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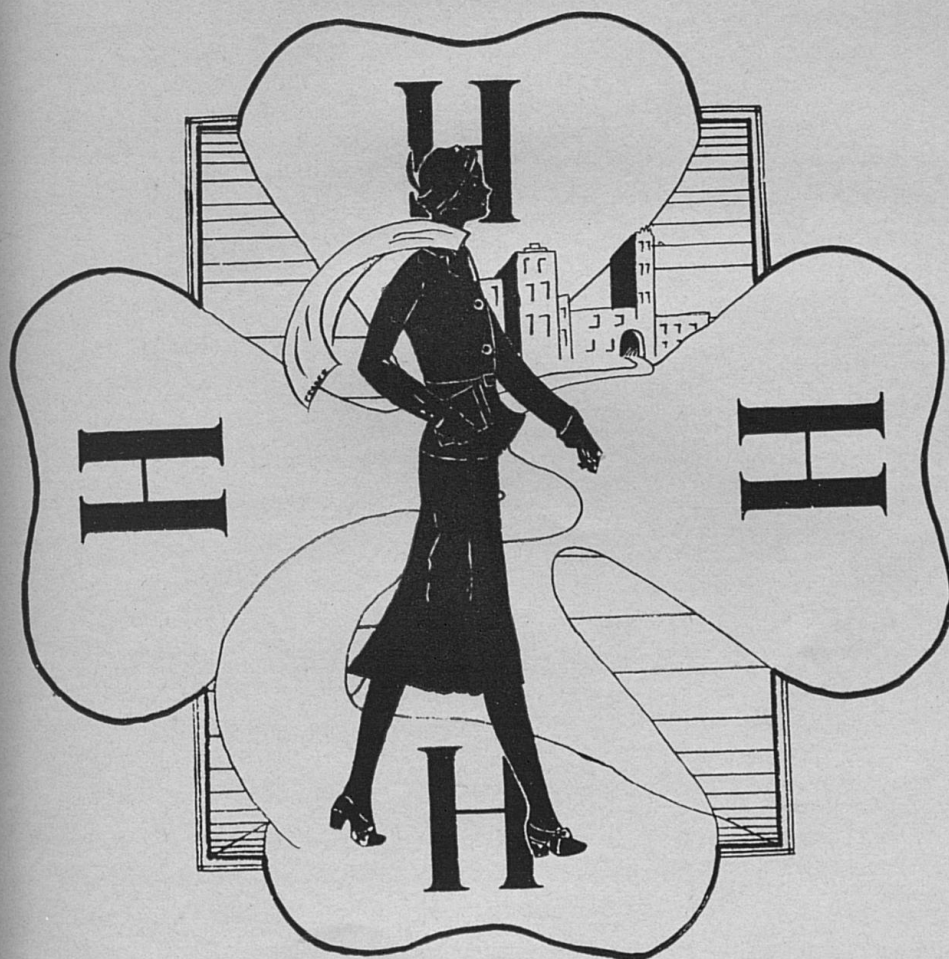
COLLEGE OF AGRICULTURE

Extension Division

THOMAS P. COOPER, Dean and Director

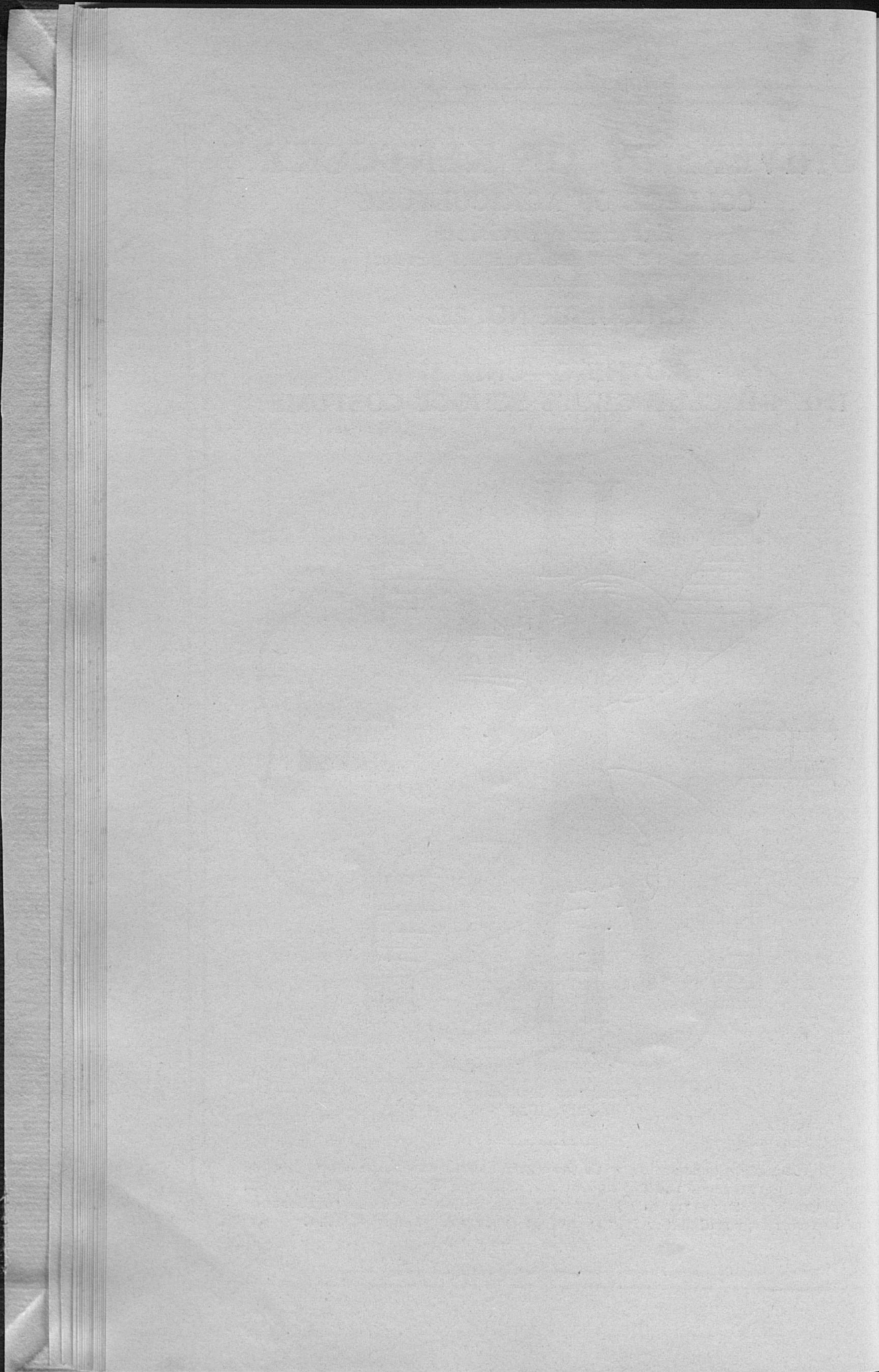
CIRCULAR NO. 253

CLOTHING—UNIT II
THE 4-H CLUB GIRL'S SCHOOL COSTUME.



Lexington, Kentucky
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Clothing—Unit II **The 4-H Club Girl's School Costume.**

By ANITA BURNAM and EDITH LACY

The school costume is the most important costume in a club girl's wardrobe. Five days out of seven she will wear a school frock. It is only reasonable, then, that she will want her school clothes to be her most serviceable, becoming and comfortable outfit.

This unit has been designed to help each girl study her own problems in being well-dressed for school. To be well-dressed involves not only the garments worn, but the entire personal appearance, including care of the body, a graceful poise and good posture. No beauty of dress can overbalance a lack of attention to personal hygiene.

ORGANIZATION OF THE CLOTHING PROGRAM.

1. LEADERSHIP.

Before a clothing project may be organized in a community there must be at least five girls between 10 and 18 years of age who are interested in this project. It is then necessary for the extension agent to assist this group of girls to procure their leader. This leader must be an adult, an older club girl, or a Utopia Club girl, who is interested in the girls of her community and who is willing to devote sufficient time to this work, to ensure successful completion. This project leader must have a knowledge of clothing, either thru training or experience. She may get additional information and help by attending the county leaders training schools arranged for this purpose, by personal

conferences with the county home demonstration agent and by writing to the State Club Office, Lexington. For best results there should be an assistant leader for every ten girls. Girls in their teens, who have had clothing training thru 4-H Club work, usually make satisfactory assistant leaders.

2. PARENTS' COOPERATION.

It is essential to have the interest and cooperation of parents. This may be accomplished by personal visits by leader or home demonstration agent, community meetings, and information on club work mailed directly to the parents.

3. OFFICERS.

In localities where a 4-H community club is already organized, the clothing project group automatically becomes a part of this club. These members are expected to attend and have a part in the regular 4-H club meetings once a month. If there is already a 4-H club in the community, the members in the clothing project group may care to have only a chairman or project captain and a secretary. Where clothing is the only project being conducted in the community, the members should organize themselves into a 4-H club with the usual officers: president, vice-president, secretary-treasurer, reporter and program conductor or social chairman.

4. BUILDING A PROGRAM.

A suggested program of twelve meetings is included in this circular, also blank forms for program building. It is hoped that each group will build their own program and set their own goals. By copying this program on the blank pages of this circular each girl will have a copy for reference. If a 4-H community club is not organized, social features should be included in the project group activities. Variations in the club meetings in the form of surprises add zest and stimulate endeavor.

5. PLACE OF MEETING.

Often the school is the most central place of meeting, but it may be more satisfactory to meet in the homes of the leaders

and club girls. Work tables and a sewing machine are necessary equipment.

6. FREQUENCY OF MEETINGS.

At least two meetings each month should be held during the course of the work. It may be that more than twelve meetings will be required. The length of each meeting largely will determine the number necessary for satisfactory results. Club members may prefer to meet for a short time once a week.

7. CONDUCTING BUSINESS.

Project meetings should be conducted in an orderly and businesslike fashion. The order of business, found in the Club Secretary's Book, should be followed.

8. RECORDS.

Each girl is to do her own sewing and keep a record of her work in the clothing record book which is provided by the State Club Office. The secretary is to keep a record of the attendance at meetings. She should also record special activities in which the group takes part. Many clubs enjoy compiling a club history or memory book which is both valuable and interesting. In this they may include newspaper clippings, kodak pictures, souvenir booklets, original club songs, and write-ups of awards won by the group.

9. DEMONSTRATIONS.

It is not enough for a 4-H club girl to know how to do things herself. Often she is called upon to teach others. A demonstration gives a girl valuable practice in showing what she has learned. It is one of the best educational methods. It is desirable to start with simple individual demonstrations at each club meeting and gradually grow into team work. The team demonstration creates in girls poise, the ability to think quickly and the ability to express themselves before an audience. Frequently it brings to light those qualities of leadership which are undeveloped. In addition, the team demonstration is a very

graphic way of acquainting people with the benefits of the 4-H club program and of passing on to them a knowledge of correct sewing practices. A girl, who is completing the second clothing project, may have had sufficient experience, training and skill to compete in a team demonstration contest and she should be encouraged to do so. Thru this additional training and practice, she may demonstrate skillfully even though her information is somewhat limited. Helps with the organization and training of demonstration teams for contests may be obtained from the State Club Office, Lexington.

10. JUDGING.

Being able to judge complete school outfits as well as individual garments is a real asset in the selection and making of school clothes. A girl learns to consider each garment in relation to the whole costume.

Comparison is an excellent means of discovering mistakes, of developing appreciations and of setting standards of well-made, beautiful and appropriate clothing. Girls should take pride in showing their leaders that they have learned to know and to choose appropriate clothes for school. Judging is included in the suggested program at the back of this circular. Suggestions on "Organizing Home Economics Judging Contests" may be had by writing to the State Club Office.

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UNIT II.

REQUIRED WORK.

1. Plan an entire costume suitable for school.
2. Make a school dress of wash material with set-in or raglan sleeves.
3. Make two undergarments to be worn with this school dress.
4. Select suitable hat, shoes and hose for the school costume.
5. Mend and care for your own clothing.
6. Keep an accurate record of your work.
7. Those who have successfully completed the above requirements may make an additional garment. Pajamas or gown are suggested.
8. Make an exhibit and assist the club leader in arranging the exhibit.

UNDERGARMENTS.

A. MATERIALS.

Light-weight muslin, cambric, long cloth, mercerized cotton and cotton broadcloth are good for school garments. Materials used for school undergarments should be durable. Loosely woven materials which allow evaporation and air circulation are best for garments worn next to the body. White is satisfactory for undergarments. It is economical, durable, healthful and attractive.

B. PATTERNS.

They should be well-fitting but allow freedom for active sports. They may be purchased or cut from the individual's

measurements. The design or style of these patterns should be chosen to suit the lines of the figure. The stout figure needs undergarments that confine and support her figure without binding or distorting it. She should avoid bulk by selecting plain designs with darted or gored-in fullness and flat trimmings. The thin figure needs to build-up a foundation for her outer clothing. She may select more fullness. The built-up shoulder is usually the most becoming type of shoulder line for either the stout or slender girl. Physical development is an important factor in selecting types of undergarments. In the process of growth, one portion of the figure may develop faster than another. For this reason some girls need brassieres, corselettes or girdles earlier than others.

C. STEPS IN MAKING.

1. Take correct measurements. Comfort is a major consideration. Garments that are too tight and skimpy result in discomfort and probably physical injury.
2. Test patterns.
3. Place patterns on the material.
4. Cut undergarments.
5. Make French fell seams for slips. Make flat fells for center seams of bloomers or shorts.
6. Hems and application of elastic. Make hems or casings just wide enough to accommodate elastic. A row of stitching on outer edge of hem will prevent the elastic from turning. Elastic should not be more than one-fourth inch wide and not too tight for comfort and health. It should be shrunk before using.

SCHOOL DRESS

A. MATERIAL.

Suited to the individual and appropriate for school wear. Wash material is required. Cotton is most appropriate.

B. PATTERN.

Suited to the material, occasion and wearer. It should

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have sleeves, either long or short, set-in or raglan, or a sleeveless dress with a jacket that has sleeves may prove very satisfactory.

C. STEPS IN MAKING.

1. Take correct measurements.
2. Use a tested commercial pattern.
3. Cut.
4. Fit.
5. Seams. French or plain, depending on the material and design used. Plain seams are most suitable for circular skirts.
6. Hem. Made by hand or machine, depending on the design and weight of the material. It should be inconspicuous.
7. Finishes. Study current fashion magazines. Collars and cuffs, simple decorative stitches, fitted facings, or bias binding are suggested.
8. Interesting color harmonies are not easily achieved but are well worth the effort. Combining more than two or three colors may not be wise. Consult your leader and home demonstration agent.

SCHOOL HAT

Since this hat is to be worn daily, it should be of substantial material and match or harmonize with the school coat. A hat of the same material as the coat gives a pleasing ensemble effect. Felt hats are most appropriate for school and sports wear. The tam or beret of soft felt, tweed or knitted material has been popular for several seasons and many girls have made them. Fashion trends determine shapes and cuts, but any simple durable sports type of hat is suitable for school.

In selecting a hat, remember that it is the frame for the face and becomingness is as essential as fashion.

SHOES

Since feet are the foundation of a happy disposition, let us not imprison them. Shoes that give the foot plenty of freedom are essential for comfort. In selecting your school shoes remem-

ber the following characteristics of a healthful shoe: (1) straight inner line, (2) broad, low heel, (3) broad and long enough to accommodate the foot without squeezing, and allowing for spread of the foot in walking. Dark leather oxfords of black or brown are suitable for school or sports wear.

HOSIERY

The size of the stocking should be of as much consideration as the size of the shoe. It should permit freedom of movement without wrinkles. When holes appear too quickly in the toe, it is an indication that the stocking is too short. Wrinkle imprints on the foot may indicate that the stocking is too long.

Lisle or mercerized cotton stockings are serviceable, economical and in good taste with cotton school and sports dresses.

It is wise to decide on one or two shades that go well with one's school outfit and buy only these colors. Buying two pairs exactly alike is economy for if one stocking wears out the extra one can be used to lengthen the life of the other pair.

CARE OF HOSIERY

1. Wash new stockings before wearing them.
2. Wash them each time they are worn and as soon after removing as possible. Perspiration rots the fiber.
3. Mend thin places as they appear.
4. Mend holes as soon as they appear. This often prevents runners.
5. All thread used for mending should match exactly the shade of the hose.

If the foregoing points are observed the hosiery bill will be reduced and personal standards of good grooming will be raised.

CARE OF CLOTHING

For instructions in darning and patching see *Clothing Manual*. To be well-dressed a girl must know not only how to select her clothes but how to care for them properly. Keeping one's clothing clean, free from wrinkles, well pressed and mended is a prerequisite of good grooming.

ELECTIVE GARMENT

A nightgown, pajamas or a similar garment may be chosen. Since pajamas are popular now, many girls choose them.

PAJAMAS

A. MATERIALS.

Cotton prints, cotton crepe or pajama check are very attractive and durable. Colored pajamas are much in vogue.

B. PATTERNS.

Two-piece or one-piece style may be selected.

C. STEPS IN MAKING.

1. Place the pattern on the material and cut.
2. Make the seams. (Flat fell desirable.)
3. Make fitted yokes and neck facings.
4. Trim the garment with bias binding, contrasting material, plain stitching or other finishes.

SUGGESTIONS FOR CLOTHING PROJECT MEETINGS

UNIT II.

FIRST MEETING.

Business
Discussion.

Work.
Home Work.

ORGANIZATION AND PLANNING.

Election of officers.
Requisites of a well-chosen school outfit
—Home Demonstration Agent.
Work box and equipment.
Passing the sewing machine test.
Study patterns and materials suitable
for school underwear. Procure pic-
tures and samples for the next meet-
ing.

SECOND MEETING.

Demonstration.

Work.

Discussion.

Home Work.

PATTERNS FOR UNDERGARMENTS.

Testing patterns—Leader.
Taking correct measurements—Leader.
Cutting patterns. (Patterns supplied by
the leader.)
Designs for the stout and for the
slender.
Suitable materials for undergarments.
Purchase material for bloomers, costume
slip or both.

THIRD MEETING.

Demonstration.

Work.

Discussion.

Home Work.

UNDERGARMENTS.

Placing patterns on material—Leader.
Seams for bloomers, panties or bras-
sieres—Home Demonstration Agent.
Seams for costume slips or petticoats—
Home Demonstration Agent.
Cutting one undergarment.
Good taste in undergarments.
Make seams in garments.

FOURTH MEETING.

Business.

UNDERGARMENTS.

Planning a team demonstration. Dis-
cussing suitable topics.

- Demonstration. Finishes suitable for school undergarments—Leader.
- Work. Making finishes on one undergarment.
Cutting the second undergarment.
- Discussion. Laundering undergarments.
Personal standards of cleanliness.
- Home Work. Complete one undergarment and make the seams on the second one.

FIFTH MEETING. UNDERGARMENT. DARNING.

- Demonstration. Darning a stocking—Leader.
- Discussion. Types of shoes and hose for school wear—Club girls.
- Work. Making finishes on the second undergarment.
- Home Work. Darn a pair of stockings. The stockings and material for a patch are to be taken to the next meeting.

SIXTH MEETING. CARE OF CLOTHING.

- Demonstration. Making a hemmed patch—Leader.
Choosing becoming colors—Home Demonstration Agent.
- Work. Making a patch.
- Discussion. Care of clothing—Club girl.
Designs and materials suitable for the school dress—Leader.
- Home Work. Patch a garment. Select the design and material for the dress.

SEVENTH MEETING. SCHOOL DRESS.

- Demonstration. Alteration of patterns. Seam finishes—Leader.
- Work. Alteration of the dress pattern. Placing the pattern on material. Cutting.
- Discussion. Designs suitable for types. Finishes for dresses.
- Home Work. Baste the seams in the dress. Darn stockings.

EIGHTH MEETING.

SCHOOL DRESS.

Demonstration.

Attractive two-color harmonies—Home Demonstration Agent.

Correct joining of bias—Leader.

Fitting a dress—Home Demonstration Agent.

Work.

Fit the dresses. Make the seams.

Discussion.

Accessories for the school costume.

Home Work.

Select materials for finishes, such as bias binding or embroidery floss.

NINTH MEETING.

SCHOOL DRESS.

Demonstration.

Methods of applying bias bindings—Leader.

Work.

Applying the finish to the dress.

Discussion.

The well-dressed school girl—Club girl.

Materials and patterns for the pajamas or an additional garment.

Home Work.

Complete the dress and undergarments for the next meetings. Buy material for pajamas.

TENTH MEETING.

PAJAMAS.

Demonstration.

Judging school outfit of dress and undergarments—Home Demonstration Agent.

Work.

Judging Contest—Conducted by the leader.

Cutting the pajamas.

Home Work.

Make seams in pajamas. Complete any unfinished garments.

ELEVENTH MEETING.

PAJAMAS.

Business.

Planning the exhibit.

Demonstration.

Cutting and applying a fitted facing—Club girl.

Making pajamas.

Work.

Checking-up each record book—Leader.

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 your club goals.

CLOTHING PROJECT PROGRAMS 193.....

FIRST MEETING

Date.....

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

Date.....

Business

.....

Demonstration

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Discussion

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Work

.....

Home Work

.....

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THIRD MEETING

Date.....

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

Date.....

Business

Demonstration

Discussion

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SEVENTH MEETING

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