



MP-158

Wardrobe Planning

To be happy in your clothes on all occasions you will need to give a lot of time and attention to your wardrobe. It takes careful planning to be dressed appropriately and attractively every place you go. Here are some suggestions that may help you to plan.



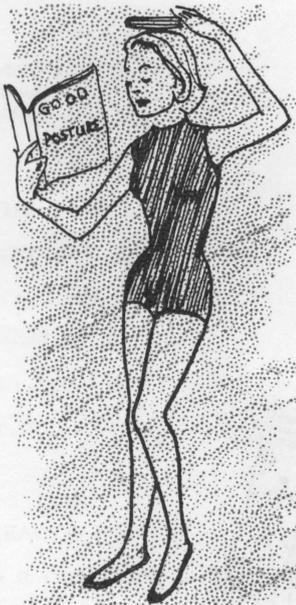
TEXAS A&M UNIVERSITY

College Station, Texas

TEXAS AGRICULTURAL EXTENSION SERVICE

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Begin planning your wardrobe before you shop. Ask yourself these questions: What clothes do I need for the coming year? What colors should I choose to tie in with those I have? Which clothes could I make successfully, and which should I buy? Do I have too many garments and colors that cannot be worn together? Do I have some clothes that I've outgrown and cannot wear? Who could use the things I cannot use? How much money was spent on my clothes last year?



Before going any farther with your clothing plans, think about your figure; and as you plan, keep reminding yourself to make the most of it. Learn to carry yourself well at all times: when you stand, sit or walk. Stand tall, sit tall, think tall, be tall. Check yourself on posture habits often. Practice

those you feel self-conscious about so that you may become more graceful.

Spend only your share of the family clothing money, for you don't have to spend a lot of money on clothes to be well dressed. Plan to wear the garments you choose for at least 2 years.

Clothes do not make the girl, but they do have a decided effect on the impression you leave with others. Your clothes can show that you are careful and artistic, and the way you dress can even express your thoughts and attitude toward life. Learn to use your own good taste in planning your wardrobe.

Kind of Clothes Needed

Make a list of your activities. You might start by jotting down the places you go, such as, church, school, town, picnics, ball games, swimming and movies. Now make a list of the clothing that you have on hand. Use the form on pages 4 and 5 to list each garment under the activity for which it is best suited. You should have several garments that are suitable for more than one activity. For example, you probably will wear some of your church clothes for informal parties and travel, and some of your school clothes may be appropriate for play. Decide what you have that can be repaired or made over.

Now you are ready to plan what additional clothes you need. Plan to have at least one outfit for each activity. Assemble them one at a time.

The first, perhaps, will be your **church** outfit. Work on that outfit until it is just right for the occasion. Your dress or suit, hat, shoes, bag, gloves and underwear should make up one harmonious costume. Simple, conservative styles in dress and accessories are always best for church wear. You will want your dress to look good as long as you wear it; so you should choose the best fabric for this dress. Pumps with medium-high, shaped heels or neat flats for the younger girls are best. Avoid extremely high heels and cutout sandals for church wear. For church wear it is always in good taste to match your bag to your shoes, using the same simple lines, color and materials. You may want to match your gloves to your bag and shoes or to your dress. White or natural shortie gloves are always good. If your shoes, bag and dress are of the same color, you may choose a hat of contrasting color. If your dress is a contrasting color to

your shoes and bag, you will want your hat to match one or the other.

Your clothes for **school** will consist largely of sweaters, blouses and skirts. It is wise to have two or three blouses that will go with each skirt. The smartest shopper may see that all her blouses, skirts and sweaters are interchangeable. For school dresses, choose sturdy cotton fabrics of bright colors. If you have a figure for plaids, a multi-colored gingham dress will be a note of interest in your school wardrobe. Be sure that your school coat will go well with your other school garments. It should be easy to care for and simple in style. You may need a raincoat and rubbers or galoshes. Scarves may be a favorite headwear and one way to add color to your school outfit. Your school shoes should be comfortable for walking and running. Variations of saddle oxfords and loafers are most appropriate.

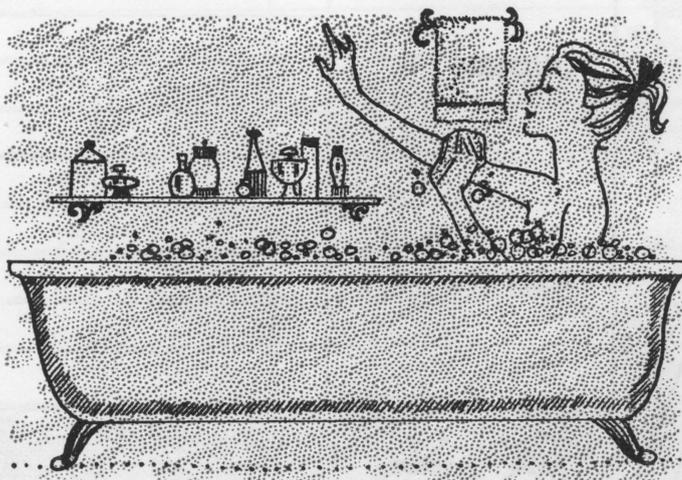
Consider where you will wear your **party** clothes. Perhaps in your community your best dress for church or even school would be adequate and appropriate for party wear. Be immaculately clean and well groomed. Wear costume jewelry that will give you an added sparkle. Sandals or plain pumps are in good taste for informal parties.

Perhaps you need a formal dress. Consider where you will wear this outfit: for graduation, junior - senior prom, banquets or dancing. You may be able to choose one dress that will be suit-

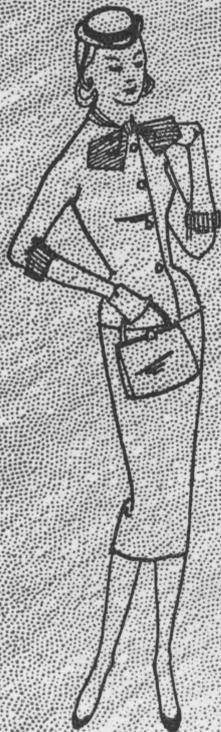
able for any of these occasions. Local customs will help you determine the type of dress to select. Formal clothes are not worn as often as school clothes; so the sturdiness of materials is not so important. Attractive effects can be secured with little expense, especially if you, or your mother, sew well. Plan the entire costume—dress, slip, jewelry, shoes and bag—as a beautifully coordinated outfit.

You will need some clothes for **play** and **work**. List the active sports in which you participate—swimming, picnics, hiking, tennis. If any of your sports require special clothes, wear them for that occasion only. For example, wear your bathing suit on the beach or to the swimming pools, not on the street. Your shorts or blue jeans, with an appropriate blouse, may double for work and play. Your school shoes may double for work and school. Do not wear old church or party shoes for work and play. Your work clothes should be comfortable for the type of work you are doing.

You will want to answer these questions before you decide what type of **sleeping** garments you need: Will you use the same garment for sleeping and lounging? Do you prefer pajamas or nightgowns? Do you wear the same garments for warm and cool weather? When you have answered these questions, you will have some idea of material and patterns or designs which fit into your way of living.



OUTFITS	WHAT I HAVE	FABRIC-COLOR
CHURCH		
SCHOOL		
PARTIES		
PLAY AND WORK		
LINGERIE		
SLEEPING		



The well-dressed look you want has to start from the skin out. Well-chosen undergarments are essential to a good appearance. The number of changes of **undergarments** you need depends on laundering conditions, but the modern girl who washes out her undies daily doesn't need a lot of everything.



For church and party wear you will want to include at least two nicely-fitted girdles or panty girdles and two or more petticoats or slips that are designed in accordance with the style of your costume. Petticoats for church should be less

softer in appearance than those for party wear. Perhaps add an extra petticoat for party wear. Two or more well-fitted bras will be needed. Choose hose to fit your needs, maybe sheer ones for dressy wear.

Your underthings for play and work should be less decorative in design and perhaps sturdier in construction, since these will be worn for more active occasions and more often than your dress underwear. Even for work and play your bras should be well-fitted. You perhaps will choose panties instead of girdles for these occasions. For a better appearance, you may want to wear girdles or panty girdles for all occasions. Your slips should be chosen according to the style of your outfit.

Clothes Cost Money

Before you buy any clothing articles, plan with the other members of your family to determine your share of the clothing allowance. The cost of upkeep should be a part of your clothing expenditures; therefore you should consider the upkeep cost of each item before you buy. The design, construction and fabrics determine upkeep cost. For example, the cost of cleaning a pleated skirt may be more than that of a plain skirt. A dress that can be washed at home will be less expensive to keep than one that has to be dry-cleaned. In buying, look for trimmings that either will last the life of the garment or can be replaced easily.

When you know the amount you have to spend on your wardrobe, determine the approximate amount you can spend for each item.

To Make or To Buy



As you assemble each outfit and list the things you need, designate the things you will make and the things you will buy. If you sew well, you may want to make most of your clothes, even your church and sport clothes. If

you are just learning to sew, perhaps you will make only your sleeping garments, blouses, and skirts.

Choose a Basic Color

No other factor enters into making your clothes becoming as much as color does. If the color is good, other phases, such as fabric or line, may be improved. How can you know when a color is becoming? A color is becoming to you if: it makes your skin look clean and healthy, it is a pleas-



ing contrast to your hair and eyes, it suits your figure, and it makes you happy. There are no longer hard and fast rules for individual color choice. Fashion experts say today, "Wear any

color that is becoming." Give yourself the mirror test. Drape swatches of colored fabric about your shoulders and notice the effect each has on your individual coloring. Avoid any color that is not friendly to you. It is economical to plan your wardrobe around a single color or combination of colors. When you do this, you not only will save yourself money, but you will have a better planned wardrobe.

It is a safe plan to choose one basic color for three of your accessories, that is, to have your shoes, purse and hat

or to have your shoes, purse and gloves one color. If bright blues, greens and reds are your best colors, you will want black as your basic color in accessories. If the browns, dark greens, moss greens and blue greens are your best colors, you will want brown as your basic color.

Take Care of Your Clothes

Develop a habit of orderliness in caring for your clothes. This habit will aid good grooming and prolong the active life of your clothes. With the family's assistance, try to provide plenty of storage space for your wardrobe. This means an adequate closet for hanging garments, drawer space for folded garments and shelves or drawer space for accessories.

Adopt a plan for keeping your clothes clean. Wash panties, bras and hose after each wearing, other lingerie often. Instructions for care will be found on the tags attached to many items when purchased. These instructions should be followed carefully.

Plan a regular time to repair your clothes. Perhaps you should spend a part of Saturday morning sewing on snaps, mending bras and polishing shoes.



Take Care of Your Clothes

Develop a habit of careful handling for your clothes. This habit will bring you good grooming and make you give life to your clothes. With the family's assistance, try to practice plenty of storage space for your wardrobe. This means an adequate closet for hanging garments, drawers, space for folded garments and space for drawers for accessories.

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