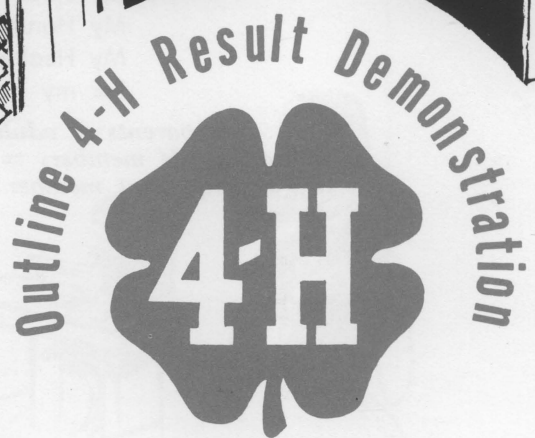


A BLOUSE IN YOUR WARDROBE

Member Guide
UNIT 2



TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas

What Is 4-H?

Did you know that as a 4-H member, you belong to an organization which has more than 100,000 members in Texas and more than 2 million in the United States?

4-H Club work is the youth phase of the Texas Agricultural Extension Service. 4-H Club work is voluntary. There are no dues and 4-H is not a school subject. To become a 4-H member, an individual must be between the ages of 9 and 21, must want to be a member, know about 4-H work and what is expected. 4-H members learn improved practices in agriculture, home economics and related fields by carrying on 4-H result demonstrations. 4-H is a family affair in which you and your parents with the advice of adult leaders and county Extension agents, decide on your result demonstration. You will work with an adult leader in a subject-matter group to develop your result demonstration. You will learn principles and practices that apply to your demonstration. You will learn useful and practical skills.

Adult leaders are the key persons in every 4-H Club. You and other members of your subject-matter group will work with your subject-matter leader to plan and carry out your group activities. The organization leader of your 4-H Club will help you and other club members plan and carry out the monthly club meetings and club activities. County Extension agents train and advise these adult leaders.

The four-leaf clover is the accepted emblem. The letter "H" on each leaf stands for Head, Heart, Hands and Health. This emblem is protected by the United States Department of Agriculture copyright.

The 4-H colors are green and white.

The 4-H prayer is "Help me, O Lord, to live so that the world may be a little better, because Thou didst make me. Amen."

In support of the 4-H Club Motto, "To Make the Best Better," I pledge:

My Head to clearer thinking
My Heart to greater loyalty
My Hands to larger service and
My Health to better living
For my club, my community and my country.

4-H parents + adult 4-H leaders + county Extension agents, added to interested 4-H members = useful citizens. This is the 4-H Club team. You are an important member of this team.

MEMBER GUIDE, A BLOUSE IN YOUR WARDROBE - UNIT 2

GRAHAM HARD

MARY ROUTH

FANNIE BROWN EATON

RHEBA MERLE BOYLES

EXTENSION CLOTHING SPECIALISTS

Texas A&M University

THE OBJECTIVE OF THIS 4-H CLOTHING DEMONSTRATION is to help you plan, make, buy and care for your clothes and to groom yourself to be attractively and appropriately dressed for all occasions by:

1. Helping you to plan and make a blouse which you will enjoy wearing with skirts in your wardrobe.

2. Helping to buy and care for panties.

3. Helping you to be well groomed.

Goals for This Meeting

1. Make a simple blouse.

2. Learn to buy panties and care for them.

3. Learn to be attractive by keeping hands well groomed.

4. Learn to care for shoes.

5. Learn how to keep a record of work done in 4-H clothing result demonstrations.

6. Help others with clothing by teaching them to do at least one thing which you have learned.

7. Show others the work you have done at achievement events.

Other Sewing You May Do

1. Make a skirt, using a commercial pattern.

2. Make another blouse similar to the one made in this unit. Make blouse by a pattern.

3. Make a "Tidy Travelers." Instructions appear on page 12.

Meeting 1 — Plans for Your 4-H Clothing Demonstration

In This Meeting, You Will:

1. Learn what you may do in this unit.

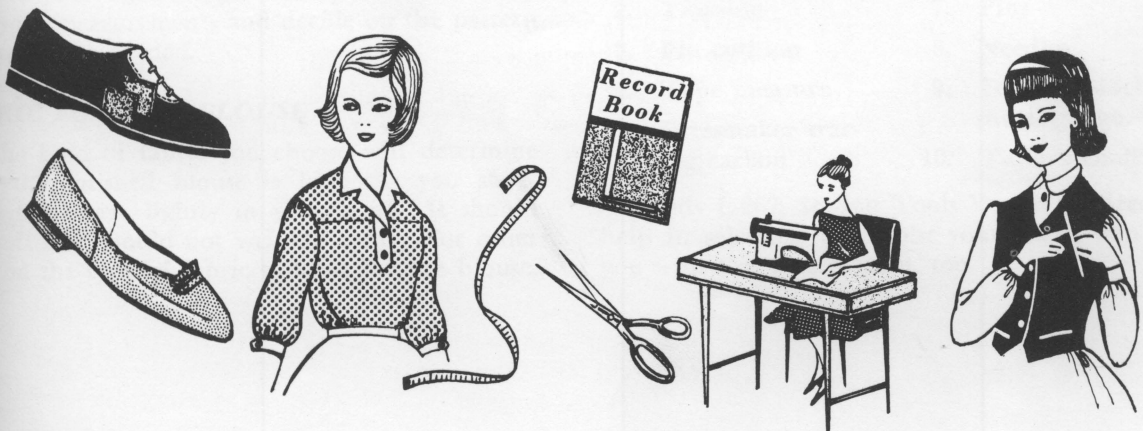
2. Plan for other meetings in this unit.

3. Plan for achievement events.

The leader will explain what you may do in this unit. Members of the group, mothers present

and the leader will plan together for meetings and record them on the plan sheet.

You and your group will plan achievement events so that each of you girls will have opportunities to show and tell others what you have done in clothing.



PLANS FOR MEETINGS OF 4-H CLOTHING DEMONSTRATION GROUP

At the first meeting of your clothing group, you should fill out this form so you will know when the activities planned are to take place and who will be responsible for them. The members of your group and your leader will determine the details for your plans.

Date	Time and place	What is planned?	Who will do it?



Meeting 2 — Selection of Blouse, Pattern, Fabric, Findings, Tools

YOU WILL LEARN

1. To select a simple blouse pattern for yourself.
2. To select fabric for the simple blouse.
3. To select thread and fastenings for blouses.
4. The sewing tools needed for making blouses.

REFERENCES

L-267 Sewing Tools You Will Need

L-338 Simple-to-Make Blouses

You have made progress in sewing and are now ready for a new problem, that of learning to use a pattern. Since this may be your first time to sew by a pattern, be sure to select a simple garment. A blouse would be ideal for this problem. A sleeveless blouse or one which has the sleeves cut in one piece with the blouse is easy to make.

Study the front cover of L-338, Simple-to-Make Blouses, for other helps in selecting your first pattern for a blouse.

FIT IS IMPORTANT

Get off to a good start by getting the pattern in your correct size. If the pattern is too large, the blouse will look untidy; if it is too small, the blouse will look skimpy and will be uncomfortable.

Patterns are made in different sizes as well as figure types. It is your measurements that are important when selecting a pattern, not your age. Read "Buy the Best Fitting Pattern for You" in L-338, Simple-to-Make Blouses, for instructions on how to take your measurements and how to determine your figure type. Let your leader help take your measurements and decide on the pattern size and type needed.

FABRIC FOR THE BLOUSE

The kind of fabric you choose will determine what the finished blouse is like. As you shop, crush the fabric lightly in your hand. It should feel soft and should not wrinkle badly. For other help on the type of fabric suitable for the blouse,

read "Select a Fabric" in L-338, Simple-to-Make Blouses. Study the fabric the leader shows you.

Plan to buy the fabric, thread and fasteners for the blouse when you buy the pattern. The thread should match the fabric. For plain colors, the thread should be slightly darker than the fabric. The amount of fabric needed for the blouse is stated on the back of the pattern envelope.

Before buying the fabric, read the label on it to learn:

1. If the color will fade.
2. If the fabric will shrink when washed.
3. How the fabric should be washed and ironed.

If there are no labels, ask the clerk for information about the fabric.

SELECT THE COLOR

Before you buy the fabric for the blouse, take a look at the skirts you already have. What color blouse do you need to wear with one or more of the skirts? Which color will look nice on you? You might wish to take the skirt with you when you go to buy the fabric for the blouse so that you can see how the colors look together.

SEWING TOOLS

Success in sewing calls for the right tools at the right time. You will have most of these tools in your sewing box since you used them in the other unit. You will need the following tools:

- | | |
|------------------------------|-------------------------------|
| 1. Scissors | 6. Tracing wheel |
| 2. Thimble | 7. Pins |
| 3. Pin cushion | 8. Needles |
| 4. Tape measure | 9. Four or 6-inch metal gauge |
| 5. Dressmaker tracing carbon | 10. Tailor's chalk |

Study L-267, Sewing Tools You Will Need, for help in selecting the tools; your leader can help you with this information, too.

Meeting 3 — Preparing Fabric and Pattern, Laying, Cutting, Marking

YOU WILL LEARN

1. More about preparing the fabric for cutting by straightening and pressing.
2. How to press pattern.
3. To select pieces of pattern needed.
4. How to place and pin pattern on fabric.
5. How to cut out blouse.
6. To transfer pattern markings to fabric.

REFERENCE

L-338 Simple-to-Make Blouses

PREPARATION FOR CUTTING

1. *Fabric*—When learning how to use a pattern, study carefully the construction guide in the pattern envelope. This guide gives instructions for preparing the fabric for cutting. In fact, you should keep this construction guide nearby so that you can check it until the blouse is completed. It gives step-by-step instructions for making the blouse. In L-338, Simple-to-Make Blouses, under "Select a Fabric," you also will find suggestions for preparing the fabric for cutting out the blouse.

2. *Pattern*—Remove the blouse pattern pieces from the envelope and select the pieces for the view you plan to make. Place any pieces not needed back in the envelope. Press with a warm,

dry iron, those pieces which are to be used in making the blouse so that they will lay smoothly on the fabric in preparation for cutting.

If you are working in a group with other girls, you may want to put your name on each piece of pattern, the envelope and the instruction guide.

3. *Lay the pattern*—The pattern construction guide will have a cutting layout diagram for the view you select for your blouse. Let the leader help you select and mark the correct layout. Follow this guide in laying the pattern on the fabric. L-338, Simple-to-Make Blouses, will help you on this problem if you will read "Lay-Cut-Mark."

4. *Cut out your blouse*—Before you begin to cut out the blouse, be sure you have all the needed pieces of pattern placed correctly on the fabric. Now you are ready to cut. Cut accurately around the pattern pieces with long, even strokes. Keep the pattern and fabric flat on the table. Follow the construction guide for other cutting instructions.

5. *Transfer pattern markings to fabric*—Accurate marking is a time saver for putting the blouse together. Before any pattern pieces are taken off the fabric, be sure that all needed markings are transferred from the pattern to the fabric.

Study the construction guide and L-338, Simple-to-Make Blouses, for instructions for transferring pattern markings to the fabric.

Meeting 4 — Staystitching, Darts, Seams, Blouse Opening

YOU WILL LEARN

1. To staystitch.
2. To stitch and press darts.
3. To make and press seams (shoulder and center back or center front).
4. To make blouse opening (all blouses may not have this problem).

REFERENCES

MP-161 Getting Ready to Sew

L-338 Simple-to-Make Blouses

PUTTING THE BLOUSE TOGETHER

Now that all marking is done, you are ready to use the sewing machine. Leave the pattern

pinned to the fabric until you are ready to sew that piece of blouse. This is important, since some instructions for making the blouse are printed on the pattern pieces.

1. *Staystitching*—Staystitching is a line of machine stitching that keeps bias and curved edges from stretching as you put the blouse together. Use a regular machine stitch and stitch close to the seam line. Let your leader check the machine stitch.

Study the construction guide, the printing on the pattern pieces and L-338 for other help on how and where to staystitch. You learned how to use a seam guide when you made your skirt. It is important that you continue to use a seam guide. There are different kinds of seam guides. MP-161, Getting Ready to Sew, pages 5 and 6, shows the

metal seam guide and how to use adhesive tape when the metal one is not available. Many new sewing machines have the markings on the throat plate as shown in Figure 1.

2. *Darts*—The next step is making the darts.

Study the construction guide carefully for instructions on how to make and press darts. Read "Stitch Darts to Fine Points" in L-338 for help on this problem. Let the leader help you. After the dart is stitched, tie the threads securely at the point. Trim thread ends to about 1/2-inch in length.

3. *Seams*—Follow the instructions given in the construction guide for stitching and pressing seams. Continue to use the seam guide as an aid in stitching straight seams. Ask your leader for help with the pressing.

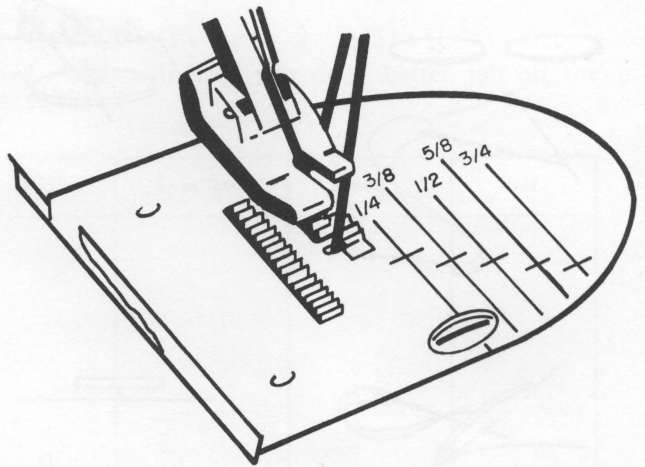


Figure 1

Meeting 5 — Neck and Sleeve Facing, Side Seams, Lower Edge Finish

YOU WILL LEARN

1. To make and attach facings.
2. To make side seams (review "How to Make and Press Seams," Meeting 4).
3. To finish lower edge of blouse.

4. To record on D-348, Girls' 4-H Clothing Record, any clothing you have purchased.

Follow instruction in the pattern construction guide for these steps. Your leader will help with these problems.

Meeting 6 — Fasteners for Blouse, Final Pressing, Checking Blouse

YOU WILL LEARN

1. To sew on hooks and eyes.
2. To sew on buttons.
3. To make thread loop.
4. To do final pressing.
5. To examine your completed blouse.

Fasteners for the Blouse

This blouse may need one button with thread loop or one hook and eye to fasten the neck opening. The edges of the opening will come together, but they will not overlap.

1. *Hook and round eye*—Place the hook on the inside of the left side of the neck opening, if the opening is in the back. Place the hook a little back from the edge of the opening and about 1/8-inch from neck of blouse. Fasten double thread securely, then make 5 or 6 over-and-over stitches around each loop of the hook, Figure 2. Be careful that the stitches on the hook and eye do

not come through to the right side of the garment. Take 4 or 5 stitches across the end of the hook to hold it in place. Fasten the thread securely before you cut it off by taking two small, tight stitches in the fabric.

Place the eye so that the round end is just past the edge of the opening, Figure 2. Fasten thread securely, then take 5 or 6 over-and-over stitches around each loop of the eye. Take 2 or 3 stitches

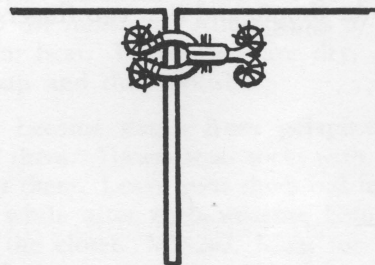


Figure 2

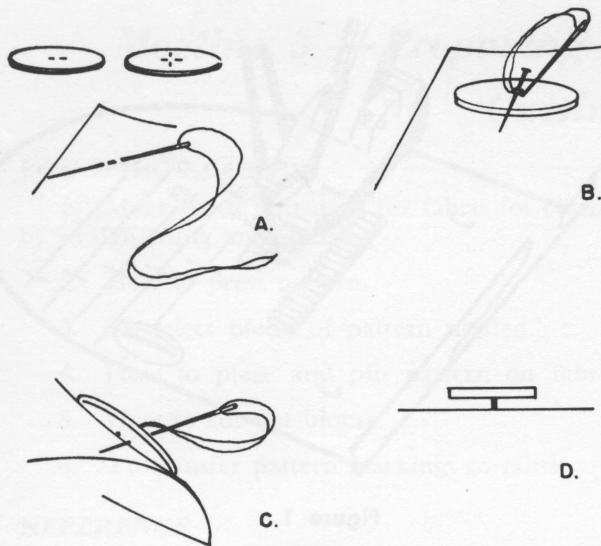


Figure 3

on each side of the round and near the loops to hold eye flat against fabric.

2. *Buttons*—To sew the button on the back neck opening, begin by making a small knot in a double thread about 15 inches long. Take a small stitch or two where the center of the button will be on the blouse, Figure 3a. The button should be on the right side very near the opening and neck edges. Sew the button in place with 4 or 5 stitches. Place a pin on top of the button and make the stitches over it. See Figure 3b. When stitches are completed, bring the needle out between the garment and button, Figure 3c. Remove the pin, lift the button away from the blouse and wind the thread firmly around stitches to form a shank. Fasten the thread securely in the fabric very near the shank, Figure 3d.

3. *Thread loop*—The thread loop is in the left side of the neck opening. Use about an 18-inch double thread with a small knot. Fasten thread to neck opening just opposite the top edge of the button. Take one stitch where thread is fastened and draw the thread partly through. Leave about a 2-inch loop, Figure 4a.

Hold thread with needle on end in left hand. Slip loop over thumb and first two fingers of right

hand. With thumb and forefinger pick up needle thread and pull through first loop to form new loop, Figures 4b and 4c. Pull the first loop and each successive one down tightly. Continue making the loops until the chain is long enough to fasten around the button and hold the opening edges together.

To finish chain, slip needle through last loop and pull up to form knot, Figure 4d. Fasten thread to neck edge just opposite the lower edge of the button.

4. *Final pressing*—All the sewing is finished on the blouse. A final pressing will give it a fresh look, ready for wearing. Your leader will show you how to press the blouse.

5. *Final look at your blouse*—Turn to "Check Your Blouse" sheet and check your work. Could you improve on another blouse? What do you need to work on?

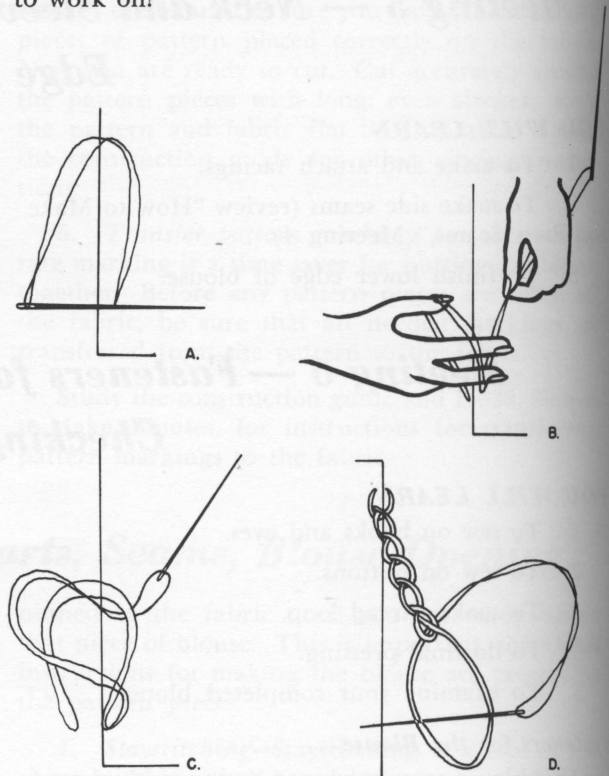


Figure 4

CHECK YOUR BLOUSE

Look carefully at your blouse now that it is finished. This will help you do a better job on the next one. Check the space you think is correct.

	Excellent	Good	Fair
1. Does the color look nice on you?			
2. Does the color look nice with the skirts you have?			
3. Does your blouse fit nicely?			
4. Is it clean?			
5. Is it pressed nicely?			
6. Are the seams stitched straight?			
7. Are all seams even and the same width?			
8. Do the facings fit smoothly?			
9. Are the darts stitched to very fine points?			
10. Are the fasteners neatly made?			

Meeting 7 — Care of Shoes

YOU WILL LEARN

1. To clean shoes with saddle soap.
2. To polish shoes.
3. To care for shoes that have gotten wet.
4. To prepare simple shoe shine kit.

REFERENCE

MP-267 Ideas for Improving Your Bedroom

HOW DO YOUR SHOES LOOK?

Your blouse and skirt will be only as pretty as the shoes you wear with them. Are you proud of the way you keep your shoes?

Shoes need to be given daily care if they are to last, look attractive and be comfortable. After you take your shoes off, examine them before you put them back in their place in the closet. If they are dusty, use a soft cloth or brush to remove the dust. If your shoes are dirty and need polish too, you will need to clean them well. First put newspaper on the floor or cabinet top. Use saddle soap, which is a special soap for cleaning leather. Follow direc-

tions with the saddle soap. When your shoes are clean, use a good polish for that color and kind of leather. Follow the directions with the polish.

If your shoes lace, wash the laces as often as they become soiled. Buy new laces as they are needed—knots in the laces are not attractive.

Protect your shoes against rain by wearing rain boots. If your shoes do get wet, take them off as soon as possible. Wearing shoes while wet may cause the leather to stretch or break. Dry the outside of the shoes by patting with a soft cloth. Never rub shoes when they are wet. Stuff the shoes loosely with crumpled newspaper or paper towel to absorb the moisture. Allow shoes to dry slowly away from heat. When they are dry, clean with saddle soap and then polish.

Shoes become damp from perspiration when you wear them. Always wear socks with your shoes to protect them. Leave your shoes out in the room to air a while after each wearing before putting them in the closet. MP-267, Ideas for Improving Your Bedroom, page 8, gives ideas for a place for shoes in the closet.

Meeting 8 — Pretty Hands

YOU WILL LEARN

1. How to keep your hands pretty.
2. More about good grooming practices studied in other unit.

REFERENCE

MP-254 Good Grooming, Here's How!

PERSONAL CLEANLINESS

Every girl is interested in personal attractiveness. Cleanliness is the first step toward being a really attractive person. Your body should be bathed every day and dressed in clean clothing. Brush your hair once every day and comb it as often as is needed to keep it looking neat. Brush your teeth after each meal. Another step toward being pretty is to practice good posture at all times.

You may not have the most beautifully shaped hands; however, you may have well-groomed, attractive hands by giving them a little care every day. Other people see your hands almost as often as they see your face.

Rough hands are not easy to keep clean. Wash your hands as often as they become soiled; dry them thoroughly and use hand lotion or hand cream. Use only the amount of cream or lotion that will rub into the skin. If too much is used, your hands will be damp and soil more easily. Cream or lotion protects your skin from the sun and wind. If the cuticles become rough, rub an oily cream into them at night.

For other tips on the care of your hands and how to do a simple manicure, read "A Show of Hands" in MP-254.

Meeting 9 — How to Buy Panties and Care for Them

YOU WILL LEARN

1. How to buy panties.
2. How to take care of panties.

REFERENCE

MP-267 Ideas for Improving Your Bedroom

SELECTING UNDERGARMENTS

Carefully chosen undergarments are a part of being attractively dressed. This meeting has been planned to help you know how to buy your panties and care for them.

Panties should fit so smoothly that they are not noticeable under your outer clothes. The waist measure of panties should about equal that of your own waist measure. The elastic in the top of panties should slip easily over the hips. To be sure of a comfortable fit, try panties on before buying them.

CARE

Begin each day with clean panties. Put your soiled panties with other soiled clothes so that they may be laundered regularly. Launder your panties according to the instructions that come with them. Fold your panties after they are laundered and put them in the space provided in the drawer.

The saying "a place for everything and everything in its place" is quite true when it comes to

caring for clothing. MP-267, Ideas for Improving Your Bedroom, page 8, will help you decide on a place for keeping your panties.

LOOK FOR THESE CONSTRUCTION DETAILS

1. The back should be wider and longer than the front.
2. Elastic should be fastened securely at the ends so that it will not tear out.
3. Little or no trim should be used. If there is trim, it should be as durable as the garment.
4. Seams should be stitched securely with ends of threads fastened.
5. The seat should be of double thickness.
6. Elastic should be run through a hem at the top so that it can be replaced easily.

Items 5 and 6 add to the cost of panties, but they add much to the life of them.

Panties are made of knitted and woven fabrics. Cotton is about the only fiber used in woven fabrics. Knitted panties usually fit more smoothly and require no ironing. The panties of woven fabric such as batiste may require very slight ironing.

Information in the chart on the next page will help you decide the kind of fabric and fiber you want in panties.

FIBER AND CHARACTERISTICS OF PANTIES

Fiber	Characteristics
Cotton	Soft, absorbent, durable, comfortable. Slightly more bulky than other fibers. Slow drying.
Rayon	Soft, comfortable, weaker when wet than when dry. Slow drying.
Cotton and Rayon	Soft, comfortable, absorbent, slow drying.
Nylon	Soft, lightweight, quick drying. Less absorbent than cotton.
Acetate	Less absorbent than cotton or rayon, more easily damaged by heat than cotton or rayon.

CHECK SHEET FOR UNIT 2

	Yes	No
<p>A. In making the blouse, I learned how to:</p> <ol style="list-style-type: none"> 1. Buy fabric for blouse 2. Select a simple blouse pattern 3. Place pattern on fabric 4. Cut out blouse 5. Use tracing wheel and dressmakers carbon 6. Staystitch 7. Make darts and press them 8. Attach facings 9. Sew on fasteners 		
<p>B. I have practiced these good grooming habits:</p> <ol style="list-style-type: none"> 1. Manicured my nails once a week 2. Washed hands when they were soiled 3. Brushed hair daily 4. Brushed teeth after each meal, if possible 5. Bathed daily 6. Kept shoes clean and polished 		
<p>C. Since the meeting on selection and care of panties, I have:</p> <ol style="list-style-type: none"> 1. Bought at least two pairs of panties for myself 2. Worn clean panties every day 3. Seen that panties are laundered after each wearing. 		

The check sheet on page 11 will help you in keeping D-348, Girls' 4-H Clothing Record, which your leader will give you. She will help you fill out this record. List the things as you do them; then, at the end of the year you and others may see how much you have accomplished.

Write a story of the clothing work which you have done. You might tell something about making the blouse and how you decided which skirt to wear with it. Why did you buy a certain kind of panties? What are some jobs you do in taking care of your clothes? Attach story to D-348 which you have completed and give to your leader.

Tidy Traveler

The Tidy Traveler is an overnight toiletry kit.

MATERIALS AND EQUIPMENT NEEDED

1. Terrycloth guest towel—about 11 by 18 inches (towels with fringed ends are attractive).
2. 1 spool thread to match towel.
3. Cord for drawstrings—60 inches (cotton rug yarn or upholstery cord).

HOW TO MAKE

Make slits for drawstrings. It is easier to do these while the towel can be spread out. Mark with tailor's chalk a line 2 inches from each end of towel. Make the slits in pairs $\frac{1}{2}$ inch apart. Place one pair of slits on each side, $1\frac{1}{2}$ inches from the side of the towel and the third pair at the center. See Figure 5. Make each slit lengthwise of the towel and $\frac{1}{2}$ inch long.

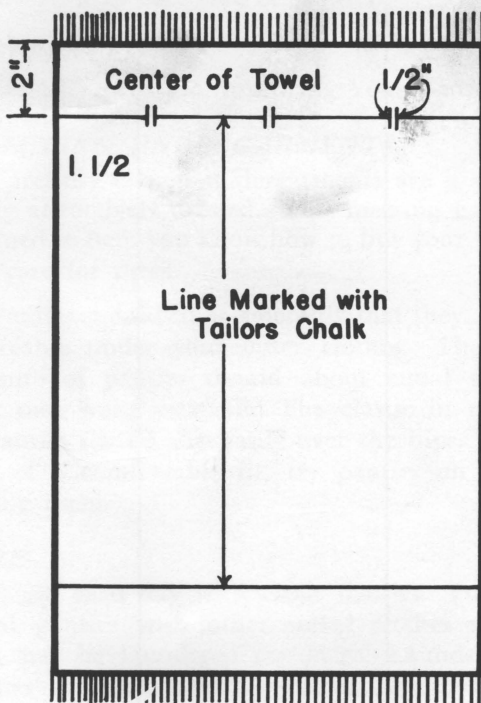


Figure 5

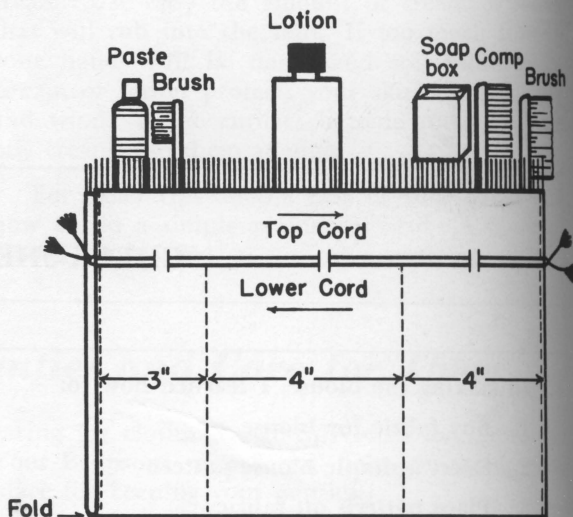


Figure 6

With a double thread, sew over and over the edges of the slits to prevent raveling. Take 4 or 5 stitches on each side of slits. Fasten thread securely at beginning and end.

Fold towel in half crosswise; machine stitch the side seams. Retrace all seams $\frac{3}{4}$ inch at each end. Make two more seams to divide kit into compartments. See Figure 6. These compartments are for toothpaste and brush, hand lotion and soap, or perhaps your comb and brush.

Cut the cord into two pieces, 30 inches long for the drawstrings. Run these cords through the slits. Start one cord from each side of kit and run it through slits all the way around the kit. Tie ends together at each side, Figure 6.

When the kit is empty, it may be used as a wash cloth.

AWARDS

Your adult leader has information on awards programs available in clothing. If you are interested in participating in such a program, ask her for details.