ties.

Vertical lines (which run up and down) give you the appearance of being tall and slender. This is what you would want if you are short and stocky. Because of their vertical lines, shirts with low-sloped collars and slim ties would also give this appearance.



For a tall and heavy person, suits of plain, subdued patterns with little shoulder padding; moderate to wide-spread collars and average to wide ties would be good.

If you are short and slim, you could wear single-breasted suits of chevots, tweeds, and neat plaids; pinned, tab, or button-down collars and all but the widest ties.

As you have probably already noticed, lines can be found in clothes:

... in the design of the fabric—as figures, stripes, and plaids

... in the cut or style of the garment—as in the length of the jacket, type of jacket, type pockets, collar line or shape

... in the use of color contrasts, as in separates such as jackets and slacks, which would appear to cut-you-in-half. Similar colors in both jacket and slacks would not have this effect.

One of the best ways to decide which type line looks best on you is to try on suits and separates and critically look at yourself to study the effect.

The Right Colors For You

In studying your overall wardrobe, it is important to ask yourself what you want color to do. Since you do not have the aid of makeup, the choice of color in your clothing is an important tool for improving or playing up your coloring.

A clear, smooth skin is a valuable aid in wearing colors well. Your choice of colors should emphasize good skin and flatter skin which is not perfect. No two people have the same skin color so you must experiment to find which is best for you. The relationship of the color of your hair and your eyes to your skin coloring will be important when you choose colors for your clothes. Of the three, skin color is the most important when it comes to selecting clothes colors.

To select a color ask yourself:

... Is this color becoming to my skin, hair, eyes, and size?

... Does it emphasize my best features?

Remember:

... Light colors and bright intense colors make you appear larger.

... Dark colors make you appear smaller and are good for the stocky person.

Some colors will look better on you than others. Usually you can wear two or three well and several others almost as well. Find your best colors and stick to them. Use a good basic color (such as black, brown, navy blue, or gray) in your best suit and good casual clothes.

HOW TO BUY A SUIT

A young man who realizes the importance that clothes play in his appearance will select clothes that look right on him. He chooses a suit carefully, making sure that it is suited to him and his activities.

How Much Should I Spend?

How much money should you spend for a good suit or a good sports jacket and slacks combination? You will need to answer a few questions first.

1. Are you still growing? If so, you will not want to pay a large amount for the outfit just to outgrow it in a short time.
2. Will you wear your suit a lot? If the answer is yes, then you will want a better quality suit which will give you good service.
3. What is the top amount of money you and your family can sensibly afford to spend? This will perhaps be the key to your purchase.
4. Are you soon going to college or do you want a good suit for business? If the answer is either, you may want to consider the money spent as a long-time investment.

What About the Fabric?

After you have found a suit you like, look at the material and feel it. Is it a firm weave? Does it wrinkle or do the wrinkles spring out when you release the fabric?

Look for a label, tag, or pocket stuffer to give you information. The law requires that all garments have information stating fiber content of the material. Look, too, for information about special finishes, what care the garment requires, and the name of the manufacturer or retailer.

Wool is a scaly looking fiber that can hold in air giving it insulating and absorption qualities. Therefore, wool has long been a favorite of men's suits and coats. Wool tailors easily, holds its shape well, and resists wrinkles.

There are two types of wool fibers—**worsteds** and **woolens**. A **worsted** fabric is made of long, fine woolen fibers that are tightly twisted. This twist makes the fabric particularly durable. Worsteds will take a sharp crease and hold their shape. If you crumple them in your hand, they will spring back to shape. Gabardine and sharkskin are worsted fabrics. They will become shiny after wear and cleaning. Plaids and stripes in worsteds will not show shine readily.

The second type of wool fiber is the **woolens**. **Woolens** are fabrics made from fibers that are too short to be twisted. These fabrics are soft, do not hold pressing as well, and are not as durable as worsted fabrics. They do not wrinkle easily and are thicker and fuzzier than worsteds. Examples of woolens are tweeds, twists, some flannels, and homespun. In general, woolens are less expensive than worsteds, and they will not show shine as soon as worsteds.

A pure virgin wool trademark on the label means that the fabric has been quality tested for good performance.

There are some 17 man-made fibers. Those most commonly used in suit fabrics are polyesters, acrylics, and rayons. You will notice on the label that they are blended with other fibers.

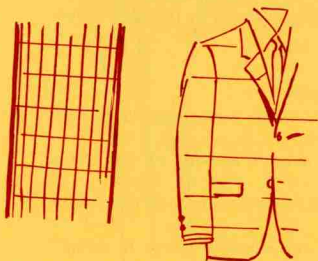


Polyesters give crease and press retention to suitings. Acrylics give crease retention but more warmth than polyesters. Rayons lower the cost of the fabric and can be given minimum care and durable press finishes.

Watch for fiber hang tags which state that the fabric is **certified** by the company making the fiber. This means that the company has controlled the quality of the fabric that carries care and durable press finishes.

The Quality of a Suit

After you've taken a look at fabric, notice some other things about the suit. There are some definite signs of good quality and workmanship.



Straight of grain: Do you know what grain line is? Grain means that the lengthwise yarns are perpendicular to the crosswise yarns. If the suit is not cut on the true grain, it will lose its shape in wear and cleaning. The crosswise yarns should run straight across the chest and sleeves without sloping down.

Matching of pattern: In the best quality suits the cloth is cut so that the patterns match exactly. The matching of patterns does not make the suit wear better, but it does increase the value and quality of the suit. Since this is true, it may be wise to avoid definite patterns when you are buying a suit from a low-price range.

Plaids should match at the center back seam of the jacket, the side seams, armholes, where the coat fronts meet when buttoned, and where the collar rolls over and meets the back. Fabric patterns should match on the pocket flaps and welts and where the collar is notched.

Lining: A firm twill weave will give more service because it is the most durable. You can recognize it by the weave looking as though it forms diagonal lines across the fabric. Check the label to see if the lining has been treated so it is resistant to perspiration and cleaning as well as to crocking. (Crocking is when the color rubs off.)

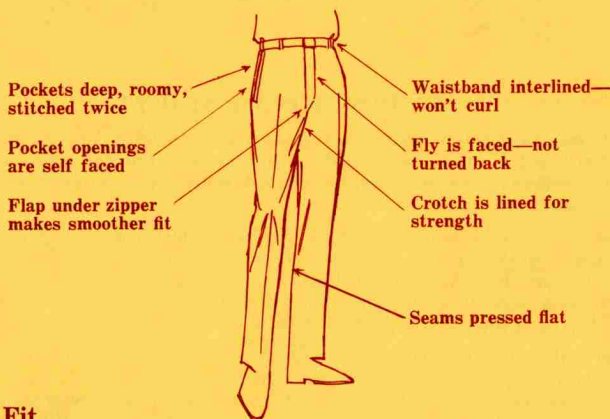


Buttonholes: Any well-made buttonhole will have close, even stitching on both the underside and top side, and will have well-reinforced ends.



Coat front: The "coat front" is important. This is the foundation fabric between the coat material and the lining. The material is sometimes referred to as hair canvas or interfacing. The more wool the interfacing has, the better it will hold its shape. A good quality interfacing will spring back when you crush the coat lapel in your hand. Go to a men's or boys' clothing store and look at some suits. Select a high-quality one and crush the lapel and see if it will spring back. Then select a low-quality suit, give it the same test and compare what you see. Having done this, you have begun to learn to judge quality.

Coat Pockets: Coat pockets of good quality suits should be made of a cotton twill. It is durable, closely woven, and lightweight. In low-quality suits the lining may be crisp and full of starch that comes out when the suit is cleaned.

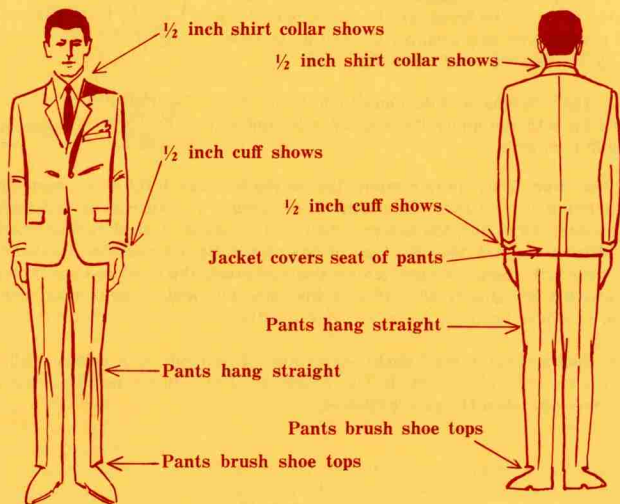


Know Good Fit

A suit must fit well in order to look well. If it fits well, it will also wear better and will cost less for upkeep.

Let a clothier measure you and help you determine your proportions. Sizes of suits are determined by chest measurement. Jackets are proportioned so that you can get short, regular, long, or extra long lengths. The size of the slacks is determined by the waist measurement (taken over your shirt) and the length of inside seam.

When you find a suit you like, try it on. Try on both the pants and the jacket, not just the jacket alone. Look at the suit carefully. Walk around, move your arms back and forth, and sit down. Does the suit feel comfortable? Is the seat of the trousers comfortable? Are the chest, back, and under collar areas free from wrinkles? Is the waistband snug but comfortable? Do the armholes feel comfortable? A well-fitted suit will hang straight and not pull or appear baggy anywhere. Study these sketches carefully to determine how your suit should fit.



HOW TO BUY SHIRTS

Shirts play an important part in any young man's wardrobe. You can change the appearance of your entire outfit simply by changing your shirt. You may select a plain color or pattern, pin stripe, wide stripe, dobby, check, plaid, geometric, or other design. These may be chosen in many colors.

Styles: There are two major shirt styles—the dress shirt and sport shirt. The collar on a dress shirt is stitched to a band and then sewed on the shirt. The dress shirt is not as full in cut as the sport shirt. Materials for dress shirts include broadcloth, oxford, and chambray, wash and wear, and the dacron and cotton blends. All these fabrics may also be used for sport shirts along with percales, gingham, and knits.

Collar styles: The most noticeable thing about your shirt is the collar. There are several collar styles and you should find the one most becoming to you. You may be able to wear several styles. However, select a collar style that is becoming to the shape of your face.

Become familiar with two descriptive terms—points and spread. **Points** refer to the distance from the neckband to the collar tip, and **spread** refers to the distance between the collar points.

Look at your face in the mirror. Is it round, long and slender, or average? What type collar will give you the effect you need? Here are the seven basic shirt collar styles. Study them and learn which style is most becoming to you.

Short point This is excellent for the long-necked, slim-faced boy.



Spread This style has short points with medium spread between the points. It is very becoming to boys with thin faces or with an average build.



Regular This type can be worn by a majority of all boys. It has medium points and a medium spread.



Button down . . . This collar is casual and youthful-looking and worn for both dress and sport occasions. It looks well on a boy of average build and flatters a boy with a broad build and a short neck.



Tab This is a dressy style which looks well on the boy with the average face. It is fastened with a snap fastener closure attached to the collar tabs.



Low Slope The low-slope style is cool, comfortable and excellent for the thin neck.



Rounded This type also is youthful-looking and may be worn by the boy with a thin face or an average face.



Cuff styles: If you select a long sleeve shirt instead of a short sleeve one, you will have several cuff styles from which to choose.

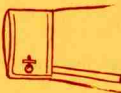
Single or "barrel" cuff . . . This one fastens with a lap and attached button.



French This type is also called "double" cuff. It is folded back and is worn with cuff links.



Single cuff with cuff link openings.

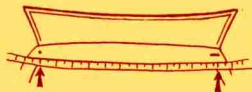
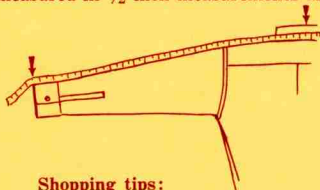


Convertible cuff This is a barrel-type cuff with an extra buttonhole which permits it to be worn with cuff links or as a regular buttoned cuff.

Fit of a shirt: The fit of your shirt determines your comfort when wearing the shirt. The fit will depend upon the fullness of the armhole, the length of the body of the shirt and the tapering of the waist. A good shirt is long enough to stay tucked into your trousers.

Because sport shirts are made for informal wear and recreation, they should be cut fuller to allow for extra roominess. There should be ample width across the back, deep armholes, full-cut sleeves, and a pleat or gathers in the back to allow freedom and to prevent pull or strain.

Shirt sizes: Boys' shirts come in regular clothing sizes ranging from 8 to 20. Shirt sizes are based on neck measurement and sleeve length. The sleeve length is measured from the center back of the collar, over the shoulder and to the wrist. The length of the collar is measured from the center of the button to the buttonhole. The size is stamped in the collar—for example, 14½-32 means the neck measures 14½ inches and the sleeve 32 inches. The neck sizes are measured in ½ inch measurements and the sleeves are varied by 1 inch.



Shopping tips:

1. The buttonhole stitches should be close, firm, and with no loose threads. The buttonholes should be placed exactly in the center front.
2. Check to see that the buttons are smooth and clear. They should be stitched on securely.
3. Study the label carefully for information such as colorfastness, perspiration resistance, shrinkage control, and fabric certification. If a shirt is guaranteed not to shrink more than 1 percent, fit will not be affected after washing.

HOW TO BUY TIES

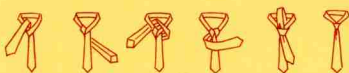
Your tie is the finishing touch to your outfit. Your tie should harmonize or complement the suit in color. The tie should be fastened securely with a tie clasp, stickpin, or tie loop so that it will stay in place. The tie clasp is usually worn below the V-zone of the suit coat.

Style: The width of the tie is usually influenced by the width of the suit lapel. The wide ties have been associated with wide lapels and padded shoulders. Narrow ties are now associated with narrow lapels and natural shoulders. Most boys prefer the four-in-hand ties or the pre-tied ones. You can choose from medium width or narrow widths, knitted or woven ties, plain or patterned, bright or subdued colors. Take your choice. Here are some basic rules you would want to consider:

1. If you have a long and slender face, wear a short Windsor knot.
2. If you have a short neck and a round face, tie a longer thinner knot.



These sketches show how to tie the four-in-hand knot.



These sketches show how to tie the Windsor knot.

HOW TO BUY HATS

When it comes to the right hat style, pick one that flatters you. A boy may or may not wish to wear a hat, but hats can add an important touch to one's outfit.

Styles for men's and boys' hats do not change as often as women's, but some of the details change—as width and pattern of hat bands, amount of taper, depth and kind of dent, etc. The hat is a personal expression of the wearer, so select one to fit your personality but at the same time give poise, dignity, and self-assurance.

In selecting a hat, keep in mind the shape of your face. A hat can give your face a wider or slender appearance. The best way to find what style looks best on you is to try the hats on, study carefully the effect they give, and seek the advice of a good clothier.

Styles for your face:

Average shape face You have a wide choice. Avoid extremes, however.

Tall, lean, narrow face . . Try a low crown and medium width brim.



Slight, thin, face A narrow brim, tapered height-adding crown with a wide band would be good.



Short, stocky, full face . . A full or squared crown of moderate height with medium to wide brim.



Big, full-featured You would probably look better in a medium-height crown, and a somewhat wider brim snapped full from side to side.



Size: The hat size is determined by the circumference of your head where the hat usually rests. This is measured in inches. For instance if your head measures $21\frac{7}{8}$ inches in circumference, you would wear a size 7 hat. The easiest way to know your size is to try on hats, find a comfortable one and remember that size.

HOW TO BUY SHOES

Good looking shoes are an important part of a well-dressed young man's wardrobe and there are shoes for all occasions.

Shoe selection: Your shoes should be selected for comfort, use, value, and appearance—in that order. They should be selected to complement your suit or topcoat. Black or cordovan shoes would look well with blues, grays, and some olive blends. Browns would blend with browns, olives, and some grays. Never wear brown with black suits. Try to coordinate the colors and textures of the leather in your belt and shoes.

The style of your shoes should be coordinated with your suit. If you wear casual clothes, wear sport-type shoes. If your suit is more dressy, your shoes should have thin to medium soles, a minimum of punching and trim, and neater, more graceful lines.

Shoes for the occasion:

School and campus wear	buckskin, oxford, loafer, chukka boots
Business and informal social affairs	plain-tip, wing-tip, straight-tip, balmorals, or bluchers
Casual events	slip-ons
Country or cruise	moccasin or loafers
Weddings and formal attire	plain-tip calf or patent leather shoes

Shoe sizes: Have your foot measured for length and width by a reputable shoe salesman every time you buy shoes. Having your shoes properly fitted is necessary for good health. Sizes for men's shoes range from 5 to 13 with half-sizes included. The width is stated by letters AAA to EE. The AAA is the most narrow and the EE is the widest. Sizes are usually stamped inside the heel of the shoe. If a shoe is stamped $8\frac{1}{2}$ C, it means $8\frac{1}{2}$ indicates length, and C width. Other ways to indicate width is by N (narrow), M (medium), or W (wide).

HOW TO BUY SOCKS

Your socks should be chosen for the clothes and shoes you wear. For dressy wear, choose plain knit or rib socks. For sport or casual wear, choose wool or bulky socks.

Your socks should be darker in color than your suits. With a patterned suit, solid color socks are best. If your slacks are solid colored or a tweed of a subdued pattern, argyles or diamond patterns are acceptable. Argyles should be related in color to your suit or tie.

Fibers: Many socks are cotton or wool because absorbency is a comfort factor. Nylon socks are easy to wash and quick to dry. If you buy cotton or wool socks, be sure that the heels and toes are reinforced with nylon for longer wear.

Sizes: Measure the length of a pair of good fitting socks. The distance from the point of the toe to the end of your heel should be your size. This is true for non-stretching socks. You can buy the stretch socks which will cover several sizes as 10-13. It is just as important to get properly fitted socks as it is to get good-fitting shoes.

Wear socks properly: Check to see if the elastic in the top of the socks is strong enough to hold the socks up. Socks that stay up instead of falling down over the shoe indicate good grooming. The longer length socks with a ribbed top are popular now and will stay up securely.



THE UNDERCOVER STORY

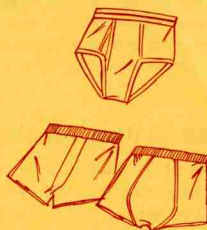
Comfort and protection are important in underwear.

SHORTS

There are several types of shorts from which to choose. There is no best type, but you should select the style most comfortable for you. Knits allow for plenty of stretch which is necessary for comfort. Some boys may want the boxer shorts which have a full elastic waistband or elastic in the side front or side back. The elastic used should be of good quality so that it will not wear out before the shorts. You will want to check the labels for colorfastness and information stating that the garment won't shrink more than 1 or 2%.

Construction: Check your shorts to see that the construction is good. Places where there is strain should be reinforced.

Sizes: Boys' shorts are sold by waist measurement. The knit type starts at 28 inches and goes to size 50. The woven type begins at 28 inches and ranges up to 54. Your height may make a difference in size needed. If you are very tall, you may take a larger size to obtain the proper fit.



UNDERSHIRTS

There are two types of undershirts—the athletic shirt and the T-shirt. The athletic shirt has a low oval neck, deep-cut armholes, and no sleeves. The T-shirt has a high neckline and sleeves. Most boys prefer the T-shirt. The V-neck T-shirt is also a popular choice for boys because it doesn't show when worn with an unbuttoned collar sport shirt.

Construction: Since T-shirts have no neck opening, the neck edge is bound with rib knit which allows the shirt to return to its original shape. Nylon is sometimes used to give added strength at the neck.

Sizes: Athletic shirts and T-shirts are sized two ways. They may be small, medium, large, and extra large with corresponding chest measurements, or they may be sized according to chest measurement only. These sizes usually range from 34 to 54 at 2-inch intervals. They are also made in longer lengths (usually 3 inches extra) for the tall boy. Look for a tag that guarantees the shirt will not shrink out of fit. Be sure the shirt is long enough to stay tucked into your trousers.

DRESS RIGHT/LOOK RIGHT ACTIVITIES

You want to look your best at all times and this Personal Appearance Project will help you do just that. The project includes activities from which to choose. Your project leader will help you become familiar with each activity. These may be any 4 of the 12 activities listed.

At the end of the project year complete the 4-H Project Summary, 4-H R-1-8. In addition, for each activity you select, complete records as indicated for that activity. Turn these records in to your leader.

Planning for Your Clothes

1. **Inventory of Clothing:** Make an inventory of your clothing. Make a chart and list the number you have of each item, what needs repairing, how many are too small, what needs discarding, and what replacements and additions you need. Make a long-range plan to show how you will acquire these clothes. State the amount you can spend and when you will buy. Attach this inventory chart to your completed 4-H Project Summary.
2. **Styles and Colors:** Learn how your body build determines the styles and colors of clothing you choose. List some of the styles and colors that are best for you. Go to a department store or a men's or boys' specialty shop and ask if you can select a good wardrobe for yourself. Record your selections on the record sheet, "Styles and Colors."

3. **Dress Revue:** If your county dress revue is planned to include boys, plan to model clothes. These will be clothes that you selected, but the selection was approved by your project leader. If you cannot participate in the county dress revue, investigate a clothing store revue. Include this in the story you write on your 4-H Project Summary.

Buying Clothes for the Wardrobe

4. **Size of Clothes:** Get someone to help you measure yourself accurately. Record your measurements by filling in a chart on size for suits, shirts, socks, sweaters, shoes, and underwear.
5. **Styles of Shoes and Socks:** Learn about the different styles of shoes and socks that are available and which styles are appropriate for various occasions. Choose one or two styles that would be good basic, all-around shoes and socks in your wardrobe. Fill in the record sheet, "Buying Clothes for the Wardrobe."
6. **Suits and Coats:** Learn what to look for in buying men's suits and coats. Study the different types of fabrics, styles, and construction features that indicate the quality of the suit or coat. Go to a department store and examine jackets and suits of three different prices. Which would you choose and why? Fill in the sheet provided along with the 4-H Project Summary.
7. **Shirts and Slacks:** Learn what to look for in buying sport shirts, dress shirts, and slacks. Study different types of fabrics, styles and construction features that indicate quality. Learn what makes a good fit in these types of clothing. Fill in the section on "Buying Clothes."
8. **News Article:** Write a news article for your local newspaper on how to buy some articles of clothing. Be sure to have this checked and approved by your leader. Include the newspaper clipping with your 4-H Project Summary.

Dressing for the Occasion

9. **Proper Dress for Activities:** Plan the proper clothes for school, church, parties, sports events, and an interview. Make a list of the types of clothes that would be most appropriate for each event.
10. **News Article:** Write a news article for your school paper on proper dress for ball games, the junior-senior banquet, or some other event of interest to teen-agers. This should be approved by your project leader or Extension agent. Attach the news clipping to your 4-H Project Summary.
11. **Accessories:** Assemble pictures of appropriate accessories to be worn with a suit for church, jacket and slacks for school, and a suit for parties. Select a good picture of the accessory for each occasion and explain why it is a good choice.
12. **Mix and Match Wardrobe:** Select a suit, a pair of slacks, a jacket, and two shirts. Show the various ways you can combine them to get several outfits for various occasions. Mount the picture showing the combinations and state the occasions for which each can be used. Use scraps of material (which you can secure from sample books at men's specialty shops) to illustrate this. Hand in on a separate sheet.

My four choices of project activities are:

1. _____
2. _____
3. _____
4. _____

STYLES AND COLORS (Activity 2)

1. What type body build do you have?

Tall and slender _____ Average _____

Short and stocky _____ Tall and muscular _____

2. What are some of your best colors?

Why? _____

3. What style clothes should you wear?

Shirt collar _____ Why? _____

Hat _____ Why? _____

Tie _____ Why? _____

Slacks (pleat in front or plain) _____ Why? _____

4. What type fabric looks best on you?

Light or dark colors _____ Why? _____

Plain or plaids _____ Why? _____

Bulky or lightweight material _____ Why? _____

Your selection from the department store or men's and boys' specialty shop:

Item	Color	Style	Fiber	Cost	Comments (Why Selected)
Coat					
Suit					
Or					
Jacket					
Slacks					
Shirt					
Tie					
Shoes					
Socks					

Attach sketches or pictures of your selections:

Suit



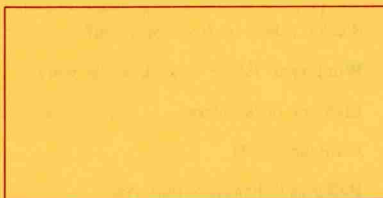
Socks



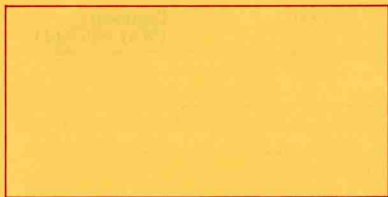
Shirt



Slacks



Coat



Tie



Jacket



Shoes



BUYING CLOTHES FOR THE WARDROBE

(Activities 5-7)

(Use a separate record sheet, available from Extension Clothing Department, for each garment studied)

1. Give the type of clothes you are learning about.

Shoes _____ Socks _____ Suit _____ Coat _____ Shirt _____ Slacks _____

2. What styles are available for this type of clothes? (List and briefly discuss.)

3. What does the label tell me? What do I know about the fabric?

4. Is the construction of the article good? What are some important features which you found?

5. What makes good fit in this article?

The illustrations in this manual and record were prepared exclusively for the North Carolina Agricultural Extension Service by the American Institute of Men's and Boys' Wear.



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