

Clothing Project for 4-H Clubs

UNIT III

CIRCULAR NO. 339



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ORGANIZATION OF THE CLOTHING PROGRAM

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 the subject. It is then necessary for the extension agent to help this group to find a 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, willing to devote sufficient time to this work to ensure successful completion and has a knowledge of clothing.

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

Place of Meeting. Often the school is the most central place of meeting, but it is usually more desirable to hold the project lessons in homes where work tables and a sewing machine are available.

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

Records. Each girl is to do her own sewing and keep the clothing record and account. The project captain is to keep a record of the attendance. She should also record special activities in which the group takes part.

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 her valuable practice in showing what she has learned. It is desirable to have simple individual demonstrations at each club meeting. Team demonstrations often start this way. See Kentucky Extension Circular 263, Demonstrations in 4-H Club Work.

Judging Clothing. Being able to judge complete outfits as well as individual garments is a real asset in the selection and making of clothes. A girl learns to consider each garment in relation to the whole. Judging work is included in the suggested programs. Kentucky Extension Circular 280, Home Economics Judging, should be used by every 4-H club girl as it contains the score cards and terminology used in judging and is a guide to knowledge of good standards.

Circular No. 339

CLOTHING PROJECT FOR 4-H CLUBS
Unit III—The 4-H Girl's Dress-Up Costume

By **EDITH LACY** and **ANITA BURNAM**

PROJECT REQUIREMENTS

1. Study your wardrobe needs. Take an inventory of your clothing.
2. Plan a complete costume suited to one of the following occasions:
 - Afternoon or church
 - Graduation or party
 - Every-day best wear
3. Make the dress planned.
4. Make at least one undergarment to wear with this dress. Additional undergarments may be made or selected to complete the costume as planned.
5. Make an additional garment—jacket or blouse.
6. Make one or more accessories. Select other accessories needed to complete the costume.
7. Keep a clothing account for the year, in the 4-H Girl's Clothing Account and Budget Book, to include all expenditures for cosmetics, personal hygiene supplies, upkeep on clothing and new clothing purchased. One page is provided for recording the itemized cost of your Unit III Costume.
8. Take part in judging clothing made by the girls in this project group.
9. Work to improve your posture and to maintain good posture.
10. Improve yourself by reading articles on good grooming and by using this information in your daily living.
11. Take part in a dress revue or local exhibit.

"In character, in manner, in style, in all things, the supreme excellence is simplicity."—Longfellow.

STUDY YOUR WARDROBE NEEDS

All girls are interested in having becoming, well-selected clothing for the activities in which they participate. The feeling that one is appropriately dressed gives self-confidence and goes a long way toward impressing others favorably. 4-H girls are learning that suitable clothing can be provided only thru careful study and planning. No matter how much or how little money is available one must study clothing needs if one may choose wisely. In deciding what to buy one considers her activities; the clothing that is appropriate for these activities; the clothing that she has on hand; and then chooses what she can afford and what best suits her individual needs.

There are clothes for all sorts of affairs; for home, school, sports, street, afternoon, church and party wear. However, this does not mean that she must have a different dress for each occasion, as one dress may answer several purposes. Most 4-H Club girls need only two types of costume, one suitable for school and one for "dress-up."

Outfits that are simple, practical, durable, becoming and easy to put on and to care for are appropriate for school, sports and street wear. Often a change of accessories may make this type of costume perfectly suitable for church or for more formal wear. However, girls like to have one or more dresses and accessories that are not given hard wear, which they can keep fresh for Sunday, party or afternoon. For this type, a dressy cotton, rayon, silk crepe, or sheer wool may be selected, depending on the season of the year, where the girl lives and the places she goes. In selecting the costume remember it is not always the wealthy girl who is best dressed, but more often the girl who plans carefully, buys wisely, sews neatly and wears her clothes well. Good posture and graceful carriage are the foundations of style.

Wardrobe Inventory

After consideration of the occasions, take a look at your personal wardrobe. List every dress, coat, undergarment and accessory on hand. This inventory, with your knowledge of coming events, will help to decide which type of costume is most needed. The wardrobe on hand probably will determine the color scheme to be chosen for the new costume. For example, if you have decided to

make a party dress and you have a perfectly good and becoming party wrap in red taffeta, you will wisely choose a material and color that harmonizes with this wrap. It is smart and economical to have a basic color.

Checking garments on hand before buying new clothing helps to determine needs and also makes one realize that some of the garments may be remodeled. Often remodeled garments are more attractive than when they were new. The inventory may awaken many girls to the realization that too much money is being spent for clothing, or for one type of clothing.

For this unit of clothing 4-H girls will make a dainty or a semi-tailored costume of cotton, silk or synthetic fabric, since the tailored wools and silks are to be made in Unit IV.

4-H girls should develop good standards of appropriate dress for all occasions thru careful planning, selecting, making and assembling the outfit that is most needed.

“Oh, I could talk for an hour, said Nell
On the psychic basis of dressing well.
It isn't a question of pocket books,
It isn't a figure, it isn't looks.
It isn't going to first-rate places.
Believe me, the thing has a psychic basis.
It's caring . . . caring a terrible lot . . .
Whether you're right, or whether you're not.”

—Alice Duer Miller

WHICH TYPE COSTUME SHALL I CHOOSE?

For Afternoon. Afternoon clothes are suitable for informal parties, simple teas, church and other occasions. They may be a dainty light-colored fabric or a dark material with decorative touches which take them out of the everyday class. An organdy collar, beads or white gloves may make a simple dark crepe dress quite appropriate for an afternoon party. For the club girl, dotted swiss, muslin, dimity, voile and organdy are suggested for summer frocks. Silk, synthetic fabrics, light-weight woolens and challis are wise winter choices.

Ask yourself these questions before deciding what type of dress to make. Could I wear this type of dress for most of the dress-up occasions? Does my wardrobe inventory show that I need such a

dress? Would a sheer cotton be best for the climate in which I live? Would this material be less expensive and easier to care for?



Do I go to many parties? Do I need a party dress with a long skirt? Could I make this long dress into an afternoon dress after wearing it for a while as a party dress? Would an afternoon dress serve as a party dress in my community? Do I need another type of dress more?

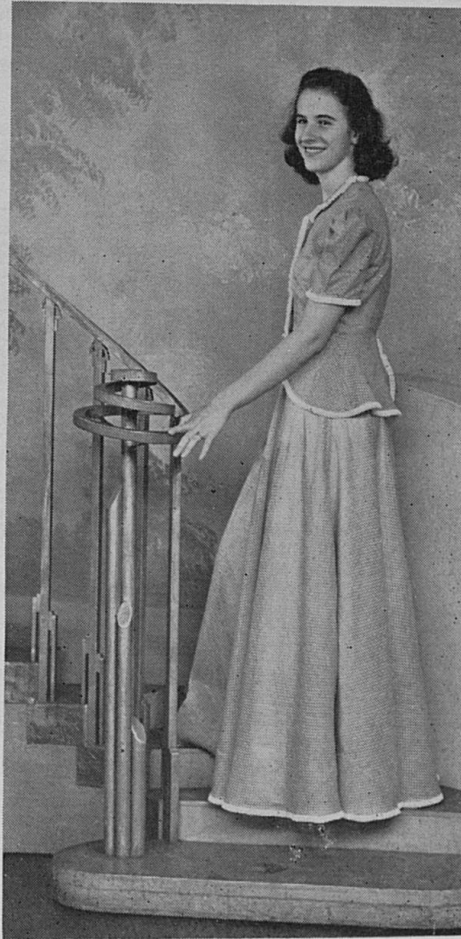
For Everyday Best. If neither a party nor an afternoon dress is needed, perhaps you need a best dress that is suited to street wear. This may be of sheer or medium-weight material. A dark dimity or Swiss would be particularly suitable for hot weather wear. Some girls may prefer shantung, wash silk or crepe. Choose according to your needs. Do I need a smart dress for street wear? Shall I select

For Party. Club girls will choose their party clothes for the kind of entertainment customary in the community. Afternoon type may be quite appropriate. If a long dress is needed most girls find that a semi-formal or dinner dress is best. This means that the dress has some kind of sleeve; either a short sleeve in the dress itself or a separate jacket with sleeves.

The material for this dress will depend a great deal on the season of the year when it is to be used. For summer nothing can be nicer than a dress of wash material—swiss, organdy, dimity, pique, muslin, depending on your type. Organdy is appropriate for a dainty girl and pique well suited to the outdoor girl. Taffeta, net and crepe are better for winter wear. Heavy satins are too old for young girls.

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material that I can care for myself? What does my wardrobe inventory show?



WHAT COLOR SHALL I CHOOSE FOR MY COSTUME

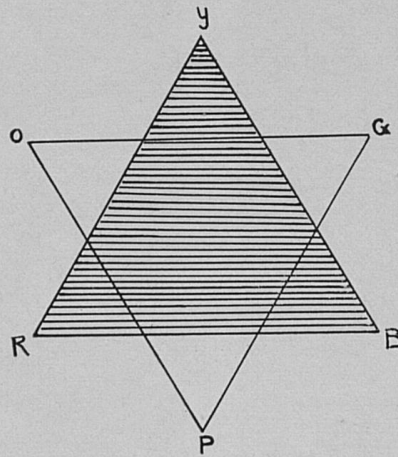
What colors shall I choose is probably the most important question a girl asks when planning her costume. Several items should be considered before deciding on colors, such as:

1. Colors of the costumes and accessories already included in the wardrobe. Accessories on hand may help determine color choice for the new dress. For if one has a dark blue hat, blue shoes and bag, the dress chosen will probably have some blue in it.

2. Colors most suitable for the type of outfit that is to be made. Even tho several colors are equally becoming a sport dress might be a little gayer than a Sunday best.

3. The amount of money available for clothes should be considered—conservative colors are more practical and may be worn longer than bright colors.

4. Colors should be chosen that are becoming to the individual's own coloring, figure and personality.



Know Color

In order to choose colors that are suited to the individual one should know something about color. There are many colors, but they are all made from the three foundation hues: yellow, blue and red. In between the foundation or primary colors are the secondary colors: green, purple, and orange. There are many variations of each hue depending on the amount of color or colors that produce the result.

Let's learn to describe colors according to what pigments or dyes they contain, not by such trade names as olive green, apricot pink, etc. There are three things one can know about color; we may know:

Hue—the name of the color, as yellow, orange, etc.

Value—the amount of light or dark. The light colors are called tints and the dark are called shades. Cream is a tint of yellow; navy is a shade of blue.

Intensity—whether a color is dull or bright.

As an illustration, in describing a pink dress we might say a dull yellow pink of medium value. When matching colors it is well to take a sample of the material along as it is difficult to remember colors.

Colors may be classed as warm and cool. Those which look like flame, heat and sunshine, as reds, oranges and yellows, are called warm colors. Those which give the appearance of cool shade and ice, as blues, greens and blue purples, are called cool colors.

Know Your Own Coloring and What Color Does to It

One's own coloring should be the basis for the colors that are chosen for clothing. First look critically at your own coloring; your skin, your hair and your eyes. Is your skin fair, sallow or freckled? Is the red in your cheeks and lips yellow red, bluish red, or just light red? What color are your eyes and your hair? Determine whether you come in the warm, cool, or intermediate group. Usually warm brunettes look better in warm colors and cool blondes look better in cool colors. No definite rule can be made as there are so many variations of types.

Analyze each part of your coloring and study how colors effect one another. When two colors are repeated, that is, used near each other, they deepen or accent each other. For example, if two tones of yellow are held together they intensify each other; or if a sallow-complexioned girl wears greenish yellow what is the result? When complementary colors, or colors opposite on the color wheel, are brought together they both seem to be brighter. So if a red (orange) haired girl wears blue or blue green her hair appears redder. You can bring out your best points and conceal your unattractive ones by wise choice of color. The best way to learn what colors are most becoming is to drape large pieces of colored material around your neck and shoulders, noting the effect of each color on the appearance of your skin, your hair and your eyes. Stand, if possible, with light falling on you, then into the mirror. Not only try to decide the best hues for you but also the values and intensities of those hues which are the best on you.

If the figure presents a problem the bright or light colors may be used near the face in a scarf or collar and the foundation dress may be of a dull, dark hue. A vivacious person may wear brighter colors than a demure or quiet type.

By studying and understanding the effect of one color on another we can do a better job of choosing and using colors. The best source of reference material on color is nature. Look around you and see how nature uses and combines colors.

HOW TO MAKE YOUR CHOICE AN IDEAL COSTUME

Study your coloring, your figure and your personality.

The following study sheets will help you to determine what your individual characteristics are.

STUDY SHEET 1. *Myself As Seen by Others and As I See Myself.*
(Write or check in the proper blanks. Measurements in inches.)

Weight..... lbs. Height..... ins.
 Bust — Length front, neck to waist.....
 Length front, neck to floor.....
 Waist — Length back, neck to waist.....
 Length back, neck to floor.....
 Neck..... Hip girth..... Across back.....
 Shoulder to elbow..... Shoulder..... Arm girth.....
 Elbow to wrist.....

Proportions (One part to another as indicated by these measurements.)

Waist — short..... long..... average.....
 Legs — short..... long..... average.....
 Shoulders — narrow..... broad..... square.....
 sloping.....
 Head — small..... large..... average.....
 Hips — small..... large..... average..... broad.....
 flat..... round.....
 Neck — long..... short..... large..... thin.....
 Posture — erect..... stoop..... abdomen held in.....
 sway back..... toe out.....
 Coloring of skin — pale..... much color..... sallow.....
 skin tone.....
 Eye color — blue..... brown..... hazel..... gray.....
 light..... dark..... medium.....
 Hair color — brown, light..... medium..... dark.....
 blonde, gold..... very light..... red, bright.....
 orange..... red orange..... glossy..... dull.....
 broken ends.....
 Skin texture — soft..... rough..... fine..... coarse.....
 medium.....
 Shape of face — round..... oval..... angular.....
 narrow..... wide..... square..... heart shaped.....

Personality type (Check or add your description.) — dainty.....
athletic..... reserved..... vivacious.....

Characteristics which I wish to emphasize thru a careful choice
of my clothes are:

Characteristics to avoid, as sway back, round shoulders, square
face etc.

STUDY SHEET 2. *The Pattern: Lines, Design and Materials.* (Check
those most becoming to you.)

Pattern lines:

Necklines — round..... pointed..... square.....
high..... close.....

Lines for the figure — up and down lines.....
horizontal..... diagonal.....

Details — curved..... straight..... fluffy.....
plain.....

Skirts — straight..... flared..... plaited.....
gored..... long..... short.....

Belts — wide..... narrow..... fancy.....
like dress.....

Material.

Color:

Colors I wear best: give hue, value and intensity.

Good basic color for my costume.....

Color combinations that suit me.....

I can wear small amounts of.....

Design — plaids and checks..... stripes..... plain.....

Figured — large..... small..... all over.....
widely spaced.....

Texture and weight — soft..... smooth..... stiff.....

rough..... coarse..... fine..... shiny.....

dull..... heavy..... thin..... medium.....

Decoration — buttons..... stitching..... self trim.....
ruffles..... lace.....

MY OUTFIT

Dress Pattern
(Picture)

Slip Pattern
(Picture)

Material for slip
(Sample)

Material for dress
(Sample)

Accessories that complete the costume (list).

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ACCESSORIES

Accessories may either make or ruin a costume. Choosing the finishing touches is part of 4-H clothing work. Articles needed to complete a costume are:

Hats. A hat will be needed with the everyday or afternoon dress. Choose the hat while wearing the costume, trying to keep in mind other accessories and dresses you have in your wardrobe. It is perhaps wise to decide what color and type of hat is needed before going shopping. Try the hat on before a full-length mirror. There should be a good relationship to the figure both in shape and size. A few general principles to keep in mind when choosing a hat are:

1. A brim extending across the forehead seems to cut off the top of the head and decrease height of figure and length of face.

2. A drooping brim also hides the face, thereby shortening and broadening the figure and the face.

3. Trimming used on each side of the hat emphasizes width.

4. Straight turbans increase width.

5. The turned up or tilted brim which reveals the face and carries the eye upward increases apparent height of figure and length of face.

6. Lines which curve high over the forehead heighten and slenderize the figure and face.

7. Lines in the hat which repeat lines in the face call attention to those lines or features which are repeated. Therefore, avoid repeating the lines of irregular features. For instance, a turned-up brim calls attention to a turned-up nose.

8. Lines in the hat which are in opposition to those in the face call attention to those lines or features which are opposed and emphasize them. Therefore avoid lines opposing irregular features. For instance, a hat which reveals the forehead exaggerates a protruding chin.

9. Soft textures and flowing lines are much easier for the dainty girl to wear; while, harsh textures and straight lines may be suited to the dramatic type.

10. A hat should not interfere with the coat collar with which it will be worn.

Shoes and Hose. For street, choose comfortable shoes which give support to the foot, allow room for walking and have a low or medium heel. This may be an oxford or strap shoe. They may

be of leather or fabric. Hose of service or semi-service weight are desirable.

For afternoon wear a shoe of medium weight, leather or fabric, with medium heel, a strap or pump style, is appropriate. Semi-sheer hose are suited to this occasion.

Party wear may require a less practical sort of foot wear. Light-weight pumps or sandals may be worn. Medium or high heels are appropriate, tho girls are usually more comfortable and better dressed when heels are not extreme in height. It is well to remember that simple, well-cut shoes are always in good taste, while fancy shoes call attention to the feet and make one conspicuous. Sheer hose are suited to party wear. Poorly fitted shoes and hose may be the cause of headaches and other nervous trouble. Happy disposition and graceful carriage cannot be had without foot comfort.

Gloves. Gloves should be suited in color and material to the rest of the costume. For most wear, washable fabrics or leather are practical. For dress wear soft, smooth, leather or fabric gloves are worn and those in white or light colors are usually most formal looking. Simplicity in glove styles is the best choice.

Purses. Tailored purses in leather or fabric are suited to street costumes. Dainty, small bags of fabric, beads or leather are appropriate with afternoon and party clothes. Many girls make their own purses or slip covers of linen, pique, silk and other materials, for bags. Purses and bags should be suited in color, material and style to the rest of the costume.

Other Accessories. Beads, jewelry, flowers, belts and handkerchiefs are all used to add the finishing touch to the costume. Care should be taken in choosing the one or two things that add to the costume and these should be right in color. An accessory may repeat or contrast with a color in the costume. For example, if a dress had dusty pink and blue flowers in the material, a string of beads in a deeper dusty pink (not blue pink) might be worn as the finishing touch. Or, with a plain natural linen dress, a string belt of green, tan and orange might add just the accent needed. The color may be brighter or duller, darker or lighter, but it should repeat the same hue.

UNDERGARMENTS

The material and pattern for the slip will be determined largely by the type of dress. Mercerized or non-cling cottons are suited to cotton materials, while 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.

The pattern for the slip should conform to the lines of the dress. Full skirts may require full slips. Slips worn with dressy costumes may have dainty trimmings, as lace edging or hand finishes. Other undergarments needed may be selected ready-made. Close-fitting panties, a brassiere, and girdle will probably be needed to complete the costume.

Check the following points in making or buying undergarments ready-made:

Color. Will harmonize with my dress. Pale enough to be worn with lighter dresses. Will not fade with washing.

Fabric. The 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. The 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. Fits smooth at waist and hips. Slip. Panties. 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 well and launder well.

CONSTRUCTION OF SEAMS AND FINISHES

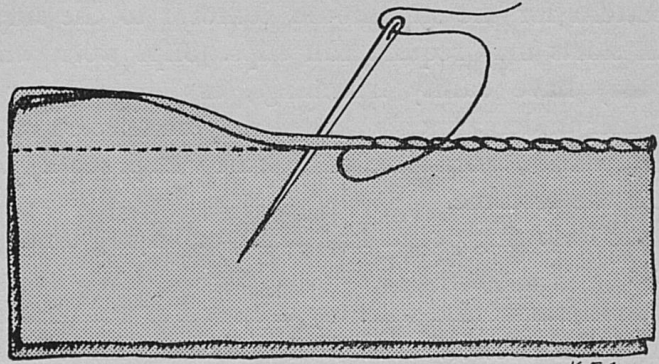
*"The fairy stitching gleams
On the sides and in the seams."*

—Frederick Locker.

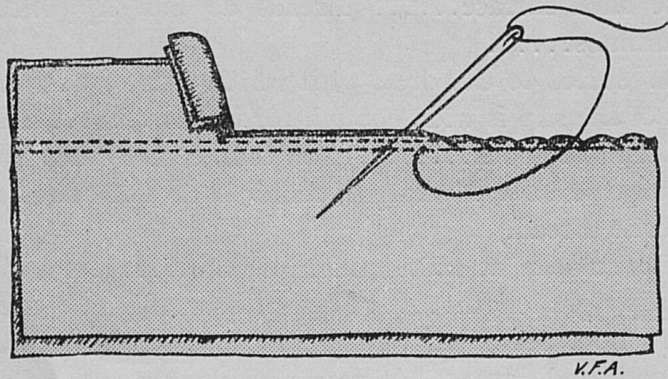
SEAMS. For sheet cottons, as dimity, lawn, batiste and organdy, the seams may be french, a plain seam stitched twice, or rolled and whipped. For silks the seams may be stitched twice, a plain seam with either pinked or stitched edges, or a mock french seam.

French Seams. For some garments made of stiff, sheer cotton or of medium-weight silk, a french seam may be satisfactory. A seam as narrow as $\frac{1}{8}$ of an inch is dainty and inconspicuous. Open the seam and press it before turning for second stitching. Directions for a french seam are given in Unit II Clothing Circular. French

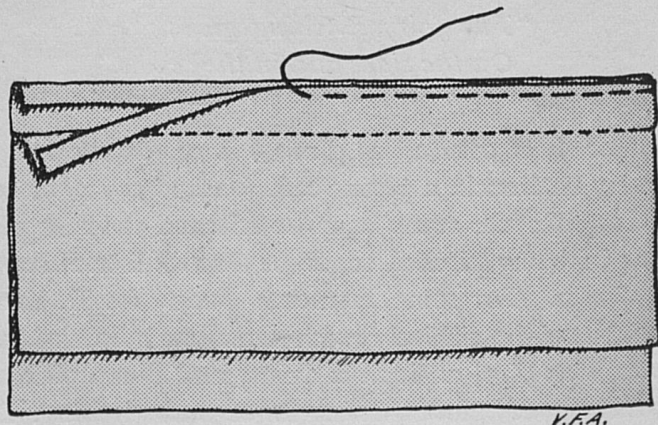
seams are used less now than formerly. They are inclined to be bulky and to draw if the machine tension is too tight.



Rolled Seams. Stitch as for a plain seam, trim, roll, cut and whip the raw edges. Dainty but strong for sheer materials.



Stitched and Whipped Seams. Sew with two rows of stitching very close together. Trim and whip. Used for chiffons and other sheer fabrics.



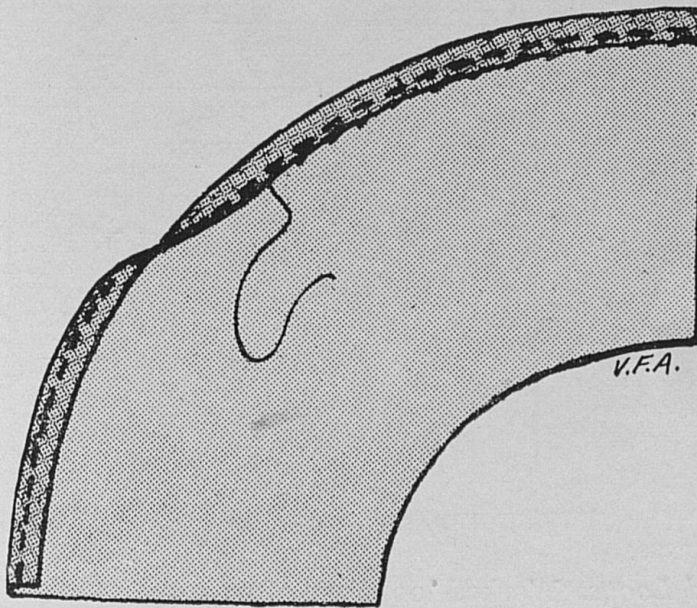
Mock French Seams. For sheer material that has little body, as

voiles and silk sheers, a mock french seam is satisfactory. 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.

Plain Seam Overcast. Double-stitch seam, press both edges together and overcast. Used for armhole and waist joinings and seams in plaits.

HEM. Some garments that are cut full or circular may need a special type of hem. There are several that may be used.

Rolled Slip-stitched Hem. This is the most inconspicuous of all edge finishes. To prevent the edge stretching, a row of machine stitching may be made near the edge. Then roll the edge between the thumb and forefinger and sew the roll in place with a slip stitch. Do not roll the edge more than three inches ahead of the sewing. For sheer materials this is an excellent finish.



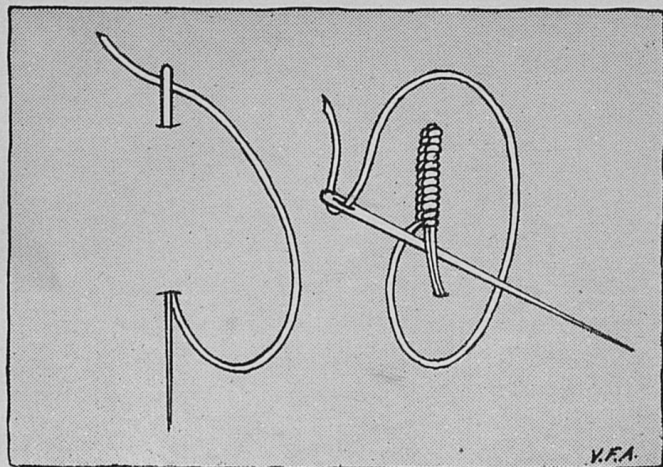
Hem with a Turned Stitched Edge. Turn edge to wrong side and stitch close to folded edge. Trim cut edge close, turn again and whip down. This is an easy way to keep the hem true and narrow.

Stitched Hem. Some hems are turned to wrong side and then put down with several rows of machine stitching, stitching from right side. The raw edge may be left if material does not ravel badly. Or the edge may be picoted before turning or finished with

seam binding. This may be used on any firmly woven material and is frequently used for flared skirts.

Circular Skirt Hems. Garments with circular skirts should be finished at the top and pressed and then hung overnight to allow fabric to stretch. Then the length is taken and the garment hemmed. Circular skirts may have one of the above finishes, or may have a shaped facing cut to fit and applied like a regular hem.

Plain Hem. The fullness at the top edge of a hem may be put in by stitching the edge with a long machine stitch and then drawing the bobbin thread, thus gathering the fullness in evenly. If the material is of medium weight the machine stitching is put near the cut edge. Then it is drawn up to fit and a seam binding stitched flat over the gathers. The hem is then put down to the dress skirt by hand. If the dress material is sheer the cut edge may be folded down and then the row of machine stitching applied. After drawing up the edge to fit, the skirt is hemmed down by hand.



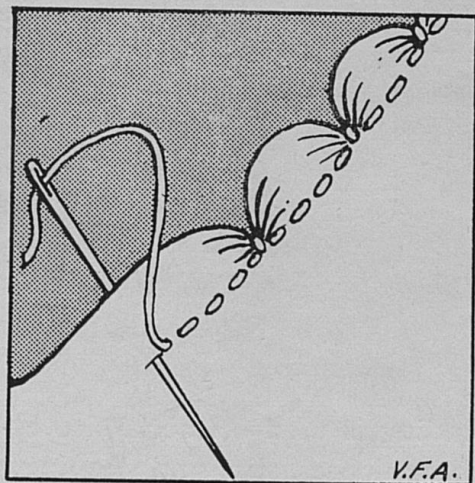
FASTENINGS.

Thread Loops. Worked loops are often used instead of eyes 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.

Crocheted Loops for Belt Carriers. With a needle fasten the crochet thread underneath and pull thru garment at the side of the belt line. Remove needle and crochet a chain the desired length. Then, re-thread needle and take to underneath side and fasten. These loops are substantial and are easy to make.

LINGERIE FINISHES.

"Lingerie finishes" is a term used for dainty handwork on either under or outer garments. Such finishes as the shell edge, hemstitching, french binding, etc., are classed under this head.

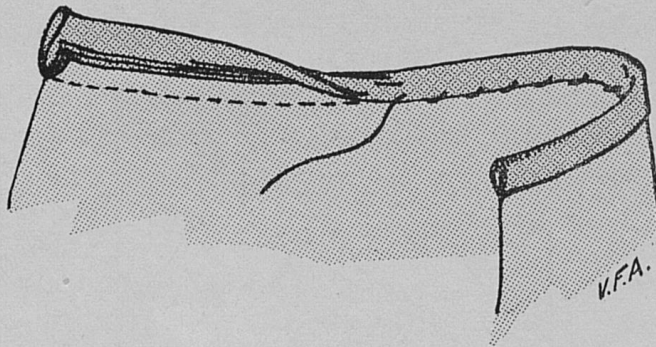


Shell Edge. Turn the hem $\frac{1}{8}$ inch wide on the wrong side. Crease and baste. Insert the knot on the under side of the hem; work from right to left. Take two whipping stitches in hem, then take a buttonhole stitch over entire hem. Pull this stitch tight, crumpling material. Repeat whipping, then buttonhole stitch, until entire hem is finished. This makes a tiny scalloped hem which is attractive on fine underwear, blouses and children's garments. For a rolled shell hem, roll the hem edge to the wrong side as for a plain rolled hem. Take a buttonhole stitch over the edge, bringing the needle out about $\frac{1}{8}$ inch below the roll. Draw stitch up tightly, slip the needle into the roll and bring it out about $\frac{3}{8}$ inch along the hem and then make another buttonhole stitch as before. Continue in this way.

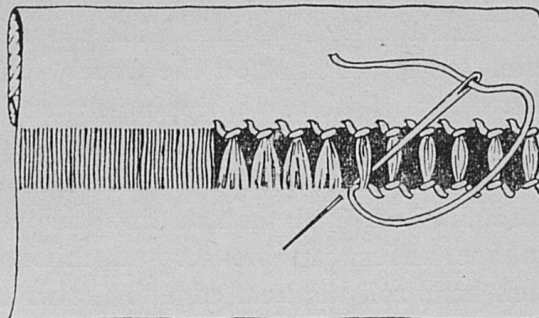
Shell tucks may be made like any hand-made tucks except at even intervals a buttonhole stitch is taken over the edge of the tuck. The length of the shell should be twice the width of the tuck.

Double Fold or French Binding. Cut the binding strip on a true bias making it four times as wide as the finished binding is to 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. If it is necessary to press the edge, press from the wrong side with a soft pad under it, so that the soft roll of the binding will not be flattened.



The french binding is used on neck, sleeves, and other edges of silk or sheer cotton dresses, slips and sleeping garments.



Hemstitching. Hemstitching is a decorative line of openwork at the edge of a hem or it may be used where there is no hem. Draw threads from the material the desired width. If there is a hem, turn and baste hem in place with the edge of the hem on line where the first thread is drawn. To hemstitch, hold hem toward you with wrong side up and work from left to right, catching up a group of threads then taking a small stitch in the hem at the right of the group of threads. Pull the thread tight to draw the threads together. Proceed in the same way, being sure that each time the group has the same number of threads in it. This is single hemstitching. This may be varied to make double or diagonal hemstitching. For a shaped facing at the top of a slip, a coarse needle may be used and hemstitching done without drawing the threads.

Diagonal Fagoting. Fagoting is used to join the finished edges of material. Seams, box plaits, rows of bias binding or folds may be held together with fagoting. To make, baste the finished edges on stiff paper, spacing the desired width apart, probably $\frac{1}{8}$ to $\frac{1}{4}$ inch. Work from left to right. Take the first stitch thru the fold of the binding and take stitches alternately in the two edges that are to be joined. With each stitch the needle is slipped under the previous diagonal stitch. Fagoting is attractive for sheer cotton dresses as well as for undergarments.

CHARM AND BEAUTY THRU A HEALTHY, WELL-GROOMED BODY

Many feel that one has to be born beautiful. However, you will find that this is not the case, if you look around you. Start checking on your friends and acquaintances to see if you do not find that a great deal of their charm is 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. There is no one that does not show improvement by attention to care of the body. Of course, one must start with the inner body first. There should be plenty of rest, the right food, exercise, proper elimination and pleasant thoughts to keep the body in good condition. For without health it is difficult to keep interested in caring for the body, to maintain good posture, and to show response to grooming. A program for good grooming should provide:

1. Daily bathing the body, 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, and cleanliness in every way.

2. Repair and care of clothing—snaps and fasteners on clothing, hems in skirts, darning hose, undergarments and hose washed daily, other clothing clean and free from spots, well pressed, immaculate accessories, shoes clean and shined.

3. Clothing neatly and carefully put on with the proper foundation; well-fitting undergarments, petticoat proper length, slip straps clean and not showing; stocking seams straight; plackets straight and not gaping; buttons fastened.

4. The habits formed of sitting, standing and walking with body well poised and balanced.

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

SUGGESTIONS FOR UNIT III PROJECT MEETINGS

FIRST MEETING. ORGANIZATION. The clothing inventory and account.
Business. Election of project captain. General plans for the meetings.

Discussion. How to take a clothing inventory. Explanation of the clothing account book. Requirements of this project.

Home work. Take inventory of own wardrobe. Decide on type of costume to be made. Choose several designs for dress and bring pictures to next meeting. Also samples of dress materials.

SECOND MEETING. COSTUME PLANNING.

Discussion. Materials, colors, and designs suited to the individual and how to use study sheets — Home Demonstration Agent. Samples of materials shown by leader.

Work. Discuss pattern for dress and start poster. Take measurements for undergarments.

Home Work. Get pattern and samples of material for slips. Fill in study sheets.

THIRD MEETING. Undergarments for the costume.

Discussion. Durable and appropriate material for slips. Finishes for slips.

Demonstration. How to lay a slip pattern on material — Club Leader.

Work. Check patterns and plan amount of material for slip. Make samples of neck finishes for slip.

Home Work. Buy undergarment material. Place and pin pattern on and cut, if sure. Complete poster.

FOURTH MEETING. Making undergarments.

Discussion. Bought undergarments vs. ready-made.

Demonstrations. How to fit slips. Seams and darts.

Work. Fit slips and make darts.

Home Work. Sew seams and darts. Start neck finish. Get samples of dress material. Buy pattern.

FIFTH MEETING. THE DRESS.

Discussion. Does the sample of material I have selected suit me?

How much material to buy for the dress.

Demonstration. Seams for dresses.

Work. Finish undergarments.

Home Work. Buy dress material and pin pattern on it.

SIXTH MEETING. THE DRESS.

Discussion. Color combinations for different types.

Demonstration. How to pin and baste. Fitting a dress.

Work. Cut dress, pin, baste and fit.

Home Work. Stitch side seams and shoulder seams.

SEVENTH MEETING.

Discussion. Accessories that add to the costume.

Demonstration. Making buttonholes and putting in sleeves.

Work. Pin and baste in sleeves. Plan neck finish and buttons or other finishes.

Home Work. Sew in sleeves. Make buttonholes or other fastenings. Buy material for accessory.

EIGHTH MEETING. THE ACCESSORY PROBLEM.

Discussion. The charm of simplicity. What to choose for the jacket.

Demonstration. Making a bag, belt or scarf.

Work. Complete dress and start accessory.

Home Work. Buy material for jacket. Finish accessory.

NINTH MEETING. THE JACKET. Posture and carriage.

Discussion. The complete costume. Accessories that make or mar. What posture has to do with style and good looks.

Demonstration. Seams and finishes for jacket. Good posture positions.

Work. Cut and baste article.

Home Work. Finish jacket. Press entire outfit.

TENTH MEETING. THE 4-H COMMUNITY DRESS REVUE.

Wear costume. Constructive criticisms given. Accessories that may be changed or improved.

CLOTHING PROJECT, UNIT III, OF

Name..... Age.....

County..... Date.....

Post Office..... R. F. D.....

Years in club work..... In this project.....

Approved.....

County Extension Agent

Date.....