

YOU AND YOUR CLOTHES

Member Guide

UNIT 4



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, YOU AND YOUR CLOTHES - UNIT 4

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THE 4-H CLOTHING DEMONSTRATION, "You and Your Clothes," will help you to express self-confidence, develop personality and gain satisfactions in achievements by:

1. Learning how to make a good appearance.
2. Learning what to wear on each occasion.
3. Learning skills in care and construction of clothes.
4. Learning to plan and buy articles of clothing to complete a wardrobe for one season.
5. Learning to share information with others.

Goals for Unit 4

1. To make and follow a clothes grooming plan.
2. To make and follow a good grooming plan.
3. To plan a spring wardrobe.
4. To buy articles needed in your spring wardrobe.
5. To make a basic dress for a specific occasion.
6. To keep clothing records and participate in clothing achievement events.
7. To give one method demonstration and help a member of your family or friend with clothing.

Other Things You May Want to Do

1. Make another garment needed in your spring wardrobe.
2. Help to arrange for a program on modeling
3. Help to arrange for a program on makeup
4. Be an active junior leader in clothing.



Meeting 1 — Plans for Unit 4

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

PLANS FOR MEETINGS OF THE 4-H CLOTHING DEMONSTRATION GROUP

Month and date	Time and place	What is planned	Who will do it
Example: January 1	Jane's House	Colors and My Wardrobe	Helen and Sue

Meeting 2 — My Grooming Plan

The person who does the right thing naturally and easily at all times has self-confidence. The girl with poise is the individual who knows about good personal care and conduct. Every girl can have these characteristics, but it takes a well-planned program. You can start your program by:

1. Preparing and learning to follow a good grooming plan.
2. Choosing a becoming new hair style.

3. Learning to roll pin curls.

REFERENCE

MP-254 Good Grooming—Here's How!

Begin your good grooming program by studying MP-254. List the things you need to do each day and week. The most popular girl practices good grooming. Learn to manage for time to do this each day. This is an example of a good plan.

MY GOOD GROOMING PLAN

Daily check	First week							Second week							Third week						
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
Took a bath or showered today																					
Used a deodorant today																					
Made sure my face was really clean																					
Washed hands frequently																					
Wore clean underwear, socks																					
Wore clean, well-pressed clothes																					

Weekly check	First week			Second week			Third week		
Shampooed hair									
Cleaned comb and brush									
Cared for hands and nails									

Work out your plan and tack it up where you will see it. This will remind you to do the job and check it for your record. It may take weeks of checking before each practice becomes a habit. You will be a winner if you practice to make the best better. Collect your own good grooming aids such as toothbrush, nail brush, comb, emery board and orange stick. Have a special place to keep these in the bathroom or in your room.

CHOOSE A BECOMING NEW HAIR STYLE

The clean glossy hair of youth in its natural color is the ideal of beauty. Well-shaped hair with softly-curved ends is most flattering to young faces. Experiment with your hair. Sit before the mirror and brush your hair away from your face. Look

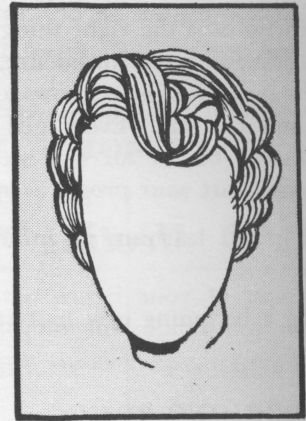
at the shape of your face. You may want to take a piece of soap and draw the shape of your face on the mirror. The most becoming hair style will be one that creates an oval effect for your face. See Figure 1, page 6.

Plan a trip to a good stylist for a hair cut and set. Watch while the hair is being set so that you can place the pin curls correctly when you do your hair.

Your leader has planned a demonstration to show how to pin your own curls. After the demonstration, practice doing the pin curls. Pin up your hair as often as needed to keep it looking neat. This may have to be done each night. Remember—*Never let your public see you in pin curls!*



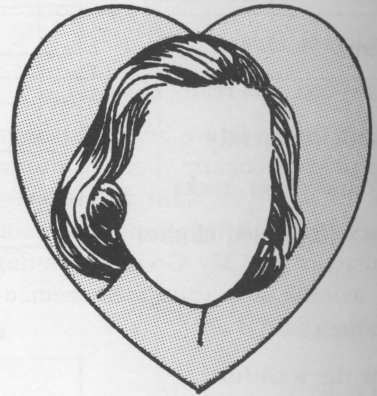
Round



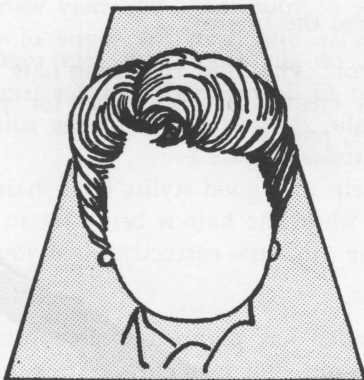
Long



Oval



Heart-shaped



Triangular



Square

Figure 1

SHARE WITH OTHERS

1. Give a demonstration on brushing hair.
2. Give a demonstration on making pin curls.
3. Help a younger 4-H girl on one grooming practice.

ADD THESE PRACTICES TO YOUR GOOD GROOMING PLAN

1. Brushed hair 100 strokes daily.
2. Pinned up hair between shampoos.

Meeting 3 — Be Figure Perfect

Make the most of your figure with graceful posture. How do you stand? How do you walk and sit? How does your figure measure up? Get the

tape measure and record your measurements on this chart.

	Bust	Waist	Abdomen	Hips	Thighs	Ankles
Date						
First Month						
Second Month						

Take part in the figure analysis program. Let others help you to recognize your posture problems. Decide on the ones you want to correct. Choose the exercises that will help improve your figure. Add this practice to "My Good Grooming Plan." After one month, take your measurements again and fill in the chart.

To slim the waistline:

Stand with feet together, tummy tucked in; hold your arms high above your head and reach for the ceiling, Figure 2. Keeping your knees straight and feet together, touch your toes 10 to 20 times, Figure 3.



Figure 2



Figure 3

To slim the hips:

Sit with crossed feet, hands on knees and rock back and forth on the hips, Figure 4.

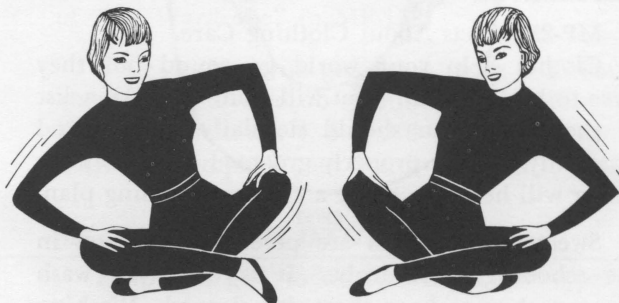


Figure 4

To flatten the tummy:

Lie flat on the floor with legs together and raise feet to 45 degree angle. Lower feet, keeping knees straight, ever so slowly to the count of 10. Repeat 10 times, Figure 5.

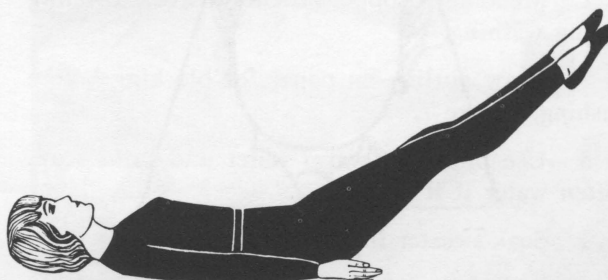


Figure 5

To slim the thighs:

In sitting position with hands behind for balance raise first the left leg, then the right and slap the legs on the floor about 50 times, Figure 6.



Figure 6

SHARING WITH OTHERS

Teach another girl how to take corrective exercises.

Meeting 4 — My Clothes Grooming Plan

Good grooming includes keeping your clothes clean, in good repair and well-pressed. A part of growing up is to be responsible for the care of your clothes.

To keep your clothes in good condition, they should have weekly and daily care.

IN THIS LESSON YOU WILL

1. Make a clothes grooming plan and follow it.
2. Learn to care for your sweater wardrobe.

REFERENCE

MP-254 Facts About Clothing Care.

Clothes help your world go round but they have to be cared for. You will want to make a list of the things you should do daily, weekly and seasonally to have properly groomed clothes. Your leader will help you make a clothes grooming plan.

Sweaters and skirts are perennial favorites in the school girl wardrobe. It is better to wash sweaters than to have them dry cleaned. Washing keeps them fluffy and removes perspiration. Instructions for washing wool sweaters also can be used for washing nylon and orlon ones.

HOW TO WASH A WOOL SWEATER

1. Mend any dropped stitches to avoid raveling during washing.
2. Draw outline on paper for blocking before washing, Figure 7.
3. Use plenty of warm water and mild soap. Soften water if it is hard.
4. Soak sweater in suds for 3 minutes.
5. Examine neck and sleeve edges. Use hand brush and brush gently to clean. Look over the

sweater and treat soiled spots gently in the same way.

6. Rinse twice in luke-warm water. Use softened water for first rinse. Squeeze out water gently but do not wring or twist.

7. Roll sweater in bath towel to absorb water before blocking. Your leader will discuss the use of cold water soaps. Follow directions of the manufacturer.

BLOCKING AND PRESSING

1. Lay the sweater on paper outline and pat into shape. Use a few non-rusting pins to hold in place.

2. Allow the sweater to dry where there is good air circulation. Avoid sunlight or direct artificial heat.

3. Press lightly with steam or dry iron. Set dry iron for wool. Use a wool press cloth. To get

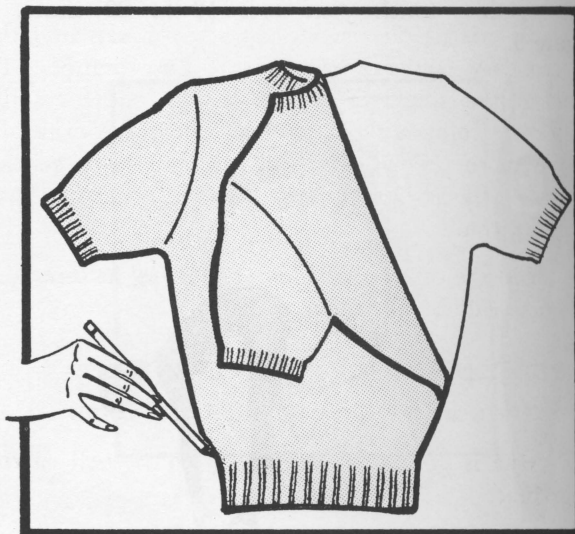


Figure 7

steam for the dry iron use a dampened cotton press cloth over the wool cloth.

Arrange your sweaters flat in a drawer for storage. Hangers and racks damage sweaters and pull them out of shape. Wool sweaters should be stored in a moth-proof bag for summer.

Meeting 5 — Color and My Wardrobe

IN THIS MEETING YOU WILL

1. Learn how to make a color plan for your spring wardrobe.
2. Learn how to plan a spring wardrobe.

REFERENCES

- L-293 Colors For You
- MP-158 Wardrobe Planning
- L-299 Your Best Lines
- L-348 Girls 4-H Clothing Record

Take a cue from nature. It abounds in lovely color combinations. Color is an important factor in achieving real personality in clothing. To help you learn the magic of color and how to use it you will need to understand a few color terms that apply to dress.

COLOR HARMONY

Colors that go well together have something in common. They seem to belong together. The three primary colors are yellow, blue and red. Take water colors and fill in the primary colors in the color chart, Figure 9, page 10.

By mixing the primary colors, you can find the secondary colors—green, purple and orange. To make the intermediate color add more of the primary color to the secondary color. For example, add more yellow to green and you have yellow-green. By adding more blue to green, you have blue-green.

List the colors that have something in common. These will be harmonious colors.

HUE, VALUE AND INTENSITY

These are the three qualities of a color.

Hue is the name given to a color such as red or blue.

Value describes the amount of lightness or darkness in a color, such as light-blue and dark-blue.

SHARING WITH OTHERS

1. Give a demonstration on how to wash a sweater using a cold water soap.
2. Help to clean and store all the family sweaters.

Intensity is the quality of brightness or dullness. Mix white and blue and it becomes less bright or a *tint*. Mix black or grey with blue and it becomes dull or a *shade*.

See if you can identify colors in nature. See if you can analyze the color in your skin, hair and eyes. Your friends can help you. Study L-293. Using a guide for your choice of color, fill in the chart, page 10.

To study color further, take a good look at the clothes you have for spring. Get all your clothes out of storage, the closet and drawers. Look over each garment carefully. Select the ones that you will keep and wear. What colors do you have? How well do the colors harmonize? Which ones do you like best? Fill in the first three columns of "My Wardrobe" in MP-158.

Your leader will give you more information about color in wardrobe planning. After this meeting, fill in columns 4, 5 and 6 in "My Wardrobe." This will complete your wardrobe plan for spring.

SHARING WITH OTHERS

Help one girl to analyze her color type and select becoming colors.



Figure 8

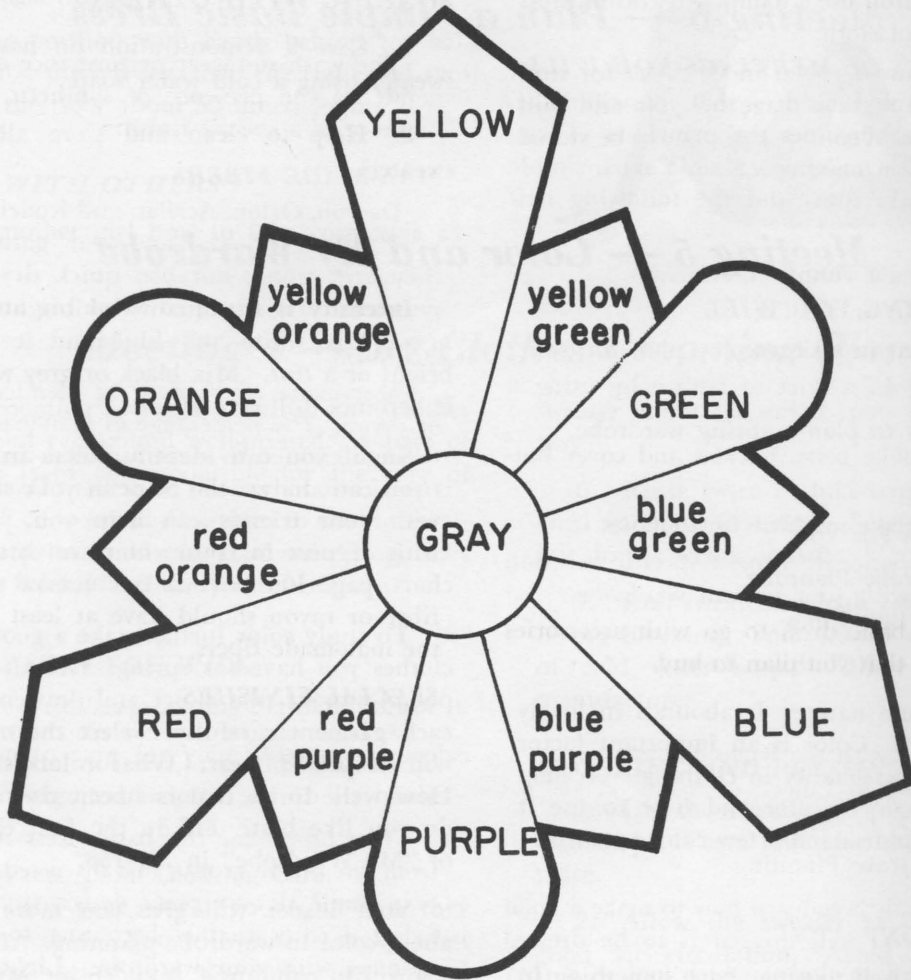


Figure 9

MY COLOR CHART

My color type	Becoming colors	Colors to avoid

Meeting 6 — Plan a Simple Basic Dress

IN THIS SERIES OF MEETINGS YOU WILL

1. Plan a simple basic dress that you will make.

The basic dress includes the principles of construction learned in making a simple skirt, simple blouse, easy-to-make dress and the following new steps.

- a. How to make simple interfacings.
- b. How to put on a collar.
- c. How to put in a sleeve.
- d. How to join a skirt to bodice by using a stay.
- e. How to make belts, buckles and cover buttons.
- f. How to make machine buttonholes.

2. Plan the basic dress for a specific occasion that harmonizes with your present wardrobe.

3. Plan the basic dress to go with accessories that you have or that you plan to buy.

REFERENCES

L-353 Begin with the Right Pattern

L-299 Your Best Lines

L-293 Colors for You

MP-158 Wardrobe Planning

One of the goals is to learn how to make a good appearance. To be well dressed is to be dressed neatly and suitably in clothes which look as if they belonged to you, which really fit into your life; that is, where you go and what you do.

Review the leaflets L-299 and L-293 and column 4 in "My Wardrobe" in MP-158. This will help you decide on the design, color and fabric for your new dress.

A basic dress can be dressed up or down by proper choice of accessories and be worn for various occasions. Choosing the right fabric and pattern for the dress is very important.

CHOOSING AN EASY CARE FABRIC

A school girl's life is a busy one. Selecting fabrics that give neater wear and less care will give you more leisure time. Genuine wash-and-wear fabrics can be worn, washed and worn again with little or no ironing throughout its life. It seldom can be worn without a few minutes touch-up, but this touching up can save you up to 85 percent of the time required for old fashioned ironing. Good wash-and-wear is durable, color fast and has shrinkage control.

The wash-and-wear performance of a fabric depends on the presence of synthetic fibers or the presence of a special finish.

MAN-MADE FIBERS

Dacron, Orlon, Acrilan and Kodel are especially well suited for wash-and-wear garments because they are strong, durable, quick drying and have permanent resistance to wrinkling and mussing.

BLENDS

Man-made fibers may be blended with cotton or rayon. The percentage of man-made fibers must be high enough to maintain wash-and-wear properties. Look for at least 50 percent Dacron and Kodel with rayon or cotton. A blend of 65 percent Dacron with 35 percent cotton or rayon has proven satisfactory. Orlon and Acrilan blended with a natural fiber or rayon should have at least 70 percent of the man-made fibers.

SPECIAL FINISHES

Fabrics can be given wash-and-wear properties by special finishes. Look for labels that tell you about the finish that has been given to the fabric.

The fabric for the basic dress may be chosen from one of the groups just discussed. A solid color or a small all-over print design is a good choice. Select a color that is becoming to you and harmonizes with your wardrobe. Light, pastel colors add weight, while the darker, duller shades slenderize. The fabric should be firm, medium weight and of good quality.

CHOOSING A PATTERN

Select a pattern that has a becoming neck line with a collar. It should have set-in sleeves and a natural waist line. When using wash-and-wear fabrics, select patterns that have as few and as inconspicuous seams as possible. Seams on a slight bias tend less to pucker than do long, straight-grain seams.

Your leader will help you select a dress pattern that is your correct size and type.

Study the front of the pattern envelope to see if the dress is featured in a solid color or print. This means the pattern was designed to be used with a particular type of fabric. The pattern size can be found here. Be sure you have the right size.

Study the back of the envelope. Read the description about the dress and look at the diagram that will help you to decide if it is too difficult.

The suggested fabric list on the envelope can help you decide the kind of fabric you may want to use. It is important to read every word on the envelope.

Four factors control the amount of yardage required: (1) the view of the design to be used, (2) the size of the pattern, (3) the width of fabric and (4) the design and weave of the fabric.

Meeting 7 — Plan for Sewing

You will construct your garment in a workshop, under the supervision of your leader. Meetings 7 through 10 will make up this workshop.

Although your pattern was selected for your correct style, type and size, it may have to be altered for a better fit.

IN THIS MEETING YOU WILL

1. Study the pattern pieces and guide sheet.
2. Fit a pattern and make alterations.
3. Review laying, cutting and marking.

Study your guide sheet and pattern pieces which come with the pattern until you are sure you understand all symbols and guide marks.

Select the pattern pieces that are required for the view you have selected. Fold the remaining pieces and put them into the envelope. Write your name on each piece.

Press each piece of pattern with a warm dry iron.

Your leader will show you how to tape your pattern for fitting. She will also help you make the necessary alterations.

Meeting 8 — Sewing

Unit construction means assembling a section of a garment that makes a unit and completing all stitching and pressing before joining it to another. This will save time and energy and help you have a better made garment.

IN THIS MEETING YOU WILL

1. Review staystitching and making darts.
2. Complete each unit before joining it to another.
3. Interface the front opening where buttons and buttonholes go.
4. Make a collar and put it on.

Take great care in finding the correct amount and circle it with a pencil. If the width of the fabric you select is not given on the chart, choose the yardage for the width slightly greater than yours.

Findings are listed under notions. Findings include seam bindings, zippers, thread, snaps and buttons. Select your fabric, pattern and findings at the same time.

LAYING, CUTTING AND MARKING

Find the right diagram on the guide sheet for the width of material which you are using and for the view which you are making. Circle it with a pencil. Fold together the right sides of the fabric. Prepare the fabric for cutting. Keep the fabric double whenever possible.

Pin on the pattern pieces according to the layout. Keep the pattern smooth and flat on the fabric. Check each piece to see if it is placed on the grain.

Cut with long, even strokes and with the grain of the fabric. A good rule to remember is to cut from the wide to the narrow part or from the high point to the low point of the pattern.

Using dressmaking carbon and tracing wheel, mark pattern darts, pleats, difficult seams and other construction lines. This will help you to assemble the dress more accurately and easily.

Leave the pattern pinned to the fabric. Place all the bodice pieces together, and all the skirt pieces together.

REFERENCE

MP-260 Interface It

Staystitch the curved edges on each piece. Stitch with the grain of fabric to prevent stretching of edges during construction and fitting. Follow instructions on the guide sheet.

Make all darts in the bodice. Press the darts using a sleeve board to better shape the garment.

Front Bodice Unit:

Attach interfacing to front bodice. See "Attaching Interfacing—Blouses or Simple Dress Bodices," MP-260.

Back Bodice Unit:

Follow guide sheet for making the back. Stitch shoulder seams, finish and press open.

Collar Unit:

Your leader will give a demonstration on making and joining the collar.

Buttonholes:

Follow guide sheet for when to make button holes.

Meeting 9 — Sewing (Continued)

IN THIS MEETING YOU WILL

1. Make sleeves and join to bodice.
2. Complete skirt unit.
3. Join bodice and skirt using a stay.

REFERENCE

L-320 How to Join a Skirt and Bodice

Sleeve Unit:

Your leader will give a demonstration on how

to make a sleeve and set it in.

Skirt Unit:

Staystitch placket opening on left side, make and press darts. Follow the guide sheet in making the skirt. Remember to use directional stitching.

Your leader will give a demonstration on joining the skirt and bodice. Follow instructions given in L-320 for sheer fabric and better dress.

Meeting 10 — Sewing (Continued)

IN THIS MEETING YOU WILL

1. Put in the zipper.
2. Make a belt, buckle and buttons.
3. Put in the hem.

REFERENCES

L-167 Make Your Own Belts and Buckles

L-359 Hems for Skirts and Dresses

Put in the zipper by following the instructions that come with it.

Your leader will demonstrate how to put in hems. Study L-359, and select the finish that you will use for the hem in your dress.

Meeting 11 — Clothing Achievements

You may need to use some of the time at this meeting for finishing and pressing your dress.

Complete the plans for the clothing achievement event.

Meeting 12 — Learning to Model

IN THIS MEETING YOU WILL LEARN

1. To gain poise and self-confidence.
2. To model.

You and your leader may make arrangements for this meeting.

1. Contact a trained person to teach modeling. This may be a physical education teacher, an

ex-model, an airline hostess, your county home demonstration agent or a dancing teacher.

2. Discuss with this person the facilities and equipment she will need.

3. Make arrangements for the meeting as planned with the instructor.

4. Notify the group of the meeting.

Meeting 13 — Tricks for More Becoming Makeup

IN THIS MEETING YOU WILL LEARN

1. To make a better personal appearance.
2. To make the most of your best features.

You and your leader may make arrangements for the meeting.

1. Contact a qualified person to give the demonstration. This may be a person in your com-

munity who uses makeup well, a beautician, airline hostess or your county home demonstration agent.

2. Discuss with the person the kind of meeting place needed and equipment and materials she will need.

3. Make arrangements as planned with the instructor.

4. Notify the other girls of the meeting.

TO MAKE THE BEST BETTER

How well have you done in this unit? This check sheet will help you to see where you can "make the best better."

	Yes	No
1. I made a good grooming plan.		
2. I followed it.		
3. I have a new hair style.		
4. I can roll pin curls correctly.		
5. I took corrective figure exercises.		
6. I made a clothes grooming plan.		
7. I followed it.		
8. I washed and stored my sweaters for the summer.		
9. I planned a spring wardrobe.		
10. I made a color plan for my wardrobe.		

HOW DOES YOUR BASIC DRESS MEASURE UP?

Judge your dress when you finish. This will help you improve on the next one you make. Place a check mark in the column that best describes your work.

	Excellent	Good	Fair
General Appearance			
Is it clean?			
Is it well pressed?			
Is the color good for you?			
Is the style good for you?			
Does your dress fit well?			
Workmanship			
Is the collar well made?			
Are the sleeves in correctly?			
Is the waistline joined correctly?			
Are the darts, gathers and pleats well made?			
Is the belt well made?			
Does your hem measure up to the standards of a good hem?			

The check list will help you to keep D-348, Girls 4-H Clothing Record. To have a complete record you will want to keep it throughout the year.

Write a clothing story telling what new experiences you have had in your clothing demonstration. This may include new grooming, posture and clothes care practices you learned. What did you

learn about color and the wardrobe? Attach this story to D-348 and give it to your leader.

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.

HOW GROWN-UP ARE YOU?

If today you were suddenly called upon to give a talk before a student group, could you pass inspection? Give yourself 5 points for every "yes" answer.

_____ Are you absolutely confident that you are personally neat and clean (daily-bath-plus-deodorant)?

_____ Are your clothes clean, pressed, with no trace of perspiration odor?

_____ Are you neatly dressed in clothes suitable for school?

_____ Is your hair clean, arranged becomingly?

_____ Does your smile reveal clean teeth in good repair?

_____ Do your hands help your poise—are they well groomed, nails clean and well shaped?

_____ Is your make-up neatly applied and suitable for school?

_____ Is your posture good, head high and tummy pulled in?

Are you responsible? To find out give yourself 20 points for each "yes" answer below:

_____ Do you help around the house, keep your room tidy, organize personal belongings efficiently?

_____ Do you plan your out-of-school hours so that you have time for home-work, chores, recreation, plenty of sleep?

_____ Do you take responsibility for your personal appearance and cleanliness by following a regular grooming routine morning and night?

Total _____ If your score is 80 or above, you're well on your way to being an attractive, likeable person. Keep it up!

If your score is 60-75, your attitudes are good, but put them to work! Note your weak points and work to improve your score.

If your score is below 60, you're not thinking or acting like a grown-up. Brush up on the basics of good grooming, and develop a more responsible attitude in school and at home.



Ready to serve YOU...

are your COUNTY EXTENSION AGENTS. They represent both the U. S. Department of Agriculture and Texas A&M University in your county. These agents have ideas and materials that are helpful to everyone, regardless of whether you live on the farm or ranch or in a town or city.

Extension agents have information on a wide variety of subjects. For example, you can learn from them how to farm and ranch more efficiently achieve more satisfying family living discover how much we *all* depend on agriculture.

This publication is one of many prepared by the Texas Agricultural Extension Service of Texas A&M University to present up-to-date, authoritative information, based on the results of research. Such publications are available from your local agents whose offices usually are in the county courthouse or agricultural building.

Give your agents a try. They welcome your visits, calls or letters.



The authors acknowledge the assistance of Nena Roberson, former Extension clothing specialist, in the preparation of this publication.