

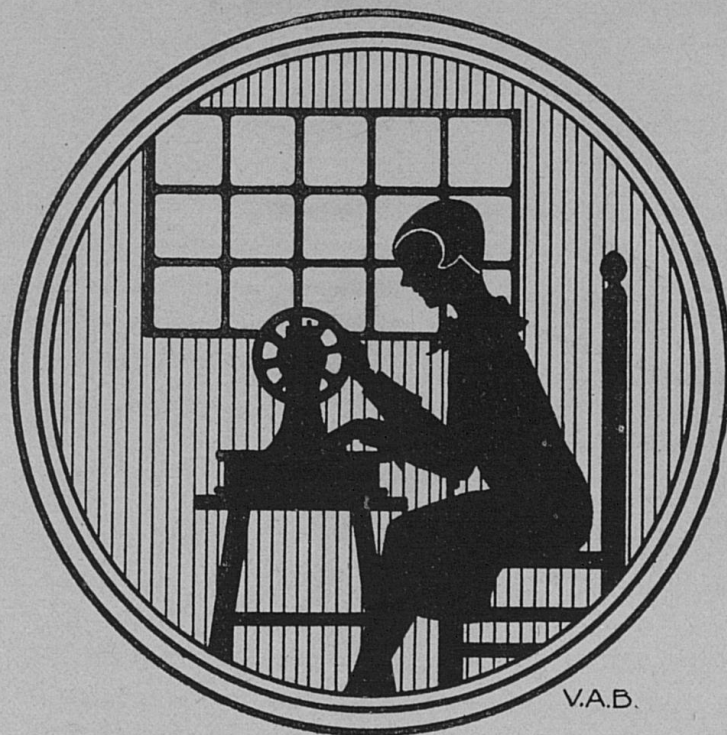
UNIVERSITY OF KENTUCKY
COLLEGE OF AGRICULTURE

Extension Division

THOMAS P. COOPER, Dean and Director

CIRCULAR NO. 195

JUNIOR HOME PROJECTS IN CLOTHING

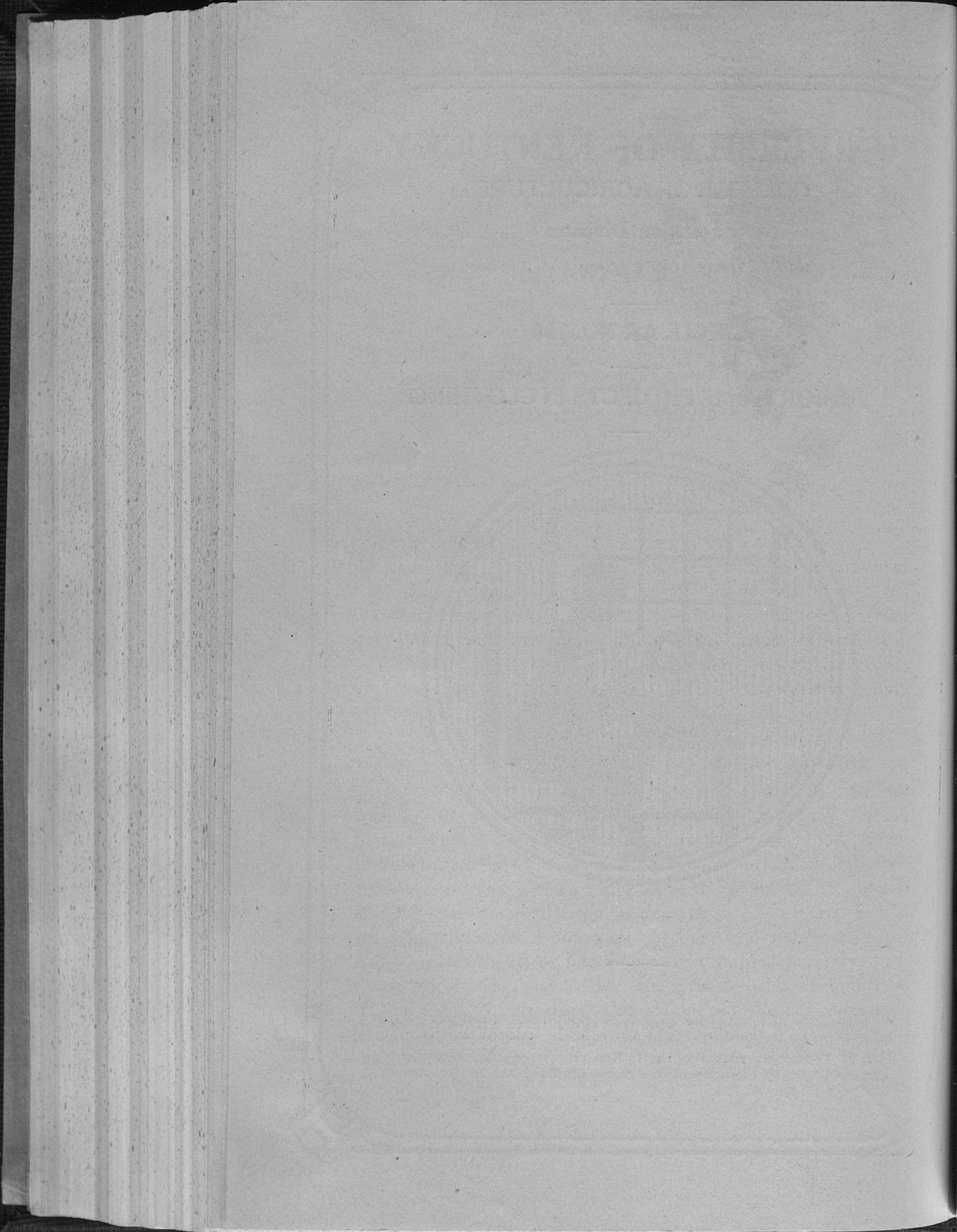


V.A.B.

Lexington, Ky.

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CIRCULAR NO. 195

Junior Home Projects in Clothing

By Edith Lacy and Anita Burnam

ENROLLMENT

Any girl in Kentucky between the ages of 10 and 18 years, inclusive, may undertake the clothing project. She must fill out in full the club enrollment card and return it to the local leader or home demonstration agent. (In case there is no home demonstration agent in the county, application for membership should be made to State Club Office, Experiment Station, Lexington, Kentucky.)

ORGANIZATION

After the enrollment of the community has been obtained, the next step is to organize this membership into a clothing group. This may be done by a leader or by the agent. A local group should have five or more working on the same unit in clothing. From this number a president and secretary should be chosen. If the group is larger other officers may be necessary. If there are as many as ten club members in one or more projects the group should be organized into a junior community club for the purpose of holding educational and social meetings. These meetings should be separate and distinct from the project group meetings. Definite instruction in organization is given in Circular 117 and in the club secretary's book, both of which may be obtained from the State Club Office, Experiment Station, Lexington, Ky.

RECORDS

Each member is to keep an accurate and up-to-date record of her club work in the record book provided by the State Club Office thru the county extension worker. She is also to write a story of her club work on the blank pages in the back of the record book. When a unit in clothing has been satisfactorily completed and the record book, story included, has been approved by the home demonstration agent or State Club Office, the club member will receive an achievement card.

LEADERSHIP

There should be a local leader in charge of every group of girls undertaking a clothing unit. This leader must have a knowledge of the subject, either thru training or experience, a vision of the goal to be reached and a personal interest in the girls of her community. Former club girls who have initiative often make excellent leaders. In order for a club to be most successful it should have two leaders to share the responsibility of clothing instruction, recreation and other club activities. Where four communities in a county are each able to provide two persons who are willing to act as leaders, arrangements can be made with the College of Agriculture for a specialist to hold a training school in the county. Application should be made thru the home demonstration agent or to the State Club Office, Experiment Station, Lexington, Kentucky.

ACHIEVEMENT DAY

The club leaders and home demonstration agent should see that each club holds a community achievement day. At this time the club should exhibit all finished work. An educational program should be arranged with club members taking part. Each club member, who has satisfactorily completed her work, should be presented with a certificate of achievement on this day. It is a distinct advantage for a club to hold an achievement day and exhibit to acquaint the people of the community with the club work.

DEMONSTRATION TEAMS

Demonstration is one of the best educational methods employed in presenting information. Two or more girls working together in presenting information compose a demonstration team. Team demonstration creates in girls poise, the ability to think quickly to express themselves before an audience and makes for those qualities of leadership which are so often undeveloped. In addition the team demonstration is a very graphic way of acquainting people with the benefits of club work and of passing on to them a knowledge of practises which have been adopted by club girls.

A clothing demonstration team is composed of girls who have successfully carried on a clothing unit and who have been trained during their club project to demonstrate publicly some phase of the knowledge they have gained. A good demonstration presents one idea and carries this to a successful conclusion; for instance, "Methods of sewing on buttons and when to use them," is a very satisfactory demonstration and not difficult to present. Various types of demonstrations are outlined in club circulars 140 and 149. These, however, are only suggestions and it is hoped that club girls, with the help of their leaders, will organize and outline their own demonstrations. In planning and outlining a demonstration it should always be kept in mind that the primary aim is to acquaint the audience with some approved home practis. This performance must be presented very clearly and simply if the hearers are to adopt such a practis without further instruction. Club girls must repeat a performance many times before they are skillful in presenting it publicly. Practis in team demonstrating can well be a part of every club meeting, thus making the work more educational and vitally interesting to the girls.

JUDGING TEAMS

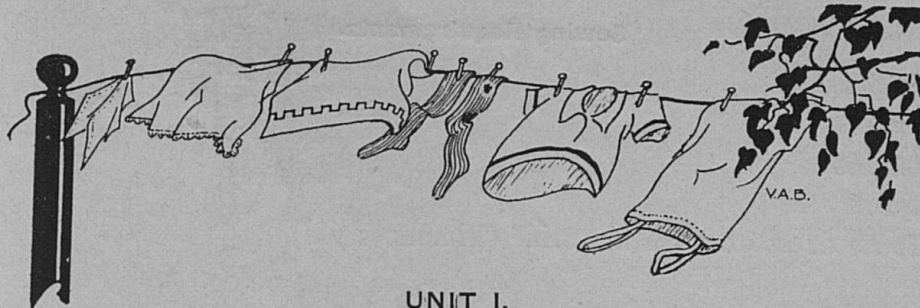
Comparison is one of the best means of discovering mistakes; of developing appreciation and setting standards of well-made, beautiful and appropriate clothing. Girls should

know what is good in color, material, line, design and construction. Practis in scoring all garments made in the club is an excellent means of teaching standards in clothing. From this individual judging the best two girls may be selected as a club team. This team would take part in the county judging contest, if one is held. Instructions and score cards for judging work may be obtained from the State Club Office, Experiment Station, Lexington, Kentucky.

STATE SLOGAN—"BE WELL DRESSED"

The junior home project in clothing aims to raise the standard among the club girls of Kentucky by:

- A. Developing in them a desire to be well dressed.
- B. Teaching them that health, comfort, modesty, simplicity, suitability and appropriateness are the essentials of attractive clothing.
- C. Giving them the information which will enable them to achieve these essentials by the intelligent selection of clothing materials and of the color and design of their clothing.
- D. Developing in them an appreciation of a well made garment and a desire to care for it.
- E. Teaching them the constructive processes necessary for the making of simple, attractive clothing.
- F. Developing in them standards in personal cleanliness which are essential to a well groomed club girl.
- G. Helping them to achieve the poise and self confidence which is very dependent on the consciousness of being well dressed.



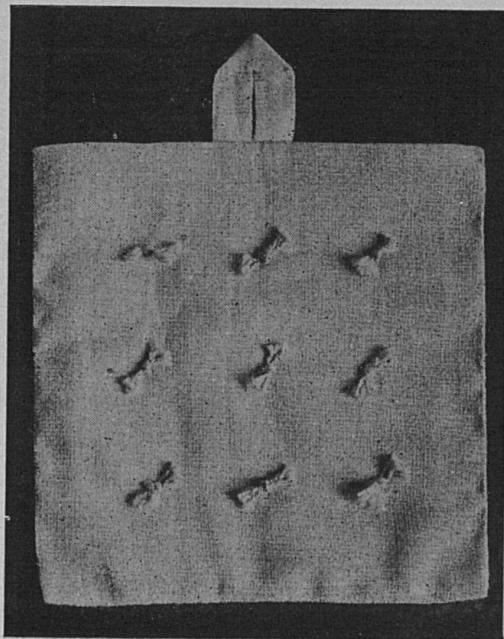
UNIT I.

JUNIOR HOMEMAKERS' OUTFIT

Goals for First Clothing Unit.

Every member should know the following:

1. Simple stitches—basting, running, overhanding, buttonhole and one decorative stitch.
2. How to use the sewing machine.
3. How to make a French seam, a hem and to put on facings and bindings.
4. How to cut a Kimono pattern.
5. Something about selecting materials.
6. Something about cloth.
7. Health rules and food habits.



Sewing Requirements.

Holder
Towel
Headband
Apron
House dress of wash material (kimono style)

Holder

A. Materials

1. Cover—any firmly woven material as denium, galatea, cretonne, 7 x 13 inches.
2. Lining—cotton flannel or knit underwear, 5½ x 11½ inches.
3. Hanger—three inches of tape or 1 brass ring.

B. Problems in construction

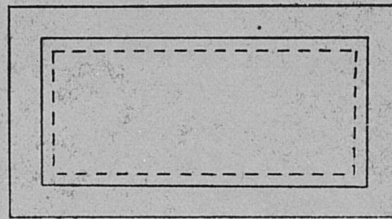
1. Stitches used

Even basting—for basting lining to outer cover and edges of cover over lining.

Overhanding—for edges of holder and in putting on hanger.

Backstitch—in sewing on tape hanger.

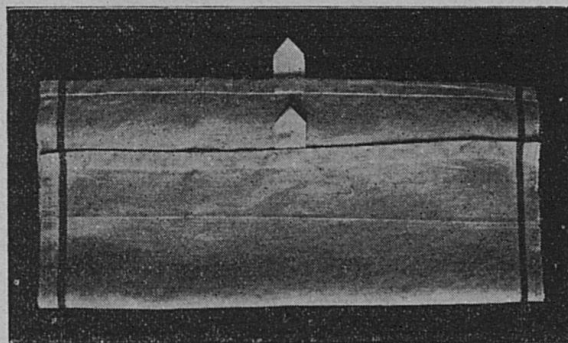
2. Method of making



- a. Lay lining on cover with equal margin and baste carefully, using even basting stitch. (See Illus. 1)
- b. Turn in edge of cover ½ inch all around, keeping raw edges covered at corners.
- c. Fold thru center and pin the two sides together, tucking in corners carefully.
- d. Baste the two sides together.

- e. Overhand the three edges.
 - f. Tack holder in 9 places; place tacks $1\frac{1}{2}$ inches apart. Use double light-weight cord, taking a small stitch thru all layers as in tying a comfort. Tie securely and cut the threads about $\frac{1}{4}$ inch from knot.
 - g. Sew tape or ring on holder for hanger.
- C. Home Work—Practis stitching on sewing machine.

Towel



A. Materials

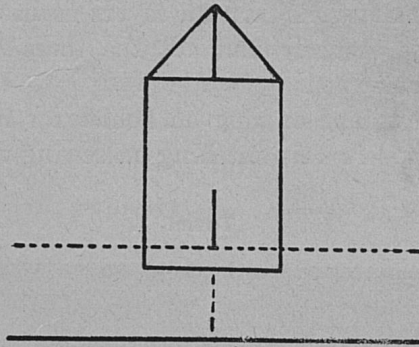
1. Three-fourths of a yard of linen crash, union crash, cotton crash, or flour sack.
2. Eight inches of white tape $\frac{1}{2}$ inch wide.
3. Number 60 white thread, number 8 needle.

B. Problems in Construction

1. Preparation of material—Straighten the ends of the towel by drawing the first woof thread that goes entirely across the material. Cut on this line.
2. Stitches used
Basting—in hem.
Overhanding—in putting on hanger and in ends of the hem.
Backstitch or stitching stitch—in putting on hanger.
French hemming—in hemming the cut ends of towel,

3. Method of making

- a. Use gage to keep width of hem even.
- b. Use hemming stitch to hold hem in place.



- c. Attach a tape hanger to center of each end of the towel.

C. Home work—Finish towel, collect samples of wash materials suitable for aprons.

Headband

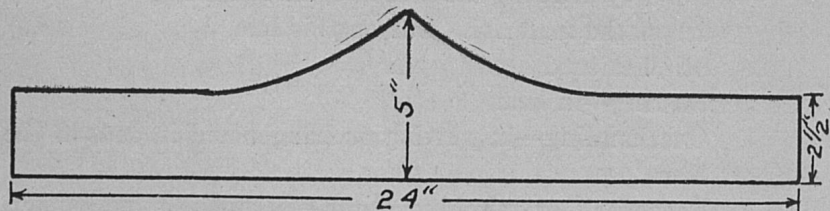
A. Material

1. Any serviceable white wash material, as bleached or unbleached muslin, cambric, percale or nurse's linen.

B. Pattern—given out by leader.

Measure with tape around head and see that cap pattern is $1\frac{1}{2}$ inches longer than headsize.

Cut two pieces just alike by pattern which has been changed to suit head measurements. Try pattern on and if band is too broad to suit face make needed changes.



C. Problems in construction

1. Stitches used

Basting—of edges before stitching.

Stitching—of edges on wrong side, on right side after turning.

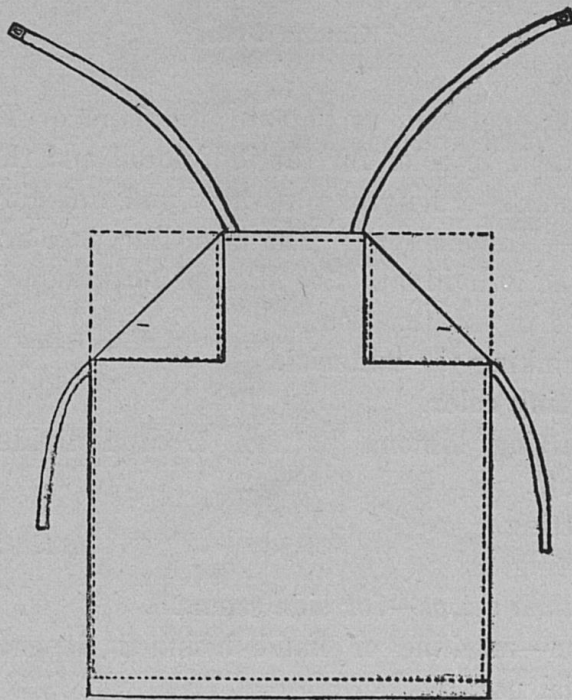
Buttonhole—for fastenings.

Sewing on button—

Outline stitch (for club emblem)

2. Method of making

After cutting two pieces of cloth just alike work club emblem in outline stitch on the center front of one piece. Baste together the two pieces right sides together, stitch all way around except one end. Turn the band right side out, crease on line of stitching, baste, turn raw edges in at the open end and stitch about 1/16 inch from edge of band all the way around. The cap may be fastened with two buttons and buttonholes.



- D. Home Work—collect pictures of suitable aprons and dresses to wear in the kitchen.

Apron

- A. Materials
1. Use the same material as used for the headband.
- B. Pattern
1. Sleeveless type, large enough to protect dress.
- C. Trimming—bias tape.
- D. Problems in construction
1. Cutting.
2. Basting of hems, etc.
3. Binding of edges if not hemmed.
4. Hems—machine made.
5. Cutting and joining bias—for apron that is bound.
6. Pockets.
7. Buttonholes and buttons.
- E. Home work—practice making of buttonholes.

Kimono Dress

- A. Materials
1. Wash material, as percale, gingham or English print suitable in color for the individual and the occasion.
Amount—2 lengths plus hem and finishings.
- B. Pattern—Kimona type. The neck line, belt and hem made to suit the individual. (See Manual for kimono pattern.)
- C. Problems in construction.
1. Shrinking the material.
2. Setting color.
3. Drafting kimona pattern from individual measurements.
4. Cutting.
5. Fitting.
6. French seams—for side seams.
7. Hem—machine or hand hemmed depending on material used.
8. Neck and sleeve finish—faced, bound or collar

- D. Home work—Choose pictures which show dresses suitable for school, church and party. Make poster of dress materials.

Suggested Topics for Discussion.

1. Good posture.
2. Care and use of the sewing machine.
3. Standards in junior club sewing.
4. Cloth—How cotton material is made.
5. How to select materials for dresses.
6. Choosing becoming colors.
7. Judging and scoring.
8. Laundering cotton garments.
9. Standards of personal cleanliness.

UNIT II.

4-H CLUB GIRLS' UNDERWEAR

Goals for Second Clothing Unit

Every member should know the following:

1. How to select underwear from the standpoint of health, economy, appropriateness.
2. Materials and finishes for underwear.
3. How to make buttonholes, sew on buttons, and make a placket.
4. Care and repair of own clothing.
5. How to wash different materials.



Sewing Requirements

Night gown

Combination or bloomers

Slip or petticoat

Patching and darning

Christmas or birthday gift

Kimono or bathrobe or some other garment equivalent suggested as problem for older girls.

Nightgown

- A. Materials—cambric, crepe, muslin, long cloth, nainsook.
- B. Pattern—simple kimono type cut from individual measurements.
- C. Problems in construction.
 1. Cutting without a pattern—by measurements.
 2. French seams—machine made.
 3. Hem—either by hand or machine.

4. Neck finishes—facing with a bias, French hem and other methods.
 5. Decorative stitches—chain, outline, feather stitch for neck and sleeve finishes.
- D. Home work—read about textile fibers, cotton and linen.

Bloomers

- A. Materials—select according to the needs of the girl; muslin, crepe, sateen or material to match dress.
- B. Pattern—may be selected by girl or leader.
- C. Problems in construction
 1. Cutting.
 2. Seam—flat fell for center seam flat fell or French for side seams.
 3. Fastening in elastic.

Combination

- A. Materials—muslin, cambric, nainsook, crepe, etc.
Emphasis placed on suitable material.
- B. Pattern—Simple in design. May be selected by girl or leader or can be cut from individual measurements.
- C. Problems in construction
 1. Cutting.
 2. Seam—French or flat fell by machine.
 3. Neck and armhole finish—bias facing, French hem or binding. Some hand work desirable.
 4. Trimming—simple decorative stitch, rickrack, or durable edge.
 5. Eyelet for drawstring.
 6. Shoulder straps of material like garment.
 7. Tapes—not ribbon.
- D. Home work—sew buttons, straps, or mend underwear as needed.

Darning

- A. Stocking darn.
- B. Home work—darn all of own stockings.

Patching

- A. Hemmed patch—after learning to patch do work on actual garment.
- B. Home work—repair garments needing repair.

Slip or Petticoat

- A. Material—choose material suitable for dress with which it is to be worn. White sateen, lingette, cambric, English broadcloth or pongee may be used.
- B. Pattern—simple, straight, slip-over-head type.
- C. Trimming—very simple, as hemstitching and featherstitching.
- D. Problems in construction
 - 1. Review of stitches and seams.
 - 2. Deep hems or facings—to make shadow proof.
 - 3. Extra fulness—inverted pleats at hip or in center back or gathers at hip.
 - 4. Placket—for petticoat on band.
 - 5. Bands.

Kimono or Bathrobe

- A. Material—Japanese crepe, corduroy or other material depending on season of year.
- B. Pattern—kimono pattern made from measurements or commercial pattern.
- C. Trimming—simple contrasting bands or stitching.

Suggested Topics for Discussion

- 1. Good taste in underwear.
- 2. Suitable materials for underwear.
- 3. Home-made vs. ready-made underwear.
- 4. Daily and seasonal care of clothing.
- 5. How to know cotton, linen, wool and silk.

UNIT III.
THE SCHOOL GIRL'S COSTUME



Goals for Third Clothing Unit

Every girl should know:

1. How to make her own clothing.
2. How to select becoming clothing.
3. How to use machine attachments.
4. How to alter patterns.
5. What to wear for every occasion.

Sewing Requirements.

A complete costume suitable for school or street wear which includes:

1. Hat.
2. Dress.
3. Underwear suitable to be worn with the dress.
4. Shoes and hose—selected.
5. Other accessories to complete costume.
6. Write an article on "The Well-dressed Club Girl."

Dress

- A. Material—suitable to individual and to occasions upon which it is to be worn. The season of the year should help determine the material selected. Cotton or linen material suggested.
- B. Pattern—suited to material, occasion and wearer. Set in or raglan sleeves.

- C. Problems required in construction
1. Use of commercial pattern.
 2. Alternation of pattern.
 3. Cutting.
 4. Fitting.
 5. Seams—French or plain depending on material used.
 6. How to set in sleeves.
 7. Hem—by hand or machine depending on material used.
 8. Finishes—collars and cuffs bands of simple embroidery, etc.
- D. Home work—read something on dress design.

Underwear

- A. Material—selected to suit dress with which it is to be worn.
- B. Make the number of pieces required to go with the dress. Not less than two pieces should be made.

Millinery

- A. Hat may be made, old one renovated or re-trimmed, or a new one selected. Every girl should have some work on selection of hats.
- B. Home work—make over a hat for a younger member of the family.

Accessories

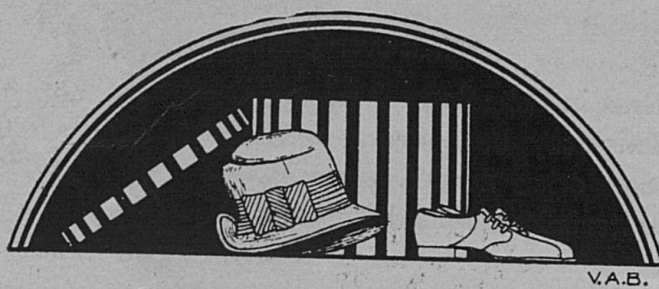
Make at least one accessory, as: scarf, tie, collar and cuffs, handbag or handkerchief.

Subjects for Discussion.

1. What it means to be well dressed.
2. Ornaments and accessories.
3. Decorations for underwear.
4. The costume as a whole.
5. How to select becoming hats.

UNIT IV.

THE CLUB GIRL'S WARDROBE



Goals for Fourth Clothing Unit

Every member should know:

1. How to sew on wool, silk and thin cotton materials.
2. How to renovate old materials.
3. How to plan and care for her wardrobe.
4. Something about making children's clothing.

Sewing Requirements

- A. Make an inventory of individual wardrobe and make garments needed. Five garments are to be made, at least one of which is to be a made-over. The project should include some work on wool or silk material. The finished project should show a complete outfit, either for winter or summer. The following is a suggested list from which the garments may be chosen:

- Wool dress
- Summer afternoon dress—of organdie, voile or lawn
- Silk dress (tailored)
- Silk dress (afternoon)
- Blouse or smock
- Skirt
- Sweater or jacket
- Step-ins and braissere
- Slip
- Hat
- Collar and cuffs (counted as one garment)

- B. Make a booklet showing the planning of the wardrobe and the budget for individual clothing for one year.
- C. Make a child's garment.

Made-over Garment

Problems in Selection

This may be a dress, skirt, coat, child's garment or some other needed garment.

Materials combined important.

Pattern selected suited to material on hand.

Problems in Constructon

Ripping, cleaning, dyeing, pressing, placing pattern cutting, constructing.

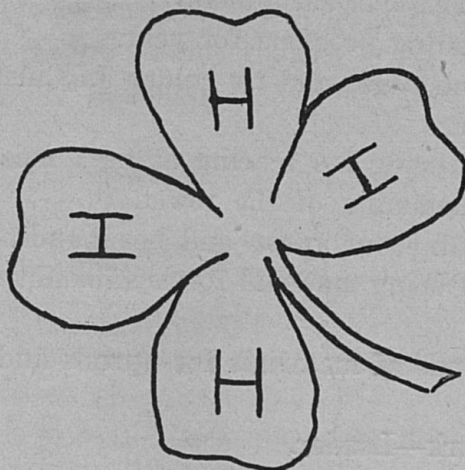
Home work—prepare old material at home for cutting and making into new garments.

Planning the Wardrobe

Make a booklet showing wardrobe inventory of clothing on hand; a list of needed clothing and the estimated amount of money to be spent on clothing for the year. The money to be spent for clothing should not be out of proportion with what other members of the family spend on theirs. In dividing the clothing money allow 40% for outer clothing, 30% for under-clothing, 25% for shoes and hose, and 5% for miscellaneous. The following sheet may help in making the inventory, and in showing garments that need replacing. The booklet should show pictures (cut out from fashion magazines) of patterns and samples of materials for garments as planned in clothing budget.

Subject for Discussion

1. How much should a girl spend for her clothing?
2. Keeping personal accounts.
3. Wise buying for the wardrobe.
4. How to clean and press woolens.
5. Dyeing.
6. Is remodeling worth while?
7. How historic costume is shown in today's dress.



FIRST-YEAR CLOTHING UNIT
Suggested Program for Unit I. Clothing
(Meeting twice a month for 3 months)

FIRST MEETING—

Business—organize club, select name, elect officers.

Plan definite program for year (may have to leave some details for officers and leaders).

Instruct girls about keeping record books.

Explain work of the project.

Distribute and explain literature.

Work—explain making of holder and the towel—Leader

Show girls how to cut, fold and baste

Instruct to bring basted holder and towel to next meeting

Discussion—Explain club work—Home Demonstration Agent

Teach health creed—Home Demonstration Agent

The equipment needed—the sewing box (leader)
Standards in junior club sewing—Home Demonstration
Agent.

Play—Learn pledge.

Learn two songs—1 humorous, 1 good club song.

Learn game.

SECOND MEETING—

Business—Bring record books up-to-date.

Secretary complete enrollment.

Finish planning program for year.

Work—Overhand edges and tie holder and instruct for putting
on fastener.

Instruct to bring for scoring at next meeting.

Start the hemming of the towel.

Explain making of apron and headbands.

Instruct to bring material for headband and apron to next
meeting.

Discussion—Kinds of materials for aprons and headbands—one
of girls.

How to work—Leader.

Play—Song.

Game.

THIRD MEETING—

Business—Bring record books up-to-date.

Score holders and towels.

Cut headbands and aprons.

Work—Baste headband, teach making of outline stitch for
emblem.

Explain finishing of headbands and instruct to bring back
cap with emblem and stitching done.

Instruct girls to bring cut out apron to next meeting.

Discussion—Use and care of sewing machine—Leader.

How cotton material is made—one of girls.

Judging and scoring—Leader.

Play—Song.

Game.

FOURTH MEETING—

Business—Bring record books up-to-date.

Score headbands as far as made.

Work—Teach making of buttonhole and sewing on button.

Teach how apron should be stitched. Let girls baste apron and baste on pocket. Discuss trimming. Instruct to bring back stitched apron ready for trimming and finishing and first scoring. Instruct girls to bring back headbands for final scoring.

Discussion—Materials suitable for house dresses—one of girls.

Instruct as to kind of materials to bring for house dress—

Leader choosing becoming colors.

Play—Song.

Game.

FIFTH MEETING—

Business—Score headband and apron as far as completed.

Bring record books up-to-date.

Work—Baste on finish for aprons. Give instructions for finishing by next time.

Instruct girls to bring back apron for final scoring.

Discuss kimono dress pattern and make pattern. Cut out dress. Instruct as to seams and hem to be made by next meeting.

Discussion—Proper trimming for dress—Leader.

Instruction as to what to bring.

Laundrying of cotton garments—one of girls.

Play—Song.

Game.

SIXTH MEETING—

Business—Select demonstration teams for achievement day.

Special time for team practis may be arranged.

Score aprons.

Finish record books and report on completion of project.

Bring record books up-to-date.

Work—Finish dress.

Score dress if there is time.

Discussion—Plan for achievement day and appoint committee to have charge.

Standards in personal cleanliness—one of girls.

Play—	} to be used achievement day.
Songs	
Game	

SEVENTH MEETING—Achievement day—(All community and other clubs united).

Exhibit—All articles made by girls.

Let some local woman who understands the standards of Junior clothing work judge the exhibit. Offer *small* prizes.

Business—Let secretary give summary of club work.

Girls report on work finished and record books are turned over to leader who turns them over to agent.

Work—Demonstration teams give contest. (The ideal way would be to have two or three teams give demonstrations and select best one to go to county contest to compete with other teams.) This necessitates holding local achievement day before the county team demonstration contest.

Discussion—If possible, the home demonstration agent should be present to give a good “4-H” talk. If she cannot be present a talk may be given by some good homemaker. If possible, have both agents and homemaker give short talks.

Play—Songs and games by girls leading audience. Girls may work up a good playlet or other program with help of their leaders.

PROGRAM OF.....CLOTHING CLUB

Unit No.....

First Meeting

Date.....

Business

Work

Discussion

Play

Play

Second Meeting

Date.....

Business

Work

Discussion

Third Meeting

Date.....

Business

Work

Discussion

Play

Fourth Meeting Date.....

Business

Work

Discussion

Play

Fifth Meeting Date.....

Business

Work

Discussion

Play

Sixth Meeting Date.....

Business

Work

Discussion

Play

Seventh Meeting Date.....

Business

Work

Discussion

Play

Eighth Meeting Date.....

Business

Work

Discussion

Play

PROGRAM OF.....CLOTHING CLUB

Unit No.....

First Meeting Date.....

Business

Work

Discussion

Play

Second Meeting Date.....

Business

Work

Discussion

Play

Third Meeting Date.....

Business

Work

Discussion

Play

Fourth Meeting **Date**.....

Business

Work

Discussion

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Fifth Meeting **Date**.....

Business

Work

Discussion

Play

Sixth Meeting **Date**.....

Business

Work

Discussion

Play

Seventh Meeting Date.....

Business

Work

Discussion

Play

Eighth Meeting Date.....

Business

Work

Discussion

Play