

CLOTHING Project for 4-H Clubs

"DRESS-UP" COSTUME

for well-groomed
4-H club girls



Circular 387

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.

Lexington, Kentucky
October, 1942

“DRESS-UP” COSTUME

Clothing Project for 4-H Clubs

By EDITH LACY, DOROTHY THRELKELD, and ANITA BURNAM DAVIS

Club girls like to have one or more dresses (with accessories) that are not given hard wear, and can be kept fresh for Sunday or dress-up occasions. If you plan carefully, buy wisely, sew neatly, wear your clothes well, and are well groomed, you will be well-dressed. Follow the suggestions in this project to achieve this goal.

WHAT TO DO IN THIS PROJECT

Head H or study group

1. Learn how to plan a costume for best wear.
2. Study good posture, grooming, and how to achieve them.

Hand H or work group

1. Select and make a costume for best wear: cotton, silk, or rayon dress; a slip; accessories (purse, hat, belt, or other accessory to complete the costume).
2. Make clothing inventory.
3. Keep record of work.

SELECTING A DRESS-UP COSTUME

How to choose

Just what kind of a dress do you really need? The wise club girl will look over the dresses in her wardrobe to find the ones that are serviceable as they are, and the ones that can be renovated. She will then list her activities. The inventory sheets in this book will help. With all these facts in mind she will decide what kind of a dress she needs. She may make over the party dress she wore last year into a street-length dress for church wear; she may renovate a silk or rayon dress that is no longer wearable as it is; or she may make a dress of new material for dress-up wear.

If a summer dress is needed, nothing could be smarter than a sheer cotton-dimity, batiste, powder puff muslin, or dotted swiss. If a winter dress is needed, a rayon that will harmonize with her winter coat would be an excellent choice. Having taken an inventory of her clothing she will know what accessories are needed for her dress-up costume.

INVENTORY OF WARDROBE

List your garments under the appropriate headings. Name each garment or number it so that you will know later which one is referred to. For example, "blue wool dress" would be listed under the heading "Dresses."

Garment	Wear-able	To be dis-carded	Needs the following repairs
Outer garments Dresses			
Sweaters and blouses			
Skirts			
Coats			

INVENTORY OF WARDROBE (continued)

Garment	Wear-able	To be dis-carded	Needs the following repairs
<i>Undergarments and accessories</i>			
Slips			
Panties			
Brassieres			
Shoes			
Hats			
Purses			
Gloves			

Selecting a fabric

Cotton.— 1. Material which has been preshrunk will be so marked on the selvage. The word “sanforized” may appear. This means the fabric has been scientifically shrunk. Look for this. A cotton which has been sanforized will shrink very little when it is laundered.

2. Gently rub a small section of a fabric between the fingers to determine the amount of starch or “sizing” in it. This test will cause excessive starch to sift out and, if poor quality material, reveal widely spaced threads. Many times starch is put into the fabric to make it appear more closely woven. The less the sizing the better the material.

3. Fabrics in which the warp (lengthwise) and woof (crosswise) threads are of the same size and number per square inch have better wearing qualities than fabrics in which there is a great difference in the number of warp and woof threads. Heavy cords or threads running through the fabric decrease the wearing qualities.

Rayon.— Some think of rayon as a type of cloth or fabric that comes in many textures, weights, and finishes. Actually, it is the basic material from which these fabrics are made. It is a textile fiber made by a chemical process. It has its own individual qualities just as cotton or any other fiber. Nature supplies the principal raw material from which rayon is made—cellulose. The three processes for converting cellulose into rayon differ widely but in any case the manufacture is divided into three parts: (1) Changing cellulose into liquid form; (2) drawing the liquid into very fine streams; (3) changing the liquid streams into solid filament and combining them into yarn.

Rayon can be dyed and woven into a variety of materials. The 4-H Club girl will find rayon fabrics more difficult to sew than the cotton fabrics on which she has been working. It frays readily when cut and slips easily. In choosing rayon fabric for the dress-up costume select a firmly woven material. Some rayon fabrics launder satisfactorily; others do not. Those which do are more practical for club girls. Rayon should be pressed with a warm iron, but never with a hot one. Rayon when wet should be handled very carefully as the yarn then is not strong.

Choosing a pattern

For tall, thin girls who wish to look both shorter and heavier—
Select soft, draped clothes rather than close-fitting ones
Use contrasting two-piece dresses
Use wide belts of contrasting color
Use broadening lines, as wide panels in skirts, capes, yokes in skirt or waist of dress

For tall, overweight girls who wish to look shorter and more slender—

Select simple, well fitted clothes with a minimum of detail
 Select diagonal lines which add neither height nor width

For short, thin girls who wish to appear taller and heavier—

Wear clothes in scale with figure, fabrics with small patterns

Wear small accessories as jewelry and purse

Select soft, fluffy fabrics

Avoid close-fitting dresses that accentuate thinness

Avoid too high heels and high-crowned hats

For short, stout girls who want to look taller and thinner—

Wear simply designed clothes

Omit trimming details such as ruffles, bows, folds, and draperies

Emphasize vertical lines in dress

Keep the center of interest near the face to emphasize height

Wear narrow belts of the same color and fabric as the dress

Avoid bias cuttings, contrasting cuffs and gloves, and large-but-toned sleeves

MAKING A DRESS-UP COSTUME

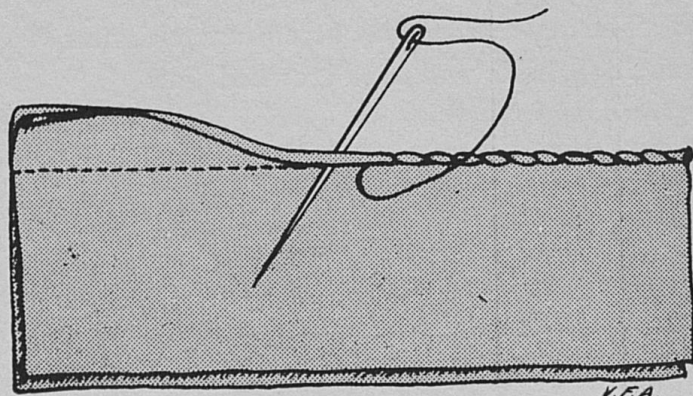
Follow the suggestions given in Circular 384, "School Frocks," for placing pattern on fabric, cutting, pinning, and basting.

Using proper seams

<i>Location of seam</i>	<i>Type of seam for sheer cotton</i>	<i>Type of seam for rayon</i>
Side seams of blouse, skirt and shoulder seam of blouse	Small french ($\frac{1}{8}$ "- $\frac{3}{16}$ " finished	French ($\frac{1}{4}$ " double stitched and overcast
Bottom of sleeves	Rolled or french binding	Rolled or french binding
Armseye	Mock french	Double stitched and overcast
Joining of skirt, blouse and curved seams	Lapped seam with stitched edges	Lapped seam with stitched edges

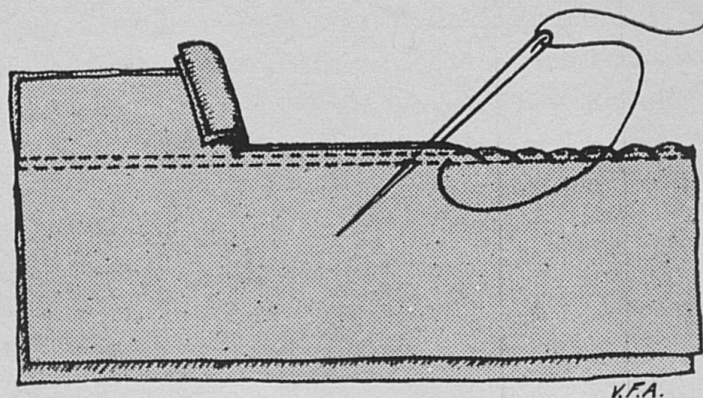
Making seams

Rolled seam.— Stitch as for a plain seam, trim, roll, cut and whip the raw edges. Dainty but strong for sheer materials. May be used on collar, sleeve and ruffled edges.



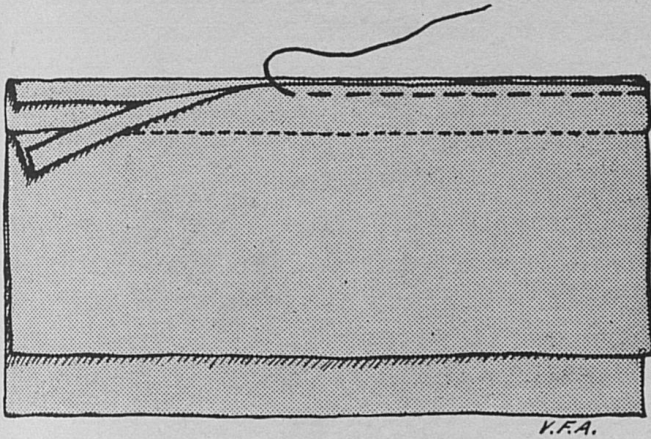
Rolled seam

Stitched and whipped seam.— Sew with two rows of stitching very close together. Trim and whip. Used for chiffons and other soft, sheer fabrics.



Stitched and whipped seam

Mock french seam.—Stitch seam on wrong side. Then fold the two raw edges in toward machine stitching and put together by hand with a running stitch or overcasting. Satisfactory for sheer material that has little body, as voiles and rayon sheers.



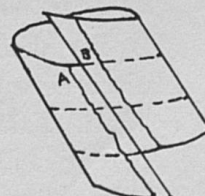
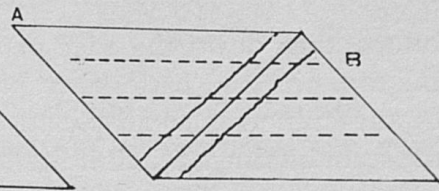
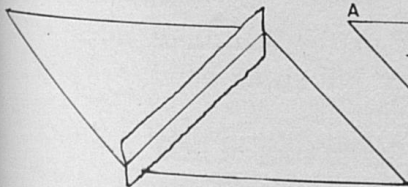
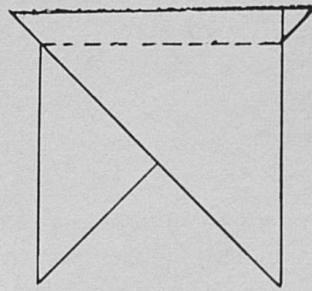
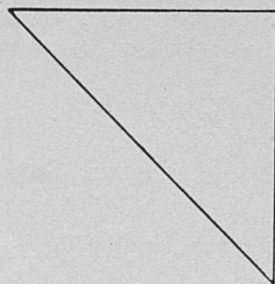
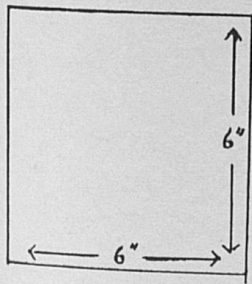
Mock french seam

Neck finishes for sheer cotton or rayon

Put on the collar with bias facing; use french binding or fitted facing.

Continuous bias

To cut a continuous bias, measure exactly on the warp and wool threads, a square of material at least 6 inches on a side. Cut out on

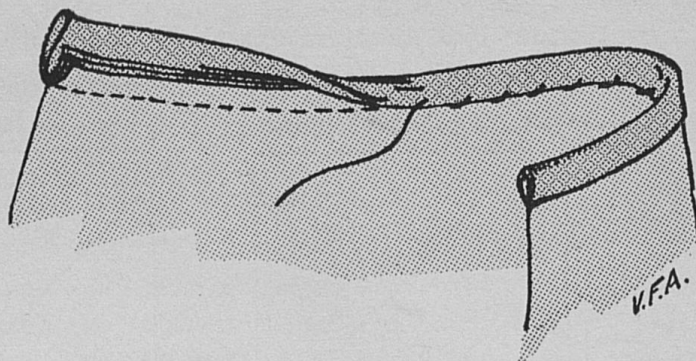


Cutting a continuous bias

thread of material. Bring one corner across to the opposite corner and crease on the fold, thus forming a triangle. Cut on fold line. Place one side of one triangle to side of second triangle as shown in diagram. Stitch, open seam and press. With gage mark on wrong side desired width of bias. Holding *right* side of material next to you, bring corner marked *A* to line marked *B*. Match other lines, form a tube, stitch and press seam open. Cut on lines. Thus you have a continuous bias which is perfectly matched. A 6-inch square makes about $1\frac{1}{2}$ yards of bias $\frac{1}{2}$ inch wide.

Double fold or french binding

Cut a bias strip 4 times as wide as the finished binding will be, plus $\frac{1}{2}$ inch. Fold double and stitch both raw edges to the right side of the edge that is to be bound. Turn to wrong side as shown in the illustration and hem down to the machine stitching. In pressing the garment, press up to the binding but do not press it down flat. The french binding is used on neck, sleeves, and other edges of silk or sheer cotton dresses, slips and sleeping garments.



French binding

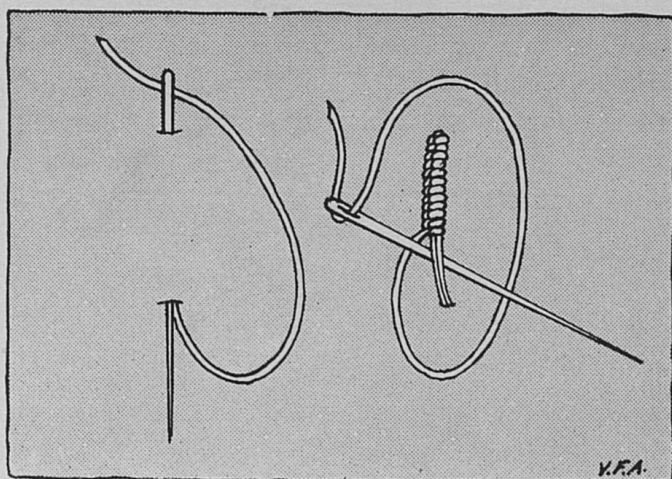
Skirt finish

For sheer cottons, turn down the edge of the hem once, machine stitch close to the top, pin, and baste; then put in by hand with slip stitch. Take out any fullness in small pleats.

For rayons use seam binding. Stitch it flat to edge of hem; then put it in by hand as other hems, if method for the sheer cottons is not suitable.

Fastenings

Sheer cottons may be fastened with buttons and worked buttonholes or with buttons and thread loops. Thread loops are best used on closings that do not receive much strain. Make several stitches the length desired, then work over these threads with buttonhole stitches. Loops for supporting belts may be made in like manner.



Thread loops

Preparing an old garment

Rip an old garment carefully, cutting the stitches with the scissors or with a razor blade rather than pulling the thread. Mark the lengthwise thread of each piece with a basting thread. If the fabric is washable, wash it; if not have it dry cleaned. Be very careful in handling not to stretch or pull it. Iron on the wrong side. Material in which there is very little difference between sides may be reversed and re-made with the opposite side out. In cutting a garment from an old one lay the pattern on the right thread of the fabric just as if it were new material.

UNDERGARMENTS

Making a slip

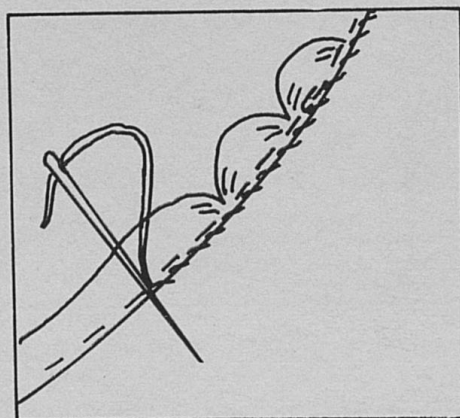
Material.—The material and pattern for the slip will be determined largely by the material of the dress. Use mercerized or non-cling cottons with cotton dresses. Rayons and silks are best with silk and wool. Choose the color to harmonize with the color of the dress. White or very dainty colors are usually best under sheer materials.

Pattern.— Pattern for slip should conform to lines of dress. Full skirts may require full slips. Slips worn with dressy costumes may have dainty trimmings, as lace edging or hand finishes.

Seams.— Use french seams for soft fabric, if slip pattern is simple with seams only on sides; use a plain seam restitched flat on right side for princess or slips with several panels; use flat fell for materials which fray easily.

Neck finishes.— French binding, shell edge and fitted facings are economical and attractive. Lace is appropriate for dressy slips.

Hem finishes.— Small hem ($\frac{1}{4}$ ") stitched by machine on edge and on fold, shell edge, or rolled hem with lace.



Shell edge

Shell edge.— Turn the hem $\frac{1}{8}$ inch wide on the wrong side. Crease and baste. Insert the knot on the under side of the hem; work from right to left. Take two hemming stitches in hem, then take a buttonhole stitch over entire hem. Pull this stitch tight, crumpling material. Repeat until entire hem is finished. This makes a tiny scalloped hem which is attractive on fine underwear, blouses and children's garments.

Shell tucks.— Make as any hand-made tuck except at even intervals a buttonhole stitch is taken over the edge of the tuck. The length of the shell should be twice the width of the tuck.

What to look for in ready-made underwear

Club girls usually make only the slip. Other undergarments needed may be selected ready-made. Close-fitting panties, a brassiere, and girdle will probably complete the costume. When you buy these garments check them, as you do the garments you make, on the following points:

Color.— Harmonizes with dress. Pale enough to be worn with lighter dresses. Will not fade with washing.

Fabric.— Material has the following characteristics so that it makes the proper foundation for the dress; smooth, firm, slick surface, threads do not slip when pulled between thumbs.

Design.— Suited to the dress with which it is to be worn. Skirt of the slip is wide enough for comfort. Cut on the right direction of goods. (If on bias, center front and center back are on true bias. If straight, center back and center front are on lengthwise thread.)

Fit.— Slip and panties fit smooth at waist and hips. Straps of slip right length. Skirt proper length for dress.

Construction.— Seams securely stitched so they will not fray. Seams smooth and flat. Straps well put on. Decoration or trim will wear and launder well.

CHARM AND BEAUTY THROUGH A HEALTHY, WELL-GROOMED BODY

Many feel that one has to be born beautiful. However, if you look around you, you will find that this is not the case. Start checking on your friends and acquaintances to see if a great deal of their charm is not a result of a beautifully cared-for body, immaculate and attractive clothing, and a happy, radiant personality. Being well-groomed means that one is clean and neat. Everyone who gives attention to his body improves his appearance and personality. Start with the inner body. Plenty of rest, right food, exercise, proper elimination, and pleasant thoughts keep the body in good condition. Without health it is difficult to keep interested in caring for the body, in maintaining good posture, and showing response to grooming. A program for good grooming should include:

1. Cleanliness in every way: daily bathing; proper use of deodorants; care of the skin; make-up of the face; scrubbing and manicuring the nails; regular shampooing; brushing and arranging the hair; daily brushing and care of the teeth.
2. Repair and care of clothing: snaps and fasteners on clothing; hems in skirts; darned hose; undergarments and hose washed daily; other clothing clean and free from spots, well pressed; immaculate accessories; shoes clean and shined.
3. Clothing well-fitted and carefully put on: petticoat proper length; slip straps clean and not showing; stocking seams straight; plackets straight and not gaping; buttons fastened.

4. Good posture: sit, stand, and walk with body well poised and balanced. Make it a habit.

If a girl carries through this scheme for a healthy well-groomed body and has her mind lighted by happy thoughts, no doubt she will be beautiful.

4-H RECORD—DRESS-UP COSTUME

Record of _____
(Name) (Age)

Describe the costume you have made: _____

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

List additional garments made for yourself and others: _____

What have you done to improve your health and your grooming? _____

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.

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10M-10-43