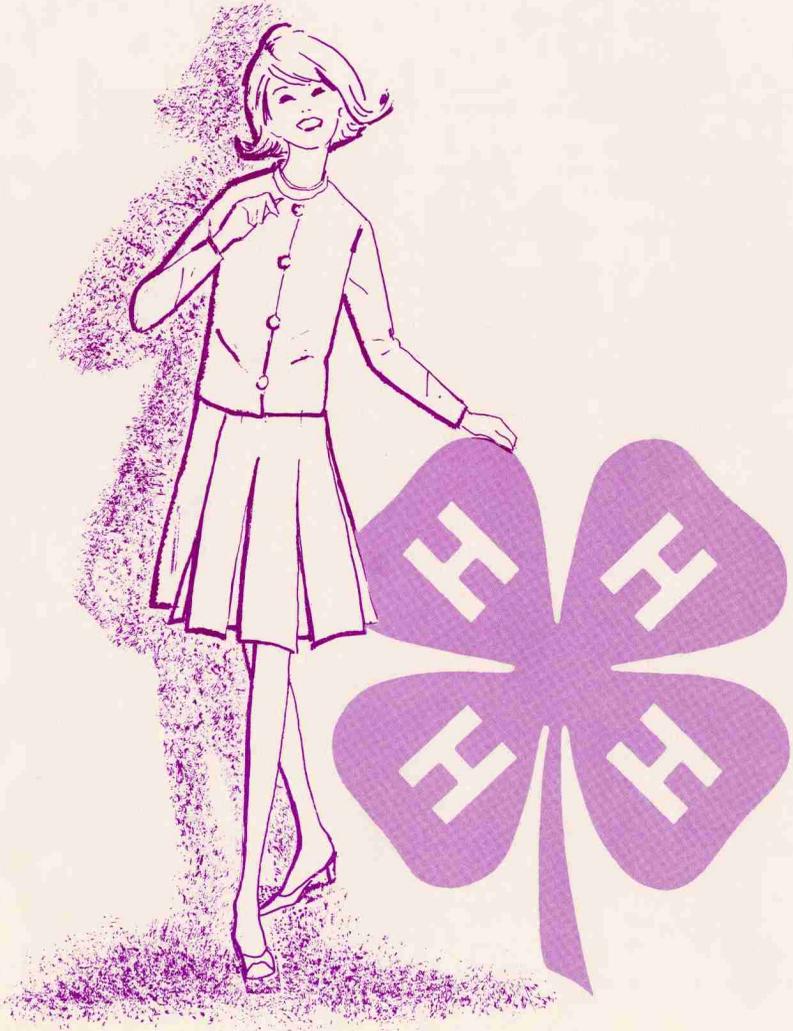


# 4-H CLOTHING MANUAL III



## A GUIDE TO 4-H CLOTHING III

Study the projects listed in this book. Each project is built around a particular clothing need. Read the requirements of each project to see what new skills you would learn if you choose that project.

Consider your clothing needs and abilities.

What type clothing will you need this year?

What are you interested in learning to sew?

How skillful are you in clothing construction?

Choose the clothing project you want to take this year. You may carry either one or two clothing projects each year. It is suggested that you complete all of the requirements of one project before beginning a second one.

Complete the requirements for the clothing project you have selected.

Participate in clothing activities in your community 4-H Club and your county.

Complete the "4-H Clothing Project Summary" 4-H Miscellaneous #1 for your clothing project and write a story on a separate sheet of paper. In addition, on a separate sheet for each garment made, include a picture or sketch of the garment, a swatch of the material, and an itemized cost of

the garment. The sketch may be the one on the pattern envelope and the material should be approximately 3" x 3". Also keep a record of the care and repair work you have done. Turn this report sheet in to your clothing leader when she asks for it.

### INFORMATION AVAILABLE TO HELP YOU WITH YOUR 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.

Books dealing with clothing selection, grooming and sewing can be bought at department stores, sewing centers, and book stores. The pattern companies often publish sewing books sold at pattern counters. Many of these commercial publications are inexpensive and will be a good source of information to help you in your clothing project work.

Help on some of your project requirements will come from studying clothing on other people and in the stores.

Always be sure you are studying correct and up-to-date facts and sewing methods. Written material which has a recent publishing date will usually be your best source of correct information.



## A BEST DRESS OUTFIT

### YOU WILL MAKE:

One outfit for church or street wear from the following list using silk, man-made fabric or a blend:

two-piece unlined suit  
dress and unlined jacket

one-piece dress  
two-piece dress

#### YOU WILL DO:

Study types of accessories and how their colors and styles affect your appearance. Select appropriate accessories for your project ensemble.

Buy a good bra and girdle to wear with your outfit.

Cover a belt and buckle to wear with one of your dresses or skirts.

#### YOU WILL LEARN TO:

Fit a dress properly.

Select lines in dress becoming to your figure type.

Select, care for, and store hats, gloves, shoes and handbags.

Wash lingerie correctly.

Choose the correct gloves for various occasions and styles of dress.

Buy good quality foundation garments—bras, girdles and slips.

#### YOU MAY ALSO WISH TO:

Make accessories to go with your project ensemble.

Learn to make several kinds of belts other than the simple, self-covered belt and buckle.

Make a study of current fashions and select several that are becoming to you.

## A PARTY OR EVENING DRESS

#### YOU WILL MAKE:

A formal evening or party dress of any length.

#### YOU WILL:

Make or buy an appropriate slip to wear with your party dress.

Organize your clothes closet and keep it neat and clean.

Make a study of at least six modern fabrics—their use and care.

#### YOU MAY ALSO WISH TO:

Make a cape, stole or jacket or accessories to wear with your party dress.

Learn new decorative details to use on your clothes.



## A TAILORED ENSEMBLE

#### YOU WILL MAKE ONE OF THE FOLLOWING:

two-piece wool suit—lined  
wool coat, any length  
walking suit (coat and skirt)

wool dress and co-ordinated jacket  
wool dress and co-ordinated coat

#### YOU WILL DO:

Make or buy a tailor's ham and tissue roll to use in pressing your garment.

Take care of your woolen garments—air, brush, clean, and store them properly.

### YOU WILL LEARN TO:

- Select appropriate interfacings for tailored garments.
- Line a skirt two different ways and know when to use each method.
- Make a bound buttonhole.
- Buy good quality wool fabric. Learn the difference between woolen and worsted.
- Press correctly while tailoring a garment.
- Shrink wool fabric correctly.



## ADVANCED TAILORING

(You first must have completed "A Tailored Ensemble")

### YOU WILL MAKE:

Any two or three-piece wool ensemble which has features more difficult than your "A Tailored Ensemble" project. This may be any combination of dress, suit or coat.

### YOU WILL DO:

- Make pressing equipment for tailoring in addition to what you made in "A Tailored Ensemble" project.
- Store winter clothes for the family.

### YOU WILL LEARN TO:

- Buy good quality suits and coats.
- Make a welt pocket.
- Sew on and care for deep-pile, laminated, and/or stretch fabric.

## KNITTING

### YOU WILL MAKE:

One large garment, such as a sweater or skirt, or three small garments such as a scarf, beret, simple mittens, or baby clothes.

### YOU WILL LEARN TO:

- Block hand-knitted articles.
- Buy good quality yarns for knitting by studying the different fibers available for knitting and the characteristics of each fiber.
- Correctly wash sweaters of different fiber contents and put this learning into practice in caring for your own sweaters.
- Darn or mend a woolen sweater. Repair a worn sweater for yourself or someone in your family.

## CLOTHING FOR THE FAMILY

### YOU WILL MAKE:

- Three types of garments this year.
- Sports shirt or pajamas for a man or boy.



Garment for a pre-school child.

Garment for your mother, sister, or girl friend. This may be a blouse, dress, or skirt.

#### **YOU WILL DO:**

Study styles and fabrics suitable for clothing for young children.

Study various ready-made garments available for children, and learn to know the important features in a child's garment.

Work with your father or brother in making a wardrobe inventory for his clothing and planning his wardrobe needs for the next 12 months.

Remodel an unused article of clothing (preferably wool) for a member of your family or for a charitable institution.

#### **YOU WILL LEARN TO:**

Buy coats, suits, and shirts for men and boys. Learn how to judge fit and quality.

Launder, press and store cotton, silk, and man-made fabrics.

## **BASIC WARDROBE FOR COLLEGE OR CAREER**

#### **YOU WILL:**

Study the relation of line, color, fabric textures and design to your figure type and personality. Make a written outline of the best fabrics, colors, and styles for you.

Find out what type of clothes you will need for the next two years. Base your decision on your plans for college or a career. Make a written plan of clothes you will need for these three major areas:

clothes for classes or your job

street and sports wear

dressy or party clothes.

Consider any special clothes you may need if the career you choose requires a uniform or special type of dress. Your leader will give you a work sheet for planning your wardrobe.

Make a special study of the selection and use of accessories to add variety and fashion to your wardrobe.

Complete your wardrobe plan by listing the usable clothes you now own and those you need to make or buy. Build this plan around one or two basic colors and outfits.

#### **YOU WILL MAKE:**

A basic dress or ensemble that will serve as a cornerstone in the wardrobe you have planned. This should be of a fabric, color, and style that will be suitable for several seasons and a variety of occasions.

Also select accessories to make your basic dress or ensemble into a complete costume.

#### **FOR YOUR PROJECT RECORD:**

Write a description of why you chose the basic colors and outfits you did. Attach this description and a copy of your wardrobe plan to your regular 4-H Clothing Project record sheet.

## SPECIAL 4-H ACTIVITIES IN CLOTHING

### 4-H DRESS REVUE

The 4-H Dress Revue gives you an opportunity to model before an audience an outfit you have made. Model any type garment you wish. Your choice will depend on your wardrobe needs and your skills and ability.

By planning and making a costume for the Dress Revue, you learn to study yourself, and then plan, make and model an outfit best suited to you. What's more, you'll gain poise and self-confidence from knowing you are well-dressed and well-groomed. You will receive assistance and ideas

### 4-H SEWING DEMONSTRATION

Sewing demonstrations give you an opportunity to show and tell others what you are learning in your 4-H Clothing projects. Presenting a demonstration means showing how to do a sewing skill while you tell how and why it is done. Demonstrate within the 15-minute time limit any sewing skill

from the qualified judges who help with each Dress Revue.

You also have an opportunity to talk with other 4-H girls who enjoy learning about fashions and fabrics.

Ask your leader about the 4-H Dress Revue in your community and county. Why don't you model in the Dress Revue this year? The leaflet called "Your Entry in the Dress Revue," will help you understand and prepare for this event.

you can do or are interested in learning. Ask your leader to explain the rules of this activity. She can also help you plan and prepare your demonstration. Ask her for a copy of the leaflet, "4-H Sewing Demonstration—Show How, Tell Why."

## LEADERSHIP OPPORTUNITIES IN 4-H CLOTHING PROJECTS

Being in advanced clothing work, is an excellent opportunity for helping younger girls with their 4-H Clothing projects. Take the responsibility of helping others learn to sew. You could help girls as a group or individually. This leadership will help you grow and also will give other girls the benefit of your skills and knowledge. Here are some ideas for Junior Leaders in Clothing Projects:

Teach sewing techniques to other individuals or to a group.

Help younger girls understand the requirements of the clothing project they have selected.

Help other girls understand and complete record sheets in clothing projects.

Volunteer to help plan and prepare local or county dress revues and exhibits.

Prepare talks for your club or special audiences on your favorite area of clothing.

Volunteer to help your adult 4-H Clothing Leader.

### KEEPING A RECORD ON YOUR 4-H CLOTHING PROJECT

Each year you are enrolled in a 4-H Clothing Project keep a neat, accurate record of your accomplishments and activities. A record book includes factual information about your project, but not souvenirs, dress revue programs, ribbons, or other non-essential material.

Keep a good record of your work because:

A job worth doing is worth recording. Anyone may see your accomplishments at a glance.

Record sheets help you to compare each year's work and to see your progress or need for more improvement.

A good record will help you always remember what you are learning and doing in the 4-H Club.

Turn in a record for every 4-H Clothing Project you complete. After you have carried several projects in Clothing or Better Grooming, you may want to prepare and enter a long-time Clothing Achievement Record. The following leaflets will help explain how to keep and submit 4-H Clothing Project Records:

"4-H Record Form and Suggestions for Keeping and Assembling a 4-H Notebook" Form I, Revised, January, 1964.

"Suggested Guide for Assembling a Long-time Record" Form II, revised January, 1964

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



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