

# CLOTHING Project for 4-H Clubs

## SEMI-TAILORED GARMENTS

- *Rayons*
- *Cottons*

Circular 389

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

# A SEMI-TAILORED COSTUME OF COTTON OR RAYON

## Clothing Project for 4-H Clubs

By EDITH LACY, DOROTHY THRELKELD, and ANITA BURNAM DAVIS

Every girl wants distinctive and attractive clothes. No doubt most of you have already found that by making your own clothes you can have more clothes and those which look as if they belonged to you and to you alone. In this project you are to make that expensive looking but simple, well-fitting dress of cotton or rayon which you perhaps have been admiring in catalogs or store windows. With wise choice of pattern and material you can make, for about one-third the amount of a ready-made, a dress or suit which can be worn with satisfaction for several years.

### WHAT TO DO IN THIS PROJECT

#### Head H or study group

1. Plan the costume so that it will fit in with the rest of your wardrobe.
2. Study clothing needs and learn to buy only things necessary.
3. Learn to keep a clothing account.

#### Hand H or work group

1. Make a poster of the costume you select.
2. Make a costume of cotton or rayon—dress with jacket, suit and blouse, or dress.
3. Make one accessory—hat, bag or belt.
4. Keep a record of the cost of this costume.
5. Keep a clothing account for 6 months or longer.
6. Make an exhibit of project work.

### PLAN BEFORE MAKING THE COSTUME

#### Clothing inventory

Did you take a clothing inventory before deciding which dress-up garment to make? If so, did it help you make a wise choice? By taking a similar inventory before doing this project you may find a garment which will be the basis for your new suit or dress. If you have nothing on hand to remodel, listing your clothing on hand will help you select a dress which will fit in with the rest of your wardrobe.

### Personal analysis

After selecting the outfit needed, make a study of your personal characteristics. Select the attributes listed in "I Know Myself" chart which describe yourself. With them in mind indicate in "I Know My Clothes" chart the pattern and fabric suitable to you.

Color and design in the material should be becoming to your coloring and figure. The personal analysis "I Know Myself" helps you make the right choice. Remember, color and pattern can emphasize or can eclipse a personality. Wear pastel colors and flowered designs if you are a dainty, feminine type and they are becoming; bright colors, plaids, or stripes if you are a vivacious, athletic type and they look well on you.

### "I KNOW MYSELF" CHART

(Underscore the expression most descriptive of yourself)

#### Personality and type

I am: *serious-retiring* *vivacious-active*  
*straightforward-athletic* *demure-dainty* *friendly-quiet*

#### Body proportions

My waist is: *short* *long* *average length*  
 My legs are: *short* *long* *average length*  
 My shoulders are: *narrow* *broad* *square* *sloping*  
 My head is: *small* *large* *average size*  
 My hips are: *small* *large* *average size*  
 My neck is: *long* *short* *thick* *thin*

#### Height and size

I am *tall* and: *slender* *stout* *medium build*  
 I am *average height* and: *slender* *stout* *medium build*  
 I am *short* and: *slender* *stout* *medium build*

#### Shape of body

My shape is: *round* *flat* *angular*

#### Posture

My posture is: *erect* *stooped* *sway-backed*

#### Shape of face

My face is: *square* *round* *oval* *long* *heart-shaped*

#### Body colors

My eyes are: *light* *dark* *blue* *gray* *hazel* *brown*  
 My hair is: *light-brown* *dark-brown* *auburn* *golden* *black*  
 My complexion is: *fair* *dark* *sallow*  
 My cheeks and lips are: *true-red* *yellow-red* *purple-red*

### "I KNOW MY CLOTHES" CHART

(Underscore the expression most descriptive of the pattern and fabric of clothing most suitable to you.)

My necklines are: *round* *pointed* *square* *high* *close*

My cuffs, collars, and other details are: *curved* *straight*

*fluffy* *plain*

My skirts are: *straight* *flared* *pleated* *gored*

*long* *short*

My belts are: *wide* *narrow* *fancy* *like my dress*

I wear basic colors of: *red* *brown* *gray* *blue* *black*

I wear color combinations such as: *blue and brown*

*red and green*

I choose for my clothes these designs: *plaids* *checks*

*stripes* *plain* *figured*

I choose figures that are: *large*

*small* *allover* *widely spaced*

I select textures and weights that are:

*soft* *smooth* *stiff* *rough*

*coarse* *fine* *shiny* *dull*

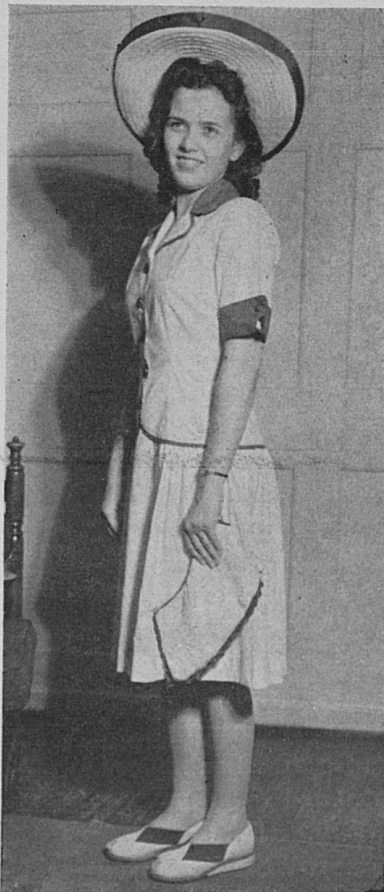
*heavy* *thin* *medium*

I decorate my garments with: *buttons*

*stitching* *self-trim* *ruffles* *lace*

#### Undergarments

Your undergarments will depend on your dress. It may be a slip, petticoat, or shorts and brassiere. Make it by a pattern the style of which looks well with the dress. Well fitting undergarments are necessary to a smooth, sleek appearance. Smooth-finished cottons such as cambric, non-cling, batiste or broadcloth make satisfactory slips for cotton dresses. Firmly woven, dull-finished rayon may be more suited for rayon dresses.

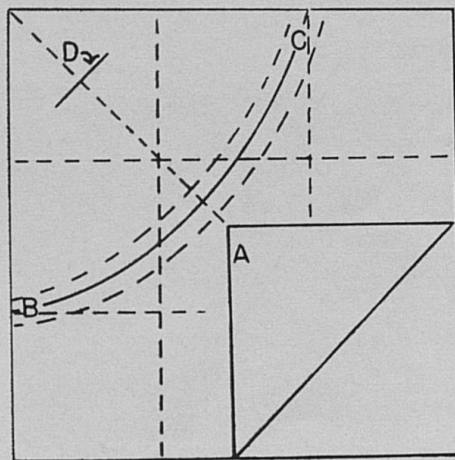


A costume of unbleached muslin modeled by a 4-H girl

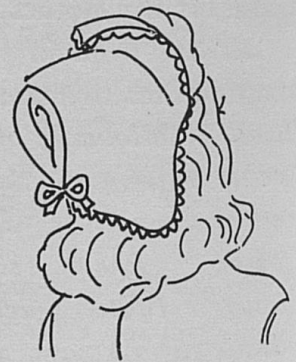
Most girls need a foundation garment or girdle to give a smooth fit with no wrinkles or bulge to their undergarments. Each should choose one to suit her own individual figure.

### Accessories

Today the stores, pattern books, and magazines are filled with accessories which you can make. Hats, bags, and belts can be made from scraps of left-over dress material such as pique, gingham, linene, and other cottons. Several styles of hats are easy to copy—bonnet, brimmed type, beret, and turban—and all may be made by the ingenious girl. To make the simple bonnet in the illustration:



Steps in making bonnet



Completed bonnet

Cut two squares 15 inches by 15 inches. Use white pique for both or use a color for the lining. Stitch together allowing  $\frac{1}{2}$ " seam and leaving opening at corner marked *D* on diagram below. Turn. Cut off corner following line at *D* and finish. Fold on curve, joining *B* and *C* at *D*. Sew edging rick-rack braid or crochet edging to the curved fold, catching in facing. Ribbon may tie at back. Fold back corner *A*.

Corn shucks plaited into a pointed four-strand braid may be shaped into a hat by sewing the braid together. Many 4-H campers have learned to make this braid.

Envelope type handbags are satisfactory with slip covers. The slip covers should harmonize with each costume. If one has an old handbag to use as a foundation the covers can be made to fit. Mats made of looper clips and crocheted together are suitable material for purses and bags. Four, six, or eight mats may be required for one bag, de-



Corn shuck hats made by 4-H girl

pending on the style of bag desired. Twine or cotton thread may be crocheted into very practical and attractive accessories.

Interesting belts may be made of scraps of yarn, twine, leather, straw, and various other crafts materials. Yarn belts may be made on macaroni. Coarse crash may be embroidered in yarn, making peasant-type belt.

Accessories should fit in with the rest of the costume. For example, use with a figured dress, plain accessories in matching or contrasting color; with a coarse, plain-colored dress, a varicolored twine belt, a hat of the dress material and a bag to match one of the colors in the belt.

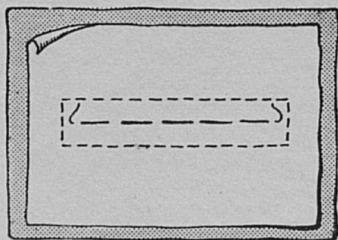
## MAKING THE COSTUME

### Cutting and fitting

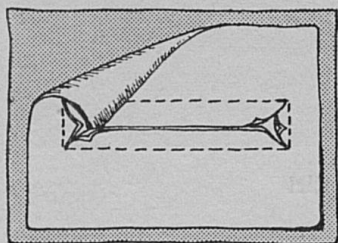
Simple tailored garments must be well cut and constructed because style depends on fit and good workmanship. Give special care to the cutting of plaids and stripes. Make the designs match at seams, front closing, and across blouse and sleeves before cutting. The pattern may require more material in matching large designs. Follow pattern instructions closely. Mark all notches, darts, and fullness. Tailor's tacks are easy to make and pay for the time spent in making them.

In fitting watch the grain of the material. Pin, and then baste. Press as you go and avoid much ripping and stretching. Well-made buttonholes and pockets, accurate stitching on collars and pockets, edge-stitched pleats, hems put in with inconspicuous hemming, all make for a good-looking costume with nothing of home-made appearance.

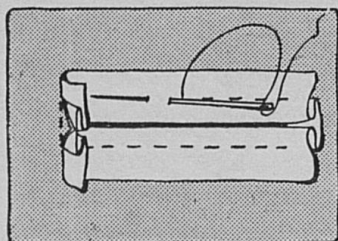
## Bound buttonholes



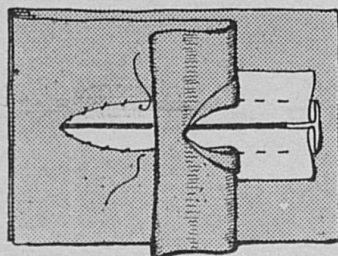
RIGHT SIDE



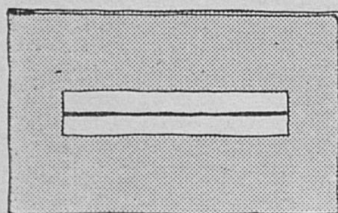
RIGHT SIDE



WRONG SIDE



WRONG SIDE



RIGHT SIDE W.F.A.

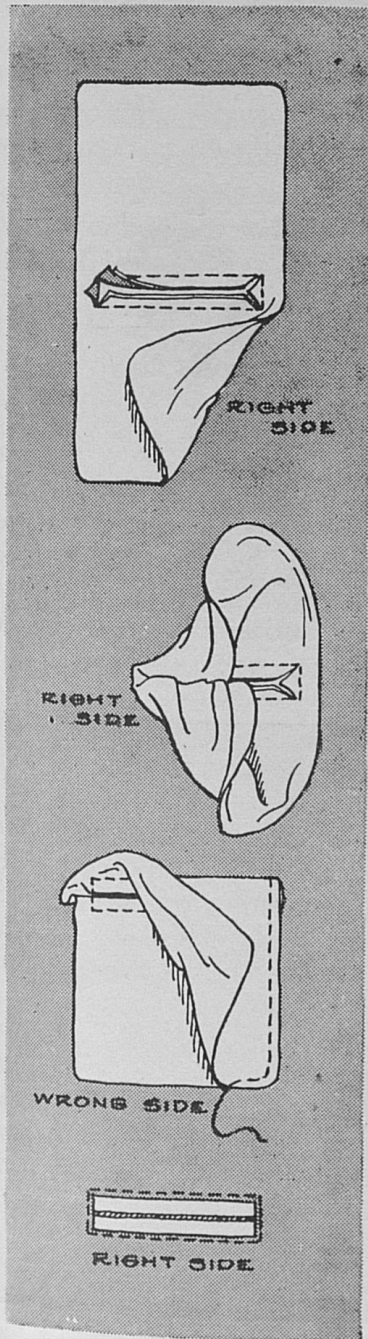
These are decorative as well as practical. They can be made in any material. The binding may be made of the same or contrasting material. Plaid or stripe material used as binding should be cut on the bias.

1. Mark the position and the exact length of the buttonhole with contrasting basting thread, straight with a thread of the material.
2. Cut the binding  $1\frac{1}{4}$  inches longer than the buttonhole and 2 inches wide.
3. Crease this binding through the center lengthwise straight with a thread of the material.
4. Place the crease of the binding on marking for buttonhole. Pin in place, and then baste, having the right side of the binding to the right side of the material.
5. Stitch on wrong side around the thread which marks the buttonhole, stitching  $\frac{1}{8}$  inch or the desired distance each side and across the ends. Corners must be square.
6. Cut along the basting line to within  $\frac{1}{8}$  inch of each end and from these points cut diagonally in at each corner to the stitching but not through it.
7. Turn the binding piece through to the wrong side. Fold the binding evenly over the cut edges on the wrong side, and lay fullness at each end of the buttonhole in an inverted box pleat. Press well.
8. Stitch on the right side in the crease made where binding and material are joined together. The pleat on the under side is held together by small stitches. The buttonhole on the wrong side may be finished in either of three ways:

- a. Trim binding along sides, turn under the raw edges of the binding even with the stitching, and hem or stitch them down to it. If machine stitching is used it should be made from the right side, and in the crease. Trim and overcast raw edges on ends.



- b. Stitch binding down without turning raw edge. Trim and overcast the edges along the sides as well as the ends.
- c. Cover the wrong side with a facing. Whenever there are two thicknesses of material where the buttonhole is placed this method may be used. It forms a much nicer finish. Make the buttonhole through one thickness as before. Place the facing in position in which it will be when garment is finished, and baste in place. From the right side put pins straight down through to designate on the facing the position and length of the opening. Cut the facing from pin to pin, tuck in the raw edges between the two thicknesses and hem down to the buttonhole binding. Careful pressing from the right side is essential to attractive appearance.



Pocket bound with pouch piece

#### Pocket bound with pouch piece

Cut the piece for the pocket and binding as wide as the pocket opening is to be made plus one inch, and twice as long as the depth of the desired finished pocket plus two inches. For a dress, an average size pocket piece may be  $3\frac{1}{2}$  inches wide and 7 inches long. Mark the pocket opening and stitch the pocket piece over this as shown. Cut exactly on the center thread through the oblong, to within  $\frac{3}{8}$  inch of the ends; then make diagonal slashes to stitching at each corner. Turn pouch piece to wrong side of the garment, then fold to exactly meet in the center of the slashed opening. Baste in this position and stitch from right side. After stitching this binding, fold the upper part of the pocket down and stitch around the pouch, catching the triangular pieces in with this stitching at the ends of the pocket slash.

### Seams

Seam finishes will, of course, depend on the material used and the pattern. For heavy cottons a plain seam is best. Machine stitch or pink the edges of the plain seam. For rayons, a plain seam with stitched edges or a double-stitched plain seam is satisfactory.

### Shoulder pads

Some padding is needed in most tailored dresses. The amount depends on how sloping your shoulders are. Make pads as follows:

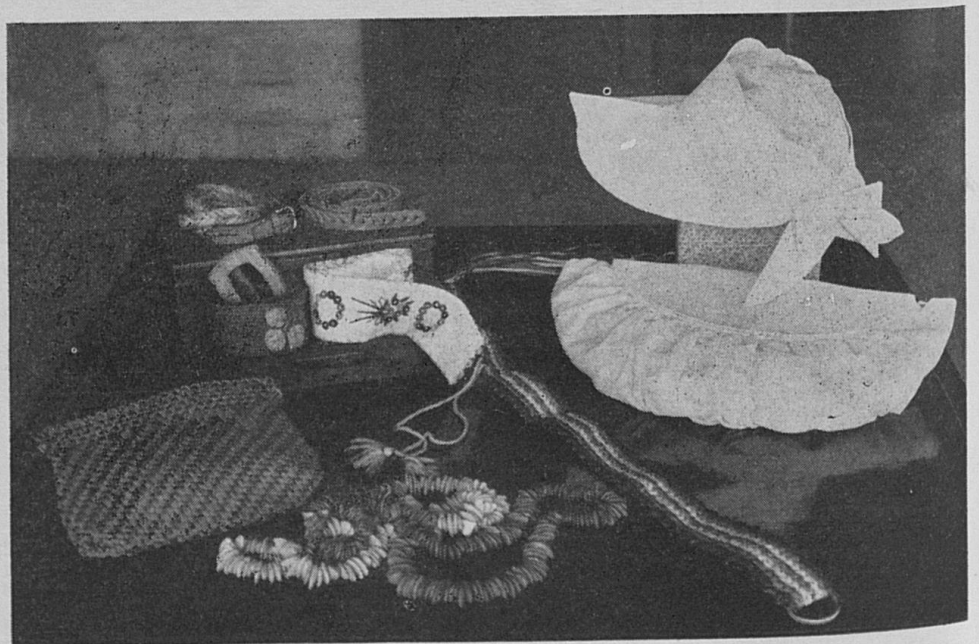
Cut a 10-inch circle of material like the dress. Crease through center, pad one-half with cotton batting so that the pad is  $\frac{1}{2}$  inch thick at center and tapers to nothing at edges. Fold other half of circle over padding, bind edges, and tack padding to prevent batting from slipping.

Place pad in sleeve so that the straight edge extends about  $\frac{3}{4}$  inch beyond armseye and the center of pad is 1 inch forward of shoulder seam. Tack at shoulder and on each side at sleeve seam. Snaps may be used instead of tacking.

(Round, cupped shoulder pads are used in some dresses with kimono-type sleeves.)

### Buttons and belts

Fancy buttons and belts are expensive and limit the choice of accessories that may be worn with the costume. As a rule, plain wash-



Inexpensive and unusual accessories for your costume

able buttons are best on cotton dresses. Choose buttons made of pearl, glass, composition or those which will not fade or be damaged by washing. Fabric-covered buttons may be placed on dresses which will be dry cleaned. Belts of the same material as the dress are often preferable to contrasting ones. A covered buckle of the dress material on a belt of this type is quite a good choice for the rayon costume. When one chooses a dress of simple lines, decorates it with a self-trim or stitching, it may be possible to have several costumes in one by a change of accessories. Collars, jackets, jerkins, belts, hats, bags or gloves work magic and make it possible to have a new outfit with only a simple addition or subtraction of one or two of these items.



This is the back of the costume shown on the cover page

### PLANNING FOR THE NEXT DRESS

The clothing account or record of past expenditures is the best possible basis for planning future expenditures. So, if you have not already done so, start now keeping a careful account of all the clothing materials and personal supplies which you buy. Unless this account is kept for six months, or a year, it will not be of value. The 4-H Club girl's Account and Budget Book is supplied for keeping this record.

By keeping a personal account you see how much you actually spend on yourself and you begin to analyze your expenditures. By starring unwise purchases—those which have not given good wear or have been seldom worn—the same mistake may be avoided when buying again. Account keeping should help you plan carefully, spend wisely, and be better dressed. It is hoped that you, as a Club girl, will learn that an adequate, well-chosen wardrobe does not have to be large or elaborate, but does require careful and wise choosing.

### 4-H RECORD—A SEMI-TAILORED COSTUME OF RAYON OR COTTON

Record of \_\_\_\_\_ Age \_\_\_\_\_  
(Name)

Describe the costume you have made: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

List and describe additional garments, made or remodeled for your  
self and others: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Have you started a clothing account? \_\_\_\_\_

How long have you kept one? \_\_\_\_\_

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

Approved \_\_\_\_\_  
(Project Leader)

Approved \_\_\_\_\_  
(County Extension Agent)