

CLOTHING Project for 4-H Clubs

PLAY and WORK CLOTHES



- comfortable
- serviceable
- attractive

Circular 386

UNIVERSITY OF KENTUCKY
College of Agriculture and Home
Economics, Extension Service

Thomas P. Cooper, *Dean and Director*

CLOTHING PROJECTS FOR 4-H GIRLS

The following nine projects of clothing work are available to 4-H Club girls:

- Sewing—A New Venture
- School Frocks
- Sleeping or Lounging Ensemble
- Play and Work Clothes
- Dress-Up Costume
- 4-H Girl's Formal Dress
- Semitailored Cottons and Rayons
- Tailored Suit or Ensemble
- Bringing Your Wardrobe Up-to-Date

Only one project should be undertaken within any one year of 4-H club work. A girl starting in 4-H work with no experience in sewing should take the first project ("Sewing—a New Venture") the first year and "School Frocks" the second. After completing these she may choose either one of the next two ("Sleeping or Lounging Ensemble" or "Play and Work Clothes"). The next three ("Dress-Up Costume," "4-H Girl's Formal Dress" and "Semitailored Cottons and Rayons") may be taken in any order, depending on the girl's wardrobe needs.

The last two ("Tailored Suit or Ensemble" and "Bringing Your Wardrobe Up to Date") may be taken in the order desired. They are for girls above the average in sewing skill and planning knowledge, and should be taken only when the other project requirements have been completed.

Girls who have had some experience in sewing before enrolling in 4-H clothing projects may, upon approval of the leader, or agent, start with the second group, then follow the order given above.

PLAY AND WORK CLOTHES

Clothing Project for 4-H Clubs

By EDITH LACY, DOROTHY THRELKELD, and ANITA BURNAM DAVIS

Are you the girl who enters wholeheartedly into whatever you do, whether work or play? If you are this type you know how much easier it is to forget yourself and enter into an activity when you are comfortably and appropriately dressed for it. Clothes can be a stimulant, making one feel peppy and at ease, or they can be a hindrance, making one feel low and uncomfortable. It is as important to be dressed right for play and work as it is for dress-up occasions. Isn't it ridiculous to see a girl playing a strenuous game in an organdy dress and high heels, and being very, very careful not to get mussed? She isn't having any fun herself and is a wet blanket for the group. So in order to enjoy life and accomplish things, the girl of today must have comfortable, attractive clothes, suited to the job to be done.

WHAT TO DO IN THIS PROJECT

Head H or study group

1. Know the clothing appropriate for the occasion.
2. Learn to judge materials and costumes.
3. Make a study of sportsmanship.

Hand H or work group

1. Make a play outfit which may consist of either—
Blouse, shorts, and skirt, or
Blouse-shorts combination and pinafore, or
Dress and shorts, or
Culotte (divided skirt dress), or
Blouse and long-legged shorts and sleeveless jacket.
2. Instead of making a play outfit you may choose to make a work costume which may consist of either—
Coverall apron, shirt and shorts, or
Utility house dress and shorts, or
Pinafore aprons and shorts, or
Coveralls or coverettes, or
Jumper slack suit and blouse, or
Field suit (trousers and jumper).
3. Make an accessory—hat, play shoes, work gloves, bathing bag or utility apron.
4. Keep a record of cost of costume and time in making.
5. Make an exhibit.

CHOOSING AN OUTFIT

Basis of choice

What are you going to do? Are you going to a summer camp and consequently need a play suit? Are you helping with the chores at home, feeding the chickens, working the garden, and therefore need a many-purpose outfit such as the coverall or pinafore apron and shorts? It can be used for play, work, and even for school. Are you going to drive a tractor or do other heavy work and for this reason need honest-to-goodness work clothes? Make the outfit which you can use to best advantage in your work or play.

Material

Materials for both play and work clothing should be sturdy but not too stiff or heavy. Cottons, as seersuckers, percales, gingham, and denims are suitable as they are nontransparent and closely woven. Sanforized material, even though fairly expensive, is a bargain as it makes clothes which can be rubbed, tubbed, and treated rough.

Pattern

Look in fashion sheets and magazines for pattern designs. A full dirndl skirt, a popular type for play clothes, is a splendid selection. Many patterns for work clothes designed by the Bureau of Home Economics, U. S. D. A., are on sale at the pattern counters at little expense. In this group of designs are coverettes, coveralls, and pinafore aprons, utility house dresses, jumper slack suits, field suits, and mechanics' suits, each designed for a specific use. All are sensible for those who work. See U. S. D. A. Bul. 1905, "Work Clothes for Women."

MAKING THE GARMENT

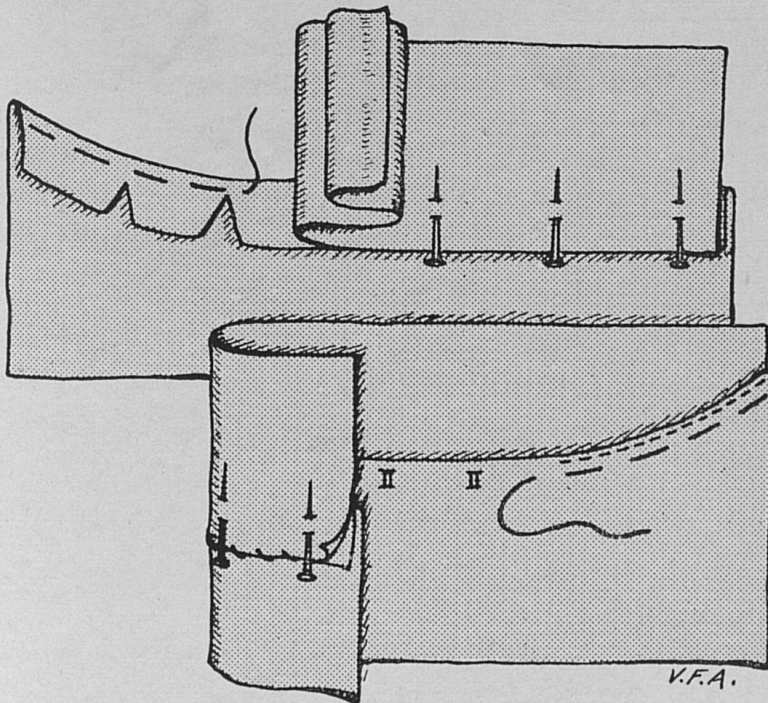
General requirements

Clothes well designed for active sports and work have the following characteristics:

- Plenty of room for action; stooping and reaching room built in
- Tailored for service; simple, streamlined to figure, useful pockets made with strong stitching
- Made to last; durable cloth, strong and closely woven; will stand hard washing without fading or shrinking
- Save time; easy to get into or to remove
- Are becoming in color and design; pretty as well as practical; prettiness without frills
- Have safety first features for use around dangerous machinery

Stitching

Machine stitching is probably the most satisfactory decoration needed on clothing made in this project. It answers two purposes: it holds the garment together and keeps edges flat; it makes the garment interesting and attractive. The thread and other findings should correspond to the weight of material used. For coarse denim use 40 to 60 thread. For this weight thread regulate the machine to make about 12 to 14 stitches per inch.



Lapped seam

Seams

Make them flat and strong. For work clothes the flat-fell or lapped seam is satisfactory. All shorts, slacks and culottes should be flat-felled. Many of the very tailored work aprons have a double-stitched lapped seam. Full skirts in play clothes may have plain seams.

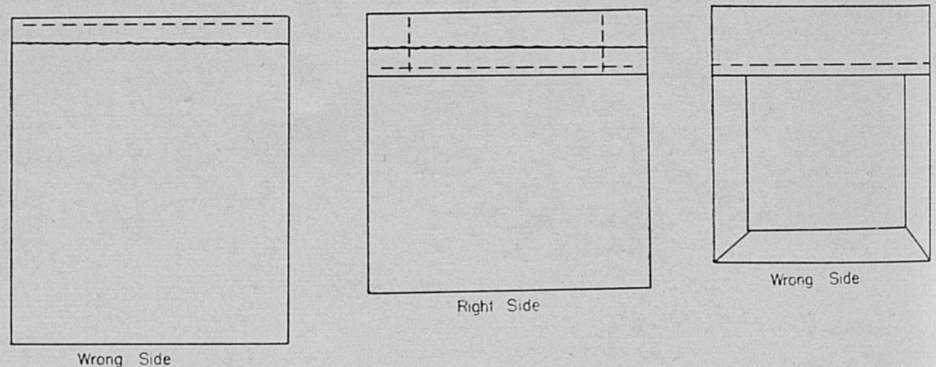
Hems

In the medium-weight materials the hem may be put in closely by hand. For sturdy materials such as denim, a small, narrow hem may be turned up once and stitched with several rows of stitching.

Details of garment

Finish collars, cuffs, belts, bound buttonholes and pockets immediately after cutting the garment. When garment is sewed together then apply the details to it.

Fastenings.— Buttons and buttonholes, ties, or zippers make good fastenings. Ties will probably take precedence over the hard-to-get zipper. Snaps are never satisfactory for clothing where there is any strain.



Steps in making patch pocket

Patch pocket.— Here is a simple and satisfactory way to make a patch pocket:

1. Cut pocket by pattern.
2. Fold down top edge once to wrong side and edge stitch.
3. Fold down hem depth to right side and stitch through sides of hem, stitching on seam allowance.
4. Turn hem, bringing it to the wrong side. Fold down edges of pocket on seam allowance.
5. Mitre bottom corners. Baste.
6. Pin, baste, and stitch pocket to garment.

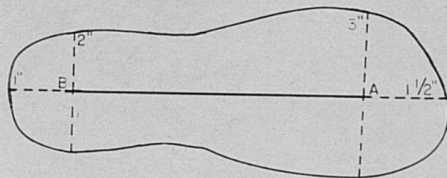
Shuck shoes and other accessories

Such accessories as a stitched hat to match the play costume, a visor cap to go with the work outfit, corn-shuck play shoes, work gloves, or a bathing bag may be made in this project. You will find many patterns pictured in pattern books. Consult them for suggestions. Follow these directions in making shuck shoes:

To make the sole select medium-weight corn shucks and tear them into one-inch strips. Put strips in water until evenly dampened; work with them damp, not wet. Put 2 strips together in order to give strength to the sole. Tie 3 of these double strips or strands to-

gether at the stem end. Plait the strands into a long braid. To splice a strand place the stem end of a double strip directly underneath the end of strand to be spliced. Lap ends about an inch. Splice strands at irregular intervals to avoid bumps in the plait and to make a stronger braid. Continue plaiting until the braid is long enough for one shoe sole (about $2\frac{1}{2}$ yards).

To get the size of your shoe, make an outline of your foot on paper. From the longest toe find the point toward the heel which is $\frac{1}{2}$ the distance across the widest part of the sole. Mark it A. From the heel, find the point toward the longest toe which is $\frac{1}{2}$ the distance across the widest part of the heel. Mark it B. The distance from A to B is the length of braid with which to start making the sole of your shoe. See the illustration below.



Finding size of shoe

Measure this length on one end of the braid. Wrap the braid around it sewing the edges together with a slip stitch, using a coarse thread or twine. Wrap and sew the braid until the sole is finished. The width of the heel will appear first. Then wrap only around the toe until you obtain the desired width. Make platform soles by sewing the braid together flat so that only the edges show.

Stitch about 4 plies of cotton cloth together and from this material cut out the inside sole of the shoe, using the shoe pattern. Bind inner sole. Make 2 cloth straps about $\frac{3}{4}$ " wide to cross over toe, and 2 cloth strings (ties) about $\frac{1}{2}$ " wide to tie shoe. Make straps and ties with edges folded and stitched. Straps are crossed over toe and sewed securely underneath the inner part of the sole. One end of each tie is sewed to the inner part of the sole at the back of the heel. Ties are knotted together about 2 inches from the heel and brought around the ankle to tie the shoe on the foot. Sew inner sole to corn shuck.

JUDGING THE COSTUME

To judge your costume use the score card for the wash cotton dress. Keep definitely in mind the things learned regarding the selection of pattern and materials for this costume. It must suit the purpose for which it is designed. Sports costumes are often made of plaids or stripes and these designs should match at seams and other construction lines. The whole should be attractive, well made, and substantial.



A 4-H girl judges a play costume

4-H RECORD—PLAY AND WORK CLOTHES

Record of _____
(name) (age)
_____ Kentucky
(county) (town)

Describe the clothes you have made. If you have used inexpensive or old materials tell about them.

Itemize costume and accessories material:	Cost (money spent)
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____

Tell why you selected activity clothes: Total \$ _____

What are you doing to help on the farm and in the home?

List additional garments you have made for yourself and others:

Number garments patched _____ socks darned _____ buttons sewed on _____
Other repairs _____
(describe)

Write a brief story about your work, on the back of this page, and hand it in with this record to your project leader.

Date: _____ 194____. Signed: _____
(Club member)

Approved: _____
(Project leader)

Approved: _____
(County extension agent)

When you have completed your project fill in this page, tear it out along the dotted line, and give it to your leader.

STORY

GIRLS AND SPORTSMANSHIP

Girls of today do things. They like to work as well as to have fun. A change in attitude regarding hard manual labor is noticeable. Girls are not ashamed of cleaning, washing, scrubbing, and helping out with farm work. It has become patriotic and praiseworthy to grow a garden, to can tomatoes, and do many other jobs which roughen the hands. This change in attitude makes girls happy when they do everyday things as well as emergency jobs. So 4-H Club girls are becoming finer, wiser, and better by their project work. People who do things are better sportsmen; they can appreciate others and their accomplishments. Let our Club girls work with vision, play hard, take honors with humble pride, and defeat with calm determination. This unit of sewing is intended to supply you with the outfit needed for the job you have to do.

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