

# LOOK YOUR BEST

## Member Guide

### UNIT 3



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, Hear, 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.*

*Acknowledgment is given to Nena Roberson, former extension clothing specialist, for her assistance in the preparation of the original manuscript.*



# MEMBER GUIDE, LOOK YOUR BEST - UNIT 3

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IN UNIT 3 OF THE 4-H CLOTHING DEMONSTRATION, you will learn to make a dress that is becoming to you. You will learn more about how to buy and care for your clothing to look your best.

## Goals for Unit 3

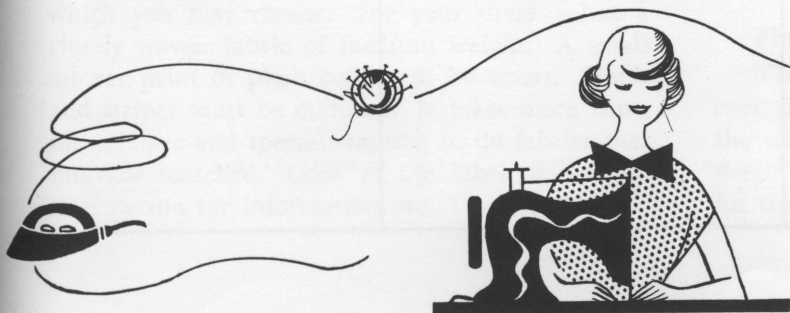
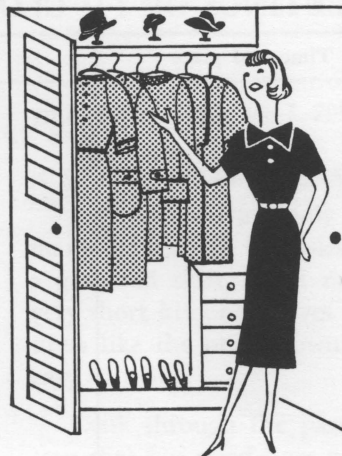
As a member in the 4-H clothing demonstration group, Unit 3, you will:

1. Learn how to choose a pattern that is right for you.
2. Learn how to choose a fabric and findings for a dress.
3. Learn how to make a dress.
4. Learn how to choose accessories for your dress.
5. Learn to select and care for your bras, girdles and petticoats.
6. Practice good grooming habits.
7. Learn how to iron a dress and keep your clothes neatly pressed.
8. Show garments you made at an achievement event.
9. Keep clothing records.
10. Teach someone else at least two things you have learned.

## Other Demonstrations

In Unit 3, you may:

1. Make a belt to go with your dress.
2. Make blouses and skirts.
3. Select a ready-made dress that is becoming to you.
4. Make your own Bedtime Fashions.



## *Meeting 1 — Plans for Unit 3*

At the first meeting of your clothing group, you will fill out this form so you will know when the activities planned will take place and who is responsible for them. You may want to invite your parents to this meeting.

### PLANS FOR MEETINGS OF 4-H CLOTHING DEMONSTRATION GROUP

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



## ***Meeting 2 — Selecting Your Dress Pattern***

### **YOU WILL LEARN**

1. The size pattern that fits you best.
2. The type pattern that fits you best.
3. Becoming styles for you.
4. How to check your sewing tools.

### **REFERENCES**

L-353 Begin With the Right Pattern

L-299 Your Best Lines

### **THE PATTERN THAT FITS YOU BEST**

Ask your leader or mother to help you to learn how to select a pattern that will fit you best. Follow the instructions in L-353, Begin With the Right Pattern.

### **A STYLE THAT IS BECOMING TO YOU**

If you are of average size and proportion, almost any style will be becoming to you.

If you are tall and slender, you may wear your skirts fuller and shorter than the average or chubby girl. You may wear dresses with contrasting bodice and skirt, wide belts, square and wide necklines.

If you are chubby, a slightly full skirt will be most becoming. Your dress should have an easy

fit with soft fullness in the skirt. The low oval or V neckline will be most becoming. You should wear a narrow belt of self fabric or no belt at all. Solid colors or small prints will be your best choice in fabric.

For further information on line and design for your figure type, see L-299, Your Best Lines.

### **A STYLE THAT IS EASY TO MAKE**

A pattern having only a few pieces and not too many details will be easiest to make. A dress with a gathered skirt, faced neckline and sleeveless or very short kimona sleeves will be easy to make. A dress like the ones shown on the cover should be easy to make.

Look through the pattern book to find a pattern that has good lines for you and one that will not be difficult to make.

### **CHECK YOUR SEWING TOOLS**

You should have a sewing box and all the tools except the dressmaker pencil and the iron shown on the leaflet L-267, Sewing Tools You Will Need. If you do not have good scissors, ask for a pair for your birthday or Christmas.

## ***Meeting 3 — Select the Fabric and Findings***

### **YOU WILL LEARN**

1. How to select a fabric that is right for you and the pattern you have chosen.
2. More about findings for your dress.
3. Colors that are becoming to you.

### **REFERENCE**

L-293 Colors for You

### **A BECOMING FABRIC THAT IS EASY TO SEW**

There are many beautiful cotton fabrics from which you may choose. For your dress, select a closely woven fabric of medium weight. A small all-over print or plain color will be smart. Plaids and stripes must be matched. It takes more time, more fabric and special training to do fabrics that must be matched. Look at the label or ask the sales person for information on:

#### **1. Shrinkage control**

If the fabric bears a label "sanforized," this means there will be practically no shrinkage in the garment.

#### **2. Crease resistance**

Many fabrics are given special treatment to make them more wrinkle resistant. Some of the terms used are "crease resistant," "minimum care," "regulated," "disciplined" and "wrinkle shed."

Buy the amount of fabric called for on the pattern envelope according to the size and the view you have selected.

#### **Findings for the dress**

Thread, zipper, buttons, snaps or hooks and eyes and tape are called findings. Buy these at the time you buy the fabric and pattern for your dress. Look on the pattern envelope for suggestions for the findings you will need.

Use mercerized cotton thread to match the color of your fabric. If the fabric is printed, choose the color thread that blends with the background color of the fabric. If the fabric is plain, choose a thread that is slightly darker.

The color of the zipper should blend with the color of the fabric and be the correct weight for your fabric and correct type for the opening.

## *Meeting 4 — Getting Ready to Sew*

### **YOU WILL LEARN**

1. To straighten fabric.
2. To understand pattern markings and printed information on patterns.
3. To find correct pattern layout on guide sheet.

### **PREPARE THE FABRIC**

1. Straighten ends of fabric by tearing or pulling a crosswise thread and cutting along this line.
2. Press creases out of fabric.
3. Fold the fabric so that the selvages are parallel. If the crosswise threads are not in perfect right angles with the selvage, catch the short end of folded fabric and pull gently on the bias in the opposite direction until crosswise threads are squared with the selvage. Press fabric on lengthwise thread. Your leader or mother may need to help you to straighten the fabric.

### **UNDERSTAND YOUR PATTERN**

A guide sheet comes with every pattern. Study the guide sheet of your pattern. You will want to keep this sheet with you throughout the making of the dress. Follow this procedure:

1. Select the pattern pieces that you will need for the view you have chosen.
2. Press the pattern pieces.
3. Ask your leader or mother to check the pattern for fit. If there is some adjustment to make, they will help you. Be sure that the length of the bodice and skirt and the waist measurement are correct for you. You will find instructions printed on the pattern for lengthening or shortening the pattern.
4. Understand the pattern markings on the pattern pieces. For example, "seam allowances," "lay on fold" and "straight of grain."

If your skirt is very flared, use a cotton bias tape to match or blend with the color of the dress fabric to finish the hem.

### **A BECOMING COLOR**


Ask your leader or mother to help you to select your most becoming color. A becoming color will make your skin look clearer and bring out the best in your hair and eyes. Study L-293, Colors for You.

5. Circle with pencil the cutting layout of the fabric width, size and view for your pattern.

### **LAY THE PATTERN: CUT AND MARK DRESS**

You have already circled the pattern layout you will use. Follow the layout carefully when placing the pattern on the fabric.

1. When cutting two pieces, fold the fabric so that the right sides are together.

2. Pin pattern by pinning first on the grainline markings. These markings are usually a long arrow like this.  Keep arrows straight with the threads of your fabric. Smooth out from the pins on the grainline markings to the edge of the pattern. Pin near cutting edge pointing the pins toward the cutting line. Use enough pins to hold pattern securely. Keep fabric flat on the table and the pattern smooth on the fabric. Some pattern pieces are placed on the fold of the fabric. Pin pattern flat to fabric on the fold line first.

3. Cut accurately along the cutting line of the pattern pieces using long, even strokes. Place your hand parallel to the cutting line near the scissors to hold the fabric smooth and flat. To do the best job, you will need good cutting shears. As you cut each pattern piece, lay the parts of the blouse together and the parts of the skirt together. This will save you time and energy as you sew.

4. You studied the markings on your pattern; now you will want to put some of the markings on your dress. These markings will help you to sew accurately.

5. You will want to mark darts, corners and very curved seams. Use dressmakers carbon and a tracing wheel for quick and accurate marking. Place a piece of cardboard or magazine under the



fabric to protect the table. Use two pieces of dress-makers carbon. Place one piece, carbon side up, on the cardboard or magazine under the bottom layer of fabric. Place the other piece of paper, carbon side down, between the paper pattern and

the top layer of fabric. This will place marks on the wrong side of the fabric. Trace lines on paper pattern with tracing wheel, using a ruler on straight lines. Use a small cross line to indicate stopping point of dart.

## ***Meeting 5 — Sewing Your Dress***

### **YOU WILL LEARN**

1. To practice good use of machine—starting and stopping.
2. To practice accurate stitching in staystitching and stitching darts.
3. To practice snipping threads  $\frac{1}{2}$  inch from starting and finishing points.
4. To practice correct posture and have good lighting at machine.

### **REFERENCE**

MP-161 Getting Ready to Sew

### **STAYSTITCH TO PREVENT STRETCHING**

Just as you did with your Simple-to-Make Blouse, you will want to staystitch certain parts of your dress. Staystitch means machine stitching near the seam line to keep the garment pieces from stretching. Staystitch as near the seam line as possible, outside the seam line with the grain of the fabric. Check your pattern guide for information on staystitching.

### **STITCH AND PRESS DARTS**

Make the darts in your dress just as you learned to make the darts in your blouse. Pin the darts

on the marked lines being sure that the two lines are together from the widest part to point. Stitch from the widest part to the point. The last three or four stitches should be parallel to the edge of the fabric. Fasten threads by tying securely. Leave thread about  $\frac{1}{2}$  inch long.

After all darts have been stitched, press carefully. Your pattern guide may suggest that you trim darts and press open. This is not necessary on the simple cotton dress that you are making.

When you have completed stitching and pressing darts of your dress, keep the blouse parts together and the skirt parts together.

### **USE YOUR PATTERN GUIDE**

Follow the pattern guide for putting the dress together. This will help you to sew faster and better. With most designs, you will need to sew the shoulder seams before finishing the neckline. When sewing shoulder and underarm seams, pin seam lines together, matching notches before starting to stitch. Use your seam gauge for stitching the seams. Follow the instructions on the pattern for width of seam and direction of stitching.

## ***Meeting 6 — Putting Your Dress Together***

### **YOU WILL LEARN**

1. To make a pretty neckline finish.
2. Always to press as you sew.

### **REFERENCE**

L-301 Simple-to-Make Skirt

### **NECKLINE AND ARMHOLE FINISH**

Follow your guide sheet for directions on finishing the neckline of your dress. You will need to

sew accurately, trim all enclosed seams evenly and press carefully to have a pretty neckline.

### **SEWING THE SKIRT**

Stitch the seams of your skirt starting at the bottom and stitching toward the top. Usually all skirt seams should be pressed open. Check your guide sheet for stitching and pressing seams in the skirt.

## ***Meeting 7 — Joining Skirt and Bodice — Sewing Zipper Placket***

### **YOU WILL LEARN**

1. To join the skirt and bodice.
2. To put in a zipper.
3. To judge a good zipper placket.

### **REFERENCE**

L-320 How to Join the Skirt and Bodice

### **JOIN SKIRT AND BODICE**

If your pattern guide does not give you sufficient instructions for joining the bodice and skirt, you might like to refer to L-320, How to Join the Skirt and Bodice, "For Medium Weight, Simple Cottons."

### **PUT IN ZIPPER**

You will want to learn how to put in a zipper so that you will have a smooth, inconspicuous placket. Watch carefully when you see someone give this demonstration. In addition to information on your pattern guide, you will find directions on the zipper packages.

### **JUDGE YOUR PLACKET**

To judge your placket, ask yourself these questions:

1. Is it smooth, flat and without puckers?
2. Is the stitching straight?
3. Is the zipper completely covered?
4. Does the zipper tape match the dress fabric?
5. Is the placket strong and securely stitched?

## ***Meeting 8 — Accessorize Your Dress***

### **YOU WILL LEARN**

1. To choose accessories for your dress.
2. To look your very best, choose carefully the accessories you will wear with your dress.

A simple cotton dress requires few accessories. You will want to keep in mind the time and place you plan to wear the dress.

3. To select appropriate accessories.

If you are wearing your dress to school or

shopping, a belt, shoes and socks may be all the accessories you will need. If you are wearing your dress to church, you will choose dressier shoes and socks (or stockings) and perhaps wear a hat and gloves. (See Figure 1.)

If you wear any jewelry, look for simplicity to go with cotton dress you have made.

### **REFERENCE**

L-167 Make Your Own Belts and Buckles

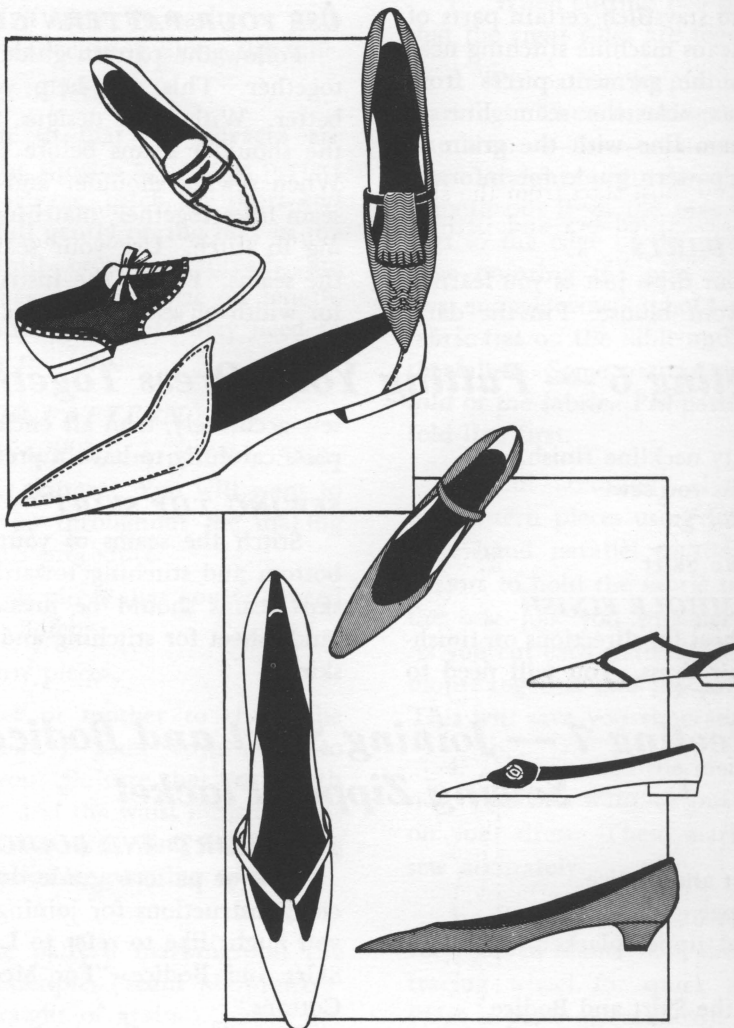


Figure 1



## Meeting 9 — Hems and Final Pressing

### YOU WILL LEARN

1. To find the hem line of a dress.
2. To help another girl in finding her hem line.
3. To judge a good hem.

### REFERENCE

L-359 Hems for Skirts and Dresses

### HEMMING YOUR DRESS

For complete information in hemming your dress, see L-359, Hems for Skirts and Dresses.

Your mother, leader or sewing partner will need to help you find the hem line of your dress.

Your mother or leader may need to help you decide on the method of finishing the hem.

### FINAL PRESSING

Since you have pressed carefully as you sewed, you may need to do very little pressing on the finished garment. Put the dress over the ironing board and touch it up lightly to smooth out any wrinkles. If you have a steam iron, you may want to press on the right side of the fabric.

If you want to learn to make a belt for the dress you have made or for any other dress, your leader may be able to arrange for someone to help you. She will use the method given in L-167, Make Your Own Belts and Buckles.

## Meeting 10 — What's Underneath Counts, Too

### YOU WILL LEARN

1. To select a well-fitted bra.
2. To select a well-fitted girdle.
3. To select a suitable petticoat for the dress you have made.
4. To care for your underwear.

To look your best, you must start from the skin out. You will need a well fitted bra and perhaps a girdle and petticoat under your dress.

Study your figure; size it up and determine your own figure type. See Figure 2. Ask your mother and a good corsetier to help you make the best selection of bra, girdle and petticoat for your figure.

### BEFORE YOU BUY A BRA

To have a good-fitting bra, you should take accurate measurements and then try on the bra. Teen and subteen measurements change often. You should recheck your measurements every 3 to 6 months. Here is the way to measure for the correct size and cup in a bra. See Figure 3.

1. Place the tape measure around your body, across the chest, under the arms, and on the hook point at the back. The number of inches you measure will be your size.

2. Determine your cup size by measuring the fullest part of your bust.

3. You will wear:

AA Cup if your bust measures the same or smaller than your chest.

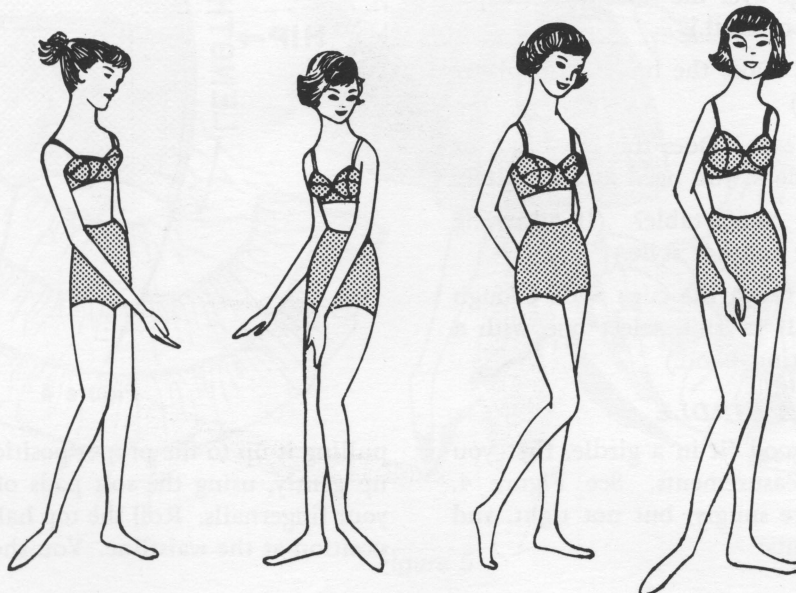


Figure 2

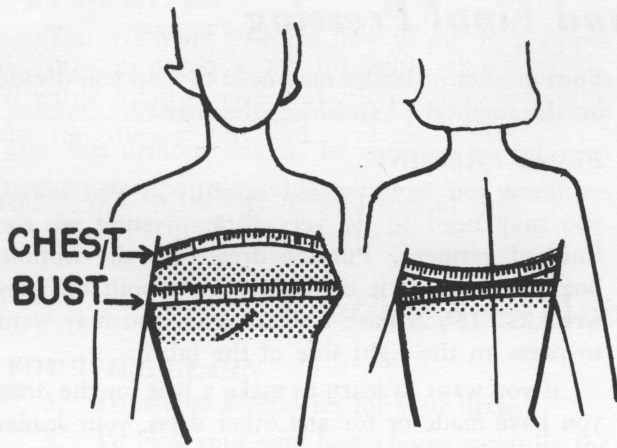


Figure 3

A Cup if your bust measures 1 inch more than your chest.

B Cup if your bust measures 2 inches more than your chest.

C Cup if your bust measures 3 inches more than your chest.

D Cup if your bust measures 4 inches more than your chest.

### **FITTING THE BRA**

Slide the straps over the shoulder; then lean forward from the waist to fit the breasts into the cup. Fasten the bra and adjust the shoulder straps. Run the finger under the back band to make it fit smoothly. Now ask yourself these questions:

1. Are the bra cups filled out? (If not, you need a smaller cup size.)
2. Does flesh bulge over the sides of the cups? (If so, the cups are too small.)
3. Lift your arms. Does the bra stay in place? (If not, it's too small.)
4. Take a full breath. Does the bra bind, or does it pinch? (If it does, you need a larger size.)
5. Are the straps comfortable? (If adjusting them doesn't help, try another style.)
6. Is the band beneath the cups wide enough to anchor the bra? (If it isn't, select one with a slightly wider supporting band.)

### **BEFORE YOU BUY A GIRDLE**

In order to get a good fit in a girdle, first you should take some measurements. See Figure 4. Hold the tape measure snugly, but not tight, and take these measurements:

1. Waist—at the smallest part.
2. Hips—around the body at the fullest part below the waistline.
3. Length—from waistline down to directly below the fullest part of the hip (to the point on the leg to which the girdle should come for sufficient coverage).
4. From the measurements you have taken, decide which size you will wear:

Extra small—Fits waist 23-25 inches and hips 32-36 inches.

Small—Fits waist 26-28 inches and hips 35-39 inches.

Medium—Fits waist 29-31 inches and hips 38-42 inches.

Large—Fits waist 32-35 inches and hips 41-45 inches.

All girdles the same size do not fit the same. It is important that you try on the girdle and test it for comfort and control.

Fold the girdle almost in half turning the top half inside out and toward the bottom. Then step into the girdle and center it on the body before

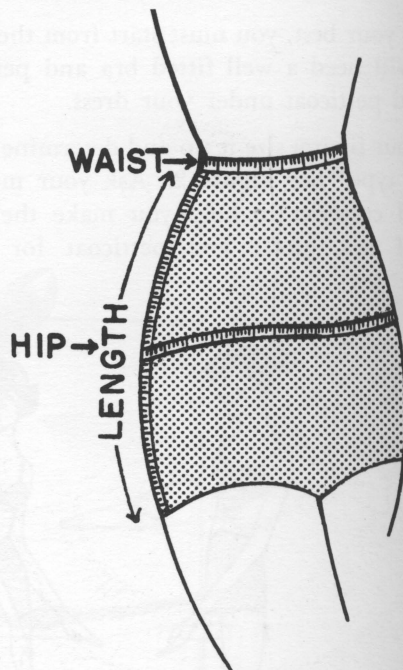


Figure 4

pulling it up to the proper position. Pull the girdle up gently, using the soft pads of your fingers, not your fingernails. Roll the top half up to the proper position at the waistline. You should sit, bend and



walk in it to check for fit. Ask yourself these questions:

1. Is it long enough to allow the back to be lengthened into a sitting position?
2. Does it allow for waist and diaphragm expansion?
3. Does the girdle provide the tummy support necessary?
4. Is it long enough to give a smooth hip line?
5. Does it fit snugly at the waist line without gapping or pinching?
6. If you are tall, be doubly sure in buying a panty girdle that it is long enough from the waist to the crotch so that the crotch does not bind.

#### **SPECIAL CARE FOR YOUR FOUNDATIONS**

1. Launder your foundation garments frequently. Fresh soil washes out more easily than that which is allowed to remain in garment.
2. Use lukewarm water with soap flakes.
3. Soak the garment no longer than 10 minutes.
4. Squeeze the suds gently through and remove spots or soil by rubbing with a soft, sudsy brush.

5. Rinse thoroughly in warm water.
6. To dry, first roll bra or girdle in a turkish towel to absorb moisture—never twist or wring it.
7. Shape the bra cups and smooth out the shoulder straps.
8. Dry foundations in the shade—direct heat or sunlight weakens the elastic.

#### **SELECTING AND WEARING YOUR PETTICOATS**

Full petticoats have been a favorite with many girls for many seasons. Choose your petticoat to suit your fancy and your wardrobe, but remember these points when you wear them:

1. Full petticoats are for very full skirts!
2. The petticoat should be almost as long as the dress. It should be even in length.
3. The color of the petticoat or petticoats and dress should blend or harmonize.
4. The petticoat should be of equal fullness around the body—not bunched at waist or hem line. See Figure 5.



Figure 5

## *Meeting 11 — “Stay Neat and Sweet” Habits*

### **YOU WILL LEARN**

1. To “stand tall” and walk gracefully.
2. To “sit tall.”
3. When and how to use lipstick.
4. How to use deodorant.

### **REFERENCE**

MP-254 Good Grooming, Here’s How!

Read and practice “Posture and Poise Go Together” in MP-254, Good Grooming, Here’s How! Your leader will plan for you to have a demonstration on the correct use of deodorants and lipstick. Read the paragraph, “Stay Neat and Sweet,” in MP-254.

## *Meeting 12 — Be Good to Your Clothes*

### **YOU WILL LEARN**

At this meeting you will learn to iron a dress.

Most of the cotton fabrics we buy today are given a special treatment so that they are easy to iron. Some cotton fabrics are advertised as “wash and wear,” “with minimum care,” or “minimum care with little or no ironing.” If your cotton dress is made of one of these fabrics, it will look a lot smarter if you will touch it up on the ironing board.

If you obtained washing instructions when you purchased the fabric, remember to follow them carefully. Your dress will be ironed more easily if you will let it drip dry. You put in wrinkles when you wring or tightly squeeze the garment.

Follow this general plan when ironing your dress:

1. Turn wrong side out.
2. Iron shoulders over a sleeve board or on end of ironing board.
3. Slip dress over board and iron bodice—press with grain of fabric. Iron perfectly dry each part of the garment as you proceed. Sponge lightly if additional moisture is needed.

4. Iron skirt next. Pull seams straight and smooth, hold at a slight tension to keep them straight. Do not stretch. Press with fabric grain.

Iron into waistline gathers.

6. Close the zipper before ironing over it.

7. Slip dress off board and finish on right side with light quick strokes the hem, seams and any double thicknesses.

8. Use a press cloth over the zipper when finishing on the right side.

9. If you are ironing a dark cotton, use a press cloth when finishing on the right side. Be careful that the press cloth does not leave lint on the dress.

10. Place on hanger and hang it open to allow possible moisture to dry out before storing.

Your leader may arrange for your group to have a demonstration on ironing a simple cotton dress. Set aside some specific time each week to iron some of your clothes.

To always look your best, read and practice the suggestions found on the last page of MP-254.

## *Meeting 13 — Buying a Ready-made School Dress*

### **YOU WILL LEARN**

1. What’s new in school clothes—fashion, color and fabric.
2. What to consider when buying a school dress.

### **REFERENCE**

L-393 Buying a School Dress

If there are several girls in your group who would like to learn how to select a ready-made dress for school, your leader may be able to arrange a shopping tour or a demonstration for them.

You already have learned which colors are most becoming to you. Study the school dresses in the store windows, new mail order catalogues and fashion magazines to learn the leading colors and

fabrics that are being shown. Choose from these colors those that are best for you.

Study L-393, *Buying a School Dress*, to learn other things to consider in buying a school dress.

## Meeting 14 — Make Your Own Bedtime Fashions

### YOU WILL LEARN

1. What to consider when selecting sleeping garments.
2. How to sew on sheer fabrics.

### REFERENCES

Pattern Catalogs

Instructions On The Pattern Guide

If there are several girls in your group who wish to make shortie pajamas or shortie gowns ask your leader to arrange for the group to get together. At this meeting:

1. Study pattern catalogs for available designs.
2. Decide on the style of sleeping garment you will make—select a style that will be comfortable, pretty and easy to make.

3. Select a fabric that will be becoming, comfortable and easy to care for. Look on the pattern envelope for suggested fabrics and notions to be used for the pattern that you have selected. No-iron cottons, plisse', batiste, seersucker or Dacron and cotton mixtures may be your best choice.

4. Make definite plans to get the help that you will need in making the sleeping garment that you have planned.

While making your Bedtime Fashions remember to practice the things you have learned in laying, cutting and marking fabrics and what you have learned in using the sewing machine. Remember to practice good sewing habits whenever you sew. Sewing will become easy and you will be able to make your garments look more professional.

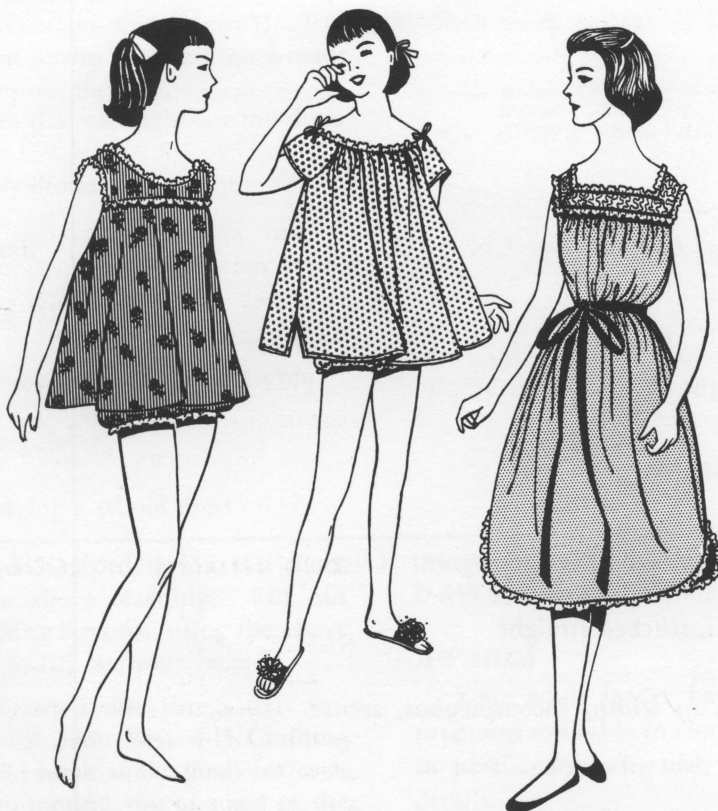


Figure 6



**SCORE OF DRESS I MADE**

<b>How Do I Look?</b>	<b>Excellent</b>	<b>Good</b>	<b>Fair</b>
1. Fit of dress			
2. Style suited to figure			
3. Material suited to pattern			
4. Material suited to figure			
5. Becoming color			
6. Choice of accessories			
7. Well-chosen bra			
8. Well-chosen slip or petticoat			
9. Well-chosen girdle			
10. Sitting posture			
11. Standing posture			
12. Neat and sweet			
<b>How Well Did I Sew?</b>			
1. Cut on grain			
2. Seams stitched straight			
3. Neckline flat and smooth			
4. Pressing			
5. Placket—smooth, flat, stitched straight			
6. Hem—smooth, even in width, inconspicuous, secure			
7. Selvages clipped			

## LOOK YOUR BEST RECORD

<b>Things I Have Learned</b>	<b>Yes</b>	<b>No</b>
1. To select a dress pattern the correct size, type and style		
2. To select my best colors		
3. To select fabrics that are easy to sew		
4. To select findings for a dress		
5. How to follow a pattern guide sheet in sewing		
6. More about using the sewing machine		
7. To join the skirt and bodice of a dress		
8. To put in a zipper		
9. To score my dress		
<b>Things I Have Done</b>		
1. Bought a well-fitted bra		
2. Bought a well-fitted girdle		
3. Laundered my bras and girdles		
4. Selected a petticoat or slip for the dress I made		
5. Selected accessories that are right for my dress		
6. Ironed some of my dresses		
7. Practiced sitting tall		
8. Practiced standing tall		
9. Exhibited my dress at an achievement event		
10. Used deodorant regularly		
11. Learned about buying a school dress		

You will have a good record if you can check "yes" to most of the above learnings. Fill out D-348, Girls' 4-H Clothing Records, using the above check list to help you to fill out your records.

Write a short story about the things that you learned and did in Look Your Best, 4-H Clothing Demonstration, Unit 3. Look at the goals for each meeting in this unit to remind you of some of the

things you learned and did. Attach your 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.



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