1975

Creative Clothing...Opening the Door : Extension Circular 4-10-75

Gail Skinner

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Creative Clothing

OPENING

the
doors

Extension work in "Agriculture, Home Economics and subjects relating thereto," The Cooperative Extension Service, Institute of Agriculture and Natural Resources, University of Nebraska-Lincoln, Cooperating with the Counties and the U. S. Department of Agriculture

J. L. Adams, Director

JAN 8 1975
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</tbody>
</table>

**METRIC CONVERSION:** Because of the possible use of an international metric system of measure, we have included the centimeter value for inches and fractions.

Based on a publication "Creative Clothing" Cooperative Extension Service, Iowa State University

The Cooperative Extension Service provides information and educational programs to all people without regard to race, color or national origin.
Dear Mother:

The clothing project for beginning 4-H members will require your help with many things. We hope that in completing this project, members will learn some things about clothing selection, clothing construction, clothing care, posture, grooming and how clothing affects each individual and the people with whom she associates. Through clothing experiences each member can develop in (1) self confidence, (2) ability to make decisions, and (3) feelings of acceptance and concern for herself and others.

Girls can learn these things through a variety of experiences. There are some listed in each section of this booklet. You might help your daughter think of some other things that she would like to do to learn about clothing.

On page 5 there is a list of goals. Please help your daughter look through the list and pick the things she wants to learn. This list is not meant to limit what she does. If there are other things the two of you would like to add to the goal list, please add them.

If clothing construction is one of your daughter's goals, she will need special help from you, her grandmother, an older sister, or a friend. She will need help in learning to use a sewing machine, in shopping for her fabric, and then, of course, she will need guidance in actually constructing something. We hope that you can help her select items to sew that will not be too difficult for her to do in a short period of time.

The leader will also need your help and cooperation in carrying out the club program. Talk with her about ways you can help.

As you look through this booklet you will notice that we have not given directions on how to do specific sewing techniques, but rather have suggested several techniques to choose from. We feel that it is important for girls to learn to use a variety of techniques from sewing books. Many of the sewing efforts of young girls will not be perfect. We hope you will not worry about this too much. We would rather have a girl enjoy sewing and have a feeling of completing several items than to have one be perfect. We hope you will agree.

The clothing program holds many exciting opportunities for your daughter. Clothing construction is one. Help her choose a variety of experiences that will introduce her to a wide range of clothing adventures.

Throughout this manual, members are referred to as girls. We recognize, though, that it may be your son who has enrolled in this project. We welcome his participation.

We hope your child will find the clothing experiences interesting and stimulating.

Sincerely,

Gail Skinner, Clothing Specialist
A Look Ahead

Clothing and your other 4-H experiences can help you become a person who:
...is interesting to be around
...goes ahead with her own plans
...knows how to dress attractively
...feels good about the way she looks
...enjoys learning
...knows how to make choices
...learns to accept success and failure
...is an intelligent consumer
...likes and accepts other people
...understands why people choose different kinds of clothes.

What did you think of when you chose a clothing project? Did you think you would learn to sew? You can—and you can learn other things about clothing, too.

You can learn about:
...colors and color combinations
...shopping for yourself
...choosing clothes that go together
...accessories; what they are and how to use them
...good posture
...clothing care

You can see you have many choices about what you can learn and do in your clothing project. You may want to do more things in some areas than others, but try to choose at least one interesting suggestion in each area.
Goals for My 4-H Clothing Project

As you begin this project, think about what you want to learn. Talk this over with your mother and leader. You will find some suggested goals listed below. Page numbers are listed to help you find information about each goal. You may think of other things to help you learn about clothing, and you can do those, too.

Check the goals that you would like to do in this project, and add others that you think of. You may decide to work toward all the objectives. You may plan to work toward some of the objectives this year and the others next year. During the year you may want to look over the suggested goals again. Decide if you want to choose others you would like to do, add new ones, or change the ones you chose first.

As you complete each goal write in the date.

<table>
<thead>
<tr>
<th>Want to do</th>
<th>Date finished</th>
</tr>
</thead>
</table>

**COLOR**

Discover and describe feelings I have about color. 8

Learn the primary colors and what colors can be made by mixing them. 9-10

Learn how different colors and color combinations affect the size of shapes. 11-13

**SEWING**

Learn to use the sewing machine. 14-16

Learn what sewing tools I will need for the sewing I do. 17

Learn to select fabric for the sewing I do. 18-19

Make a tote bag. 20-22

Learn to sew a simple garment for myself. 34-44

Learn the differences between woven and knitted fabrics. 31-33

Make clothing that helps me learn how to sew better. 34-46

**POSTURE**

Learn how good posture can make my clothes look better. 23-24

Learn to sit, walk and stand with good posture. 23-24
### Want to do | Date finished
---|---

**ACCESSORIES**
Choose an accessory from items I have at home to go with an outfit and decide what the accessory does for that outfit. 25-26

Purchase an accessory for an outfit following the steps suggested. 25-26

Report to my club on an accessory I selected. 26

**GROOMING**
Learn to keep my hands and nails neat. 27-28

Learn to give my hair the care it needs. 27-28

Learn about using deodorants and antiperspirants. 27-28

**CLOTHING SELECTION**
Select a garment from my wardrobe to wear with a garment I have made. 47-48

Learn what steps to take and what to look for when shopping for clothes. 47-48

Learn how to measure and determine my own bra size. 50-51

Learn how to choose a well constructed bra and care for it. 50-51

**CLOTHING CARE**
Develop a plan for keeping my clothes looking neat and in good repair. 49

**OTHER GOALS**

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First Things First

In your 4-H clothing experience you can learn to sew and make your own clothes. Amy and her friend Julie are excited about sewing. At one of their first 4-H meetings about clothing their leader had them make a quick and easy item right at the meeting. They made it without using a sewing machine and they wore it home from the meeting. All of the girls in the club made one. It was fun to see how they all looked. Your 4-H leader has the directions that Amy and Julie followed. Ask her about them.

When you have finished, check the things you learned to do.

- Thread a needle
- Use a needle and thread
- Measure
- Make a hem
- Sew on a snap

Did you learn to do other things? If you did, what were they?
Feelings About Color

Color is all around you. Close your eyes and think of the last color you were looking at. Now check to see if the color you had in your mind was the same as what you actually saw.

Colors can make you have certain feelings and remind you of things. For example, red makes Amy feel excited and reminds her of fire. However, Amy’s friend Julie reacts differently to red. Red makes Julie feel happy and it reminds her of cherries. Amy’s brother Dan says that red makes him think of apples and makes him hungry. Each of us reacts to color in our own way. Many times it is due to the experiences we’ve had with color in our lives.

HOW DO YOU FEEL ABOUT THESE COLORS?

<table>
<thead>
<tr>
<th>Makes me feel.......</th>
<th>Reminds me of.......</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td></td>
</tr>
<tr>
<td>Blue</td>
<td></td>
</tr>
<tr>
<td>Yellow</td>
<td></td>
</tr>
<tr>
<td>Green</td>
<td></td>
</tr>
<tr>
<td>Orange</td>
<td></td>
</tr>
<tr>
<td>Purple</td>
<td></td>
</tr>
</tbody>
</table>

You can learn to use color to lift your spirits on a dull day by wearing colors which give you pleasant feelings.

Check your chart above. Which colors would make you feel good?
**Color Magic**

You will need:
- red, blue and yellow food coloring
- 7 clear glasses or jars
- white paper to work on
- water
- spoon for stirring

1. Follow these suggestions to learn more about how color works:
   - Place three glasses or jars of clean water on white paper.

   - Add three drops of red food coloring to the first glass, three drops of blue coloring to the second glass, and three drops of yellow coloring to the third glass. Stir each glass. (These are called primary colors).

2. Into an empty glass pour half the yellow water and half the blue water (you should get green water, a secondary color). Look at the chart below.
   - Pour half of the red water into the yellow water you have left. Write the name of the color you get in the ∆ between the colors that you mixed.

   - Pour the blue water into the red water you have left. Write the name of the color you get in the ∆ between the colors that you mixed.

You have now made the secondary colors out of the primary colors (yellow, red, and blue). Keep these new colors for more mixing.

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**chart**

- **Green**
- **Yellow**
- **Blue**
- **Red**

〇 = PRIMARY COLORS

△ = SECONDARY COLORS
3. With three more glasses of clean water, make one glass of red, one of yellow and one of blue as you did in the first step.

- Into an empty glass pour half the yellow water and half the green water. Give a name to the color you get and write it in the square between the colors that you mixed.
- Pour half of the orange water into the yellow water you have left. Name and write in the color you get below.
- Pour half of the red water into the orange water you have left. Name and write in the color you get below.
- Pour half of the purple water into the red water you have left. Name and write in the color you get below.

You have already seen that it is possible to start with only three colors and make many others. There are almost endless combinations that could be made by varying the amounts of each color used. Try more combinations if you wish to continue experimenting.
Colors "Grab" You

We usually choose clothing in colors that we enjoy wearing.

Besides affecting our moods and feelings, color can also affect how we look to others.

Light and bright colors such as a light yellow or bright orange usually make the figure look larger. Dark shades of colors, such as a dark blue, or neutral shades, such as brown or gray, usually make the figure look smaller. See it happen!

1. Use scraps of fabric or paper, in plain colors, and cut out a circle in a light or bright color. Trace around a coin or a glass.

2. Cut out another circle in a dark or neutral shade. Make this one the same size as the one above.

3. Paste them in the space below and compare their size. Do both of them look the same size?

Look at the colors other members chose. Some may show differences in size better than others. Some color combinations make you notice one color more than another.
Take any one color in a plain fabric or paper and cut four pieces of it, 1\" (2.5 cm) square.

Choose one of each of these four types of colors listed below in a plain fabric or paper and cut one 2\" (5 cm) square of each. Don’t use the same color you chose for the 1\" (2.5 cm) square.

1. A light color—pink, light blue or light yellow.
2. A bright color—red, orange, bright yellow.
3. A dark color—deep blue, dark green or dark purple.
4. A neutral color—brown, beige or gray.

Now you have four 1\” (2.5 cm) squares of the same color, and four 2\" (5 cm) squares of four different colors.

Place one 1\” (2.5 cm) square on top of each 2\" (5 cm) square and glue them in the space below.

Answer these questions using the numbers from one or more of your examples below.

- Which combination makes the center look larger than it really is? _____
- Which combination makes the center seem smallest? _____
- Which combination do you like best? _____
- Which combinations attract more attention? _____
- Which combinations would look best on you if you were thin? _____
- Which combinations would look best on you if you were heavy? _____
Next time you are choosing a top to put on with a pair of shorts or slacks, stop and think for a minute how the colors look together and how they make you look.

Big Ideas....

Colors you wear make a difference in how you feel.

People can have different feelings about the same color.

Primary colors are red, yellow, and blue. They can be mixed to make most all other colors.

Colors you choose and wear together make a difference in how you look.
Sewing Machine Lingo

After making something at their 4-H meeting Julie and Amy wanted to sew something using a sewing machine. Amy’s mother said she would help them learn to use it. She said they would need to practice before they could really sew anything.

The three of them sat down in front of the sewing machine and looked at it. Amy’s mother showed Amy and Julie the parts they would learn to use.

Things To Do

Look at your mother’s sewing machine and see if you can find the parts they found.

1. **Balance wheel.** When the wheel turns, the needle moves up and down.
2. **Spool pin.** Holds the spool of thread which makes the top part of seam.
3. **Thread take-up lever.** Moves up and down pulling the thread to the needle.
4. **Tension.** Keeps the thread tight so that just the right amount is used in each stitch.
5. **Stitch regulator.** Changes the size of stitches from small to big.
6. **Presser foot lever.** Raises and lowers the presser foot.
7. **Presser foot.** Holds the fabric tightly while you sew.
8. **Needle.** Takes the top thread through the fabric to make stitches.
9. **Needle hole.** The small hole the needle goes through to make stitches.
10. **Feed dog.** Moves the fabric through the sewing machine.
11. **Bobbin.** Holds the thread for the bottom part of the seam.

Another part that you will use that is not shown in the pictures is the knee lever or foot control. It makes the machine go faster or slower. Which does your machine have?

Now Amy and Julie are ready to practice using the sewing machine. They will take turns doing the things Amy’s mother suggests. Amy’s mother tells them they will have to be careful with the sewing machine because it is a valuable machine and not a toy. Ask your mother if you can do what Amy and Julie are doing. Maybe she will help you.
Here's what Amy's mother helped Amy and Julie do. After you have done each step, put a check in the blank before you go ahead to the next step.

- Begin by running the sewing machine without a needle and with the presser foot up. Make it go very fast, then make it go very slow. Try different speeds. Can you make it start and stop smoothly? When you sew, sit up straight with both feet on the floor.

- Now you can practice with a needle, but without any thread. Find a piece of paper with lines on it. Put the presser foot down on the paper. Guide the paper gently with both hands as you stitch. Don't push or pull. See how straight you can make your lines.

- Draw a big circle on a piece of paper. Can you stitch on that line? You may want to practice this several times.

- Draw a 6-inch square on a piece of paper. Inside of it draw a 5-inch square and a 4-inch square. Stitch on the lines. Can you make the sewing machine stop on the corner with the needle in the paper and turn a square corner?

- Now you are ready to use thread. Have your mother show you how to thread the sewing machine. You need to learn to wind the bobbin and put it in the machine too. Practice doing this until you can do it yourself. Find a little paper sack. Fasten it to the sewing machine table with tape. If you put scraps of thread in the sack, your sewing area will look neat and will be easier to clean up when you finish sewing.

- The next step is to sew using fabric. Ask your mother for scraps of firm fabric to use for practicing. Cut two pieces of fabric the same shape and the same size. Pin the two pieces of fabric together as shown. Put the needle down into the fabric close to one end. Put the two threads to the left of the needle and behind it. Be sure there is at least 3 inches (7.5 cm) of each thread behind the needle. Lower the presser foot.
You are ready to stitch. Do it just like you did before, but **hold onto the two threads while you take the first few stitches**. Practice sewing until your stitching is straight and even. It takes a lot of practice.

Most seams you will sew will be 5/8” (1.5 cm) from the edge of the fabric. Does your sewing machine have marks in the metal just to the right of the needle? If it does, practice stitching keeping the edge of the fabric along the mark that says 5/8 inch (1.5 cm). If there are no markings on your machine, make your own. Put a strip of tape 5/8 inch (1.5 cm) from the needle hole. Use this as your guide for stitching. Or you can use the attachable seam guide if it comes with your machine.

Look at the stitching you have done. If it is too tight the fabric will pucker.

If it is too loose, there will be spaces between the two pieces of fabric when you spread them apart.

If either happens to you, it is not your fault. The tension on the machine isn’t right. Your mother will need to adjust this for you. You will learn to do this later.

**Big Ideas....**

A sewing machine is a valuable piece of equipment.

Before you can sew, you have to learn about using a sewing machine.

To operate a sewing machine safely, it is important to be able to make the machine stop and start when you want it to.

If you practice using the sewing machine it will be easier for you to sew.

Most seams are 5/8 inch (1.5 cm) from the edge of the fabric.

Keeping your sewing tools together will make it easier when you sew.
Amy and Julie wanted to put all the sewing tools they would need in a special place so they wouldn't misplace them. Amy's mother keeps her tools in a sewing basket. Amy decorated a strong cardboard box for her sewing tools. Julie put hers in a doll suitcase. She put partitions in it to keep the tools in place. If you would like to keep your tools together too, here are the sewing tools you should have. Check each tool you put in your sewing case.

Amy and Julie asked Amy's mother to help them decide what kind of thread and needles and pins to buy. Ask your mother to help you decide which kinds to get. She can also explain what all the tools are used for.

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<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Sewing shears</td>
<td>Tape measure</td>
<td>Measuring gauge</td>
<td>Needles</td>
<td>Pins</td>
<td>Thread</td>
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<tr>
<td>Thimble</td>
<td>Pin cushion</td>
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It's in the Bag

Amy and Julie wanted to make something with the sewing machine that they can use. Julie’s mother suggested tote bags. They would be easy to make because they would have only straight seams and hems. Julie’s mother said she would help the girls.

They decided to make a list of all the things they would need to make a tote bag, and they circled the things they would have to buy. They would borrow the rest from their mothers. If you want to make a tote bag, circle the things you will need to buy, too.

<table>
<thead>
<tr>
<th>AMY’S LIST</th>
<th>JULIE’S LIST</th>
<th>YOUR LIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>15 inches of 36” or 45” wide woven fabric</td>
<td>15 inches of 36” or 45” wide woven fabric</td>
<td>15 inches of 36” or 45” wide woven fabric</td>
</tr>
<tr>
<td>thread to match fabric</td>
<td>thread to match fabric</td>
<td>thread to match fabric</td>
</tr>
<tr>
<td>Shears</td>
<td>Shears</td>
<td>Shears</td>
</tr>
<tr>
<td>Pins</td>
<td>Pins</td>
<td>Pins</td>
</tr>
</tbody>
</table>

The girls didn’t know what kind of fabric to buy. Julie’s mother suggested that they get denim, sailcloth or some other heavy fabric, because a firmly woven heavy fabric will be easy to sew and it will wear a long time.

When the girls shopped for their fabric they asked the clerk for a sample of the fabrics Julie’s mother suggested to help themselves remember what these fabrics look like.

When you shop for your fabric, ask for samples to put in the squares below. Or ask your mother if she has some scraps made from these fabrics that you can use for a sample.

When they were looking at fabric, Julie’s mother showed them some things that are important to know. Look for these when you are buying your fabric.

- Woven fabric is made of yarns that go in two directions. The lengthwise yarns run the long way of the fabric. The crosswise yarns should cross the lengthwise yarns at right angles. If they do not, the fabric is off grain.
• Check to see that your fabric is on grain before you buy it. Place the fabric on one corner of the table top. The selvage edge should be even with the other side of the table.

• If the fabric is just a little bit off grain you will be able to straighten it by pulling on the short corners as shown below. If it is too far off grain you will not be able to straighten it.

• Now look at the torn or cut edge of the fabric. If the fabric has been cut, has it been cut along one of the crosswise yarns? If the cut edge did not line up with the edge of the table, look to see if the crosswise yarns do. That is the important thing.

• Read the label on the end of the bolt of fabric. Does it say?
  - CREASE RESISTANT
  - WRINKLE RESISTANT
  - DURABLE PRESS
  - PERMANENT PRESS
  - WASH AND WEAR

These are all finishes that lock the threads in position. You will not be able to make this fabric straight. Be sure it is straight before you buy it.

Some fabrics have designs printed on them. A print fabric would make a pretty tote bag. If the fabric has a design, look at it carefully. Does the design follow the crosswise yarn? If it doesn’t, leave the fabric in the store. This can’t be fixed and whatever you make from it may look crooked.

Put a sample of the fabric you bought in the square below.
Big Ideas....

Sewing is easier when you use firmly woven fabric.
Firmly woven heavy fabric will wear a long time.
Fabric bought for sewing should be on grain.
Some fabric finishes lock threads in position.
Fabric designs should be printed on grain.

Things To Do

Now that you have bought your fabric you are ready to follow Julie’s mother’s suggestions for making your tote bag. Follow her directions carefully just like Julie and Amy did, and you’ll have a pretty tote bag to use. Check each step as you finish it.

Cut your fabric into 2 pieces. The big piece should be 15 inches (37.5 cm) long and 28 inches (70 cm) wide. Save the smaller pieces for handles.

Press a 1/2 inch (1.2 cm) fold toward the wrong side of the fabric. Work with the fabric flat on the ironing board.

Now turn over the same edge 1 inch (2.5 cm) in the same direction to make a hem, and press. Pin the hem to the rest of the fabric. If your pins are at right angles to the hem, it will be safer to sew over them.

Now you are ready to stitch the hem. Put the fabric on the sewing machine with the hem edge closest to the machine and the extra fabric away from it. Put the needle down in the fabric about 1/8 inch (3 mm) from the edge of the hem. As you start to stitch hold onto the threads so they won’t get caught in the machine. Stitch as straight as you can.

If you would like to decorate your tote bag, this is the time. You could make a design and cut it out of iron-on fabric for a decoration on your bag, or you could embroider or stitch a design on your bag. Maybe you would like to leave yours without any decoration. This is all right too.
If you decide to decorate your tote bag, fold the fabric so that it is the shape the tote bag will be when it is finished. Be sure you have the right side of the fabric up. Decide where you want the design.

Press the design on your tote bag with a warm iron.

Now fold the right sides of the fabric toward each other. Pin the short edges together. Beginning at the top, where the hem is, stitch a seam 5/8 of an inch (1.5 cm) from the edge of the fabric. Start your stitching three or four stitches from the top edge of the hem. Stitch backward to the edge of the hem; then stitch all the way to the bottom of the bag and secure the thread ends.

Press the seam open. Fold the tote bag with the seam on one edge. Fold seam allowances back against the wrong side of the tote bag.

Pin the bottom edge of the bag. Make a 5/8 inch (1.5 cm) seam across the bottom. Stitch backwards 3 or 4 stitches at both ends of the seam.

Trim the extra fabric out of the corners at the bottom of your tote bag. Do it like the picture shows. Do not cut the thread where you just stitched the bottom seam.

Turn the bag right side out. Use the eraser end of a pencil to push out the corners until they are smooth; then press.

To make the handles for your bag, cut the left-over pieces of fabric into two strips that are 3 inches (7.5 cm) wide and 15 inches (37.5 cm) long (you will have some fabric left over).

Press under 1/2 inch (1.2 cm) of fabric to the wrong side of all four sides of the strip of fabric. Fold each strip of fabric the long way with the wrong sides together. Pin the open sides together so that they just meet on the edges. Stitch close to the edge all the way around each piece.
Pin the handles to the tote bag. One goes on each side. The handles will need to come to the bottom of the hem.

Sew a rectangle through the handle and the tote bag 1/8 inch (3 mm) from the edges of the handle and the top of the tote bag. Be sure you sew through only one handle and one part of the tote bag so you don’t sew the bag shut! Do the same stitching on each end of each handle.

You’ve done it. You have made something of your very own using the sewing machine. How well did you do? On the chart below check how well you made your tote bag.

<table>
<thead>
<tr>
<th>Item</th>
<th>very good</th>
<th>good</th>
<th>could be better</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fabric in tote bag is on grain.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seams on sides and bottom are 5/8 inch wide (1.5 cm).</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seams are straight.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stitching on hem is straight.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hem is even in width.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stitching on the handles is straight.</td>
<td></td>
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</tr>
</tbody>
</table>

What will you use your tote bag for? Amy thinks she will use hers to carry her books to school. Julie plans to use hers to carry her swim suit, towel and comb when she goes swimming.

What other uses can you think of for a tote bag? Write them down here and put a check mark by the way you will use yours.

Uses for my tote bag:

If you decide to make another tote bag, think about changes you could make. You could use fringe or rickrack to decorate it, press on a different design, or sew a pocket on the outside.
Does your mother say, "Why don't you stand up straight?" or "Hold your tummy in" or "Stand up tall, now?" When she says that, she really is saying that you look better when you have good posture. You look alive and full of energy instead of tired and droopy, and you feel better too.

Did you know that your clothes fit better when you have good posture, too? If you don't believe that, go and stand in front of a mirror. Look at yourself while you do these things:

- Let your shoulders drop and your tummy stick out.
- Hold your head forward and let your seat stick out behind you.
- Stand with all your weight on one leg.
- Stand as tall as you can, with your chest up and holding in your tummy and your seat.

Which way did you look best?
Did you notice a difference in how your clothes fit when you stood those different ways? If you didn't notice, try it again. Look to see if there are folds or wrinkles in your clothes when you stand any of those ways.

Good posture is important when you sit and walk, too. If you think about good posture, and practice sitting, standing and walking with good posture, it gets to be a habit. Then you have good posture without thinking.

**Things To Do**

On the chart below, check the way you walk now and at the end of the year. Look to see where you need to improve and work on it during the year. See if you can check everything "good" by the end of the project.

<table>
<thead>
<tr>
<th>IS YOUR HEAD UP?</th>
<th>GOOD</th>
<th>NEEDS TO BE BETTER</th>
<th>END OF PROJECT</th>
<th>STILL NEEDS TO BE BETTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>DO YOU LOOK AHEAD AND NOT DOWN?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IS YOUR CHEST HIGH?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IS YOUR TUMMY IN?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>IS YOUR SEAT TUCKED UNDER?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ARE YOUR SHOULDERS RELAXED?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DO YOUR ARMS SWING SLIGHTLY?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DO YOUR LEGS SWING FROM YOUR HIPS, NOT FROM YOUR KNEES?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DO YOU BEND YOUR KNEES SLIGHTLY?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DO YOUR TOES POINT STRAIGHT AHEAD?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Practice standing, walking and sitting with good posture.

1. Stand with your back against a wall. Have your head, shoulders and hips touching the wall, and your heels 3 or 4 inches from the wall. Don’t try to make your waist touch the wall. Put a book on your head. Now walk forward smoothly with this same posture. See how far you can walk without dropping the book.

2. Get in position again against a wall and put the book back on your head. Walk to a stairway. Practice walking up and down the stairs with a book on your head. Can you do it without dropping the book?

3. When you are sitting at your desk at school, sewing, or watching TV, think about what your posture is like. Are you sitting with your head high and your shoulders back, or are you drooping? Practice sitting up straight. You will look better.

Big Ideas....

Your posture makes a difference in the way your clothes fit.
It is easier to have good posture if you think about “standing tall.”
You look better when you have good posture.
Your Special Touch

Accessories are those small parts that complete your costume. They can be:

- a floppy hat
- a pair of socks
- a carry-all bag
- a pair of shoes
- a sweater or vest
- a hair band or bow
- or pins for fun

—just to name a few.

Some accessories are useful. Others accent or brighten your clothes and help you express your personality. They let you add a special touch of you to your outfit.

When selecting accessories do as Amy does; ask yourself these questions:

1. Will it go with more than one outfit I have?
2. If it is a fad item, is it reasonable in cost?
3. If it is an item that needs to last (like shoes or socks) is it of good quality?

A clothing FAD is a small item or a way of dressing.
Things To Do

Buy an accessory:
1. Decide with your mother what you could purchase and how much you will have to spend.

2. Carefully look over your clothes and choose a color that will go with several things you have.

3. While shopping, look carefully for signs of durability for an item that will last.

4. Remember, some accessories are fun and are quickly in and out of fashion, so you should spend only a little on fun items like these.

5. Report to your club on what you purchased and why. Tell what you are going to wear with it.

Big Ideas....

Accessories with your outfit help you express your personality.
Planning for the accessories you select will allow you to use them with more than one outfit.
Spend less money on fun fad items than on things meant to last.
Julie knows that how she looks is important. Sometimes people who don’t know you decide if they like you or not because of how you look. Julie likes people and wants to have lots of friends, so she tries to look her best and be well groomed all the time.

Being well groomed means that you are clean and neat. This includes your body, face, hands, hair and clothing. Right now Julie is trying to work on being clean, having her hands look good, and having her clothing look neat.

Julie has worked out a routine for every day so that she will be well groomed. Here is what she says:

"Nearly every day I take a shower or a bath. I am always careful to rinse off all the soap, because when the soap is left on my skin it gets all dry and wrinkled.

"I enjoy taking a bath. Sometimes I use bubble bath or bath oil. Bath oil makes my skin feel soft and smooth. It smells good, too. Sometimes I use bath powder.

"Mother and I decided I am old enough to start using deodorants. You know, when you get to be my age you need to use an underarm deodorant so you won’t smell bad. We went to the store to get some. I decided to try a roll-on deodorant. You might like a cream or a spray deodorant better. I use it every day after I take my bath or shower.

"My fingernails are always dirty and jagged. Since Mother showed me how, I take better care of my hands and nails. When they really get dirty, I scrub them with a brush—under my fingernails and on my knuckles. I’ve found that my fingernails look better if I take a little time every time I wash my hands. I use the towel to gently push the cuticle back from my fingernails. The cuticle is the skin at the bottom of the fingernail that grows out onto the fingernails. Pushing it back really doesn’t take long. Then I put hand lotion on to make my hands soft.

"About once a week I use an emery board to reshape my fingernails. Mother showed me how to hold the emery board at an angle and file from the sides to the center of my nails. I try to make each one a rounded curve."

"Another thing I do about once a week is to wash my hair. Most of the time that is often enough, but sometimes I have to wash it more often. When I’ve been swimming a lot or have worn a wool scarf or cap, my hair gets oily and stringy in just a few days. I know that when it gets that way I should wash it. My hair is styled so that I do not
Things To Do

This is the routine Julie made for herself. Each time she follows a grooming habit, she marks it down. At the end of the week, she checks to see how well she followed her routine.

1. Work out a routine for yourself to help you be well groomed.
2. Visit a store and see what kinds of deodorants they have. If you and your mother think you should start using a deodorant, buy some and remember to use it as often as you need it.
3. Try pushing your cuticles back when you dry your hands.
4. Work on your fingernails with an emery board every week.
5. Wash your hair as often as it needs to be washed to look clean and shiny.
6. Plan a time to brush your hair every day.

<table>
<thead>
<tr>
<th>What I should do</th>
<th>How often I should do it</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a shower or bath</td>
<td>every day</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use deodorant</td>
<td>every day</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clean my fingernails</td>
<td>every day</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Use a file or emery board</td>
<td>once a week</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wash my hair</td>
<td>once a week</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Brush my hair</td>
<td>every day</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wash my face</td>
<td>two times a day</td>
<td>XX</td>
<td>XX</td>
<td>XX</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brush my teeth</td>
<td>every morning and every night</td>
<td>XX</td>
<td>XX</td>
<td>XX</td>
<td>XX</td>
<td>XX</td>
<td>XX</td>
<td>XX</td>
</tr>
</tbody>
</table>

Big Ideas....

If you are clean and neat, you are well groomed.
Use a deodorant when it is needed to be well groomed.
Clean and neat hands and nails help you be well groomed.
Following a routine can make good grooming a habit.
Amy and Julie enjoyed making their tote bags. They also thought it was fun telling the other girls that they had made them. Then they wanted to make something to wear. Amy’s mother suggested that the girls make a list of all the things they might like to make.

Look over the list the girls made. Do any of them sound like something you would like to make? Add any other things you think of.

**What to Make**

- Beach Cover-up
- Poncho
- Dirndl skirt
- Dashiki
- Barbeque apron
- Wrap-around Sundress
Think about the things you have to wear. Do you need any of the things on the list? Check the ones you think you need.

Now have your mother look at the list with you. The two of you can decide which of them you can make for the sewing you do.

What did you decide to make? ____________________________________________

What color should it be? ________________________________________________

What will you wear with it? _____________________________________________
Fabric Fling

After they decided what to make and looked at the directions on how to make it, Amy and Julie started looking for their fabric. They remembered what they had looked for when they got the fabric for their tote bags, but there were other things to think about now.

Amy's mother told them that choosing the right fabric had a lot to do with how well their garments would look and wear. She also said that it would make a difference in how easy the garments would be to make.

Here are some suggestions she gave the girls as they started to look for fabric.

• Choose a firm, medium weight woven fabric.

• Print fabric is a good choice. If you make mistakes, they don't show up as much when you have used print fabric. You can recognize a print fabric by looking at the wrong side. This side will not look the same as the right side of the fabric. Remember to see if the print is on grain.

• Don't choose a fabric with a large print. A large print may be too bold and overpowering for your figure.

• Avoid plaid fabrics. Plaids need to be matched and this is hard to do.

• Check the label on the end of the bolt for the kind of fiber and for the best way to wash or clean it. If you ask for it, you will get a label with your fabric that tells you how to care for it. Sew the label into your finished garment.

<table>
<thead>
<tr>
<th>Fabric Details</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>65% cotton 35% polyester</td>
<td>Width 45&quot;</td>
</tr>
<tr>
<td>Durable press finish. Machine wash and tumble dry. Little or no ironing</td>
<td></td>
</tr>
<tr>
<td>Maximum residual shrinkage 1%</td>
<td></td>
</tr>
</tbody>
</table>

The girls noticed that there were many kinds of fibers in the fabrics they looked at. Amy's mother explained that there are two kinds of fibers — natural and manmade.

The natural fibers are cotton, linen, wool and silk. They come from plants and animals. The manmade fibers are made from chemicals. Nylon and polyester are two of the manmade fibers. The natural and manmade fibers are often blended to make fabric comfortable to wear, easy to care for and more durable.
The girls noticed that some fabrics were knit and some were woven. Can you tell the difference? Look at the two drawings. They show examples of basic knitted and woven fabrics. There are variations of both.

Knitted and woven fabrics are both fun to sew, but Amy’s mother suggested that Amy and Julie buy woven fabric to sew. She said woven fabric is easier to work with for beginning sewers.

When the girls bought their fabric, they also bought their notions. Notions are little things like thread, buttons, elastic and zippers that might be needed. It is a good idea to buy these things when you buy your fabric so you won’t have to make another trip to the store. It’s also easier to match colors when you have your fabric with you.

Amy and Julie were tired when they got home from the fabric shop. They had made lots of decisions and that wasn’t easy to do. But they were excited too! They wanted to cut out their garments RIGHT AWAY!

They were disappointed when Amy’s mother said they would have to wait. She thought it would be a good idea to preshrink their fabric before they cut it out. She said that some fabric shrinks a lot and can make the garment too small to wear.

To preshrink their fabric, Amy and Julie put it in the washing machine. They washed it exactly like the finished garments would be washed. Then they dried their fabric in the dryer since that is the way they will care for their garments. They could also have hung their fabric to dry.
Have you bought your fabric?

What did the label on the end of the bolt say?

What does the care instruction label that the clerk gave you say?

What notions did you buy?

Put a sample of your fabric in the square below:

Big Ideas....

Fabric should be preshrunk before you cut out a garment.
- Preshrink fabric the same way you will wash and dry the garments.
- Closely woven fabrics are easy to sew.
- Plaid fabric is matched in well made garments.
- Print fabrics can hide mistakes in sewing.
- The size of print should look good on your figure.
MAKING A BEACH COVER-UP

Julie and Amy wanted to make something to wear over their swimming suits when they go to the swimming pool, so they made this beach cover-up out of towels. Follow these directions carefully for your beach cover-up.

Before you start, you will need to gather these supplies:

- Two terry cloth towels. They can be hemmed or fringed. (Select your favorite color and be sure the two towels are a little wider than your hip measurements and as long as you want your beach cover-up to be.)
- Matching thread
- 1 yard of ribbon or cord
- Sewing equipment

Check each step as you finish it.

- Place the right sides of the towels together and lay them flat on the table. Measure 10 inches (25.5 cm) down from the top and mark the spot with a pin on both sides.

**RIGHT SIDE**

- Pin from the bottom up to the 10-inch (25.5 cm) mark on each side and stitch each seam. Stitch the seam on the selvages and secure the thread ends.
- Fold the top of each towel to the inside 1 1/2 inch. Pin baste in place and then machine stitch a hem 1/4 inch from edge. If you are using a fringed towel, fold the top edges down to the outside 2 1/2 inches (6.5 cm) and pin baste. Machine stitch 1/2 inch (1.3 cm) from the fringe.

- Cut the cord or ribbon in half and thread each half through one of the top hems. Pull slightly to gather the towel and form a neckline. Tie the ends at each shoulder.

Now that you're finished, look your beach cover-up over. Try it on and see how it fits. Then answer the questions in your manual, pages 45-46.
MAKING A PONCHO

The poncho is a garment we’ve adapted from the South American cowboy, the Gaucho. It is a fun project for both boys and girls. Follow these directions carefully, just like Julie and Amy did, and you’ll have a pretty poncho to wear.

Before you begin your poncho, you will need to gather these supplies:

If you are size 8-10 or smaller
30 inches (76 cm) of woven fabric of any width
3 1/2 yards (3.2 m) of matching trim
Matching thread
Sewing equipment

If you are size 12-14
36 inches (91.5 cm) of woven fabric of any width
4 yards (3.7 m) of matching trim
Matching thread
Sewing equipment

Check each step as you finish it.

• Cut the fabric into two lengthwise pieces. For the small sizes, the pieces should be 14” by 30” (35.5 cm by 76 cm) For the large size, cut the pieces 18” by 36” (46 cm by 91.5 cm). Follow the threads when cutting so your pieces will have straight even edges. Leave the selvage on both edges.

• Turn under the three raw edges of both pieces 1/4” (6 mm) and press.

• Machine stitch the trim onto these three edges of both pieces. Overlap the trim and fabric at least 1/2 inch. At the corners, make a small tuck in the trim to turn the corner.
• Overlap the two pieces 2 inches with one short side overlapping a long selvaged edge, right sides up. Pin and machine these together with two rows of stitching.

• Turn the pieces so the wrong side is up. Fold the long section down so the trimmed edges match.

• Fold the short section over so it overlaps the other section by 2 inches. Pin and machine stitch these together with two rows of stitching. Be careful to stitch only through the two sections.

• Turn the poncho inside out and match the trimmed edges. At the neck, draw two darts 1 1/2 inches wide and 3 1/2 inches long. Pin in each dart, tapering to nothing at the end of the shoulder. Stitch the darts starting at the wide end and go to the narrow end. Secure the thread ends.

Now you’re finished with your poncho. Try it on and see how it fits. Then answer the questions in your manual on pages 45-46.
MAKING A DIRNDL SKIRT

A dirndl skirt is a gathered skirt that was once worn by peasant girls. Amy decided to make her dirndl skirt long to wear it for special occasions. Julie decided to make a short dirndl skirt to wear to school. Follow these directions carefully to make your dirndl skirt.

Before you begin your dirndl skirt, you will need to gather these supplies:
- Woven fabric 45 inches wide (114.5 cm)
- Matching thread
- 3/4 inch (2 cm) wide elastic the length of your waist measurement
- Sewing equipment
- Safety pin

• Decide how much fabric you will need. If you are small and slim, one width of 45-inch wide fabric will be enough. Other girls may want a skirt made from one and one-half or two widths of fabric. To decide, make this test: hold one width of fabric up to your waist. Gather it with your fingers to see how much you think you will need. Your mother can help you decide. The skirt should be at least 4 inches (10 cm) bigger than your hips. How many widths will you use?

• Decide how long you want the skirt to be. You might measure the length of a favorite skirt to decide or have your mother measure down from your waist to decide. You need to add some extra fabric for the heading of the skirt and the hem. This is how to figure how long it should be: How long you want your skirt + 2" (2.5 cm) for the heading + 4" (10 cm) for the hem = total length. How long should your material be?

• If you are using more than one width of fabric to make your skirt, you will need to buy more fabric. If you are using 1 1/2 widths or 2 widths of fabric, take the length x 2. How much fabric should you buy?

• Measure and cut or tear the fabric into the size pieces you need.

• Put the right sides together. Pin along the lengthwise edges. Stitch a 5/8 inch (1.5 cm) seam. This makes the side seam. If you have two fabric widths, you will have two seams, one on each side.

• Press the seam open.

• To make the heading, fold the fabric 1/4" (6 mm) toward the inside, press, and pin. Stitch around the edge, close to the fold.
• Fold the fabric to the inside again, this time making a 1 3/4 inch (4.5 cm) fold. Press to make a sharp crease. Pin the edge to the skirt. Stitch along the pinned edge all around the skirt, except for a 2-inch (5 cm) opening (this is for the elastic) at one of the seamlines. Backstitch at the beginning and the end.

- Leave 2" Opening

- Make a second row of stitching 5/8 inch (1.5 cm) from the top of the skirt. This will make a casing for the elastic.

- Pin a large safety pin to one end of the elastic. Slip it through the two rows of stitching.

- Lap the ends of the elastic 1 inch (2.5 cm). Machine stitch an "X" several times to hold the ends together.

- Push the gathers away from the opening and machine stitch the opening shut. You may want to machine stitch several rows across the elastic at the seamline to keep it from twisting and keep it in place.

- For the hem, fold under the fabric 1/4 inch (6 mm) and stitch around the edge close to the fold.

- Try on the skirt. Experiment until you find the best length. Ask your leader or mother to help. Turn up the hem and press along the fold. Pin baste in place. Complete the hem by using a hemming stitch your leader suggests or by machine stitching along the pinned edge.

Now that your dirndl skirt is finished, look it over. Try it on and see how it fits. Then answer the questions in your manual on pages 45-46.
MAKING A DASHIKI

A Dashiki is a loose tunic. It comes from Africa and is usually very colorful. It would be fun to decorate the dashiki with trim or iron-on designs or to embroider it.

Before you begin your dashiki, you will need to gather these supplies:

- Woven fabric (if you are size 12-14, you will need fabric that is at least 45 inches (114.5 cm) wide. If you are size 8-10 or smaller, you can use 36-inch (91.5 cm) wide fabric too).
- Newspaper
- Matching thread
- Sewing equipment
- Trims or designs to put on your dashiki

Check each step as you finish it.

• Have your mother or club leader help you cut a pattern from newspaper. Use the measurements shown in the illustration below. The length can come to the hip, to the floor or anywhere in between. Measure and draw the pattern onto the newspaper with a crayon or marking pencil (you might have to tape sections of the newspaper to make the pattern).

• To figure how much material you need, take 2 x the length of your pattern. Don't forget to add in the length of your hem. How much fabric will you need?

• The front and the back of your dashiki are cut from this same pattern. Place the center line of the pattern on the fold of the fabric and pin it in place. Cut. But do not cut along the fold. Place and cut the pattern a second time.

• Put the right sides together so all edges are even. Pin and stitch the shoulder seams in 5/8 inch seams. Be sure to secure the ends. Press seams open.

• Pin and stitch the entire underarm seams, in 5/8 inch seams, securing the ends. Stitch another row on top of the first in the underarm curve for reinforcement. Press the seam open. You might have to make a clip in the seam to make the seam lay flat.
• Fold the neckline edge 1/4 inch (6 mm) toward the inside. Fold another 1/4 inch (6 mm). Taper the folds to nothing at each shoulder seam. Press or pin the folds, whichever is easiest. Stitch around the neckline, along the folded edge.

• To finish the sleeves and bottom hems, fold the edges 1/2 inch toward the inside. Fold 1/2 inch again. Press or pin the folds, whichever is easier. Stitch around the hems, along the folded edge.

• Turn up the hem to make the dashiki as long as you want it, and press along the fold. Pin baste into place. Complete the hem by using a hemming stitch your leader suggests or by machine stitching along the pinned edge.

• Trim and decorate your dashiki.

Now your dashiki is finished. Try it on and see how it fits. Then answer the questions in your manual on pages 45-46.
MAKING A BARBECUE APRON

Amy and Julie enjoy helping their parents with outdoor picnics, so they decided it would be fun to make barbeque aprons to wear. Follow these directions carefully, just like Amy and Julie did, for your barbeque apron.

Before you begin your apron, you will need to gather these supplies:

- Woven fabric. Buy 4 inches (10 cm) more than the length you want your apron to be.
- Matching thread
- Newspaper
- Sewing equipment

Check each step as you finish it.

- Have your mother or club leader help you cut a pattern from the newspaper. Use the measurements shown in the illustration below. Make the pattern as long as you'd like your apron to be. Measure and draw the pattern onto the newspaper with a crayon or marking pencil (you might have to tape sections of the newspaper to make the pattern).

- Place the center line of the pattern on the fold of the fabric and pin it in place. Cut. But do not cut along the fold.

- From the remaining fabric cut, parallel to the selvage, four strips 2" x 18" (5 cm by 46 cm). You can cut two strips at a time since the fabric is in two layers.

- Fold under the curved edges 1/8 inch (3 mm). Fold them another 1/8 inch (3 mm). Press and pin the folds. Stitch along the folded edges.
• Fold under the sides 1/4 inch (6 mm). Make another 1/4 inch (6 mm) fold. Press and pin the folds. Stitch along the folded edges.

• Fold the top of the apron under 1/4 inch (6 mm). Turn the fabric down again, this time 2 inches (5 cm). Press and pin in place. Machine stitch along the pinned edge or handsew.

• Take the 4 strips. Fold the right sides together and stitch a 1/4 inch (6 mm) seam along one of the short ends and the long end.

• Clip the corner and press the seams open.

• Turn the strips right side out. Use the eraser end of a pencil to straighten out the corners. Handsew the open end shut. Press flat.

• Sew 2 of the strips on each end of the apron top. Machine stitch an "X" twice to secure the straps.

• Sew 2 of the strips on each end of the apron sides. Machine stitch an "X" twice to secure the strips.

• To make the hem, make a 1/4 inch (6 mm) fold to the wrong side and stitch along the edge.

• Make another 1 inch (2.5 cm) wide. Press and pin. Handsew or machine stitch the folded edge.

Now your barbeque apron is finished. Try it on and see how it fits. Then answer the questions in your manual on pages 45-46.
MAKING A WRAP-AROUND SUNDRESS

For hot summer days, a wrap-around sundress would be fun to make. Follow these directions carefully, and you can have a sundress just like Amy and Julie.

Before you begin, you will need to gather these supplies:

Woven fabric at least 45" (114.5 cm) wide.
You'll need fabric as long as you want your sundress + hem to be.
Matching thread
Newspaper
54" (137 cm) of cord or ribbon 1/2" (1.3 cm) wide
Sewing equipment
1" (2.5 cm) square of white iron-on fabric

Check each step as you finish it.

- Have your mother or club leader help you cut a pattern from the newspaper. Use the measurements shown in the illustration below. Make the pattern as long as you'd like your sundress to be. Be sure to add the length of your hem.

- Place the center line of the pattern on the fold of the fabric and pin it in place. Cut. But do not cut along the fold.

- Fold under the curved edges 1/8 inch (3 mm). Fold them another 1/8 inch (3 mm). Press and pin the folds. Stitch along the folded edge.

- Fold under the sides of the sundress 1/4 inch (6 mm). Make another 1/4 inch (6 mm) fold. Press and pin the folds. Stitch along the folded edges.

- Fold the top of the sundress under 1/4 inch (6 mm). Turn the fabric down again, this time 1 inch (2.5 cm). Press and pin in place. Machine stitch along the pinned edge or handsew.
• Cut a length of cord or ribbon 18" (16 cm) long and thread it through the hem at the top of the sundress.

• Cut the remaining cord or ribbon into 18" (46 cm) lengths. Pin the cords to each end of the sundress sides. Machine stitch an "X" twice to secure the strips.

• Try the sundress on. Mark with a pin the right side of waist.

• On the wrong side of the garment, where it is marked with the pin, press on the iron-on square.

• Cut a 3/4" (2 cm) vertical slit through the fabric in the middle of the iron-on square.

• This is where the drawstring will be threaded through.

• To make the hem, make a 1/4" (6 mm) fold to the wrong side and stitch along the edge.

• Make another fold as wide as you would like your hem. Handsew or machine stitch the folded edge.

Now your sundress is finished. Try it on and see how it fits. Then answer the questions in your manual on pages 45-46.
Successful Landing

When you have finished your sewing, look it over to see how well you did. Fill in the chart below. Your garment may not have had all of the details listed. If it did not, leave those parts of the chart blank.

<table>
<thead>
<tr>
<th></th>
<th>Very good</th>
<th>good</th>
<th>could be better</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seams are straight and even.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Darts are straight.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stitching is straight.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hem is even in width.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hand stitching doesn’t show on the outside of the garment.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garment is well-pressed.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Try on your garment and look at yourself in the mirror. Do you like the way it looks on you?

Write down the things you like best about it and the things you don’t like. These can help you when you choose a fabric for the next garment you sew.

Do you like the color? Why?

How does the garment fit you?
How does the style look on you?

Where will you wear your garment?

How does it go with your other clothes?

How will you care for it?

Is it comfortable?

What did you learn from making it?
Go Togethers

Julie finished making her first garment; a dirndl skirt.

Now she would like to purchase a new blouse to go with her skirt so she can wear it on a field trip she will be taking in school.

First Julie talks it over with her mom and dad. She and her mother look at the blouses she already has. She has a white blouse that goes well with her new skirt, but mom and dad agree that she can buy a new blouse if she selects one that will go with several outfits. That will make better use of the clothes she already has.

Julie's next step is to decide what color and style she should look for when she shops.

**STYLE** means the details in a garment. These are all different styles of blouses.

She looks at the colors in her skirt and the colors in other clothes in her closet. She likes the bright yellow color in the print of her skirt and she thinks it will also go well with a navy jumper and a green pair of slacks that she has. It is a color she looks good in and it makes her feel happy to wear it. So Julie cuts a scrap of fabric from the left over pieces from her skirt and puts it in her purse.

Julie also remembers that her skirt is rather sporty. She is not the type for frills so her blouse should be sporty also, and that way it will go well with her jumper and slacks, too.

Her next step is going shopping.

Julie looks carefully at the blouses she can choose from. She makes sure the yellow matches her sample of fabric. Then she reads the labels so she'll know what care it will take. She knows her mother and she both prefer clothes that need no ironing. She inspects the seams and buttons to make sure they are secure. She compares cost with quality to get the most for the money she has to spend. The one she prefers is in her size, but she takes the time to try it on to make sure it is a good fit.

Julie has made a choice that makes her happy and proud.
Things To Do

When you complete your first constructed garment, select a mate to go with it. First start with what you already have. Then, if you and your mother decide you should buy something new, go through the same steps that Julie did.

1. Decide on a color and style that will go with several things you have.
2. Choose a color that looks good on you and is one you enjoy wearing.
3. Take a scrap of fabric of the garment you made with you while you shop to check on matching colors.
4. Read the labels for care required.
5. Look closely at the construction of the garment to see how durable it will be.
6. Compare cost with quality to get the most for your money.
7. Try the garment on and check for good fit.
8. Write up a report on what you purchased and why and share it with your club.

Big Ideas....

When buying an item of clothing you should consider:
How it will look with your other clothes
How much it will cost
How you will have to take care of it
How well it fits you
How well it is made
How good it looks on you
If it is in fashion and if you will enjoy wearing it.
Hang It All!

Julie used to leave her clothes in a heap on the bed when she changed after school. But one day Julie's mother started having inspection before breakfast. She wouldn't let Julie pass inspection if her clothes were wrinkled or dirty. And Julie sure didn't like to learn to press her wrinkled clothes.

It didn't take long for Julie to learn that most of her clothes were permanent press and they would stay good looking if they were hung up after wearing. Hanging her clothes up when she took them off actually saved Julie time in the long run.

"Once you have a system it's not bad at all," Julie tells us. Let's let her share her system with us.

"Each time I undress I find a place for everything I'm taking off. Some things go on hangers, others get folded into drawers or on a shelf.

"Before I put them away I check to see if they need to be washed. I covered an old wastepaper basket with wild paper so I would have a place for my own dirty clothes right in my closet. If I've spilled something on my clothes that has stained I take it right to Mom instead of putting it in with my dirty clothes. I learned that when my favorite blouse, which is permanent press, got dribbled with raspberry ice cream. Three days later when Mom came in to get my dirty clothes, it was too late to get all the stain out. Mom says you must get to the stains as soon as possible if you expect them to come out completely.

"One other thing I look for as I undress is for holes or tears in my clothes. That way by telling Mom when a hole is small, it won't grow until it is too large to be fixed."

Things To Do

1. Find a place for all your clean clothes and a place to keep dirty clothes.
2. Make a checklist of things to look for when you are undressing. Keep it hanging up in your bedroom until it becomes a habit and you don't even have to look at it to remember.

Big Ideas...

Putting your clothes away after each wearing helps keep them looking their best.

You need to care for stains on fabrics quickly in order to get stains out.

Keeping clothing in good condition is easier if you report or repair it when you first notice it.
Just Beginning

If you are between the ages of 9 and 15 your figure is changing. You’ll want to wear fashions that flatter your new body curves. And one of the first thoughts you may have is “what about a bra?”

Finding out what bra size you wear is simple when you know how. You will need a measuring tape and a friend or mother to help make measuring easier and more accurate. Here is one way to measure.

<table>
<thead>
<tr>
<th>CHEST MEASUREMENT</th>
<th>BUST MEASUREMENT</th>
</tr>
</thead>
</table>

Your Cup Size Is.

If...

| Your bust measurement is the same as your chest measurement | AA |
| Your bust measurement is one inch more | A |
| Your bust measurement is two inches more | B |
| Your bust measurement is three inches more | C |

Amy’s measurements:

- Chest 29 = bra size 30
- Bust 30 = cup size A
- Ask for a size 30A bra

Now fill in your measurements:

- Chest = bra size
- Bust = cup size
- Ask for size bra

It is a good idea to try on the bra before you buy. That way you’ll double check for good fit and be able to tell if the style is comfortable for you.

You can be a wise shopper by checking for good quality construction before buying. Look for:

- Smooth seams with close, even stitching.
- Elastic straps or elastic inserts in straps and bra back.
- Durable fabrics, lines laces.
- Reinforcement at points of strain.
- Two or more sets of hooks and eyes for adjustable closing.

You will need to wash your bra frequently because body oils will deteriorate the elastic and fabric. Wash it out in the sink at night by hand and hang it to dry, or wash it in the machine on a delicate cycle. Your bras should not be dried in the dryer because you will notice a size change and they may change in shape.

As you continue to grow it is a good idea to take your measurements again before purchasing each new bra.
Things To Do

Measure, select, buy and care for your first bra.

Big Ideas....

Proper fit is important when selecting a bra.

A bra of good quality construction will last longer than one poorly constructed.

A properly cared for bra will keep its original shape and appearance.
"Your Sewing Equipment"

Find and draw a circle around the words hidden here.

**ACROSS**
1. _ _ _ _ _ _ _ _ are used to cut threads.
2. Use the right color _ _ _ _ _ _ when you sew.
3. Pins should have _ _ _ _ _ points.
4. Assorted sizes in needles might be sizes _ _ _ _ .

**DOWN**
1. The _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
"Sewing Bingo"
"Sewing Machine Crossword Puzzle"

**ACROSS**

3. Moves up and down to pull thread to the needle.
6. Changes the size of stitches.
8. Holds bottom thread.
10. Hole the needle goes through to make stitches.

**DOWN**

1. Goes through the fabric with the thread.
2. Raises and lowers the presser foot.
4. Moves needle up and down.
5. Holds fabric as you sew.
7. Controls tightness of thread.
9. Holds spool for top thread.
"Label Game Board"