



Study the projects listed in this book. Find out what activities you would be doing in each project. This book will be your guide for two years.

Ask yourself these questions:

What kind of clothes do I need this year?

What kind of clothes would I like to learn to make?

How much do I know about sewing already?

Talk with your mother and 4-H Clothing Leader. They will probably be able to help you decide on the clothing project you would like best.

Decide which project in this book you would like to complete this year. You may take either one or two clothing projects this year. It will be best if you complete all of the activities in one project before beginning another one.

Complete the requirements for the clothing project you have selected.

Enter into the clothing activities in your community 4-H Club and your county.

This may include: Dress Revue
Sewing Demonstrations
Exhibits
Fairs

Complete the "4-H Record Summary" for your clothing project and write a story about your experiences in clothing activities this year.

On a separate sheet, for each garment made, include a picture or sketch of the garment, and a swatch of material, and an itemized cost of the garment. The sketch may be the one on the pattern envelope and the material should be cut approximately 3" x 3".

Keep a record of the care and repair work you have done. Turn these report sheets in to your 4-H clothing leader when she asks for them.

INFORMATION THAT WILL HELP YOU WITH YOUR CLOTHING PROJECT WORK



Ask your Clothing Leader or your 4-H Club Extension Agent for leaflets and lesson sheets that will help you complete the requirements in the project you select.

You can buy books on sewing, clothing selection, and grooming in department stores, sewing centers, and book stores. Pattern companies often have sewing books that are sold where you buy patterns. Many of these books are inexpensive and will help you learn the things required in each project. Your pattern guide sheet will also help you sew correctly.

Be sure you always study correct and up-to-date sewing methods. Sewing books or leaflets with a recent date of publication will usually be your best source of good information.

A WOOL SEPARATES OUTFIT

YOU WILL MAKE:

Any outfit of 2 woolen pieces of clothes which look nice when worn together. You may make a blouse of some fabric other than wool to wear with your outfit. This blouse may be counted as a part of your project work, but it isn't required.

Examples:

- slightly flared skirt and matching jerkin
- straight skirt and weskit which look nice together
- pleated skirt and matching pull-over sleeveless top

TAKE CARE OF YOUR CLOTHES:

- Keep your clothes pressed neatly so they look their best each time you wear them.
- Learn to pack a suitcase the correct way.

LEARN HOW TO SELECT YOUR CLOTHING:

- Select any one color you like and pretend you have a skirt that color. Select fabrics and colors for 2 blouses, a sweater, shoes, purse, and 2 scarves that would look nice with your

skirt. You don't need to actually buy the fabric or garments—simply shop and plan. Describe the items you choose in your clothing project story at the end of the year.

SHOW OTHERS WHAT YOU HAVE LEARNED:

- Exhibit your dress or blouse and skirt in a 4-H Dress Revue, club exhibit, or fair.
- Give a sewing demonstration in your local clothing project meeting. You may want to enter the 4-H sewing demonstration activity.



PLAY CLOTHES

YOU WILL MAKE:

At least one ensemble from the following list:

- a. shorts with blouse or shirt
- b. slacks with blouse or shirt
- c. pedal pushers with blouse or shirt
- d. swim suit and beach coat, poncho, or other kind of cover-up
- e. culottes or kilts with blouse
- f. one-piece play outfit such as a sun dress

YOU WILL LEARN TO:

- Make suitable seam finishes for terry cloth, denim, and other sportswear fabrics.
- Learn how to make a pocket set into a seam.
- Learn how to mend a tear with the sewing machine.



TAKE CARE OF YOUR SEWING MACHINE:

Learn how to clean and oil your sewing machine. Clean and oil it at least once a year.

SHOW OTHERS WHAT YOU HAVE LEARNED:

- Exhibit your dress or blouse and skirt in a 4-H Dress Revue, club exhibit, or fair.
- Give a sewing demonstration in your local clothing project meeting. You may want to enter the 4-H sewing demonstration activity.

A SCHOOL OUTFIT

YOU WILL MAKE:

Either of these school outfits—

- a. A cotton school dress with a collar and set-in sleeves; skirt may be flared, gathered, or pleated.
- b. A blouse with set-in sleeves and collar and a full skirt to wear with your blouse.



TAKE CARE OF YOUR CLOTHES:

- Mend your clothing as soon as it needs repairing
- Keep your clothing hung neatly in the closet or folded in a drawer
- Learn how to polish your shoes the correct way. Keep all of your shoes polished and in good repair.

LEARN HOW TO CHOOSE YOUR CLOTHES:

- Study how lines in your clothing make you look different sizes. Decide what lines make you look best. The 4-H leaflet "Line up Your Figure" will help you with this part of your project.
- Learn how to select good quality school shoes.

SHOW OTHERS WHAT YOU HAVE LEARNED:

- Exhibit your dress or blouse and skirt in a 4-H Dress Revue, club exhibit, or fair
- Give a sewing demonstration in your clothing project meeting. You may want to enter the 4-H Sewing Demonstration activity.

LOUNGE WEAR

MAKE ONE OF THE FOLLOWING:

- Shortie pajamas
- Tailored pajamas

In addition, make one of the following:

- Robe
- Brunchcoat or cotton duster
- Tommy coat

LEARN HOW TO CHOOSE YOUR CLOTHES:

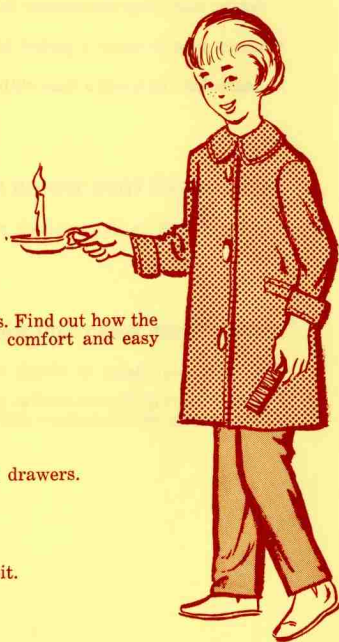
- Learn what to look for in buying pajamas, gowns, and housecoats. Find out how the sizes run in sleepwear and which fabrics are the best choice for comfort and easy care.

TAKE CARE OF YOUR CLOTHES:

- Wash and iron your clothing for one month. Keep a record of the number of garments you wash and iron.
- Keep your clothes hung neatly in your closet or folded properly in drawers.
- Keep your shoes neatly polished and in good repair.

SHOW OTHERS WHAT YOU HAVE LEARNED:

- Exhibit your lounging outfit in a 4-H Dress Revue or club exhibit.
- Give a simple demonstration in your clothing project meeting.



SPECIAL 4-H ACTIVITIES IN CLOTHING

4-H DRESS REVUE

It's fun to model in a 4-H Dress Revue!

- You can wear the outfit you made for your clothing project or any other garment you have made this year.
- You will enjoy learning how to be a good model.
- Judges will look at your work and perhaps help you learn how to improve your sewing.
- You can enjoy meeting other girls in your county who are interested in sewing.
- Ribbons are awarded to everyone who models in the Dress Revue. Special recognition is given to the girls who have done the best work in their section of the Revue.

Why not ask your 4-H Clothing Leader about how you can model in a 4-H Dress Revue!

The 4-H leaflet "Your Entry in the Dress Revue" will help you prepare for this activity.

4-H SEWING DEMONSTRATION

You have learned by now many things about sewing. Why not show others what you have learned? If you enter the 4-H Sewing Demonstration activity, you may give a demonstration on any sewing skill you choose.

A *demonstration* is simply a time when you show and tell how to do any skill.

A demonstration is fun to prepare, helps you grow and learn, and helps other people learn to sew. Ask your leader to tell you more about this activity. She can give you a 4-H leaflet called "4-H Sewing Demonstration—Show How-Tell Why."

KEEPING A RECORD OF YOUR 4-H CLOTHING PROJECT

You will want to keep a neat, accurate record of the work you do in your 4-H Clothing Project.

Turn in a record for every 4-H Clothing Project you complete. You may want to prepare a long-time record—that is, one that includes several years of work in the clothing project. The following leaflets will help explain how to keep 4-H Clothing Project Records.

"4-H Record Form and Suggestions for Keeping and Assembling a 4-H Notebook"—Form I, Revised, January, 1965.

"Suggested Guide for Assembling a Long-time Record"—Form II, revised, January, 1965.

"Keeping a Long-time 4-H Clothing Achievement Record"—revised, April, 1964.

LOOK YOUR BEST IN WHAT YOU WEAR

Make sure you look your best every day, not just for special occasions.

No matter what clothes you are wearing, you must be neat and clean to look your best. Check yourself every morning to be sure you are well-groomed.



HAIR—Is your hair neat or messy? Wash your hair at least once a week or as soon as it becomes oily. Keep it combed neatly all day every day.

SKIN—Your skin will look its best if it is smooth and clear. Good health habits help keep your skin clear. Wash your face often but gently. Be sure to remove all of the soap and pat dry.

TEETH—Clean, white teeth are a "must". This is important for your health as well as your good looks (and pleasant breath).

MAKE-UP—Your skin will look its best if you use only lipstick and powder. Pink or light red lipstick is prettier than the darker shades.

HANDS—Use plenty of soap and hot water and wash your hands often. Smooth on lotion to keep your hands soft. Trim your nails and keep them clean.

CLOTHING—Keep your clothes clean and well-pressed. Blouses, socks, or stockings, and under-clothes should be changed every day.

CLEANLINESS—A daily bath or shower is important in making you look and feel your best. Use deodorant every day after your bath.

POSTURE—Do you always stand and sit like a lady? Hold your head erect, your shoulders back, and hold your tummy in.

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