

Young Man-----

"care for your clothes"



Personal Appearance
4-H Manual and Record Book -2

CARE FOR YOUR CLOTHES

Young man, your appearance counts! Just having an adequate wardrobe will not give you a well-groomed appearance. Your clothes must get proper care. Young men who want to look well-groomed can learn to sew on buttons, press trousers, and wash socks. Many college men, bachelors, and boys in military service have learned these skills and have been well rewarded.

Before you begin work on this project, check yourself and see how you rate in being kind to your clothes. Check yourself again after you have completed this project to see the improvement you have made.

How Do You Treat Your Clothes?

- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Do you stuff gloves, keys, cap, a ball or other things in your jacket or coat pockets? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Do you hang up your jacket or coat when you come home from school? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Do you wear the same shoes and other clothes day after day? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Do you change from your school clothes to work clothes when you come home from school? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Do you hang your trousers over the trouser bar or trouser hanger or do you just let them fall into wrinkles on the floor when you take them off? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Do you air and brush your clothes after each wearing? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Do you keep everything in its place in your closet? | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Do your dresser drawers look like a squirrel's nest? | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Is your wardrobe, or most of it, scattered about your room by the end of the week? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Do you keep your clothes and shoes clean at all times? | <input type="checkbox"/> | <input type="checkbox"/> |

You should have a place to hang and store your clothes. You may not have a closet so you can make one by using a corner in your bedroom and placing a screen or curtain around it. You need some drawer space where you can store your smaller articles. Now is the time for you to begin taking care of your own clothes.

Hang Your Clothes

Follow these few basic rules in hanging your clothes so that they will always be ready for the next wearing. Give them TL and C (Tender Love and Care).

1. Always hang your clothes when you take them off. Use a proper hanger for all garments. This will help the garments keep their crease and to lose wrinkles more easily. Various types of hangers are discussed in the next section.
2. Empty all pockets and be sure the flaps are straightened before hanging.
3. Hang your clothes by the window or leave outside your closet overnight to air before putting them in the closet. This will help remove perspiration and other odors.



4. Brush your clothes often to remove loose dust. This includes the inside of the trouser cuffs and pockets as well as under the collar. Dirt weakens fibers.
5. Hang your trousers by the cuff on trouser hangers. This lets the wrinkles hang out and saves you extra pressing.
6. Be sure that your clothes have "elbow" room in the closet. Two inches per garment should be allowed.



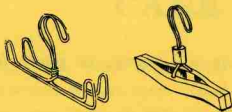
7. Ties should be hung unknotted after wearing to let the wrinkles fall out. Use special hangers for your ties and one for your belts. Be sure to check ties for spots and remove before putting the ties away. Blot these stains instead of rubbing. Rubbing can damage the weave of the fabric.

Closet Accessories

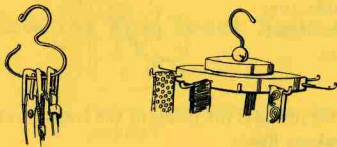
There are some basic closet accessories you will need. You can probably make some of them yourself.



Garment hangers should be chosen for the type garments which will be hung on them. **Topcoat** hangers should be rounded so that shoulders will be smooth. **Jacket** hangers should also curve slightly to keep the shape of the collar and lapels. **Trouser** hangers should let the pants



hang by the cuffs. These hangers should be made of wood, plastic or metal with a smooth finish to prevent snagging the fabric. If you must use a wire hanger, wrap heavy paper or cardboard around it and hang the trousers so that the heaviest part of the trousers lies on the crossbar.

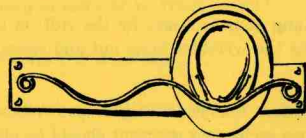


Belt and tie racks are necessary for longer wear for the articles. They should always be designed to prevent crushing of these items.



Use **garment protectors** to store clothes between seasons and also to protect special occasion clothes. They are available in different sizes and types. Be sure the clothes are clean before they are stored.

Store **hats** in boxes to keep them clean and uncrushed. Hats should be turned up so the brim will carry the weight of the hat. For hats worn everyday, you may want a wire hat rack attached to a closet door.



Other Suggestions For Care

1. Don't wear the same suit or other clothes two days in a row. Let them "rest" between wearings to make them last longer.
2. When you have your suits or jackets cleaned or pressed, be sure the sleeves are pressed round. This will prevent the fibers from being broken because of the sharp creases.
3. Be sure your clothes are fitted. This will make them last longer because you won't have to worry about them being so tight that the seams will rip or so loose that they have no shape.
4. Brush your hat often. Dust will change the color of the hat and will ruin it in a short time.
5. Take care of spots and stains immediately. Some minor spots will come out if you do nothing more than brush them rapidly with another part of the same garment. It may be better to let a good dry cleaner get out some of the stubborn stains. If you do have clothes dry cleaned, always attach a note to the garment saying what the stain is. Here are some simple stains you might try removing:
 - a. If you get **chewing gum** on your clothes, hold a piece of ice on the gum until it gets hard. Then quickly scrape the gum off the cloth.
 - b. If you get **blood** on your shirt collar, from a cut while shaving, try putting a few drops of cold water on the spot. Then powder thinly with starch and let it dry. Rub off and the spot will be gone.

6. Fold up your good sweaters and put them in a drawer. Always check them for stains before storing.
7. Wash your shirts often to remove soil from neck and cuffs. Fold and put in the drawer or hang on a wire hanger.
8. Shoes should always be kept well-shined, not just because shoe care is a part of being well-groomed, but also because it makes the shoes last longer. For more information on shoe care, study the leaflet "Take Care of Your Shoes" which you can get from your project leader. Use a shoe tree to keep the shape of the shoes. Do not put shoes in the closet while damp.
9. You can keep perspiration from staining your hat band if you will rub the inside of the leather sweatband with a piece of paraffin.



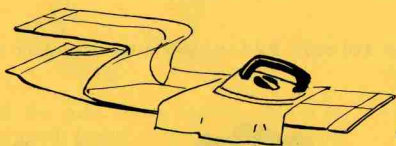
Press Your Clothes

Proper pressing will help to keep your garments looking like new. Don't believe that wrinkles will hang out. This isn't always true. Pressing takes such little time, but makes your clothes look their best.

You may follow these tips to help you do a better job of pressing:

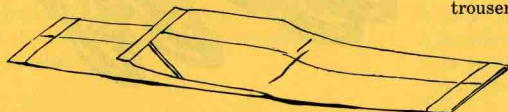
1. Close the zipper before you press.
2. Always use a press cloth and press from the right side of the trousers. A press cloth will keep the trouser material from becoming shiny. If you do not have a steam iron, use a dry iron and a slightly dampened cloth.
3. Press, don't iron, your trousers. Pressing means you use steam and pressure. You lift the iron up and down on the fabric. When you iron, you push the iron back and forth. **CAUTION:** Do not steam press wool just before wearing. Let it dry naturally to prevent wrinkles. Don't press wool completely dry because this damages the fibers.
4. When pressing your slacks:
 - a. Place the waistline side over the end of the ironing board. Press lightly. Continue around, pressing the pockets and fly.
 - b. Lay one leg on the ironing board. Press the knee area by covering the baggy part with a pressing cloth and steaming. This will shrink the stretched knee area back in shape. Do the same for the other leg.





c. Match the cuffs, seam, and legs of the trousers and lay the entire trousers lengthwise on the ironing board. Lay the top leg back across the waist part and you are ready to press the underleg.

d. Press this underleg and crease as high as you want. Turn the trousers over and press the other side. Be sure that you don't wrinkle the trousers.



e. Press the other leg in the same way as the leg you have already pressed.

4. If the material shines when pressing, as sometimes happens to material such as gabardine and serge, moisten a cloth with white vinegar, place over the shiny part and press well with a hot iron.
5. Other fabric may require different methods of pressing. You may ask your project leader or Extension agent about these methods.

Iron Your Shirts

Many times you may find that you need to iron a shirt. It is not a hard task. Ask your leader or agent to show you the simple, easy way to iron a shirt.

Wash Your Clothes

There are many methods you can use in washing your clothes. Some of your shirts may be wash-and-wear, synthetics, or a blend of material. You can wash them out by hand or machine and hang them up to drip-dry. Be sure the hanger is a plastic or non-rust metal. Do not hang on wooden hangers as they may stain the shirt. Button the top button and smooth the collar and cuffs.

Your **socks** should be changed daily. You may wash your socks by hand or machine. If the family wash is hung outside, turn your socks to the wrong side. They will stay brighter longer. Turn your socks to the wrong side before you put them into the clothes hamper. If you do this when you take them off at night, you will save your mother much time on laundry day.

You can also make your socks last longer by putting them on correctly. Use the following method. Take both hands and roll the sock from the top down to the ankle. Pull it open gently and slip your foot into the sock. To take off your socks, roll the top down over the heel before you pull the sock off the foot. The ankle is narrow and if you yank the sock off, you may break the yarns at the ankle or heel.

There are other ways you can help your mother take care of your clothes. **Clean** out your **pockets** (this includes shirt and trousers). Chewing gum, paper, etc. don't launder. Brush the

lint out of your pockets. Turn down the trouser cuffs and brush the dirt and lint from them. **Close** the trouser zipper. If there is mending to be done and you can't do it, lay it aside and let your mother see it. She will probably want to mend any tears and rips before she launders the garment. Identify spots and stains.

Repair Your Clothes

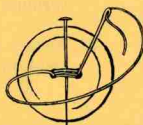
"A stitch in time saves nine." You have heard this quotation ever since you were a child. However, it is still true. Don't wear your clothes if they need repairing.

Here are some repairs you can do:

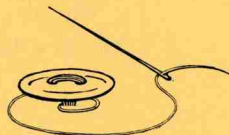
1. Sew on that loose button before you lose it. Ask your mother to show you how or follow these simple instructions.



- a. Knot thread. Bring needle to wrong side of material and bring through fabric to right side. Insert needle through one hole of the button (as shown by sketch).

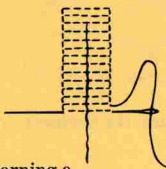


- b. Place pin across button and make several stitches across the pin as shown. This will give ease so the button won't pull a hole in material.



- c. Wrap thread around shank formed under the button as shown.

2. If you should tear a hole in your shirt, use a piece of matching press-on tape to mend it. Follow the instructions on the package. Some material may not look good with the press-on tape. You may need to mend or darn some places.
3. Do you have a tear or hole in your socks or shirt which does need darning? Is it a straight tear, diagonal cut, or three-cornered tear? All can be fixed in a similar way.



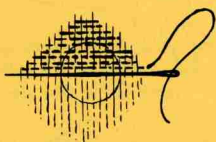
Darning a
Straight Tear

- a. Work from right side of garment. Keep frayed ends on under side.
- b. Do not knot thread but leave it about 6 inches long on the under side.
- c. Begin darning about $\frac{1}{4}$ inch above and to the right of the tear.
- d. Use small running stitches which are spaced to resemble the weave of the fabric.

- e. Stitch back and forth at right angle to the tear. When you come to the tear, let one row go on top of the tear and one row under it. Let stitches extend $\frac{1}{4}$ " beyond the tear but vary the length so they won't show up as much.
- f. When rows of stitches have covered the tear, bring the needle to the wrong side, tie the threads and clip the long ends.

Use the same method for the diagonal cut or three-cornered tear.

If there is a hole which must be darned, use this method.



Darning a Hole

- a. Trim ragged edges slightly.
 - b. You will have to make some lengthwise threads. Use small running stitches parallel to the threads of the fabric. You can see how this is done by the sketch. Continue this until the hole is covered with the lengthwise thread.
 - c. Put in the crosswise threads by weaving back and forth through the lengthwise threads.
 - d. Fasten the ends of the threads as you do in darning a straight tear.
4. If your zipper sticks don't try to force it to close. Instead try to back it up. Rub a bar of soap over the zipper teeth and try again. Also check to see if hidden thread has been caught on the underside. If so, pull the thread and try the zipper again.

Read The Labels

Do labels make sense to you? They can make money sense (cents) if you know how to read and understand them. A garment label is a piece of paper, cloth, leather, etc. which is on your garment to give you information.

What should a label tell? A good label will answer the following questions:

1. What is the article made of? (fiber content)
2. How is it made? (construction features such as double-stitched seams which would make a shirt, for example, last longer)
3. What will it do? (colorfast, wrinkle-resistant, water-repellent)
4. How should you care for it? (hand wash, machine wash, drip-dry, etc.?)
5. Who made it? This is necessary in the event you need to return the garment or need a guarantee.

If you make a habit of studying labels by asking yourself the questions listed above you will often keep from making a bad purchase.

Store Your Clothes Properly

Do not leave the care and storage of your clothes entirely to your mother. After all, they are your clothes and your responsibility.

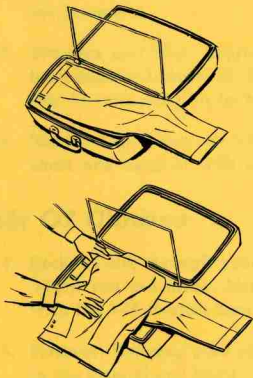
Clean your closet at the end of each season. Sort your clothes and store out-of-season ones.

Here are some rules to remember:

1. Do not store clothes for the season until you know they are clean. Check for spots and stains. Brush well before storing.
2. Remember to use shaped wooden hangers for storing coats, suits and jackets. These will support the natural shoulder line of the garment.
3. Store clothes in garment bags to keep out dust.
4. Store your good winter hat in a plastic bag in a hat box to keep it clean and prevent discoloration.

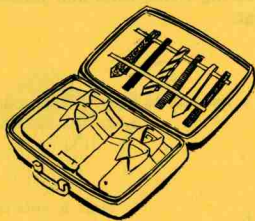
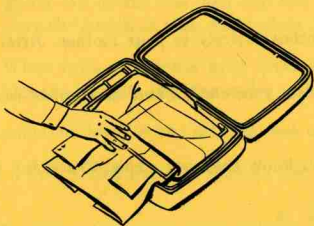
Packing A Suitcase

Whether you are spending the weekend with a friend or coming home from college, you need to know how to pack a suitcase so that your clothes are ready to wear as soon as you arrive at your destination. It is simple if you follow a few basic rules.



1. Get together all the things you will be packing. Open the suitcase and release the centerboard. Remove hangers. Pack your trousers first in the bottom of the hanger side of the suitcase. Place the waistband at one end of the case and extend the legs over the other end.
2. Place the jacket on the hanger and button it. Slide hanger into the hanger rod keeping the jacket face down. Straighten the shoulders; take sleeves by seam and lay over back of jacket. The jacket will extend over the front of the suitcase. Lower the packing bar or centerboard.

If the jacket is too wide for the suitcase, you will need to leave it unbuttoned and lap one side smoothly over the other.



3. Now fold the trouser legs into the case, smoothing out any wrinkles. Fold sleeves and bottom of jacket over bar or board. Then bring down divider or covered pad and fasten catches.
4. Now you are ready to add the smaller items. Turn the suitcase around. Put your shoes in plastic bag, top to heel and place at the hinged side of the case. Other heavy belongings, such as a toilet kit, can be placed at the hinged side also. Fill the center with rolled underwear, socks, handkerchiefs, etc. keeping them level with the shoes. Lay belts flat against sides of suitcase. Next fold shirts and place with collars up. Let your shirts lap to each collar. Place ties on top of shirts or on the tie bar. Pack robe and pajamas last. Fasten dividers and latch your suitcase.

You save time, wear and tear on your wardrobe by always keeping your clothes in good shape. A few minutes of care every day is the best clothes insurance you can give your wardrobe.

CARE FOR YOUR CLOTHES

A good wardrobe deserves the kind of care which will make it last longer and look better. In this personal appearance manual you will learn:

1. To hang your clothes properly.
2. Types of hanging equipment and closet accessories you need.
3. Suggestions for the general care of your clothes.
4. To do simple mending and repairing.
5. To press your trousers.
6. To properly pack a suitcase.

Activities

From the 3 areas listed below, select and complete four project activities. These may be any 4 of the 9 activities listed. Attach a separate sheet to your 4-H Project Summary 4-H R-1-8 and discuss each activity you complete.

General Care Of Clothes

1. **Shoes:** Learn the best way to take care of your shoes and make it a habit you practice each day. Learn how to care for different leather (materials) of shoes, what polishes are better for each type and why. Record this in your story to be handed in with the 4-H Project Summary.
2. **Trousers and Ties:** Learn how to press your trousers and press at least 5 pairs until you have mastered this skill. Also learn to press and clean your ties and press 5 of them. Record this in your story to be handed in with the 4-H Project Summary.
3. **Shirts:** Learn how to iron your shirts and iron and fold 5. Record this on a separate sheet and hand in with the 4-H Project Summary.

Repair Of Clothes

4. **Socks:** Look through your socks and find the ones which need darning. Select two pairs which you can mend. Mend these. Record this experience on a separate sheet and hand in with the 4-H Project Summary.
5. **Buttons:** Examine your shirts and see if you have any buttons off. Follow the instructions in the manual and learn to sew on 5 buttons. Record this experience on a separate sheet and hand in with the 4-H Project Summary.
6. **Use of Press-On Tape:** Learn how to use press-on tape and use this in mending 2 or 3 articles. You may want to mend shirts or trousers. Record this in your story to be handed in with the 4-H Project Summary.

Storage Of Clothes

7. **Closet Accessories:** Make a study of the various types of hanging equipment for your garments. Make two items of equipment for your own garments. Record this in your story and hand in with the 4-H Project Summary.
8. **Clothes Closet:** Rearrange your clothes closet and clothes drawers. Discard or give away clothes you no longer wear. When possible, provide proper hangers, etc. for your clothes. Use boxes as drawer dividers. Record what you did and hand in with the 4-H Project Summary.
9. **Packing a Suitcase:** Imagine you are going on a trip (if you are not actually going). Pack a suitcase with a suit, two shirts, underwear, two ties, socks, one pair of shoes, pajamas, and a toilet kit. Give this as a demonstration at one of your meetings. Record this in the story and hand in with the 4-H Project Summary.

My four choices of project activities are:

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



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