

# UNIVERSITY OF KENTUCKY

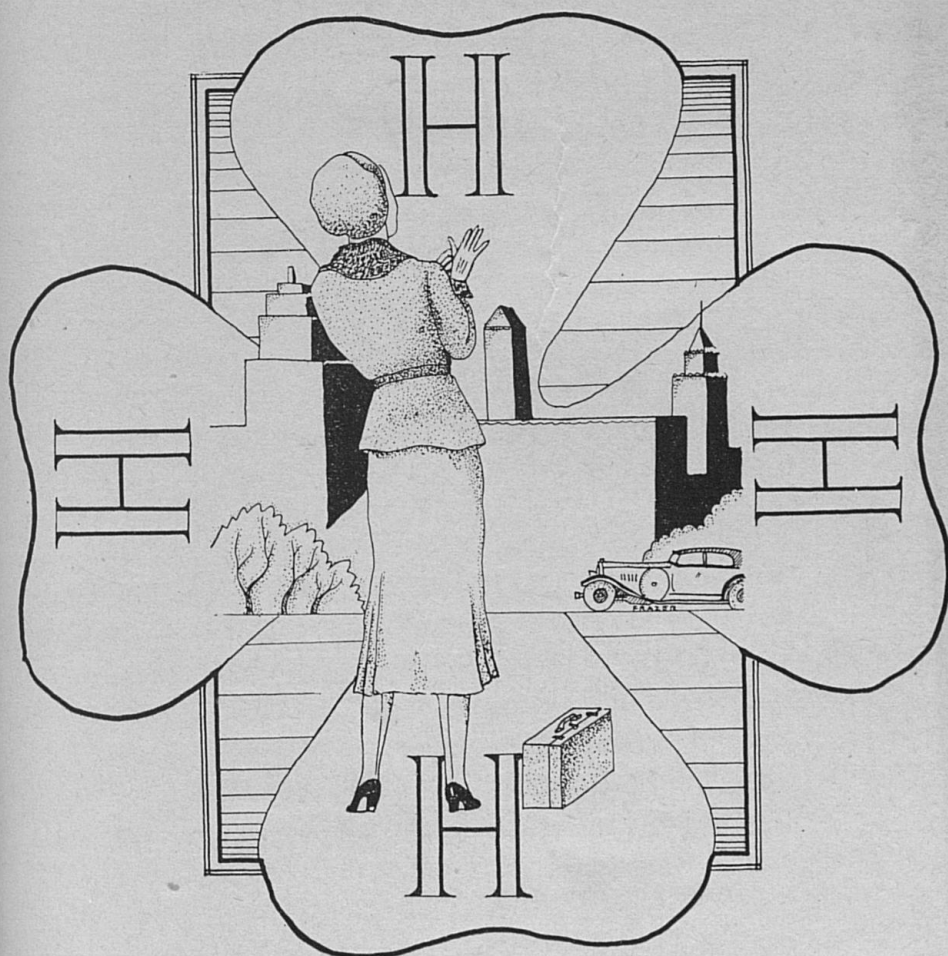
## COLLEGE OF AGRICULTURE

Extension Division

THOMAS P. COOPER, Dean and Director

CIRCULAR NO. 255

### CLOTHING—UNIT IV. THE 4-H CLUB GIRL'S STREET OR TRAVEL COSTUME.



Lexington, Kentucky

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## CIRCULAR NO. 255

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### Clothing—Unit IV.

#### The 4-H Club Girl's Street or Travel Costume.

By ANITA BURNAM and EDITH LACY

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This is the fourth unit of the 4-H clothing program. It is hoped that every club girl will enjoy planning this costume. In so doing she should take into consideration health, beauty and economy. A costume well planned lends poise to the wearer by giving her a sense of being appropriately dressed. She may learn rules for being well-dressed but the application of these rules in the selection, making and wearing of every costume is the real test of her knowledge of good dressing.

In undertaking the project a girl should consider her entire wardrobe and decide on the garments to be made. She should have her clothing account from Unit III as the basis for planning her clothing budget. Very careful and detailed planning should precede the purchase of materials. However these four units will by no means give one a lasting knowledge of clothing. Fashions are changing continually and with each change come new methods of construction, new finishes, new materials and new lines and designs in dress. A girl must be alert and observing, if she would continue to be well-dressed. The clothing program has been devised to fix in the mind of the club girl good clothing principles which when practiced will become permanent.

**UNIT IV****REQUIRED WORK.**

1. Planning and making a complete outfit suitable for street or travel. This includes:
  - (a) Taking an inventory of the wardrobe.
  - (b) Planning a clothing budget for the year.
  - (c) Making a tailored or semi-tailored dress or suit.
  - (d) Making one or more undergarments to be worn with this costume and selecting the other undergarments needed to complete this outfit.
  - (e) Selecting or making the hat.
  - (f) Selecting shoes and hose.
  - (g) Selecting or making other accessories needed to complete the ensemble.

Note: At least three of the garments in the outfit above, exclusive of accessories are to be made. The others, she may make or purchase.

2. Making a child's dress or suit, or both, for a child two to six weeks of age.
3. Keeping an accurate record of all clothing expenditures during the year.
4. Exhibiting the outfit in the county exhibit and style show.

### UNDERGARMENTS.

- A. MATERIALS. The undergarments should match or harmonize in color with the dress. Mercerized cottons, synthetic fabrics and wash silks are suitable for undergarments for a tailored wool or silk dress. If the underwear is purchased, knitted bloomers or combinations in cotton, silk or synthetic fibers are wise choices. Garments worn next to the body should be white or of a delicate color. Costume slips may harmonize in color with the dress. Beige or flesh shades usually harmonize with any color.
- B. PATTERNS. The style and type of the outergarment should be considered when deciding on the lines of the undergarments. Therefore, it is necessary to select undergarment patterns after deciding on the style and material for the dress. Yokes and darts in bloomers and shorts help eliminate bulk. Slips with fitted lines give a smooth foundation. Remember that undergarments are the foundation for the dress.
- C. DECORATION. Very little decoration should be used. Tailored undergarments are best with tailored outergarments. A few hand touches as bindings sewed down by hand, feather stitching or other simple decorative stitches may add to their attractiveness.

### DRESS OR SUIT.

- A. MATERIALS. If the 4-H club girl has used a silk or synthetic fabric in Unit III, she should choose wool material for the dress in this unit. If she has never worked with silk she may choose either a silk or wool fabric. By the time a girl finishes all four projects in clothing she should have made garments from medium weight cotton, sheer cotton, silk or synthetic fabrics and wool. If she can not afford all-wool or all-silk material, she may substitute a combination wool and cotton or a synthetic fabric.

- B. PATTERNS. A suit, ensemble, two-piece or a one-piece dress may be chosen. Select a tailored design that is suited to the individual and to the material. Simplicity and good line are requisites for attractive tailored garments.
- C. SUGGESTIONS FOR MAKING. Good workmanship and perfect fitting are essential. Pinning, basting and pressing help in producing a well-tailored garment. The material determines the type of seam. Usually a plain seam with either stitched, overcast or pinked edges is satisfactory. Many tailored dresses have the seams stitched down on the top side and the two edges of the seam underneath overcast together. See manual for detailed instructions.

#### HATS.

A study should be made on the selection of becoming and practical hats, as the effectiveness of the costume partially depends on the hat. If hats in the prevailing style are easy to make the 4-H club girl may make her hat. Attractive soft tams and berets can be made easily and economically of velvet or scraps of tweed, flannel, or other dress materials. The more difficult types should not be attempted by girls who have had no training in this art. When selecting a hat one should stand before a full-length mirror. It should be considered first in relation to the general silhouette, next in relation to the face and then in relation to the whole costume. The hat need not be expensive but it should be carefully chosen.

#### SHOES AND HOSE.

Shoes should be of durable leather and simple in design as the oxford or strap. The heel should be low or of medium height. They should harmonize in color with the costume.

Hose should harmonize with the costume and be lighter in color than the shoes with which they are to be worn. They may be of service weight silk or lisle, depending on the material used in the costume.

### ACCESSORIES.

Accessories include hat, gloves, shoes, hose, bag, scarf, handkerchief, tie and jewelry. Great care should be exercised in the choice of accessories as they may make or mar the costume. Little or no jewelry should be worn. Sometimes a scarf, handkerchief, purse or a string of beads, carefully chosen, will add the needed bright touch of color to an otherwise dull costume. For travel clothes it is wise to use small amounts of very bright and intense colors.

### CHILDREN'S GARMENTS.

- A. MATERIALS. Choose a durable, nonshrinkable, firm, evenly woven, colorfast material. Print, gingham and broadcloth are suggested.
- B. PATTERNS. Select a type that will be comfortable, easy for the child to adjust and easily laundered. This pattern should incorporate the new ideas of simplicity and "self-help." (Write for circulars on Children's Clothing.)
- C. SUGGESTIONS FOR MAKING. Children's garments require accurate cutting and straight, fine, close stitching. They should allow ample room for body freedom and growth.

### CLOTHING INVENTORY AND BUDGET.

- A. INVENTORY. At the beginning of the project make an inventory of the individual wardrobe. In listing the garments and articles on hand, consider:
  - 1. Articles that cannot be used by the individual but may be passed on to some other member of the family.
  - 2. Articles that are usable but need repair.
  - 3. Articles that are worth remodeling.
  - 4. Garments that are wearable as they are.
  - 5. Things that must be bought during the year.This listing and checking of the wardrobe will show the individual's clothing problem for the year.

B. BUDGET. A clothing budget is nothing more than a plan for meeting the individual's clothing problems. The account of all money spent on clothing in the third unit will be a guide in determining the amount of money that is needed for this year's budget. Usually about one-seventh of the family income is spent on clothing and the 4-H club girl should plan to use her portion wisely. After discussing this with her parents and deciding how much money is available for her clothing budget, she should list all the clothing needed for the year, as shown by the inventory. The total cost of all these articles should not exceed the amount of money allowed in this budget. If there is not enough money for all the clothing needed, the actual necessities should be considered first. Careful planning and buying often will do wonders with small budgets, and give much satisfaction to the individual.



SUGGESTIONS FOR CLOTHING PROJECT MEETINGS.  
UNIT IV.

FIRST MEETING.

ORGANIZATION AND PLANNING.

Business.

Plan project work for entire year.

Discussion.

The value of a clothing inventory and how to make one. The clothing budget. Home Demonstration Agent.

Work.

Begin planning the costume for this unit. Cut pictures of dresses and undergarments from fashion magazines and make a poster or booklet.

Home Work.

Select samples of materials. Complete posters. Make the inventory of personal wardrobe before the next meeting.

SECOND MEETING.

BUDGET PLANNING.

Work.

Plan individual budget, using inventory.

Discussion.

"The Well-Dressed Girl." Home Demonstration Agent.

Home Work.

Posters and booklets.

Discuss inventory and budget plans with parents.

THIRD MEETING.

UNDERGARMENTS.

Discussion.

Ready-to-wear undergarments versus those made at home. New pattern lines.

Demonstration.

Materials suitable for undergarments. Leader.

Work.

Cut an undergarment pattern and decide on the kind and amount of material needed.

Home Work.

Purchase material and cut undergarments.

## FOURTH MEETING.

Discussion.

"THE ENSEMBLE."

"The Ensemble Vogue." (Frock, Hat, Shoes, Hose, Bag, Etc.) Leader and Girls.

Choosing the design and the color to suit the individual. Home Demonstration Agent.

Outlining a team demonstration.

Demonstration.

Tailoring undergarments.

Work.

Fitting and seaming undergarments.

Plan finishes for undergarments.

Home Work.

Sewing undergarments.

Buy any trimmings or finishes needed.

## FIFTH MEETING.

Work.

DRESS DESIGN—TEA PARTY.

Finishing undergarments.

Discussion.

Planning the dress. Pattern lines.

Demonstration.

Testing wool, silk and synthetic fabrics.

Home Work.

Choosing becoming colors. Leader.

Recreation.

Buy dress material and pattern.

Tea party.

## SIXTH MEETING.

Demonstration.

CUTTING, BASTING AND FITTING DRESSES.

Placing patterns on material.

Work.

Seams for wool and silk.

Discussion.

Cutting, basting and fitting dresses.

Home Work.

Dress Decorations.

Stitch seams, darts, etc., in dress.

Purchasing materials needed.

## SEVENTH MEETING.

Work.

ACCESSORIES—WISE BUYING.

Dresses.

Discussion.

Accessories for the individual costume.

A Club Girl.

Wise buying. Home Demonstration Agent.

Demonstration.

Tailored finishes. Leader.

"Judging the Ensemble." Club Girls.

- Home Work. Buy material for children's garments.
- EIGHTH MEETING. JUDGING CHILDREN'S CLOTHING.  
Work. Cut garment and plan seams and finishes.  
Discussion. How to judge children's clothing.  
Leader and girls.  
Home Work. Making child's garment. Buy any needed trimming.
- NINTH MEETING. SELECTION OF HATS AND SHOES.  
Work. Complete children's garments.  
Discussion. Becoming hats and how to choose them.  
Home Demonstration Agent.  
Demonstration. Shoes that are right in every particular.  
A Club Girl.  
Home Work. Plan accessories but do not buy.
- TENTH MEETING. "FINISH-UP."  
Business. Plan the community style show.  
Work. Make an accessory, or take a trip to stores to shop for hats and other accessories.  
Home Work. Complete all work and bring clothing record and account book up-to-date.
- ELEVENTH MEETING. COMMUNITY STYLE SHOW AND TEA.  
Mothers invited.

## GOALS.

## PLEASANT VALLEY CLUB—1930

1. 100% Completions.
2. Every girl enroll *one* new member.
3. Every girl write the program in her book.
4. Every girl keep her work up-to-date.
5. Every member exhibit her work in the county exhibit.
6. Send a demonstration team to the county contest.
7. A news item in the paper twice a month.
8. 100% attendance at the county achievement program in November.
9. Have three personal hygiene lessons during the project.

GOALS\*

.....Club.....193.....

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\* This page is for recording club goals.

CLOTHING PROJECT PROGRAMS 193.....

FIRST MEETING

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Business .....

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Demonstration .....

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Discussion .....

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Work .....

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Home Work .....

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SECOND MEETING

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Business .....

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Demonstration .....

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Discussion .....

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Work .....

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Home Work .....

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THIRD MEETING

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Business .....

Demonstration .....

Discussion .....

Work .....

Home Work .....

FOURTH MEETING

Date.....

Business .....

Demonstration .....

Discussion .....

Work .....

Home Work .....

FIFTH MEETING

Date.....

Business .....

Demonstration .....

Discussion .....

Work .....

Home Work .....

SIXTH MEETING

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