

# Clothing Project for 4-H Clubs

UNIT II

CIRCULAR NO. 313



**UNIVERSITY of KENTUCKY**  
**COLLEGE OF AGRICULTURE**

**Extension Division**

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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 this project. It is then necessary for the extension agent to assist this group of girls to procure their leader. This leader must be an adult, an older club girl, or a Utopia Club girl, who is interested in the girls of her community, willing to devote sufficient time to this work to ensure successful completion, and who has a knowledge of clothing.

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

*Place of Meeting.* Often the school is the most central place of meeting, but it may be more satisfactory to meet in the homes of the leaders and club girls. Work tables and a sewing machine are necessary equipment.

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

*Records.* Each girl is to do her own sewing and keep a record of her work in the clothing record book which is provided by the State Club Office. The secretary or project captain is to keep a record of the attendance at meetings. 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 a girl valuable practice in showing what she has learned. It is desirable to start with simple individual demonstrations at each club meeting and gradually grow into team work. See Circular 263.

*Judging.* Being able to judge complete school outfits as well as individual garments is a real asset in the selection and making of school clothes. A girl learns to consider each garment in relation to the whole costume. Judging is included in the suggested program at the back of this circular. Circular Number 280 should be used in this phase of the project.



Circular No. 313

**CLOTHING PROJECT FOR 4-H CLUBS**

**Unit II—Costume for School or Sports**

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

**PROJECT REQUIREMENTS**

- i. Plan an entire costume for either:
  - (a) School
  - (b) Camp or sports
  - (c) Club uniform
2. Make a dress of wash material for one of these occasions.
3. Make two undergarments to be worn with the dress, or one undergarment and a pair of pajamas, or a similar garment.
4. Spend at least two hours mending, darning, patching or caring for own clothing.
5. Keep an accurate record of project, including costs of materials, and number of hours spent on costume, in the Clothing Record Book.
6. Learn to judge costumes made in your project group.
7. Put garments on exhibition or wear in style revue in community or county or in both.

Active, everyday wear requires a costume of good, sturdy material, simply made with firm stitching; a costume that is easy to care for and one that will stand tubbing often. Five days of the week, or more, a girl will wear such a costume. It is reasonable, then, that she should want such clothes to be serviceable, becoming and comfortable. Unit II has been designed to help each girl study her own problems and learn how to be well dressed for school and for sports. To be well dressed involves not only the garments worn but the entire personal appearance, including care of the body, a graceful poise and good posture. No beauty of dress can overbalance a lack of attention to personal hygiene or poor posture.

**PLAN THE COSTUME FIRST**

Begin by deciding for what occasion you want the costume; then look thru fashion magazines until a dress is found which suits you in line and design and is appropriate for the places it is to be worn. Cut out this picture and mount it on cardboard, starting an attractive poster. After deciding on the dress pattern, proceed to the dress material. Decide color and a design in material which is most becoming to you, and a material which will work up well by the pattern chosen. Now you are ready to plan undergarments to go with the dress and to purchase material for them. The type of dress planned determines the kind of material, style and finishes for these undergarments. Before undergarments are complete, buy dress material. Finish poster by pasting samples of dress and undergarment materials under the picture.

**THE SCHOOL COSTUME**

The 4-H Club girl usually thinks of cottons for school clothes; and what could be more serviceable and easier to care for than cotton? It tubs beautifully and can be kept fresh and crisp without a great deal of effort. These days cotton fabrics come in such a tantalizing array of colors and designs that one is tempted to buy more than one needs. Since inexpensive prints may be had in dots, stripes, checks, floral patterns and solids, one of which will be becoming to any type, why search further for a material? Girls have found too that the simplest patterns are the best for school costumes, as they are easier to make and are most girlish. Gone are frills and ruffles for school wear, and in high style are simple, well-cut, well-made garments.

*Construction of dress:*

1. Test pattern with individual measurements.
2. Place pattern on material, making sure that all pieces are placed properly and pin.
3. Cut with long, even strokes, cutting notches out instead of in as given on pattern.
4. Stitch darts, tucks or yokes.
5. Pin seams, then baste.
6. Fit the garment to figure.
7. Make seams according to the material and pattern used. Plain seams with some sort of edge finish are satisfactory for most prints. French seams are good for sleazy material.

**UNDERGARMENTS**

A slip and shorts are the two garments which most second-unit girls choose to make to complete the school costume. Medium weight cottons, as long cloth, nainsook, cambric, broadcloth and non-cling cottons are satisfactory. Mercerized materials have a slick finish which prevents undergarments clinging to the dress. White is most always the wisest choice.

The two-piece slip cut on the straight of the goods meets the needs of the most girls. The slip which is fitted in at waistline and bust with darts gives a smooth, slender appearance. A shaped



neckline coming to points where the straps are attached fits and looks right on most figures. The shorts may be made to fit smooth around the waist either by darts or elastic across the back. The finish at the neck and hemline of slips and shorts may correspond.

Since inexpensive patterns may be bought, all girls should have patterns for both garments. Two or three girls of the same size might use the same garment patterns.

*Construction of undergarments:*

1. Study patterns. Write name on each piece and mark all perforations, fold of goods, etc.
2. Place pattern on material, pinning on straight of goods first, then in enough places to prevent slipping.
3. Cut after all pieces are pinned down.
4. Mark darts and baste them.
5. Pin notches and baste garment together.
6. Make French or other suitable seams in slip.
7. Bias facings, shaped facings or plain, narrow hems may be used at neck and hem lines.

**COSTUMES FOR CAMP**



Camp costume.

Camp costumes should be simple, comfortable, durable, easy to care for and easy to put on. Shirts, shorts and a skirt make a most satisfactory outfit. The shirts and shorts may be used for active games, then skirts can be donned in a jiffy over the shorts for classes or at mealtime. Culottes have also proved quite popular and they are modest and allow freedom in active games or for hiking. Shirting, gingham, prints, firmly-woven seersucker, and other cottons are most satisfactory for these costumes. Tailored finishes such as flat felled seams, bound buttonholes, and stitching may be used for finishes on these outfits. A girl who chooses this type of costume may make a shirt, shorts and skirt or she may make shirt, culottes

and brassiere. To wear with a sports outfit many girls may wish to make a scarf or some other accessory.

#### FOUR-H CLUB UNIFORM

The club uniform is appropriate for many occasions as it is made of a serviceable cotton in medium shade of green. This dress could be worn for school, sports or street. Many girls want to make this as they like the uniform for County Rally and Achievement days, and for Junior Week it is almost a necessity. It is a lovely sight to see a large group of 4-H girls in their green and white costumes. The pattern for this changes every few years, so ask your agent the new pattern number and to see a sample of the new material.

Undergarments of the same kind suggested for school wear are appropriate with the uniform. Also suggestions for construction of the school costume apply here.

#### PAJAMAS

Pajamas for lounging or sleeping are liked by most club girls. Cotton print, batiste, dimity or muslin may be used for these. The simple, well-made type fits into most girls' wardrobes better than a fancy, elaborate garment. Many girls use stitching as the only trimming. One girl made a most attractive pair of thin unbleached muslin, and used blue buttons and a blue monogram as the decorative finish. Try to see what you can do with a simple pattern and inexpensive material. Remember the pajamas may be made instead of one of the undergarments.

*Construction of pajamas:*

1. Flat felled seams are desirable.
2. Fitted yokes and neck facings are attractive.

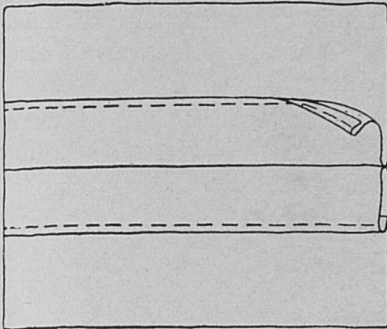
#### CARE OF CLOTHING

A well-dressed girl not only knows how to select her clothes but how to care for them properly. She not only knows how but proceeds to clean, press, mend and darn as each article needs care. A complete outfit means that the entire outfit is ready for wear and we hope every club girl keeps at least one outfit ready and fit. Snaps and buttons need constant attention. If snaps and hooks are put on with a button-hole stitch one will be repaid for the extra time used in applying them. Hems have a habit of coming out, so they need vigilant watching. Runs and holes in hose should be caught in the beginning. Washing hose each night after wearing does much to make them wear longer. Have you formed the patching habit? You may be surprised how expertly this can be done with a little practice. White collars are attractive but they must be kept scrupulously clean in order to be so. Remember that keeping ones clothes clean, free from wrinkles and repaired makes for good grooming and is the mark of a charming, attractive girl.

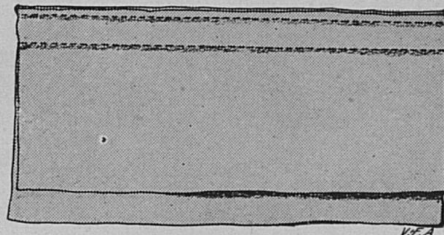


**CONSTRUCTIVE PROCESSES**

*Seams.* The kind of seam to use depends on the material and the type of garment. Time is saved by basting. Place the basting beside the line that is to be stitched, not on it. All seams should be carefully pressed before finishing. Plain seams with some kind of edge finish are satisfactory for firmly-woven cottons, as prints and ginghams. Most of the unit two dresses may be finished with either of the two seams shown.



Plain seam, stitched edges

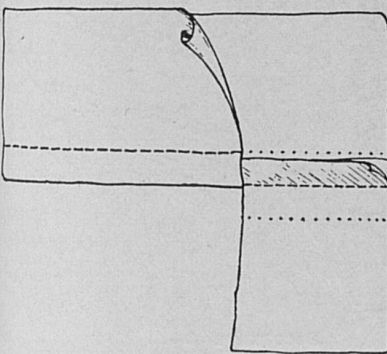


Plain seam, double stitching

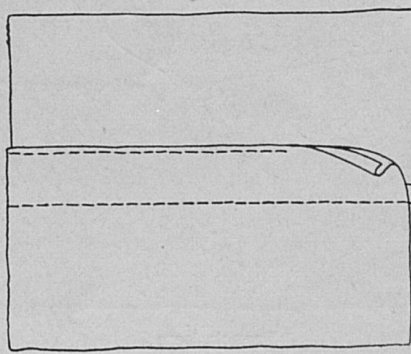
*Plain seam with stitched edges.* Allow  $\frac{1}{2}$  inch to  $\frac{3}{4}$  inch for seam. Fold each raw edge of the seam over once and stitch. Press seam open flat.

*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.

*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



French seam



Stitched fell

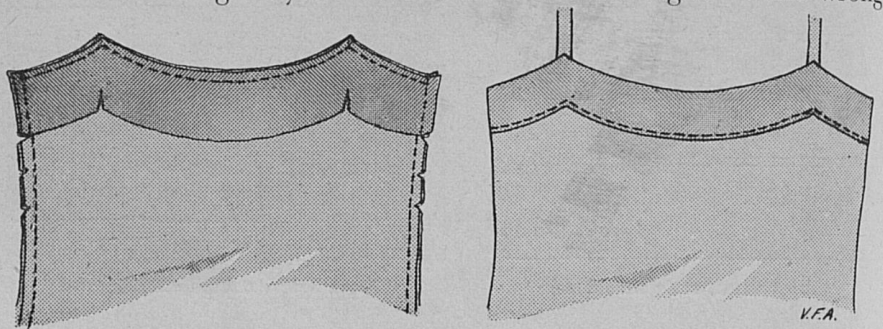
sides of the material together, pin, baste and stitch. Trim close to stitching and turn and press. Baste material and stitch again by machine  $\frac{1}{8}$  inch to  $\frac{1}{4}$  inch from edge.

*Stitched fell.* 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 so that 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. Lay both flat on cloth. Baste and stitch on outer edge.

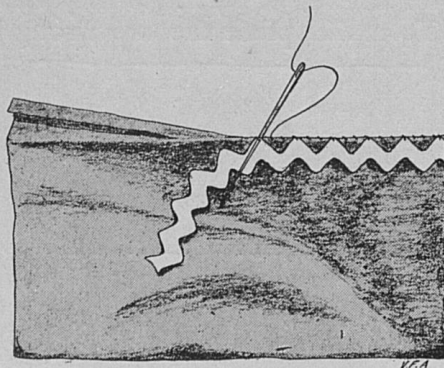
#### NECK FINISHES FOR SLIPS

The following pictures may offer some suggestions for the finishes for the slips. The shaped facing is cut using the slip pattern. This facing may be turned either to the right or the wrong

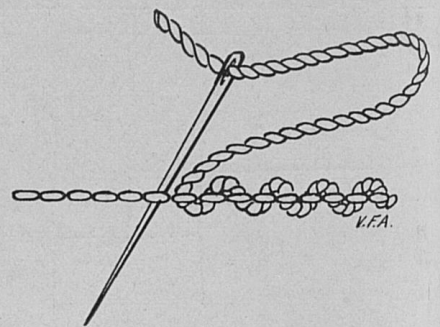


Fitted facing for slips

side. If turned to the right side it may be put down with a decorative stitch as a feather-stitch chain or outline. Or it may be stitched down using a long machine stitch, and then embroidery thread woven in and out the stitches. If turned to the wrong side it may be hemmed down by hand.



French hem

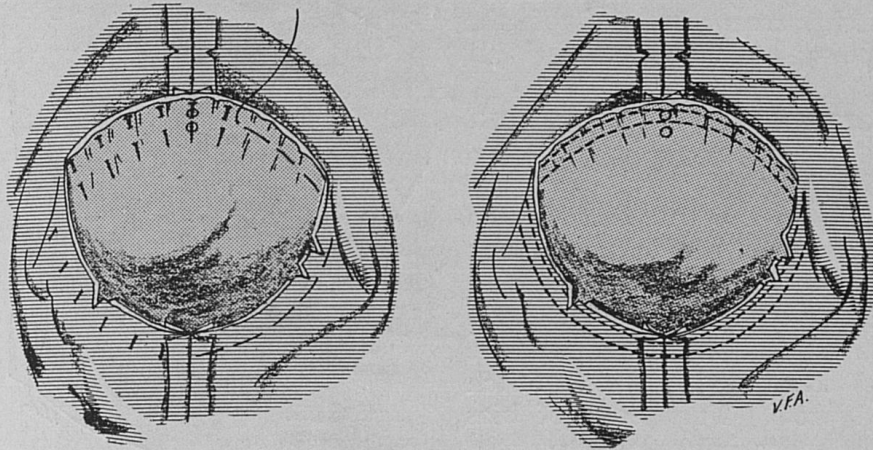


Decorative stitch

*French hem.* A French hem is a narrow edge finish resembling a French seam on the wrong side of the material, and showing no stitching on the right side. This finish is especially good for neck and armholes of undergarments where lace or ric-rac braid is to be used as a finish. To make: fold a narrow hem about  $\frac{1}{8}$  inch



on the right side of the garment. Turn the entire hem back to the wrong side creasing the garment even with the first fold of the hem. Baste the hem in this position and overhand the folded edges together. Place right side of lace to the right side of the garment holding the lace next to the body; overhand working from right to left.

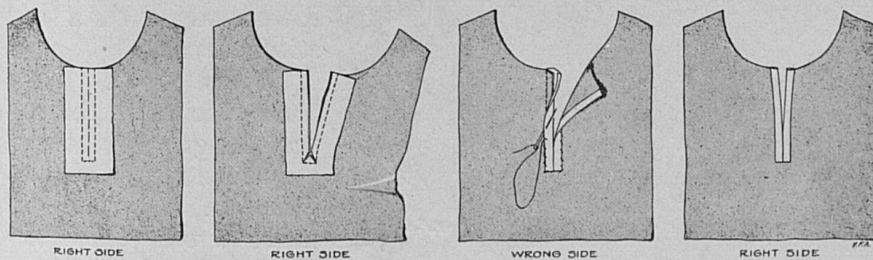


How to set in sleeves

**SETTING SLEEVES IN A DRESS**

After sewing up sleeve seam, slip sleeve edge thru armhole of the dress, holding the inside toward you. Match notches and pin at these points and then pin at the underarm seam. Next pin at shoulder seam, and then distribute fullness evenly between these points, pinning as you go. Baste in place, try on and, if right, stitch. Two rows of stitching  $\frac{1}{8}$  to  $\frac{1}{4}$  inch apart make a flat, substantial finish for school dresses.

**BOUND NECK OPENING FOR DRESS**



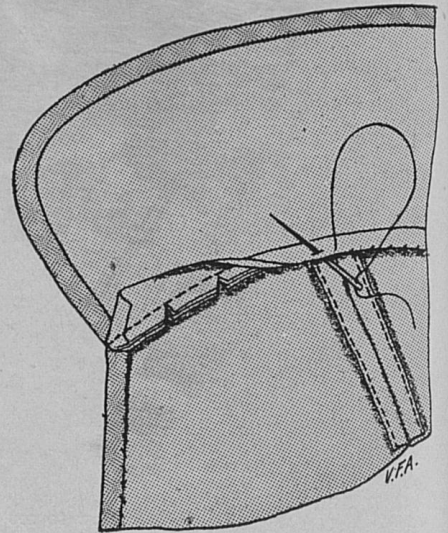
Bound neck placket

Do not cut opening before putting on binding. Mark place for opening with colored thread. Cut a binding two inches wide and as long as desired for opening, plus an inch. Fold the binding lengthwise thru the center. Baste this crease to the blouse along the colored thread marking. Stitch one-fourth inch from the slash

line on each side and across the bottom. Cut thru center 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 raw edge of binding on wrong side and whip to machine stitching. Stitch across the end of the binding on wrong side.

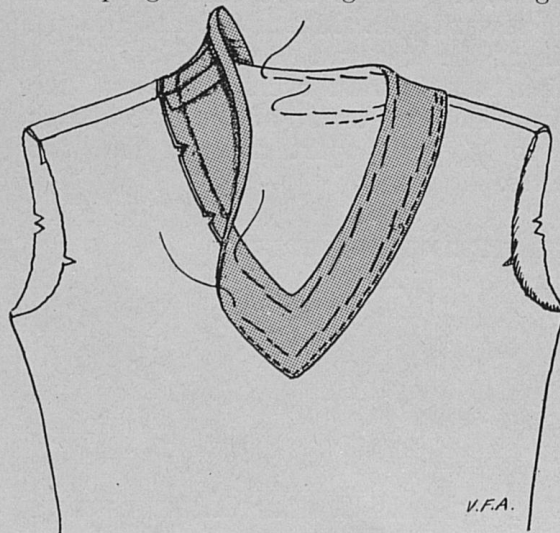
### COLLARS AND FITTED NECK FACINGS

*Joining 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 whip in place by hand.



Join of collar

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

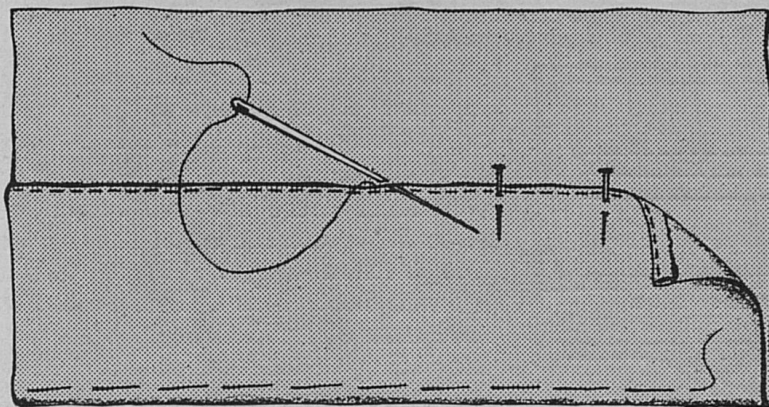


Fitted facing for dress

*Dress hem.* Have some one mark the correct length of the garment, using a yard stick. Measure an equal distance from the floor, putting in a row of pins to mark the turn of the

hem. Turn hem at this line and baste. Then use a pasteboard gage for depth of hem, trim off even around top edge. Turn edge of hem under about  $\frac{1}{4}$  inch and stitch on top edge by machine. Pin hem in place, baste and then hem by hand with slip stitch. Any fullness may be put in small darts or eased in by pulling up the machine stitching.





Dress hem

*Bound buttonholes.* 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 should be cut on the bias when used as a binding.

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 two inches wide.

3. Crease this binding thru the center lengthwise straight with a thread of the material.

4. Place the crease of the binding on marking for the 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.

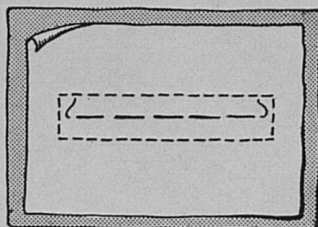
6. Cut along the basting line to within  $\frac{1}{8}$  inch of each end and from these points cut diagonally in at each corner to the stitching but not thru it.

7. Turn the binding piece thru 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 plait. Press well.

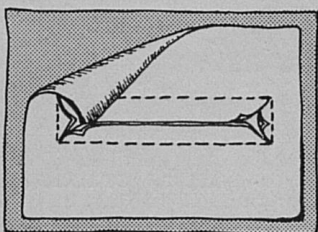
8. Stitch on the right side in the crease made where binding and material are joined together. The plait on the under side is held together by small stitches. The buttonhole on the wrong side may be finished in either of three ways:

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.

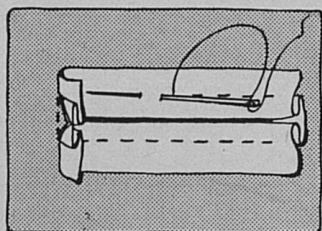
If machine stitching is used it should be made from the right side, and in the crease. Trim and overcast raw edges on ends.



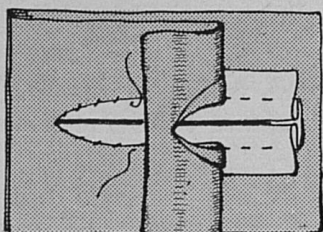
RIGHT SIDE



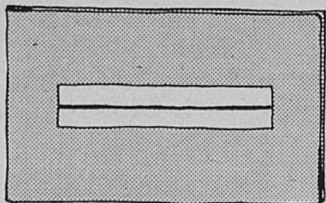
RIGHT SIDE



WRONG SIDE



WRONG SIDE

RIGHT SIDE *K.F.A.*

Bound buttonholes

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, and forms a much nicer finish. Make the buttonhole thru one thickness as before. Place the facing or hem in position in which it will be when garment is finished, and baste in place. From the right side put pins straight down thru 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.

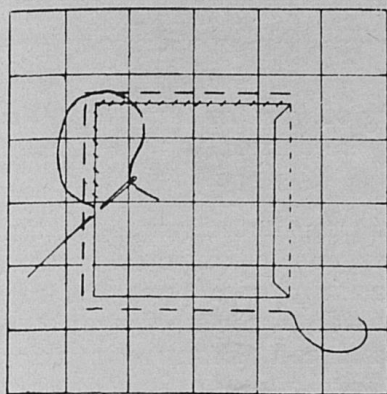
#### REPAIR OF CLOTHING

*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 a square or oblong hole. The patch should be of the same material as the garment and if the garment is faded the patch should be washed until of same color. If there is design in the garment, as plaid or stripes, the design in the patch 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, pin and baste carefully into position.

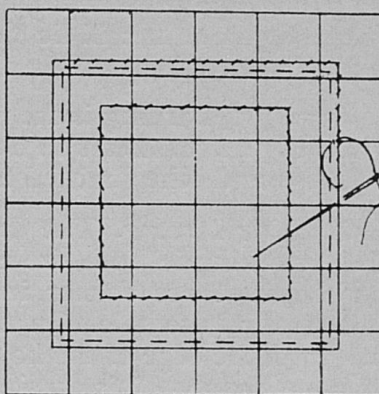
Turn garment to right side, cut with diagonal slashes at all four corners  $\frac{1}{8}$  inch deep. Turn edges of garment material under  $\frac{1}{8}$  inch all around hole; baste, then hem to patch; take care to make square corners. Turn to wrong side. Turn



under edge of the patch  $\frac{1}{2}$  to  $\frac{1}{4}$  inch all way around; baste and hem to garment with fine stitches.



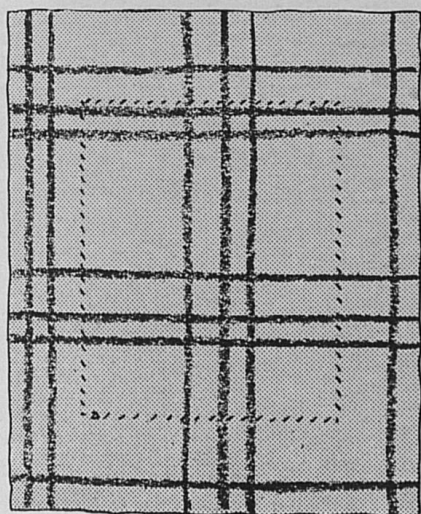
A - Right side



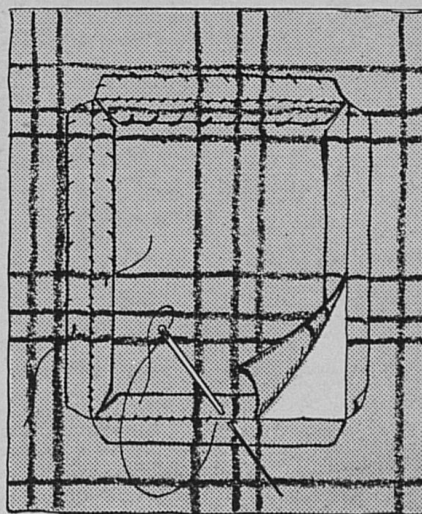
B - Wrong side

Set-on patch

*Overhand or set-in patch.* This patch is very neat and less conspicuous than the hemmed patch, therefore it is used more often for patching outer clothing. It is less durable, however, so is seldom used on garments that require constant laundering.



RIGHT SIDE *V.F.A.*



WRONG SIDE

Overhand patch

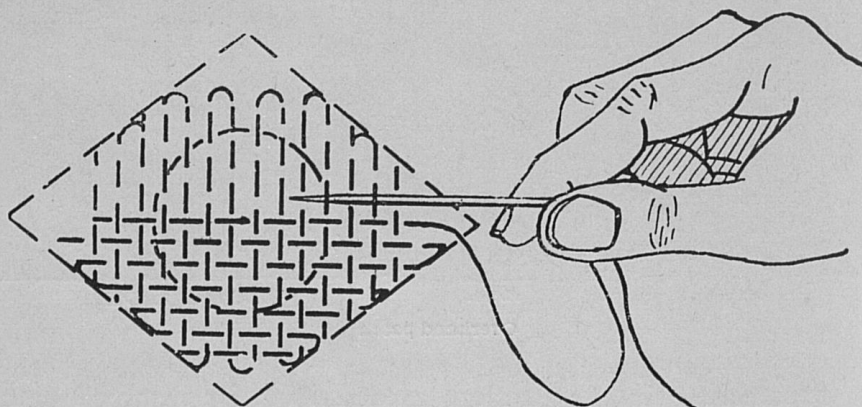
Prepare hole in the garment as described for hemmed patch. Then clip diagonally outward from the corner of the hole  $\frac{1}{4}$  inch and crease the edges to the wrong side, baste in position if the material will not hold the crease easily. Cut a piece of material for a patch large enough to cover the hole easily. Place this patch on the garment with the right side of the patch to the wrong side of the

garment matching perfectly the thread and design. Pin in position. Turn back the edges of the patch to exactly fit the hole. On the wrong side overhand the two folded edges together with small stitches so the seam will lie flat. Overcast the raw edges of the seams to prevent raveling.

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

*Stocking darning.* The darning cotton should match the thread of the stocking in both size and color. Use a long-eyed needle not too coarse. Place darning inside stocking; trim away the ragged edges around the hole. On the right side of the stocking, about  $\frac{1}{2}$  inch from the edge of the hole, run a thread of contrasting color in diamond shape. This outlines the darn and the finished darn is diamond shaped which prevents the strain from coming on any one row of loops in the stocking. Darn the lengthwise way with the ribs of stocking first, beginning at lower right-hand 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. When the hole is reached go over one thread and under next until hole is crossed then take running stitch to guide line. Repeat, taking up alternate threads until darn is finished. Remove basting thread and press.

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.





**SUGGESTIONS FOR CLOTHING PROJECT MEETINGS, UNIT II**

1. *Discussion.* Clothing selection or construction or subjects related to clothing such as grooming, posture and care of clothing.
2. *Demonstration.* By project leader or home demonstration agent.
3. Work on garments by 4-H members.
4. Assignment of home work by project leaders. This to include work on garments and new materials needed.

Eight to twelve meetings should be held for this project depending on the length of time allowed for each meeting. The following may help a leader in making plans that will cover work for the entire project.

**FIRST MEETING.** Planning of entire project.

*Business.* Decide on number of meetings to be held. Set goals for completion of project. Elect project captain.

*Discussion.* Requisites of well-chosen costumes for school and sports. Costumes that may be made in this Unit. Materials suitable for undergarments. Show samples.

*Demonstration.* Making the poster of costume. Taking measurements needed for undergarments.

*Work.* Decide on undergarments patterns. Take measurements for pattern and for material.

*Home Work.* Look thru fashion magazines and cut out pictures for dress you plan to make. Buy material and pattern for undergarments.

**SECOND MEETING.** Cutting undergarments.

*Discussion.* How to know pattern.

*Demonstration.* Testing pattern. Placing of pattern on material.

*Work.* Place pattern on material and cut if there is time.

*Home Work.* Complete cutting undergarment, stitch darts, and baste garment.

**THIRD MEETING.** Making undergarments.

*Discussion.* Undergarments to suit different figures and costumes. Choosing the dress material. Show samples.

*Demonstration.* Fitting undergarments. Seams for slips and shorts.

*Work.* Fitting garments, turning hems in slips.

*Home Work.* Make seams in garments. Get samples of material for dress. Bring to next meeting. Buy dress pattern.

**FOURTH MEETING.** Completion of slips. Patching.

*Discussion.* Care of clothing. Laundering samples of dress materials submitted.

*Demonstration.* Neck finishes for the slips. Leader—How to make a set-on patch.

*Work.* Make sample neck finishes. Make patch on piece of material. Figure amount of material needed for dress.

*Home Work.* Complete undergarments. Get dress material. Complete poster of costume by pasting sample of dress material under picture.

## FIFTH MEETING. The dress. Judging clothing.

*Discussion.* How to judge garments.

*Demonstration.* Placing pattern on material. How to cut.

*Work.* Place pattern on material. Judge patches made.

*Home Work.* Cut and baste dress together. Patch on garment.

## SIXTH MEETING. Fitting dress. Seams.

*Discussion.* Choosing becoming colors.

*Demonstration.* Fitting the dress. Seams for the dress. Putting in sleeves.

*Work.* Fit dress.

*Home Work.* Sew up seams and put in sleeves.

## SEVENTH MEETING. Finishes for the dresses.

*Discussion.* Decorations and finishes for dresses for school and sports.

*Demonstration.* Neck finishes, putting on a collar, turning and putting in hems.

*Work.* Turn hems and learn stitch. Baste collars.

*Home Work.* Finish neck and sleeves, put in hems, and get any needed trimmings and finishes.

## EIGHTH MEETING. Buttons and Buttonholes. Standards for Costumes.

*Discussion.* Judging school costumes and accessories for a school costume.

*Demonstration.* Making buttonholes and putting on buttons. Belt finishes.

*Work.* Make sample buttonholes.

*Home Work.* Complete costumes as nearly as possible.

## NINTH MEETING.

*Discussion.* Plan for exhibit. Posture — what it has to do with looks and health.

*Demonstration.* Darning hose.

*Work.* Girls make darn. Judge costumes completed.

## TENTH MEETING. Exhibit or dress revue.

Girls wear costumes in community show. Make plans to enter the county contests.

NOTE. What would fit into meeting plans will depend on costumes selected. If girls make pajamas or shirts and shorts, these articles will have to be worked into plans.