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University of Arizona

COLLEGE OF AGRICULTURE

AGRICULTURAL EXTENSION SERVICE

FIRST YEAR 4-H CLOTHING CLUB

BY

MARGARET ENNIS WATSON



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CLUB EMBLEM

The four-leaf clover with an H on each leaflet is the National Boys' and Girls' 4-H Club emblem. The four H's represent the four-fold development of head, heart, hands, and health.

CLUB PLEDGE

As a true club member 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.

CLUB MOTTO

Make the Best Better

CLUB CREED

The Arizona 4-H Club creed is:

I believe in boys' and girls' club work because of the opportunity it gives me to become a useful citizen.

I believe in the training of my head because of the power it will give me to think, to plan, and to reason.

I believe in the training of my heart because it will help me to be kind, sympathetic, and true.

I believe in the training of my hands because it will make me helpful, skillful, and useful.

I believe in the training for health because of the strength it will give me to enjoy life, to resist disease, and to become efficient.

I believe in the great trinity of club work—the school, the home, and achievement.

I believe in my country, in the state of Arizona, and in my responsibility for their development.

To the fulfillment of all these things I am willing to dedicate my service.

REQUIREMENTS FOR 4-H CLOTHING CLUBS

FIRST YEAR

1. Tea towel
2. Hot dish holder
3. Apron
4. One-piece kimona sleeve or sleeveless dress
5. Stocking darn on two pairs of hose
6. Record of clothing costs
7. Clothing record sheets
8. Correction of posture
9. Study of cotton fabrics and suggestions for buying
10. Care of own clothing
11. Elective: (a) Dresser scarf, table runner, sewing machine cover, lunch cloth, or ends of curtains—fringed and appliquéed; or (b) bag, floor cushion, chair-seat pad, or table scarf with design of yarn or strips of cloth woven into the material.

SECOND YEAR

1. Choice of shorts, bloomers, combination suit, French panties
2. Slip
3. Cotton or linen school dress with set-in sleeves
4. Stockinet patch—on a garment if possible
5. Mending and caring for own clothing
6. Study of linen fabrics
7. Record of all expenses
8. Removing stains from cotton and linen
9. Laundering and pressing cotton and linen
10. Elective: Shoe pocket, laundry bag, or garment bag

THIRD YEAR

1. Pajamas or smock
2. Dress—sport type in wash silk or a summer afternoon cotton dress
3. Child's (two to six years) sun suit or play suit
4. Hemmed patch on a garment
5. Regulating the sewing machine
6. Color and design applied to choice of fabrics and design of garment
7. Care of clothing not in season
8. Study of fabrics of synthetic fibers
9. Clothing inventory
10. Clothing budget
11. Keeping own clothing in repair
12. Laundering and pressing wash silk and fabrics of synthetic fibers
13. Removing spots from wash silk and fabrics of synthetic fibers

FOURTH YEAR

1. Wool dress or wool skirt and tailored blouse
2. Remodel one summer dress
3. Child's (under six years) outfit—one undergarment and a dress or suit
4. Garment darn in wool material
5. Continue study of color and design
6. Use of four sewing-machine attachments
7. Clothing inventory and budget
8. Time record of all clothing work
9. Removing spots from wool and silk
10. Study of fabrics made from wool
11. Care of own clothing

FIFTH YEAR

Since the fifth year girls are the ones who compete in the state dress revue for the privilege of representing Arizona in the dress revue at the National 4-H Club Congress in Chicago part of the requirements for this year follow the national requirements:

The Dress Revue will consist of the following divisions:

1. Wash (tub material) dress or suit (for school or sport)
2. Wool, silk, or rayon dress or suit for school
3. "Best dress" (wool, cotton, silk, rayon)
4. Informal party dress

The girl may choose the type of dress or suit which she wishes to make. The shoes, hose, hat, brassiere, girdle, and accessories must have been made or selected. The selection may be made with or without adult guidance. The slip and panties must be made by the girl.

Additional requirements are:

1. Overhand patch
2. Color and design applied to the choice of the individual garments and the complete costume
3. Study of silk fabrics
4. Laundering and pressing silk garments
5. Clothing budget
6. Care of own clothing
7. Points to consider when purchasing ready-made garments

FIRST YEAR 4-H CLOTHING CLUB

BY

MARGARET ENNIS WATSON

FIRST YEAR CLOTHING

The 4-H club clothing work is intended for girls who have had very little experience in sewing. The first year is necessarily an introduction to a few of the fundamentals. The work is graded from year to year so it is important that each year's work be mastered before the next one is attempted.

Health is very important in relation to clothing. If the girl is not healthy and attractive in physical appearance, even the best clothes will not make her a real 4-H club girl. It is necessary that health be emphasized in the clothing clubs. Then each girl will be trying to attain the development of both health and hands.

Each girl wishes to look her very best and appear attractive to others. The work outlined for the clothing clubs will help to fulfill this desire.

RECORDS

A part of the required work for each club girl is the keeping of the record of the time spent, costs, and progress made. The secretary will keep the record of the entire club. At the conclusion of the year's work each girl must hand in her own summarized report.

GENERAL RULES FOR SEWING

Do not start any of the work on an individual problem until a definite plan and order of procedure have been thought out and written down. Always wear a thimble. It is impossible to hold the needle correctly unless a thimble is worn.

See the Arizona Extension Circular No. 78, *Clothing Construction*, page 5 for other rules.

SEWING EQUIPMENT

Each girl should have a box in which to keep her scissors, tape measure, pins, thimble, needles, and pin cushion. For details see *Clothing Construction*, page 6.

THE SEWING MACHINE

The sewing machine will not be used very much during the first year's work. However, all of the stitching which is done should be considered as practice work so that by the time the second year's work is started the machine stitching will not be difficult.

1. Learn the names of the parts of the machine: treadle, bobbin, throat plate, feed, presser foot, needle, take-up lever, spool pin, flywheel, band, bobbin winder, and the use for each part.

2. Sit correctly in front of the machine. This means to sit with the hips against the back of the chair. Bend at the hips and not at the shoulders. Lean forward only as much as is necessary to handle the work easily. Both feet should rest on the treadle, either one slightly above the other. Poor posture at the sewing machine means unnecessary fatigue afterwards.

3. Practice treadling until the machine can be run smoothly and evenly. (Have machine unthreaded.)

4. Draw lines on paper and practice stitching on them until the stitching is straight along the lines. Practice on straight lines, curves, and corners. Learn to turn a corner correctly. To do this, stitch until the needle is at the corner. Stop with the needle down, raise the presser foot, turn the work, lower the presser foot and proceed with the stitching.

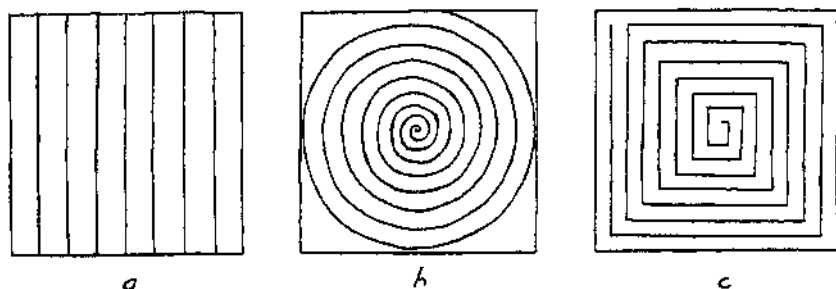


Figure 1.—Sample practice sheets.

5. Learn to thread the machine correctly. Be sure that the bobbin thread is pulled up through the needle hole.

6. Be sure that both threads are back under the presser foot before beginning to stitch.

7. Always stop the stitching while there is cloth between the feed and the presser foot.

8. Always stop with the take-up lever at its highest point.

9. Always stitch on two thicknesses of cloth.

10. See that the thread is the correct size for the material to be stitched, that the needle is the correct size for the thread, and that the stitches are a good size for the type of stitching which is to be done.

4-H CLOTHING CLUBS

The clothing club work covers five years. The entire course progresses in accomplishment, and each year's work is based on the work of previous years. The requirements are given in the order in which it is best to make the garments. The work which is not construction does not necessarily follow the given list.

REQUIREMENTS FOR FIRST YEAR CLOTHING

1. Make a tea towel.
2. Make a hot dish holder.
3. Make an apron.
4. Make a one-piece, sleeveless dress: (a) Kimona style from drafted pattern, or (b) plain one-piece with shoulder seams and normal armholes.
5. Make a stocking darn on two pairs of hose.
6. Keep a record of clothing expenditures during the entire year.
7. Keep the clothing record sheets.
8. Try to improve posture.
9. Study of cotton fabrics.
10. Care of own clothing.

If the club girl is older or has the ability she may do either or both of these additional problems:

1. Dresser scarf, table runner, sewing machine cover, lunch cloth, or ends of curtains—fringed and appliquéd.
2. Bag, floor cushion, chair-seat pad, or table scarf with design of yarn or strips of cloth woven into the material.

TEA TOWEL

Material: Unbleached muslin of a very soft, lightweight quality, flour sacks, or lightweight feed sacks may be used for the tea towels.

Construction: See that the sacks are clean and that the lettering has been removed. If the selvages are good, the towel needs hemming on only two sides. If the towel must be hemmed on four sides, make square folded corners. If the edges are not even, pull a thread and cut along that line.

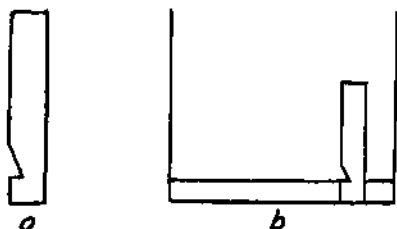


Figure 2.—a, Gauge; b, use of gauge on hem.

Turn the raw edge under about $\frac{1}{8}$ inch. Make a second turning about $\frac{1}{2}$ inch wide. Use a gauge (Figure 2) and make the hem even. A gauge may be cut of a piece of lightweight cardboard. Baste with small even basting stitches. Stitch on the machine. Tie ends of threads. Overhand the ends of the hems or machine stitch them when the hem is stitched.

If flour sacks are used, it will be necessary to remove all lettering. Dip the sack into cold water; rub the printing thoroughly with good laundry soap. Let it stand for several hours, rinse well, and boil until white.

If the soap does not loosen all of the ink, soak the sack in kerosene overnight, then wash and boil. It may be boiled in 1 gallon of water, 4 tablespoons of kerosene, and 4 tablespoons of good wash-

ing powder. Rinse thoroughly and bleach if necessary. The boiling softens the fabric and makes it better for a tea towel.

HOLDER

Material: A print or check in gingham or percale, or unbleached muslin may be used for the covering.

Old outing flannel, Turkish towel, or anything soft and pliable may be used for the padding.

A wide bias tape may be used for binding. This may be made of the same material as the outer covering or made of a contrasting material. It is easy to use if made $\frac{3}{8}$ to $\frac{1}{2}$ inch wide when folded.

Tape or a ring for hanging.

Construction: Cut two 6-inch squares of cloth for the outer covers. Mark one cover in 1-inch squares. Make the lines light so that they will not show after the stitching is done. Fold it so that all corners are together. Trim the corners off rounding. Cut the padding into 6-inch squares. Fit it on to one piece of the cover. Place the other piece of the cover on top. Be sure that all edges are even. Pin and baste carefully.

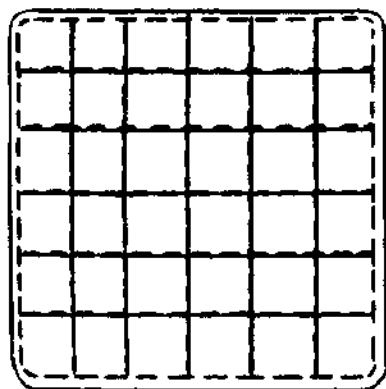


Figure 3.—Machine stitching after the holder is marked.

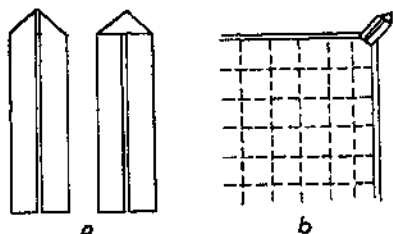


Figure 4.—a, Tape folded for loop; b, tape loop in place.

Practice stitching on a piece of paper which has been cut and marked as the cover was. Stitch on the lines and all of the way around the edge the width of the presser foot from the edge. This practicing is done with the machine unthreaded.

Stitch the holder in the same way. Baste the bias tape on the right side of the holder. Be sure to make a diagonal seam joining (see *Clothing Construction*). Stitch the tape on, using the folded groove as a guide for stitching. Hem the tape to the stitching on the wrong side.

If a metal or bone ring is used, fasten it on with over and over stitches. If a tape loop is used, it can be made from the bias tape. Overhand the folded edges together.

Turn the ends under, hem the tape to the edge of the binding on both the right and wrong sides. The tape may be prepared and

put under the edge of the binding as it is stitched, then turned up as shown in Figure 4 and hemmed to the edge of the binding on the other side.

If a round holder is made, a pattern should be made of paper. Use a compass to draw the circle or use a round dish or pan laid on the paper. Use this as the pattern for the two coverings. Proceed as for the square holder.

SELECTING THE MATERIAL FOR THE DRESS OR APRON

Since this is the first dress to be made and it will involve many learning processes, both the fabric and the design of the dress are especially important.

In suggesting the type of pattern to be used, the inexperience of the girl has been taken into consideration. Provision has been made for the older girl or one who has had some experience. If she is capable, she may add some trimming which will make a problem suited to her capabilities.

The type of fabric on which the beginner works is of great importance. A firm, good quality of percale, gingham, or print may be chosen. If the fabric is easy to work with and is firm enough to make a good looking garment, there will be more satisfaction in the completed article.

The design of the fabric is very important if the girl is going to look her best. The following are general rules:

1. A small all-over design is not so outstanding and is better for all sizes of individuals.
2. A design which must be matched or which has a distinct up and down will make the problem much more complicated.
3. A design which carries the eye around the figure will have a tendency to broaden, while one which carries the eye up and down will make the figure appear taller.
4. Bright colors make the figure of the individual appear larger.

APRON

Material: Percale, print, unbleached muslin, flour sacks.

Pattern: May be drafted from the accompanying directions, made to fit each girl, or may be a similar commercial pattern.

Construction: Make plain seams blanket stitched together at

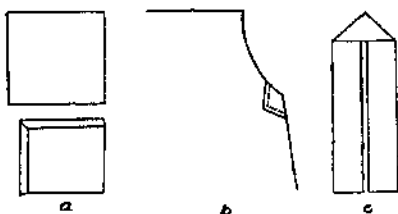


Figure 5.—a, Reinforcement folded; b, reinforcement in place; c, tape loop.

shoulders and at center back if selvages are not used. If they are, it may be necessary to clip the edge a few times.

Put a 2-inch reinforcement at each back corner of the apron skirt (Fig. 5, b). Turn under $\frac{1}{4}$ inch on two sides of the reinforcement. Baste. Place the wrong side of the reinforcement next to

the wrong side of the apron at the corner with the raw edges of the reinforcement on the raw edges of the apron. Baste and then stitch.

Make a loop of tape or cloth (Fig. 5, c). Fold. Baste between reinforcement and apron at back of bib. Make the loop the size suitable for the button to be used.

Edges of the apron may be finished in several ways:

1. Either bind or face with bias tape.
2. Turn raw edge up once about $\frac{1}{8}$ inch. Place rickrack on top of hem so that scallops show on the right side (Fig. 6, a). When joining, be sure to lap rickrack so that the raw edges are turned under and the scallops are continuous.
3. Plain hem about $\frac{1}{8}$ inch wide. Stitch from the right side close to the folded edge of the hem and from the wrong side at the edge of the scallops.

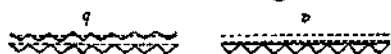


Figure 6.—Rickrack as an edge finish: a, right side; b, wrong side.

Try the apron on. Locate the pocket. See *Clothing Construction Supplement* for directions for making and sewing on the pocket.

Sew on buttons.

Press.

Note: For the youngest girls it may be advisable not to introduce the problem of putting on the reinforcement and the tape loop. In that case, the edges of the apron may be finished, and then the corner of the back lapped over the corner of the skirt about 1 inch across and $\frac{1}{4}$ inch deep. This may be stitched in the form of a small rectangle. Another way of finishing is to shape the lower corner of the back bib of the apron like the back corner of the skirt part. Lap about 2 inches and sew together in a plain seam before the edge finish is put on.

Dimensions of the Apron (Fig. 7)

- AB—4 inches.
 AC—Distance from hollow of neck to desired neckline (4 to 5 inches). Connect B and C with a curved line.
 BD—3 inches. To locate D measure down 1 inch from line AJ.
 CE—Distance from neckline to bust line.
 EF—One half of the desired width across the bust.
 CG—Distance from neckline to waistline.
 GH—One third of waist measurement plus 1 inch. Connect DFH with a curved line.
 AR—Distance from hollow of neck to desired length. Connect H and R with a curved line.
 JK—4 inches.
 JM—Distance from bone at back of neck to desired neckline (4 to 5 inches).
 KL—3 inches. To locate L measure down 2 inches from the line AJ.

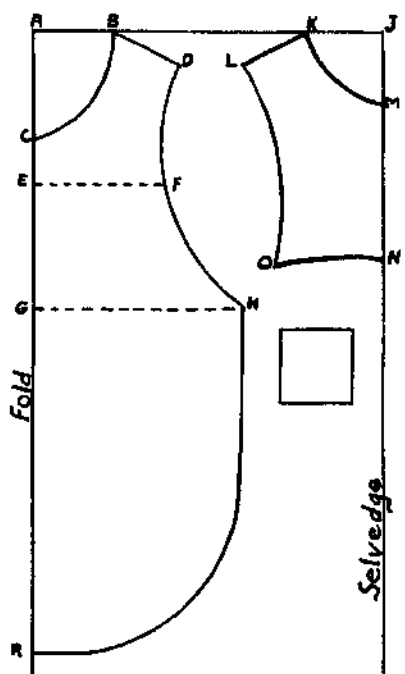


Figure 7.—Apron draft.

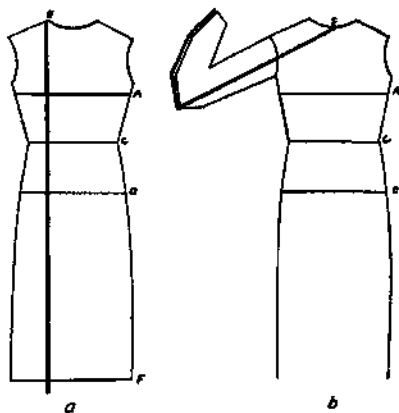


Figure 8.—Correct location for measurements: a, front; b, back.

MN—Distance from neckline to waistline.

ON—One sixth of waist measure plus 1 inch. Connect LO with a curved line. Connect ON with a line which is curved slightly.

Note: If the girl has either square or sloping shoulders it may be necessary to change the shoulder seam line in order to secure a good fit.

If the amount of material makes it possible to place the center back on a fold, the seam there will not be necessary.

ONE-PIECE KIMONA SLEEVE OR SLEEVELESS DRESS

Material: Print, percale, gingham, chambray, and contrasting material for trimming.

Construction: A simple commercial pattern may be used (suggestive patterns may be secured from the home demonstration agent or the clothing specialist), or one may be made on a piece of paper or on the back side of the fabric. If a paper pattern is made it can be used for other things—the pajama top or a slip pattern. The following measurements (Fig. 8) are needed:

A—Bust measure, taken over the fullest part of the bust, straight around and slightly raised in the back. (The one who does the measuring must stand at the back of the person measured.)
 B—Length from shoulder to bust line, to waist, to hip, to floor. C—Waistline. D—Hip line. E—Sleeve length taken from the bone at the back of the neck, over the elbow with the arm bent, to the wrist bone. F—Width of dress at bottom.

The paper should be the length of the garment plus the hem (3 to 4 inches). If cloth is used, it needs to be twice the length of the garment plus two hem allowances plus a few inches extra for

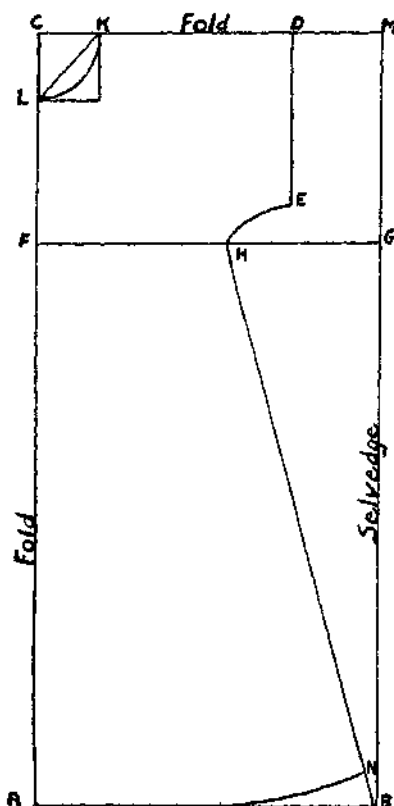


Figure 9.—Draft for a one-piece kimona sleeve dress.

straightening the cut ends of the fabric. The cloth needs to be folded lengthwise first and then crosswise, making the front length 1 to 2 inches longer than the back.

Measure the distance around the lower edge of a dress which is a good width at the bottom.

Measure AB one fourth of the desired width at the lower edge.

Measure CD the desired length of the sleeve from the center front.

Measure DE equal to one half the desired sleeve width.

Measure for the points F and G the distance from the shoulder to the bust line.

Measure over from F to one fourth of the bust measure plus $1\frac{1}{2}$ to 2 inches. This locates H.

Connect D, E, H, B, curving the line from E to H.

Locate K, the distance from the center front of the neck to the side of the neck. This may be $2\frac{1}{2}$ to 3 inches.

Locate L for the depth of the neckline.

Connect K and L to form a curved, square, or straight neckline.

Locate N, 2 inches above B.

Connect AN with a curved line.

A kimona type garment will fit a little better if the following changes are made:

At D locate N, a point 2 to 3 inches down.

Connect K and N.

Measure down to E, the width of the sleeve. This will bring E approximately to the bust line.

Connect E and H with a curved line.

Connect N and E; connect H and O (O is 1 inch above B).

Mark for two darts each $\frac{1}{4}$ inch wide when stitched and $2\frac{1}{2}$ to 3 inches long.

Make the first one 2 inches below H and the second one 1 inch below the first.

If the garment needs more fitting, two small darts may be taken on each side of the front and back through the waistline. It will be necessary to measure for the back neckline and mark it separately; also to mark the edge of the lower back separately.

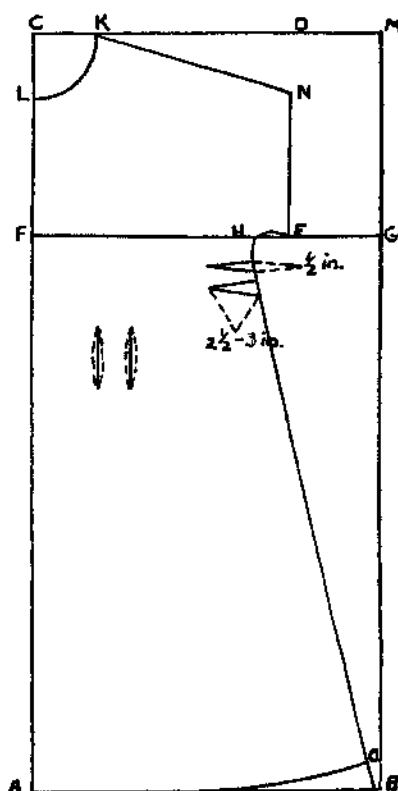


Figure 10.—Changes on the draft which make the dress fit better.



Figure 11.—Cutting a fitted facing: a and b, dress placed on material, b, cutting the neck and shoulder seam line; c, the facing pattern.

Making the Dress

1. Mark center front and center back with dress-maker's basting.
2. Mark darts with tailor's tacks.
3. Baste shoulder seams.
4. Baste underarm darts.
5. Baste underarm seams.
6. Fit.
7. Stitch seams.
8. Finish seams—blanket stitch seams together; leave unfinished if there is no possibility of raveling; or stitch together near the outer edge.
9. Finish neck—binding, fitted facing, or bias facing (turn shoulder seams to the front).
10. Finish lower edge of sleeves or armholes (turn underarm seams to front).
11. Make or buy a belt.
12. Try on, adjust belt and dress.
13. Attach belt to dress at underarm seams if belt is made (see *Clothing Construction*).
14. Mark hem.
15. Baste hem. Turn underarm seams to the front.
16. Hem by machine if stitching will not be conspicuous, otherwise use slip stitch hemming.
17. Press.

A fitted facing may be cut to fit the neckline of the dress. Fold the dress in the center front and center back, matching the shoulder seams. Pin. Lay the center front of the dress on a lengthwise fold of the material, being careful not to stretch the neckline. Cut around the neckline and $\frac{3}{8}$ inch past the shoulder seam. Cut the shoulder seam of the facings. Do the same for the back of the dress.

Make the shoulder seams in the facing. Press them open, flat. Turn the lower edge of the facing under $\frac{1}{4}$ inch. Baste. Place the right side of the facing next to the wrong side of the dress, matching center fronts and backs and shoulder seams. Baste and stitch.

Turn the facing to the right side of the dress, being careful to have the seam of the neck exactly on the edge. Pin and baste the lower edge to the dress. This may be machine stitched, blanket stitched, or slip stitched. If more variation is desired, a narrow ruffle or rickrack may be basted to the edge of the facing before it is basted to the dress. Then one row of machine stitching on the edge of the facing will hold both the facing and the trimming.

If a fitted neck facing of contrasting material is used, the same type of facing may be used around the armhole. This may be cut in the same way as the neck facing, starting from the fold of the garment at the shoulder seam. The facing should be cut from a lengthwise piece of material so that the lengthwise threads will correspond to the lengthwise threads of the garment.

A shaped shoulder cap may be put on the dress to form an extension out over the shoulders. Sleeve caps may be used as an extension over the shoulders.

The finish on the armholes should correspond with that of the neck.

ELECTIVES

The articles made may be chosen from the following: (1) dresser scarf, table runner, sewing machine cover, lunch cloth, or ends of curtains—fringed and appliquéd or (2) bag, floor cushion, chair seat pad, or table scarf with design of yarn or strips of cloth woven into the material.

Material: Burlap or gunny sacking, onion sacking, monk's cloth or a square meshed dish cloth. Yarn, a heavy mercerized cotton thread, or strips of cloth may be woven into the fabric.

If burlap is used for any of these articles and a color other than the natural or tan is desired, it may be easily dyed. Use any good boil dye and follow the directions exactly.

Construction: Determine the size of the finished article. Allow for hems or the edge finish to be used. It may be necessary to overcast the edges or machine stitch with a long stitch around the edge to keep it from raveling while working on it.

For the sake of symmetry and proportion decide on the design and its best location in relation to the width of the hem and the entire space. The design may be in bands or an allover pattern. The threads which hold the design are caught under threads of the cloth. For instance, in the first design (Fig. 12) the thread is over 3, under 1, over 1, under 1, over 1, under 1, over 1, under 1, and over 3.

No knots should be used in the thread. Leave about 2 inches of thread on the under side when the design is started. After the design is completed, work this end of thread under the design on

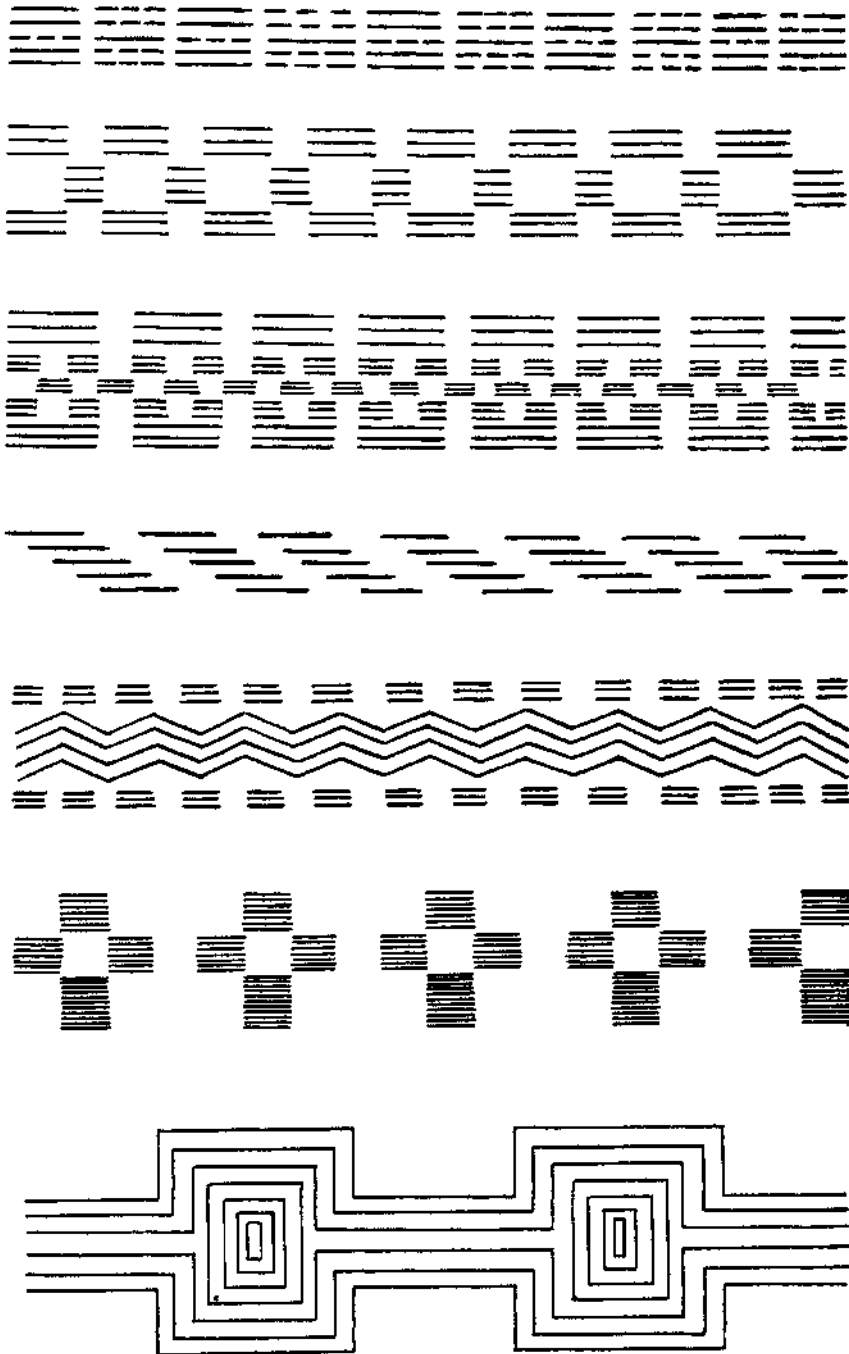


Figure 12.—Design suggestions.

the wrong side so that it will not show. Figure 12 gives other suggestions for designs.



Figure 13.—Starting a design from the center of the space.

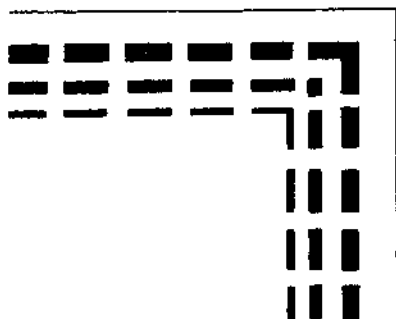


Figure 14.—Tape of different widths varies the design.

These designs are darned into the fabric, over and under a certain number of threads. They can be worked out on graph paper so that they will exactly fit the space for them. The design may be started from each side of the center (Fig. 13). This will make the design the same at each end.

These designs may also be woven into the fabric. Remove yarns of the fabric and replace them either with the wool yarn or with the strips of cloth.

Work out an interesting color scheme. For example, if the natural colored burlap or sacking is used, tan, orange, and brown colors may be effective for the design.

If the weaving strips are of different width, they will vary the design (Fig. 14).

Dresser Scarf, Table Runner, Etc.

Material: Unbleached muslin, monk's cloth, Osnaburg, crash, plain gingham, or percale.

Construction: Secure cloth which is the correct size for the article to be made. If it is to be square it may be fringed on all sides; if oblong, probably only the ends will be fringed. Hem the sides with a $\frac{1}{4}$ - to $\frac{3}{8}$ -inch hem, depending on the material. Fringe by raveling the cloth for about 1 inch. Machine stitch all of the way around as close to the fringe as possible or take small, over-casting stitches about 2 inches on each side of each corner through the cloth. This will secure the threads in the cloth so that they will not continue to ravel.

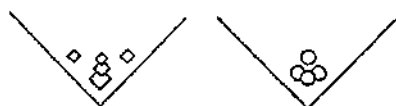


Figure 15. Design suggestions.

A design may be put on in the following way: appliqué—cut the design out of some contrasting color or print; turn the edges under about $\frac{1}{8}$ inch, and baste. Baste the appliqué to the lunch cloth. Fasten on with blanket stitching or slip stitch hemming.

Suggestions for a design are given in Figure 15.

Bag

Determine the size of the bag. Space the design. An all-over design or one in different-width bands is attractive. If the weaving strips are of different widths they will vary the design (figs. 14 and 16).

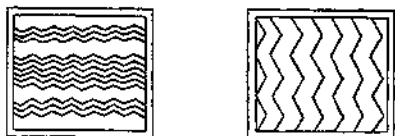


Figure 16.—Bag designs.

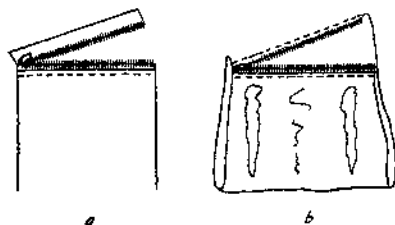


Figure 17.—a, Zipper attached to the lining; b, set into the bag.

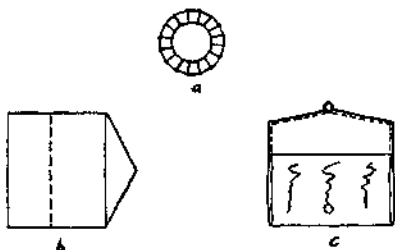


Figure 18.—a, Ring covered with blanket or buttonhole stitches of yarn; b, an envelope style purse; c, purse folded with ring or fastener attached.

bag together. Sew on a button and make a thread loop. (See "Fasteners" in *Clothing Construction*.)

Cushion

The cushion may be made any shape or size, either with or without boxed sides. If it is to be a floor cushion, excelsior will be good for filling. Otherwise, cotton, kapok, feathers, or wool make good filling. The filling should be put into a case which is the size of the outer covering.

After the weaving is finished sew the ends together. Turn the top ends under $\frac{3}{8}$ inch and baste. A zipper may be attached to the lining (Fig. 17, a), which is the same size as the bag after the edges are turned in, and then the lining put into the bag (Fig. 17, b). The bag should be about $1\frac{1}{2}$ to 2 inches longer than the zipper. Sew each end of the lining to one side of the inside of the zipper. The outside part of the zipper has the opener on it. Make a plain seam on each end of the lining and attach this to the bag itself, laying the edge of the bag as close as it can be stitched to the zipper. Baste and then stitch on the sewing machine. Overhand the ends of the cloth attached to the zipper. If yarn is used for the bag, a convenient holder can be made by filling a ring with either blanket or button hole stitches (Fig. 18, a). Attach this with over and over stitches to one end of the top of the bag.

If the zipper is not used, the bag can be made with a flap (Fig. 18, b, c,) as follows:

Turn the raw edges of the bag in for about $\frac{3}{8}$ inch all around. Make a lining exactly the same size as the bag when the edges are turned in. Slip stitch it to the bag. Overhand the edges of the

Seat Pad

To make the design on the cover for either the seat pad or cushion, several yarns of the cloth may be removed and cloth strips woven in. The strips should fit closely into the space but not crowd it. These strips may be cut either on a bias or straight and then folded and pressed as bias tape.

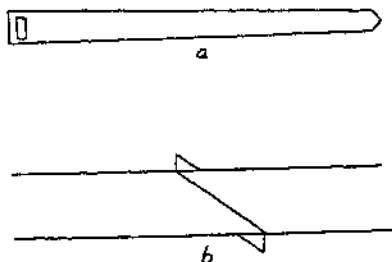


Figure 19.—Aids for weaving: a, cardboard needle; b, correct joining of bias.

Make a needle of heavy cardboard (Fig. 19, a). Thread the end of the strip into the eye of the needle and proceed. If a strip is not long enough, piece it before beginning to use it. Make a diagonal seam, pressed open flat (Fig. 19, b).

The seat pad cover should be cut about $\frac{1}{2}$ inch larger on all sides than the seat. It is made in the same way as the hot dish holder. Any soft, old material will do for the padding. If several

thicknesses are used, it is well to tack them together in several places. If yarn is used for the decoration, the edge of the pad may be blanket stitched with the yarn. If cloth strips are used for the weaving, the edge of the pad may be bound with bias strips of the same material.

STOCKINGS

To be attractive and neat, stockings must fit well, be clean, and free from holes.

Fitting

If the stocking fits correctly it must be the right size for the foot— $\frac{3}{4}$ inch longer than the foot. It must have enough elasticity throughout so that any extra strain will not cause it to break.

It must be one which has been shaped in the knitting process, otherwise it will not keep its shape.

If it is a long stocking, it must be fastened securely enough to keep it in place. Be sure that it is properly put on and adjusted.

Reasons why hose wear out:

1. Stocking too short in foot or leg.
2. Shoe too large and it rubs.
3. Probably because of failure to wash or lack of care in washing after each wearing.
4. Weight of hose too light for kind of service expected and for type of shoe worn.

Washing

To be perfectly clean, stockings should always be washed after each wearing. To wash hose, turn them wrong side out. Turning

the wrong side out before washing may help to prevent snags and runs. Wash in a suds made of a mild soap dissolved in lukewarm water. Turn right side out. Rinse twice. Squeezing instead of wringing will lessen the possibility of runs. Pull into shape. Hang up to dry. Do not hang directly in the sun or too near any other source of heat.

Be very careful about the temperature of both the wash and rinse waters for wool, silk, and synthetic fiber hose. A teaspoonful of vinegar in the last rinse water for silk hose will help to remove all traces of soap.

Mending

Darn, mend, or reinforce as soon as necessary. Reinforce with darning stitches as soon as a thin place appears.

The directions for the stocking darn are on pages 36 to 38 in *Clothing Construction*. For the 4-H club requirement the darning should be done on two pairs of stockings which will be wearable as a result of this work.

Runs may be mended:

1. With a very fine, special crochet hook.
2. By taking fine, overhand stitches on the wrong side if the run is only one or two threads wide.
3. On the sewing machine. Turn the stocking wrong side out. Baste a seam including the run. Shorten the length of the machine stitch and stitch carefully.

CARE OF OWN CLOTHING

The first year 4-H Clothing Club member should begin to care for her own clothes. If she is to be known as a member of a 4-H Clothing Club group she should wish to appear neat and trim at all times. This means that the clothing which is being worn will be in the best condition possible. Dresses should be well pressed, fasteners in place, elastic renewed when necessary, stockings darned, and shoes well polished and in good repair. Keep a record of all the "care of own clothing" during the club year. This will be reported at several meetings and the record will form a part of the exhibit at the close of the year.

CLOTHING EXPENDITURES

It is required that each girl keep a record of all clothing expenditures during the entire year beginning with the club year. Since this is required, it is suggested that the discussion preliminary to the work be conducted during one of the first club meetings.

Before anyone can plan expenditures, it is necessary to know the amount of money which will be needed. This can only be determined when one has previous expense accounts to consult.

For the first year, keep a strict account of all clothing costs, new clothing, anything spent for repair of clothing, and all expenses for the work of the clothing club. At first these expenditures may

be itemized as the purchases are made. After a three-month period classify the expenses in the following manner:

| Date | Outer clothing (coats, sweaters, etc.) | Dresses | Underwear and hose | Hats, shoes, gloves | Repairs | Accessories (beads, brace- lets, etc.) |
|---------|--|-------------|-----------------------|------------------------|---------------|--|
| Apr. 2 | | | | | | |
| Apr. 15 | | Lawn \$1.02 | | Hat .98 | | |
| Apr. 29 | | | | | Shoe heels 25 | |

Itemize the previous expenses, giving dates, and continue with additional expenditures.

The expense records should be checked by the club leader every month. These records will form part of each girl's record and exhibit at the close of the year and will be used during the next year.

STUDY OF COTTON FABRICS

Since the cloth from which garments mentioned in the 4-H club clothing work are made will vary from year to year, only the fabrics from one kind of fiber will be considered each year.

If one is to purchase wisely, some knowledge of the construction processes of the cloth is very necessary.

Cotton is the most universally used fabric and the only one which will be used in the first year's work. The study of cotton fabrics will include becoming familiar with common fabrics and their uses, the effect of weave on the durability of the fabric, methods of securing designs on cotton, tests for the cotton fiber, and the meaning of certain descriptive terms which are applied to cotton cloth.

Consult the bulletin on textile fabrics (to be published in the future) for the subject-matter information.

POSTURE

Posture is not only important from a health standpoint but is also very important from a clothing standpoint. Patterns are designed for a normal figure. If a girl stands stooped over, allows her shoulders to sag, does not hold her head and chest up, does not stand firmly on both feet, many alterations in patterns will be necessary. The loveliest dress cannot look well on a poor figure. If a girl concentrates on posture, it is one of the most worth while of all efforts.

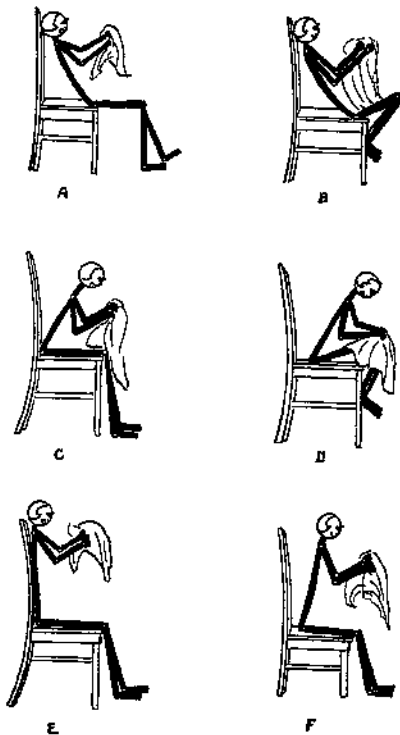


Figure 20.—A and B, Very poor posture; C, head and shoulders bent forward; D and E, incorrect postures; F, good posture.

Stand Correctly: The weight should be on the outer side of both feet, the feet straight in front, knees relaxed, back and abdomen flat. If the chest is raised and the upper back is flat, the head will be in the correct position.

Place the back of a chair so close to the wall that there is not quite enough room to go through sidewise. Without moving the chair, stretch up, flatten the abdomen, and squeeze through. This posture will be a very good one to practice.

Sit Correctly: If the club girl allows herself to slide down in her chair or to bend her head and shoulders too far over her work, she will not only be unnecessarily tired but will be forming poor posture habits. She should bring the work up to the eye level instead of bending the head to the work. The chair should be low enough to be comfortable. Both feet should be kept on the floor.

Consult the health club circulars for specific instructions—First Year, pages 24 to 26; Second Year, page 20; Third Year, pages 10 to 16, 27 to 29.

RECORD BOOK

Record books are provided for each girl. Daily records should be kept in the record book and summarized at the completion of the year's work. Accurate records are very necessary and are an index to the type of work which the club girl does.

EXHIBIT REQUIREMENTS

1. Tea towel
2. Hot dish holder
3. Apron
4. Dress
5. One stocking showing a darn
6. Record of clothing costs
7. Record of the care of own clothing
8. Any elective articles made

BASIS OF AWARDS

To receive her pin each girl must complete the requirements for work, must hand in her complete record, and must have attended all meetings, unless it was absolutely impossible to do so.

LABELING ARTICLES

If the articles are to be sent to a fair or place for judging, attach a tag by means of a small safety pin. These tags will be furnished by the county home demonstration agent. The following information should be written on the tag: (1) name, (2) county, (3) town, (4) year of clothing club work, (5) class of entry.

JUDGING

In judging the articles made, check them according to the suggestions made. Put the best ones together, the poorest ones together, and rank the others in two other groups which come between the best and poorest, making four in all. Then each girl should compare her individual article with the ones in the best group. In this way she will see how hers might have been improved.

Tea Towel

1. Was the edge of the hem straightened correctly?
2. Is the hem the correct width and even in width?
3. Is the machine stitching straight and close to the folded edge of the hem?
4. Are the ends of the hem securely and neatly fastened?
5. Have all basting threads been removed?
6. Is the towel clean and well pressed?

Hot Dish Holder

1. Is the holder neat in appearance?
2. Are the corners rounded evenly?
3. Is the stitching straight?
4. Is the edge finish even?
5. Is the seam in the binding made correctly?
6. Is the loop for hanging put on neatly and securely?
7. Are the ends of the threads from the machine stitching securely tied?

Apron

1. Is the general appearance good?
2. Does it fit well?
3. Is the binding or edge finish neat and correct?
4. Is the pocket well placed?
5. Is the pocket sewed on correctly?
6. Are the fastenings the best size and put on securely and correctly?
7. Are all ends of threads tied securely?

Dress

1. Is the general appearance good? Color and design good for the girl?
2. Are the neck and armhole finishes good?
3. Is the belt a good width? Is it made correctly? Is it fastened on well?
4. Is the hem made correctly? Is it a good width, even, fullness well cared for, stitching even?
5. Are the seams well made and even?
6. Are all ends of threads tied securely?

Stocking Darn

1. Is the darn practically invisible?
2. Does the darning thread match the stocking?
3. Are the darning threads put in evenly? Are there enough of them?
4. Do they go back into the stocking far enough to hold the darn?
5. Is the darn about the same weight as the stocking?

Dresser Scarf, Table Runner, Lunch Cloth, Curtains

1. Are the sides of the cloth even?
2. Is the edge finish good?
3. Is the fringe a good width for the cloth?
4. Is the design a good size and correctly placed? Is it fastened on securely?

Bag

1. Is the color scheme good?
2. Is the design good, well proportioned, neatly made?
3. Is the bag well made?
4. Are the lining and zipper or other fastening put on neatly and securely?

Floor Cushion, Seat Pad

1. Is the color scheme good?
2. Is the design good, well proportioned, and neatly made?
3. Is the article well made?

JUDGING TEAMS

Each clothing club should have several judging teams and judge each article as it is completed. One team should be chosen to represent the club in county contests. The county teams are eligible to compete in the state contests in Tucson.

In competition with others the best judges are the ones who know and can judge certain standards and then can give good reasons for their opinions. Judging teams in clothing are composed of two girls. Each girl judges the articles independently. After that the two scores are added to give the team score.

DEMONSTRATION TEAMS

A demonstration team should be chosen to represent each clothing club. A girl may be able to do very well by herself but it takes real co-operation and ability to be able to work out an effective demonstration with someone else. The characteristics of a good demonstration are: good introduction, ability to hold the audience, good organization of thought and reliable up-to-date subject matter, and ability to answer questions. The demonstration should really demonstrate something and not be merely a presentation of subject matter. All equipment should be in a convenient place and ready to use. The girls should be appropriately dressed and be neat and clean.

SUGGESTIONS FOR DEMONSTRATIONS

1. Making bias tape
2. Making a hot dish holder
3. Taking the necessary measurements to draft an apron or simple kimona type dress (perhaps draft the pattern)
4. A stocking darn (enlarged)

SUGGESTED PROGRAM OF WORK

This program is merely suggestive of the way in which the year's work should be definitely outlined. More time may be given to certain phases if it seems necessary. Since the elective work is not required, the time allotted to it may be given to the requirements if necessary. The work on posture, clothing-cost records, care of own clothing, and cotton fabrics should come at stated times throughout the year.

The club meeting is generally divided into three parts: the business meeting, the educational or work phase, and the social period at the close. This order need not always be followed, but it is the general order of meetings. In the following suggested program the first meeting is fully outlined, while in the remaining meetings only the work phase of the meeting is listed.

First Meeting:

Business meeting

Election of officers

Discussion of 4-H club requirements

Plan program for the year

Educational period

Begin work on tea towel—even sides and baste

Practice machine stitching

Social period

Games and songs

Second Meeting:

Stitch tea towel

Judge the tea towels

Work on hot dish holder

- Discuss posture
- Discuss choice of fabrics for apron and dress
- Third Meeting:
 - Finish holder
 - Discuss the keeping of clothing-cost records
 - Begin study of cotton fabrics
- Fourth Meeting:
 - Judge holders
 - Take measurements
 - Make apron draft
 - Make plan for construction of the apron
- Fifth Meeting:
 - Cut out apron
 - Baste, fit, and stitch seams on apron
 - Baste edge finish on the garment
 - Study of cotton fabrics
 - Posture reminders
- Sixth Meeting:
 - Locate pocket and sew it on the apron
 - Finish the apron
 - Press the apron
 - Discuss care of own clothing
- Seventh Meeting:
 - Judge the aprons
 - Discuss type of dress and trimmings
 - Draft the pattern (if it is to be drafted)
 - Fit the pattern and make any alterations necessary
- Eighth Meeting:
 - Cut out the dress
 - Baste
 - Discuss and report on the care of own clothing
- Ninth Meeting:
 - Fit the dress
 - Stitch the seams
 - Cut out the facing or trimming desired
 - Study of cotton fabrics
- Tenth Meeting:
 - Finish the neck and armholes of the dress
 - Make the belt
 - Make plans for demonstration teams
- Eleventh Meeting:
 - Attach the belt
 - Measure for the hem line
 - Baste the hem
- Twelfth Meeting:
 - Finish the hem
 - Press the dress
 - Study of cotton fabrics
 - Make plans for judging teams
- Thirteenth Meeting:
 - Judge the dresses, both off and on the girls

- Make a stocking darn
- Discussion and reports on the care of own clothing
- Fourteenth Meeting:
 - Discuss the records of clothing costs
 - Discuss possible electives
 - Report on care of own clothing
 - Short demonstration by one or two girls
- Fifteenth Meeting:
 - Begin the elective
 - Darn hose
 - Begin to plan for Achievement Day
 - Select judging teams
- Sixteenth Meeting:
 - Complete the elective
 - Check on records of clothing costs
 - Complete plans for Achievement Day
 - Short demonstration
- Seventeenth Meeting:
 - Achievement Day—all articles and records completed and exhibited