

# CLOTHING Project for 4-H Clubs

## SCHOOL FROCKS

- cotton fabrics
- simple patterns

Circular 384

UNIVERSITY OF KENTUCKY

College of Agriculture and Home Economics

Extension Service . . . Thomas P. Cooper, *Dean and Director*

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## 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.

Lexington, Kentucky

October, 1942

# SCHOOL FROCKS

## Clothing Project for 4-H Clubs

By EDITH LACY, DOROTHY THRELKELD, and ANITA BURNAM DAVIS

School will be much more fun if you wear clothes which you like and which your friends admire. You can have more clothes and more becoming and individual garments if you make them. This project is to help you select and make such clothes.

### WHAT TO DO IN THIS PROJECT

#### Head H or study group

1. Learn how to select a school costume; dress, undergarments, shoes, other accessories.
2. Study methods of making a cotton dress and slip. Give attention to the use of the pattern, cutting, and seam finishes.
3. Learn how to repair school clothing.

#### Hand H or work group

1. Select patterns and materials for a cotton school dress and slip.
2. Make dress and slip.
3. Repair own clothing for at least one month.
4. Keep record of work.

### SELECTING A SCHOOL COSTUME

#### Material

Because every girl is different from other girls and wants the most enjoyment from her clothes, she will select them to harmonize with her own personality. In making selections she will consider material, color, design, pattern, and accessories. Club girls want clothes that are attractive and require the minimum of care. Simple cotton dresses meet these requirements. Percales, seersuckers, gingham or some of the feed sacks are suitable materials, as they launder beautifully and are comfortable. Cotton materials come in many attractive designs and a variety of colors. Heavier feed sacks may be used for dresses and lighter weight ones for slips. White ones may be used as they are for both dresses and slips or may be dyed for dresses. Many of the printed ones are lovely in texture, color, and design, and if printing is removed, make attractive dresses. To remove printing, rip the sack apart, soak in cold water, wash in warm water with strong soap. If necessary, soak in warm water with soap and kerosene; wash out; and boil in strong suds. Club girls who have sacks will be smart and thrifty to use them in the clothing project.

### Color

To choose a becoming color one must know a little about color. There are three primary or basic colors. From these three all others are made. The primary colors are red, yellow, blue. Black, white and gray are not colors but neutrals. Colors can be classed as "cool" colors and "warm" colors. Those which look like flame, heat or sunshine are called warm colors because they give the impression of heat. Red, orange and yellow are warm colors. Those colors which give the impression of clouds, water and grass are "cool" colors. They are blue, green, blue green and blue purple. What color does your face turn when you get very warm? What color are your lips when you are shivering with cold? Get the feel of colors and you will begin to understand them.

Study your own personal coloring, hair, eyes, and complexion, to determine whether you are in the "warm," "cool," or "intermediate" group. Usually warm colors look best on people who have dark hair and skin and brown eyes. Cool colors are more becoming to people who have light hair, fair complexion and blue eyes. When selecting a colored fabric hold it against the skin of the face to see what it does to the color of the hair, the eyes and the complexion.

Bright colors and white make any figure appear larger. Because purple, yellow, and yellow-green intensify the yellow in the skin, people with sallow complexions should avoid them. Soft, subdued colors with accents of bright color may be chosen by girls who are quiet and shy; bright colors by girls who are vivacious.

### Design

There is such a variety of designs that every girl may choose one becoming to her. Small all-over designs give the effect, at a distance, of a solid color. Flowered designs look best when made up into soft lines while the geometric designs are best suited to more tailored lines. Girls who have not had much sewing experience should avoid stripes or plaids as they require skill in matching the designs.

### Pattern

Choose a pattern which emphasizes the good points of your figure, minimizes the bad points, and is appropriate for the material to be used. Heavy materials require more tailored patterns than the lighter weight materials. Good commercial patterns are so inexpensive that it is economy for the club girl to use them. It takes a skilled person to cut a well-fitting garment without a pattern. Check your measurements with those on the pattern and buy one as near your size as possible. If any alterations are needed, make them before cutting.

### Slip

The slip is a foundation for the dress and should be similar in line and in weight. Medium weight cotton, as long cloth, nainsook, and non-cling is satisfactory, or sacks may be used. White or very light tints should be used as these launder more satisfactorily and look well under any color of dress. The two-piece slip cut on the straight of the goods meets the needs of most girls. The slip which is fitted in with darts at the waistline and bust gives a smooth, slender appearance. A shaped neckline coming to points where the straps are attached fits and looks right on most figures.

### Accessories

Shoes for school wear should be comfortable, durable, and easily cared for. Brown, black, or blue, low-heeled leather oxfords are practical and will look well with almost any school dress. Anklets, or socks, are most practical for school wear. They should be selected in colors to harmonize with the dress. Scarfs made from the same material as the dress, simple crocheted berets or plain felts are appropriate hats. Everything that is worn with any one costume is an important part of it. Therefore, wear only those accessories which are necessary to complete it.

## MAKING A COTTON DRESS

### How to use pattern

Read carefully the instruction sheet which comes with the pattern. This explains the pattern markings, seam allowances and proper placing of pattern on the material. Follow these directions carefully. Pin the pattern to the material at frequent intervals to be sure it is held in place securely. Cut with sharp shears following exactly the outline of the pattern. Cut notches out and mark darts, center front, shoulder on sleeve, and other perforations with tailor's tacks or



School dress made from  
feed sack

with tailor's chalk. Do not remove the pattern from a particular piece of material until ready to use it.

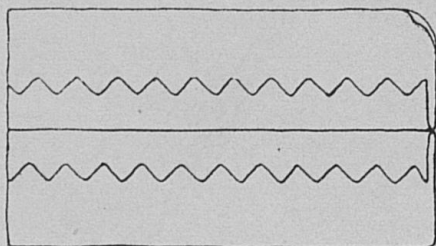
Follow the instruction sheet in putting the garment together. Remove pattern, and immediately pin pieces together, placing pins perpendicular to the edges and being careful to see that the notches are matched. Then baste exactly on seam line. When waist and skirt are basted, try on and make any necessary adjustments.

### Choosing proper seams

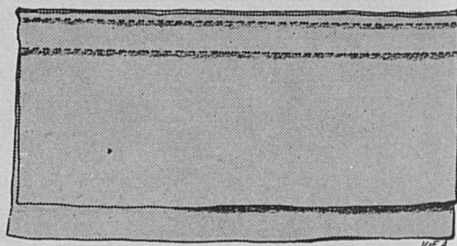
The kind of seam to use depends on the material and the type of pattern. Plain seams with some kind of edge finish are satisfactory for firmly woven cottons. Seams should be about  $\frac{5}{8}$  inch wide.

*Plain seam with pinked edges.*—If pinking shears are available, the seam edges may be pinked. Double stitching in addition to pinking should be used on seams where there will be much strain, for example, the armseye.

*Plain seam with the two edges stitched together.*—Stitch the two raw edges together about  $\frac{1}{4}$  inch from first stitching. Trim close to last row of stitching.



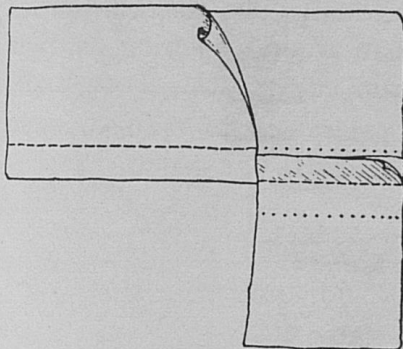
Plain seam, pinked edges



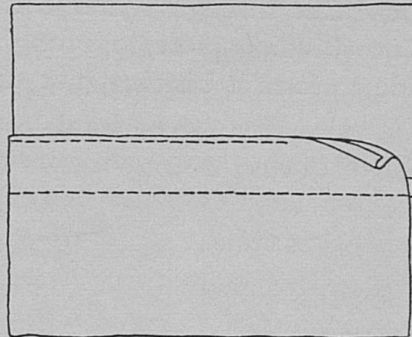
Plain seam, double stitching

*French seam.*—This is a practical seam for thin or medium weight materials and may be used for dresses or slips. It may be described as a seam within a seam. To make: place the two wrong sides of the material together, pin, baste and stitch. Trim close to stitching, turn and press. Baste, stitch again by machine  $\frac{1}{8}$  to  $\frac{1}{4}$  inch from edge.

*Stitched fell seam.*—This seam is strong and flat and is used for shorts, pajamas, and tailored garments. Two rows of stitching show on the right side. To make: place the two wrong sides of the material together with edges even. Baste and stitch the depth of the seam allowance. The upper side of the stitch comes to the right side of the seam. Trim the under side of the seam to  $\frac{1}{8}$  inch, then turn the wide edge over the narrow one. Press, baste, and stitch on outer edge. The two stitchings appear on the right side (outside).



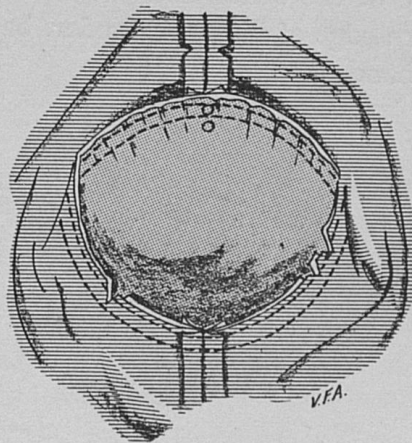
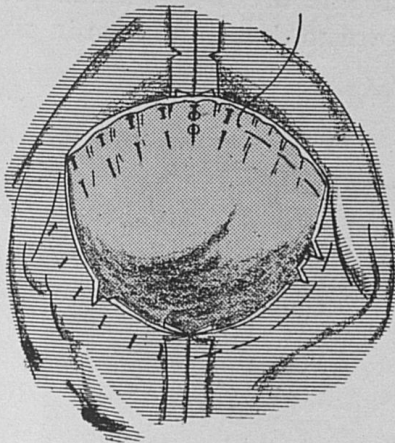
French seam



Stitched fell seam

### How to set in sleeves

Set in sleeves by sewing up sleeve seam, slip top sleeve edge through armhole of the dress, holding the inside toward you. Match notches, pin at these points, then pin at the underarm seam. Next pin at shoulder seam. Distribute fullness evenly between these points, pinning as you go, placing pins at right angles to the armseye. Baste in place, try on, stitch. Two rows of stitching  $\frac{1}{8}$  to  $\frac{1}{4}$  inch apart make a flat, substantial finish for cotton dresses.

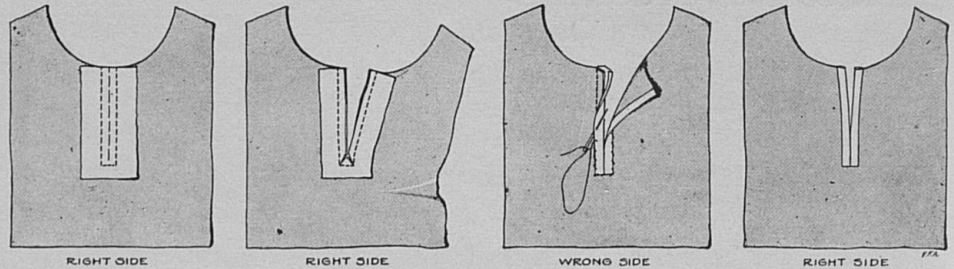


Pinning and basting of sleeves in armseye

### Making bound neck placket

Do not cut opening. Mark line for opening with a colored thread. Cut a binding for placket two inches wide and as long as desired, plus an inch. Fold the binding lengthwise through the center and crease. Baste this crease to the blouse along the colored thread marking. Stitch one-fourth inch from this line on each side and across the bot-

tom. Cut through center line and diagonally out to each corner. Turn binding piece to wrong side. Baste around opening on right side to form a binding, not turning seam edges back. Turn under

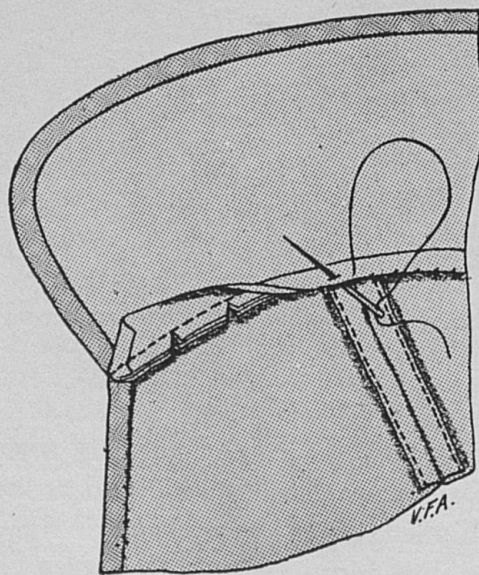


Bound neck placket

raw edge of binding on wrong side and hem to machine stitching. Stitch across the end of the binding on wrong side, where it joins the garment, but do not stitch through blouse.

#### Attaching collar

To join collar to dress match notches and pin in place. Cut a narrow bias strip for covering the raw edge of the collar. Baste one edge of the collar and the bias strip to the dress. Stitch and press. Turn edge of bias strip under, baste down to dress, and hem in place by hand.

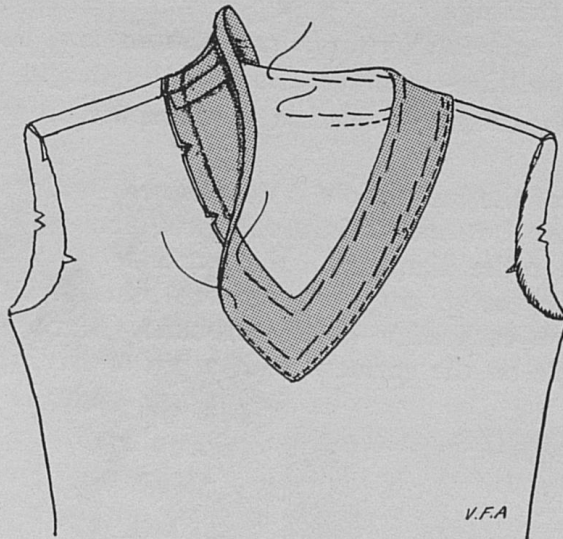


Join of collar



### Applying neck facing

Cut neck facing using the neck of the blouse for shaping the inside edge of the facing. Allow for shoulder seams. Stitch shoulder seams together. Place facing right side down to the inside of the neck edge, baste and stitch. Clip seam allowance and turn facing to

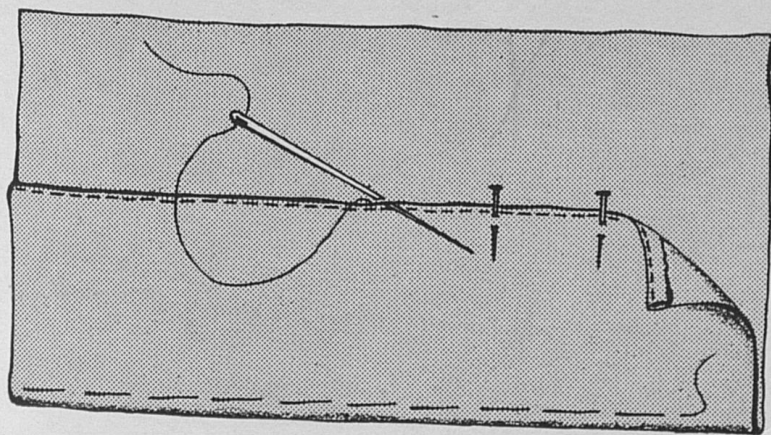


Fitting facing of dress

right side of garment, basting along neck edge. Turn under lower edge, press, baste and stitch down.

### Hemming the dress

Put the dress on and stand straight while someone with a yardstick measures the correct length of the skirt. Mark length with a row of pins as the measuring is done. Take dress off, turn hem on



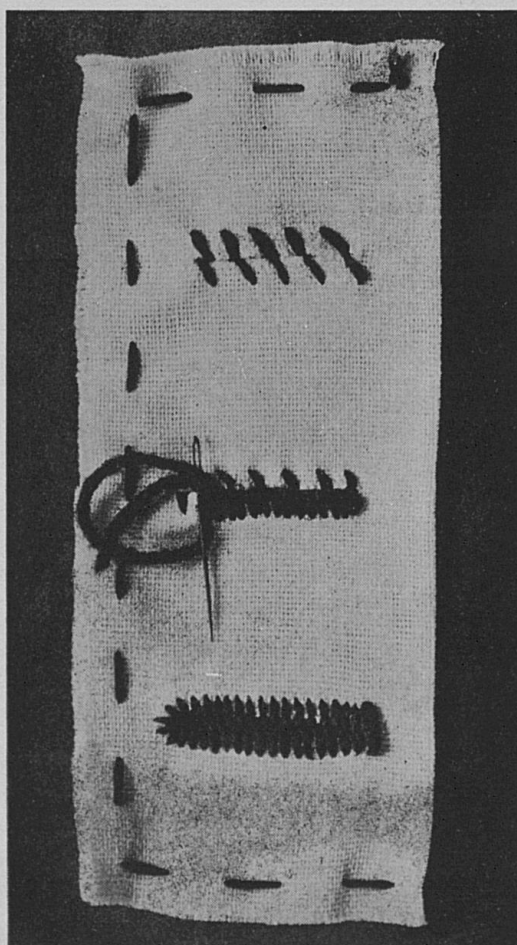
Dress hem

line of pins, and baste on bottom edge of hem. Then, using a paste-board gage for depth of hem, trim off extra material at the top of hem. Turn top edge of hem down once, and stitch by machine along the edge. Pin hem in place, baste, and hem by hand with slipstitch. Put in any fullness in small darts or gather it.

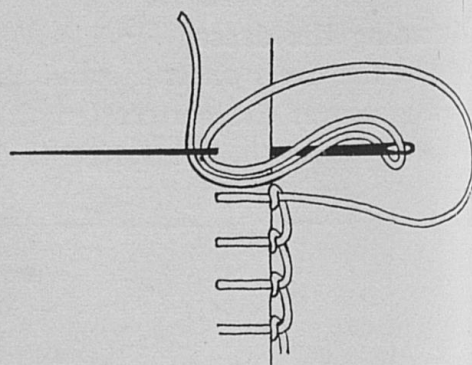
### Making the fastenings

*Cutting and working buttonholes.*—Buttons and buttonholes are decorations as well as fastenings. Buttonholes should be well made and their size should be in relation to the space on which they are used.

1. The size of the buttonhole is determined by the size and thickness of the button. It is usually cut about  $\frac{1}{16}$  of an inch longer than the diameter of the button.
2. Determine the spacing between the buttonholes and the distance from each edge of hem or band. Mark position of the buttonhole on the garment with a pin or basting.



Steps in making a buttonhole

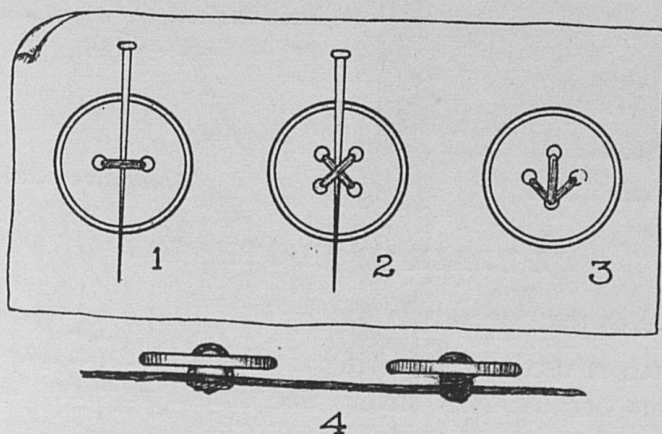


Buttonhole stitch

3. Cut buttonhole along a warp or woof thread as it is much harder to work on a bias.
4. To strand or outline a buttonhole, stretch the slit across the finger perpendicular to the length of the finger. Always keep the slit in this position throughout the process. Insert the needle above the end of the cut which is farthest from the edge of the garment leaving the end of the thread about  $\frac{1}{8}$  inch from the slit. Bring the needle out at lower edge of buttonhole, and make a second stitch from these two points. The width of this stitch determines the width of the finished buttonhole.
5. Overcast edges just inside of the stranding thread to prevent raveling. (Buttonholes are always made through two thicknesses of material.)
6. For buttonhole stitch see illustration. The buttonhole stitch should be the same depth as the stranding. Slant buttonholing where over-casting stops.

*Sewing on buttons.*—Sew buttons on with a heavy single thread. After taking first stitch through the eye of the button, insert a pin and continue sewing over the pin until the button is secure. Bring needle out under button, remove pin and wind thread around the stitches that hold the button, thus forming a shank. Take thread to wrong side of material and fasten. See illustration.

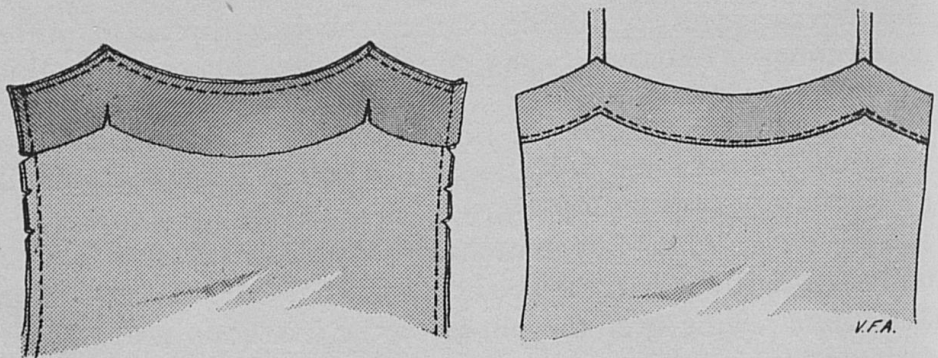
*Preparing carriers for belts.*—Use small strips of the dress material. Stitch strips together on the wrong side and turn. Sew these belt loops to frock with small stitches. Chain stitch or buttonholed carriers may be made.



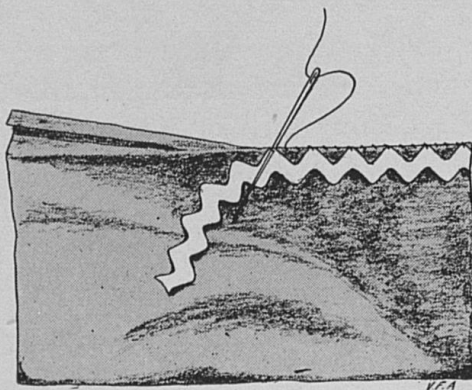
1. Two-eye button showing stitches taken over pin
2. Four-eye button showing stitches taken over pin
3. Crow'sfoot method of decoration
4. Side view showing shank

### Finishing neck of slip

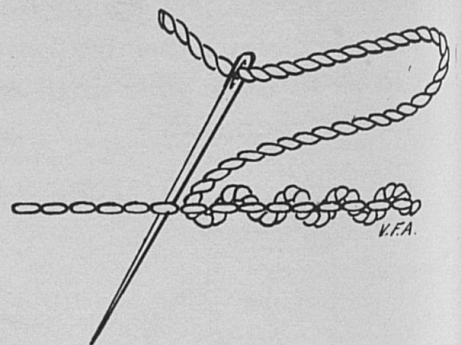
Cut a shaped facing using the slip pattern. This facing may be turned either to the right or the wrong side. If turned to the right side put it down with a decorative stitch, or a long machine stitch, and decorate it with embroidery thread woven over the stitches. If turned to the wrong side hem down by hand. A French hem is especially good for neck lines on slips. It is a narrow edge finish resembling a French seam on the wrong side of the material, and showing no stitches on the right side.



Fitted facing for slips



French hem

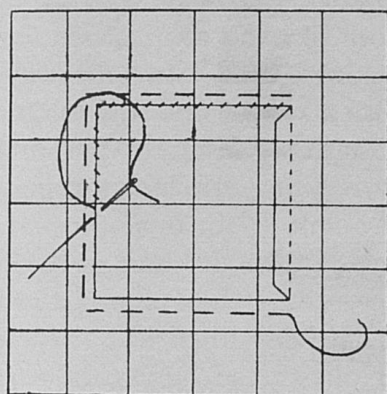


Decorative stitch

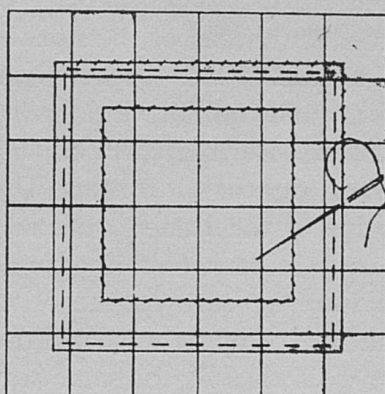
## REPAIR OF CLOTHING

### Putting on hemmed or set-on patch

This patch is used for repairing undergarments or practical outside garments because it is strong and stands repeated laundering. Usually it is square or oblong in shape. Cut away the irregular worn part around the hole leaving it square or oblong. The patch should be of the same material as the garment. If the garment is faded, the



A - Right side



B - Wrong side

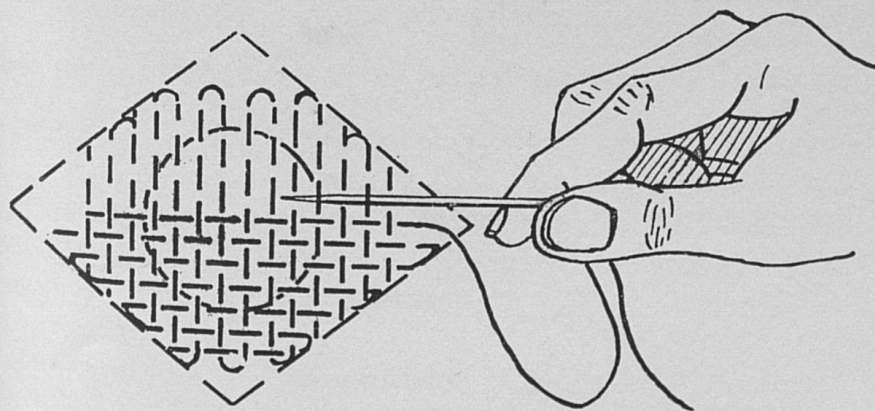
## Set-on patch

patch should be washed until it is the same color as the garment. If there is design in the garment, as plaid or stripes, the design should match. Cut the patch carefully, following the thread of the material,  $\frac{3}{4}$  inch larger on all sides than the hole, which means that the patch is  $1\frac{1}{2}$  inch wider and longer than the hole. Lay the right side of the patch to the wrong side of the garment. See that all margins are exactly even; then pin and baste carefully into position.

Turn garment to right side, cut with diagonal slashes at all four corners  $\frac{1}{8}$  inch deep. Turn edges of garment material under  $\frac{1}{8}$  inch all around hole; baste, then hem to patch; take care to make square corners. Turn to wrong side. Turn under edge of the patch  $\frac{1}{2}$  to  $\frac{1}{4}$  inch all way around; baste and hem to garment with fine stitches.

## Darning a stocking

Darning is replacing worn or torn threads with a weaving stitch. Tears in cloth may be darned as well as holes in stockings and other



Stocking darning

knitted fabrics. When darning a stocking use the darning cotton that matches the thread of the stocking in both size and color. Use a long-eyed needle. Place darning inside stocking; trim away the ragged edges around the hole and encircle it with a row of fine stitches; baste an outline. Darn lengthwise with the ribs of stocking first, beginning at lower righthand corner. Use short running stitches, turning at the edge of the basted outline. Leave about  $\frac{1}{8}$  inch of the thread in a loop at turn to allow for shrinking. When the hole is reached catch into the edge on the other side; continue the running stitches to the line. Repeat until all the space has been filled in. Turn and fill in woof threads the same way, "over one thread, under the next." Repeat, taking up alternate threads until darn is finished. Remove basting thread. When a thin spot shows in the foot of a stocking a few rows of darning will often reinforce the spot so that the hole does not appear.

4-H RECORD — SCHOOL FROCKS

The record of \_\_\_\_\_  
(name) (age)  
 \_\_\_\_\_ Kentucky  
(county) (town)

Describe salvaged materials used in your costume or other economy features. \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

ARTICLES

COST (money spent)

Dress—

\_\_\_\_\_ yds. at \_\_\_\_\_ per yd.

Other items

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Slip—

\_\_\_\_\_ yds. at \_\_\_\_\_ per yd.

Other items

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_ Total

List repair of School Clothes—

Garments patched \_\_\_\_\_ Sox darned (prs.) \_\_\_\_\_  
(number) (number)

Buttons sewed on \_\_\_\_\_ Other \_\_\_\_\_  
(number) (describe)

Have you made garments other than those required in this project?

\_\_\_\_\_. If so, describe \_\_\_\_\_  
 \_\_\_\_\_

On the back of this page write a brief story about your work to accompany this record.

Date: \_\_\_\_\_ 194\_\_\_\_. Signed: \_\_\_\_\_  
(Club member)

Approved: \_\_\_\_\_  
(Project leader)

Approved: \_\_\_\_\_  
(County extension leader)

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

Cooperative Extension Work in Agriculture and Home Economics: College of Agriculture and Home Economics, University of Kentucky, and the United States Department of Agriculture, cooperating. THOMAS P. COOPER, *Director*. Issued in furtherance of the Acts of May 8 and June 30, 1914.